

10-1997

The NEBLINE, October 1997

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>



Part of the [Agriculture Commons](#)

"The NEBLINE, October 1997" (1997). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 148.
<http://digitalcommons.unl.edu/neblines/148>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.



The children worked together to learn how to build character.



Bob Cunningham, a local firefighter, shows off his character.

Character Counts!

celebrate
Character
Counts!
Week

LaDeane Jha
Extension Educator
Jackie Gloystein
Extension Intern
Karen Whitson
VISTA AmeriCorps

Mark your calendars! October 12-18 is Character Counts! Week across the nation. What a perfect time to reinforce the Six Pillars of Character: fairness, respect, responsibility, caring, trustworthiness and citizenship. Join in the fun and figure out ways that you might make character count during the week. How about designating a day of the week for each pillar and reinforcing the pillar through exciting activities and discussions? Homilies, sermons and talks in faith communities could reinforce the six pillars or the pillars could be recognized in religious text or stories. Teachers and coaches could use the



Pledging allegiance to our country.

representing good character and teachers talk about the six pillars as part of reading, art, music and other classes. The Character Counts! flag flies over special events and momentum is building. Over 150 adults and youth have received training in the Character Counts! curriculum and teens and adults have been busy spreading the message. "I love teaching little kids" said Dustin Thompson, a teen who helped teach Character Counts!

concepts to 75 five to eight year old children at a Clover Kids Daycamp and directed Character Counts! activities at the State Fair Discovery Center.

Games, storytelling, puzzles and a citizenship flag created from hands dipped in red and white paint were just a few of the ways that youth celebrated character at the Clover Kids Daycamp. The rural Lancaster and Saunders County School-to-Work program

sponsored the camp and each activity reinforced the importance of character in the workplace. Firefighter Bob Cunningham made a special appearance and explained how the six pillars are important in his job.

Being a person of character is important individually and in our communities. Take time during Character Counts! Week to reinforce the formation of good character.

Note the books and related activities listed for each of the

pillars in the box on this page. They may give you a start. For more information about Character Counts!, contact LaDeane at 441-7180. All people using the curriculum are required to have training, so plan to attend the workshop October 4. (See registration form on page 7.)

Books and activities celebrating the Six Pillars of Character

- Trustworthiness:** *Horton Hatches an Egg* by Dr. Suess (design your own egg)
- Responsibility:** *The Very Busy Spider* by Eric Carle (make a spider web)
- Respect:** *The Grouchy Ladybug* by Eric Carle (make a ladybug from construction paper)
- Fairness:** *The Doorbell Rang* by Pat Hutchins (share small cookies)
- Caring:** *The Patchwork Quilt* by Valerie Fournoy (make a patchwork quilt piece using fabric or various shaped pieces of construction paper)
- Citizenship:** *Swimmy* by Leo Lionni (make a fish with small fish-shaped crackers) (LJ)



Lending a hand to the citizenship flag.

language of the pillars during classes and sports events. The list is endless, be creative! If you need some ideas, call LaDeane, Jackie or Karen at 441-7180. They will be happy to provide ideas for games and activities.

Character Counts! is picking up steam in Lancaster County and the six pillars are showing up in schools, youth organizations, mentoring programs and athletic events. Parents hand out smiley faces for behaviors

In this issue...

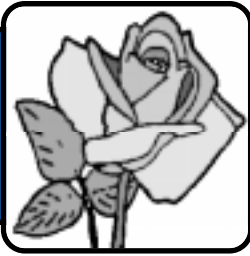
NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County NEBLINE."

-  Horticulture —page 2
-  Environmental Focus —page 3
-  Farm Views —page 4
-  Acreage Insights —page 5
-  Food & Fitness —page 6
-  Family Living —page 7
-  4-H & Youth —pages 8-9
-  Community Focus —page 10

Lancaster County 4-H Council
University of Nebraska Cooperative Extension
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

ADDRESS CORRECTION REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska



Horticulture

Garden poster contest for youth

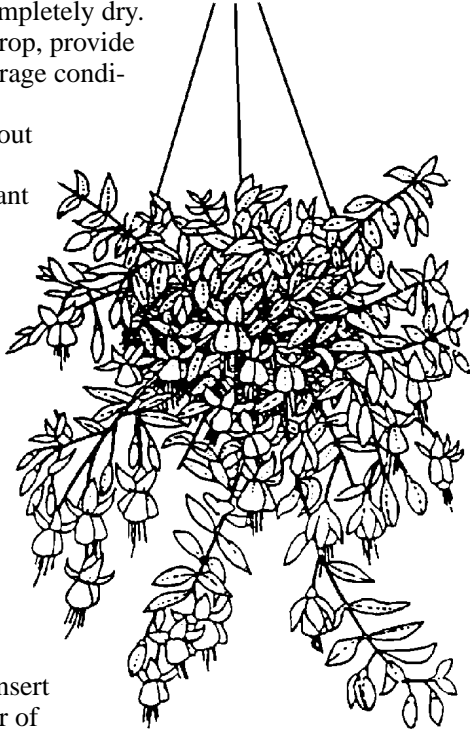
Caring for fuchsia

Fuchsia makes a good plant for a hanging basket in cool, shaded or partially shaded conditions. Pinching will make the plants fill out and look bushier. Use a moist, well-drained soil mixture but do not allow it to dry out. Fertilizer can be given once every two weeks.

Fuchsia is actually a shrub requiring a winter rest period. Begin to withhold water now and allow the soil to become drier, but not completely dry. When leaves and flowers drop, provide cool but above freezing storage conditions.

Do not let the soil dry out completely during the rest period. In mid-April the plant may be pruned, placed in a well lit area and watered regularly to restart it.

Fuchsia may be propagated by seed or cuttings. The seed germinates in 21 to 28 days at temperatures between 70 and 75 degrees Fahrenheit. Take soft wood cuttings, with four pairs of leaves, from new growth in the spring. Make the cuttings just below a node. Remove the bottom pair of leaves and insert the cuttings into a container of potting soil. (MJM)



The National Junior Horticultural Association is sponsoring a garden poster contest for youth ages 5 to 14 years. This year's theme is "How Does Your Garden Grow?" Please share the information about this contest with 4-H members, Clover Kids, 4-H leaders, elementary schools and anyone else who may be interested.

Rules & regulations to enter:

1. Three age divisions (NJHA ages are as of December 31, 1997):
 - Division I—5-7 years of age
 - Division II—8-10 years of age
 - Division III—11-14 years of age
2. Drawing must be on standard white 8-1/2" x 11" paper.

3. Only one entry per participant; each entry must be accompanied by a self-addressed stamped envelope. Results will be mailed by January 15, 1998.

4. Place the artist's name, address, age, and date of birth on the back of the entry.

5. Drawing must be original colored work based on this year's theme, "How Does Your Garden Grow?"

6. Entries will not be returned. The National Junior Horticultural Association reserves the right to use the drawings for publicity purposes.

7. The current year's theme must appear somewhere in the poster.

8. Entries must be RECEIVED by December 1, 1997.

Send to:

**National Garden Week
Poster Contest
c/o Cindy Waldman
5759 Sandalwood NE
North Canton, OH 44721
(216) 492-3252**

9. Failure to comply with any of the above mentioned rules results in automatic disqualification.

- First place winners in each division will receive a garden tool set and a \$10.00 seed certificate.

- Second and third places in each division will receive a \$10.00 seed certificate.

- Every participant will receive a packet of seeds. (MJM)

Potbound

Houseplants that grew like weeds this past summer may be feeling the pinch of too small a pots. The outdoor gardening chores have slacked off a bit, so this is a good time to check indoor plants and repot those that need it.

Signs that houseplants need repotting may include soil that dries out very quickly, roots growing out the drainage hole of the pot, and poor growth. The only way to be sure that the plant is potbound, however, is to take

it out of the pot and look at the roots.

When the soil is moist, turn the pot over and tap the rim gently against a solid object to loosen the root ball. A thick, tightly matted mass of roots covering the soil ball indicates that the plant is overcrowded and needs a bigger container. If overcrowding is not the problem, overpotting or using a larger pot is not the solution. It may, in fact, do more harm than good by stressing an already ailing plant.

Use a pot one to two inches larger in diameter than the previous pot. Place a layer of pebbles, pot shards or other drainage material in the bottom and cover with a layer of soil. Place the plant on that soil and carefully fill in around it. Water thoroughly and add more soil if settling occurs.

Even a change for the better can be stressful. So, keep the newly repotted plant out of bright light for a few days while it adjusts to its new home. (DJ)

Harvesting popcorn

There are no shortcuts to popcorn harvest. Popcorn must mature on the stalk. In a normal year, it takes about 120 days from seed to harvest.

The kernels are usually hard and ready to harvest by the time the stalks turn brown and dry. The husks will be dry also. Harvest before cool, damp weather settles in, to prevent the possibility of mold growth.

After picking the ears, remove the husks and cure the ears for two or three weeks. To cure, place them in a mesh bag

and hang in a warm, dry, well-ventilated place. After curing, remove the kernels by rubbing one ear against another, starting at the tip and working toward the base.

Store the kernels in sealed one-quart jars, filled three-fourths full and store in the refrigerator, if possible. Properly stored popcorn should keep three to four years before becoming stale.

How popcorn pops depends on its moisture content. If many kernels remain unpopped or pop

only partially, they are too dry. Try adding one tablespoon of water per quart jar and shaking the jar twice a day for a couple of days. If a test popping shows kernels are still too dry, repeat the process once.

