9-1997

The NEBLINE, September 1997

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In Embryology, third-graders hatch baby chicks right in the classroom.

Arlene Hanna
Extension Assistant

Has your child hatched baby chicks at school—or tasted space food? What about composting with worms or making recycled paper? Or is your youngster asking you to turn off the water when you brush your teeth? If so, chances are your student has participated in 4-H School Enrichment.

4-H School Enrichment is science at its best! Through hands-on/minds-on activities, youth develop skills in problem solving and decision making. They apply scientific and technical principles to their daily lives...AND they have fun! Each year, 4-H School Enrichment educates over 12,000 students in approximately 65 schools in Lancaster County.

In this issue...

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Fourth graders create and assemble the shuttle system in Blue Sky Below My Feet.

Fourth graders create and assemble the shuttle system in Blue Sky Below My Feet.

Smelly stuff—trash—things we don’t need anymore! These are ideas that come to the minds of second graders when they hear the word "garbage." Garbology introduces students to solid waste management and the three R’s: Reduce, Reuse, Recycle. Youngsters develop an increased awareness of garbage—where it comes from and where it goes, the problems it presents, and possible solutions. Worms that eat garbage? It’s true! About 1,000 red wrigglers can eat up to three to five pounds of kitchen scraps a week. Then they’ll give you worm castings that can be added to potting or garden soil for richer plantings. Students from all over Lancaster County are learning a new way to compost—Vermicomposting.

Soft and furry with very large appetites! Things that go "cheep" in the night. The miracle of life unfolds as third grade youngsters study life cycles in Embryology. Students and teachers are responsible for the care of fertile eggs throughout the 21-day incubation period, then...baby chicks are hatched right in the classroom.

Embryology teaches responsibility, patience and expectation. Youth develop a healthy sense of awe, respect and tenderness toward living things," comments a Lincoln Public Schools teacher.

Blue Sky Below My Feet relates science and space technology to everyday living for fourth graders. By using features from the space shuttle program as working models, students learn how forces, fibers and food affect their daily lives on earth and astronauts while in space. Youth learn about gravity, taste space food and communicate with NASA via the internet.

"Space is cool! I had never seen a cotton plant or wool from a sheep," exclaimed Michelle. Troy added, "It’s fun to think about other planets and what might be on them. I want to be an astronaut." 

"I didn’t know that we got our water from a river! I thought it was amazing that we might be drinking water that the dinosaurs drank too." (Rachael)

"The part when you put the food coloring in the model was amazing. It showed us how fertilizer, oil and other things can pollute water." (Clay)

With an emphasis on water quality and conservation, Water Riches provides new and exciting experiences for fifth-graders and solicits each student’s commitment to preserve and conserve this important natural resource.

So—watch for your youngster’s participation in 4-H School Enrichment. It’s an educational experience for the family and science at its best!
Fall weed control

The best way to prevent weed problems in the lawn is to maintain a healthy, thick turf. When weeds do appear, herbicides may be required. Perennial broadleaf weeds, such as dandelions, plantain and ground ivy, can be successfully controlled in the fall. Effective herbicides include 2,4-D, MCPB, dicamba and triclopyr. Most products available at garden centers are active ingredients of these compounds. Generally, best results are obtained when these herbicides are applied from September to mid-October. In the fall, perennial broadleaf weeds are actively partitioning carbohydrates to the root system. When the herbicide is applied to the weeds, they translocate to the roots with the carbohydrates. Then the weeds die from the leaf tips to the roots. With gardening activity winding down in the fall, the risk of injury from herbicide drift to vegetable and flower gardens, fruits and ornamentals is reduced.

Before applying any herbicide, always read and follow the instructions on the manufacturer’s label. Broadleaf weed herbicides are usually applied as liquids or granules. When applying liquid formulations, drift can be avoided by following several precautions. Spray when wind speeds are low. Do not spray when wind speeds exceed 5 mph. Also, do not spray when temperatures are expected to exceed 85 degrees F within 24 hours of application. Spray drift can be minimized by using low sprayer pressure and nozzles that produce coarse droplets.

Granular herbicides should be applied when the foliage is damp or wet so that the particles stick to the leaves, allowing herbicide uptake. Apply them in the early morning when the lawn is wet or before application. (MJM)

Drying gourds

Harvest gourds when the stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature harvest gourds can be topped, and the remaining pod will dry and turn brown. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourd. The outer skin hardens in one or two weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd while drying. Occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MJM)

Storing sweet potatoes

Harvest sweet potatoes after a light frost kills the vines. Do not delay harvest after the vines die back, the tubers will not increase in size and may begin to rot. Do not wash the sweet potatoes after you dig them. Place them in a basket or slatted crate where there is good air movement. Store sweet potatoes in a warm, dry place and place them in a basket or slatted crate where there is good air movement. Store sweet potatoes in a warm, dry place to cure them. Ideally the temperature should be 85-90° Fahrenheit with 85-90% humidity. The curing process helps to heal cuts and bruises. It also helps to change the starch in the root to sugar. This increases the sweetness of the potato. Sweet potatoes will take about five to seven days to cure.

After they are cured, store the potatoes in a cool place, preferably where the temperature doesn’t exceed 60° Fahrenheit. If possible, choose a place with high humidity. The moisture content should not be allowed to drop below 50% because if the potatoes suffer cold damage, they will rot. Never store sweet potatoes in the refrigerator. If sweet potatoes are stored properly, they will keep for several months. (MIM)

House herbs

The end of the outdoor gardening season doesn’t have to mean the end of fresh herbs. You can have fresh herbs all winter if you pot up plants now and grow them indoors as house plants.

First, check the internet or your local garden center or the library for herbs that can be grown indoors. Mint, chives, parsley, sweet marjoram and basil are the easiest to grow indoors. Many herbs are slow to germinate, so you can try growing them from seed. There are several methods of carrying geraniums indoors over winter, is to dig up the entire plant prior to frost. Shake the soil from the roots and hang it to dry. After the vines die back, the tubers will not increase in size and may begin to rot. Do not wash the sweet potatoes after you dig them. Place them in a basket or slatted crate where there is good air movement. Store sweet potatoes in a warm, dry place to cure them. Ideally the temperature should be 85-90° Fahrenheit with 85-90% humidity. The curing process helps to heal cuts and bruises. It also helps to change the starch in the root to sugar. This increases the sweetness of the potato. Sweet potatoes will take about five to seven days to cure.

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Collecting evergreen seeds

In Nebraska, October is a good time to collect seed from evergreens for future planting. Seeds of most evergreens (plant, spruce and fir) are enclosed in cones. There may still be cones attached to the tree from last year, and they will be completely brown, open and seedless.

