The January 1996 issue of Pest Control Magazine reported that a nationally known pest control company must reinspect 7000 Missouri homes and reaply termite treatments where needed as part of a recent court settlement. The $7.7 million settlement covers homes with basements where an organophosphate termiteicide was applied between 1987 and 1993. According to Missouri’s Attorney General Jay Nixon, this company failed to apply the original termite treatment according to label directions. This resulted in a potentially greater chance of infestation and thousands of Missouri homeowners mistakenly thought they were paying by the company.

Could you have been one of the unwitting consumers in this case? Fortunately, Missouri’s attorney general was looking out for the public interest in this court settlement—one of the largest ever in Missouri. In general, however, it is up to consumers to make sure they are getting the service that they are paying for.

How can it be that a nationally known pest control company, over the course of several years and with dozens (maybe hundreds) of service technicians, blatantly disregarded the directions on the insecticide label? The obvious answer is profit. A proper termite treatment involves surrounding the structure, including the basement with an insecticide barrier, that either kills or repels the termites away from the house. When houses have basements, the insecticide must be injected from the top of the soil to the basement footings—often 4 to 6 feet deep. Properly done basement treatments use large volumes of insecticide and are labor intensive. When shortcuts are taken around basement foundations, companies will use less insecticide and labor—thereby making more money.

In this case, when the company records of termite treatments were examined by a expert witness, it was clear that this company failed to apply a sufficient volume of insecticide in the majority of homes that had basements. In fact, the total volumes injected suggested that the basement perimeter treatment may have only been about 1 foot deep—similar to the treatment of a house with no basement.

So, how do you make sure that you will get a proper treatment? First, learn everything you can about how your home should be properly treated. Second, get bids from 4-5 companies. Bids should be in writing and outline treatment procedures. In addition, ask for those companies to give you the total volume of insecticide needed, the dilution rates of the insecticide that they will use and their labor cost.

In assessing the bids, you will need to compare details from each company with what you know. This sounds easy, but it is not. The hardest part is understanding how proper treatments should be done. The following suggestions may help you:

- Obtain and study the label of a termite insecticide.
- Pest control companies should provide you with a label if you ask; labels are also available at local Extension offices. The label contains information from the manufacturer on treatment procedures, including volume and dilution rates. The label also has other important directions. For example, the application into frozen or saturated soil is specifically prohibited on termite labels because the insecticide will not penetrate even into the soil to form an adequate chemical barrier.

To estimate how much insecticide should be applied, you will need information on volume rates from the label and the outside dimensions of your house. The cost of the insecticide can be estimated by knowing the price of the termite insecticides. Refer to Termites Bite into Pocketbook (fact sheet 11-95) available at the Lancaster County Extension office.

To help you make the best possible decisions about termite control, come to a “Termite Control Workshop for Homeowners,” Thursday, April 11, 6:30-9:30 p.m. Presenters will include Barb Ogg, Dennis Ferraro and Clyde Ogg. In this workshop, you will learn how to identify wood damaged by termites, inspect your own home, how a proper treatment should be conducted and understand why termite control costs so much. There will also be a workshop Thursday, April 25 at the Douglas County Extension office, 8015 West Center Road in Omaha.

There is a $5 registration fee that includes reference materials. Send payment to Termite Workshop, 444 Cherry Creek Rd., Lincoln, NE 68528. Make checks payable to Lancaster County Extension. For more information, call 402-441-7180.

**Why do people volunteer?**

A recent gallup poll looked at volunteer motivation across the nation. The single most important influence was a positive experience while a youth. That positive experience came because of being part of a youth group, having an admired role model who volunteered, or because of being helped personally by a volunteer early in life. Other reasons cited included making a significant change and knowing a loved one had been helped by a volunteer.

This suggests that people, especially youth, are influenced to volunteer by seeing someone they admire serving as a volunteer. In addition, the study revealed that adults are willing to help agencies besides the ones that helped them when they were young.

Many programs, including those that are school-based, are introducing service learning projects and other ways to involve young people in their organizations. Through these programs, the nation will enjoy the benefit of youthful enthusiasm and boundless energy.

Consider the time it takes to involve young people positively as a long term investment in the future of volunteerism—sort of like an annuity plan for volunteers. (LJ)
Ten steps to good gardening

1. **Selecting Sweet Potatoes**

Cultivar selection is important in obtaining good sweet potato yields. Grow cultivars adapted to northern climates. The following are recommended for home gardens:

- **Jewel**
- **Georgia Jet**—red skinned with a deep orange, moist flesh;
- **Vardaman**—bush type, bright orange flesh;
- **Carver**—moist flesh; and
- **Tuskegee**—moist, flesh.

It may be difficult to locate some of these cultivars locally; you may have to order them from seed catalogs.

Plant slips in 60 degree F soil. You can warm the soil by using plastic. Space plants 12 to 18 inches apart to 3 feet apart. Provide plants with 1 inch of water per week and control weeds.

Since roots increase in size late in the season, delay harvest until a light frost. Dig roots immediately after a frost as roots are very sensitive to cold temperatures. (DJ)

2. **Lemon verbena**

Lemon verbena is a tender perennial that is best purchased as a growing plant or in the nursery. It needs full sun and temperatures above 65 degrees F for best growth. Lemon verbena leaves can add a fresh flavor to fruit salads or beverages; they are best removed before serving because the leaves are very difficult to chew. The leaves can be dried by placing them on a screen or mesh in a warm place out of bright light. The dried leaves can be used to make a tea. (DJ)

3. **Plant asparagus and rhubarb**

Early spring is the best time to plant asparagus and rhubarb. It is also a good idea to plant these perennial garden crops together for convenience of tillage and management. Space the crop so that blooms are not in the same area or row each year. Since the garden but in good sunlight. Some varieties are capable of reflowering. Grow with the buds up in a 6 inch deep V-shaped furrow. Space the plants 12 inches apart. Planting in the north or east side of the garden, or in a site away from

The herb garden

**Lemon verbena**

Lemon verbena is a tender perennial that is best purchased as a growing plant or in the nursery. It needs full sun and temperatures above 65 degrees F for best growth. Lemon verbena leaves can add a fresh flavor to fruit salads or beverages; they are best removed before serving because the leaves are very difficult to chew. The leaves can be dried by placing them on a screen or mesh in a warm place out of bright light. The dried leaves can be used to make a tea. (DJ)

**Lemon verbena**

Lemon verbena

Lemon verbena

* Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often stunted and slow to produce flowers. Some petunias are known to have problems. Try to rotate crops around the garden plot.

4. **Gardening tips**

- **Soil fertility and pH**
- **Fertilize the soil according to soil test results.** A soil pH between 6.2 and 6.8 will support most vegetable crops. Over fertilization can be as harmful as under treatment. Too much nitrogen will produce leaf and stem growth at the expense of flowers and fruit production. Therefore, stressed plants are more susceptible to insect and disease attack.

5. **Resistant varieties**

Use resistant varieties when available and when they suit specific gardening needs. Information on resistance is often printed on the seed packet.

6. **Water**

- **Drop or trickle irrigation** is recommended. This reduces the amount of water that could be wasted using sprinklers or overhead watering. Drip irrigation also keeps the water off the plant’s foliage, which reduces disease problems. Try to water in the morning instead of the evening.

