The gentle breezes moved the native grasses in a welcome to Bill Hawkins (Red Hawk) who had assembled his tips on the north lawn. I could see it was going to be a beautiful day! At 8:45 a.m., students began arriving by the hundreds. Within an hour and a half, I could hear the gleeful shouts of thousands of fifth graders. Over 80 presenters and around 250 of their associates were assisting youngsters in creative, hands-on activities in the areas of land, water, air and living resources.

These presenters represented 55 different educational resource agencies and businesses in our community. A real commitment to the environmental education of youth. And I saw yellow shirts everywhere. (That was the color code for volunteers.) Nearly 200 high school students, retirees, business people and others were registering schools, guiding classrooms to their activities, and assisting presenters. These volunteers did whatever was needed. Definitely a committed group of youth! I slipped into a session where kids were making envelopes out of brightly colored magazine pages. Aaron informed me that you could actually mail them. In the “Protector of Environmental Wellness” performance singing, the students “demonstrated how you could put kitchen scraps into a worm bin and compost that way.

I saw youngsters carrying around snails and observing their actions. Some students were trying to clean up oil spills. Still others were crawling inside a blue whale. Prizes were many as kids played Water Jeopardy and Blinky Dan. The weather was getting mighty wet as students, answering weather trivia questions correctly, sprayed him with water. And all those buildings made of sugar cubes? They were melting fast as the kids learned about the effects of acid rain.

As I cruised the halls, I heard a lot of shouting in B-7! Guess I had better see what was going on, right? Well, Captain Ecology (Shane Totten of Stevens Point, Wisconsin) had the kids and the word in their seats. This “Protector of Environmental Wellness” performed message-laden songs ranging from folk music to “environment-metal” rock. He pledged the kids agreed to “walk the talk” —to respect the earth and protect it.

In the gymnasium, students were learning—and learning—as Mr. and Mrs. Fish (Jeff and Deb Sandler of Portland, Maine) dressed up in costumes to teach the importance of water conservation and reuse. Kids took an imaginary trip to a wastewater treatment plant through interactive dramatization. Jeff was right: It was a “painters andipersible” way to learn.

As the day came to an end and we sat down to enjoy pizza from Valhalla, I heard comments like this:

• Diane Stovall, a Fredstrom Elementary teacher, said, “It was a wonderful festival...so well organized. We had terrific presentations and I learned so much.”

• Sara Workman, a presenter from USDA Forest Service—

Volunteers keep Extension going and growing

In Cooperative Extension, the “volunteer” is viewed as a vital part of the organization. They are full partners working with Extension faculty to provide personalized leadership for young people and adults. These individuals play a key role in the delivery of one of the largest educational programs in the United States.

In 1995, approximately 14,000 youth in Lancaster County participated in 4-H youth development activities. These youth were guided by over 1,700 volunteers who gave their time to organize and carry out community club activities, assist individual 4-H members to sew a garment or groom a steer, or be a superintendent at the county fair. Volunteers served as members of VIPS committees, on the fair board and 4-H Council and as advisors to Teen Council and Ambassadors.

In 1995, 33 trained Master Gardeners logged over 1,021 hours for 14 different projects in Lancaster County. Each Master Gardener receives 40 hours of training; and in return, volunteers at least 40 hours of their time to horticulture programs and activities in the Extension office. Master Food Advisors receive training from Extension faculty and help answer consumer questions about food nutrition and food safety especially during the busy canning season.

If each volunteer averaged 15 hours of volunteer time (we know that many give much more time) at a rate of $10.00 per hour, volunteers for Lancaster Cooperative Extension contributed approximately $255,000 of donated time in 1995. These volunteers have proved the forecasters incorrect. In this age of activity overload and never ending time crunch, Lancaster County adults and youth kept 4-H/youth and Extension activities high on their list of priorities. Volunteers have helped make learning fun, been a friend to young people, made their community a better place to live and have served as role models for the young people around them.

Gardening is a volunteer of great value. As a partner in Extension they come back year after year, and keep on going and growing and going. What would we do without them?