After collecting cones, place them on a dry surface in the sun until they open. Shake the seed cone to remove the seeds. Cedar and juniper seed are contained in berry-like cones which appear blue when ripe. Scoop the seeds out and place them in a well-watered potting mix. Place plants in a cool window or under artificial light. Keep the soil moist and water for several months. (MIM)

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91 Kentucky Bluegrass

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Many gardeners like to keep their geraniums from one year to the next. This provides plants for the home in the winter and reduces the cost of new plants in the spring. There are several methods of handling plants over winter. One way is to take cuttings and root them in the fall, just prior to a killing frost. Geranium stem cuttings, often called slip cuttings, should be six to fourteen inches long. Take the slips from the tips of the healthiest stems. Remove the leaves on the bottom two inches of the cuttings. Stick the cuttings two to three inches deep into a container with potting soil and water thoroughly. After the cuttings have rooted, in about three or four weeks, plant them in individual pots and put them in a well-lit window or under artificial light. Keep the soil evenly moist and begin fertilizing monthly once new growth begins. Rather than take cuttings, some people prefer to pot their best plants and bring them inside to over winter. If this is your choice, cut the plant back to about one-third its original height. Carefully dig up the plant and pot it in an adequate-sized container. Water thoroughly. Location and care is the same as for rooted cuttings. A sunny window location is best.

One of the other methods of carrying geraniums over winter, is to dig up the entire plant prior to frost. Shake the soil from the roots and hang it to dry. After the vines die back, the tubers will not increase in size and may begin to rot. Do not wash the sweet potatoes after you dig them. Place them in a basket or slatted crate where there is good air movement. Store sweet potatoes in a warm, dry place to cure them. Ideally the temperature should be 85-90° Fahrenheit with 85-90% humidity. The curing process helps to heal cuts and bruises. It also helps to change the starch in the root to sugar. This increases the sweetness of the potato. Sweet potatoes will take about five to seven days to cure.

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1997 Legislature increases penalties for illegal dumping!

Trash of all kinds, including building materials, tires and white goods is still being dumped along country roads and ditches, especially within several miles of the Lincoln city limits. In some cases, this dumping is done in the middle of the road and poses a serious road hazard to rural travelers.

The three-year trend shows illegal dumping is slightly less than last year, but still greater than in 1994-1995. Based on input from Lancaster County agencies, a bill was submitted by Senator Chris Beutler, and subsequently passed by the 1997 Legislative Session, which will increase fines for littering and illegal dumping. This bill, LB 495, also carried an emergency clause which means that it took effect immediately.

As a result, maximum fines for littering and illegal dumping have increased as well as jail time. A first offense of illegal dumping can cost $500 with three months in jail. Second and third offenses can cost $1,000 with offenders spending one year in jail, maximum. City officials hope the increased fines will deter illegal dumping. Landfill gate fees will increase in September, 1997 (see related story), but are much less than fines. So, do your part to keep our rural roads and ditches free from trash. Report illegal dumping when you see it. Contact the Lancaster County Sheriff’s Department (441-6500). Try getting a license plate number, a description of the vehicle and persons involved and provide the exact location of the dumping incident. (BPO)

Landfill rates increase, but still a bargain

Barb Ogg
Extension Educator

If you take a pick-up or trailer load of trash to the Bluff Road Landfill after September 1, you may be surprised to find that the rates have increased. However, other solid waste disposal fees will not increase.

A telephone survey of fees for other landfills in and around Nebraska suggests these fees are reasonable. Pick-up load fees for landfills in Douglas, Sarpy and Cass counties range from $10-20 per pickup load.

No tax dollars are used to support the landfill or transfer station operations. The landfill operates like a business and must generate money from haulers and citizens through gate fees.

Landfill rates for the most common waste items are listed below. In addition to these rates, there are rates for disposal of asbestos, contaminated soils and other special wastes. Disposal of special waste is more expensive, because special handling is necessary. For more information, call 441-7738 for asbestos and special waste, hours of operation and other landfill information.

<table>
<thead>
<tr>
<th>Landfill Tipping Fees</th>
<th>September 1997</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solid Waste at Bluff Road Landfill ($/ton)</td>
<td>$16.00</td>
</tr>
<tr>
<td>Yard Waste at Bluff Road ($/ton)</td>
<td>$14.75</td>
</tr>
<tr>
<td>Pick-up trucks, trailers, cars/w/tractors (ea.)</td>
<td>$10.00</td>
</tr>
<tr>
<td>Cars (ea.)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Pick-ups with trailers (ea.)</td>
<td>$16.00</td>
</tr>
<tr>
<td>Uncovered loads at North 48th Street (ea.)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Passenger tires (ea.)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Implement tires</td>
<td>$11.50</td>
</tr>
</tbody>
</table>

In addition to disposal fees

Yellow jackets

People often mistake bees for yellow jackets because of their size and coloring, however they are very different. Yellow jackets have a shiny black and yellow body and measure 1/2 to 3/4 inch in length. Like bees, they have the ability to sting as a means of ensuring survival. However, unlike a bee, a yellow jacket can sting more than once. They can be very dangerous to people who have an allergy to the stings.

These social insects live in large caste-divided colonies. Just before winter, the queen mates and finds a place to overwinter (i.e. decaying stump). The queen is the only one of the colony to overwinter, the rest die. In spring, the queen comes out of dormancy, begins feeding and searches for a nest site to begin her colony. She may find an cave, tree, woodpile, railroad tie or even an opening in the ground. Once a location is found, she constructs a nest. The nest is made from a paper-like material gathered from decaying wood and fibers mixed with saliva. The queen lays her eggs in cells and protects them until the larvae emerge. The larvae are fed until they pupate and adults emerge approximately three weeks later. The first adults to emerge (sterile females) take over most of the duties of the queen. As the colony becomes larger, the sole responsibility of the queen is to reproduce. The colonies become very large by late summer and it is during this time that the overwintering queens are produced.

Yellow jackets frequent outdoor gatherings because of their attraction to meats and sweet foods. Stings occur when people or animals disturb wasps while they are hunting for food or protecting the nest. Yellow jackets have also been known to attack when unprovoked.

The best control for yellow jackets is to avoid contact with them.

• At outdoor activities (i.e. picnics, football games), keep food and drink covered. It is not unusual for a yellow jacket to slip into a soda can when you are not looking. Consider pouring your soda into a glass, or purchase snap-on lids with straws for soda cans. These are available at grocery and discount stores.