7. **Mulch**

- **Consider using black plastic to control moisture loss and weeds for warm-season crops like tomatoes, peppers and vine crops.** All porous mulches promote easy root growth. Therefore, use a mulch that is not too porous to allow water to reach the soil surface. The mulch should be applied to a depth of 6 inches and kept in place during the growing season. A dense cover crop of annual rye or buckwheat sown in the fall will help suppress most weeds. Avoid planting herbs, like dill and other licorice herbs, since they will compete for water and food to flower and set seed because this will only keep the cycle going from generation to generation. Consider using a dense cover crop of annual rye or buckwheat sown in the fall will help suppress most weeds. Avoid planting herbs, like dill and other licorice herbs, since they will compete for water and food to flower and set seed because this will only keep the cycle going from generation to generation. Consider using a dense cover crop of annual rye or buckwheat sown in the fall will help suppress most weeds.

8. **Control weeds**

- **Prevent weeds.** Weed growth. Avoid windy locations that can damage and dry out young plants. Never plant a garden near a black walnut tree since it produces natural occurring chemicals to inhibit growth of nearby plants.

9. **Crop rotation**

- **Try to rotate crops.** Avoid planting onions, garlic, tomatoes, peppers, potatoes and other nightshade family vegetables in the same area.

10. **Compost**

- **Consider using black plastic to control moisture loss and weeds for warm-season crops like tomatoes, peppers and vine crops.** All porous mulches promote easy root growth. Therefore, use a mulch that is not too porous to allow water to reach the soil surface. The mulch should be applied to a depth of 6 inches and kept in place during the growing season. A dense cover crop of annual rye or buckwheat sown in the fall will help suppress most weeds. Avoid planting herbs, like dill and other licorice herbs, since they will compete for water and food to flower and set seed because this will only keep the cycle going from generation to generation. Consider using a dense cover crop of annual rye or buckwheat sown in the fall will help suppress most weeds. Avoid planting herbs, like dill and other licorice herbs, since they will compete for water and food to flower and set seed because this will only keep the cycle going from generation to generation.
Adjuncting planters to tillage

Any piece of planting equipment has to cut and handle residue, penetrate the soil to the desired seed depth, and establish proper seed-to-soil contact. By keeping these three functions in mind, you can evaluate the strengths or weaknesses of any piece of planting equipment and make any adjustments necessary to make no-till planting successful.

Before the planting season, check to see if the closing wheels or seed furrow openers on your planter for wear and proper adjustment. The two blades should be sharp, without a gap between them, to cut residue and penetrate the soil without coulters or row cleaners. The individual disks can be adjusted inward as they wear by removing spacers from between them. This keeps the two blades sharp and working together as one cutting edge and prevents plowshare getting between them.

If the two blades are mounted side-by-side, like on a Deutz, Kinze, and White planters, they should have about 2 inches of blade contact on the leading edge. On staggered disk seedfurrow openers, like on Case-IH, Deutz Allis, and Landoll planters, the left or right disk can be tucked in behind and just touch the leading disk. If needed, adjust the disks or replace them to maintain the proper configuration.

Take the planter to the field as soon as the weather and field conditions allow to check how well it will perform in no-till. Level the planter in the field, making sure that the toolbar is at the proper height and leveled from front to rear. This is especially important to help keep the planter on the row when there are any rakes in the field.

Once the planter is leveled, try blind planting. If row cleaners are used, make sure that they are adjusted to move only residue away from the row. Moving soil will move any preplant applied herbicides and may create a furrow in which water may run or a crust may form. Without row cleaners, the residue left in the row will absorb raindrop impact, reducing erosion and crusting, and will reduce the drying of the seed. To ensure penetration to the desired seed depth, evaluate the planter’s weight and downpressure by blind planting a short distance and stopping with the planter in the ground. Check the depth gauge wheels on each planting unit to see if they are in firm contact with the soil to properly control planting depth. If they are lose and can be rotated easily, tighten the downpressure springs or add heavy-duty springs that provide seed-to-soil contact, not the top of the seed-vae. As long as the count is there, do not increase the closing force on the press wheel. Instead, something as simple as a narrow that pulls loose soil and residue back over the top of the seed may be all that is needed.

When evaluating planter performance, check residue cutting and handling, soil penetration, and seed-to-soil contact. A little time spent now will help avoid headaches and delays later during the planting season. (DV)

Economical preplant broadleaf weed control without tillage is available with 2,4-D and Banvel. The time saving of eliminating tillage may be an important consideration this year. Crop safety may require a delay in planting following treatment. Corn on fine textured soils can be planted immediately following application of 1 pint 2,4-D ester (4 lb/gal) or pint Banvel per acre. Sorghum is more sensitive than corn and planting should be delayed 7 to 10 days following the same treatments. Soybeans can be planted 7 days after an application of 1 pint/acre 2,4-D ester. Banvel should not be used prior to soybean planting. (DV)

Soybean and grass sorghum planting usually follow corn by 10 to 30 days. Early planting, and treatments in these crops are usually applied 20 to 40 days before planting. A single herbicide application may not provide season-long control. A split application, with one portion of the herbicide applied early preplant and the other at planting prior to soil incorporation. Another strategy is to apply an early preplant treatment, followed by a postemergence herbicide program only as the operations spread out over an extended period, but you can choose the herbicide to match the weed problem.

Planting time strategy

A preemergence herbicide is applied in combination with a nonselective, foliar applied season-long control such as roundup Super or Roundup. The nonselective herbicide controls established weeds and the residual herbicides provide control for the rest of the season. With corn that is planted before weeds become well established, Gramoxone or Roundup are usually not required. The advantage of planting time treatments is that a single herbicide application controls the weeds. The disadvantages are the added cost of the “burndown” herbicide, where needed, erratic weed control if the weeds are excessively tall or dry weather follows application, and depleted soil moisture early if weed growth develops.

Burndown + postemergence strategy

Another approach using entirely postemergence herbicides involves a burndown treatment up to 5 days before planting followed by a postemergence treatment. (DV) There is a need for the burndown treatment prior to planting so that weeds are eliminated. Weed growth prior to corn planting is often minimal.

Prescribed burning Conservation Reserve Program (CRP) grasslands can improve stands, control weeds, and enhance wildlife habitat. But it must be done safely. Fire improves many grasslands, but it can be very dangerous if not done properly. You must have good reasons for burning your grass and that you can do it safely.

For example, many CRP fields have become overgrown with so much dead mulch from previous years that planting is not possible. A split application is being mothballed and grass stands are becoming thinner. Fire can remove this dead mulch and permit new grass, new tillers and new seedlings to thicken existing stands. Fire also helps cut down the invasion of woody plants, weeds, and grasses into warm-season grasses. These less desirable plants are injured or killed by a well-timed prescribed burn. Habitat often improves with occasional prescribed burns by improving plant diversity and nutritional value. Prescribed fires may be especially valuable at safely removing accumulated mulch on CRP lands, thus reducing the potential for wildfires.

Be careful, though. Never burn unless weather conditions (wind speed and direction), topography and other factors are favorable for you to control the fire. Make sure the area to be burned is free from adjacent crops. You must obtain a burn permit from your local fire chief. Be cautious about burning on sandy soils since wind erosion may occur and the burn due to low plant cover. Never burn unless someone experienced in burning is part of your burning crew. Fire is a valuable tool. Like a knife, wrong hands, it can be dangerous. (WS)
The height of the pole on which the house is mounted is important. A 12-15 foot pole is high enough in most open locations. If buildings are nearby, 16-18 feet is better.

