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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

March 1997
Vol. X, No. 2

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

Character Counts!

LaDeane Jha
Extension Educator

We make choices every day. Many of those choices are about doing the right thing and each of those choices involves thousands of messages whirling inside the brain. In a split second, our minds review the facts, explore our feelings, study consequences, compare the options against our beliefs and priorities, consider what other people may think, and then give the cue for action.

Decisions happen quickly, but consequences can last a lifetime. That is why it is important to give careful consideration to all those decisions. Ethics can help make decisions. The right thing to do is often not the easy thing to do. Learning to say no when you feel like saying yes helps build character, but it is hard.

Why be ethical? Dale Winsboro answers the questions with the following poem:

You may fool the whole world
down the pathway of life,
And get pats on your back as
you pass,
But your final reward will be
heartaches and tears,
If you've cheated the man
in the glass.

Surveys suggest that, for young people, life in America is increasingly difficult. High drug and alcohol use, unplanned pregnancy, rampant cheating, parental neglect and hopelessness are part of the life experience for many. A Report Card on American Integrity released from The Josephson Institute of Ethics in 1996 contains sobering responses from 5,740 high school students across the nation. Some results of the 1996 study include:

• Nearly one in three high school respondents said they had stolen something from a parent or relative.

• Seven out of 10 said they had lied to a parent more than once in the previous 12 months and more than half said they were lied to by a parent.

• Two-thirds of high school respondents admitted they had cheated in the previous year and about half said they had done so more than once even though 87 percent indicated that they believe honesty is the best policy.

• 42 percent of males and 31 percent of females said they had stolen something from a store in the previous 12 months.

In this same report 3,190 adults were surveyed and results were not much better. For example, nearly half of those over 25 indicated they would file a false insurance claim. Clearly ethics training is not being taught or modeled.

TRUSTWORTHINESS • RESPECT • RESPONSIBILITY • FAIRNESS • CARING • CITIZENSHIP
Six Pillars of Character
JOSEPHSON INSTITUTE OF ETHICS
CHARACTER COUNTS

A Person of Character:

Is a good person, someone to look up to and admire.

Knows the difference between right and wrong and always tries to do what is right.

Sets a good example for everyone.

Makes the world a better place.

Lives according to the "Six Pillars of Character": trustworthiness, respect, responsibility, fairness, caring and citizenship.

Recent studies in youth development identify the formation of strong values and character as one of the critical areas lacking in the lives of many young people. While the strongest source of character development has been the family, families don't always have the skills needed to foster these values. Changes in the family structure are creating the need for schools and other educational entities to teach values and character development. Given this situation, it is felt that character development programs are needed to provide support to families as they teach character development and to fill gaps that may exist in other programs.

4-H has embraced CHARACTER COUNTS!, a nationwide initiative, created by the Josephson Institute of Ethics to fortify the lives of America's young people starting at a very young age with consensus ethical values—the "Six Pillars of Character". The Six Pillars of Character, trustworthiness, respect, responsibility, fairness, caring and civic responsibility and citizenship are part of the Aspen Declaration on Character Education (see the declaration elsewhere on this page). The Declaration was a result of a conference of educators, ethicists and non-profit leaders who met in Aspen, Colorado in 1992. Their task was to share ideas about character development and to develop a consensus on the ethical values that could be taught at home, in the classroom

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The Aspen Declaration

The next generation will be the stewards of our communities, nation and planet in extraordinarily critical times.

The present and future well-being of our society requires an involved, caring citizenry with good moral character.

People do not automatically develop good moral character; therefore, conscientious efforts must be made to help young people develop the values and abilities necessary for moral decision making and conduct.

Effective character education is based on core ethical values which form the foundation of democratic society, in particular, trustworthiness, respect, responsibility, justice and fairness, caring, and civic virtue and citizenship.

These core ethical values transcend cultural, religious and socioeconomic differences.

Character education is, first and foremost, an obligation of families; it is also an important obligation of faith communities, schools, youth and other human service organizations.

These obligations to develop character are best achieved when these groups work in concert.

The character and conduct of our youth reflect the character and conduct of society; therefore, every adult has the responsibility to teach and model the core ethical values and every social institution has the responsibility to promote the development of good character.

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Dave Varner to Dodge County

David Varner is leaving his position as an Extension Educator with the University of Nebraska Cooperative Extension in Lancaster County to accept an Extension Educator position in Dodge County. Varner will assume his new position on March 1, 1997 following nearly 10 years with Lancaster County Extension He was initially hired as an Extension Assistant with the Lancaster office in May 1987. Dave, however, was first affiliated with Cooperative Extension during the summer of 1986 as a work-study student assigned to Lancaster County while an undergraduate at the University of Nebraska. He later completed his Masters Degree in Agricultural Engineering at UNL and was

Dave Varner

promoted to an Extension Educator in July 1989. Dave is a native of Seward, Nebraska and presently lives in Wahoo with his wife Leigh and their two children.

During his tenure in Lancaster County, Dave has built an outstanding record of agricultural and 4-H/youth programs. He was instrumental in creating the 4-H Shooting Sports program and serves on the State 4-H Shooting Sports Advisory Committee. In addition to these accomplishments, Dave is recognized for providing meaningful educational activities for a broad sector of Extension clientele. He contributed directly to the development and implementation of a Internet WWW home page for the Southeast Research and Extension Center and every county in the Southeast District including Lancaster County. He completed and successfully marketed a five part video series entitled *"Part-time Farming"* which was designed

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University of Nebraska
Cooperative Extension in Lancaster County
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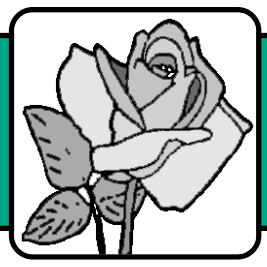


Horticulture

Shamrocks for St. Patrick's Day

Oxalis is a group of over 300 species of small plants that produce clover-like leaves. Oxalis regenelli is commonly known as 'ever-blooming shamrock'. The shamrock is well worth considering as a permanent houseplant.

Shamrocks are among the best of the indoor plants because they are easy to grow and have a long bloom period. They can be brought into bloom anytime from fall through spring. The flowers come in a variety of colors, including white, pink, red, purple and yellow and the foliage not only comes in green, but also variegated or purple. Oxalis plants have slender flower stems and fairly low-growing foliage that looks like enormous clover leaves. Their leaves and blooms are sensitive to light, and only open on sunny days. During darkness or cloudy weather the flowers close and the leaves fold up.

Shamrocks will usually bloom for about two months. During this growing period, the plants do best with night temperatures in the 50's. Water when the soil is barely dry to the touch and fertilize monthly. (MJM)

Outdoor gardening begins

More people are realizing that gardening is not only a money saver, but also a good form of exercise and a productive recreational activity for the whole family.

For many gardeners, the planting season begins with cool- season crops around the end of March. Light to moderate frosts will not injure lettuce, onions, peas, rhubarb, beets, carrots or the cole crops, including broccoli, cabbage and cauliflower. Rhubarb and cole crops should be planted as transplants. The other early-season crops are sown as seed.

Cool-season crops should be planted in early spring and late summer gardens to spread out the harvest. For instance, plant Swiss chard in late March and mid-April for harvest in mid-May and late June. Because Swiss chard grows to maturity in 50 to 60 days, a third planting in July should produce a crop in September.

Many people plant warm-season crops Memorial Day weekend. The seeds of these crops do not germinate well at low temperatures and the plants are killed by frost. Sweet corn, muskmelon, pumpkins, squash, cucumbers and tomatoes are examples of warm-season crops. (DJ)

Starter solutions?

Garden centers often feature special "starter solutions" or transplant solutions which claim to stimulate root growth and help reduce transplant shock. Sometimes these solutions are featured alluringly at check-out counters for impulse-purchasing by shoppers as they pay for their transplants. Ingredients on the label may include phosphorus, vitamins like B-1, growth substances or trace elements like iron, zinc or manganese. Are these solutions worthwhile purchases or a waste of money?

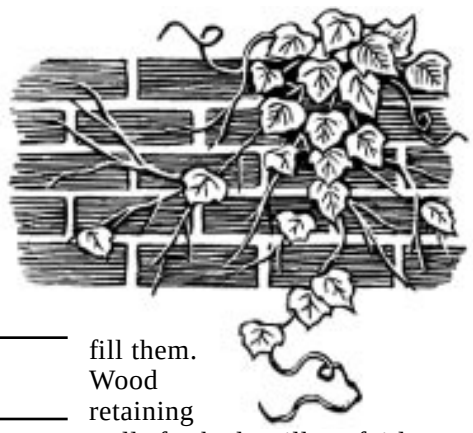
Phosphorus has been shown to reduce transplant shock, particularly in commercial plants. However, its effect in a garden situation will depend on the fertility level of the soil.

Gardens which have been adequately fertilized and enriched with organic matter for a number of years will have a large enough reserve of phosphorus that transplants may show no benefits from using starter solutions. But if the garden soil is high in clay, low in organic matter, or in a new location where topsoil has been removed or displaced, transplants likely will show less transplant shock if a soluble fertilizer high in phosphorus is applied at planting time.

As for vitamin B-1 (thiamine hydrochloride), 1984 California experiments showed no benefits to tomato, pepper, squash, watermelon, pole bean or sweet corn transplants from vitamin B-1 treatments, even if in combination with added iron, manganese and zinc.

Other components of "root growth stimulants" might be effective in reducing transplant shock, but any beneficial results should not be attributed to vitamin B-1. The rule is to read the label, and not pay extra for worthless ingredients. (DJ)

Over the garden fence



Don Janssen
Extension Educator

Q. I had an awful problem with mildew on my zinnias last year. Is there anything I can do this year to prevent it? Would it be worthwhile to spray?

A. Because last summer was unusually wet, mildew and a host of other plant diseases were unusually common. In ordinary years, mildew is less a problem on zinnias and other annual plants if they're planted on high ground in full sun. In semi-shady spots or in low areas, where cool, moist air tends to settle, mildew and other plant diseases tend to be more prevalent. It's rarely worthwhile to spray annual flowers for mildew. Cucumbers, squash and pumpkins, however, sometimes benefit from mildew control.

Q. What are the advantages of raised bed gardening?

A. The primary reason for gardening in raised beds is to improve drainage. Another advantage of raised bed gardening is that the soil tends to dry out and warm up quicker in the spring so plants get off to a faster start. Raised beds also get plants up where people who have trouble bending and stooping over can reach them easier. Some disadvantages are the time and effort it takes to construct them and the need to import soil to fill them. Wood retaining walls for beds will rot fairly fast unless they're treated with a wood preservative. Copper naphthenate must be used — creosote, Dipenta or copper sulfate will kill nearby plants.

Q. A packet of seeds is a lot cheaper than a flat of transplants, so I'm thinking of trying to grow some of my own garden transplants this year. Are there any particular advantages or drawbacks I need to think about?

