4-1997

The NEBLINE, April 1997

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Recognizing volunteers

Lorene Bartos
Extension Educator

What did you answer the last time you were asked to volunteer? Was the answer NO or YES, I’d be glad to help out? If the answer was yes, you were among the 89.2 million people who volunteer. April 13-19, National Volunteer Week, is the time to say THANK YOU!

What is a volunteer? According to Webster’s dictionary it is “One who serves or acts of his or her own free will.” Volunteering is to offer or give of one’s own accord, or to offer oneself as a volunteer. Benjamin Franklin said it best: “No one is useless in this world who lightens the burden of it for someone else.” Volunteers are doing just that. Adult and youth volunteers are making a difference in their communities and in the lives of others. Volunteers are found almost anywhere you go, in schools, hospitals, offices, churches, universities, community activities, sports events and even in your neighborhood.

Cooperative Extension could not exist without the help of volunteers. They play a major role in the 4-H,Extension programming, and Family and Community Education Clubs. Volunteers serve on the Extension board, 4-H Council, fair board, as 4-H fair superintendents and helpers, Master Gardeners, as 4-H leaders, key leaders, VIPs (Volunteers in Program Service) committee members, workshop presenters, event coordinators and last but not least role models for many youth in the community. Youth make up a large group of 4-H volunteers serving as junior leaders, 4-H Ambassadors, and assisting with many county events.

Many volunteers spend five or more hours per week doing community service. The most significant increase in volunteerism has occurred among senior citizens, divorced, and separated or widowed persons. Volunteers are not paid in dollars and cents but are paid well in satisfaction, pleasure and enjoyment. In this day and age where people seem too busy to do what they want to do there is still good news in volunteerism. The good news is:

• over half of all Americans still volunteer
• the majority of volunteers are working people
• volunteers give more money to charity than non volunteers
• one fourth of all volunteers (25.5 million adults) volunteer five or more hours per week
• minority groups are asked to volunteer less often, but when asked, volunteer at a higher rate
• the American spirit of compassion and creativity is leading to a greater range of volunteer opportunities
• schools are requiring youth to volunteer and giving them the opportunity to do it during the school day
• not only is National Volunteer Week a time to thank those who volunteer, it is a time to encourage others to become involved.

Tuesday, April 15, has been named National Youth Service Day. This is a joint venture of the Corporation for National and Community Service and the Points of Lights Foundation to recognize the efforts of national service members and all volunteers. To become involved in this day, all service programs are asked to plan and implement a youth-focused service project on this day. Service activities might include, planning a literacy project, participating in an environmental project such as “Grow Big Red” and “Spruce-Up Nebraska” which are existing programs sponsored by Keep Nebraska Beautiful, creating an inter-generational activity or develop a new activity. If you are interested in participating in an event, a sign-up form is available at the Extension Office and due April 4.

First Lady, Diane Nelson indicates that volunteers help solve serious social problems, bring together people and communities, build a sense of shared responsibility and renew faith in the ability to make a difference in one another’s lives. This is very evident in Lancaster County. “THANK YOU” to the many volunteers that make Cooperative Extension in Lancaster County a success.

Remember, volunteering is one of the most productive things that we can do to enhance human relationships. So, the next time you’re asked to help out, Say YES! Continued on page 11

ODE TO A VOLUNTEER

Many will be shocked to find
When the day of judgement nears
That there’s a special place in
Heaven set aside for volunteers.

Furnished with big recliners,
Satins couches and foot stools
Where there’s no committee chair
No group leaders or carpools.

Telephone lists will be outlawed
But a finger snap will bring
Cool drinks and gourmet dinners,
And rare treats fit for a king.

You ask, Who’ll serve the privileged few
And work for all they’re worth?
Why, those who reaped benefits
And not once volunteered on earth.

Author Unknown

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New faces at Lancaster County Cooperative Extension

The Lancaster County office of the University of Nebraska Cooperative Extension has recently hired two new employees. Deanna Lienemann has been hired as an Extension Assistant - 4-H/Youth and Jim Wies recently began work as the new Extension Assistant/Computers and Communications.

Deanna is a graduate of the University of Nebraska-Lincoln, with a Bachelors Degree in Agricultural Education and Communications. Her education includes a strong focus on agriculture and youth. Deanna is married and has one son. She earned her education mostly while working for Fullerton, Nebraska.”

Recently starting at Lancaster County Cooperative Extension are Jim Wies and Deanna Lienemann.

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It is probably safe to say that the majority of mail order plant companies are legitimate businesses that strive to supply quality products to their customers. They can be a reliable source of unique plants that can otherwise be hard to find.

When you are buying plants by mail, it pays to be cautious. Ads that make fantastic claims for plants should make you wary. Often a plant that sounds too good to be true will not live up to the claims made for it.

To avoid disappointment, read the ads closely. Find out everything you can about the plant being sold. First, find out what the plant is! Plant ads that use common names and do not give the botanical names of the plants being sold make it difficult or impossible for you to learn more about the plant from other sources. The same common name may apply to several plants or a cute, catchy name may be made up for advertising purposes to attract potential buyers. Study the ad copy, what is missing may be more important that what is there.

Before you order plants, it is a good idea to comparison shop. Get catalogs from several companies and compare plant sizes, ages, hardness zones, growing conditions, warranties, shipping or handling details and cost. Educate yourself before you purchase plants and then enjoy the quality plants you receive. (MIM)

Damping off fungi occur in most soils and can seriously hamper efforts to produce healthy transplants. If care is not taken, entire seed flats may be lost. Seeds may decay before germination and young seedlings may rot before or after they emerge from the soil. Infected seedlings that survive are usually weak and succumb to environmental, disease or insect stress after transplanting.

Steps to follow in the production of disease-free nursery stock and transplants include:

1. Begin with vigorous, disease-free seed. Infected seed is a major source of seed decay or seedling blight problems. External pathogens can be eliminated by disinfecting the seed for 30 seconds in a solution of one part household bleach to nine parts of water or by treating the seed with a fungicide such as captan or thiram.
2. Use growing containers free of disease-causing organisms. If seedlings are to be started in clay or plastic pots or flats, the containers should be washed, soaked in the household bleach solution for five minutes and thoroughly rinsed.
3. Use a planting medium free of disease-causing pathogens. The best growing medium for starting transplant seedlings is one of the commercial soil-less mixes. It is best not to use soil directly from the garden, but gardeners can pasteurize their own mixes by placing about two inches in a flat baking pan, moistening, covering with foil and putting into an oven preheated to 180 degrees F for 30 minutes. A satisfactory plant growing medium should have an adequate water holding capacity but still allow proper drainage.

Don't just smell the flowers...prune

Once flowering shrubs have come into and out of bloom, gardeners still have work to do. Plants need pruning if they're to be as nice next year.

Pruning usually requires the removal of older and taller canes, and the removal of about one-third of the taller and weaker new canes.