* Should allow you to easily lower the house to the ground for winter storage, cleaning, repairing and painting.

* Put your martin house up shortly before the birds arrive.

* Sparrows and starlings compete with martins for nest boxes, but you can discourage them by repeatedly destroying their nests. This will not cause the martins to abandon the house if you do the job with reasonable speed and care.

For more information on martins including house plans and mounting pole plans, pick up *Shelves, Houses and Feeders for Birds and Mammals*, RP 338 ($4) from the Extension office. (SE)

Mary Jane McReynolds
Extension Assistant

Interest in songbirds is growing every year. If you would like to attract songbirds to your property, think carefully about the trees, shrubs and other plants that you allow to naturalize. Careful landscape planning and plant selection will help you create an attractive, functional landscape for both people and birds.

Many bird species nest or migrate through Nebraska. These migrant birds may stop for a day or two during their migration if they find your property attractive. Do not forget about the birds that stay through winter. They add interest to the winter landscape, and are more likely to visit your property if you design and plant the landscape with birds in mind. Bird feeders and bird baths will increase your ability to attract a variety of birds year-round. Landscape plantings can make your property more attractive to birds in several ways. Plants provide year-round shelter from predators and harsh weather. Plants provide safe nesting sites and a safe place to rear young. Landscape plantings also supply food for birds in the form of fruit, seeds and nectar. Many birds also find landscape plantings a convenient place to hunt for insects.

When you select trees, shrubs and vines, consider their landscape value for both you and the birds. Use plants with good summer and fall foliage, attractive flowers, colorful fruit, interesting branching patterns, and attractive bark. You should also consider maintenance. For example, you will want to avoid plants with pest problems that require frequent or regular pesticide sprays to control. With these tips in mind, here are some excellent landscape choices for the birds.

Landscape for the birds

Mary Jane McReynolds
Extension Assistant

Invasion of the clover mites!

In the springtime, many people report that tiny, reddish-brown clover mites invade their homes usually coming in through cracks and crevices. Last fall, these mites (called clover mites) moved into the cracks and crevices around windows, doors and siding to find protected places to overwinter. When temperatures get warm in April, the hardy brown and green clover mites find their way into houses. As their name suggests, clover mites feed on clover plants and grasses. They will not survive inside the home. They cannot do much damage to houseplants. Occasionally, clover mites bite people trying to find something to eat or drink, but these tiny mites are not blood feeders.

The best way to control these small pests is to use a vacuum cleaner and remove them from window areas and other entry points. Be careful not to smash them on draperies and other fabrics because they leave a reddish mark that will stain the fabric. If you do nothing, within a week or two, clover mites will disappear because there is no food inside your home. (BPO)

Dandelions; the good, the bad or the ugly?

Dandelions bloom throughout the summer, but they are one of the earliest blooming weeds because they have a well established taproot. If you want to rid your lawn of dandelions without using a herbicide, arm yourself with a long-handled weed fork or a weed popper and go after your dandelions with confidence. It is true that dandelions are painfuly persistent. Their long taproots are hard to pull and small pieces left behind will regenerate into new weeds. But, they are not invincible. The key is to attack them when they are blooming because their root reserves are low. If you dig out 4 to 5 inches of the root, you have a better than 80% chance that the plant will not have enough strength to send up another shoot.

A weed popper pulls out the plants, roots and all, with a stump. A long-handled weeding fork lets you do the job while standing.

At some point, you may decide that it is too hard to get rid of the dandelions, but you need some sort of mental justification why it is okay to let them take your lawn. You did know that dandelions are very important spring-blooming plants for honeybees? They make large amounts of pollen that is an important protein source for the brood during this time of the year when the colony is growing rapidly. Dandelions are also a source of nectar that the bees use to make honey. However, dandelion honey is not as tasty as the honey from your own colonies—that is, to humans. I am sure that the bees find it delicious. (BPO)

Hazardous household waste collection

The Lincoln-Lancaster County Health Department will hold household hazardous waste collections again in 1996. If you have any hazardous waste, keep it in the original container with the label intact. Open, leaking or busted containers should be placed in an airtight container and clearly labeled. There will be six collections throughout April and May, two in June, and one in August and October. Watch future NEBRINE issues for dates and locations.

Saturday, April 13, 1996
Lincoln-Lancaster County Health Department
South Parking Lot
9:00 a.m. to 3:00 p.m.

Saturday, May 11, 1996
State of Nebraska Laboratories
3703 South 14th Street
9:00 a.m. to 3:00 p.m.

Landscaping for the birds

The Lincoln-Lancaster County Health Department will hold household hazardous waste collections again in 1996. If you have any hazardous waste, keep it in the original container with the label intact. Open, leaking or busted containers should be placed in an airtight container and clearly labeled. There will be six collections throughout April and May, two in June, and one in August and October. Watch future NEBRINE issues for dates and locations.

Saturday, April 13, 1996
Lincoln-Lancaster County Health Department
South Parking Lot
9:00 a.m. to 3:00 p.m.

Saturday, May 11, 1996
State of Nebraska Laboratories
3703 South 14th Street
9:00 a.m. to 3:00 p.m.

Landscaping for the birds

The Lincoln-Lancaster County Health Department will hold household hazardous waste collections again in 1996. If you have any hazardous waste, keep it in the original container with the label intact. Open, leaking or busted containers should be placed in an airtight container and clearly labeled. There will be six collections throughout April and May, two in June, and one in August and October. Watch future NEBRINE issues for dates and locations.

Saturday, April 13, 1996
Lincoln-Lancaster County Health Department
South Parking Lot
9:00 a.m. to 3:00 p.m.

Saturday, May 11, 1996
State of Nebraska Laboratories
3703 South 14th Street
9:00 a.m. to 3:00 p.m.

Landscaping for the birds

The Lincoln-Lancaster County Health Department will hold household hazardous waste collections again in 1996. If you have any hazardous waste, keep it in the original container with the label intact. Open, leaking or busted containers should be placed in an airtight container and clearly labeled. There will be six collections throughout April and May, two in June, and one in August and October. Watch future NEBRINE issues for dates and locations.

Saturday, April 13, 1996
Lincoln-Lancaster County Health Department
South Parking Lot
9:00 a.m. to 3:00 p.m.

Saturday, May 11, 1996
State of Nebraska Laboratories
3703 South 14th Street
9:00 a.m. to 3:00 p.m.
Springtime Bird FAQs

**Barb Ogg**
Extension Educator

Springtime is when birds are preoccupied with mating, nest building and rearing young. A number of bird-related activities have been observed, and some species have a variety of behaviors that seem to be odd, annoying or just plain strange.

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

Woodpeckers are familiar to most people because they usually feed on tree-living, wood-boring insects. In the spring, male woodpeckers mark their territory with a rhythmic pecking sequence, known as drumming. In addition to establishing territories, drumming also attracts female woodpeckers. Drumming is a display of territorial rights and is an activity that will stop once nesting behaviors begin. Woodpeckers drum at night and early in the morning with this activity. Drumming seldom results in damage to wood or metal surfaces other than possible paint removal.

Woodpeckers can do more damage to wood-sided homes than any other pest. When they are feeding for insects or excavating nesting cavities, woodpeckers can damage wood or metal surfaces other than possible paint removal. The scrapings from nesting cavities often cause excessive rain penetration, and rain penetration can damage the home. Only cavities can be used for nest building, so holes must be plugged when they are not in use.