A. A big advantage of growing your own transplants rather than buying them is that it gives you a much larger choice of varieties. Costs of growing transplants include not only the seed, but also containers (though you can recycle egg cartons and other throwaways) and a sterile growing medium (commercial peat-lite mixes work well). There's also an energy cost. To grow sturdy, healthy transplants, you also have to have either greenhouse space or an artificial light garden. Even in a sunny window, plants cannot get enough light for good growth and tend to grow spindly and weak. You must spend some time caring for the plants, too, of course. In short, there's a lot more involved than merely the price difference between seeds and plants. (DJ)

Fungus gnats

Adult fungus gnats are delicate, gray, dark-gray, or black fly-like insects about 1/8 inch long. They are often seen running over the soil surface of houseplants, especially of wet areas. They also are seen as you water when they swarm up out of the plant. Fungus gnats are attracted to light and in a severe infestation will swarm over the windows. Adult fungus gnats do not damage plant materials but are objectionable and a nuisance to the homeowner. The immature fungus gnat lives in the soil and are white, translucent larvae with shiny black heads. The larvae feed on any organic matter and can attain a length of about 1/4 inch.

Female fungus gnats lay up to 300 eggs on the soil surface which hatch in five to six days. The larvae will feed on any organic matter present in the soil for ten to fourteen days. The pupal stage occurs in a silky chamber in the soil. Three to four weeks are necessary to complete the life cycle of the fungus gnat.

Soils containing large quantities of decaying vegetable matter are most likely to host fungus gnat larvae. Plants grown in a growing media containing a high percentage organic matter such as peat will have more problems with fungus gnats.

Fungus gnat larvae cause damage to the root systems of infested plants by burrowing in the soil and feeding on the roots and sometimes the crowns of plants. Seedlings, rooted cuttings and young plants can be severely damaged or killed by fungus gnat larvae feeding on root hairs or roots. Fungus gnat larvae infestations on older established plants are characterized by little new growth and foliage that appears to be off color (dull or less vibrant than expected). A severely infested plant may also drop foliage. While damage from the larvae may not be extensive for the established plant, the presence of the adults is considered objectionable.

The best way to prevent new or future infestations of fungus gnats is to follow proper watering practices for your plants.

Once fungus gnat adults and larvae are discovered on the plant, control and prevention comes in several forms. For infested plants, allow the soil to thoroughly dry between waterings. This will kill the larvae through desiccation as well as help prevent future problems. If the plant is of a type that cannot be allowed to dry out, immerse the pot in water and allow to stand for an hour or so. This should drown the larvae. If this doesn't work, drench the soil with a pesticide such as malathion or diazinon. Be careful to properly measure and apply these pesticides according to directions for use in a house and take care to provide adequate ventilation. The adults can be killed by using a pyrethrum-based aerosol. Spray the foliage carefully to avoid injury to the leaves.

The best way to prevent new or future infestations of fungus gnats is to follow proper watering practices for your plants. Houseplants in the winter normally do not require as much water as at other times of the year. Fungus gnats are more of a problem in the winter most likely due to overzealous watering. Whenever possible, allow soil surfaces to dry completely between waterings. A wet environment is an open invitation to fungus gnats as well as a host of other problems such as root rot and stem rot. (MJM)

For a listing of NUFACTS horticulture topics, please turn to page 11.

Farmers along the Platte help feed sandhill cranes!

Approximately 80% of the sandhill cranes in North America stop along the Platte and North Platte Rivers each spring on their way to breeding grounds in western Canada, Alaska and the Soviet Union. Based on estimates from past years, their numbers can exceed more than a half-million cranes.

There are three major staging areas during the spring stopover along the Platte and North Platte Rivers. The three sites are designated the Kearney-Grand Island Area, the Overton-Elm Creek Area and the Sutherland-North Platte Area. Of these three sites, about two-thirds of the cranes will be found in the Kearney-Grand Island Area. Cranes start arriving in February, but maximum numbers are usually about the third or fourth week in March.

Why do sandhill cranes stop here? The Platte River Valley serves as a major conditioning area during spring migration. Cranes use this stopover to feed and increase their fat reserves which allows them to continue their migration. Adult cranes deposit from 9 to 13 grams of fat daily in the spring stopover. If they stay for a one-month stopover, they can gain over half a pound of fat reserves in Nebraska. This stored fat is necessary to complete their migration.

During daylight hours in the Platte River Valley, sandhill cranes are active feeding and are found in cropland, native grassland or alfalfa fields. The crane diet depends on the habitat they are frequenting, but research has found that they obtain most of their total diet from cornfields rather than native grassland or alfalfa fields. Cranes feed primarily on waste corn in cornfields; insects, earthworms and plant leaves in grassland and alfalfa. Of these food sources, corn is the most easily digested and has a high energy content.

After their stopover, the cranes migrate northward and stop again to feed in central and western Saskatchewan. Here, wheat replaces corn as their major food source. The cranes remain in central Canada until early May when they continue to their breeding grounds in Alaska. *Source: Northern Prairie Science Center, website.* (BPO)

The Poison Center Hotline saves lives!

The Poison Center is a service of Children's Hospital in Omaha that provides a toll-free service to Nebraskans who are facing a life-threatening poisoning. In emergency situations, callers will be given life-saving information. **The toll-free number is 1-800-955-9119.** Keep this number in a place where you can find it easily.

A high percentage of the calls to the Poison Center are related to substances inside the home, including medications, cleaning substances, cosmetics and personal care products and food products. However, springtime uses of agrichemicals increase the possibility of accidental poisonings related to pesticide use around the farm.

According to the director of Poison Center, Jess Benson, 32 cases of pesticide poisoning received by the Poison Center in 1994, were related to agrichemical use. Follow-up surveys found that 72% of these poisonings were from insecticide use, but surprisingly enough, the rest were from herbicide exposure. Symptoms of these poisonings included nausea and vomiting, headaches, dizziness and shortness of breath.

Dermal exposure accounted for about 45% of these poisonings; inhalation accounted for 36%. In all cases, these exposures could have been prevented by using the proper personal protective equipment. In about half of the poisonings, no personal protective equipment was used; in the rest of the cases, inadequate or inappropriate equipment was used.

Purchase chemical resistant gloves and other protective equipment before fieldwork gets going. The types of personal protective equipment needed for each pesticide is listed on the label. Be sure to read and follow all directions for use. (BPO)

Opportunities are endless!

Looking for a terrific volunteer opportunity? Help make a difference by donating a few hours of your time at **earth wellness festival**. This exciting environmental, educational event is March 27, 1997 at Southeast Community College-Lincoln. Over 3,000 fifth graders from Lancaster County are registered to attend.

Volunteers are needed to help greet the buses, guide students to classrooms and help presenters with activities. This is an experience you'll never forget. As a valued volunteer, you have an opportunity to make our community a better place to live by educating these young stewards of the earth. You'll also enjoy the experience of working with dedicated community professionals and local businesses who have dedicated their time, talents, and in-kind/financial support towards this worthy project.

The festival is scheduled from approximately 9 a.m. to 2:30 p.m. You can spend a few hours or all day—it's up to you. Following the festival, Valentino's is providing pizza for all the volunteers and presenters. To become an **earth wellness festival** volunteer, contact Syd Hime, Lower Platte South Natural Resources District at 476-2729 or Soni at 441-7180. (SE)

earth wellness festival *quotes*

"Quite an organizational feat and all involved should be proud of the gift they have given to the school children and community." —**earth wellness festival** volunteer

"I enjoyed seeing the commitment to the effort to teach the kids in an enjoyable way by the presenters and to see the kids enthusiasm." —**earth wellness festival** volunteer

"I'm sure it had a positive impact on the kids involved. I was sorry I had chosen to work only half the day."—**earth wellness festival** volunteer (SE)

Environmental Focus

Coloring eggs with natural dyes

This year, plan to have nature help color your Easter eggs with natural dyes. Collect plant material listed below for a variety of shades. Experiment and have fun with this project. The result will be beautiful and unique eggs for your egg hunt.

Dye Material	Color Produced
Dandelions	Yellowish
Red cabbage leaves	Robin egg blue
Walnut shells	Dark red-brown
Orange peels	Light yellow
Carrot tops	Smoky grey-green
Fresh cranberries	Dark green
Yellow onion skins	Dark yellow or orange
Spinach	Light gold-green
Red beets	Light pink

How to color the eggs:

Take a small amount of food material and place it in a pan, filled with 2 cups of cold water. Bring the water rapidly to a boil and allow to simmer 10 minutes. Turn off heat and cover, allowing dye to steep for 30 minutes. Remove food material and place dye into containers and refrigerate.

When dye is cold, place hard-cooked eggs into dye. Leaving the eggs in the dye overnight in the refrigerator will give the deepest colors. Experiment to see what tints and shades are best. Remove the eggs from the dyes and dry on a metal cake rack. Place eggs in refrigerator until it is time to use or hide them. (MJM)

Fence ornamentals to prevent rabbit damage

Cottontail rabbits can do considerable damage to ornamental and garden plants nearly any time of the year. In the winter, when no other green food is available, they can severely damage expensive home-landscape plants and trees. Rabbits' tastes vary when it comes to woody plants, but they seem to prefer plants of the rose family, including apple, black and red raspberries and blackberries. Shade and ornamental trees frequently damaged are mountain ash, basswood, red maples, sugar maple, honey locust, ironwood, red and white oak, and willow. Sumac, rose, Japanese barberry, dogwood and some woody members of the pea family are among the shrubs damaged.

If you are trying to establish ornamental trees and shrubs this spring, consider fencing them with welded wire cylinders (1/4" mesh) to protect them from hungry rabbits later in the year. To be effective, the cylinders should be 18-20" above the maximum snow level, several inches away from the trunk, and buried 2-3" deep in the soil.

In the spring, rabbits also feed on garden plants of all kinds, causing frustration to serious gardeners. There are some repellents on the market which discourage rabbit browsing, but these repellents are not designed to be used on plants or plant parts destined for human consumption. This means that another method will be needed in the garden. Putting up a garden fence is the best and most effective way to protect a garden or berry patch from rabbits.

A fence of two-foot tall chicken wire with the bottom tight to the ground or buried a few inches will do the trick. Be sure the mesh is one inch or smaller so that young rabbits will not be able to go through it. A more substantial fence of welded wire or chain link will also keep pets and children out of the garden, and can be used to trellis vine crops. The lower two feet should be covered with smaller mesh wire.

Establishing appropriate fencing should protect your plants and provide relief from the aggravation of rabbit damage. (BPO)

Living Green!

Arlene L. Hanna
Extension Assistant

Are you Living Green? Living Green means you do things to protect our environment. For example, conserve water by placing a brick in your toilet tank or check for energy loss from your refrigerator by placing a dollar bill in the door to see if it slips out.

Let's look at plastic! You see it everywhere. Plastic wrappers, disposable lighters, foam cups, and packaging material are on the ground and in the water. Plastic pollution is one of the biggest problems in our cities, as well as in our rural areas.

How can we live green?