If kernels are too moist, they will pop very slowly with a loud explosion and steam may rise from the popper. To encourage moisture loss, leave the popcorn storage container unsealed until a test popping shows the kernels are properly cured. (MJM)

University of Nebraska

COOPERATIVE EXTENSION

"Helping you put knowledge to work."



Information Center

Fast, Convenient, Accessible
24 hours a day, 7 days a week

1-800-832-5441

441-7188 in the Lincoln area

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

Call 441-7180 to receive a brochure with all the NUFACTS message topics.

HORTICULTURE

- | | |
|----------------------------|----------------------------|
| 110 Good City Trees | 213 Prayer Plant |
| 113 Pine Needle Drop | 214 Houseplant Insects |
| 122 Fall Watering | 217 Boston Fern |
| 143 What to do with Leaves | 218 African Violet Care |
| 157 Winter Rose Care | 236 Strawberry Winter Care |
| 160 Spring Bulb Planting | 241 Fruit Storage |
| 170 Spring Bulb Forcing | 262 Garden Clean Up |
| 194 Fall Lawn Care | 266 Composting |
| 199 Fertilizing Lawns | 271 Drying Gourds |
| 210 Amaryllis | 285 Storing Squash |
| 212 Swedish Ivy | 291 Soil Testing |

...and more than 400 additional topics.

Clean up that garden

When the last of the fall harvest is complete, one more gardening task remains: a fall garden clean up.

Remove diseased plant debris and plow under other residues. This will reduce the number of overwintering insects and disease organisms and minimize these problems in next year's garden. Fall plowing may enable you to get an early start next spring.

Insects that may overwinter in the garden include cucumber and potato beetles, squash bugs and European corn borers. Removing or tilling under plant debris eliminates their overwintering shelter.

Winter's freezing and thawing action will break up the soil. By spring, all you'll have to do is lightly rake your seedbed before sowing lettuce, spinach, carrots, radishes, onions and other early crops.

As long as you're turning the soil anyway, take the opportunity to turn under manure, commercial fertilizer, compost or ground up leaves to enrich the soil. Manure spread and turned under now will have rotted enough by next spring to provide valuable plant nutrients. (DJ)



Last 1997 Household Hazardous Waste Collection

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

Bring household hazardous waste on Saturday, November 8, 9:00 a.m.-3:00 p.m. to State Fair Park at the 4-H Youth Complex.

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, rat poisons, 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. Opened, leaking or rusted containers should be placed in a clear plastic bag during transport to a collection. Please, **do not mix** chemicals!

Do **NOT** bring—

- Latex Paint
- Medicines
- Fertilizers
- Explosives & Ammunition

- Antifreeze (*recycle*)
- 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. (BPO)

EPA-banned, common household chemicals

Common name	Other names
DDT	Anofex, Dedelo, Pentachlorin, Rukseam, Zerdane, Santobane, Chlorophenothane
Chlordane	Chlordan, Clordano, Chlortox, Belt, Niran, Gold Crest, C-100, Kilex Lindane, Ortho-Klor
Silvex (2,4,5-TP)	O-X-D, Weed-B-Gon, Propon, Silvi-rhap, Sta-fast, Ded-Weed, Kuran
2,4,5-T	Brush-off, Ded-Weed, Brushkiller, Fortex, Reddox, Fence Rider, Trioxon, Veon
PCP (Pentachlorophenol)	Dowicide, Pentacon, Santobrite, Thompson's Wood Fix

Web sights

Arlene Hanna
Extension Assistant

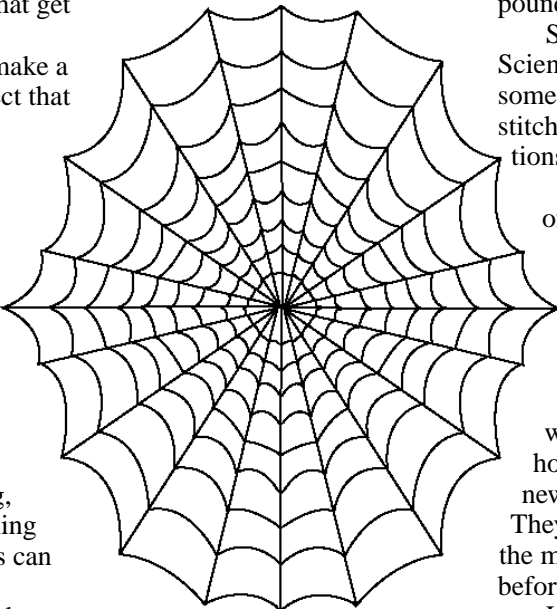
Afraid of spider webs? Don't be. Webs aren't scary at all—unless you're an insect! Web-spinning spiders live on the grasshoppers, flies and other tasty bugs that get tangled in their webs.

A hungry spider will make a meal of just about any insect that blunders into its web. The spider pounces on the trapped insect, wraps it in sticky threads and bites it. This bite knocks out the victim so it doesn't feel a thing and the poison in the bite liquifies the insect's insides. The spider slurps up its meal, leaving the wrapped-up insect shell, or silk casing, behind.

Spider webs are strong, but not that strong. Struggling insects or heavy rainstorms can damage them. When that happens, it's time to rebuild. Many spiders eat the remains of their old web. That allows them to recycle the proteins found in the silk.

Spiders would be sunk without silk! In addition to web-making, spiders use silk to wrap up their prey and to build egg

sacs that hold baby spiders. Silk even helps young spiders find homes of their own. A spider climbs to the top of a weed or stalk of grass and releases fine strands of silk. The silk "balloon" catches a breeze and



carries the spider off to a new neighborhood.

Not all spiders spin webs, but they all produce silk, the material from which webs are made. Spiders have three pairs of spinnerets, located in the tip of the abdomen. Each spinneret

contains lots of "prings" that release fluid loaded with proteins. As the fluid dries, it becomes stretchy and lightweight—so light that a line of silk wrapped around the Earth would weigh less than one pound!

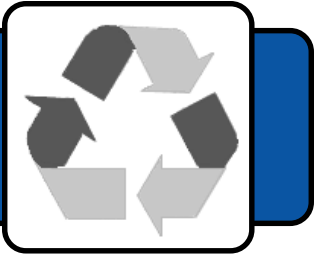
Spider silk is sturdy, too. Scientists think it could be used someday to make rope or to stitch up patients after operations.

Spider webs come in lots of different sizes. The webs of tropical orb weavers can measure more than six feet across. Other webs are less than 3/4 of an inch wide!

A typical spider can weave a web in about an hour. Some spiders make a new web nearly every day. They like to do their spinning in the middle of the night or just before dawn.

How do spiders avoid getting caught in their own webs? Some have oily feet that slide across the sticky spiral threads in their webs. Others just try to be careful—they avoid the sticky strands and walk on the spokes of the web.

Environmental Focus



There's a mouse in the house!

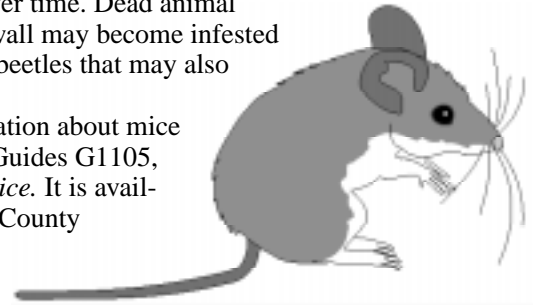
Cool temperatures in September and October prompt animals to seek shelter before colder winter temperatures arrive. To keep mice and other unwelcome critters outside, caulk or fill cracks around windows and foundations that are 1/4" or greater. Mice can squeeze through spaces as small as the width of a pencil.

If you see evidence of mice inside the house, set several snap traps. Place traps next to walls or objects, in areas where mice travel, not in the center of a room. A hungry mouse will eat just about anything, but the best bait for your traps is peanut butter. Sometimes, a clever mouse will lick the peanut butter off the trap plate without springing the trap. Try tying a small piece of bacon to the trap plate with thread to prevent bait stealing. Make sure traps are checked daily and replace bait, as needed. An unbaited snap trap will not catch any mice.

Live traps can also be used to catch mice but they are most useful when the populations of rodents are so high that baiting and setting individual traps is impractical. Live traps can usually be purchased at farm supply stores. These traps rely on a mouse's natural curiosity to explore and find new hiding places and no bait is needed to attract them. They need to be placed in locations where mice are traveling.

Toxic baits can be used for rodent control, but are not recommended inside homes because poisoned mice may die inside walls and a foul odor will come from the decaying carcass. These odors cannot be eliminated without removing the dead rodent, although the odor will dissipate over time. Dead animal carcasses inside the wall may become infested with flies and carpet beetles that may also infest the home.

For more information about mice control, refer to NebGuides G1105, *Controlling House Mice*. It is available at the Lancaster County Extension Office. (BPO)



Interested in a variety of experiences?