Adapted from an article by Kay McKenzie, 4-H Specialist, NU/IANR. (LJ)
**Viburnums in the landscape**

Viburnums are one of the most outstanding groups of shrubs for use in the landscape planting. Among their characteristics are variation in size from two to thirty feet, varied growth habits, excellent foliage, striking and fragrant flowers, showy fruit, and interesting winter appearance.

In the landscape, viburnums are effective in many situations. The smaller forms such as Korean spice viburnum (Viburnum carlesii) and European cranberrybush viburnum (Viburnum opulus 'Compactum') are excellent for planting close to houses and the larger forms, such as **Viburnum dentatum***, are best planted in open groves or plant groups.

The flowers, primarily white in color, are borne in clusters ranging from a rounded snowball shape to a flat form. The Korean spice viburnum is extremely fragrant.

In the fall there is ornamental value in the shrubs berries. Of the red fruiting types linden viburnum (Viburnum dilatatum), European cranberrybush viburnum (Viburnum opulus) and American cranberry viburnum (Viburnum trilobum), are among the best. Others like arrowwood viburnum (Viburnum dentatum) and nannyberry viburnum (Viburnum lentago) have blue fruits attractive to the birds.

Foliation of viburnums is excellent and can have a velvety smooth leaf surface or a glossy leafy appearance.

In addition to the aesthetic features, viburnums are hardy, resistant to pests and diseases, adaptable to a variety of soil and environmental conditions and require little pruning. They will grow in either sun or shade, however, flowering and fruiting will be more profuse in a sunny location.

**Q. What do the terms “drill”, “broadcast” and “hill” mean with respect to sowing seeds?**

A. A drill is a row of single seeds spaced more or less evenly. To broadcast seeds means to scatter them more or less evenly over an area. A hill may be a raised mound of soil, but more often it’s simply a cluster of seeds or plants.

**Q. Are my leftover seeds from last year likely to be good this year? Or should I buy all new seeds?**

A. This depends on what types of seeds you saved and how you stored them. Most garden seeds will give satisfactory results the second or even the third year if they were stored in a cool, dry place, such as a dry basement, a garage or a refrigerator. The shortest-lived seeds are those of sweet corn, okra, onion, parsley, eggplant, and parsley. They may be a bit shorter lived than the second year. Very long-lived beans, cartoon, leek, English pea and sweet pea seeds. They will generally germinate well for at least three years if properly stored. Most other garden seeds will germinate well even after four to five years under adequate storage conditions. (DJ)

Annual flowers vines are useful for creating a lush landscape in the yard. They add new interest to the landscape when grown on a fence, arbor or trellis. They grow rapidly to form an attractive mass of foliage and flowers. Annual vines climb by twining or circling, or by clinging with tendrils. They may be used to provide shade along a porch, give new charm to a fence or add color and new appeal to the side of the garage. Wooden lattice, Trellis or wire fencing, or strings is all that is needed.

Morning glory is one of the most colorful vines you can plant. Flowers are available in white and shades of blue and red. The flowers are four to five inches across and are borne freely on vines which may grow to a height of 12 to 15 feet tall. Morning glories grow best in a sunny location. Avoid rich soil and excessive fertilization which produces vigorous vines with few flowers. Soaking the seeds in water overnight will speed germination. Be careful when choosing a location for morning glory vines. The plants self sow readily and you will get volunteers in the following year.

Vine-forming nasturtium cultivars grow four or five feet tall. They bloom profusely, producing fragrant flowers in shades of yellow, white, or red. The plants perform best in well-drained soil of average or low fertility. In rich soil, they will produce only leaves and very few flowers.

Scarlet runner bean is an edible ornamental vine suitable for trellising. Rosy scarlet flowers top long twining vines. The pods are ornamental and can be shed for cooking purposes.

Gourds have rather inconsiderable flowers, but produce colorful fruit which are ornamental on the vine during late summer. The fruit may be dried for indoor decoration, and dried gourd elements in the home. (MM)

Q: How about the leaves falling to the bottom of the bag? The plant is ready to be opened.