•Avoid buying products with plastic six-pack rings. If you do use them, cut the rings before disposing of them.

•Recycle any and all plastic items acceptable in your area. Plastic products can be made into many other things. Soda bottles are made into carpet, rope, and paintbrushes; milk and detergent jugs are made into plastic lumber, flowerpots, engine oil bottles, and traffic cones; food wrap and vegetable oil bottles are made into drainage pipes and tile; bread bags and glossy grocery bags are made into garbage bags and motor oil bottles. Plastic jar lids and syrup bottles can be recycled into auto batteries and grocery basket handles; foam fast food containers can be recycled into toys, desk accessories, and packing peanuts.

• Helium-filled balloons are often used for celebrations or festivities. Use colorful wind socks or kites as alternatives.

• Reduce the use of polystyrene packing peanuts and recycle those that you must use. Some alternatives include biodegradable products that disintegrate when they become wet.

Do your part to protect our environment. LIVE GREEN!

Farm Views

Start today to make quality hay

During the month of March, making hay probably is the last thing on your mind. It may be cold outside and your equipment is stored for the winter; but, now is the time to get a start on this year's haymaking.

What sort of things can you be doing now to help haymaking be smoother and more efficient next summer? First, check over all your haymaking equipment, including mowers, rake, baler or stack maker, and wagons. Make sure they are ready to go before you hit the fields next season. Just one lost day next spring or summer to replace some sickle bar sections or some other parts could cost you half a point in lower crude protein and a full percentage point in higher fiber. Plus, you may miss out on that short period of good drying weather.

Second, order supplies like extra knife sections and guards, shear bolts, twine, or preservatives before harvest begins. Nothing is more frustrating than waiting for twine or replacement parts when there's a field of hay ready to go.

Finally, prepare equipment and other supplies for other spring activities as well. Make repairs to your corn planter, your tractors and your spring tillage equipment now so you don't need to waste time doing it next spring when you could be in the field working instead. The less time you waste next spring waiting for supplies or repairing equipment that could have been reconditioned this winter, the quicker you will finish those spring planting activities. That means you also will be ready to harvest first cutting of hay a little sooner. And we all know that earlier harvest means higher hay quality. Don't wait. Start preparing today for next year's haymaking. (WS)

New CRP Sign-up Announced

The USDA has announced that the next sign-up period for CRP will be **March 3 through March 28, 1997**. For information regarding this sign-up, please contact the Lancaster County FSA office at 423-9683. (SCB)

Preparing CRP for pasture and hay use

During the next year or two, millions of CRP acres will be returned to production. If you are interested in using your CRP as pasture or hay, consider these ideas to prepare it.

Many CRP acres containing warm-season grasses need thicker stands. To get thicker stands, excessive dead litter that can smother new seedlings or tillers must be reduced.

The fastest and most effective way to remove dead litter and stimulate warm-season grass stands to thicken is with prescribed burning in the spring. Obviously, only use fire where it can be handled safely and legally, and where it won't cause other potential problems like wind erosion. Local Extension and NRCS offices have more information available if you are interested.

Another way to reduce dead litter is to remove it by haying. This can be challenging, especially if the terrain is rough or the amount of dead material is great or if burrow animals have built mounds that can plug equipment. The hay removed will have very low forage quality and will need both protein and energy supplements to feed it to livestock.

Another method to reduce litter is a technique called "flog grazing". Flog grazing involves placing 30, 50, or even 100 cows per acre on a small area for a brief time period, usually one to seven days. With this high stock density, animals will trample dead litter into the ground and open up the soil for new seedlings and tillers. One additional way to use CRP is as a calving pasture because you get the trampling, the nutrient recycling, and excellent bedding all at the same time. (WS)

Feeding high quality hay after calving

Good cow nutrition is crucial from calving time until cows are rebred. Cows need good feed after calving. Each cow experiences stress after calving because she is producing milk for her calf and preparing her reproductive system to rebreed. As a result, nutrient demands are high. Energy requirements increase about 30 percent and protein needs nearly double after calving. Underfeeding reduces the amount of milk she provides her calf, and it can delay or even prevent rebreeding. If it gets cold, wet, or icy again, nutrient demands can skyrocket.

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

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

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

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

EQIP update

The local work group for the Environmental Quality Incentives Program (EQIP) met February 6 to discuss the formation of an advisory group to help in identifying priority areas within the Lower Platte South Natural Resources District to be submitted for consideration for EQIP funding. EQIP is a new USDA program which replaces the Agriculture Conservation Program, Water Quality Incentives Program, Great Plains Conservation Program and the Colorado River Basin Salinity Control Program. If you are interested in participating on the advisory group, contact Paul Zillig at the Lower Platte South NRD Office (402) 476-2729. (SCB)

Planning conservation work

Now is the time to begin planning conservation work for the coming year and the Lower Platte South NRD has several different conservation incentive programs to assist you in your efforts.

Since most conservation work is done in the fall following harvest, it is often difficult to get work completed. To help alleviate this problem, the Lower Platte South NRD established the Summer Conservation Program. The program provides a one-time payment of $40 per acre terraced for work completed between May 15 and September 15. This payment is in addition to any cost-share assistance received for building the terraces. Only previously untreated cropland is eligible for the program except for land which is currently planted to wheat.

Another unique conservation program offered by the Lower Platte South NRD is the filter strip program. The purpose of this program is to encourage landowners to establish strips of vegetation adjacent to streams and waterways, around field borders or as contour strips within the field. The strips in turn help protect water quality by controlling soil erosion and filtering sediment and other pollutants from runoff. The program pays producers $50 to $70 per acre per year for a 10 year contract with the higher payment being offered for strips planted adjacent to lakes and streams.

A third program which is new this year is Stream Bank Stabilization. The purpose of the program is to assist landowners in restoring and protecting stream banks and riparian areas adjacent to **minor** water courses. The program will provide cost-share assistance for grass seeding, earth fill, rock riprap, trees, fencing and other components utilized in compliance with NRCS technical specifications.

To obtain additional information on these and other conservation programs offered by the Lower Platte South NRD contact Corey Brubaker at 441-7180 or Paul Zillig at 476-2729. (SCB)

Record-keeping emphasis of swine program

Nebraska's top farrow-to-finish swine producers made a profit of $8.34 per hundredweight of hogs sold in the first half of 1996. This is despite record corn prices.

These top producers, who average 186 sows in inventory, use the University of Nebraska Swine Records & Analysis Program as a guide to management decisions.

The program helps managers of all size operations put into perspective the plethora of data and opinions available in today's changing swine industry. Without some way to sort and manage this information, it's hard to know what to believe. Producers need decision-making information to let them know whether they can compete with other producers—not simply more information.

For example, the program shows that producers don't have to be big to be profitable. Some say the small producer can't compete, but the facts don't support that conclusion. Well-managed operations of all sizes are profitable.

The Nebraska Swine Records & Analysis Program provides information based on the individual producer's operation and management. It is not based on someone else's opinion. Often, it is information producers can take to the bank.

Producers have used this information to improve their operations because it tells them what they do well and then they can do more of it. Several producers have used their records to make decisions about networking or contracting part of their production. Whether farrowing or finishing, whether contracting with another farmer or with a packer, the producer needs to know exactly what that product costs.

Records must give the producer decision-making information. No one wants to be tied to a marketing contract at below cost of production. If you don't have the needed information, get it. Whatever you do, don't make important decisions based on other people's data or opinions.

The Nebraska Swine Records & Analysis Program is available through University of Nebraska Cooperative Extension. Contact a local extension office or Pork Central at (800) 767-5287.

Pork Central is sponsored jointly by Nebraska Cooperative Extension and the Nebraska Pork Producers Association. (WS)

Pork Central helps Nebraska producers

Pork Central is a one-stop shop for swine producers, located on the University of Nebraska-Lincoln East Campus.

Pork Central has received 320 calls within the last six months. Of those, 224 questions were on production practices and 96 were on management issues.

Pork Central addresses issues concerning producers. These include production costs and efficiency, adoption of new technologies, networking with other producers, and contract production arrangements.

Producers are encouraged to call Pork Central at (800) 767-5287 for access to information from a wide variety of resources, including NU specialists. To learn about upcoming events or educational opportunities, ask for the Pork Central Educational Bulletin Board.

Pork Central is a joint program of Nebraska Cooperative Extension and the Nebraska Pork Producers Association. (WS)

University of Nebraska

COOPERATIVE EXTENSION

"Helping you put knowledge to work."

Acreage/ Small Farm Owner Workshop

Saturday, March 8, 1997 9 a.m. - 3 p.m.

ARDC Research & Education Building

Make plans now to attend the third annual Acreage/Small Farm Workshop, March 8 at the University of Nebraska Agricultural Research and Development Center—Research and Education Building, Mead, NE (see map). Registration begins at 8:30 a.m. and the workshops start at 9:00 a.m.

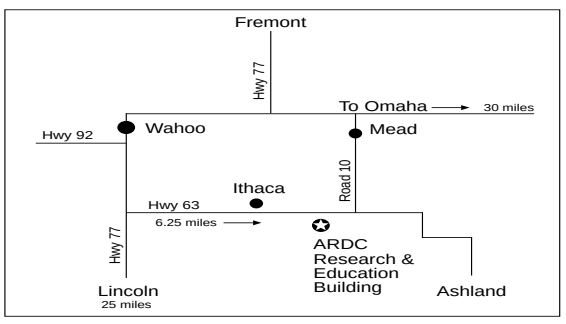
This year's program will be a two-track format. Participants will have the option of attending general topic workshops and/or special sessions including: (1) pasture management; (2) fruit and berries establishment; (3) nut tree establishment; (4) tree maintenance; (5) buying farm equipment; (6) water/waste management; (7) animal husbandry; (8) fencing; (9) pond maintenance and (l0) alternative grazing plants.

Many commercial exhibitors and educational displays will be on site addressing the specific needs of acreage owners and small farm operators. Water testing kits, soil sampling kits and insect identification will all be available on site.

General session topics include: (1) landscaping the acreage; (2) establishing native prairies; (3) windbreaks—design, establishment and maintenance; (4) animal damage control and (5) living happily in a rural community.

Workshop participants will learn how to manage acreage and small farm resources more effectively and be offered practical solutions to the many everyday challenges of rural life. Numerous educational publications will be on-hand for review and to take home.

There is no registration fee. Preregistration is not needed. Lunch may be purchased at the workshop. Please call 441-7180 for further information. (DV)



Acreage Insights

Protecting drinking water

Keeping drinking water pollution-free is an issue of concern to everyone. It's also the focus of a national video conference being organized by the League of Women Voters Education Fund.

"Tools for Drinking Water Protection" is a live, 90-minute interactive broadcast that will be presented Wednesday, March 19 from 1:30 to 3:00 p.m.

Pre- and post-conference discussions with local experts and leaders interested in water quality will accompany the event, beginning at 1:00 p.m. and educational materials will be available.