This type of annual pruning will help contain forsythia, lilac, spiraea, flowering almond, flowering quince, cotoneaster, honeysuckles, spirea, flowering almond, flowering quince, cotoneaster, honeysuckles, and overall value. This complex prescribed numerical scoring system on vigor, growth habit, disease resistance, foliage, flowers, form and color, hardiness, and the plant's potential as a landscape accent is to give the average home gardener.

Rose specimens are submitted by the growers each year from rose producers. The specimens are assigned an official AARS number and undergo a two-year trial program. A judge, usually a college horticulture professor or supervisor of a local nursery, is assigned to evaluate each garden. During the evaluation period, roses are grown using a prescribed numerical scoring system on vigor, growth habit, disease resistance, foliage, flowers, form and color, hardiness, and the plant's potential as a landscape accent.

Here is a glance at the All-America Rose Selection winners for 1997. Look for these roses this spring and maybe add one to your collection.

'Artistry' is a lovely soft coral orange with 30-petaled flowers that can grow to five inches across. The hybrid tea buds rest upon dark green, semi-glossy foliage. This beauty stands to five feet, with upright and well-branched canes. Sixteen to 18-inch stems and a light fragrance make 'Artistry' a natural for cutting gardens allowing gardeners to bring their romance indoors.

'Timeless' promises elegant pink rose blooms. Another hybrid tea, the buds of this rose open to 5-inch flowers with 25 to 30 petals each. Growing to four feet, 'Timeless' is cloaked in dark green, semi-glossy foliage on upright, well branched canes. Gardeners are sure to be passionate about this eye-catching rose, pairing it with complementary companions like foxglove and delphinium to create not only a beautiful landscape.

'Scentimental' intrigues the senses with burgundy and cream striped petals and a sweet spice fragrance. This free-blooming, rounded floribunda mimics the look and scent of the striped hybrid roses of the 1800s. Although striped roses dates back more than 100 years, 'Scentimental' is the first striped rose to win the AARS award. Deep green, quilted foliage flats, pointed buds each opening to expose a swirl of color as unique as a snowflake. The 4-inch flowers have 25 to 30 petals. (MIM)

Healthy transplants for the home garden

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1997 Household Hazardous Waste Collections

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, April 12</td>
<td>Lincoln-Lancaster County Health Department (LLCHD)</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, May 3</td>
<td>Lux Middle School, 7800 High Street, south parking lot</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Friday, May 30</td>
<td>2nd &amp; Main, Hickman, NE</td>
<td>3:00 - 6:00 p.m.</td>
</tr>
<tr>
<td>Saturday, May 31</td>
<td>LLCHD, 3140 &quot;N&quot; Street, south parking lot</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, August 2</td>
<td>Nebraska Wesleyan University, parking lot, 56th &amp; Huntington</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, September 20</td>
<td>LLCHD, 3140 &quot;N&quot; Street, south parking lot</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, November 8</td>
<td>State Fair Park, 4-H Youth Complex</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
</tbody>
</table>

Household Hazardous Waste Collections will take:
- **Heavy metals**—Wastes containing mercury such as thermometers, thermostats and fluorescent bulbs. (Many batteries contain heavy metals but can now be recycled locally.)
- **Solvents**—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- **Pesticides**—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, etc. Acceptable pesticides also include EPA banned chemicals in the box (below).
- **Items containing PCBs**—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors, and televisions.

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

**EPA-banned, common household chemicals**

**Common name** | **Other names**
--- | ---
DDT | Anofex, Dedelo, Pentachlor, Ruxseam, Zerdane, Santobane, Chlorodane
Chlordane | Chlordan, Chlordan, Chlorox, Bell, Niran, Gold Crest, C-100, Killex Lindane, Ortho-Klor
Silvex (2,4,5-T) | O-X, Weed-8-Gon, Propon, Shih-shap, Sta-fast, Dic-Weed, Kuran
2,4,5-T | Brush-off, Dic-Weed, Brushiller, Fortex, Reddix, Fonce Rider, Triloxon, Vion
PCP (Pentachlorphenol) | Dowicide, Pentacan, Santobri, Thompson’s Wood Fix

**Used Oil (recycle)**

**Batteries (recycle)**

**General Household Trash or Business Waste**

If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040. (LB)

**Termiticide Control Workshop for Homeowners: April 22**

The most important pest problem that homeowners will ever face is if they find termites in their home. Gathering the facts to make a decision is time-consuming, confusing and sometimes contradictory, depending on who you talk to.

How can homeowners make intelligent decisions about termite control? Homeowners will get an answer to that question and many others at a “Termite Control Workshop for Homeowners” on April 22, 6:30 - 9:30 p.m.

Presenters will include Barb Ogg, Lancaster County Extension Educator; Dennis Ferraro, Douglas County Extension Educator; and Clyde Ogg, Pesticide Applicator Training Program, Environmental Programs, UNL. Dennis and Clyde have over 10 years experience in the pest control industry and have treated homes for termites. Both are eager to share with you what they know about termite control with the public. Come and learn from experts!

Participants will be given unbiased, objective criteria to help understand how a proper treatment should be done, why it costs so much and how to determine which companies will treat their home properly. There will be a $5.00 fee per home unit for this workshop that will include easy-to-understand reference materials. For more information or to preregister, call 441-7185. (BPO)

**Control sugar ants with baits: a least toxic alternative**

When faced with an insect pest problem inside the home, too many people reach for an aerosol container. For many ant species, baits are the best tactic because the entire colony is destroyed. This results in a more permanent solution to the ant problem. In addition, many baits have low toxicity to people and pets.

The trick to using baits successfully is to make sure that the offending ants find the bait, eat it voraciously and take it back to the nest to share with the rest of the colony. If residual insecticide sprays are used, the foraging ants may die before they feed or take the bait back to the nest, counteracting the effectiveness of the bait. Do not use insecticide sprays if you want to bait for ant control. If the bait is attractive to the ants, the entire colony will probably be destroyed within a few weeks. Not all ant species can be controlled by baits, and some baits work better than others. In general, ants that eat a wide variety of foods respond to baits.

**Backyard Stewardship**

“Backyard Stewardship,” the theme of the 1997 Soil and Water Stewardship Week observance, suggests that one of the best places to practice individual stewardship responsibility over natural resources is right in our own backyards. Organizers of the event say there is great potential good if each of us takes care of the immediate surrounding where we work or live. They note that good backyard stewardship practices extend far beyond the backyard to the neighborhood, region, continent and the world.

To encourage beneficial conservation practices in backyards, the Lower Platte South Natural Resources District and the National

**Battery recycling**

Most types of batteries can be recycled at the following locations: (LB)

- **Battery Mart South**
  - Suite-D, 6000 South 57 Street
  - Lincoln, NE 68516
  - Phone: 421-1988

- **Battery Patrol**
  - 4310 N 27 (27 & Superior)
  - Lincoln, NE 68503
  - Phone: 474-1991

- **Harrold’s Battery Service**
  - 3320 Comlinker Highway
  - Lincoln, NE 68504
  - Phone: 466-8667

Source: Springtime Bird FAQs (NUFacts 266-95) (SE)

Why are woodpeckers beating on my house?