Pioneers Park Nature Center offers many wonderful programs and events for you and your family. The following programs are listed in the Fall '97 issue of the Haines Branch Interpreter (a newsletter of Pioneers Park Nature Center). For more information, stop by Pioneers Park Nature Center or call the center at 441-7895. (SE)

(* require a nominal fee)

***Family Hayrack Rides**—Call for dates (several offered)

***Bird Banding Demonstrations**—Saturdays, September-October, 9:00 a.m.-noon, Free

***Constellation Walks**—Friday, October 3, 8:30 p.m. and Friday, November 7, 8:00 p.m.

***Wilderness Park Fall Hike**—Saturday, October 11, 8:30 a.m.-1:00 p.m.

***Early Morning Bird Walks**—Sunday, October 12, 8:00 a.m. and Sunday, November 2, 8:00 a.m.

***Bird Feeding Workshop**—Saturday, October 18, 1:00-4:00 p.m., Free

***Free Guided Hikes**—Call for dates (several offered)

***Spooktacular**—Thursday, Friday, and Saturday, October 23, 24, and 25, 7:00-9:30 p.m.

***Birding Tour**—Saturday, November 8, 8:00 a.m.-noon

***Breakfast with the Birds**—Saturday, November 15, 9:00-10:30 a.m.

***Howling at the Moon**—Saturday, November 15, 7:00-8:30 p.m.

***Campfire Glow**—Friday, November 21, 7:30-9:30 p.m.

***Squaw Creek National Wildlife Refuge Trip**—Saturday, November 22, 8:00 a.m.-4:00 p.m.

***Wreath Magic**—Saturday, November 22, 1:30-3:00 p.m.

***Owl Prowl**—Saturday, December 6, 7:00-8:30 p.m.

***Crafty Critters and Nature Nuts**—Saturday, December 13, 10:00 a.m.

***Tracking for Winter Fun** (grades 1-4 w/adult)—Sunday, December 14, 1:30-3:00 p.m.

***Holiday for Cardinals** (4-7 year olds w/adult)—Saturday, December 20, either 12:30-2:00 p.m. or 3:00-4:30 p.m.

***Hibernation Celebration** (Winter Solstice)—Sunday, December 21, 7:00-8:30 p.m.

***Winter Wildlife Day Camp** (grades 3-6)—Tuesday, December 30, 10:00 a.m.-2:00 p.m.

Dumping Stinks.

441-6500

Report illegal dumpers.



Farm Views

Consider estate settlement costs early

Transferring a family-owned business from one generation to the next presents a host of challenges. For many people, the main goal is continuing the operation under family control. Planning for a transfer can help make that goal a reality.

A ranch or farm that supports one or more families must consider the legal and tax costs of estate settlement.

The estate and survivors can face high costs for any or many of these reasons:

- The value of the taxable estate was underestimated because the effects of recent increases in land prices weren't recognized and planned for; or because the settlement value of the deceased person's life insurance was included in the taxable estate.
- Property of the first family member to die passed to the surviving spouse, making the second estate too large to avoid taxation.
- A trust declaration prepared some time in the past required that the trust retain part or all of the income it receives and wasn't amended after the income tax rate on income retained in a trust was greatly increased.
- At the time of death the deceased person had tax-deferred retirement accounts (such as Keogh, IRA, SEP), but hadn't declared a liquidation plan, had no living beneficiary, or had designated the estate as the beneficiary.
- No estate planning was done or previous planning wasn't updated. When needed, it was no longer appropriate.
- Litigation over the estate distribution was initiated by survivors who didn't know about or didn't accept the thinking of the deceased about inheritance plans.
- The deceased person had no health insurance or long-term insurance coverage and large medical or other care costs were claims against the estate.

For most family operations, estate settlement costs can be greatly reduced through estate planning. The plan should be designed to reach outcomes desired by the family while using available means of avoiding or reducing settlement costs.

To avoid excessive costs and their effects on the viability of family operations:

- Take action now.
- Build communication within the family.
- Identify the desired outcome.
- Resolve issues that might block success.
- Use the knowledge and skills of estate planning professionals while developing an estate plan.
- If an estate plan already exists, regularly update it.

Action taken now can ensure that the family ranch or farm remains a family operation.

Although Congress is examining legislation to reduce estate taxes, the nature and timing of any such reduction is currently unknown. Existing laws and regulations apply until changes are enacted and become effective.

This information is for background only. Consult with legal and tax advisers before making estate planning decisions.

Source: Paul Gessaman, Ph.D., Agricultural Economist, NU/IANR (WS)

No-till into alfalfa residual

Eventually alfalfa stands become unproductive and the land must be rotated to another crop for at least one year before it can be reseeded to alfalfa. The traditional method of killing remaining alfalfa was with a moldboard plow. Any less of a tillage operation usually resulted in alfalfa competing with the next crop. Plowing is expensive and sometimes, may not be completely effective in killing the alfalfa. The more important factor, however, is conservation compliance, since it is nearly impossible to kill all alfalfa plants solely by tillage and remain in compliance if the land is classified as highly-erodible.

Herbicides are more economical than plowing, very effective and leave the soil less subject to erosion. This is one situation where we can justify the use of chemicals as the most environmentally safe solution. An economical, consistent alfalfa control treatment combines one quart 2,4-D (4 lb./gal.) and 0.5 pint Banvel per acre. If bromegrass or bluegrass is present, add Roundup. The 2,4-D/Banvel combination will cost about \$8 an acre compared to \$16-\$20 per acre for a complete tillage operation.

This treatment can be applied either in the fall or early spring when the alfalfa has at least four inches of "healthy" top growth. A crop of corn, milo or soybeans can be planted no-till or with minimum seedbed preparation. Follow the instructions on the herbicide label and be sure to wait the recommended time after application before planting the crop. Remember that any tillage will expose the soil to erosion during a wet spring and cause loss of soil moisture if it is a dry spring. (WS)

Farmers need to protect themselves, employees from work-related illnesses

Air quality in confined buildings or manure pits can cause illness or even death for producers unaware of the danger.

Air in confined buildings, sewer systems and manure pits contains particles and gases which can irritate, inflame or permanently injure the respiratory system. These include feed particles, fecal matter, bacteria, spores, hair and skin particles, insects parts and 138 different gases.

Respiratory illnesses, including bronchitis, mucus membrane irritation syndrome and asthma-like syndrome, usually appear after working in confined buildings for two hours a day for at least six years.

Bronchitis can be acute or chronic and causes a cough that brings up phlegm. It becomes worse with smoking. Mucus membrane irritation syndrome consists of nasal stuffiness, headaches, hoarseness and burning eyes.

The asthma-like syndrome is still being studied. Most patients complain of cough, chest tightness, shortness of breath and wheezing after being in the barn for as little as 30 minutes. Lung function tests performed before and after a work shift show a decline in lung function in these people. People with this syndrome also experience greater than normal decreases in lung function over time.

Organic dust toxic syndrome (ODTS) occurs after working in air with a high organic dust content. People with ODTS usually experience flu-like symptoms that include headaches, muscle aches, fatigue and fever. With rest and aspirin to treat the fever, symptoms usually go away. However, people may become more susceptible to

ammonia. Air supply helmets blow cool, purified air across the face. These cost about \$500 each and weigh several pounds, but may be the only option for people with severe respiratory problems.

Avoiding the deadly gases in the air, such as hydrogen sulfide, carbon dioxide, methane and carbon monoxide, requires extra safety measures.

Hydrogen sulfide poisoning occurs when manure pits are agitated without proper ventilation. The gas cannot be smelled at high concentrations and can be fatal to humans in a matter of minutes. Always enter a pit with an additional air supply and never alone.

Methane and carbon dioxide gases also will cause asphyxiation. Air with 21 percent oxygen content is normal. At 16 percent, breathing becomes difficult and judgment impaired. For oxygen content lower than that, as little as two breaths can be deadly.

Carbon monoxide, released by power washing equipment and heaters, causes nausea, confusion, fatigue, irreparable memory loss or even death.

In a situation where these invisible gases may reach dangerous levels, never try to save animals, but get out of the area immediately and get help.

Source: Susanna VonEssen, M.D., Pulmonary Specialist, NU Medical Center (WS)

Air quality in confined buildings or manure pits can cause illness or even death for producers unaware of the danger.

cough and chest tightness with subsequent organic dust exposure after experiencing ODTS.

To prevent these respiratory problems, wear a respirator, limit exposure, construct proper ventilation systems and stop smoking where it applies. The Moldex 2300, a two-strap disposable mask with an exhalation valve to keep moisture from building up on the face or glasses, costs about \$2. These respirators are reusable and filter the air more effectively the dirtier they become.

For increased protection, half-face masks are between \$20 and \$30 each, plus the price of two filters to remove dust and

MAKE IT YOUR BUSINESS TO FARM SAFETY

Fall clean-up of warm season grasses

Warm season grasses provide good grazing during summer. But cool season grasses often invade stands like weeds. Here are some tips to maintain strong warm season grass stands.

Tall native warm season grasses like big bluestem, Indiangrass and switchgrass are the ones best suited for summer pasture. They grow well during hot weather when cool season grasses like bromegrass and wheatgrass are unproductive.

However, many warm season grass pastures eventually are invaded by cool season

grasses. Cool season grasses germinate, grow and spread during cool, moist times of the year when warm season grasses are dormant and not competitive.

One way to control cool season grass invasion is late fall grazing. Warm season grasses are dormant now, so they won't be injured by grazing. Cool season grasses can be weakened and thinned out by grazing while green, just before winter.

For severe invasions, Roundup can be sprayed in late fall—but be careful. To use Roundup to remove cool season grasses from warm season

grasses, first wait for several hard freezes to kill the top growth of warm season grasses. Once completely dead, the tops won't be able to absorb any Roundup so they won't be injured when sprayed. But cool season grasses will still be green and susceptible to Roundup. That's the time, usually in November, to spray Roundup to remove cool season grasses from warm season pastures. Follow label directions for proper rates and formulations.