Extension Educator Lorene Bartos, who is helping coordinate the video conference locally, said she hopes it will help mobilize community dialogue and lead local decision-makers to take a closer look at pollution prevention measures for community drinking water supplies.

The video conference portion of the program will be broadcast live by satellite. During the broadcast, national experts on water quality will focus on regulatory and nonregulatory measures for preventing drinking water pollution.

Participants will learn about practical planning and management tools for creating successful pollution prevention programs such as guidelines for establishing water monitoring programs, land use planning, public education and contingency planning.

"People hear stories of unsafe drinking water. This video workshop will help us evaluate the status of our drinking water protection plans here and give us information we need to improve drinking water quality," said Bartos.

Conference participants also can speak directly to some of the country's top community drinking water experts via phone, FAX and the Internet.

Broadcast panelists are Dusty Hall, environmental manager for Dayton, Ohio; Ken Lustig, director of environmental health for the Panhandle Health District of Coeur d' Alene, Idaho; and Jon Witten, president of Horsley and Witten Inc. of Boston, MA.

The Lincoln site links with more than 300 other sites across the country, all of which receive a national satellite feed from the Public Broadcasting System (PBS).

In Nebraska, where a dozen sites are downlinking the conference, the event is a cooperative effort of University of Nebraska Cooperative Extension, The Groundwater Foundation, Nebraska Department of Health and Human Services, Nebraska Department of Environmental Quality, Nebraska Association of Resource Districts, the League of Women Voters and local water supply agencies and other organizations.

For more information, contact Bartos at 441-7180. (LB)

Pesticide certification

A common question asked Extension Educators is, "As an acreage owner, am I required to be certified to use chemicals?" The answer to this question cannot be answered in one simple statement. The fact of the matter is that we must ask several basic questions to determine if this person really "needs to be certified." The Federal Government requires pesticide manufacturers to register each of their products with the U.S. Environmental Protection Agency (EPA) whether as a general use or restricted use pesticide (commonly known as RUP's). Restricted use pesticides can be used only by certified applicators. In most cases, anyone can apply general use pesticides without being certified. The word pesticide is the common term for any chemical used for the control of a pest. Examples of pesticides would include insecticides, fungicides, herbicides, rodenticides and others.

Regardless whether the pesticide is general use or restricted use, the instructions on the label of the pesticide container must be followed. Failure to do so could result in a violation of the federal law in the use of that pesticide. Acreage dwellers soon discover the need to apply one or more of the various pesticides; but, sometimes lack critical information on how to handle these chemicals in a manner safe for themselves and the environment. For this reason alone, it is important to learn as much as possible about how to safely use pesticides.

Cooperative Extension will conduct classes this month for persons wishing to become certified private pesticide applicators. This training will be open for persons living on acreages as well as agricultural producers. Those interested may attend one of three sessions to be held at 7:00 p.m., Thursday, March 20; 1:00 p.m., Friday, March 21; or 9:00 a.m., Saturday, March 22. There will be a $5.00 registration fee for each participant at the training sessions. Fo more information contact Ward Shires, Extension Educator (441-7180). (WS)

Nebraska resources ideal for aquaculture

Fish or farm? With Nebraska's groundwater, electric power and feedstuffs, both are possible!

The common belief is that sea water sites account for most aquaculture production. Not true. Nearly 75 percent of the world's fin fish aquaculture is done in freshwater, not seawater. In the United States, about 85 percent of aquaculture is freshwater.

Freshwater sites can be surface and underground. Surface-water sites such as lakes, streams and watershed runoff often are used for aquaculture. However, these sites are prone to contamination by pesticides and pollutants and are dependent on the climatic conditions for water availability.

Ground water sites, however, generally are free from contaminants and don't fluctuate greatly in availability.

Nebraska's ground water supply is sustained through precipitation, seepage through permeable soils (central and western areas) and water which flows above-ground from Colorado and Wyoming. Ground water lies under variable soil types. To facilitate large-scale aquaculture production in areas having highly permeable soils, tanks and lined ponds are needed to hold large amounts of high-quality water.

Currently more than 85 percent of Nebraska's ground water is used for crop irrigation. The state ranks fourth nationally in terms of annual income earned

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Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

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

Acreage & Small Farm Insights Web Site

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

NUFACTS (faxback) Information Center

NUFACTS faxback document center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 4-digit number of the document you wish to receive.

"Part-time Farming" video

"Part-time Farming" will help effectively develop your country environment and improve your quality of life. Just one hour of ***"Part-time Farming"*** provides numerous tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

Food & Fitness

Food, nutrition and food safety workshop for child care centers

Child care center staff can learn more about nutrition and food safety issues for children by attending "Food, Nutrition and Food Safety Update '97 for Child Care Centers." This two-session workshop will be held April 23 and 30, 1-3 p.m.

The workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County; Lincoln/Lancaster County Health Department and Nebraska Department of Education Nutrition Services. Participants will learn more about how to plan healthy snacks, choose food handling techniques to prevent foodborne illness and meet meal planning requirements.

Preregistration is required by Wednesday, April 16. Call 441-7180 for a registration form or more information. Workshop fee is $10. (AH)

Focus on Food

Alice Henneman, RD, LMNT
Extension Educator

Q: When you cook with alcohol, does all the alcohol evaporate?

A: Some alcohol usually remains after cooking, according to researchers at Washington State University and the University of Idaho as reported in "Environmental Nutrition" newsletter. Beware of serving recipes made with alcohol to persons who are sensitive to alcohol. Also, exercise caution if you or your guests take medications that might be influenced by alcohol.

Factors that affected the degree of alcohol retention during cooking were: (1) amount and type of alcohol, (2) length of cooking time, and (3) size of cooking utensil.

Amount and type of alcohol. Foods made with distilled spirits retained more than those made with wine. And the more alcohol that was added, the more that remained.

Length of cooking time. Cooking time had the greatest influence on alcohol content. For example, 5% of the alcohol was retained when a pot roast was simmered with wine for 2-1/2 hours; 40% was retained for a chicken dish simmered with wine for 10 minutes.

Uncooked and briefly cooked desserts had the highest alcohol content. An uncooked Brandy Alexander pie retained 75% of its alcohol while Cherries Jubilee retained 75% after flaming for 48 seconds.

Size of cooking utensil. Foods cooked in smaller pots tended to retain more alcohol. The probable reason was the smaller surface area for evaporation.

Healthy Eating

Alice Henneman, RD, LMNT
Extension Educator

Fruit Smoothie

(yields 5 cups)

Tofu is rich in high-quality protein and is also a good source of B-vitamins and iron. It is low in saturated fat and contains no cholesterol. If you've never tried tofu, this fruit smoothie is an easy way to check it out.

1 (10.5-ounce) package soft lite silken tofu
1 medium banana
2 cups unsweetened orange-pineapple juice, chilled
1 (8-ounce) can unsweetened crushed pineapple, chilled

Combine all ingredients in electric blender; cover and process until smooth. Serve immediately.

Per serving (1 cup): 144 calories, 5.8 grams protein, 25.8 grams carbohydrates, 3.2 grams total fat, 0.5 grams saturated fat, 0 mg cholesterol, 6 mg sodium

For more information and recipes for tofu, contact Phyllis Staats at the Nebraska Soybean Board (1-800-852-BEAN). If you have access to the Internet, look for tofu recipes at: http://www.soyfoods.com/recipes/index.html#anchor821160.

Source of recipe: U.S. 1997 Soyfoods Directory. (AH)

Eat Right America® stresses "all foods can fit"

Pop quiz: If you asked a group of Americans what five foods they "cannot live without," what might they say? Most likely, pizza, pasta, chicken, ice cream, chocolate and french fries will top their list.

These are the all-time favorite foods that callers to the American Dietetic Association (ADA)'s Consumer Nutrition Hot Line named during a recent survey. Nonetheless, when asked about eating healthfully, 75 percent of the people surveyed said they "need to eliminate certain foods," such as sweets, fried foods, and high fat items from their diets.

"Pasta, chicken, chocolate, ice cream, pizza and french fries are as American as baseball and apple pie, and can be part of a healthful eating plan," said Nancy Schwartz, Ph.D., R.D., who directs ADA's National Center for Nutrition and Dietetics (NCND). "People don't need to give up their favorite tasty foods. All foods can be part of healthful eating when consumed in moderation."

As part of its 1997 National Nutrition Month® Campaign celebrated in March, NCND is spreading the word that "all foods can fit" into a healthful diet and that enjoying a variety of foods encourages life-long, healthful eating habits.

"Balancing out a variety of selections over the course of a day or week, with an emphasis on grain-based dishes and fruits and vegetables, can lead to an overall healthful eating pattern," Schwartz said. "Moreover, physical activity is an essential component of a healthful lifestyle."

In a recent national survey conducted by ADA, 80 percent of the respondents said they recognize the importance of good nutrition, but only 35 percent said they are doing all they can to have a balanced eating plan. About 65 percent of those surveyed cite fear of having to give up their favorite foods or spending too much time preparing healthful meals as obstacles to better nutrition.

"These obstacles are more imaginary than real," says Schwartz. "Make healthy choices that fit your lifestyle so you can do the things you want to do." Schwartz recommends the following guidelines:

- **Be realistic:** Make small gradual changes to your eating pattern and level of physical activity. Small steps work better than giant leaps.
- **Be adventurous:** Expand your food repertoire to include a variety of foods.
- **Be flexible:** Go ahead and balance what you eat and your physical activity over several days. No need to worry about just one meal or one day. And, physical activity doesn't have to be done in one big burst—small increments of activity can add up to a

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Child care education licensure credit through NEP

Nutrition Education Program
for Limited Resource Families

Maureen Burson,
Extension Educator

Are you searching for creative ways to stretch your food dollars while providing nutritious meals to children? Nutrition advisors with the University of Nebraska Nutrition Education Program (NEP) share ideas about preparing nutritious, safe, cost effective meals for children. They teach qualified individuals in their homes or in group settings, depending upon the needs of the family.

Providers who participate in the program, receive education credit toward child care licensure. The program is open to all limited income families. Families who are a part of the WIC program can also count the classes toward WIC secondary education certification.

Nutrition advisors will be happy to include children throughout the educational lesson (children's literature, games and art activities). If you would like to learn more about the NEP program, call Maureen at 441-6756. Feel free to leave a message (24 hours a day). (MB)

Corina Iwenski (far left), child care provider, teaches children about nutrition with the aid of Sandy Phillips, Nutrition Advisor.

YOUR information center... around the clock

NUFACTS Information Center

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

366 Nausea in Early Pregnancy
367 Reducing Sodium in Your Diet
368 Should You Consume Caffeine?

and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: **http//ianrwww.unl.edu/ianr/lanco/family/safety.htm** to learn about:

- Extension programs
- publications
- links to other sites

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Alice's Analysis

February 2, Groundhog Day—The snow's all gone in the yard, with some snow left in the north bar ditches, and sun is bright and warm. As I'm writing this, I'm thinking about the nice spring days we have had at the end of January. I wonder what weather February has in-store. Oh well, I know spring is coming.