Woodpeckers are familiar birds that get their name because they usually feed on tree-living, wood-boring insects. In the spring, male woodpeckers mark their territory with a rhythmic pecking sequence, known as drumming. In addition to establishing territories, drumming also attracts female woodpeckers. Drumming is predominantly a springtime activity that will stop once nesting behaviors begin. Woodpeckers do not hurt themselves with this activity. Drumming seldom results in damage to wood or metal surfaces other than possible paint removal.

Woodpeckers can do more damage to wood-sided homes when they are feeding for insects or excavating nesting cavities. Exclusion methods are best because they are consistently effective. Place lightweight, plastic, bird-type netting or use metal sheathing over damaged areas.

**Why are woodpeckers beating on my house?**

**Robins keep banging into my window—why?**

In the early spring, male birds are trying to establish territories for nesting sites. Their behavior results in attacking other male birds that are invading the territory. When a male bird flies into a window, it is trying to attack another male bird, which actually is a reflection of itself. A bird may knock itself out by this repeated window attack; therefore, cutting down on the reflection on the window will prevent these window attacks and injury to the bird. Placing a sheer cloth or crinkled plastic wrap in select places on the inside of the window will help cut down on window reflections.

Source: Springtime Bird FAQs (NUFacts 266-95) (SE)
Prevent grass tetany

Fresh spring grass is a welcome sight after a winter long ration of crop residue and hay. This sudden change can bring health problems and possible losses for cattle producers and they should prepare now to avoid problems with grass tetany before it happens.

Grass tetany is a disorder caused by low blood magnesium. Low blood magnesium can be caused by low levels of magnesium in lush spring growth or by absence of adequate magnesium in the diet.

Grass tetany primarily affects older, heavy milking cows or sheep, and young stock can be affected, too. It occurs most frequently in the spring during cool, cloudy, moist conditions when lush, immature grass starts growing rapidly.

Cattle or sheep affected by tetany often graze away from the herd, are irritable, show muscle twitching, incoordination and staggering, and are somewhat wide-eyed and staring. When severe, the animal will collapse, thrash around, throw its head back, lapse into a coma and die.

You can do several things to prevent grass tetany. Wait until grass is four to six inches tall before grazing. Also, feed or graze legumes when you start on pasture since they have high magnesium levels.

Adding about 10 to 20 grams per day of supplemental magnesium via commercial or homestead salt-mineral mixes is a good way to reduce grass tetany problems. Magnesium oxide is one of the best and cheapest sources of magnesium. Mix equal parts of magnesium oxide with dicalcium, salt and ground corn for a simple home-made supplement that provides adequate magnesium when cows eat about one pound of the mix per day.

As always, an ounce of prevention is worth a pound of cure. For further information on preventing tetany, switch to narrow-row corn or milo in storage bins so that the surface will be continually shorted to avoid or minimize spoilage.

Warmer-than-normal weather and solar radiation can shorten the storage life of grain unless certain precautions are taken. Grain should be checked regularly for heating or moisture, regardless of where it’s stored.

The storage period of unopened grain should be shortened by three or four days for every day the outdoor temperature is higher than 40°F. In aerated bins, run fans to equalize bin temperature if the outside temperature is more than 10 degrees higher than the average storage temperature for three or more days. If fans aren’t operating, seal and cover them unless the bin has an automatic aeration controller.

Probing the grain mass to determine its temperature is the best way to decide whether to aerate, feed or sell unairated grain.

Unairated gran that stored in bins or in outside piles should be sold or turned to break up hot spots if there is more than 20 degrees difference between two probe temperatures. Aerated grain should be checked in the same way and the aeration system should be run to cool the grain, if needed.

If a 10-20 degree difference exists between probe temperatures, aerate the grain for 10 to 20 hours if the outside temperature is within 10 degrees of the average grain mass temperature. Resume sampling weekly until the temperature has equalized. Sampling can be reduced to once every two weeks, checking to ensure grain doesn’t start heating.

Switch to narrow-row corn planting may not pay off

Around the turn of the century, planting corn was easy. Rows were 40 inches apart. Planting and harvesting equipment were designed for that spacing. This conventional spacing shrunk to 30 inches over the years. During the 1960’s some farmers tried 20-inch rows but a lack of equipment cut short that experiment.

Narrow-row planting is now a way of life in Nebraska and will increasingly become the object of farmer attention, and this time it is attracting interest from both them and equipment manufacturers.

The goal of farming has always been to use sunlight to its best advantage in crop production. Narrow-row planting means more equipment manufacturers. Narrow-row planting means more equipment cut short that experiment.

The equipment—both for planting and harvesting—won’t guarantee potential. Closed-in crop canopies also help reduce weed growth. Narrow-row planting is not the magic formula for increased yields. While for many farmers it has been a good factor in crop production, many growers find yields as high or higher in wider row spacings.

The most recent research at the University of Nebraska indicates that with good seedbed preparation, narrow-row corn yields may not pay off. Switch to narrow-row corn planting may only result in a 3 to 5 percent yield increase. Narrow-row corn may not pay off if the growing conditions are less than optimum.

Narrow-row spacing has again become the object of farmer interest. As always, an ounce of prevention is worth a pound of cure. For further information on preventing grass tetany, switch to narrow-row corn or milo in storage bins so that the surface will be continually shorted to avoid or minimize spoilage.

Monitor stored grain to prevent spoilage

Corn or milo in storage bins should be stored continually to avoid or minimize spoilage.

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Producers and farm workers should be aware of safety precautions when sampling and working around stored grain.

Wear a respiratory mask to protect lungs from airborne mold spores. Shut off power to loading equipment and put a safety tag on it before grabbing the equipment. Take grain samples. This prevents someone from coming along and starting the equipment while the bin is being sampled. Wear with someone and always wear a safety harness or safety rope when working in grain bins.

Sample grain in the afternoon rather than morning so frost and condensation on ladders and other surfaces is melted. Remember that winter sampling takes more time because workers have to deal with the cold. Plan ahead to make sure there is enough time to do the job correctly and safely. (WS)

Seed coatings on alfalfa

Many commercial varieties of alfalfa are available with or without some type of seed coating. The question is, “Are they worth the money?”

Seed coatings can benefit alfalfa in several ways, according to Bruce Anderson, Specialist. Lime coatings help neutralize soil acidity, aluminum and manganese. Precursors of the coating may help reduce seedling diseases, inoculants enhance nitrogen fixation and several products may act as pre-emergent herbicides.

Neither lime coatings nor trace minerals have consistently improved alfalfa stands or production in our area. However, Anderson does recommend the other two coatings—the fungicides and the inoculant— for nearly all alfalfa plantings. These are a fungicide that reduces death of new alfalfa seedlings from diseases like downy mildew, Phoma root and pythium blights. These diseases occur in fields with low water content and poorly drained sites or irrigation. In other words, nearly all alfalfa fields could lose stands to seedling diseases. Even when the variety resists diseases like phytolithora root rot, most seedlings do not develop this resistance until they are about four weeks old. Aapon will prevent them until then.