Simple fruit fly trap

Materials needed: jar, plastic bag, beer, rubber band

1. Pour approximately 1/2 cup beer into jar.
2. Place plastic bag over mouth of jar with one corner reaching down into jar.
3. Poke a small hole (no more than 1/4” diameter) in corner of bag with a pencil.
4. Secure bag around rim with rubber band.
5. Place trap out-of-reach of children, pets.

For more Environmental Focus articles, please turn to page 12.
Ag marketing video course

A popular University of Nebraska-Lincoln agricultural marketing course with a nationwide following is again being offered this fall—this time with World Wide Web and telephone discussion connections. "Agricultural Marketing and Entrepreneurship" has been called "college in the real world," said James Kendrick, instructor and UNL agricultural marketing and policy specialist. As farm subsidies are reduced and farmers are encouraged to make a profit in the "real world" is becoming more challenging, and what you don't know CAN hurt you.

This course has proven to help producers make money because it demonstrates marketing tools and risk minimization in current, worldwide applications. The course also teaches producers how to track marketing trends and construct their own marketing plans.

This fall's course also offers electronic means for class participants to interact with each other and with the telephone discussion group, listserv discussion group, and the FSA.

"...being able to make a profit in the "real world" is becoming more challenging, and what you don't know CAN hurt you."

Free features for this year's course are a listserv discussion group and an opportunity to see and hear Kendrick for up to 10 minutes live on the World Wide Web three times each week. Class members may call in their questions in advance and get answers on the Web presentation. Class members who do not have access to the Web may receive the same information shortly afterward over the telephone.

Those participating in the listserv who also wish to see Kendrick on the Internet will need a computer, a World Wide Web browser, sound card and Internet access. The listserv is a great form of continuing education because people become acquainted with and learn from others across the nation.

Anyone who wishes to take the course simply to improve their marketing skills may do so for $350.00, which includes the textbook. The course may be taken for NU undergraduate credit for $353.25 plus textbook.

Those registering for the course will receive updates from September 2 until December 18. Each tape will contain two or three one-hour presentations. As in the past, a toll-free telephone number is available for class participants who have questions, comments or who need assistance with the course work.

The registration deadline is August 25. For more information, call (800) 755-7765. (WS)

Last cutting of alfalfa

The date of the last harvest of alfalfa is a direct indicator of its standing survival and next spring's vigor. Alfalfa needs four to six weeks of uninterrupted growth in the fall to become fully winterized. This winterizing generally begins about three weeks before the average date of the first hard freeze. The last harvest can occur anytime before winterizing begins or after the weather turns cold and over with little worry about affecting stand life. But, harvesting during winterizing can be risky. How risky is it to harvest alfalfa during winterizing? It depends on how much stress the alfalfa experienced this year. The most important factor is the number of cuts taken this year. Fields cut four or five times are more susceptible to winter injury than those cut three times or less. Also, young stands of winter hardy, disease-resistant varieties are less stressed and can be harvested during winterizing with less risk than older stands of disease-susceptible varieties that are only moderately winter hardy. Also consider the need for extra alfalfa or its value as a cash crop. There may be a short crop this year, making an extra cutting more valuable. The risk of the extra cutting can be reduced by cutting during winterizing may be more acceptable. But if hay is plentiful, the risk may not be worth it. Alfalfa can also be cut with very little risk if the winterizing process has been completed. In general, it seems advisable to make the last cutting in the fall at least four weeks before the average date of the first killing frost. In Lancaster County, that means the greatest risk for cutting alfalfa in the fall occurs between September 15 and October 15. (WS)

Avoid over-grazing warm-season grasses

Remember the old grazing adage "take half and leave half" was the grazing recommendation for many years on range-land grasses. And in many cases it still is. But today, much emphasis is on grazing techniques that use transmission to form multiple pads. These techniques are known as "intensive grazing," controlled grazing and "wagon-" or "grid-" grazing. And when used correctly, they have increased stock rates and permitted calving performance. How the pastures are grazed, though, does not affect the basic growth processes of the grasses. If a pasture is severely grazed, plants in that

Making good silage

It's hard to believe, but summer is almost here and the harvesting season is rapidly approaching. Most Nebraska farmers and ranchers are anxious to harvest for a plentiful crop. There may be a short crop this year, making an extra cutting more acceptable. But if hay is plentiful, the risk may not be worth it. Alfalfa can also be cut with very little risk if the winterizing process has been completed. In general, it seems advisable to make the last cutting in the fall at least four weeks before the average date of the first killing frost. In Lancaster County, that means the greatest risk for cutting alfalfa in the fall occurs between September 15 and October 15. (WS)

Trends in Nebraska show that as the number of cars per train increases, the number of grain elevators decreases. In 1960, Ne- braska had 1,000 elevators. Now there are 320. With the new rates, the state may need only 80.

Source: Mike Turner, Ph.D, Agricultural Economist, NU/ANR

September 1997

County Committee election

The Lancaster County Farm Service Agency (FSA) is looking for candidates for the farmer-elected County Committee election this fall. The County Committee has an important role in the delivery of USDA services to farmers. FSA wants to include farmers in nontra- ditional marketing activities as well as people whose livelihoods are dependent on traditional farming. These people could include beginning farmers, specialty crop farmers, truck farmers, spouses or business partners. Their help and experience is needed on this committee and the FSA would like people who have been active in these areas to be nominated.

The FSA County Committee is the most direct link between USDA farm programs and local producers. The unique county committee system helps shape nationwide programs into programs that work at the local level by making decisions on things like commodity price support programs and loans, land establishing allowances and marketing quotas. The FSA county committees also make producer eligibility determinations for farm loans, program payments, conservation programs, as well as disaster assistance programs.

Nomination petitions may be requested by eligible voters and will be due in the Lancaster County FSA office by October 27, 1997. The County Committee election will be held in late Novem- ber and early December; however, a finalized list of candidates will be selected by the first week in November.

The people elected to the County Committee will become part of a group of farmers and ranchers that have a unique opportunity to help the future of all local producers. This is govern- ment at its best—local in nature, focused here at home and bringing USDA services to farmers. FSA wants to include farmers in nontraditional marketing activities as well as people whose livelihoods are dependent on traditional farming. These people could include beginning farmers, specialty crop farmers, truck farmers, spouses or business partners. Their help and experience is needed on this committee and the FSA would like people who have been active in these areas to be nominated.

For further information about the County Committee and the election process, to request nomination forms, interested parties should contact the local FSA Service Agency at 423-9683.