Strip the leaves off the stems and finish drying in a 100 degree oven before storing. Be sure to strip any bits of stem. Oregano is used in a wide variety of cooking, in addition to sprinkling it on salads and pizzas.
Crop Management and Diagnostic Clinics crop up at ARDC in July!

There will be two two-day Crop Management and Diagnostic Clinics in July at the University of Nebraska Agricultural Research and Development Center in Ithaca, Nebraska. Sessions will be July 19-20 and 24-25, 8:30 a.m. to 4:45 p.m. at the Research and Education Building at ARDC in Ithaca, NE. These one-day workshops are designed for persons interested in learning how to recognize insect, weed, and soil fertility problems in Nebraska field crops. Participants will also hear discussions on crop growth and development, sampling, identification, methodology, and biological control organisms. Presenters will include UNEI Extension specialists and educators. There is a $20 registration fee that includes lunch and reference materials. For more information or a registration form, call Keith Oggi (402-624-8030) or Barb Ogg (402-624-8030). (BPO)

Field Crop Scout Training at ARDC

Two Field Crop Scout Training sessions have been scheduled for May 8 and May 22, 1996. 8:30 a.m. to 4:45 p.m. at the Research and Education Building at ARDC in Ithaca, NE. These one-day workshops are designed for persons interested in learning how to recognize insect, weed, and soil fertility problems in Nebraska field crops. Participants will also hear discussions on crop growth and development, sampling, identification, methodology, and biological control organisms. Presenters will include UNEI Extension specialists and educators. There is a $20 registration fee that includes lunch and reference materials. For more information or a registration form, call Keith Oggi (402-624-8030) or Barb Ogg (402-624-8030). (BPO)

Using herbicides to control weeds in spring-planted alfalfa

Weeds can be a problem in spring-planted alfalfa, but they do not need to be. Alfalfa seedings grow slowly. Many weeds grow faster than alfalfa seedlings robbing them of valuable moisture, nutrients and light. Left uncontrolled, weeds can cause thin stands, weak plants and lower yields.

Cropping practices that reduce weed seed production during the years before planting alfalfa help reduce weeds when you finally do plant alfalfa. Timely moving reduces competition from many weeds. The only way to be sure that weeds will not hurt your new alfalfa plantings is to use herbicides. Grasses like foxtail or crabgrass can be a problem in your new alfalfa seedings. When you know grassy weeds are a problem, a preplant-incorporated herbicide—like Eptam or Balan—is your best choice. Both of these herbicides control grasses and most small-seeded broadleaf weeds. Some larger-seeded broadleaves—like sunflower—will not be controlled by preplant herbicides. Both Eptam and Balan are legal for use on alfalfa. When you will be spraying during the mid- to late-season build-up—when greenbug populations have infested wheat in northern Nebraska and small populations have been found in southern Kansas, wheat growers in Oklahoma have experienced one of the worst greenbug outbreaks ever. Many fields have been treated a second time because flying greenbugs have reinfested treated fields. Because greenbug populations are high in Oklahoma and Kansas, Nebraska crop producers should consider management options for greenbugs that have the potential to fly into Nebraska and infect wheat and sorghum. A new seed treatment (Gauch) has been shown to be very effective in controlling greenbugs even during the mid- to late-season build-up—when greenbug populations peak. Other at-planting products are less effective, but there are several rescue treatments that can be used. Refer to Insect Management Guide, EC-1509 ($2.00) available at the Lancaster County Extension office. (BPO)

Should greenbugs be a part of your 1996 crop management plan?