January 27 was a very cold day but FCE Council meeting enjoyed our guest speaker Terry Wagner of the Lancaster County Sheriff's Department. Mr. Wagner talked about how con artists work with phone calls we receive while we try to get supper. The caller changes the name of the organization just enough that you think you are helping a responsible group, like the firemen, police, state patrol or others. One time the sheriff's department did go for a telemarketing drive. When it was all over the sheriff's department received only about 15% of the income. Therefore, be careful of these kinds of phone calls.

Donna Gill of the Time Out Club resigned as treasurer. Joy Kruse of the Forty-Niners Club was elected to the office.

The National FCE project for this year is "Tune Out Violence". We are to turn off violent TV programs on April 5 in support of this project. Nebraska Attorney General Don Stenberg held a meeting with television managers to talk about the violence. Mr. Stenberg sent me statistics that were very interesting.

• Ninety-five million households in America have televisions. This means more households have TV sets than telephones.

• Sixty-five percent of those homes have two or more TV sets, which are on at least seven hours a day.

• A typical child watches 25 hours of TV every week. This is more time than children spend talking to their parents, reading books, teacher conferences, attending church and Sunday school.

• Many children spend more time watching television than any other single activity except sleeping.

• From 1983 to 1993 juveniles arrested for violent crimes in Nebraska increased 62 percent.

In December 1996, the television industry agreed to a rating system that will categorize programs based on their appropriateness for children by various ages. The system "loosely" rates movies the same as the Motion Picture Association of America system. G, PG, PG13, R and NC17 are the rating. However, the National PTA, American Medical Association and FCE criticized the proposed rating system saying they wanted "S" for sexually oriented; "V" for violence; and "L" for coarse language.

Mr. Stenberg's remarks at the State Media Violence Summit, that you can teach American children by TV, hard work and honesty is a way to overcome problems and that beating and shooting innocent people is wrong. Have your sign-up sheets returned by March 24. If you need more call the office.

The Cultural Arts Skills exhibits are due at our March 24 Council meeting.

Categories are (1) fiber art—any articles made of thread such as

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More grandparents raising grandchildren

The U.S. Bureau of Census estimated in 1994 that approximately 3.7 million children less than 18 years of age were living in a household headed by their grandparent(s), a 40 percent increase during the past decade. For more than a third of these children, neither parent is present in the home. Historically, grandparents stepped in to parent their grandchildren in cases of death, divorce or abandonment. Today's grandparents are more likely to be taking on the parenting role due to dysfunctional parents who are unable or unwilling to care for their own children due to drug and alcohol abuse, teenage pregnancy, unemployment, child abuse and neglect, incarceration or emotional instability.

Problems that are breaking families apart are leaving children at risk, neglected and uncared for. Grandparents across the country, regardless of income, background, or race, are assuming this responsibility. They did not expect to be parents again. Grandparents who take on this often need help meeting the needs of their grandchildren and with the legal, financial, medical, educational, and emotional issues that come with this new role.

GRG: *Grandparents Raising Grandchildren* is a support group for grandparents who are raising their grandchildren. In Lincoln, a nine-week education series is offered four times per year, an ongoing support group for the grandparents, ongoing child care and also a support group for children ages five through 12. Topics covered during the nine-week series include stress management, legal concerns, grief issues, anger, and the challenge of parenting once again.

For more information, please contact Karen Larsen with the Lincoln Area Agency on Aging Intergenerational Programs, 441-6105. This project is a collaborative effort between the Lincoln Area Agency on Aging and Family Service. (LJ)

Hey, you can count on me!

We've all said it at one time or another, and probably meant it at the time. But other things came along and we forgot to do what we promised.

Be more responsible!

That's another one we have all heard, or even said to someone else. But what does it really mean? Is responsibility a gene some are born with and others are not?

Responsibility is one of the six pillars identified by the Josephson Institute of Ethics as essential for building good character. Learning to take personal responsibility is a life-long process. It is easy to blame others for everything that happens in our lives. We have all heard of court cases where parents, police, television, neighborhoods, and even food are blamed for someone's wrong-doing, rather than admitting that they did—by personal choice—break the law.

Responsible children and adults:

• think before they act
• consider how the consequences of their actions will affect others
• do what they say they are going to do

CHARACTER COUNTS

• accept responsibility for what they do or don't do
• do the best they are capable of doing on large and small jobs
• finish what they start, persevere when the going gets tough
• accept blame if their actions cause harm
• do not take credit for other's work
• do their share

How do you teach **responsibility**?

At home, the best way to teach **responsibility** is by example. Are you reliable? Do you do your best, or give up easily? Are you disciplined? Do you blame others? Do you keep your word? Your kids will do just as you do!

Let children learn **responsibility** at home by giving them age appropriate tasks and directions. Then let them do the job. If they run into difficulty, encourage them, but don't take over. Opportunities to learn responsibility at home could include:

• cleaning their room and part of the common living space they share with the family
• taking care of pets or a garden
• keeping their own calendar

At school, children learn **responsibility** by:

• doing homework on time

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Family Living

Coming events

The April leader training lesson will be on estate planning. It will be presented by Chet McPherson of the LIFE (Lincoln Information for the Elderly) Office on Tuesday, March 25, 1 or 7 p.m. The lesson will cover information on what should be included in estate planning such as wills, insurance, medicare supplements, trusts, power of attorney, etc. from a women's point of view.

This training is open to anyone interested in planning their estate. Non-FCE clubs and others wishing to attend should register by calling 441-7180 so information can be prepared. (LB)

The March FCE Council meeting will be held at the Genealogical Library, 3000 Old Cheney Road, March 24 at 1 p.m., by Susan Randell on "Discover Your Ancestors." The business meeting will follow the presentation. Mark your calendar and represent your club at this Council meeting. (LB)

The second annual **Infant-Toddler Child Care Conference: Child Care—It's Not What It Used To Be** is scheduled for April 26, 1997. Child care providers will gather together to learn about up-to-date topics impacting their work with children six weeks to three years. Participants will receive five CEU's. Contact UNL Cooperative Extension in Lancaster County, 441-7180, or Family Service, 441-7949 or 1-800-642-6481. (LB)

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

It is time to think about spring housekeeping. Some tips to help make the job easier are:

Store cleaning supplies where you use them (in the kitchen and bathroom), so you don't have to keep going from room to room to find them. By cleaning as you go (wiping the bathroom vanity after each use, etc.) dirt won't accumulate and clean ups will be faster.

Clean your dust mop before storing it. To avoid a dust cloud, put a damp paper bag over the head of the mop before shaking it.

To clean small areas like countertops, spray or gel products are convenient and easy to use. To clean larger areas, like floors or walls, powders or liquids mixed in a pail of water are more efficient.

To prevent streak marks when cleaning large vertical areas (walls, etc.), start at the bottom and work up. Overlap areas as you clean and use a circular motion. (LB)

Expect your teen to be different within limits

Adolescence is a time when teens are struggling to define personal values, direction and independence. They must be allowed the freedom, within reason, to develop this independence even though you, as a parent, may not always agree with or like their choices. Discuss your personal opinions with your teen and establish guidelines together.

For instance: Allow your teen to choose and listen to "his" music as long as a previously agreed upon volume control is maintained and the music does not contain bad language.

Bear in mind that how your teen dresses probably does not hurt anyone, unless it offers suggestions or sends a clear message. This should be discussed with your teen.

Be honest with your teen but also maintain an open mind. Being a role model and sharing your views and values plays an important role in your teen's growth into adulthood. (LJ)

"Youth Gangs in America"

national satellite teleconference from the United States Department of Justice - Office of Juvenile Justice and Deliquency Prevention

March 21, 1997 • 12:30-2:30 p.m.

Lancaster Extension Education Center, or
Home Economics Building, UNL East Campus, Room 31

4-H & Youth

4-H Bulletin Board

- 4-H Horse VIPS Meeting is Wednesday, March 12, 7:00 p.m. All club leaders, youth, parents and other interested volunteers are encouraged to attend. If your club is planning a special function that would benefit other youth, let Cindy know! (CB)
- SIT (Staff in Training) applications for the Eastern Nebraska 4-H Center are available at the Extension office. These are due March 15. (LB)
- 4-H Rabbit VIPS Meeting is Thursday, March 20, 7:00 p.m. All club leaders, youth, parents and other interested volunteers are encouraged to attend. (CB)
- Performance swine weigh-in is Saturday, April 19, 9:00-11:00 a.m. at State Fair Park. You should bring swine weighing approximately 35-45 pounds. Swine weighing over 60 pounds may be disqualified at the discretion of the superintendent. (AF)
- Have an interest in hippology, horse judging and/or horse bowl contests? If so, Lancaster County 4-H youth are looking for you! A sign-up form for youth and volunteers and an information packet will be available at the March 4-H Horse VIPS Meeting. (CB)
- 4-H camp flyers for the Eastern Nebraska 4-H Center are available at the Extension office. Invite your friends to join you at camp. (LB)

Scholarships available

Lancaster County high school seniors, you have a second opportunity to apply for several scholarships provided for 4-H members planning to attend institutions of higher learning after high school. The following scholarship applications are available at the Extension office: Kiwanis (one for $250), Jonathan Backes (one for $500), Birdie Hutchinson (one for $200), Havelock Business Association (one for $250) and 4-H Council (five for $300 each). Applications for these scholarships are due by June 9, 1997.

Each scholarship has different requirements, so request only those applications that fit your needs.

Kiwanis

$250. Must be a high school senior and currently enrolled in 4-H. Selection based on 4-H projects, scholastic standing, activity involvement and financial need.

Birdie E. Hutchinson

$200. Must enroll in the College of Human Resources and Family Services and major in home economics. Selection based on 4-H projects, scholastic standing, activity involvement and financial need.

Jonathan Milligan Backes Memorial 4-H Scholarship

$500. Must enroll full-time at the University of Nebraska, Institute of Agriculture and Natural Resources. Must be a high school senior currently enrolled in 4-H, with a minimum of three years 4-H experience. Selection based on 4-H projects, scholastic standing, activity involvement and recommendations.

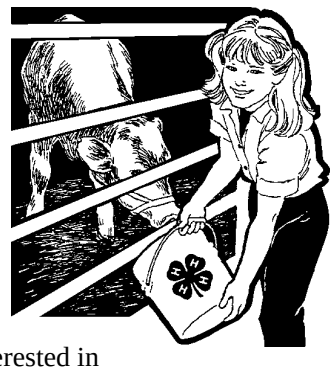
Havelock Business Association

$250. Must be a high school senior and a 4-H, FFA or FHA member in good standing from Waverly High School or Lincoln Northeast High School. Selection based on 4-H, FFA and FHA projects or programs, scholastic standing, activity involvement and financial need.