**Q. Do I have repeatedly binding my windows and why? Do they hurt themselves?**

Springtime is a time of year when birds are nesting. Woodpeckers can do more damage to wood-sided homes than any other pest. When they are feeding for insects or excavating nesting cavities, woodpeckers can damage wood or metal surfaces other than possible paint removal. The scrapings from nesting cavities often cause excessive rain penetration, and rain penetration can damage the home. Only cavities can be used for nest building, so holes must be plugged when they are not in use.

choice of diapers (cloth or disposable) impacts on environmental, health and economic concerns. Currently, neither diaper type is clearly superior in all areas. An understanding of the issues provides some basis for responsible choice. Introduced in 1961, disposable diapers now dominate the market, accounting for 80 percent of the diapers used in the United States. Convenience is the major reason given by parents—particularly in dual-career families—where time for cloth diaper care is limited.

With landfills reaching capacity and an expected quadrupling of solid waste expected to quadruple in some areas by the year 2000, solutions for disposal of all solid waste (including disposable diapers) is a critical concern. Nearly $300 million is spent annually to discard single use diapers. Disposable diapers generate four times as much solid waste as cloth diapers.

Although disposable diapers pose environmental concerns from a solid waste perspective, cloth diapers raise concerns regarding air and water pollution. The reusable nature of cloth diapers mitigates some of these concerns, but creates other environmental concerns.ランニングは布おむつを再利用することで、水の節約や熱の制御を図ると同時に、化学物質の使用を削減し、廃棄物の排出を抑制することができます。その結果、水、エネルギーを必要とする熱水と化学装置、そして廃棄物は減少し、さらに、治水と栄養塩を含む廃棄物が削減されます。これらは、適切な環境対策を講じることにより、水と土壌污染を防ぐことが可能となります。しかし、それでも食用汚染が発生する可能性があるため、以下のエクステンションオーガナライザーやエクステンションアシスタントが提案するコンセプトを踏まえた選定が重要となります。
Expanded Food and Nutrition Education Program (EFNEP) provides help to teenage moms

Pregnant and parenting teens learn basic nutrition skills from EFNEP nutrition advisors that encourage healthy lifestyle practices for the teen and their child. EFNEP is one of many agencies that work cooperatively to provide pre-natal and post-natal support to maximize the chances for a healthy baby. EFNEP nutrition advisors know that babies who are born weighing less than 5 1/2 pounds are 40 times more likely to die during the first month of life than babies who weigh more than 5 1/2 pounds.

These educational lessons are taught in group settings and/or one-on-one depending on the needs of the teen parent. For example, Nobuko Nyman, nutrition advisor, has provided food preparation classes for the Teaching and Learning with Children (TLC) monthly group meetings for the past nine years. This is one of several teen parent support groups which EFNEP serves.

For more information about nutrition education programs for pregnant and parenting teens, contact UNL Cooperative Extension in Lancaster County.

A food, nutrition and food safety workshop for child care centers

Child care center staff can learn more about nutrition and food safety issues for children by attending “Food, Nutrition and Food Safety Update ‘96 for Child Care Centers.” This two-session workshop will be held April 10 and 24, 1 to 3 p.m. at the Lancaster Extension Conference Center. This workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County, Lincoln/Lancaster County Health Department and Nebraska Department of Education Nutrition Services. Participants will learn more about such concerns as fat in children’s meals, snack ideas, reducing the amount of time spent in food preparation and serving safe food.

Preregistration is required by Wednesday, April 3; call 441-7180 for a registration form or more information. The workshop fee is $10. (AH)

Staying afloat on a sea of debt

Why is debt such an important issue? Statistics reveal that 80 percent of people who divorce do so because of financial problems; they will do so again within three years of remarriage. Similarly, the same percentage of people who go bankrupt will repeat the process. People should avoid such financial and marital disasters by getting rid of high-interest debt that causes an enormous stress.

Step-by-step actions to take:
1. Start with credit cards. This is done "closed by the consumer" so it can be paid off your credit card and now have a clear picture of your debt situation, you can create a written plan to start eliminating these debts:
   a. Take the amount of your credit cards into one low interest rate card.
   b. Eliminate debt on consumable and depreciating items such as cars, furniture, student loans, business loans, mortgage, etc. Once you have a clear picture of your debt situation, you can create a written plan to start eliminating these debts:
   c. Cut costs by getting the right type of insurance: term life, no cash value.

Key money ideas:
1. Learn to discipline habits by living within your means.
2. Save at least ten percent of everything you earn.
3. Spend smarter; learn to cut costs in the following areas (LB)
   a. Eliminate debt on consumable and depreciating items such as cars, furniture, expensive clothes, eating out too often, expensive vacations;
   b. Cut costs by getting the right type of insurance: term versus whole life; raise your deductibles; and eliminate duplicate insurance on automobiles.

Once you’ve accomplished this step get rid of the old, high rate cards. Call each credit card company, asking them to close your account. Make sure they record it on your credit report as “closed by the consumer” so it doesn’t appear as though the credit card company closed your account because of late or delinquent payments.

3. Take the amount of monthly payment used to pay off your credit card and now apply that to your next highest interest rate debt. If this is a car loan, adding this amount to make extra principal payments each month will speed up the process of getting rid of these debts. Do the same thing once the car loan is paid off. Apply that total monthly payment to your next debt.

4. Before taking on debt, stop and consider the consequences.
5. Strive to become the lender instead of the borrower.
6. The only good use of debt is to create wealth.
Family Living

Women work longer to burn fat than men

An agricultural research service study of 32 male and 32 female volunteers provides more evidence that gender differences exist in fat burning abilities.

Slow, moderate, extended physical activity is better suited to women, but men can burn the same amount of calories in a shorter, more intense exercise period. Volunteers for the study had fitness levels that rated from average to good and were at weights that were slightly below or as much as 40 percent above their desired weights. Elite athletes were excluded from the study.

Researchers found that most female volunteers would have needed to work out approximately twice as long as the males to burn 300 calories. The 300 calorie target is the workout minimum recommended by the American College of Sports Medicine for weight loss.

To burn 300 calories, with as many of those calories from fat as possible, most of the women in the experiment would have had to exercise from 46 to 60 minutes at about 65 percent maximum heart rate. Men, on the other hand, tended to need less time, from 28 to 35 minutes, to burn 300 calories. Also, male volunteers tended to burn more calories derived from fat than female volunteers.

The results seemed to depend on body fatness of the male volunteer, since men with a higher level of body fat had lower fat burning rates. Similar specific recommendations about exercise have typically been made from studies of young, male athletes, this study shows but suggests differences in recommendations between men and women, and for those who may be overweight. To burn those 300 calories a day, women may need to find ways to extend their physical activity and work at a smooth, steady pace.

Source: Linda Boeckner, Ph.D., R.D., nutrition specialist, NUTRITION, 1/30 (AH)

Easter egg safety hints

Hard-cooked Easter eggs can pose a health problem if not kept refrigerated. Bacteria can enter through pores in the shell and multiply dramatically if these eggs are left at room temperature. Even uncracked eggs can harbor bacteria. Refrigeration slows bacterial growth.

Eggs dyed with any coloring technique are susceptible; so remember, keep eggs refrigerated. When eggs are used for a hunt, do not keep them out of the refrigerator more than two hours. This is why you need to time your Easter egg hunt carefully.

How long can you hard-cook hard-cooked eggs in the refrigerator? Hard-cooked eggs will keep in the refrigerator for a week.