It has been several years since we have seen significant greenbug infestations in Nebraska. Have these pests disappeared? Before you forget about them, consider a recent report from the Kansas Department of Agriculture and USDA-ARS entomologists. Extremely high levels of greenbug populations have infested wheat in northern Oklahoma and smaller populations have been found in southern Kansas. Wheat growers in Oklahoma have experienced one of the worst greenbug outbreaks ever. Many fields have been treated a second time because flying greenbugs have reinfested treated fields. Because greenbug populations are high in Oklahoma and Kansas, Nebraska crop producers should consider management options for greenbugs that have the potential to fly into Nebraska and infect wheat and sorghum. A new seed treatment (Gauch) has been shown to be very effective in controlling greenbugs even during the mid- to late-season build-up—when greenbug populations peak. Other at-planting products are less effective, but there are several rescue treatments that can be used. Refer to Insect Management Guide, EC-1509 ($2.00) available at the Lancaster County Extension office. (BPO)

Have equipment ready for planting season

When the weather is right for planting, producers should be in their fields, not in the shop. Early spring (before planting begins) is the time to ensure your equipment is properly maintained and ready to use.

Some producers, however, spend too little time in the shop before planting begins, and too much after. Spending a few hours in your shop now can save you time and money later.

The following is a short preplanting “to do” list:

• Check condition of seed metering devices and replace worn parts.
• Check for worn chains, bearings or fittings. Even well-maintained, properly stored equipment becomes worn over time.
• Lubricate equipment as suggested in your owner’s manual.
• Adjust or replace the seed-furrow opener disks. Worn or poorly adjusted disks may lead to trouble getting a stand. This problem is easily fixed now, if left until later, it can take dollars out of producers’ pockets.
• For no-till planting, producers should conduct a preseasion field check. Are all equipment parts in place, or should they have been replaced? Producers should head to the field with their planters—but no seed. This is a dress rehearsal to make sure the planter is properly set up.

After leveling the planter front-to-rear, producers should try blind planting to evaluate planter performance. By checking residue cutting and handling, soil penetration and seed-to-soil contact, producers can be identified and adjustments made before planting. (WS)

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Cropping practices that reduce weed seed production during the years before planting alfalfa help reduce weeds when you finally do plant alfalfa. Timely moving reduces competition from many weeds. The only way to be sure that weeds will not hurt your new alfalfa plantings is to use herbicides. Grasses like foxtail or crabgrass can be a problem in your new alfalfa seedings. When you know grassy weeds are a problem, a preplant-incorporated herbicide—like Eptam or Balan—is your best choice. Both of these herbicides control grasses and most small-seeded broadleaf weeds. Some larger-seeded broadleaves—like sunflower—will not be controlled by preplant herbicides. Both Eptam and Balan are legal for use on alfalfa. When you will be spraying during the mid- to late-season build-up—when greenbug populations have infested wheat in northern Nebraska and small populations have been found in southern Kansas, wheat growers in Oklahoma have experienced one of the worst greenbug outbreaks ever. Many fields have been treated a second time because flying greenbugs have reinfested treated fields. Because greenbug populations are high in Oklahoma and Kansas, Nebraska crop producers should consider management options for greenbugs that have the potential to fly into Nebraska and infect wheat and sorghum. A new seed treatment (Gauch) has been shown to be very effective in controlling greenbugs even during the mid- to late-season build-up—when greenbug populations peak. Other at-planting products are less effective, but there are several rescue treatments that can be used. Refer to Insect Management Guide, EC-1509 ($2.00) available at the Lancaster County Extension office. (BPO)

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earth wellness festival is science at its best!

Students dug, dipped, measured and folded at earth wellness festival Friday, March 22, and experienced science as a part of their everyday lives!

They looked at pond water under a microscope, dug for fossils, investigated acid rain and danced the way bees do. From exploring wetlands to shopping smart, these future stewards of the earth discovered the relationships and interdependency of land, water, air and living resources. Through creative, hands-on activities, kids identified their impact on earth and thought about ways to take care of the planet. AND...it was fun. (ALH)

Blue Thumb Exercises

Beginning Level
✓ Turn off the tap in the bathroom while you brush your teeth or shave, and in the kitchen when cleaning fruits and vegetables.
✓ Fill a pitcher with tap water and put it in the refrigerator—rather than running the tap every time you want a drink.
✓ Use a broom to clean sidewalks and driveways.

Intermediate Level
✓ Repair dripping faucets.
✓ Recycle water from fish tanks by using it to water plants. Fish emulsion is a good, inexpensive fertilizer high in nitrogen and phosphorous.