Per-inoculated seed improves the ability of your alfalfa to compete with weeds. Per-inoculated seed is nitrogen produced in nodules on the alfalfa root that are formed by bacteria called rhizobia. Rhizobium inoculates alfalfa to the seedling stage so that the young plant can form its own nitrogen. These nodules form by bacteria called rhizobia. Rhizobium inoculates alfalfa to the seedling stage so that the young plant can form its own nitrogen. These nodules form by bacteria called rhizobia.
**Septic system maintenance**

Septic systems are the most common on-site wastewater treatment systems used by homeowners in areas not served by municipal sewage treatment facilities. A properly designed and maintained septic system will have little environmental impact. However, systems unable to handle the volume of wastewater produced by a given household may be lacking proper maintenance, threaten water quality and public health.

The following steps are important to developing a noxious weed control plan:

1. **Identify and map noxious weeds.** Landowners need to be able to identify noxious weeds in order to map their infestations.

2. **Develop a long-term control plan.** Such a control plan may include cultural, mechanical, biological, and chemical application techniques. It is critical that control is timely, persistent, and includes follow-up of the plants to prevent weeds from becoming established.

3. **Use prevention practices.** The seeding of desirable vegetation and management of existing vegetation to maintain its vigor provides competition that reduces noxious weed invasion. When buying seed, purchase weed-free seed whenever possible.

4. **Maintain surface drainage.** If you desire assistance or have questions on noxious weed control, contact the Lancaster County Noxious Weed Control Authority at 441-7817. A website provides internet access at: http://InterLinc/cnty/weeds/index.htm

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**Goose Creek County Noxious Weed Control Authority**

Each county in Nebraska has a control authority and weed control superintendent established as a result of Nebraska’s noxious weed law that outlines the responsibilities of the authorities and duties of the superintendents. The Nebraska Department of Agriculture provides guidance to counties in the implementation of the law.

In each county, a control authority is required to prepare annual weed control plans to mobilize all individuals and entities (public and private) in the fight against noxious weeds. Successful noxious weed control requires the understanding, acceptance and voluntary compliance of landowners. The primary objective of control authorities is to obtain acceptance and voluntary compliance of landowners. The following steps are important to developing a noxious weed control plan:

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**Permit required for new wells**

Many areas of Lancaster County do not have access to a public water system, therefore, real individuals living in rural parts of the county rely on private wells. Protecting this valuable natural resource is the primary goal of the Groundwater Management Plan adopted last summer by the Lower Platte South Natural Resources District. As part of that plan, all new wells capable of pumping greater than 50 gallons of water per minute must obtain a permit from the NRD prior to the wells construction. The permits cost $175 and require that the well meet all statutory requirements and that the water used be determined to be “beneficial” as defined by state law. A $250 late permit fee will be assessed for any wells constructed without a permit. In addition to obtaining the well construction permit from the NRD, all new wells must also be registered with the Nebraska Department of Water Resources.

For additional information about the Groundwater Management Plan, the well construction permit process, or to obtain a well construction permit, contact the Lower Platte South NRD at 476-2729 (SCB).

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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 and 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://aanr www.unl.edu/lanct/acre/sgfarm.html 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 message you wish to receive.

**“Part-time Farming” video**

“Part-time Farming” will help effectively develop agriculture as a career, improve the image of agriculture and improve the quality of life. Just one hour of “Part-time Farming” provides numerous tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.
Focus on Food

Alice Henneman, RD, LDN
Extension Educator

Q: Isn’t there some way that you can add vinegar to milk when the recipe calls for buttermilk?
A: For each cup of buttermilk or sour milk needed in a recipe, use one tablespoon of vinegar or lemon juice plus enough regular milk to make one cup. Let stand five minutes before using.

Q: How can you soften hardened brown sugar?
A: Try these tips from Carolyn Lackey, North Carolina Cooperative Extension:

- To soften sugar quickly, heat it in a 250°F oven. Watch carefully and as soon as it is soft, measure the amount you need.
- When the sugar cools, it will become hard again and should be softened using the method above.

To prevent future problems, store brown sugar from newly opened packages in an airtight container.

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.

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

Healthy Eating

Alice Henneman, RD, LDN
Extension Educator

Salsa Chili & Cheese Potato Topper

Makes 4 servings (serving size: 1/2 potato with 3/4 cup topping)

Enjoy this low fat, easy-to-fix main dish made with beef. It is also a good source of protein, iron and zinc. Total preparation and cooking time is only 25 minutes!

For a free copy of “Easy Beef Recipes,” call Ann Marie Boshart at the Nebraska Beef Council, 402-423-5526 or write to: Nebraska Beef Council; P.O. Box 2108; Kearney, NE 68848.

While the potatoes “micro-bake,” simmer up this quick topper made with beef, potato, cheese and bell pepper. Remember that the heat in potato sauce will intensify when cooked.

2 large baking potatoes
1 pound ground beef
1 medium green bell pepper, cut into 1/4-inch pieces
1/2 cup chopped onion
1 cup prepared medium potato sauce or salsa
Salt (optional)
1/2 cup shredded Cheddar cheese (optional)
2 green onions, sliced

Pierce potatoes with fork. Microwave on high 8 to 10 minutes or until tender, rotating 1/4 turn after 4 minutes. Let stand 5 minutes. Meanwhile, in large non-stick skillet, brown ground beef, bell pepper and onion over medium heat to 8 to 10 minutes or until beef is no longer pink, breaking up into 1/4-inch crumbs. Pour off drippings into a measuring cup; heat through, stirring occasionally.

Cut potatoes lengthwise in half, break up and fluff pulp with fork. Season with salt, if desired. Spoon equal amount of beef mixture over each potato half. Top each with equal amounts of cheese, if desired, and green onions.

Nutritional Information Per Serving (without added salt and cheese): 295 calories; 9 grams fat, 25 grams protein, 28 grams carbohydrate, 70 milligrams cholesterol, 535 milligrams sodium.

Source of Recipe: The Skinny Beef Cook Book. (AH)

Celebrate the flavors of the world

If Italian cuisine means pepperoni pizza, French fare means French fries, and Oriental night means you’re having Minute Rice, you’re missing out on a whole world of flavors.

Without traveling further than your local supermarket, you can find all sorts of ways to perk up meals with foods and flavors from around the globe. Here are some tips for transforming everyday foods into exciting ethnic fare, simply by adding a few ingredients.

• Lend a taste of Italy to white rice by sprinkling it with parmesan, thyme or minced garlic. Or top pasta, poultry and fish with capers, diced pimento or a few sliced black olives.

• Give a Greek accent to pizza and salads with a little crumbled Feta cheese.