Antisocial behavior may develop early

If you’re worried about youth violence, you probably pay special attention to what’s happen- ing in kindergarten or earlier, asserts a researcher from the National Institute of Mental Health (NIMH).

John Richters has found that younger children who are likely to be involved in violence and crime at age 17 displayed antisocial and aggressive behavior much earlier. In kindergarten, they were impulsive and inattentive and had difficult temperaments. By middle school, they were failing in school, had bad relationships with teachers and peers, and hung around deviant youth.

In response to these kinds of findings, the NIMH is studying a program that assesses behavior in kindergarten and then intervenes with parent education, home visits, social skills training and more. The main goal is to ensure affirmative connections with others. Richters concludes, “If a kid doesn’t care about his feelings, then we’ll never have any leverage with him.”

Healthy Eating

Each month of this year, I’ll share a fruit or vegetable recipe from the 5-A-Day program. LOOK AT THE END OF THE RECIPE FOR HOW TO OBTAIN 12 NEW RECIPES EACH MONTH.

Carrot-Raisin Salad

2 1/2 carrots, shredded 1 medium stalk celery, thinly sliced 1/2 cup raisins 1/2 cup lemon yogurt. Mix all ingredients. Serve on salad greens.

Carrot-Pineapple Salad

grated carrots (8 1/4 oz.) well-drained, crushed pineapple to above recipe.

For 12 more 5-A-Day RECIPES (new recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, c/o Alice Evan, UNL, Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1500.

* Eating lots of fruits and vegetables as part of a low-fat, high fiber diet may help reduce your risk of cancer. The goal of the National 5-A-Day program, a collaborative effort between the National Cancer Institute and the Produce for Better Health Foundation, is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5 to 3.5 servings to 5 servings a day by the year 2000. (AH)

Tuning into kids' TV viewing habits

As children entertain themselves by watching TV, will parents be watching? Parents seem to be responding to concerns about violence and adult content on television by monitoring their children’s viewing, according to a Gallup Survey for the Family Channel. In all, 71% of parents monitor the programs their children watch, compared to 60% who said they did so in 1999.

In addition, 48% of adults surveyed say television portrayals of “somewhat” or “very” negative cultures or values may depict “somewhat” or “very” positive values. Eighty-three percent of adults believe television makes children more likely to use violence among children under age eighteen.

Source: Adapted from the Family Channel’s Gallup Survey of America’s TV Viewing Habits, 1994. (LB)

Eating habits

April 1996

Page 7

A parent's guide to children's weight

A child who is too thin needs the same emotional support as one who is too heavy.

How can parents help an underweight child?

For example, many social traditions are related to food and eating, such as giving food as a reward for completing a task, as for example, possible medical implications for both the physical and mental health of the child. Unfortunately, it also has the potential for causing many parent-child disagreements about what is or is not eaten and in what amounts.

What is the "right" weight for my child?

It’s natural for parents to want their children to be as perfect as possible. When it comes to food, however, “perfect” must be broadly and individually defined—a task that’s often hard in our thin-conscious society. Children grow at different rates and may have different body structures from their siblings and playmates. Standardized growth charts plot height and weight, but they are skewed to fit to girls at different ages and can be used in consultation with a pediatrician in determining a child’s recommended weight range.

What can parents do to help a child who is medically defined as overweight or obese?

Parents need to offer the child who is too heavy the same emotional support as any other child. Discussing the size of other family members and visiting with a pediatrician can help put the child’s size in perspective and provide a basis for reminding children that individuals grow at different rates. Growing slowly is not bad. However, whenever a child shows a sudden weight drop, other medical or emotional problems can be suspected. Professional help from a pediat- trician, dietitian, or child psy- chologist may be necessary.

What can parents do to help children reach and maintain their best weight?

Parents, and their care-giving substitutes, have three responsibili- ties in feeding children: 1. Parents need to offer the child a variety of nutritious foods at regular intervals. Planned meals and snacks give the child regular sources of energy, help the child develop sensitive eating patterns, and encourage the child to learn correct food behavior in social situations. Studies of overweight children indicate that those children who eat regular meals control their weight more successfully.

2. Parents can help the child learn to identify and pay atten- tion to feelings of hunger and fullness. This starts with learning to distinguish a baby’s “I am hungry” cry from a hunger cry. It means not forcing a toddler to eat one more bite. It means sometimes allowing second or third helpings on some meal items.

3. Parents can monitor the programs they watch, compared to 60% who said they did so in 1999.

A parent’s guide to children’s weight

Weight is one of the many personal character-istics that distinguish children from adults. It has implications for both the physi- cal and mental health of the child. Unfortunately, it also has the potential for causing many parent-child disagreements about what is or is not eaten and in what amounts.

What is the “right” weight for my child?

It’s natural for parents to want their children to be as perfect as possible. When it comes to food, however, “perfect” must be broadly and individually defined—a task that’s often hard in our thin-conscious society. Children grow at different rates and may have different body structures from their siblings and playmates. Standardized growth charts plot height and weight, but they are skewed to fit to girls at different ages and can be used in consultation with a pediatrician in determining a child’s recommended weight range.

What can parents do to help a child who is medically defined as overweight or obese?

Parents need to offer the child who is too heavy the same emotional support as any other child. Discussing the size of other family members and visiting with a pediatrician can help put the child’s size in perspective and provide a basis for reminding children that individuals grow at different rates. Growing slowly is not bad. However, whenever a child shows a sudden weight drop, other medical or emotional problems can be suspected. Professional help from a pediat- trician, dietitian, or child psy- chologist may be necessary.

What can parents do to help children reach and maintain their best weight?

Parents, and their care-giving substitutes, have three responsibili- ties in feeding children: 1. Parents need to offer the child a variety of nutritious foods at regular intervals. Planned meals and snacks give the child regular sources of energy, help the child develop sensitive eating patterns, and encourage the child to learn correct food behavior in social situations. Studies of overweight children indicate that those children who eat regular meals control their weight more successfully.

2. Parents can help the child learn to identify and pay atten- tion to feelings of hunger and fullness. This starts with learning to distinguish a baby’s “I am hungry” cry from a hunger cry. It means not forcing a toddler to eat one more bite. It means sometimes allowing second or third helpings on some meal items.

3. Parents can monitor the programs they watch, compared to 60% who said they did so in 1999.

A parent’s guide to children’s weight

Weight is one of the many personal charac- teristics that distinguish children from adults. It has implications for both the phys- ical and mental health of the child. Unfortunately, it also has the potential for causing many parent-child disagreements about what is or is not eaten and in what amounts.

What is the “right” weight for my child?

It’s natural for parents to want their children to be as perfect as possible. When it comes to food, however, “perfect” must be broadly and individually defined—a task that’s often hard in our thin-conscious society. Children grow at different rates and may have different body structures from their siblings and playmates. Standardized growth charts plot height and weight, but they are skewed to fit to girls at different ages and can be used in consultation with a pediatrician in determining a child’s recommended weight range.

What can parents do to help a child who is medically defined as overweight or obese?

Parents need to offer the child who is too heavy the same emotional support as any other child. Discussing the size of other family members and visiting with a pediatrician can help put the child’s size in perspective and provide a basis for reminding children that individuals grow at different rates. Growing slowly is not bad. However, whenever a child shows a sudden weight drop, other medical or emotional problems can be suspected. Professional help from a pediat- trician, dietitian, or child psy- chologist may be necessary.