Keeping warm season grasses productive is difficult if cool season grasses invade. Timely grazing and Roundup can help. (WS)

16th CRP Sign-up Announced

The USDA has announced that the next sign-up period for CRP will be October 14 through November 14, 1997. For information regarding this sign-up contact the Lancaster County FSA office at 423-9683. (SCB)

Handling wastewater

Most people who live in cities and towns rely on a public wastewater treatment system for the removal and treatment of sewage. All they need to do is pay their bill to ensure that the wastewater from their home is treated. While public wastewater treatment systems may be available to some acreage owners, most must rely on private, on-site wastewater treatment systems. There are several options available including traditional septic tank systems, mound systems, lagoons, constructed wetlands and other innovative systems. Traditional septic systems and lagoons are the most common. To select the best wastewater treatment system for a given acreage, and to design and install a system that will meet your needs, it is important to consider soil type, hydrology, site characteristics and water use.

A private wastewater treatment system that is incorrectly designed, located or installed can cause contamination of surface or groundwater supplies (possibly including the drinking water supply) and is a risk to human health. The Nebraska Department of Environmental Quality and local agencies regulate the design and installation of private wastewater treatment systems and the user is responsible for compliance with regulations. In Lancaster County, a permit from the Lincoln-Lancaster County Health Department is required before a private wastewater system can be installed or modified. Before

renting or buying an acreage, be certain you will have a properly designed, installed and functioning wastewater treatment system capable of meeting your needs.

Septic Systems

The typical septic tank system consists of two components—the septic tank and the absorption field. In the septic tank, solids are separated from the liquid, undergo anaerobic digestion and are stored as sludge at the bottom of the tank. The liquid (septic effluent) then



flows to the absorption field where it percolates into the soil. The soil acts as a final treatment by removing bacteria, pathogens, fine particles and some chemicals.

Septic systems have proven to be satisfactory for many areas when properly designed, installed and maintained. However, conditions do exist where this type of system is not suitable. An area with a seasonal high water table, shallow soils or soils with

a very fast or very slow percolation rate is not suited for a septic system. Other limitations include a steeply sloping topography, small lot size or a close proximity to water supplies used for drinking or recreation.

Lagoon Systems

Lagoon systems consist of one or more pond-like bodies of water or basins designed to receive, hold and treat wastewater for a predetermined period of time. Lagoons are constructed and lined with material, such as clay or an artificial liner, that will prevent leaks to the groundwater below. While in the lagoon, wastewater receives treatment through a combination of physical, biological and chemical processes. Much of the treatment occurs naturally, but some systems are designed to also use aeration devices that increase the amount of oxygen in the wastewater, which increases the efficiency of the system.

Every lagoon system must be individually designed to fit its specific site and use. Designs are based on such factors as soil type, the amount of land area available, climate and the amount of sunlight and wind. Other important design considerations include the amount of wastewater to be treated and the level of treatment required by state and local regulations. Lagoon systems are an effective method of home sewage treatment and are well suited for larger lot areas and soils having very slow percolation rates.

continued on page 11

Proper electrical wiring helps prevent most farm fires

An estimated 75 to 80 percent of farm fires in Nebraska involve faulty electrical wiring.

Electrical failures resulting in fire damage can be caused by a number of preventable factors, including poor connections, overfusing and improper wiring techniques.

To stop problems before they start, anyone installing electrical wiring should understand the National Electrical Code published by the National

Fire Protection Association and proper electrical installation methods.

The NEC is state law in Nebraska for all buildings, but agricultural structures are exempt from inspection unless labeled commercial. However, some insurance companies may charge up to double the premium for buildings that don't meet the national code.

To prevent corrosion from water, chemicals and dust, the

code requires that all electrical wiring in agricultural buildings be of non-metallic, water-proof and dust-proof material. All wiring should be installed using type UF cable or be a non-metallic conduit with type THHN/THWN conductors. All cables should bear a label showing compliance with tests by Underwriters Laboratories. Wiring should be surface mounted to reduce damage by rodents and to preserve the

continued on page 11

HELP! Your input is needed.

In order to make the Acreage Section of the NEBLINE 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 NEBLINE. Please send your comments, suggestions or questions to the NEBLINE Acreage Editor, Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln, NE 68528-1507, or call 441-7180. Thanks for your help. (SCB)

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone Number _____
 Comments, suggestions, or questions _____

Acreage Insights



CRP: blessing or curse?

The Conservation Reserve Program (CRP) was established as part of the 1985 Farm Bill to take highly erodible land out of production and plant it to grass or some other type of permanent vegetation. The early goals of the program were to reduce soil erosion and to reduce production of agricultural commodities. Today, the program's major goal is to protect the nation's fragile land as well as to enhance water quality and wildlife habitat. The program was, and still is, very popular with landowners nation-wide and over 36 million acres of land have been taken out of production. In Nebraska, approximately 1.4 million acres were enrolled in the CRP between 1985 and 1993, including 28,400 acres in Lancaster County.

Producers who enrolled in the CRP were required to sign a 10-year contract with the Farm Service Agency (formerly the Agricultural Stabilization and Conservation Service) and, in return, they received annual rental payments from the federal government. The contracts required: 1) vegetative cover, as stipulated under a conservation plan, be maintained throughout the contract term; 2) no mowing or burning can be performed during the primary nesting season; 3) no haying or grazing, unless an emergency declaration has been announced; 4) no parking of vehicles or equipment or storing of materials on the contract acres; 5) no buildings, drives, or roads may be constructed, unless the area is terminated; 6) no harvesting of seed, timber, nuts, or fruit may occur. Any of these activities, plus others, could result in the termination of the contract which then involves the repayment of all previous rental payments plus interest, repayment of cost shares and assessment of liquidated damages. An early termination provision allows contracts to be terminated on the affected land if the contract has been in force for at least five years.

One of the provisions of the program that affects potential acreage owners is that if the land is sold before the contract expires, the contract is transferred to the new owner. While this means that the new owner would now receive the annual payments, it also means that the new owner is subject to the terms and conditions of the contract. Therefore, if you were to purchase an acreage that is currently in CRP and build a house on it without requesting an early termination, you would be liable for repayment of the rental payments plus interest, repayment of any cost share assistance received, and liquidated damages. If you are unsure whether or not the acreage you purchased is in CRP, the best policy is to contact the Lancaster County Office of the Farm Service Agency at 423-9683 before you do any construction. (SCB)

Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

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



Acreage & Small Farm Insights Web Site

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



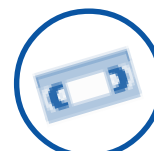
NUFACTS (faxback) Information Center

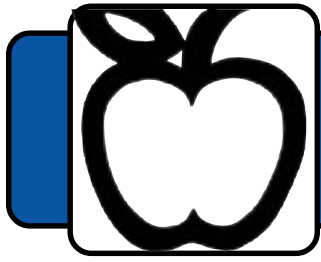
NUFACTS faxback document center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 4-digit number of the document you wish to receive.



"Part-time Farming" video

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





Food & Fitness

Fast, Fun & Effective

Food Safety Programs

for adult & youth groups

Looking for a new program idea for your group? In less than 30 minutes, receive training and materials so you can do one or both of these food safety activities with your group. We'll meet with you individually at your convenience. Schedule an appointment with Extension Educator Alice Henneman at 441-7180.

▲ **“Don't Get Bugged by a Foodborne Illness.”** This award-winning bingo-type game teaches basic home food safety. Please call at least a month before your program date.

▲ **“Clean Hands Campaign!”** Improperly washed hands are one of the major carriers of foodborne illness. Have fun using “glo-germ” to teach handwashing! (AH)

Safe Food for the Hungry '97—A Focus on Diversity

October 7, 1997
1:30 - 3:30 p.m.

UNL Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln

This video-conference workshop provides food safety and nutrition information for not-for-profit food distribution organizations. This year's program will look at food safety and nutrition through the life cycle, from pregnant mothers and infants to the elderly, while connecting to related issues of multiculturalism. The program emphasizes practical solutions to common challenges. **Designed especially for:**

Food bank, food pantry, soup kitchen and other not-for-profit food distribution organization directors, staff and volunteers. Cooperative Extension specialists, NEP staff and county educators who work with not-for-profit food distribution organizations or low-income individuals. County, state, and local health officials who work with not-for-profit food distribution organizations.

No charge. Registration is needed to ensure that educational handouts are available.

Locally sponsored by:

- UNL Cooperative Extension in Lancaster County (441-7180)
—Maureen Burson, Extension Educator, Nutrition Education Program
- Alice Henneman, Extension Educator, M.S., R.D.

Statewide expertise provided by:

- Dr. Julie Albrecht and Dr. Wanda Koszweski, UNL Extension Food Specialists

National technical expertise provided by:

- Purdue University Cooperative Extension Service, University of Florida, Washington State University and Oregon State University

Safe Food for the Hungry '97 Registration

Please register by October 1.

Mail to: Safe Food, 444 Cherrycreek Road, Lincoln, NE 68528-1507

Name(s) _____

Phone _____

Agency _____

Address _____

____ Yes, I would like to bring promotional brochures to share agency programs.

Call 441-7180 to register by phone. Phone registrations are accepted by leaving your name, agency, address and phone number with the receptionist or on voice mail 24 hours a day. (MB)

Diabetes control requires healthy diet, exercise

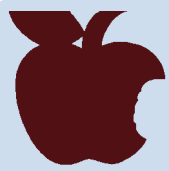
Persons with a family history of diabetes, who are overweight, 40 years old or older, or who have had babies over nine pounds at birth have a high risk for developing Type II diabetes. As you eat and nutrients are absorbed, the level of sugar, or glucose, in the blood rises. Insulin, a hormone produced in the pancreas, moves the sugar into body cells where it produces energy. Insufficient insulin results in diabetes.

Two types of diabetes affect humans. In Type I diabetes, no insulin is produced. In Type II diabetes, usually apparent later in life, insulin may be produced in insufficient amounts, or the body may not respond to the insulin that is produced.