• Think Mexican by using corn or flour tortillas instead of bread for sandwiches. Tortilla sandwiches work especially well in sack lunches because they don’t get squashed as easily as regular sandwiches.

• For a taste of the Mediterranean, substitute balsamic vinegar for red-wine vinegar in marinade and dressing recipes.

• Instead of regular rice, try one of the different grains now available in many supermarkets. Bulgur and couscous add a Middle Eastern flavor. Toast with grated pepper, a dash of cumin, and a few tablespoons of raisins. For a taste of India, try basmati rice.

• Think Chinese by seasoning or marinating lean meats and vegetables with sauces like oyster sauce, Cantonese stir-fry sauce, ginger soy sauce, Hoisin sauce and plum sauce. These also add flavor to stir-fry recipes.

• Toss some water chestnuts or toasted sesame seeds in salads for a crunchy Asian Addition.

• Perk up potatoes, burgers, poultry and seafood with a dollop of finely grated Parmesan, Asiago or Romano cheese over vegetables and salad greens for a little Italian zip.

Tough foodborne bug can be avoided

Any foodborne illness can be a potential risk, but especially for the elderly, newborns, pregnant women and those with weakened immune systems. One of the most resilient forms of foodborne bacteria is Listeria monocytogenes, according to Dr. Julie Albrecht, UNL Cooperative Extension Food Specialist.

About 1,850 cases of Listeriosis occur each year in the United States, resulting in 425 deaths, according to Albrecht. Healthy people rarely get this illness.

This bacteria survives heat, salt, nitrates and acidity better than other organisms. Even refrigeration at 40 degrees F, which normally stops bacteria multiplication, doesn’t halt L. monocytogenes. It can multiply slowly at temperatures as low as 3 to 4 degrees F.

The Listeria monocytogenes bacteria spreads when processed or raw food, contaminated with the organism, is ingested anywhere in the digestive tract. For example, the bacteria may be ingested by a farm animal. When the animal manure, carrying the bacteria, is used for fertilizer, L. monocytogenes is transferred to raw vegetables. Outbreaks have also been associated with contaminated milk and meat products.

About 1,850 cases of Listeriosis occur each year in the United States.

Characteristics of this type of food poisoning can range from flu-like symptoms such as fever, fatigue, nausea, vomiting and diarrhea, to more serious conditions affecting the central nervous system and blood stream. Skin lesions and abscesses also have been known to occur from skin contact with L. monocytogenes.

Listeria is difficult to detect because it’s odorless and tasteless. To reduce the risk of contracting Listeriosis, Albrecht recommends the following:

• avoid raw/unsanitized milk
• wash raw vegetables thoroughly
• completely cook any food of animal origin, including eggs, meat, poultry, fish, etc.
• keep hot foods above 140 degrees F and cold foods below 40 degrees F.
• discard refrigerated foods not used within four to five days
• set the refrigerator temperature between 34-40 degrees F.

People at risk increased for contracting Listeriosis should make sure that ready-to-eat foods and leftovers are reheated until steaming hot. They may want to avoid foods purchased from the deli or thoroughly reheat luncheon meats before eating. It’s also a good idea to avoid varieties of cheeses such as Brie, Camembert and blue cheese. (AH)

Tough foodborne bug can be avoided

Extension Food Specialist. (AH)
**Character Counts! Workshop**

April 21, 1997

12:30 - 5:00 p.m.

Lancaster Extension Education Center

444 Cherry creek Road

**What is Character Counts?**

Character Counts is a curriculum designed to:
- emphasize the need for character
- teach the six pillars of character
- encourage accountability
- enhance ethical decision-making
- create an atmosphere that encourages good character
- support character development activities

**Who Should Attend?**

youth educators or mentors • 4-H leaders • Human Service Agency personnel • FBI • interested community citizens

**Tentative Agenda**

12:15-12:30 Registration

12:30-1:30 Introductions of Character Education Introduction to Character Count

1:30-2:30 Pillars of Character

Farmers + Caring + Citizenship

2:30-2:45 Break

2:45-3:45 Pillars of Character

Trustworthiness + Respect + Responsibility

3:45-4:45 Ethics and Decision Making

4:45-5:00 Evaluation Plan

Questions & Answers

5:00 Adjourn

Registration deadline is Monday, April 14.

Registration fee is $5.00 per person.

Curriculum kits available - $45 each.

For more information or to receive a registration form, please contact Laura Impress, Osages Cooperative Extension, Lancaster County, 441-7810.

**Alice’s Analysis**

The last evening in February, the sun was shining north and Sunday afternoon the temperature will be in the 50s; I can only question anything that’s what the weatherman says.

On Sunday morning I went out to check the sheep about 9:30 and a nice slow snow was coming straight down and just piling up on the fence and cars. It took me back 21 years to when I lived in Kabul, Afghanistan. We would awake to 6 or 8 inches of snow on the ground and piling up on the top of the 8 foot wall around our home. School would be called off and by 9 or 10 a.m. the snow had stopped and by noon the streets would be clear and the sun shining bright. They did not have any snow plows just the snow and men with shovels. Kabul was about 1 mile high and in a bowl surrounded by mountains. Sunday afternoons we will enjoy the 4-H Speech Contest and will enjoy seeing how the 4-H boys and girls have improved from one year to the next.

Yes, the 4-H kids are working on different projects all right and April will be the Music contest. By the time you read this we will have had our FCE Council meeting (March 24). It was held at the Genealogical Library and we learned how to “Discover Our Ancestors” plus seeing all of the pretty “cultural arts.”

Mark your calendar for June 23, our FCE Council meeting and note that it will be at 7 p.m. We will learn about “Habitat for Humanity” from Lynne Camp. We will also be able to report on the State Meeting in Sidney. Get a group of friends together for a “Summer Sampler” on July 10 and enjoy a light supper and program. There will be four different “interest” groups giving the program. Watch for more information in the future.

Scholarship applications are due in the Extension Office April 1. If you know someone who is eligible for awards, tell them to pick up an application at the office.

Laziness is the project for FCE. It promotes creative writing contests for 5th grade students in Lancaster County. If you need more information call Jean Wheelock at 796-2511 or Judy Irvin at 476-0708.

Environment is another project that we promote. We want to encourage clubs to be aware of the importance of recycling bottles, cans, paper and plastic. We also promote a poster contest for 3rd and 4th grade students in Lancaster County promoting environmental activities. For more information, contact Judy Irvin or Jean Wheelock.

Have you taken part in signing the pledge sheets? If you are pledging family choice TV and tuning out violence, please bring your pledge sheet to the Extension Office by April 1.

This time of the year the saying by Percy Bysshe Shelley is suiting...If winter comes, can spring be far behind? I hope that spring is near. My thought is, Be prepared. If winter comes, can spring be far behind? I hope that spring is near. My thought is, Be prepared. If winter comes, can spring be far behind? I hope that spring is near. My thought is, Be prepared. If winter comes, can spring be far behind? I hope that spring is near. My thought is, Be prepared. If winter comes, can spring be far behind? I hope that spring is near. My thought is, Be prepared. If winter comes, can spring be far behind? I hope that spring is near. My thought is, Be prepared.