4-H Council

$300. Must be a high school senior, currently enrolled in 4-H, a minimum of three years 4-H experience. Can be used for any post secondary education. (LB)

Bucket Calf Workshop



The 4-H Bucket Calf Workshop will be held **Thursday, March 27,** at 7:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

The workshop will cover:

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

Any 4-H or Cloverbud member over the age of five interested in learning about the 4-H bucket calf project is welcome. Parents are encouraged to attend. Bring a friend to learn more about 4-H.

Call Janice Halling, superintendent, at 402-785-5345 if you have any questions. (AF)

Bake & Take Days

Bake & Take Days, sponsored by the Nebraska Wheat Board, are scheduled for Friday and Saturday, March 21 and 22. Bake & Take Days are a time to bake an item and take it to someone to let them know you're thinking about them. This "someone" could be a friend, neighbor, elderly person or shut-in who is frequently alone. If you want to deliver baked goods to a nursing home resident, be sure to check for dietary restrictions.

Stickers and pamphlets will be available at the Extension office March 1. This is a great community service activity for 4-H or FCE clubs or families. (LB)

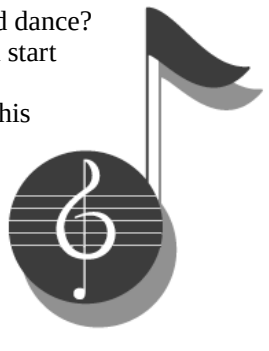
Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis and the 4-H Council. It is scheduled for Saturday, April 5, 7:00-9:00 p.m., State Fair Park in the Grandstand building, 2nd floor. All 4-H families are invited to attend this fun and free activity.

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

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

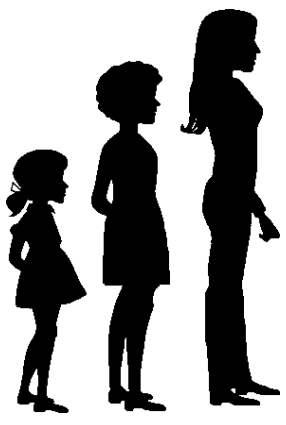
Music contest reminder



Do you have a 4-H group that likes to sing and dance? If you do, mark April 20 on your calendar and start practicing.

The 1997 Music Contest will be held on this date at 4:00 p.m. at Dawes Middle School Auditorium. A partial list of rules was published on page eight of the January NEBLINE. Stop by the office or call Mike to get a registration form. All registrations are due to the office by April 11. (MF)

Growing Up Female retreat April 19-20



Growing Up Female is a special mother-daughter retreat scheduled for April 19 and 20, 1997 at the Eastern Nebraska 4-H Center in Gretna. This retreat is an excellent opportunity for mothers and their 11-13 year old daughters to spend a special time together learning effective communication skills and building self-esteem.

Workshop sessions include opportunities to learn more about sexuality, techniques for dealing with peer pressure and the importance of individual family values.

The cost for each mother-daughter pair is $65. The fee includes meals, snacks and lodging. Registration is limited, so it is suggested that you register as early as possible. Registrations are due no later than April 7, 1997. Applications and more information are available at the Extension office, or you may fill out the application below. For more information, contact LaDeane at 441-7180. We encourage other female care givers such as stepmothers or grandmothers to attend. (LJ)

EASTERN NEBRASKA 4-H center
21520 West Highway 31 Gretna, NE 68028

To ensure enrollment return registration form by April 7.

___ $65 per pair registration fee enclosed. (Make check payable to: University of Nebraska Cooperative Extension)

Return to:
University of Nebraska
Cooperative Extension
in Sarpy County
1210 Golden Gate Drive
Papillion, NE 68046

Youth's name (first and last) _____

Grade _____ County _____

Adult's name (first and last) _____

Adult's address _____

Phone _____

HORSE BITS

It's showtime again...

It's time again to mark your calendar for all of the upcoming show dates and deadlines. Remember, deadlines are firm...plan ahead!

The dates and locations of the 1997 District Horse Shows have been announced.
June 17—Hayes Center
June 18—Lexington (English)
June 19—Valentine
June 20—Chadron (English)
June 23—Seward
June 24—Fremont (English)
June 25—Bloomfield
June 26—Albion (English)

The deadline to submit ALL forms (entry form, horse ID, level verification and money) to the Extension office is **Friday, May 23**. All forms will be available at the April 4-H Horse VIPS Meeting.

All horse ID forms are DUE to the Extension office by **Monday, June 2**. No exceptions will be allowed except by the 4-H Horse VIPS Grievance Committee.

The **1997 Lancaster County Pre-District 4-H Horse Show** is **Saturday, May 31** and **Sunday, June 1** at the Capital City Horse and Pony Club. (Rain date is Saturday, June 14 and Sunday, June 15.) Details will be available after March...watch for flyers and worker sign-up information.

The **Wee Amigos 4-H Club** is holding their second annual horse show **Saturday, June 21** at Capital City Horse and Pony Club. (Rain date is Saturday, June 28.) Watch for flyers in your club mailboxes.

The **1997 4-H Horse Expo** at Fonner Park in Grand Island is **July 13-17.** The horse bowl contest will begin July 13.

The **1997 Lancaster County Fair Horse Show** is **July 28-31**. The deadline to submit entry forms is Monday, July 7. The pre-fair briefing for ALL 4-H horse exhibitors, parents and club leaders is Wednesday, July 23.

As other dates become available, they will be published in the NEBLINE and flyers placed in each club mailbox. Independent members should contact the Extension office directly and plan to attend the monthly 4-H Horse VIPS Meetings. (CB)

1997 PAK 10 4-H Judging clinics and contests

Livestock
Date: Thursday, March 20, 1997
Time: 6:00 p.m. Registration • 6:30 p.m. Clinic & Contest
Results will be tabulated after the contest and announced by mail.
Place: Saunders County Fairgrounds, Wahoo, NE

Dairy
Date: Saturday, April 12, 1997
Time: 10:00 a.m. Registration • 10:30 a.m. Contest
Results will be tabulated and announced immediately following the contest.
Place: UNL Dairy Research Farm, Mead, NE

Horse
Date: Tuesday, June 10, 1997
Time: 6:30 p.m. Registration • 7:00 p.m. Contest • 9:00 p.m. Clinic
Results will be tabulated and announced immediately following the clinic. (9:45 p.m.)
Place: Skyline Ranch Arena, Elkhorn, NE/Rain Location TBA

Poultry
Date: Thursday, June 19, 1997
Time: 9:00 a.m. Registration • 9:30 a.m. Clinic • 11:30 a.m. Lunch Break • 12:30 p.m. Contest
Results will be tabulated and announced immediately following the contest. (3:00 p.m.)
Place: UNL Agricultural Research & Development Center, Ithaca, NE

For more information: Contact your local UNL Cooperative Extension Office. (CB)

Focus on 4-H

Family is an important part of the 4-H program. One Lancaster County family is a perfect example of 4-H in the family! At the Sehn household there is almost always something going on that involves 4-H. Gary and Marty Sehn along with their children, Kevin, Kelly, Courtney and Garret live in Lincoln and have been active with 4-H in this county for five years. The family's 4-H background goes way beyond those five years however. Both Gary and Marty were active as youth in 4-H clubs in their home state of North Dakota.

Marty and Gary are both leaders of a 4-H club. Hands Across America (formerly known as the Crazy Eights) is the club Marty leads and Kelly and Courtney are members of. Other members of Hands Across America are Kay Clinch (project leader), Cindy Fiala (project leader), Jenny Fiala (junior leader), Lisa Benes, Karen Clinch, Nina Contreras, Alyssa Fiala, Becky Fiala, Brenda Fiala, Elizabeth Kontor, Monica Rentschler, Rachel Rentschler and Colleen Zuerlein. The club has done several community service projects. Recently they prepared and served a dinner for the hungry at the Matt Talbot Kitchen. Each 4-H member prepared a complete meal including beef stew, salad, biscuits or bread, and dessert. All together they served 70 people. The club also participates in Meals on Wheels by delivering meals to senior citizens. Group projects for "Hands Across America" this year include Child Development, Heirloom Treasures and a Do Your Own Thing—Career Exploration. Marty developed the Career Exploration program for her club after hearing a presentation at the State 4-H Leader's Forum in which Extension Educator Gary Bergman discussed the importance of 4-H in preparing young people for the career world of tomorrow.

Gary Sehn is busy with his own club, the Rocketeers, which his son Kevin is a member of. Other members include Matthew Hyland, Joey Kreifels, Nathan Kreifels, Ryan Luebbert, Nick

continued on page 11

4-H & Youth

It's turkey time...

The time is fast approaching for all 4-H members interested in signing up for the 4-H turkey project. The turkeys will arrive Wednesday, April 23. You have to order at least 10 turkeys ($4 each). Payment and application forms are due no later than March 17. If you are interested in participating, please contact Cindy Blome at the Extension office by Monday, March 10. (CB)

Counselors needed at the Eastern Nebraska 4-H Center this summer

If you are 14 years of age or older and enjoy working with youth and sharing your skills, this is a great opportunity for you. Camps are held at the Eastern Nebraska 4-H Center during June and July. Camp counselor applications are available at the Extension office and due by April 15. A training will be held at the 4-H center June 7-9 for all selected counselors. (LB)

Cloverbuds—large animals—the fair

In keeping with the guidelines established by the Nebraska State 4-H office, 4-H Cloverbuds are not permitted to bring and/or show large animals (bucket calf, goat, horse, llama, poultry, sheep, swine) at the Lancaster County Fair.

Not "showing" a large animal at the fair should not discourage 4-H Cloverbud clubs and families from learning about livestock and large animals. In fact, 4-H Cloverbuds need opportunities to learn about animals as part of their club experience. They learn how animals grow, what they eat and how animals are cared for by humans. Resources are available from the Extension office that teach children about farm animals and their role in Nebraska's Agriculture Industry.

If large animals are part of your 4-H Cloverbuds learning experience, youngsters may create a display and/or participate in Show & Tell at the Lancaster County Fair. With your guidance, children can creatively "bring" their experience to the Lancaster County Fair without having the animal on the fairgrounds. (SE)

4-H horse judging team—top five in nation

The Lancaster County 4-H Horse Judging Team members can still be seen walking at least 5 feet off the ground after placing **third** in the "Horse Judging Contest" and **fifth** in the "Overall High State Award" given at the National 4-H Horse Classic. The contest was held in Denver, Colorado, January 9-12.

The team consisted of Laurissa Salbalka (member of Freedom Riders), Merici Vinton (member of Apple Hill Gang), Lisa Rieck (member of Hunter's Pride) and Kala Ball (member of Freedom Riders) who was unable to judge due to her participation on the UNL Judging Team but was an active supporter and cheerleader. Melodie Nielsen served as their coach and Janet Ball was their adult sponsor.

Each member judged halter, performance and gave oral reasons as part of the contest. Merici Vinton placed **fifth** for overall individuals in halter classes and the entire team placed **third**. Laurissa Salbalka placed **third** and Merici Vinton placed **tenth** for overall individuals in performance classes and the entire team placed **third**. Lisa Rieck placed **ninth** for overall individuals in the oral reasons classes.