A healthy diet, exercise and insulin treatments, when necessary, can help control diabetes and reduce associated health problems with feet, eyes, kidneys and other organs.

If you, or someone in your family, have Type II diabetes, there's a seven-week self-study course that could help you. University of Nebraska Cooperative Extension has developed a study guide to accompany the book, "Type II Diabetes: Your Healthy Living Guide." You can study at your own pace and in your own home by reading a chapter at a time and answering questions related to the reading material. Mail-in contacts with

continued on page 11



Healthy Eating

Alice Henneman, RD, LMNT
Extension Educator

Keep your healthy meals interesting without complicating your life. Choose convenience foods that help you reduce preparation time and offer sound nutrition. You'll find elegant desserts like Blueberry-Lemon Frozen Angel Dessert are easy with just a few carefully chosen ingredients.

Blueberry-Lemon Frozen Angel Dessert
(Makes 8 servings)

- 1 (14 oz.) purchased angel food cake loaf
- 1 pint low-fat lemon sherbert, softened
- 1 (21 oz.) can light blueberry pie filling
- 1 tablespoon amaretto or 1 teaspoon almond extract

Slice the cake in half horizontally. Spread the sherbert over the bottom half of cake and replace top. Wrap the cake and freeze 1 hour, until firm.

When ready to serve, combine the pie filling and amaretto in a small bowl and blend well. Slice the frozen cake crosswise and top each slice with the pie filling mixture.

Each serving contains 276 calories and 1.6 grams of fat.
Source: American Institute for Cancer Research. (AH)

Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

Q: How do you roast pumpkin seeds?

A: Roast at 300° F on a cookie sheet or in a shallow baking dish. Stir frequently to avoid scorching. Do not over roast as seeds darken and become crispier when cooled.

Q: Why do recommendations say to cook food right away when you thaw it in the microwave?

A: Unlike food thawed in a cold refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth. Cook these foods promptly for greatest safety. (AH)

Safe trick-or-treating

Ensure that the food your children receive trick-or-treating is safe. Here are some tips from James Van Horn, Extension Specialist, Pennsylvania State University, for a safe and enjoyable trick-or-treat outing:

- Give children an early meal or a filling nutritious snack before they go out, so they won't be tempted to eat candy or other treats before they get home.
- Insist treats be brought home for inspection before anything is eaten.
- Wash fruit and slice into small pieces.
- Report anything that appears suspicious about treats to the police.
- When in doubt, throw it out. (AH)

Selecting and preparing pumpkins

Pumpkins, which are from the winter squash family, are excellent sources of vitamin A. One-third cup of baked pumpkin provides 100 percent of the vitamin A recommended daily for adults. Pumpkin is also low in calories if added fat and sugar are kept to a minimum. For example, a 1/3-cup serving of baked pumpkin only contains 40 calories. Pumpkin is also an excellent source of dietary fiber and potassium.

continued on page 11



YOUR information center... around the clock

NUFACTS

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

- 333 Packing Safe Sack Lunches
- 334 Storing Foods Safely in Your Refrigerator
- 370 Walking for Weight Control

and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm> to learn about programs, publications and links to other sites.

FREE FoodTalk e-mail newsletter

Subscribe by e-mailing:
TO: listserv@unlvm.unl.edu
SUBJECT: (leave blank)
MESSAGE: subscribe foodtalk

Alice's Analysis

Alice Doane
FCE Council Chair



Sunday afternoon, August 17 and it is a gray day. Looks like it may rain. The

reason I'm writing my analysis so early is because we are leaving Tuesday morning, August 19, for a holiday to North Battleford Saskatchewan, Canada to see if we can find the little town that my dad went to when he left Scotland as a young man. I remember dad talking about how flat the county was. Some days he could see the smoke and hear the whistles of the train 20 miles away. Then we will head over to Dawson Creek, British Columbia where one of

dad's brothers went by boat and walked to homestead a farm. A few years later another brother went up and bought a farm next to the first uncle. In 1954, Uncle Alex passed away and is buried there. Uncle Alf moved down to White Roc, BC. Dad was the youngest of 16 children and four of his brothers cam to the U.S. and Canada. After we look up past history we will head south and be in Blackfoot Idaho, September 1 and 2 where Ted will judge the Open Class Sheep and Wool Show at the Eastern Idaho State Fair. Then, we will return home.

By the time you read this analysis I hope the 18 Family and Community Education Clubs have organized and we have some new ones. Our September business meeting will be September 22, 7 p.m.

We will co-host the Southeast FCE District Meeting on September 23 at the Warren United Methodist Church. Registration will begin at 8:30 a.m. In the afternoon we will tour the College of Human Resources & Family Sciences and be given the history and activities of the college.

October 27 will be our Achievement Day.

November 8 we will host a salad luncheon at the Extension Office. The Vickeridge Dress Shop in Havelock will supply the garments and our members will be the models. Come and have some real fun. Tickets will be \$5 for the meal and style show.

Thought for the day: "Excellence is not in being the best but, in doing your best." — Unknown

Boo! It's Halloween

Halloween is an exciting, fun-filled time for young people and is a favorite for children who love to use their imagination and creativity. By taking a few minutes to review Halloween safety parents can ensure that their little Halloween ghosts and goblins will have a bag of goodies to show for their fun and will not be haunted by unnecessary injuries.

These tips from Temple University Health System should ensure a safe, fun-filled evening.

What to Wear

Masks can obstruct a child's vision. Make sure eye holes are large enough to allow full vision or even better use make-up or face paint that is non-toxic and hypoallergenic.

Costumes should be flame resistant and fit properly. Avoid oversized shoes and high heels. Skirts and pants should be short enough to prevent children from tripping and falling.

Children who will be trick-or-treating after dusk should carry flashlights. Trim costumes and candy bags with reflective tape, which glows in the beam of automobile headlights.

Carve with Care

Children under the age of five should never carve pumpkins. Children can draw a face with markers, then parents

should do the cutting. Under parental supervision, older children can carve with pumpkin cutters equipped with safety bars. Painted pumpkins are another safe alternative.

Place lighted pumpkins on a sturdy table that is away from curtains and other flammable objects.

Never leave a candlelit pumpkin unattended.

Screen those Sweets

Don't allow children to snack while trick-or-treating. Check all treats for signs of tampering, such as small pinholes in wrappers and torn or loose packages. If you're not sure throw it away.

Limit the amount of sweets a child eats in one day.

Parents of young children under two years of age should get rid of choking hazards such as gum, peanuts, hard candies and small toys.

Safe Houses

Only approach houses lit with outside lighting as a sign of welcome.

Never enter houses or apartments.

Children should walk, not

run, from house to house.

All children should trick-or-treat with an adult.

Your Home Safe Home

Keep your property safe for visiting trick-or-treaters by removing obstacles such as garden hoses, toys, bikes and lawn decorations.

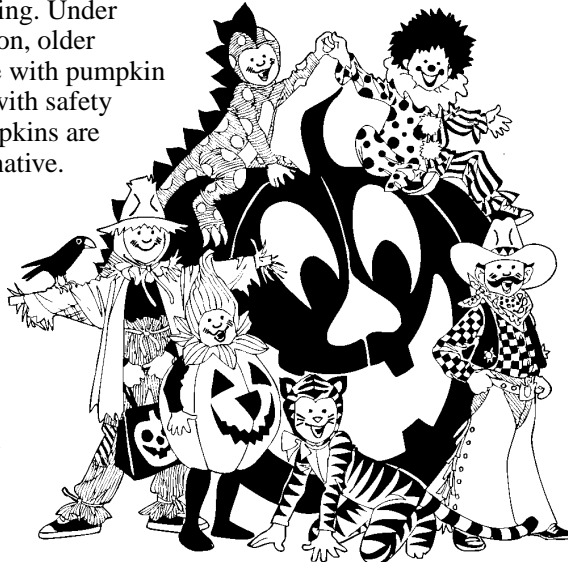
Check outdoor lights and replace burned-out bulbs.

Sweep wet leaves from sidewalks and steps.

Motorists

Drive cautiously on Halloween. Excited youngsters may forget safety rules and dart in front of your car.

Be safe! Happy Halloween! (LJ)



How white is your white clothing?

White clothing, whether it be a shirt or blouse or a pair of cotton pants, always looks nice when the garment is new. The challenge is to keep that fresh white look.

Our grandmothers used to add chlorine bleach to the wash water. Adding chlorine bleach today, however, may actually turn those whites into yellow or gray. No matter how often they are washed, they continue to look dingy.

Some fabrics turn yellow due to the deterioration of fluorescent brightening agents. These optical brighteners often are added to make fabrics appear whiter and brighter. Occasionally, however, the brightener breaks down and causes the

fabric to revert to its natural off-white or yellowish color.

Here are some steps to take to keep those whites looking their best.

- Avoid overexposing white clothing to light. Light can break down fluorescent brighteners. A garment laid out in the sun to dry may turn yellow, but the back will remain white. Once this happens, the damage usually cannot be corrected.

- Don't use chlorine bleach on whites, especially wool, silk, nylon, rayon and acetate. Chlorine bleach causes fluorescent brighteners to break down more rapidly.

- Always pre-soak heavily-stained garments to ensure adequate soil removal.

- Use enough detergent and adequate water temperatures.

- Don't overload the washing machine and sort clothes correctly.

Clothing dingy gray from soil buildup may be restored with these methods:

- Use the hottest temperature of water acceptable for the fabric. Continuous washing in cold water isn't the best way to remove soil buildup.

- Add a water conditioner to hard water. Follow the directions on the box for the amount to add.

- Use sufficient amount of detergent.