Competition, consolidation predicted for grain bin industry

Increases in the size of trains offering freight rate breaks for the grain storage industry may cause a decline in the number of grain bins in Nebraska.

Starting two years ago, Union Pacific began offering 100-car freight rates and dedicated trains. Burlington Northern/Santa Fe offered a 10-car dedicated train. Dedicated trains serve only one company.

To fill that many cars, a company must supply 400,000 bushels of grain every time the train returns to the elevator, a total of more than 10 million bushels a year. The company is penalized if it fails to fill the trains.

One hundred car freight rates will give companies a seven- to eight-cent advantage over rates on smaller trains. This may push some grain elevators out of business and cause farmers to drive a greater distance to the elevator.

Trains were deregulated by the federal government in the 1980's. At that time, Burlington Northern/Santa Fe began offering a 54-foot, double-deck, 75-car train.

Before regulation, in 1975, Union Pacific and Burlington Northern/Santa Fe both offered 25-car rates.

The Canada Grain Commission has been working to increase the number of elevators by offering increased incentives for the installation of grain handling equipment.

There are three keys to making good silage. The first is chopping at the right moisture. Silage in bunkers should be about 65 to 68 percent moisture and in upright towers around 62 to 65 percent is best. Bags work well between 60 and 70 percent. Silage chopped too wet will run or seep, carrying away many valuable nutrients, and it often has a sour, smelly, unpalatable

Farm Views

Sign up now for fall conservation work

Fall is traditionally the busiest time of year for installing soil conservation practices such as terraces, basins and waterways. If you are interested in doing work this fall and would like to participate in the Lower Platte South Natural Resource District’s (NRD) conserva- tion outreach program, now is the time to sign up. The P Bald Brick Group of Directors considers cost share requests at its regular meetings on the third Wednesday of each month. In order for a request to be considered, the project must be completed no later than one week prior to the meeting. If you would like to sign up for fall work, contact the Natural Resources Conservation Service (NRCS) office at 423-0800 or the Lower Platte South NRD at 476-2728. (SCB)

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Managing water resources

Protecting the water resources on your property, whether natural or manmade, should be one of your highest priorities. Well managed streams and ponds add beauty and diversity to the landscape and enhance the value of the property. In addition, we all have a responsibility to use our water resources wisely and to protect them from contamination.

Watersheds and water quality:
A watershed is an area of land from which all runoff drains to a common outlet such as a stream, river, lake or wetland. Land use within a typical watershed watershed influences both the quantity and quality of runoff. Generally, as the intensity of land use increases, runoff volume and velocity increase. At the same time, the number of potential sources and types of pollutants increases. Runoff carries these pollutants directly into surface waters. Because most of this pollution comes from many dispersed sources throughout a watershed, it is referred to as nonpoint source pollution.

Everyone lives and works in a watershed and has an impact on water quality. Therefore, a conscious, cooperative effort by everyone is the key to reducing the impact of nonpoint source pollution.

Water Quality Quiz

1. What I do on my land has no impact on water quality.
2. Riparian areas are not essential for protecting water quality.
3. It’s o.k. to fill or drain a wetland.

If you answered “true” to any or all of these questions, read on.

Wetlands
Wetlands are naturally occurring, environmentally important areas on the landscape where the water table is usually at or near the surface, or the land is covered by shallow water. They generally occur in conjunction with aquatic systems such as streams or lakes, but can also occur in small depressional areas on uplands. Wetlands play a significant role in protecting water quality by trapping sediments, storing nutrients and removing many other types of contaminants from surface water. Wetlands also provide habitat for a wide variety of plants and animals including many exotic and endangered species.

It is illegal to fill or drain a wetland without first obtaining a permit from the U.S. Army Corps of Engineers. To determine whether or not you have a wetland area contact your local office of the Natural Resources Conservation Service.

Riparian areas
Riparian areas are unique ecosystems located along the banks of streams, rivers, lakes and wetlands. Because they occur at the interface between upland areas and bodies of water, the importance of riparian zones far exceeds their minor proportion of the land base. Healthy riparian vegetation stabilizes stream banks, traps sediment eroded from upland areas and can remove plant nutrients and other contaminants from runoff before they reach the stream. Riparian areas are also valuable to wildlife as a source of food, water and cover.

What can YOU do?
• Control runoff and soil erosion on your property.
• Use fertilizers and pesticides sparingly and according to label directions.
• Dispose of used oil, antifreeze, paints and other household chemicals properly.
• Properly maintain septic systems and lagoons.
• Protect wetlands and riparian areas.

Festival of Color
Displays of colorful water conserving flowers, children’s activities and landscaping demonstrations will be featured at the fifth annual Festival of Color on Saturday, September 6, 10:00 a.m. to 4:00 p.m. The festival is held at the John Seaton Anderson Turfgrass and Ornamental Research Area. The site is located at the University of Nebraska’s Agricultural Research and Development Center near Mead, Nebraska.

The 1997 festival will feature an all day demonstration on how to create a new or renovate an existing landscape that is both attractive and environmentally sensitive. “Design and irrigation principles, plant selection, planting/mulching and berming will be discussed,” according to Nursery Program Assistant Professor and Landscape Horticulture Specialist at UNL. “Landscaping should not only beautify the yard space around a home, but it should also serve useful purposes, such as providing shade and privacy, creating areas for gardens, pets, or storage, and defining patio/deck areas as outdoor ‘rooms’ which add comfortable living space to the home. Accomplishing these objectives while lessening water and chemical use can be a real challenge. The demonstration, which reflects an actual front-yard and back-yard landscape in progress, should help homeowners better visualize how they can enhance their own home landscapes.”

Permanent and “in-progression” demonstration sites are an important part of Festival of Color. These sites are perfect for addressing landscaping practices that homeowners face in their own yards. Demonstrations will include best management practices, smart tree and shrub planting, turf selection and renovation, demystifying home irrigation systems, water gardening and pond maintenance, deadheading and dividing perennials, planting and forcing bulbs, houseplant propagation and backyard wildlife. Beekeeping demonstrations will also be ongoing throughout the day.

Guided tours on tree and shrub selection, perennial ornamental grasses and turfgrass will also be offered. Tent talks will feature landscape water management, seasonal wreaths and centerpieces, and fads in perennial gardening. A special landscape problem-solving session will feature the panel from the Backyard Farmer show. The public is invited to bring plant samples, as specialists will be on hand throughout the day for weed identification and plant diagnosis. Nursery retailers will offer a large selection of plants and material, including plants featured at the festival for sale the day of the event. Garden ornaments and furniture will also be available.