The judging team received monies from the State 4-H Youth Development fund, Lancaster County 4-H Council and Lancaster County Ag Society. The Lancaster County 4-H Horse VIPS Committee purchased matching team jackets for each member.

Congratulations to each team member and "special" thanks to Coach Melodie Nielsen, Janet Ball and everyone involved with all of the agencies and committees that made their trip possible. (CB)

Community Focus

Moeser statement to Lincoln, University community

University of Nebraska-Lincoln Chancellor James Moeser issued this statement January 28 regarding the use of symbols such as a burning cross and Confederate memorabilia at a fraternity pre-initiation activity held on private property January 23:

"I am greatly disturbed by the reports of the burning of a cross combined with the display of the Confederate flag and Confederate battle uniforms over the weekend in connection with a fraternity pre-initiation activity. These actions are contrary to the spirit of our Student Code of Conduct and they violate our basic values as an institution.

"Since becoming chancellor, I have spoken often about the need to instill character and values in our students. It is not our role or responsibility as a public institution to dictate those values, but to assist our students in coming to terms with their own inner ethical core as they form their own value systems.

"At the same time, we have values as an institution. One of those values is diversity. Not just a tolerance of diversity, but a real celebration of the differences in culture, national origin, and gender that make up our world. The attainment of that level where we truly celebrate the differences in our perspectives, cultures, and points of view is a necessary component of the excellence we seek.

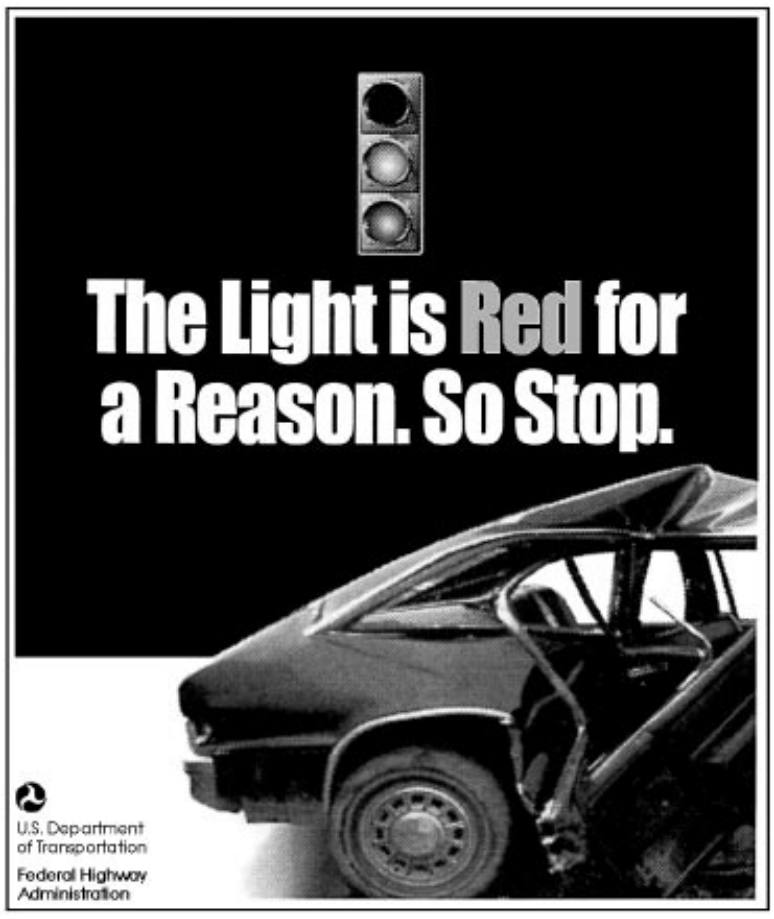
"From all that I have been able to learn about the incident, the fraternity and its pre-initiation activities, I do not believe there was deliberate racist intent. However, lack of intent does not absolve the fraternity from the fact that a burning cross is most often interpreted as a racist symbol, used repeatedly by the Ku Klux Klan as a sign of intimidation and oppression. Coupled with the Confederate flag, the symbolism is almost overpowering.

"To assert that these symbols should not be interpreted as racist is incredibly naive. It tells us that we have a major responsibility to educate our students and our public as to the power of these symbols to communicate messages that are contrary to our values of equality, equity, and diversity.

"We condemn racism in all its forms. We condemn the symbols of racism. We will work with this fraternity and other members of the Greek community on campus to eliminate such negative symbols from their rituals and rites. I am heartened by the information I have received that the national fraternity does not condone this activity. Thus, in this instance, I am confident that we can work with the local chapter not only to eliminate this practice, but to increase the understanding and sensitivity of the chapter to the larger issues of latent racism in our society and community.

"Finally, I hope that as a result of this unfortunate incident, we may bring together the leaders of our fraternities and sororities with leaders of the Lincoln and university community, that together we may work for better understanding among all peoples, the campus and the city. I look forward to being a part of that process of healing and reconciliation."

Chancellor James Moeser



City of Lincoln announces "Red Light Running Project"

We see them every day; Red Light Runners, a traffic safety problem threatening the safety of our streets and our citizens. In Lincoln, the accidents directly attributable to Traffic Signal Violations have increased from 389 in 1992 to 447 in 1993 and 493 in 1994. The cost of these accidents to our community is estimated at $4.2 million, $4.4 million and $5.1 million, respectively. A "public opinions" survey conducted by the Lincoln Health Department indicated that 39% of the people surveyed identified Red Light Running as one of Lincoln's most serious traffic violations.

A research study conducted by the University of Nebraska in the summer of 1994, addressed drivers behavior at signalized intersections. The study focused on drivers behavior at the onset of the yellow light. Data was collected and analyzed for some intersections in Lincoln. The results of the analyses indicated that Lincoln drivers are less likely to stop during the first few second of the yellow light than drivers in other regions of the United States. Thus, Lincoln drivers are more likely to run red lights than drivers in other regions.

Based on the findings reported above, it is obvious that Lincoln has a Red Light Running problem. The problem, however, is not in Lincoln alone. Several studies conducted nationwide have indicated the frequency of red light violations is on the rise. As a result, the Federal Highway Administration has launched a Red Light Running awareness campaign to be implemented in 32 cities nationwide.

Lincoln is "one" of the 32 cities selected to participate in this program. With the help of this program, the Traffic Safety Division of the City of Lincoln's Public Works Department should be able to identify the most effective countermeasure to increase drivers' compliance with traffic control devices. The Lincoln Police Department, The University of Nebraska's Mid-America Transportation Center, the Nebraska Department of Roads, the Nebraska Office of Highway Safety and the Federal Highway Administration support a Red Light Running Campaign in our community. These and other traffic safety proponents will be involved in the project. Coordination and administration will be provided by the Public Works' Traffic Safety Section.

The campaign will include a multimedia public service program designed to increase the general awareness of the hazards associated with running red lights. The campaign is designed to run along with an increased enforcement program that will target red light violators on Lincoln's streets. Being a safety campaign, this project should be supported by all members of the community.

The campaign's goal is to reduce the rate of red light running in Lincoln by increasing public awareness on the hazards associated with violating red lights. It will target all Lincoln drivers, with emphasis placed on the 16 to 25 age groups. (GB)

Grantsmanship Training Program to be offered

The Lancaster County Extension office is pleased to note that The Grantsmanship Training Program will be offered in the Southeast Nebraska area April 14-18, 1997. The Grantsmanship Center is a highly respected and successful organization that has trained more than 65,000 employees of public and private agencies since its founding in 1972. It is the world's oldest and largest trainer of staff in non-profit organizations.

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

The program is sponsored by Lancaster County Extension to further its mission to address educational needs of the City of Lincoln and Lancaster County. Lancaster County Extension Educator/Unit Leader, Gary C. Bergman who participated in a New York offered training a number of years ago, said "....the training is a small investment for the benefits received by organizations through time saved in grant preparation and the potential for ultimate success."

The training addresses current programs and needs of registered participants. In order to do this, classes are limited to 25 participants. All exercises are tailored to the organizations and agencies represented. Often times proposals developed during the workshop are submitted for funding when participants return to work.

For more information about this training call The Grantsmanship Training Program at (800) 421-9512 or Lancaster County Extension at (402)441-7180. (GB)

International host family opportunities

Ryota Toda is a 12 year old boy from Kyoto, Japan, who has a black belt in karate and is an avid stamp collector. This summer he hopes to come to the United States and live with a Lancaster County family. He can't wait to try steak for the first time and dreams of getting a chance to ride a horse. Ryota is one of numerous Japanese teenagers who will be staying with local families as part of a two-way exchange program sponsored by 4-H. They will be staying with their American host families for four weeks this summer during the months of July and August.

The program is open to families living in Lancaster County with children close in age to the Japanese participants. Families without children in this age range will be considered as hosts for the adult chaperons from Japan. 4-H involvement is not required; however, a willingness to share your home and your world is essential. There is no need to know Japanese. The students have all studied English and are to anxious to use it.

The program provides host families a chance to share their culture, friendship, and family life with an exchange student and at the same time learn about Japanese life. While visits only last a month , the memories last a lifetime.

The 4-H Japanese Exchange program is one of the largest exchange programs involving North American and Japanese youth in the world. Since its beginning in 1872, some 30,000 students have stayed with families in 39 states, including Nebraska, and more than 4,000 American students have made reciprocal visits to Japan.

Host family applications are available now. For an application or additional information please write or phone the Lancaster County Extension Office. (GB)

Character Counts!

continued from page 1

and at the office without offending political, racial, religious, gender or socioeconomic sensibilities. The hope was that by using a consistent language with kids, the lessons of good character could be reinforced and better understood.

CHARACTER COUNTS! teaches kids to ask themselves three questions before they act:

1. Have I thought about the way my choices are likely to help or hurt others?
2. Am I living up to the ethical principles of the Six Pillars of Character by being trustworthy, respectful, responsible, fair, caring and a good citizen—even if I have to give up other things I want?
3. If I cannot find a way to live up to one of the Six Pillar principles without violating another, am I making the choice I think will be best for society in the long run.

Good character requires the insight to see what is right and the courage to do it, regardless of the cost in popularity, money, prestige or pleasure. We will never be better than the way we treat other people. By considering the needs of other people as highly important, we give ourselves the greatest gift: honor and integrity. The commitment of adults to be models of good character and spend time with young people can make a difference. Young people yearn for consistent adult involvement and when they get it, according to surveys and plain common sense, they are less inclined to sexual activity, drug and alcohol use, suicide attempts, vandalism and other problems. (Michigan State University poll of 13,000 adolescents in early 1995)

CHARACTER COUNTS! curriculum consists of lesson plans for each of the Six Pillars of Character for five different age groups 5-18. Hands-on activities, games, songs and stories reinforce each lesson. Training for 4-H club leaders, youth-serving agency personnel and other interested people will be held April 21, 1997. Watch for a registration in the next edition of the NEBLINE or ask for a flier from LaDeane Jha at 441-7180.