- Run clothes through a complete wash and rinse cycle. (LB)

Family Living



by Lorene Bartos, Extension Educator

When the care label on a garment says "Dry Clean Only" that's what it means. The manufacturer has a specific reason for recommending dry cleaning. The fabric may shrink or colors may bleed in the washer. The garment may have trims, buttons or interfacing that cannot be washed. The reason may not be obvious but the safest way to protect your garment is to follow manufacturers' instructions. (LB)

FCE achievement meeting

"Enjoying Families" will be the theme for the 1997 FCE Club achievement meeting Monday, October 27 at 6:30 p.m. The program "Families are the ♥ of the Matter" will be presented by Clarice Orr.

FCE members will be recognized for their years of membership. All FCE members and guests are invited to attend. For reservations call Lorene or Pam at 441-7180 by October 17. Come join us for this celebration of achievements.

If you would like to learn more about FCE (Family and Community Education Clubs), please feel free to join the evening activity. Clubs are reorganizing this month. (LB)

CHARACTER COUNTS! Workshop

October 4, 1997

8:30-11:30 a.m.

Lancaster Extension Education Center

444 Cherrycreek 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 • PTA's • interested community citizens

Registration

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

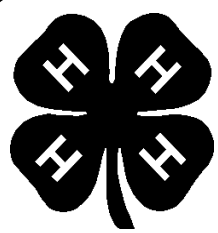
Phone _____ Fax _____

E-mail _____

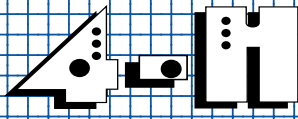
Registration fee of \$5.00 per person must be enclosed with registration. Make check(s) payable to Cooperative Extension.

Registration deadline is September 30.

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



4-H & Youth



BULLETIN BOARD

- ⇒ 4-H Booster Club will meet Tuesday, October 7 at 7:30 p.m. (DL)
- ⇒ Teen Council will meet Sunday, October 12, 3:00-5:00 p.m. (DL)
- ⇒ The CWF meeting is Wednesday, October 15 at 7:00 p.m. (DL)
- ⇒ 4-H Council Meeting Tuesday, October 7 at 7:00 p.m. New council members will attend this meeting. (LB)

4-H Council election results

4-H Council elections were held during the county fair. The results of the election are:

- Northwest youth—Megan Bergman
- Northeast youth—Brett Jurgens
- Southwest youth—Kent Rosenboom
- Southwest adult—Deb Day
- Lincoln youth—Jenny Fiala
- At large youth—JoHanna Madsen
- Lincoln adults—Janet Anderson, Gene Veburg
- At large adults—Deb Arends, Larry Pershing

The newly elected members will serve beginning October 1, 1997. The 4-H Council provides support and program planning advise to 4-H professionals, volunteers and members. (LB)

Fast, Fun & Effective

Food Safety Programs

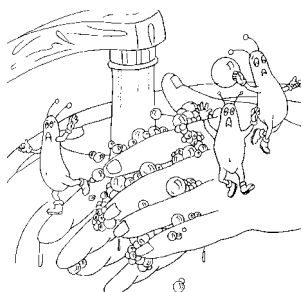
for adult & youth groups

Looking for a new program idea for your 4-H group? In less than 30 minutes, receive training and materials so you can do one or both of these food safety activities with your group. We'll meet with you individually at your convenience. Schedule an appointment with Extension Educator Alice Henneman at 441-7180.



▲ **“Don't Get Bugged by a Foodborne Illness.”** This award-winning bingo-type game teaches basic home food safety. Please call at least a month before your program date.

▲ **“Clean Hands Campaign!”** Improperly washed hands are one of the major carriers of foodborne illness. Have fun using “glo-germ” to teach handwashing! (AH)



National 4-H Week October 5-11



National 4-H Week celebrates the accomplishments of 4-H youth during the week of October 5-11. The “learn-by-doing” educational program is offered to youth ages 5-19. Programs are provided through community 4-H clubs, school enrichment and special interest programs such as the 4-H Clover College. 4-H is dedicated to the growth and development of youth from all racial, cultural, economic and social backgrounds.

4-H is the largest non-formal youth education organization in the United States. 4-H reaches 5.6 million youth every year through its mission, “to create supportive environments in which culturally diverse

youth and adults can reach their fullest potential.”

Youth in the 4-H program have the opportunity to develop and strengthen life skills, which are crucial to succeeding in today's society. This includes thinking critically, solving problems, respecting self, others and the environment, communicating, preparing for a career, serving others, choosing healthy lifestyles and managing change and challenges.

If you would like to learn more about 4-H, contact University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (TK)

4-H... More Than You Ever Imagined.



For more information, contact your County Extension Office.



Do you know these space facts?

Arlene Hanna
Extension Assistant

What's the difference between a planet and a star?

Planets live in outer space and stars live in Hollywood! Actually, the difference is that planets, like Earth, give off no light of their own. Stars, like our sun, do.

Stars are incredibly hot balls of gas. The biggest, the red giants, are much bigger than the sun. The smallest, the white dwarfs, are only about the size of Earth. The sun is an average, run-of-the-mill star.

While we know there are billions of stars, we have only found a handful of planets. Of the nine in our solar system, some are made of rock. These include Earth, Mercury, Venus, Mars and Pluto. The rest are larger and made up mostly of gas. These are Jupiter, Saturn, Uranus and Neptune.

A few planets have been found circling distant suns outside the solar system. Perhaps we'll be able to explore one of them someday.

How many stars are in the sky? That depends. If you live where there's little or no air

powerful telescopes let us see about three billion stars. Many more stars are too far away to see even with the strongest telescopes.

How many? Oh, about 200 billion, billion...more or less. And the number of stars is changing all the time. New stars are being formed, while old ones die out.

Why isn't there air on the moon? Blame gravity — or the lack of it.

Gravity is the force that pulls everything toward the center of the planet, including gases. The pull of gravity causes Earth's gases to form a layer of atmosphere around the planet.

On the moon, gravity isn't strong enough to do this job. Moon gravity is only about one-sixth as strong as Earth gravity.

The moon once may have had an atmosphere, but its weak gravity would have allowed the gases to slowly escape into space.



pollution, you could count about 3,000 stars at night.

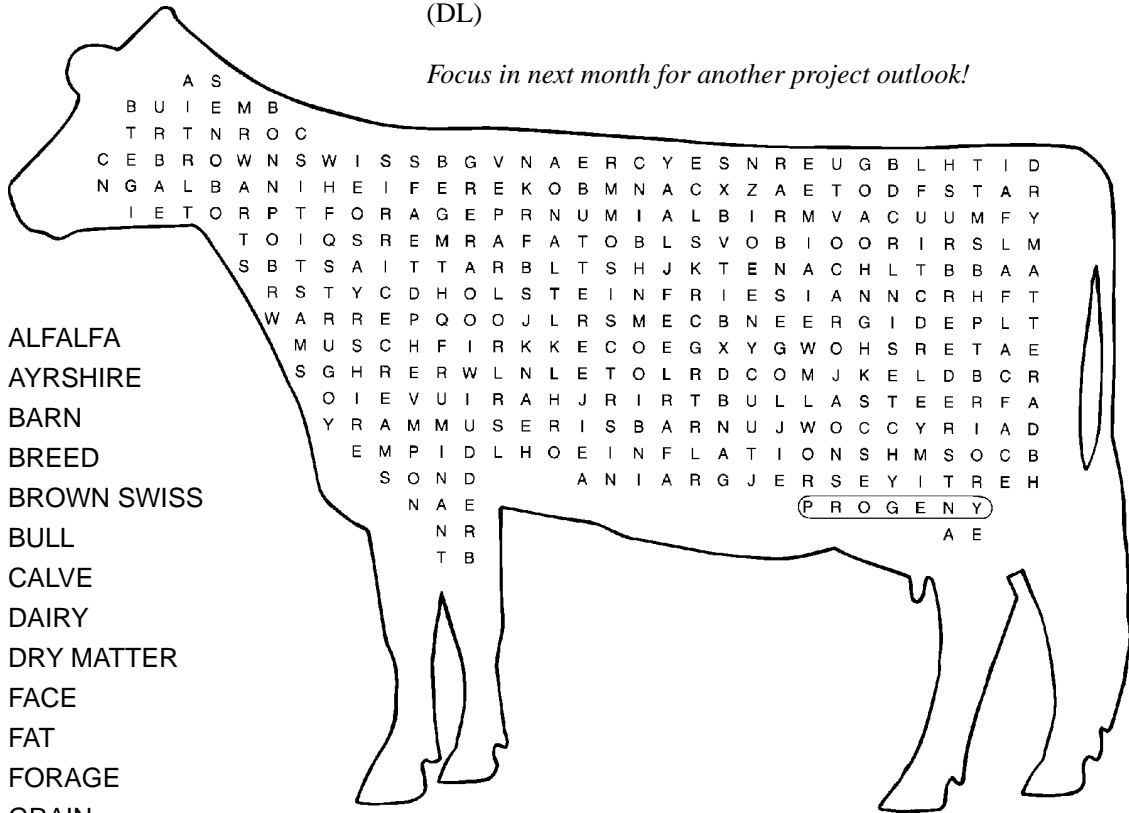
Telescopes allow people to see farther into space. The most



Focus on 4-H

This month we will focus on one project of the animal science series: Dairy Level 1. In this unit members can learn all about dairy cattle. 4-H members will find out the costs to raise dairy cattle, how to care for dairy cattle and much more. Participants do not have to own a dairy cow to enroll in this project. If you are interested in getting started in the dairy project, stop at the Extension office and pick up manual RP 419 Dairy 1: Dig into Dairy. (DL)

Focus in next month for another project outlook!