What can parents do to help children reach and maintain their best weight?

Parents, and their care-giving substitutes, have three responsibili- ties in feeding children: 1. Parents need to offer the child a variety of nutritious foods at regular intervals. Planned meals and snacks give the child regular sources of energy, help the child develop sensitive eating patterns, and encourage the child to learn correct food behavior in social situations. Studies of overweight children indicate that those children who eat regular meals control their weight more successfully.

2. Parents can help the child learn to identify and pay atten- tion to feelings of hunger and fullness. This starts with learning to distinguish a baby’s “I am hungry” cry from a hunger cry. It means not forcing a toddler to eat one more bite. It means sometimes allowing second or third helpings on some meal items.

3. Parents can monitor the programs they watch, compared to 60% who said they did so in 1999.
The Lancaster County Fair schedule published in the March issue of The Nebline has been revised. The new schedule is Sunday, July 28 through Thursday, August 1. Due to construction work on the State Fair Park Coliseum, the entire year’s county fair will be primarily utilized for ice sports the remainder of the year. The revised Lancaster County Fair Schedule is:

**Thursday, April 25**
- 7:00 p.m. - Lancaster Extension Conference Center

**May**
- 1 Cornucopia Gardening Award Entries Due
- 4-H Council Meeting 7:00 p.m.
- Production Livestock Club Meeting 8:00 p.m.
- Horse VIPS Meeting 7:00 p.m.
- Extension Board Meeting 7:30 p.m.
- "How to Exhibit" Leader Training 9:30 a.m. & 7:00 p.m.
- Fair Board Meeting 7:30 p.m.
- Camp Counselor Applications Due for Halsey
- Star City Rabbit Raisers Meeting 7:00 p.m.
- Districrt & State Horse Entries Due
- Small Animal Workshop 9:00 a.m.-4:00 p.m.
- Horse ID's Due
- June 2 Designs for Dining Table Setting Show Workshop (tb)

**April**
- 1 Market Beef ID’s for State Fair & Ak-Sar-Ben Due
- 4-H Action Team Applications Due
- 2 4-H Council Meeting 7:00 p.m.
- 8 Shooting Sports Club Meeting 7:00 p.m.
- 10 Horse VIPS Meeting 7:00 p.m.
- 13 PAK 10 Dairy Judging Contest
- 15 Performance Swine Weigh Day 9:00 a.m.-noon
- 15 Camp Counselor Applications Due
- 16 Star City Rabbit Raisers Meeting 7:00 p.m.
- 18 Fair Board Meeting 7:30 p.m.
- 20-21 Growing Up Female Retreat—4-H Camp
- 21 Teen Council Meeting—UNL, City Campus Union 2:30 p.m.
- 21-30 Music Contest—UNL, City Campus Union 4:00 p.m.
- 27 Kiwanis Carnival—Lancaster Building, State Fair Park

**June**
- 1 Lamb Tagging Day 9:00 a.m.-noon
- 3 Camp Counselor Training—4-H Camp, Gretna
- 4 4-H Council Meeting 7:00 p.m.
- 4-6 Fish Camp—4-H Camp, Gretna
- 9 Teen Council Meeting 9:00-5:00 p.m.
- 7-10 Outdoor Adventure I Camp—4-H Council Scholarships Due
- 10 High Adventure Camp Applications Due
- 10 Extension Board Meeting 7:30 p.m.
- 10-13 Clover College
- 11-14 Niobrara Camp—4-H Camp, Gretna
- 11-14 Summer Safari I Camp—4-H Camp, Gretna
- 11-25 CWF
- 12 Horse VIPS Meeting 7:00 p.m.
- 14 Beef Breeding Heifers, Bucket Calves, Dairy Cattle, Goats, Sheep & Swine ID’s Due
- 14-16 Districrt River Canoe Trip
- 19-20 Boldly Bound Camp—4-H Camp, Gretna
- 20-21 Outdoor Adventure II Camp—4-H Camp, Gretna
- 21-23 Natural Resources Camp—Halsey
- 24-26-27 Wild-I Wild I Camp—4-H Camp, Gretna
- 26-28 Leadership Camp—Halsey
- 27 Practice Horse E! Judging & Demo 1:00 p.m.
- 27-30 Backstage Camp—4-H Camp, Gretna
- 28 ExpoVisions Registration Due
- 28 Ak-Sar-Ben Broker Entries Due

**July**
- 1-3 Wet-n-Wild II Camp—4-H Camp, Gretna
- 2 4-H Council Meeting 7:00 p.m.
- 5 Star City Rabbit Raisers Meeting 7:00 p.m.
- 6-7 First Timers Camp—4-H Camp, Gretna
- 8 Extension Board Meeting 7:30 p.m.
- 8 Shooting Sports Contest Entry Deadline
- 8 County Fair Animal Pre-Entries Due
- 9-11 Wet-n-Wild III Camp—4-H Camp, Gretna
- 10-12 ExpoVisions
- 12-14 Sports Camp—4-H Camp, Gretna
- 13 Shooting Sports Air Rifle Contest—Lancaster Building, State Fair Park 8:00 a.m.-noon
- 14 Teen Council Meeting 3:00-5:00 p.m.
- 15 Practice Style Revue 3:00 p.m.
- 15-25 Horse E! Economy, Horticulture, Weed & Tree ID Judging Contest
- 15-19 Summer Safari II Camp—4-H Camp, Gretna
- 15-16 Districrt River Canoe Trip
- 15-17 Districrt River Canoe Trip
- 16-17 Districrt River Canoe Trip
- 19-20 Boldly Bound Camp—4-H Camp, Gretna
- 20-21 Outdoor Adventure II Camp—4-H Camp, Gretna
- 21-23 Natural Resources Camp—Halsey
- 24-26-27 Wild-I Wild I Camp—4-H Camp, Gretna
- 26-28 Leadership Camp—Halsey
- 27 Practice Horse E! Judging & Demo 1:00 p.m.
- 27-30 Backstage Camp—4-H Camp, Gretna
- 28 ExpoVisions Registration Due
- 28 Ak-Sar-Ben Broker Entries Due

**September**
- 3-4 Council Meeting 7:00 p.m.
- 8 Teen Council Meeting 3:00-5:00 p.m.
- 9 Extension Board Meeting 7:30 p.m.
- 19 Fair Board Meeting 7:30 p.m.
- 25-30 Ak-Sar-Ben 4-H Livestock Exposition

**4-H & Youth Calendar**

**April 1996**

**4-H & Youth**

**Horse Bits**

4-H horse shows dates changed

Due to construction work on the State Fair Park Coliseum, the entire schedule for the 4-H horse show at the Lancaster County Fair has been revised. The new schedule is Sunday, July 28 through Thursday, August 1. It is important to note that this is a change to the Lancaster County Fair schedule published in the March issue of The Nebline. The good news is that it does not affect any other activities to be held at the fair. State fair officials assure us that Lancaster County will have full use of the coliseum during next year’s county fair even though it will be primarily utilized for ice sports the remainder of the year. The revised Lancaster County Fair Horse Show will be held as follows:

Saturday, July 27, 8:00 a.m.
- Horse stables open, check in during afternoon and evening
Sunday, July 28
- Monday, July 29

**4-H youth development is like:**

- pizza because it is well rounded.
- peanut butter because it sticks and connects.
- a donut because the “whole” is in the center.
- M & M’s because the whole sack is better than just one.
- a kaleidoscope because when you look inside the pieces fit together forming beautiful designs that take new shapes building on different angles.
- an amusement park because it’s fun!
- a puzzle because the pieces must fit together
- a house of mirrors because it makes you look at things from different angles.