For more information contact Amy Greving, Extension Assistant, University of Nebraska Department of Horticulture (402) 472-2584 or Deloris Harder, Outreach/Educational Programming Assistant, (402) 624-8022. Internet users can get more information at the Festival of Color website at http://hort.unl.edu/festival/. (SCB)

Learn at your convenience
—24 hours a day, 7 days a week—

NUFACCTS (audio) Information Center
NUFACCTS 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 you receive the 3-digit number of the message you wish to hear.

NUFACCTS (faxback) Information Center
NUFACCTS 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.

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

Acreage & Small Farm Insights Web Site

"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.

HELP! Your input is needed.
In order to make the Acreage Section of the Nebraska more responsive to your needs, we would like to know what articles or topics you would like to see in this section. We are also considering including a question and answer feature where we will try to find answers to your questions and print them in a future issue of the Nebraska. Please send your comments, suggestions or questions to the Nebraska Acreage Editor, Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln, NE 68528-1507, or call 441-7180. Thanks for your help. (SCB)
**Focus on Food**

By Alice Henneman, RD, LMNT

**Nutrition Education Program**

for Limited Resource Families

Maureen Burson, Extension Educator

"Thanks for the presentation about hand washing, germs, etc. The kids talked about it for a long time that afternoon and especially liked making and eating pudding." — Sarah A. Kroenke, Northeast Family Resource Center.

"The food safety programs kept the kid's attention plus provided education! My staff had many good things to say about the program." — Kent Henning, Community Center Director, Salvation Army.

Two hundred sixty school-aged children at 12 program sites participated in the 1997 Food Safety Summer Smiles Program, sponsored by the Nutrition Education Program (NEP) in Lancaster County. Groups ranged in size from six to 60 students.

Students learned to incorporate food safety/storage practices into their daily lives, recognize behaviors which will cut down the spread of germs and realize the importance of clean hands in preventing disease.

Students were divided into small groups of eight to 12. Each small group rotated to four hands-on learning stations. These included a board game entitled “Safe Food Safari” in which they rolled dice and moved their marker around the board. When they landed on the 27 spaces which included messages, they moved their game piece accord-ingly. Messages include “Forgot to wash your hands; lose a turn; threw away moldy bread; roll again; used fork which dropped on the floor; go back 2; washed dishes after eating; go ahead 4.” Messages included a variety of practices ranging from not eating raw meat, washing off the top of cans, rejecting dented cans, and not drinking directly from the milk carton. The game was originally developed as an adult version from Purdue University. We modified it to include items to which children can relate.

The “Germs,” “Germus” learning station included mini-play in which teams of two acted out ways in which germs are spread. They demon- strated the behavior change to prevent the spread of germs. Since some children are non-readers, they were given a picture showing the activity which they had to act out. These included behaviors such as sneezing in their hands and then handing a book to a friend; putting a pencil in their mouth and then sharing it with a friend who puts it in his or her mouth; sharing a juice can; putting their mouth on a water fountain; touching a pet and then eating food. A literacy activity was included in which the older children read the USDA children’s activity book entitled “Food Safety at Home, School and When Eating Out.”

The Glo-Germ hand washing activity was used to emphasize the importance of washing palms, the wrist, above the finger, and around fingers, around rings, back of hands, between fingers, and in crevices. These “pretend germs” show up under a ultraviolet light. After hands are clean, children make pudding. Storing milk and leftovers, using clean utensils, checking for damaged packages, cleaning up and disposing of trash are all integrated as a part of the food safety activity.

For a copy of the curriculum, please contact Maureen Burson. Extension Educator, Nutrition Education Program, Lancaster County. (MB)

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**Pack a safe sack lunch**

Now that school has started, you may be packing a sack lunch for your children. Avoid packing in the possibility of a foodborne illness by following these food safety tips:

- Wash the lunch container with hot water and soap after every use.
- Anything taken out of the refrigerator and put into the sack lunch must be kept cold. Perish-able foods that must be kept cold include: meat, tuna, eggs, milk, cheese and yogurt. **Open canned fruit and vegetables and peeled and/or cut fresh fruits and vegetables must also be kept cold.**
- If possible, store a sack lunch with perishable foods in a refrigerator until lunchtime.
- When refrigeration isn’t possible, carry already chilled foods in an insulated lunch container. Include an ice pack, gel freezer pack, or water frozen in leak-pro-OF FACTS on Food

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330 Handling Eggs Safely
331 How Long Should You Keep Commercially Canned Foods and more many more...
Character Counts! with teens

Deana Jha, Extension Educator

“It wasn’t fair!” shouted several teens when they realized that the instructions and materials they had been given to build a tower differed from those given to other groups in the room. When questioned about what made the activity unfair, a lively discussion followed in which teens focused on difficult ethical questions such as: What does it mean to treat people equally? Is equal always fair? What does it mean for everyone to play by the rules? What does giving everyone a chance mean? Through hands-on activities such as building a “fairness” tower, 15 teens learned about the Six Pillars of Character—trustworthiness, caring, citizenship, respect, responsibility and fairness at a Character Counts! Teen Funshop, July 18.

Keep commitments. Judge people on their merits, be courteous and polite, be appreciative and accepting of individual differences. Pursue excellence, take responsibility for your actions. Be concerned about others’ needs, share and be compassionate. Obey laws, do your share, respect authority, stay informed, volunteer. These were the messages from representatives of various community youth-serving agencies. Through thank you notes to sponsors, citizenship games, cinnamon roll hugs, “found” dollar bills and skits on respect, the messages of character were heard.

Making ethical decisions and accepting consequences was the message from Deputy Manny Bateck from the Lancaster County Sheriff’s Office. He encouraged teens to:

1. Take into account the interests and well-being of those affected by their decisions.

At the Character Counts! Teen Funshop, teens participated in hands-on activities like the citizenship game.

continued on page 11

Keeping Families First at the fair is successful

Watching puppet shows and balloon animals created by the Lincoln Police Department, having faces painted by Community Alternatives and the Home- stead Oral Health Coalition, touring the Fire Safe House from the Lincoln Police Department, playing games and crafts from the Pioneer Park Nature Center, and making family pledges were some of the activities families enjoyed at the first ever Keeping Families First Day during the Lancaster County Fair.

Demonstrating his support of families, Mayor Mike Johanns began the day by reading a proclamation, the Tagin family Ukrainian Singers performed songs from their homeland, Grandma Melanie brought fabulous African-American stories to life, the Red Eagle Dancers entertained in traditional Native-American costumes, Adam White hawked historic, and Amy Lamphere led an interactive dance segment for families. In addition, Mother Goose appeared to share some familiar nursery rhymes.