- ALFALFA
- AYRSHIRE
- BARN
- BREED
- BROWN SWISS
- BULL
- CALVE
- DAIRY
- DRY MATTER
- FACE
- FAT
- FORAGE
- GRAIN
- HOLSTEIN FRESIAN
- INFLATION
- JERSEY
- MASTITIS

- MILKING MACHINE
- MOO
- PROGENY
- RUMINANT

- SIRE
- STEER
- UDDER
- VACUUM

4-H Life Skills

Head

- thinking critically
- solving problems

Heart

- respecting self, others and the environment
- communicating

Hands

- preparing for a career
- serving others

Health

- choosing healthy lifestyles
- managing change and challenges

4-H & Youth



Help families— save pop tabs

We, the Lancaster County 4-H Ambassadors, encourage you to collect as many pop tabs as possible to help defray costs for families staying in the Ronald McDonald House in Omaha. This is a simple community service project that allows you, your families and friends to come together and make a difference for a worthy charity that benefits many Nebraskans.

The Ronald McDonald House in Omaha was opened in 1994. It provides a home to families whose children, 18 years of age and younger, are receiving medical care in the Omaha area. To help offset the cost of operating, the Ronald McDonald House recycles pop tabs.

Please bring your tabs to the Lancaster County Extension Office when it is convenient for you. This is an ongoing project, so continue saving your tabs. Share this information with your families, colleagues, peers and anyone who would like to help families. Join us in this excellent community service project! (TK)

Kudos Corner



1997 State Style Revue winners

Back row: (left to right) JoHanna Madsen, Megan Bergman, Jill Steele, Melissa Ruskamp, Sara Paschold.
Front row: Tanna Lea Doeschot, Marta Madsen, Alyssa Jefferson
Representing Lancaster County at the State Fair were JoHanna Madsen, Megan Bergman, Tanna Lea Doeschot and Marta Madsen.

“ME & My P.A.L.” camp

Here is a wonderful opportunity for youth to participate in a camp that focuses on sharing time with their “P.A.L.” (Parent and/or Leader. This person can be a parent, guardian, uncle, adult sibling, **Big Brother** or **Big Sister**, teacher or scout leader, etc.) The youth is the “ME” part of “ME & My P.A.L.” Camp.

At “ME & My P.A.L.” camp, the ME arrives at camp a day before the P.A.L. The ME will then learn through fun programs and adventures about the natural world. The next day the P.A.L. will arrive and the ME will teach the P.A.L. what he/she has learned. Together, the P.A.L. and the ME will enhance their knowledge, become part of a team which will participate in light-hearted competitions, fun adventures and wondrous activities.

Date of “ME & My P.A.L.” Camp: October 24, 25, 26

This camp is open to any youth 8-14 years of age. 4-H enrollment is **not** required. Cost is \$76 for 1 youth and 1 adult P.A.L. (Includes all programs and meals.) “ME & My P.A.L.” camp is located at the Eastern Nebraska 4-H Center, Gretna, NE.

For more information on this camp, please contact the Extension office at 441-7180. Registration forms are available at the office. (TK)



Community Focus

UNL to host World Food Day telecast and program

Established in 1980, World Food Day is designed to call attention to the continuing tragedy of hunger. The National Committee for World Food Day is a coalition of 450 organizations concerned about food and hunger issues. Over 150 countries annually participate in the worldwide observance of the creation of the Food and Agricultural Organization of the United Nations on October 16th.

The World Food Day Telecast began in 1983 and today is a well respected event throughout the United States, Canada, Latin America and the Caribbean. Each year over 1,000 colleges, universities and embassies participate as downlink sites for this interactive telecast. (GB)

World Food Day Telecast and Program

October 16, 1997
10:30 a.m.-4:30 p.m.

UNL East Campus Union
Reservations recommended: 472-2758

- 10:30 a.m. Registration
- 11:00 a.m. World Food Summit: Promises and Prospects - telecast live from George Washington University in Washington D.C.
- 12:00 p.m. United States Response to the World Food Summit
Brown Bag lunch and informal discussion
- 1:00 p.m. Poverty Simulation Game
Facilitators
- 4:30 p.m. WrapUp



WORLD FOOD DAY
OCTOBER 16th

University of Nebraska Cooperative Extension

University of Nebraska Cooperative Extension
Institute of Agriculture and Natural Resources

On The Web
<http://ianrwww.unl.edu/ianr/coopext/coopext.htm>

University of Nebraska reaches out through Speakers Bureau

The University of Nebraska has a line-up of distinguished experts who can speak on a variety of timely and interesting topics. They can also tailor presentations to suit the needs of groups desiring a speaker.

The Speakers Bureau is a free service of the University and is deemed an important way to share campus expertise with local communities. To secure a speaker for your group, simply phone (402) 472-2211 or forward a written request to University of Nebraska-Lincoln, Office of Public Relations, 321 Canfield Administration, Lincoln, NE 68588-0424.

Listed are sample presentations. Other quality presentations are also available through the Speakers Bureau. Please inquire for a complete listing.

Michele Fagan, Libraries
UNL Library Treasures: Rare Books and Manuscripts

Take a trip through history with literary artifacts like Shakespeare's First Folio, medieval manuscripts and the Nuremberg Chronicle, dating back to 1493. Personal papers of Willa Cather and Mari Sandoz, the diaries of the Beatrice man in the Alaskan Gold Rush and an Englishwoman's European travels are also part of this literary "show and tell."

Kit Voorhees, Fine and Performing Arts
The Arts: The Mirrors of a Culture

To understand a people or a culture or a historical period, the arts offer the best insight into who "they" were or what was happening. Explore how the United States became a world force in the arts because of World War II, how singing hymns developed jazz, and how a bountiful harvest inspired the Omaha to invent the pow-wow.

Daniel Pomp, Animal Science
Cloning and Designer Genes: Animal Agriculture in the Biotechnology Age

In this headline-making subject, Pomp examines the history, current status, future prospects and pros and cons of cloning technology. In agriculture, cloning could produce unlimited identical copies of superior animals, while genetic engineering enables gene transfer between animals or species. Ethical and societal aspects of genetic manipulation

of the food supply and potential human use are also explored.

Mary Anne Holmes, Geology
The Day the Dinosaurs Died: The Evidence for an Asteroid Impact

What caused the demise of the dinosaurs? The latest findings support the idea that an asteroid crashed into Earth 65 million years ago, wiping out at least two-thirds of all living species. Holmes was part of the research team that unearthed the evidence near the Yucatan Peninsula last year.

Ricardo Garcia, Affirmative Action
The Art and Practice of Hispanic Storytelling

"Once upon a time in Omaha..." Across Nebraska, wherever Mexican Americans live, colorful tales abound because of the rich storytelling tradition among the people. Meet legendary characters like *LaBruja* (the Witch), *LaLlorona* (the Wailing Woman) and *LaMuerte* (the Angel of Death). Hear how valiant Mexican Americans were killed fighting for America, dating from the Civil War to Vietnam. Enjoy the stories and learn about Mexican American culture in the process.

James Stubbendieck, Agronomy
On the Verge of Extinction: Blowout Penstemon, Nebraska's Only Endangered Wildflower

Once common to the Sandhills Prairie and the favorite of "Old Jules" Sandoz, this beautiful wildflower is the only Nebraska plant on the federal endangered list. Learn what pushed the penstemon to the verge of extinction and how University of Nebraska scientists are trying to save the species.

Cindy Cammack, Agricultural Sciences and Natural Resources
Purple Cows, Robotic Plows and Genetic Sows: Science and Technology in Agriculture and Natural Resources

How do science and technology impact agriculture and natural resources in Nebraska? This interactive discussion focuses on exciting and innovative examples of developments at the University

of Nebraska, their effects and what they mean to you.

Eric Marintzer, Student
The Student Experience

Explore the day-to-day experience of student life—in and out of the classroom. Personally, professionally and socially, a marked process of "growing up" occurs in every student. Gain some insight on what college is all about.

Rod Bates, University Television
Nebraska—A Pioneer in Distance Education

Discover Nebraska Educational Telecommunications' growth from "a single television transmitter" in 1954 to being one of the nation's premier distance learning centers today. Although not well known to the general public, these statewide distance learning capabilities have brought Nebraska national attention.

Colleen Jones, Management
The Kaleidoscopic Workplace

The workplace is becoming increasingly diverse. When, how, where and with whom we work are all factors we must consider. The variety offers opportunities to broaden our perspectives on minorities and women. Learn how to meet the challenges of working with diverse people and how women and minorities can help others work productively, creatively and comfortably with them.

Janet Kauffman, Nebraska Human Resources Institute
Tapping into Your Potential

It has been estimated that 35 percent of people use only 10 percent of their potential, while the rest of us use even less. This presentation provides simple, yet effective and time-tested ways, to foster growth and achievement in people.

Patricia Crews, Textiles, Clothing and Design
Nebraska's Quilts and Quiltmakers

Who were the state's quiltmakers of the 19th and 20th centuries? What were their quilts like? Find out in this slide presentation as Crews recounts the compelling stories of quiltmakers' lives and the events that influenced their artistry. (GB)

Handling wastewater

continued from page 5

Operation and Maintenance

Proper operation and maintenance of a private wastewater treatment system is the responsibility of the user. While the amount and type of maintenance required depends on the type of system, there are many similarities. These include a periodic inspection of the system to be certain that it is functioning properly and the regular removal of sludge that has accumulated in the septic tank or lagoon. In addition, in order for the system to operate most efficiently, it is important to practice water conservation, to spread water use out evenly over a period of time and to avoid using or disposing of products or materials which might damage or interfere with the operation of the system. (SCB)



Proper electrical wiring helps prevent most rural fires

continued from page 5

integrity of the walls.