Thanks to all the volunteers who focus on development of the whole youth in 4-H youth programming in Lancaster County.

Adapted from Sara Eriksen, (LJ)
4-H Bulletin Board

LEADERS: Make sure to watch or attend the leader training Monday, May 13 How to Exhibit at the County Fair. The information given at this meeting will be everything you need to know about the 1996 Lancaster County Fair. 

Bring your family, friends and relatives to the 4-H Music Contest Sunday, April 21, 4:00 p.m. at the UNL City Campus Union Ballroom. Kiwanis Karnival is for one and all, and we want YOU to attend Saturday, April 27, 7:00-9:00 p.m., Lancaster City Park and Pavilion, sponsored by Kiwanis Club of Lancaster for their support of the 4-H program.

Watch the May NEBLINE and your club mailbox for more information on Clover College coming up in June!
LEAD tours the nation

Ann Marie Moravec
Extension Assistant

The purpose of the Nebraska LEAD office is to educate and motivate men and women in agriculture for more effective leadership. How does a group become more motivated and interested in taking on such a broad undertaking as leadership? The group is expected to be a variety of topics, communities and people in their two-year fellowship. The National Study/Travel was no accotimation to this wonderful program which seems to amaze them all. The study/travel began in Kansas City with various presenters from the EPA, Faremland, Bayor, National Farms, Federal Reserve Bank and Ford Motor Company. While in Kansas City the group was motivated to discuss agricultural issues brought up during previous presentations. An assortment of positions within the group made discussion and dialogue very interesting. The underlying statement made is: Taking everyone's opinions into consideration, is that we all want to progress and live a better life than before...and we have been motivated to do something.

The group was transferred to Washington, D.C. where the schedule and number of meetings have been increased for the next five days. This part of the study/travel helped prepare us to understand policy, strategies and politics. By visiting with congressmen, senators, bank executives, public policy researchers, etc. we saw the inner workings of their environment. The most important part was to attend each meeting and session with an open mind and understand that the presenters think and ideas may not be the same as years and to accept their knowlidge as their own.

From Washington, D.C. the group traveled to Chicago for a few days. The Chicago Mercantile Exchange and National Cattlemans' Beef Association were extremely interesting and well worth the time. The remaining time was special and opened the eyes of Nebraska to the world of Chicago. An evening ride-along with the Chicago Police Department proved to many fellows that although we might think our quality of life is not the best, we are much better off than Chicago. The stories fellow told about the experiences they encountered made us appreciate what we have here in Nebraska. This National Study/Travel has truly reinforced the saying that Nebraska is the Good Life. We have so much to offer as people to make this world a better place, it only takes a little at a time to make a difference. The opportunities we can take advantage of such as the Nebraska LEAD Program can help us make strides for tomorrow.

Videoconference addresses small-town housing concerns

LaDeane Jha
Extension Educator

For more than 20 years people in the Lincoln area have been coming together in Neighborhood Associations to work on goals and ideas that affect their neighborhood. Common activities for associations include: neighborhood meetings and workshops, social/cultural activities, special action committees to enhance aspects of their communities, such as, parks and activities aimed at influencing public policy. Through these activities and participation in the Mayor’s Neighborhood Round Table, neighborhood leadership is developing and cared for, active neighbors are enhanced. The most recent group to organize is Portor Ridge, a new neighborhood in south Lincoln. The area south of 32nd Street and Pine Lake Road is just a few blocks southeast of a major new shopping area and two new schools are part of the community. A group of about 20 residents in the neighborhood met with Extension Educators, LaDeane Jha and Lorene Bartos to begin the process of organizing. Lorene Bartos agreed to provide initial leadership and action committees were formed to draft by-laws and plan a neighborhood wide meeting. Enthusiasm is high and ideas are being generated that will serve as a rallying call for all residents in the area. If anyone is interested in formation of a neighborhood association, call the City Urban Development Department, 441-7606, or LaDeane or Lorene, 441-7180.

Giving your child a real headstart in life

Headstart provides a FREE comprehensive program for income eligible families with children who are three and four years old. Headstart includes developmentally appropriate early childhood services for the entire family.

New White House internet service for kids

Vice President Al Gore recently unveiled a new White House service on the Internet World Wide Web geared specifically to elementary students. Welcome to the White House for Kids, the new site, allows students to quickly and easily access information about the federal government including the history of the White House and other children and pets who have lived there.

LaDeane Jha and Lorene Bartos are encouraged to send electronic mail to the President, Vice President, and First Lady directly from White House for Kids.

The new internet address is: http://www.whitehouse.gov/WHI/kids/html/home.html. (LJ)

Some ideas to market a business

All business whether home-based or others need a good marketing plan. Here are some low-cost or no-cost ideas to market a business.

1. Tie in with other businesses. Exchanges with other businesses can save money. Tie-ins can generate income. While it’s easier to do business with businesses that are logically connected, it’s also possible to offer a discount coupon for an unrelated type of business when there is distribution of an informational brochure.

2. Find free consultants. Students are often looking for projects. Ask about a mentor program to couple a member of commerce or business center in your area.

3. Create a survey. Surveys can bring profitable insights. Focus on one or two issues and formulate the survey questions to help answer them. Think about the information needed and work backward.

Make it easy to fill out. Keep questions short and simple.

4. Build a customer list. It’s much easier to market to old customers than attract new ones. A mailing list may be one of the most important assets a business owns.

5. Give away brochures. Everyone loves to get something for nothing, so free information can provide a valuable sales tool. Remember to have the business name and phone number prominently displayed on all materials distributed.

6. Promote with testimonials. If a customer says something wonderful about your product or service, ask permission to quote them. Another approach would be to get testimonials from local celebrities. They should also be included in all promotional materials.

7. Position yourself as an expert. People assume the expert.

8. Phone manners. Maintain an upbeat phone manner. Phone impression is often by phone. Try using the company’s name in the greeting. When the phone rings, take a couple of deep breaths and switch from what you are doing to the phone conversation that awaits. Put a smile in your voice.

9. Business cards. Make your business card a sales tool. It should be handed out whenever possible.

10. Smile. Smile your way to success. Human interaction is the basis for sales, and it all begins with a smile. Smiles have smoothed many a rocky sales path.