—Alice Doane, FCE Council Chair

### Tears and stress

We often talk about the tremendous stress adults face today's competitive world and may forget that youth face the same kinds of problems. As parents it is important to recognize symptoms of too much stress in their children and start looking for solutions with them.

Youth under stress may show one or more of the following symptoms:

**Disorganization:** Teens may have trouble completing assignments and following directions.

**Lack of interest in self and others:** Youngsters may appear withdrawn and unable to experience pleasure.

**Preoccupied look:** The child may spend time staring into space and seem to be in another world.

**Sadness and crying:** Particularly in older children and teens, tears in public may be a sign of inability to cope with problems.

**Changes in behavior:**
- Careful children become reckless;
- Pessimist children become optimistic;
- Some children withdraw from friends.

**Violence:** The teen is aggressive, hostile, destructive or verbally abusive.

**Regression:** Behavior may become quite immature for teen’s age and previous behavior.

**Weight change:** The teen may be overweight or underweight. A drastic weight change, up or down, often accompanies depression in both children and adults.

**Fear:** The teen may become afraid of many things and may not want to participate in any activity involving risk-taking.

**Fatigue:** The teen may not be getting adequate sleep due to turmoil. Fatigue is also a common symptom of depression.

Watch for these symptoms and take action to help your teen reduce stressors in their lives that cause them difficulties. (LJ)

### Worried about youth?

“We’re worried about our own kids, our neighbors’ kids, the students in our schools, the youth in our community, and kids as a whole..." What if you knew that there were specific, practical things you can do to make a tremendous difference in young people’s lives? What if you saw documented proof that these specific, practical things really work? What kids really need are adults who care.”

Search Institute has administered a survey, “Profiles of Student Life: Attitudes and Behavior.” In 273,000 young people in 600 communities and 33 states. From analyzing those surveys, Search Institute identified 30 assets that every young person needs in his or her life. The first sixteen are external assets, things in a young person’s environment that support and nurture him or her, set boundaries, and involve the young person in structured time use with caring, principled adults. Internal assets are attitudes, values and competencies that belong in the head and heart of every child.

To see the save and tear on floors and carpets or to keep mud and dirt from being tracked into your home, place a mat outside and inside the door. The pretty “cultural arts”, dirt that is usually tracked in will be caught in the mat or rug.

—Alice Doane, FCE Council Chair

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**Child care conference**

The second annual Infant-Toddler Child Care Conference: A Window of Opportunity for 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 5 years of age. Participants will receive five CEU’s. Contact UNL Cooperative Extension in Lancaster County, 441-7810, or Family Service, 441-7949 or 1-800-642-6481. (LB)

**Talking to toddlers**

How much and how well a child can talk will change a great deal between the ages of 13 and 24 months. Later success in school is linked strongly to how much language a young child has heard. Some adults who spend a lot of time with young children feel uncomfortable talking to them. What can you talk to a 2-year-old? Talk about what you are doing or seeing. “I am changing your diaper because it is wet. Now you will be dry.” “See the leaf on the ground. It is red and orange. It fell from that tree.” You can talk about cause and effect. “The floor is dirty. I will sweep it. Then it will be clean.” Talk about anything and everything, but don’t talk all the time.

Children need time to sort out their thoughts, to give total attention to their play or to learn a new skill.

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**Family Living**

55 Alive–Mature Driver Course

If your driver’s license expires in 1997 and you’re 50 years of age and older, you are urged to enroll in the 55 Alive—Mature Driver Course. In the AAR course, you will review driving skills and prepare to take the license renewal test. This class is being offered Wednesday, April 23 and Thursday, April 24, 9:30 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7810. Registration fee is $8. Participants are asked to bring a sack lunch. (LB)
Fee is $90. Applications are available at the Extension office and due creating a computer generated design and screening it on a T-shirt.

experience using the serger, sewing sweatpants and boxer shorts,

UNL East Campus. Participants will visit the Fabric Gallery and will be held at the College of Human Resources and Family Science, A special 3-day teen sewing camp is scheduled for June 18-20. It

Flamingos “Future Stars” was the theme for the Flamingos 4-H Club Spring Concert. This event was held February 23 for family and friends. Club members performed instrumental and vocal pieces. A reception was hosted by members and followed with the “Stars” theme. Everyone had a great time and members hope to see this become an annual event!

4-H Camp this summer are due to the Extension office by April 15. If you are 14-19 years of age and interested in counseling at camp this summer, pick up an application at the Extension office. (LB)

• Growing Up female retreat for 11-13 year old girls and their mother or female caregiver is April 19-20 at the Eastern Nebraska 4-H Center. Registration due April 7. Brochures and registration forms are available at the Extension office. (LJ)

• Let’s Create Crafts is NOT a 4-H project this year and there will not be fair exhibits in this area. 4-H members interested in learning craft skills and making items for the home should enroll in Celebrate Arts or Art in Your Future.

New poster categories this year are:

• Nebraska, The Good Life
• Character Counts!—Any aspect of one or all of the pillars of character: respect, trustworthiness, caring, responsibility, fairness or citizenship.

Photography Units 2 and 3
• Nebraska Theme: “Color It Cool”—Use imagination, be creative and portray something about Nebraska.
• Nebraska Theme: “Let’s Celebrate”—Use imagination, be creative and portray something about Nebraska.

Cat—Watch for changes in May NEBLINE

Share your talents by making exhibits to be donated for door prizes at the 1997 North central Regional Volunteer Forum in Omaha, November 13-16, 1997. Items will be exhibited at County Fair and sent to the State Fair to be judged and exhibited before going to the forum. Items requested are listed below. If you or your club is interested in making any of these items, contact Lorene at 441-7180 for more details.

Exhibits
Criteria for judging at state fair (25 points each):
• Fits the theme or shows pride in Nebraska
• Creativity and use of artistic guidelines of design
• Appropriate for either a banquet table or door prize
• Workmanship

Banners
Banners will be displayed at the forum and returned to the club:
• Class I (limit 1)—illustrate a phase of 4-H work or promote 4-H generally. (Banner selected for state fair will be sent.)
• Class II—portray the North Central Regional Volunteer Forum theme of Harvesting Potential in the Heartland or show state pride and be related to 4-H.

Decorate Your Duds
Create a T-shirt design using the theme Harvesting Potential in the Heartland. Be creative in interrupting the theme. Develop your design using these techniques as possibilities: applique, embroidery, fabric paint, silk-screen, etc.

Celebrate Arts—Home Environment
The exhibit will be a functional art piece for the home portraying the conference theme, or showing pride in our state. Possibilities include framed design, wall hanging or free-standing room accessory. (LB)

Spring concert
by Sheri Ramirez

A special 3-day teen sewing camp is scheduled for June 18-20. It will be held at the College of Human Resources and Family Science, UNL East Campus. Participants will visit the Fabric Gallery and experience using the serger, sewing sweatpants and boxer shorts, creating a computer generated design and screening it on a T-shirt. Fee is $90. Applications are available at the Extension office and due May 1. (LB)

Campus Encounters of the Clothing Kind

Kiwanis Karnival

A free evening of fun for 4-H families.