Advanced Level
✓ Install water-efficient plumbing fixtures—such as shower heads, toilets and faucet aerators.

Wasting Water Fitness Facts
• When you let the water run, 5 U.S. gallons or 19 liters a minute pour down the drain.
• A leaky toilet can waste as much as 200 U.S. gallons or 260 liters of water a day.
• The sun will evaporate what your lawn needs when you water in the middle of a hot day.
• Garbage disposals use 1 U.S. gallon or about 4 liters of water a minute.
• An average leaky kitchen faucet can waste up to 2,000 U.S. gallons or 7,600 liters of water a year. (LB)

Drinking water week-
May 5-11, 1996

Did you ever wonder what is in our drinking water? Water is not only composed of H₂ and O, it also contains just about everything it comes in contact with. That is, hundreds of organic and inorganic substances as well as living organisms. The U.S. Environmental Protection Agency sets regulations for water quality and indicates the amounts of various contaminants that are acceptable in public drinking water.

This year’s theme is “Exercise Your Blue Thumb.” A blue thumb is to water what a green thumb is to plants. Both are about having a hand in making something better. There are many opportunities to exercise care for water by using your blue thumb. A twist here and a turn off there will help to save water.

Red Hawk (Bill Hawkins) gives some insight into how natural resources were used in the days of yesteryear.
The case of the Lone Star tick and Lyme disease in Nebraska

Barb Ogg
Extension Educator

Lyme disease is caused by a spirochete bacterium that is carried and transmitted through bites from several species of ticks. Since it was first recognized in 1977, this disease has occurred in most states in the continental U.S.—including Nebraska. Wayne Kramer, medical entomologist for Public Health and Environmental Services, says that about six cases of Lyme disease are confirmed each year in Nebraska by the Center for Disease Control (CDC). Most cases have occurred in southeast Nebraska.

Early signs of the disease may include a red rash which expands in concentric circles outward from the tick bite producing a “bulls-eye” effect. Later, flu-like symptoms occur which include headache, fever, chills, lethargy, and joint and muscle pain. Most of the time, antibiotics have shown to be an effective treatment of this disease if diagnosed in the early stages of the disease. There is no vaccine presently available for humans.

The most common carriers of Lyme disease in North America are the deer tick and the western black-legged tick. Neither of these ticks are found in Nebraska. The Lone Star tick is found in Nebraska and has been suspected to be linked in some way to the disease because both are found in the same part of the state. However, the Lone Star tick is not a good vector of Lyme disease. This inconsistency has puzzled medical entomologists, but a new research finding has revealed a possible explanation. A new spirochete has been isolated from the Lone Star tick that may cause disease symptoms similar to, but milder than, those caused by the Lyme disease spirochete. If the symptoms are similar to those of Lyme disease, the CDC may be counting this disease as Lyme disease in error.

In effect, there may be two diseases—both tick transmitted—and the Lone Star tick may transmit the second disease. All of this is somewhat speculative at this point; more research is needed to confirm or disprove this hypothesis.

Lone Star ticks thrive in habitats having high humidities (i.e., wooded areas or dense grassy canopies) where both small mammals and deer inhabit. Wooded areas like this are abundant in Lancaster County. Exposure to the Lone Star tick (and other ticks) can be reduced by using the following practices:

• Whenever possible, stay out of tick-infested areas—grassy pastures, prairies and wooded areas. Also, restrict movement of your dog.
• Keep wooden or grassy and weedy areas trimmed around your property to create lower humidities. Ticks do not survive well in sunny areas of low humidity.
• When entering tick-infested areas, wear long-sleeved shirts and pants, fitting cuffs. It is easier to spot ticks when it is windy or during the day.
• Use a drip irrigation system in your garden. This method uses 25 to 50 percent less water than other methods.

Water checklist for the landscape

This checklist will help you conserve water for lawn and garden use. Try to add these water conservation tips to your landscape at the Neatgarden States.