Several lucky families won super prizes donated by local businesses. Overall, the Keeping Families First Event was declared a success by Karen Watson, interning, who received a tremendous amount of positive feedback from participating organizations and businesses.

Life with your grandchildren

Caring for your grandchildren is hard work. You can’t do everything. You can do as much as you can. You can’t keep your grandchild from feeling sad or angry. You can offer your grandchild care and understanding, and help find counseling if needed.

You can’t make your grandchild a better student overnight. You can’t make your grandchild do his or her chores. You can get services and support to help you with the challenges.

There’s relief in knowing that you can’t—and needn’t—do everything. You can take pride in doing your best.

Taken from Grandparents Raising Grandchildren. A guide to finding help and hope by Marianne Takas. (LB)
4-H Celebration

The 4-H Celebration, held for the first time at county fair, was a success. 4-H members, leaders and volunteers were recognized for their service to 4-H. Pins were awarded to 2, 5, 10 and 15 year leaders, 4-H members who are completing their third year in 4-H and 1997 high school graduates. If you were to receive a pin but were unable to attend, you may pick it up at the Extension office.

4-H leaders completing 5, 10 and 15 years of service are Deb Arends, Paul Day, Mary Delbay, Carole Fixter, Janene Harris, Pat Heather, Gary Heetderks, Ben James, Les Johnson, Jody Kitzke, Janet Leic, Bonnie Paschold, Dennis Rosene, Craig Schmieder, Renee Schneider, Donna Seefeld, Cindy Svoboda, Rosie VerMaas, Mary Woltemuth (5 years); Diana Grage, Kay Jurgens, Cheryl Landon, Angie Latzel, Harry Midlbach (10 years); Sandy Rosenboom and Vickie Rupert (15 years). (LB)

Awards

4-H awards books are due in the Extension office October 1. The awards competition will remain as it has in the past for county and district competition. All 4-H members 12 years old and older are eligible to submit books for county awards. If you have questions, call Lorene at 441-7180. (LB)

Award nominations

Nominations are needed for the following awards by October 1. Application forms are available at the Extension office.

4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—presented to junior or senior 4-H members who have demonstrated personal integrity, lead well-rounded lives and possess a willingness to assume responsibility. They do not need to hold leadership positions currently but should be recognized by their peers and adults who work with them as emerging leaders. One young woman and one young man will be selected from Lancaster County. (LB)

Fair's over; now what?

A meeting for leaders and parents will be Monday, September 15, 7:00 p.m. to discuss finishing up the 4-H year and getting ready for next year.

Awards, project completion and selection, and club reorganization will be covered. Mark your calendar and plan to attend. (LB)

4-H Open House

Tuesday, September 9
6:30-8:00 p.m.

Learn more about the 4-H program!

For Adults &
Children (5 years and older)

I’m interested in 4-H!

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincol, NE 68528-1507. A 4-H representative will contact you. Please call 441-7180 for more information.

Name ____________________________

Female ☐ Male ☐ Birthdate __________

Address __________________________

Grade in school ___________ School ___________________

Telephone _________________________ Zip __________________

Parent(s) name ____________________

Check project area of interest:

☐ Dogs ☐ Rabbits ☐ Home Environment

☐ Cats ☐ Other Household Pets ☐ Woodworking

☐ Livestock ☐ Horses ☐ Safety

☐ Child Care ☐ Model Rockets ☐ Shooting Sports

☐ Foods ☐ Flowers/Gardening ☐ Photography

☐ Clothing

Are you interested in becoming a 4-H volunteer? Check your interest:

☐ Club Leader ☐ Project Assistant

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth H. Rogers, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.

University of Nebraska Cooperative Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.
Parental role in school success

Are high academic achievers more likely to become well-adjusted and productive citizens? Yes! A nation-wide study of high achievers found that the attitudes, habits and discipline that worked for students in the classroom served them well as adults. This study also confirmed the results of other research and provided solid evidence for something many of us intuitively feel: that parents can play a critical role in our children’s success at school. Here are some other findings:

* Any child with basic intellectual endowment can become a high achiever in school. Kids do not have to have a high IQ or a special talent for creativity. School achievement is most likely to happen when parents and teachers work together. Parents are more effective when they guide—instead of push—kids to do well in school.
* Learning is rooted in curiosity. Because young kids are naturally curious, this is a trait parents can help to develop as kids grow older. The sense of curiosity and desire to explore serves to reinforce and strengthen children’s later ability to learn.
* Not all high academic achievers are early bloomers—especially kids who have had a learning disability or a physical challenge in their early years. Many students who go on to great success in school may have experienced failure along the way.
* Children learn through observation. Seeing parents read inspires kids to read. Seeing parents start and finish activities and work assignments motivates children to do the same. When parents turn off the television set so they can spend time reading a book, they send a powerful message to children.
* Having responsibilities and doing chores at home helps kids develop skills and work habits that are transferable to the classroom.
* Quiet time is important for learning. Kids need a space of their own (however small) in which to think, study and do homework.
* Extended families can form an important support system for high achievers—not only parents but grandparents, aunts, uncles, cousins as well as teachers, coaches, neighbors and friends.
* Parents of high academic achievers tend to emphasize children’s accomplishments, not merely their good grades. They encourage their children’s learning for learning’s sake—not to show off their children’s abilities. They are not strongly influenced by what other parents may think or do.


Assessing your child's school year

Summer is a good time to evaluate a child’s academic progress. As you look back on the past year, the Independent Education Consultants Association (IECA) suggests asking the following questions:

* On most days, did your child come home from school enthusiastic about what he or she learned?
* Did your child frequently ask to stay home because of a headache, stomachache, sore throat or another physical symptom?
* Did your child complain about being bored or not understanding material presented at school?
* Was the homework sufficient to reinforce lessons learned in school without overwhelming him or her?
* Did your child’s report card show an upward or downward trend from the beginning to the end of the academic year? Was there one problem area or did you notice numerous trouble spots?
* Did your child seem to be sliding by or working at full potential?

If you were less than satisfied with your youngster’s academic experience, think through your options for the coming year. Ask local resources for help in making the school year a good one for your child.

Source: Working Mother, June 1996. (LJ)
Community Focus

Lincoln/Lancaster County Emergency Service

Carol K. Welforth Assistant Coordinator

Originally, Lincoln/Lancaster County Emergency Services was formed as part of the national Civil Defense Program. The Lincoln Civil Defense System developed in 1950 to assist in protection of civilians in the event of nuclear war. The easing of world tension changed the worldwide political climate reducing nuclear threat. Emergency Services/ Civil Defense was the logical agency to assume other responsibilities.