• Saturday, April 5, 1997
• 7:00-9:00 p.m.
• Grandstand
2nd floor— State Fair Park

• Sponsored by Lincoln Center Kiwanis

Come join the festivities!
Speech contest results

Thirty-six 4-H members participated in the 1997 Lancaster County Speech and PSA Contest Sunday, March 2, at the State Capitol. Ten 4-H members participated in both speech and PSA divisions. Many excellent speeches and PSA’s were presented. Representing Lancaster County in the District Contest on April 26 will be Valerie Lemke and JoHanna Madsen, Senior Speech Division, Emily Johnson and Marta Madsen, Intermediate Speech Division, Leah Badeer and Kevin Sehn, Senior PSA Division and Janelle Jurgens and Kelly Sehn in the Intermediate PSA Division. Congratulations to all participants. (LB)

PSA District Winners—Senior:
Kevin Sehn, Leah Badeer (not pictured); Intermediate: Kelly Sehn, Janelle Jurgens (not pictured).

District Speech Winners—
Speech, Senior Division: JoHanna Madsen, Valerie Lemke.

Speech, Intermediate Division:
Emily Johnson, Marta Madsen.
“Nebraska Pioneer Farm Award” nominations sought

For the 42nd year, Knights of Ak-Sar-Ben, ConAgra Inc., and the Nebraska Association of Fair Managers will cooperate to recognize Nebraska Pioneer Farm families. Eligible recipients are those farm families whose land has been owned by the same family member for 100 years or more.

Recognized farm families will receive a beautifully engraved plaque and gatepost marker from Ak-Sar-Ben and ConAgra. The presentations will be made during the Lancaster County Fair this coming summer.

Deadline for nominations is May 1, 1997. Individuals knowing of eligible farm families or candidates who believe they qualify for the award should contact Jerrie Hughes, 2301 Sheffield Place, Lincoln, NE 68512. Phone 423-9043 for an application form. (GB)

FoodStrategy announces 1997 entrepreneur seminar dates

The 1997 dates for the FoodStrategy, University of Nebraska-Lincoln “From Product to Profit” seminars are: May 1, July 14, September 4 and October 17. This practical seminar is designed specifically for people interested in manufacturing a food product.

The “From Product to Profit” seminar is the first phase of the Entrepreneur Assistance Program and is offered in conjunction with the Food Processing Center. This nationally recognized program assists entrepreneurs through all phases of developing a food manufacturing business. “From Product to Profit” addresses many marketing, business and technical issues including: product development, market selection, regulatory issues and agencies, product pricing, legal concerns, packaging and promotional strategies.

As a result of the Entrepreneur Assistance Program, participating companies become operational more quickly and have increased their chance of survival in a very competitive industry. Eighty-five percent of these participating companies are still in business after five years, in contrast to a national failure rate of 80 percent.

The final phase of the program is the Growth Phase. As a company grows they usually require additional assistance. Areas of assistance might include: expanding to new markets and regions or expanding product lines. During this phase, FoodStrategy consultants develop proposals that assist the company in achieving their goals.

To receive an Entrepreneur Assistance Program information packet contact: Arlis Burney, FoodStrategy, University of Nebraska-Lincoln, 60 Filley Hall, Lincoln, NE 68583-0928. Phone: (402) 472-5791. (GB)

Kiwanis Club of Lincoln Northeast offers scholarship

A scholarship in the amount of $500 will be provided to an entering freshman student at the College of Agricultural Sciences and Natural Resources, UN-L. Admission and enrollment are required to receive this award. The scholarship will be given in two payments: $250 for tuition and fees at the beginning of the first semester, and the same amount on February 1 for the second semester.

Applicants should provide their full name, birth date, and the following information:
1. Copy of official high school transcript and SAT or ACT score.
2. One reference letter from a teacher or counselor.
3. Collateral learning experiences and activities (e.g. 4-H, FFA, part-time employment, school and community activities, etc.).
4. An indication of need (other scholarships, financial resources).
5. Career plan.

Applications for the 1997-1998 academic year scholarship should be submitted by May 1, 1997 to: Dr. Glenn Froning, 7420 Whitestone Drive Lincoln, NE 68506. Phone: 472-6452 (office) or 488-6142 (GB)

For more information about the 4-H and FFA Golf Benefit, contact Ed Woopell at 471-2441 or Sue Friesen at 472-9019.

As a participant, your charitable contribution is equal to the excess between the fair market value of the lunch, dinner, golf fees and the entry fee.

All donors will be receipted.

What's it Worth?

• Support of Statewide Proficiency Awards
• Scholarships
• Statewide leadership programs
• Support of state-wide recognition program
• Scholarships and Awards
• Innovative Program grants

Golf Benefit Sponsored by: Nebraska 4-H Development Foundation • Nebraska FFA Foundation

June 9, 1997
Crooked Creek Golf Club
134th & O Streets
Lincoln, NE

For many low-income residents, a tight budget does not allow for items like weather-stripping or insulation for their home. The Lincoln Action Program’s (LAP) weatherization program may be able to help by providing energy-saving measures for low-income homes. Income-qualified owners and renters can weatherize homes for free to reduce heating and cooling costs.

Free work is available for houses or mobile homes for income-qualified residents. Both renters and owners are eligible. Apartments can also be weatherized, but a co-payment might be required from the owner.

Work includes insulating attics and sidewalks, caulking cracks, fixing broken glass, and cleaning and tuning furnaces. A LAP inspector will determine what can be done for each home.

Eligible residents in Lancaster and Saunders counties must meet the following income guidelines:

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Income</th>
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<tbody>
<tr>
<td>1</td>
<td>$10,062</td>
</tr>
<tr>
<td>2</td>
<td>$13,468</td>
</tr>
<tr>
<td>3</td>
<td>$16,874</td>
</tr>
<tr>
<td>4</td>
<td>$20,280</td>
</tr>
<tr>
<td>5</td>
<td>$23,686</td>
</tr>
</tbody>
</table>

Add $3,406 for each additional member.

Proof of income is required for the past 12 months from date of application. Additionally, the house must never have been weatherized by LAP and renters must have landlord permission.

To apply for weatherization, call the Lincoln Action Program (LAP), 471-4515 or visit LAP’s office at 2202 South 11th Street. If a client lives outside of Lincoln in rural Lancaster or Saunders counties, a LAP outreach worker can make a visit to their home to take an application. (GB)
Take a parenting checkup!

We get dental and physical checkups regularly. Why not a parenting checkup? Take a couple of minutes to evaluate how you are doing as a parent and think about the ways in which you would like to change or improve.