To order a brochure, send a $5.00 check to Housing Videoconference, 441 Cherrywood Road, Lincoln, Nebraska 68526-1507. Make checks payable to: Lancaster County Cooperative Extension. For more information contact Extension Educators, Lorene Bartos or LaDeane Jha at 441-7180. (LB)
CRP: planning for the future

The pending expiration of many Conservation Reserve Program (CRP) contracts on October 1, 1996, has many landowners and agricultural producers wondering what they should do with these acres. Some will plan to return them to crop production while others plan to keep them in grass and use them for forage production. Many landowners, however, would like to keep them in the program, if that is indeed an option. Hopefully, by the time you read this article, Congress will have passed a farm bill and we will know (or at least have a better idea of) what the future holds in terms of the CRP. Although nothing is certain at this time, it is reasonable to assume that the CRP will be continued in some form. However, it is doubtful that the federal government will offer whole scale extensions of existing contracts. It is much more likely that landowners will have to reenroll land in the program. Landowners who have made CRP payments should be aware that they will have to reenroll land in the existing contracts. It is much more likely that landowners will have to reenroll land in the program. It is also likely that those enrolled acres will have to meet a different set of criteria that focuses on environmental benefits in addition to erosion control. Therefore, it is quite likely that most landowners will need to consider alternate uses for land currently enrolled in the CRP. The key to successfully bringing these CRP acres back into production is planning. Two important things to keep in mind in the planning process are to "be patient" and "think long-term." The first step in the planning process is to evaluate or inventory existing resources. This step should include a detailed evaluation of land resources in addition to human and financial resources. The primary purpose of areas around waterways should be to identify those acres that are most suitable for crop production. Consider leaving those areas that are most highly erodable in permanent vegetation. These areas are more difficult to manage, require greater inputs and provide only marginal returns. In addition, areas around waterways should also be left in permanent vegetation. Grass strips adjacent to streams and waterways filter sediment and other pollutants from runoff before they enter surface water and thus help protect water quality. Due to their environmental importance, these strips may also qualify for CRP payments.

Dressing for protection

If you mix, handle or apply pesticides, you can significantly reduce the risk of pesticide poisoning and meet the requirements of the Worker Protection Standard by wearing the appropriate personal protective equipment (PPE). The Worker Protection Standard requires specific forms of PPE to be worn while mixing, calibrating or applying agricultural pesticides. The equipment and work attire requirements for each pesticide active ingredient are listed on the label. (The PPE requirements may be different for applicators and mixers/handlers.) Sources of protective clothing and equipment are plentiful. Typically, agricultural chemical dealers are excellent sources. For more information, two Extension NebGuides are available: Protective Clothing and Equipment for Pesticide Applicators (G-758) provides a list of sources for protective clothing and equipment for pesticide applicators. The second, Worker Protection Standard for Agricultural Pesticides (G-1219), helps determine whether individual areas are covered by the Standard and provides general guidelines on how to comply. (DV)

Family Community Leadership

Become involved in making decisions that affect you and your community

For more information, contact your local Extension office.

Caring for woolen garments

Daily maintenance is the key to keeping wool garments wearable and beautiful year round. After wearing a wool garment, remove belts and hang the garment on a padded hanger for 24 hours. This allows the wool to shed wrinkles and return to its original shape. Store woolen garments in a well-ventilated closet. Woolen knits that may stretch should be folded and stored in a drawer or over a padded hanger rod. A wrinkled wool garment can be placed in a steamy bathroom, where the moisture will allow the wool to relax and the wrinkles to hang out. Wash wool garments regularly by following the care label instructions. For washable woolens, use warm water and mild detergent. Garments marked "dry clean" should be taken by professional dry cleaners. When washing wool sweaters by hand, use lukewarm water and a mild detergent. Before putting the sweater into the water, trace its outline onto paper. Soak it for three to five minutes squeezing gently - do not twist, wring or agitate. Rinse twice in clean, warm water. Squeeze out excess moisture, then roll the sweater between towels. Place the paper pattern on a dry towel. Smooth out the sweater and shape it into the outline. Dry away from sunlight and direct heat. Sweater dryers can be placed over a bathtub — air circulates all around the sweater, cutting the drying time.

Everyone knows it is important to take action if your child shows signs of low self-esteem and feelings of inadequacy, but what is the best way to? According to Rudolph Dreikurs, M.D., author of Children: The Challenge, parents should first focus on what the child does right. By minimizing errors (but not ignoring them), children are encouraged to move on, to try again. Direct your child's attention to the positive in any situation. Notice the error, but give your child a direction in which to focus future efforts. Second, be specific in your praise. If a child feels inadequate in his abilities to play soccer, for instance, a parent should not attempt to coax the child out of feelings of inadequacy with a statement like, "You're an excellent soccer player." If he or she knows that this is not really the case, the prase is devalued and will do little to boost self-esteem. Instead, compliment the child on a specific job well-done, "I like the way you hustled for that ball." Praise for a specific behavior gives the child one area of success on which to focus. It will also set up the next step for helpful praise: when your child praises himself or herself. They know they rank hard to recover the soccer ball. By acknowledging the specific behavior, they can move on to improving that skill and others.

Source: Indiana Cares, Winter 1995. (LJ)

Family Living news continued

SAFE SPEED LIMIT 55

Boosting your child’s self-esteem

If your driver’s license expires in 1996 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this AARP course, you will review driving skills and prepare to take your license renewal test. This class is being offered Wednesday, April 17 and Thursday, April 18, 9 a.m. to 2 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is $8. Participants are asked to bring a sack lunch. (LB)

55 Alive—Mature Driver Course

If your driver’s license expires in 1996 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this AARP course, you will review driving skills and prepare to take your license renewal test. This class is being offered Wednesday, April 17 and Thursday, April 18, 9 a.m. to 2 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is $8. Participants are asked to bring a sack lunch. (LB)
April 1
Market Beef ID’s for State Fair and Ak-Sar-Ben Due
4-H Action Team Applications Due

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

April 8
Lancaster County 4-H Shooting Sports Club Meeting ...................... 7:00 p.m.
Extension Board Meeting .................................................................. 7:30 p.m.

April 10
Food Nutrition and Food Safety Workshop for Child Care Centers............... 1:00-3:00 p.m.
4-H Horse VIPS Meeting 7:00 p.m.

April 11
Termite Workshop for Homeowners.............................................. 6:30-9:30 p.m.

April 13
PAK 10 Dairy Judging Contest
Household Hazardous Waste Collection—
Lincoln-Lancaster County Health Department........................................ 9:00 a.m.-3:00 p.m.
SERIES Training—ARDC, Ithaca................................................ 9:00 a.m.-4:00 p.m.

April 15
4-H Camp Counselor Applications Due
4-H Performance Swine Weigh Day............................................. 9:00 a.m.-noon

April 16
Star City Rabbit Raisers 4-H Club Meeting...................................... 7:00 p.m.

April 17 & 18
55 Alive Mature Driving Course.................................................. 9:00 a.m.-2:00 p.m.

April 18
Fair Board Meeting ........................................................................ 7:30 p.m.

April 20
Performance Swine Weigh Day...................................................... 9:00 a.m.-noon

April 20-21
Growing Up Female Retreat—Eastern Nebraska 4-H Camp, Gretna

April 21
4-H Music Contest—UNL City Campus, Union Ballroom 4:00 p.m.
Teen Council Meeting—UNL City Campus, Union 2:30 p.m.

April 24
Food Nutrition and Food Safety Workshop for Child Care Centers........ 1:00-3:00 p.m.

April 25
4-H Bucket Calf Spring Workshop .................................................... 7:00 p.m.

April 27
Kiwanis Karnival—Lancaster Building, State Fair Park.................... 7:00-9:00 p.m.

May 1
Cornucopia Gardening Award Entries Due

May 6
Small Animal Workshop.................................................................. 1:00-4:00 p.m.

May 7
4-H Council Meeting ...................................................................... 7:00 p.m.
4-H Production Livestock Booster Club Meeting.................................. 8:00 p.m.

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

May 11
Household Hazardous Waste Collection—
State of Nebraska Laboratories ....................................................... 9:00 a.m.-10:00 p.m.

May 13
How to Exhibit* 4-H Leader Training............................................. 9:30 a.m. & 7:00 p.m.
Extension Board Meeting ................................................................. 7:30 p.m.