Today Emergency Services encompasses a wide variety of activities. The first activity is severe weather responsibilities. Each spring we are involved in an extensive education program. Media packets are prepared and delivered to all media in Lincoln and Lancaster County. Annually, we give severe weather presentations for various businesses, industries, schools, churches, hospitals, health care facilities and government agencies. Tornado surveys are provided upon request and we do these at no cost to requesters.

Emergency Services has an integrated warning system for severe weather. Alert receivers are placed in schools, health care facilities and businesses. These and the cable interrupt system are used to warn of the potential for severe weather. The third component of the warning system is the sirens. There are sixty throughout Lancaster County and they, along with the alert receivers and cable interrupts, are used to warn that a tornado is in the area.

Much of what we do is accomplished with the assistance of volunteers. In severe weather operations we draw from a spotters pool made up of trained volunteers who are members of the Lincoln Amateur Radio Club, REACT and E-Team. These people are trained and re-trained each spring. Attendance at these training sessions exceeds 200 persons. The expertise is critical when there is severe weather. They are literally our eyes and ears in the world outside our Emergency Operations Center (EOC). In the EOC, during an activation, is another group of trained volunteers. These persons belong to our Volstaff and are called upon to perform a variety of activities from plotting storms on maps to monitoring radars. One committee, the Advisory Defense Council (ADC), meets six times a year and is a valuable source of guidance.

The Disaster Preparedness Planning Committee (DPPC) does just what its name implies. This committee with over seventy members from the health community, industry and government focuses on preparing disaster plans and testing those plans. The first level of exercise is the Tabletop Exercise. This is a low stress exercise. Following the discussion of a scenario participants discuss how their agency will respond.

The Functional Exercise is the next step up. Once the scenario has been presented, participants respond to additional events or messages in a time controlled environment. Obviously, this is a more stressful atmosphere.

The most elaborate, and the most difficult, exercise is the Full Scale Exercise. Full Scale Exercises involve the movement of equipment and personnel in the predetermined scenario. Once the disaster scene is prepared and victims in place, responders take part as if they are involved in a real incident. This exercise is the most stressful, most demanding and most expensive.

All of these exercises are followed by evaluations and, where indicated, changes in disaster plans. Law enforcement agencies, health care facilities and airports are required to participate at all levels to meet accreditation requirements. Our schedule is full of exercises. (GB)

The Web of Culture

Native American Resources:
• http://www.dreamcatchers.org

• Promotes ethnic diversity
• A non-profit organization
• The Web of Culture

• Leading source of cross-cultural communications information
• Over 400,000 educators have used this site full of valuable resources in such areas as business protocol, world religions and email exchange.

Pamela K. Weis Assistant Coordinator

Women in Agriculture: The Critical Difference

September 11 & 12, 1997
Kearney Ramada Inn • Kearney, Nebraska

Now in its second decade, the Women in Agriculture conference continues to focus on women who make the critical difference on their farms and ranches. This 13th annual conference will continue the tradition of bringing Nebraska’s ag women with relevant and up-to-date information taught by dynamic speakers.

Ag Women take on the roles of homemaker, marketer, tractor driver, “gofer,” researcher, banker, vice-president, treasurer, nurturer or any combination of these roles. The goal is to make decisions of a business and personal decisions in your operation. To help you with these decisions, we offer 18 workshops in areas that the women identified as hot topics over the years. These workshops are presented by the following speakers:

The holidays’ list includes the holidays that businesses and government offices will be closed. The list includes all international countries.

For more information about international travel, visit website: http://www.Go-Global.com

Resources and Web-Sites related to women in agriculture prepared by the Cooperative Extension Service National Center for Diversity, Kentucky State University, and Kentucky, (GB)
Yellow jackets from continued page 3
- Avoid strong scents—avoid perfumes and hair spray.
- Keep garbage closed.
- Immediately remove ripe fruit or fallen fruit from trees and shrubs.
- Do not spill sugary drinks on the ground that bees can find.
- Keep birds and other wildlife off your lawn. You can remain calm and wait for it to fly off or brush it off gently. Otherwise, you run the risk of threatening the wasp and being stung. Seek medical attention when the reaction to a sting includes swelling, tingling, dizziness or shortness of breath.

To control bees: a direct control method. Various commercial traps are available at garden centers and department stores. Baits can be used with these traps to increase the effectiveness by attracting more wasps. The trap bait is a yellow film soaked with soybean oil and sugar in an area where wasps are a problem. The sugar attracts the wasp and the soap breaks the surface tension of the water. When the wasp lands on the water, it falls in and drowns. There are traps that use a chemical that creates a biological impact on you and the environment, and choose a pesticide that is listed for controlling wasps. Wear protective clothing when applying pesticides to where animals could get at it. That night, spread a sheet to catch the wasp nests which rest on the sheet. Remove the sheet. When the nest is exposed, remove it to a location which cannot be accessed by people or pets. Wear protective clothing when consuming wasps and caterpillars. If they are in a location not frequented by humans, pets or livestock, try to tolerate small populations of them.

For additional information, pick up Winning Ways and Bees (NEbGuide G891) from the Extension office.

Making good silage from continued page 4
with plastic to prevent oxygen in the air from penetrating and keeping plants grazed closely now, late in the year, usually recover better than plants grazed-paddocks.
- Cool-season grasses, will weaken in the season. Severe grazing on grasses grazed closely now, late in the season will green-up later, early in the spring. The problem is that these species are separated into rotationally grazed-paddocks.
- Cool-season grasses, will weaken in the season. Severe grazing on grasses grazed closely now, late in the season will green-up later, early in the spring.
- Keep garbage closed.
- Immediately remove ripe fruit or fallen fruit from trees and shrubs.
- Do not spill sugary drinks on the ground that bees can find.
- Keep birds and other wildlife off your lawn. You can remain calm and wait for it to fly off or brush it off gently. Otherwise, you run the risk of threatening the wasp and being stung. Seek medical attention when the reaction to a sting includes swelling, tingling, dizziness or shortness of breath.

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Avoid over-grazing
Warm-season grasses from continued page 4

Character Counts! with teens continued from page 3
2. Choose courses of action by remembering that the Six Pillars of Character are: truthfulness, responsibility, fairness, caring and citizenship, take precedence over other values such as being popular, making money, having fun, etc. One important strategy in conflict, choose the one that will provide the greatest good for the most people.