Here are five questions to help you do just that:

1. How am I parenting my children? Is it quality time? Is it enough? You might stop to think through last week and add up the amount of time you actually spent with your children.

2. Can I find a mentor(s) who has been successful in raising his/her children? Can I ask questions of them and observe what they are doing? Can they help me develop my skills? After all we are not born knowing how to parent.

3. Am I teaching my children the skills and attitudes they need for successful living?

4. What are my strengths as a parent? What areas do I really need to work on?

5. What are my most cherished memories with each of my children? What memories do I want to build before it’s too late? (LJ)

Youth development in Nebraska

Practice backyard stewardship

Association of Conservation Districts is encouraging individuals and organizations to join them in celebrating the annual Soil and Water Stewardship observance, April 27 to May 4.

The Lower Plateau South NRDC, which works throughout the year to encourage soil and water conservation practices, provides literature and information assistance to local churches, civic organizations and schools interested in furthering good soil and water conservation practices in homes and communities.

Practicing backyard stewardship is one way that everyone can help conserve and protect our resources. As you prepare for another gardening season, consider these ideas: cover bare spots and erosion-prone areas with a protective mulch, start a backyard compost pile to recycle your leaves and grass clippings, install a drip irrigation system to conserve water, apply fertilizers and pesticides sparingly and according to label directions, or create a backyard wildlife habitat. For more information about these and other ideas for backyard conservation contact the Extension office. (SCB)

Control sugar ants

Sugar-loving ants are the easiest to control. In areas where you have seen sugar-loving ants, place bait according to label directions. The best baits have boric acid or hydramethylnon as their active ingredient. Terro and Pic liquid are two commercially available baits containing boric acid-based baits that can be purchased in many hardware or variety stores.

Although several common ant species in Nebraska can be controlled by sweet baits, some others, like carpenter ants, are better controlled using other control tactics. For a correct identification, bring several specimens to the Lancaster County Extension Office, 444 Cherry creek Road between 8:00 a.m. -4:30 p.m., Monday through Friday. (BPO)

Backyard stewardship

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New Faces

During this experience she taught classes dealing with animal science, record keeping, public relations and agricultural mechanics including small engine repair and welding.

Deanna has been very involved in the 4-H and FFA organizations. She was an active Webster County 4-H member for eleven years. During her 4-H and FFA experiences she started her own herd of purebred simmental cattle. Her continued project led her to receive the highest honor of the FFA national organization: received the State and American FFA degrees and was named Nebraska’s State Star Farmer in production agriculture.

Deanna is looking forward to getting to know all the 4-H youth and parents. If you are in the office, be sure to stop in and say hello.

On February 18th, Jim Wies started work as the new Extension Assistant/Computers and Communications filling the position vacated by John Gonzales. Jim comes to Lancaster County Extension after working for Southeast Community College (Lincoln) as Information System Technician where he was responsible for the administration of the computer and phone networks at the 8800 “O” Street location. Jim received an Associates Degree in Electronics Technology from Southeast Community College in December 1995. His duties will include maintenance of the satellite equipment, computer network and Internet home page.

Talking to toddlers

Activities for little ones under 3 years old:

Number Activities

Make a game of counting fingers and toes, toys and crackers. Begin with one each time. Sing simple number songs or chant simple number rhymes.

Shape, Size and Color—Talk about the size and shape of everything. “The ball is round.” Get the scoop. Remem ber that spiders can match colors before they can name them. Say things like, “Find a blue ball.” Children may take place even if the child just listens and doesn’t choose to repeat your words.

Directions—Help children learn words like up and down, in and out, under and over. Play simple hiding games. Ask, “Are you under there?” Children learn words like up best through the actual experience of being up, either on the top of a step or a low ladder.

Source: Family Child Care Connections, Volume 5, Issue 6, 1996. (LJ)

Miscellaneous

To listen to a NUFACTS Information Center message, call the number above on a touch-tone phone, then enter a three-digit number listed below.

Call 411-7180 to receive a brochure with all the NUFACTS message topics.

**COOPERATIVE EXTENSION**

“Helping you put knowledge to work.”

University of Nebraska Cooperative Extension programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln.

**Horticulture**

110 Good City Trees
116 Yes
129 Diseases of Crab Apple
130 New Trees and Shrubs Care
131 Pine Tip Blight
140 Apple Leaf Spot
1445 Apple Leaf Spot
171 Improving Clay Soils
181 Dethatching a Lawn
190 Tail Fescue Lawn Care
191 Kentucky Bluegrass Lawn Care
193 Crabgrass Control
201 Amaranth
211 Easter Lily Care
212 Swedish Ivy
213 Prayer Plant
214 Houseplant Insects
217 Bosten Fern
218 African Violet Care
224 Apple Leaf Spot
265 Vegetable Transplants
266 Peach
280 Peas
285 Beans
286 Corn
288 Bean Planting
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...and more than 400 additional topics. 

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Nebraska Cooperative Extension Newsletter

Lancaster County

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

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.

Gary C. Bergman, Extension Educator–Unit Leader

Extenison Calendar

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

April 1
4-H Market Beef IDs for State Fair & Ak-Sar-Ben Due
4-H Action Team Applications Due
4-H Council Meeting .......................................................... 7:00 p.m.

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

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

April 7
Growing Up Female Registrations Due

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

April 11
Registration for 1997 4-H Music Contest Due

April 12
PAX 10 Dairy Judging Contest—ARDC, Mead
Star City Rabbit 4-H Club Spring Show
—Lincoln Building, State Fair Park .................... 7:00 a.m.-noon
Household Hazardous Waste Collection—Lincoln-Lancaster County Health Department South Parking Lot ............... 9:00 a.m.-3:00 p.m.

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

April 13-19
National Volunteer Week

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 Nebraska 4-H Center Due

April 16
Food, Nutrition and Food Safety Update ’97 for Child Care Centers Registrations 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.
Star City Llama 4-H Club Meeting ......................... 10:00 a.m.-noon

April 19-20
Growing Up Female—Eastern Nebraska 4-H Center, Gretna

April 20
4-H Music Contest—Dawes Middle School Auditorium .......... 4:00 p.m.

April 21
4-H Fair Preparation Leader Training .................................... 7:00 p.m.

April 22
Earth Day
Termite Control Workshop for Homeowners ................. 6:30-9:30 p.m.

April 23
Turkeys Arrive for 4-H Turkey Project
Food, Nutrition and Food Safety Update ’97
for Child Care Centers Part 1 ........................................ 1:00-3:00 p.m.

April 26
Child Care It’s Not What It Used To Be—Infant/Todler Conference

April 28
Biology Career Workshop Applications Due

April 30
Food, Nutrition and Food Safety Update ’97
for Child Care Centers Part 2 ........................................ 1:00-3:00 p.m.

May 1
Applications for Campus Encounters of the Clothing Kind Due

May 3
Household Hazardous Waste Collection
—Lux Middle School South Parking Lot ............... 9:00 a.m.-3:00 p.m.

Nebl ine Feedback

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