- Ethics is not about the way things are, but is about the way things **ought** to be.
- Compliance is about doing what you have to do, ethics is about doing what you **should** do.
- Ethics is about character and courage and how we meet the challenge when doing the right thing will cost more than we want to pay.
- The real test of our ethical integrity comes when we believe that doing the right thing is not in our self-interest.
- All that is necessary for evil to triumph is for good people to do nothing. —Burke
- Everything we do makes a difference. It starts a chain reaction that affects the lives of others.

Dave Varner

continued from page 1

to provide assistance for small-scale agricultural producers. Dave also served on the NUFACTS steering committee that designed and implemented an audio-tex/fax-on-demand information delivery system accessible via touch-tone telephone technology. He showcased this system as a presenter at the National Small Farm Conference in Nashville , Tennessee in 1996. Dave serves on the Dean of Nebraska Cooperative Extension Advisory Committee as well as many other local and state wide organizations.

The staff and clientele of Lancaster County Cooperative Extension wish Dave Varner and his family success in his new assignment in Fremont. We will miss him for his futuristic visions, creative talents and innovative programs. While Dave will be leaving Lancaster County Extension, we are also pleased to know that we will still benefit from his close ties with district and state wide Extension educational activities.

Nebraska resources ideal for aquaculture

continued from page 5

from agriculture and in annual ground water usage. Ultimately, any major aquaculture industry in Nebraska probably would be integrated with agriculture, underscoring the "low-consumptive" use aquaculture makes of water.

Most U.S. aquaculture employs ground water pumped from wells. For continuous pumping, access to three-phase electricity is best. Nebraska's commercial electric rates are among the lowest in the nation.

Feedstuffs in many instances account for approximately 50 percent of aquaculture operating costs. Nebraska has abundant supplies of low-cost feed ingredients, ingredient processing plants and feed mills necessary to manufacture aquaculture feeds.

Additional factors which make aquaculture ideal in Nebraska include the following:

1. A tradition of cooperation between state and local government and private enterprise regarding agriculture-related enterprises.
2. A user-friendly regulatory environment.
3. Relatively low land and labor costs.
4. An earnest, hard-working labor force.
5. A location central to major markets and distribution points.
6. An outstanding transportation system, including major railroads and a trucking industry that can handle perishable products.

An examination of Nebraska's hydrogeology, soil types and power availability will provide insight of those areas best suited to sustain an aquaculture industry. (DV)

Alice's Analysis

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knit, crochet, macrame, latch hook, tatting, hairpin lace; (2) sculpture—three dimensional carving of wood, chiseling stone, casting metals, molding clay, wax, shaping soft sculpture; and (3) ceramics, pottery and porcelain. If you need more information call Lorene or myself.

We will be offering a scholarship of $125 to a graduate of a high school in Lancaster County or a permanent resident of Lancaster County. For more information call Lorene or Margaret Blacketer.

Mark your calendar for the March Council meeting and note the location change. The Council meeting will be March 24 at 1 p.m. and at the Genealogical Library, 3000 Old Cheney Road. Our program will be "Discover Your Ancestors" given by Susan Randell.

My thought this Groundhog Day..."Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

— Alice Doane,
FCE Council Chair

Focus on 4-H

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Rasby, Jeff Sedlacek and Shaun Swift. He started the club five years ago with a group of nine boys interested in model rockets. The club would get together, have a business meeting and work on the rockets. Each year they have a picnic where they launch their rockets. The club has grown both in numbers and in projects. Now club members are very active in shooting sports, entomology, rocketry and animal projects. During meetings they often have speakers which cover a variety of topics including gun safety, taxidermy (which Gary does himself), and blacksmithing. The Rocketeers have teamed up with Hands Across America to participate in programs such as *On Your Own in Rural America*. The Sehn's also host a Recognition Banquet for both clubs each year at their home. Club members and their families come and awards and gifts are presented. Each 4-H member has an opportunity at the banquet to present about their accomplishments and highlights for the year.

Gary and Marty are strong believers in the 4-H program. They share that through participation, their own children and the other youth are gaining important career skills as well as gaining responsibility and confidence. Kevin, age 14, and Kelly, age 12, are both very active in their clubs. Along with all the activities, they are working on projects in areas such as computers, clothing, entomology, heirloom treasures and animals. Three year old Garret is happy to help with the rabbit projects and sample cooking projects.

Gary, Marty and their children are planning to move this year. We will certainly miss them and wish them the best in their new home. The Extension office and the Lancaster County 4-H program thanks the Sehns for all of their great contributions to youth in Lancaster County! (AF)

Miscellaneous

Eat Right America

continued from page 6

physically active lifestyle.

- **Be sensible:** Enjoy all foods, just don't overdo it.
- **Be active:** Walk the dog, don't just watch the dog walk.

"If people follow these guidelines, they can eat right and stay physically active while reducing their risk for nutrition-related diseases such as diabetes, cardiovascular disease and certain cancers," Schwartz added. (AH)

Hey, you can count on me!

continued from page 7

- taking care of their supplies
- taking care of school property
- doing their fair share of group projects
- caring for classroom pets and plants

Children can learn **responsibility** in the community by:

- participating in community service projects
- helping people with special needs
- obeying the laws
- doing lawn work for someone who is ill

Church, school and youth organizations, (4-H or scouts) offer many additional opportunities:

- serving as a club officer or committee member
- giving a presentation at a club meeting
- doing their share and completing group projects

Source: Ups & Downs of Parenting Adolescents, March 1997. (LJ)

University of Nebraska

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214 Houseplant Insects
217 Boston Fern
218 African Violet Care
223 Repotting Houseplants
224 Houseplant Artificial Light
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234 Pruning Pear Trees
235 Grafting
240 Pruning Apple Trees
242 Pruning Peach Trees
291 Soil Testing

...and more than 4oo additional topics.

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The NEBLINE
Nebraska Cooperative Extension Newsletter
Lancaster County

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Gary C. Bergman, Extension Educator–Unit Leader

NOTICE

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

Lorene Bartos, Extension Educator
Cindy Blome, Youth Extension Aide
Tina Brown, Americorps Vista Volunteer
Corey Brubaker, Extension Educator
Maureen Burson, Extension Educator
Brenda Corder, Publication & Resource Assistant
Soni Ericksen, Extension Assistant
Mike Feit, Extension Assistant
Autumn Fowler, Extension Assistant
Arlene Hanna, Extension Assistant
Alice Henneman, Extension Educator
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LaDeane Jha, Extension Educator
Mary Jane McReynolds, Extension Assistant
Barb Ogg, Extension Educator
Warder Shires, Extension Educator
Dave Varner, Extension Educator

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City_____ Zip_____

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Comments_____

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Story Idea(s)_____

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

Extension Calendar

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

March 1-2
KFOR Lawn and Garden Show—*State Fair Park*

March 2
4-H Speech & PSA Contest—*Nebraska State Capitol Hearing Rooms, Lincoln* .... 2:00- 4:00 p.m.

March 4
Teen Learn & Serve Conference—*East Campus*
Grain Sorghum Seminar—*Gage County Extension Office, Wilber* ..... 1:00 p.m.
Chemigation Certification Training—*Saline County Extension Office, Beatrice* ..... 9:00 a.m.-3:00 p.m.
4-H Council Meeting ..... 7:00 p.m.

March 5
4-H Small Animal VIPS Meeting ..... 7:00 p.m.

March 6
Chemigation Certification Training—*Dodge County Extension Office, Fremont* ..... 9:00 a.m.

March 7
4-H Cloverbuds VIPS Meeting ..... 1:30 p.m.

March 8
CWF Fundraising—*ARDC, Ithaca, NE*
Acreage and Small Farm Owners Workshop—*ARDC, Ithaca, NE* ..... 9:00 a.m.-3:00 p.m.

March 9
4-H Teen Council Meeting ..... 3:00-5:00 p.m.

March 10
Lancaster County 4-H Shooting Sports Club Meeting ..... 7:00-9:00 p.m.
Extension Board Meeting ..... 7:00 p.m.

March 12
4-H Horse VIPS Meeting ..... 7:00 p.m.

March 13-16
Kansas City Conference—*Kansas City, MO*

March 14
ExpoVisions Leadership Team & Residence Hall Counselor Applications Due

March 15
Camp SIT (Staff in Training) Applications Due

March 17
Be a Better Gardener Preregistration Deadline
4-H Turkey Applications Due

March 18
Star City Rabbit Raisers 4-H Club Meeting ..... 7:00 p.m.

March 20
PAK 10 Livestock Judging Contest—*Wahoo*
Private Applicators Certification ..... 7:00 p.m.
Fair Board Meeting ..... 7:00 p.m.
4-H Rabbit VIPS Meeting ..... 7:00 p.m.

March 21
Private Applicators Certification ..... 1:00 p.m.
"Youth Gangs in America" - satellite teleconference—*Lancaster Extension Education Center or Home Economics Building, UNL East Campus, Room 31* ..... 12:30-2:30 p.m.

March 21-22
Bake & Take Days

March 22
Private Applicators Certification ..... 9:00 a.m.

March 24
FCE Council Meeting—*Genealogical Library, 3000 Old Cheney Road, Lincoln* ..... 1:00 p.m.
FCE Cultural Arts Entries Due
Be a Better Gardener Introduction Workshop ..... 7:00 p.m.

March 25
FCE Leader Training, Estate Planning ..... 1:00 or 7:00 p.m.

March 27
ewf—*Southeast Community College, Lincoln* ..... 9:00 a.m.-4:00 p.m.
4-H Bucket Calf Workshop ..... 7:30 p.m.

March 28-29
Confidence Course Workshop—*Gretna, NE*

April 1
4-H Market Beef IDs due for State Fair and Ak-Sar-Ben (contact the Extension office)
4-H Action Team Applications Due
4-H Council Meeting ..... 7:00 p.m.

April 5
Kiwanis Karnival—*Grandstand Building (2nd floor), State Fair Park, Lincoln* ..... 7:00- 9:00 p.m.

April 6-12
National 4-H Conference—*Chevy Chase, MD-Washington, D.C.*

April 9
4-H Horse VIPS Meeting ..... 7:00 p.m.

April 11
4-H Music Contest Registration Due

April 12
PAK 10 Dairy Judging Contest—*ARDC, Mead, NE*

April 13
4-H Teen Council Meeting ..... 3:00-5:00 p.m.

April 14
Lancaster County 4-H Shooting Sports Club Meeting ..... 7:00-9:00 p.m.
CWF Meeting ..... 7:00 p.m.
Extension Board Meeting ..... 7:30 p.m.

April 15
4-H Camp Counselor Applications to Eastern Camp Due

April 17
Fair Board Meeting ..... 7:00 p.m.

April 19
4-H Performance Swine Weigh-in—*State Fair Park* ..... 9:00-11:00 a.m.

April 19-20
Growing Up Female—*Eastern NE 4-H Camp, Gretna*