At the conclusion of the workshop, teens were encouraged to serve as role models for character, help teach other teens, and become members of a Character Counts! teen advisory council. Julius Jackson, UNL varsity football team; Megan Korver, UNL varsity volleyball team; and Tanaya Frank, UNL varsity soccer team, made appearances to help teens celebrate their accomplishments. Certifi- cates and t-shirts were presented and each athlete reinforced the pillars of character through personal messages. Eagle teen authors autographed and shared their ice cream sundaes to bring the day-long event to a close. Teens trained on July 18 were active teachers and role models at the Clover Kids Careers and Character Day Camp held August 7 for 75 busy 5-8 year olds. For more information about Character Counts! call LaDeane at 441-7180. (LJ)

Thought for the day
Make the best of the good times you have and the best of the bad times that are ahead.

Consider the attractiveness and enjoyment of a small pool, which could provide water for birds and a home for a frog (which eat mosquito larvae), turtles and other aquatic life. Small fiberglass or plastic pools can be purchased, or made by digging a hole and lining with plastic. Be sure to include some shallow areas where birds can drink and bathe.

The sounds of running or dripping water are attractive to birds, and a variety of commercial flowing-water systems are available. Another simple approach is to use a recycled plastic jug with a lid. Punch a tiny pin hole in the bottom, then add water and the lid. Loosen the lid just enough so that water drips from the pin hole in the bottom. Hang over your water bath where the dripping may alert and entice more birds to come. Source: Ron Johnson, Ph.D., Wildlife Specialist, NU/ANR (BPO)

Take time for breakfast from continued page 6
In many cases, all that is needed to get people to eat break- fast is to rethink the concept about breakfast. Breakfast is a meal. Breakfast can be simple or elaborate, cooked or uncooked, sit-down or on-the-run, low or high in calories, mundane or varied. The morning thing to remember is to be prepared. Start the morning routine.

Breakfast also can be just about anything, from last night’s leftover pizza to a peanut butter sandwich to cereal and milk. For the person-on-the-run, a blender delight (milk, ice cream and fruit or juice) might hit the spot. If this doesn’t appeal, there’s always peanut butter, granola or oatmeal cookies. When served with milk, these provide needed early morning energy for kids on the go.

Grapes, apples, bananas, hunks of cheese, cartons of yogurt and hard-cooked eggs are all other quick and easy on-the-go breakfast ideas. When planning breakfast, remember “break- fruit-milk” are basic components of a nutritious breakfast.

Besides lack of time, saving calories is the most common excuse to skip breakfast. It is important to eat breakfast. A couple of donuts and coffee with 2 teaspoons of sugar, you have reason to be concerned about the value of the calories you take in. The answer, however, is not to skip breakfast.

Select a breakfast that provides the nutrients you need to get you going for the fewest calories. For example, a breakfast of 8 ounces skim milk with 1-ounce dry cereal or toast and 6-ounces fruit juice provides less than 250 calories but enough energy-protein, vitamins and minerals to help avoid mid-morning fatigue and the subsequent urge to eat anything in sight.

In short, a good nutritious breakfast need not include typical breakfast foods and is a good habit to practice.

Source: Pat Kendall, R.D., Ph.D., Colorado State University Cooperative Extension. (AH)

Pack a safe sack lunch from continued page 6
box or bag. Keep an insulated container open if stored overnight in the refrigerator. Add cookies, chips or other foods that lose crispiness in the microwave. (AH)

- Pack lunch foods that are safe at room temperature: peanut better sandwiches, cookies, crackers, and whole, unpeeled fruits, etc.

- Use thermos containers to keep liquids or semi-fluid foods cold or hot.

For more information about food safety issues, check in the “informational Center” box for KUFAC/T messages on this topic. (AH)
The NEBRINE The University of Nebraska Cooperative Extension Newsletter Lancaster County

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

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.

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Cindy Blume, Youth Extension Aide
Tina Brown, Americorps Vista Volunteer
Corey布鲁克曼, Extension Educator
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Phone numbers:
Office (leave message after hours) ..................................... 441-7180
After hours ........................................................................ 441-7170
FAX .................................................................................. 441-7148
COMPOSTING HOTLINE .................................................... 441-7139
NFacts INFORMATION CENTER ............................................. 441-7188

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

Tips on safe pest control
The control of unwanted insects, weeds and rodents (pests) doesn’t have to depend on pesticides. These pests can be controlled by using alternative measures. There are a variety of measures that can help you reduce pest populations while protecting human health and the environment.

Integrated Pest Management (IPM) involves using various control measures to reduce pest populations. This includes managing the pest problem with physical, biological and cultural practices, and, if necessary, by use of a pesticide. By using one or more of these measures, control can be achieved with minimal impact on human safety and the environment.

Remember, not all insects are pests. There are many beneficial insects that are natural predators of pests. To effectively manage insects, learn to identify which are beneficial and which can cause damage. Many of the insects killed by pesticide applications are beneficial. It is your responsibility to become familiar with pest identification and pest control options. The more you know about the insect pest, the easier it will be to manage without reliance on pesticides.

Take steps to prevent the pest population from increasing to a level where chemical control is necessary. Some general methods include barriers and traps, removing attractive conditions for the pest, changing the environmental conditions (temperature, humidity) and attracting natural predators. These are all fairly simple to do and will reduce pest populations. Improper use of pesticides can put children, pets and the environment in danger. Pesticide poisoning may be a consequence of improper use. Always read and follow label directions. (SE)

Free pesticide safety publications
Here are a few of the free publications on pesticide safety available at the Extension office. Stop by and pick up a copy. Or, to receive a publication by mail, send a self-addressed stamped envelope for each publication requested to: University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507. Please indicate which publication(s) you are requesting.

• Pesticide Safety Telephone Hotlines (EC2501)
• Disposal of Pesticide Containers (G472)
• Disposal of Excess Pesticides and Related Waste (G473)
• Signs and Symptoms of Pesticide Poisoning (G715)
• Protective Clothing and Equipment for Pesticide Applicators (G758)
• The Pesticide Label (G937)
• Pesticide Management and Safety on Home Grounds (G1007)
• Rinsing Pesticide Containers (G1150)
• Laundering Pesticide Contaminated Clothing (G943-A)

• Fertilizer and Pesticide Container Guidelines (G1185-A)
• Worker Protection Standard for Agricultural Pesticides (G-1219-A)
• Pesticide Laws and Regulations (G-479)
• Best Management Practices for Agricultural Pesticides to Protect Water Resources (G-1182-A)

For information via the Internet, check out the University of Nebraska IANR award-winning environmental programs home page at http://www.ianr.unl.edu/ianr/put/pethome.htm (SE & WS)