All openings around the cable or conduit and spaces around the conductors must be sealed with electricians' putty.

Electrical panels should be accessible and clearly labeled for emergencies and repairs. Avoid storing anything within three feet in front of a panel. Disconnects should be located within 50 feet of the equipment site so that repair persons don't accidentally get shocked. Wiring should enter the panels from the bottom or side, never from the top. Wires strung into the top can bring condensation into the box, causing premature failure of the system.

Lighting fixtures should be enclosed, gasketed, watertight and of a non-corrosive design. Some imported light bulbs may run 40 to 50 degrees hotter than other bulbs. These imports are less efficient and will require wiring rated for higher temperatures.

For older buildings, it is important to keep upgrading the wiring as maintenance is necessary. For instance, all conductors, cables or cords with cracked insulation should be replaced whether or not the damaged or deteriorated insulation is the primary problem. Cracked insulation can allow arcing between the phase or hot conductor and a grounded surface or conductor, causing a heat build-up and eventual fire.

The key to electrical wiring codes is to ensure wiring not only works safely, but fails safely to prevent injury and loss.

For more information, contact a local Cooperative Extension office and ask for two NebGuides, "Electrical Systems for Agricultural Buildings: Recommended Practices," G87-845-A, and "Farmstead Safety Evaluation Guide," G92-1080-A.

Source: Jerry Bodman, Livestock Systems Engineer, NU/IANR (WS)

How do seeds travel?

Consider for a moment all the ways a seed can travel and be planted.

The berry is eaten by a bird or fox, that often cannot digest the seeds but carries them far from the mother plant.

The squirrel buries an acorn as part of its winter storehouse and then fails to eat it.

A milkweed, dandelion or thistle seed has a silky parachute that floats in the wind. The buffalo bur or beggar-tick sticks to an animal's fur.

The showy partridge pea pod twists open when it dries and flings away its seeds.

Porcupine grass has two tails (awns) that twist at different rates with changes of moisture and drill the seed into the ground.

Source: The Haines Branch Interpreter (Newsletter of the Pioneers Park Nature Center), Fall '97, Volume 41. (SE)



Wise words from Chief Seattle

Every part of the Earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clear and humming insect is holy in the memory and experience of my people.

Teach your children what we have taught our children, that the Earth is our mother. The rivers are our brothers: they quench our thirst and feed our children. The air is precious to the red man, for all things share the same breath—the beast, the tree, the man, they all share the same breath. And what is man without beasts? If all the beasts were gone, men would die from a great loneliness of spirit.

This we know. The Earth does not belong to man; man belongs to the Earth. All things are connected like the blood that unites one family. Whatever befalls the Earth, befalls the sons of the Earth. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself. All things are connected. *Chief Seattle, 1854 (BPO)*



Diabetes control requires healthy diet, exercise

continued from page 6

the Extension Office will help you monitor your learning progress.

Topics covered in the course include a basic description of Type II diabetes and who is at risk, how to best work with your medical care team, development of food and exercise habits, how to handle diabetes complications, and understanding some of the feelings you may be experiencing with your diabetes. The course is designed to help you become a better health consumer

as you work with your medical care team in treating your diabetes. It will not replace your medical care.

For a brochure giving more information about the course, contact the University of Nebraska Cooperative Extension in Lancaster County at 441-7180. There's a \$30 fee for participation in the course to cover the cost of the book (\$20), related educational materials and postage. (AH)



Selecting and preparing pumpkins

continued from page 6

Selection and Storage

The best pumpkins for cooking are not the large bright ones that are popular for making jack-o-lanterns. Rather, smaller pumpkins are more flavorful and far less stringy. Choose pumpkins that have a hard rind and are heavy in relation to their size.

You can store pumpkins at room temperature for up to a week. For longer storage, store them in a cool (50° F.), dry, dark place with good ventilation for up to a month. Once cut, pumpkin should be tightly covered with plastic wrap and stored in the refrigerator for two to four days.

Basic Preparation

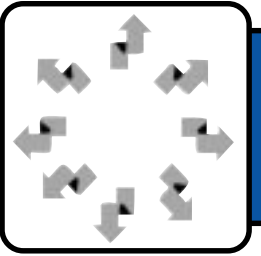
Pumpkin can be used in nearly any recipe that calls for winter squash. Pumpkin puree can be used in pies, breads and desserts and also in soups and

stews, or in place of mashed potatoes in shepherd's pie. It can be steamed, sauted, and stir-fried. Baked pumpkin halves are delicious stuffed with meat, rice, or vegetable mixtures. For a different taste during the holiday season, add grated raw pumpkin to stuffing for chicken or turkey.

The easiest way to prepare a pumpkin is to bake it. To prepare pumpkin for baking, wash and cut it in half lengthwise. Scoop out the seeds and stringy pulp. Place it, shell side up, in a greased, rimmed baking pan. Bake in a 325° F. oven for about one hour or until it is tender when pierced with a fork.

To use the pumpkin in a pureed form, after baking, scrape the pulp from the shell and put it through a ricer, strainer or blender. (AH)

Miscellaneous



Kids play

One of the most important things a child does is play. Play is the essential joy of childhood and is also the way children learn about themselves, their environment and the people around them. As they play, children learn to solve problems, get along with other people and control their bodies as they enrich their creativity and develop leadership skills. When children play with a broad variety of toys, the experiences help them to develop to their fullest potential.

Children bring boundless energy and imagination to their play with toys and constantly developing new and creative ways to play. Because there are so many different kinds of toys and novel ways to play with them, children learn that the world is a diverse place with unlimited possibilities. Toys thus have an exciting role in helping children to become mature, confident and imaginative adults.

—From an article by the U.S. Consumer Product Safety Commission and The American Toy Institute. (LJ)



Laughter is good for body and soul

Everyone enjoys a good hearty laugh. It makes us feel good, and that feeling can stay with us even after the laughter subsides. Humor can be an effective coping mechanism. It enables you to look at a problem from a different point of view, make it seem less serious and realize opportunities for increased objectivity and insight.

Humor is an effective way to relieve stress. Laughter leads to a cathartic release of emotion, can help to release pent-up feelings of anger and frustration in a socially acceptable way and is often followed by a state of relaxation and reduced tension.

Aside from the psychological benefits, laughter affects the body in a number of positive ways as well. Laughter releases endorphins—natural chemicals in the body that create a feeling of pleasure and have a pain relieving effect. How can you add laughter and humor to your everyday life?

- Start looking for the silly activities that go on around you.
- Take a 5-10 minute humor break each day. Read jokes, add to a humor notebook, listen to a funny tape.
- Rent comedy videos, go to a funny movie, watch humorous programs on television.
- If you hear a joke you really like, write it down or tell it to someone else to help you remember it.

Remember, that even in the most difficult of times, a laugh, or even simply a smile can go a long way in helping you to feel better. Laughs and smiles are enjoyed best when shared with others.

Source: Balance, An Institute Newsletter on Work, Family and Personal Growth, UNL/IANR (LB)

University of Nebraska



Fast, Convenient, Accessible
24 hours a day,
7 days a week

1-800-832-5441

(441-7188 in Lincoln area)

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



University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.



The NEBLINE

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.



Gary C. Bergman, Extension Educator-Unit Leader

NOTICE

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

- Lorene Bartos, Extension Educator
- Tina Brown, Americorps Vista Volunteer
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Brenda Corder, Publication & Resource Assistant
- Soni Ericksen, Extension Assistant
- Arlene Hanna, Extension Assistant
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Tracy Kulm, Extension Assistant
- Deanna Lieneman, Extension Assistant
- Mary Jane McReynolds, Extension Assistant
- Barb Ogg, Extension Educator
- Warder Shires, Extension Educator
- Jim Wies, Extension Assistant



Extension Calendar

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

October 5-11

National 4-H Week

October 7

- 4-H Production Livestock Booster Club Meeting 7:30 p.m.
- 4-H Council Meeting 7:00 p.m.
- School Enrichment Blue Sky Below My Feet Teacher
- In-service Training 4:15-5:15 p.m.

October 12

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

October 13

CWF Meeting 7:00 p.m.

October 14

- School Enrichment Garbology Teacher
- In-service Training 4:15-5:15 p.m.

October 28

- School Enrichment Water Riches Teacher
- In-service Training 4:15-5:15 p.m.

The University of Nebraska Cooperative Extension is
Keeping Families First
during the

Heart and Sole (oh yeah, that's soul!) Community Dance

October 25
7:00-10:00 p.m.



At Shepherd Hall and Youth Center
Warren United Methodist Church
1205 N 45th Street (45th & Orchard)

Everyone is invited!

Music by Complete Music
Dance instruction by
Shelly Bracken, Bracken
Dance Directive

Admission

- \$10 per family
- or
- \$2 age 0-11
- \$4 age 12-59
- \$3 age 60+

Child care provided (0-4)
Come and dance to the
beat of fun!

Enjoy family activities and create a unique family pledge for a chance to win prizes!

Phone numbers:

- Office (leave message after hours) 441-7180
- After hours 441-7170
- FAX 441-7148
- COMPOSTING HOTLINE 441-7139
- NUFACTS INFORMATION CENTER 441-7188

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



Nebline Feedback

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

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

Name _____

Address _____

City _____ Zip _____

- Order subscription (free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)
- Change of Address

Comments _____

Story Idea(s) _____

Return to:

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