• Water the lawn during the maximum use of water applications.
• Water the lawn during the morning hours. Avoid watering when it is windy or during the hottest part of the day. To avoid over watering, keep track of the time by setting a timer or alarm clock.
• When plants are being watered, select low-water use plants. (MJM)

Cockroach Control Workshop

The second annual “Cockroach Combat Workshop” will be presented Thursday, May 2, 6:30 to 9:30 p.m. at the Extension Office.

It is designed for people who have little training in insect identification, biology or control methods—especially homeowners and apartment dwellers.

Speakers will discuss a multiple-tactic approach to cockroach control—including sanitation, exclusion methods, trapping, and low risk and least-toxic control products and methods. Control techniques will be an important part of this program. A demonstration of how available products should be safely used in a kitchen setting will be included.

Presenters include Extension Educators Barb Ogg and Dennis Ferraro and Extension Assistant Clyde Ogg. UNL Pesticide Education—Water Center/Environmental Programs. Dennis and Clyde have more than 10 years experience working with a pest control company. The public is invited to come and learn from experts!

There is a $5 workshop registration fee that includes a clothing and areas of exposed highly sensitive to DEET so individuals—especially elderly and very young people—are highly sensitive to DEET so should be used with caution.

• Prompt inspection and removal of ticks reduces the risk of Lyme disease transmission. After crawling on a potential host, a tick may take up to a day to attach and feed; you may be able to find a tick before it has attached. Do not forget to inspect pets exposed to tick-infested areas before they enter your home.
• Insecticidal treatment of large grassy areas or low pastures for tick control will probably not be effective in reducing tick populations. For tick control on pets, use only baths, sprays, and dips that are recommended by your veterinarian.

Note: Measures using several of these practices will be most effective in preventing exposure to ticks.
Parenting workshop

Steve Vannoy, author of The Ten Greatest Gifts I Give My Children, will present a workshop, “Parenting from the Heart,” on Saturday, May 4, 8:30 a.m. to 1:30 p.m., at Hamlowl Elementary School, 14541 Castlewood Street, Waverly. Cost of the workshop is $5.00 per adult. Cost includes continental breakfast, sack lunch and free child care, if needed. Steve is originally from Waverly and is nationally known for his parenting workshops. He has appeared on radio and television across the country. For further information, contact Barb Georges, 786-3060. This workshop would be excellent for anyone who has contact with kids, including grandparents, aunts, uncles, and other relatives, or youth organization leaders.

Dry clean or wash? If a garment has a care label that reads “Dry Clean Only” it is important to follow those instructions. The manufacturer has a specific reason for recommending dry cleaning. The fabric may shrink, stretch, or change color if washed 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.

The old saying “If you don’t like the weather in Nebraska, just wait a minute.” was true last week. I am writing this analysis April 2. Rain and snow on Saturday, hard wind on Monday and a nice spring day on Tuesday (84 degrees). I just hope and pray that the weather is nice May 11. That’s the day for Ted’s retirement party which has been renamed as a “BASH” here at Douce’s Acres. Yes, 42 years ago we were getting ready to move to Nebraska. Little did I know we would have a very enjoyable life in Nebraska, Turkey and Afghanistan, all with the University of Nebraska. When you tell people we lived in those two countries, the next comment was “Oh, you were in the military.” The answer is no, we were with the University of Nebraska.

The March program was very informative. Pam Gillaspie from the Women’s Clinic in Lincoln was the speaker. Pam gave us a recipe for a simple chicken casserole. If you would like it, you can find it in November/December 1994. (LB)

Monitoring kids helps

Young adolescents whose parents have good relationships with them and keep track of what they are doing are less likely to drink alcohol or smoke, according to a study in the September 1994 issue of Pediatrics. The study, which traced Los Angeles students over several years, found that youth who report that their parents spend time with them are a third to a half as likely to become regular tobacco or alcohol users.

Source: USA Today, September 9, 1994. (LJ)

Healthy eats with less sweets

Foods with too much sugar can make people gain weight. Overweight people are at greater risk of developing diabetes, heart disease and some types of cancer. While sugar, refined sugar, syrups, jellies, candies and sweetened drinks haven’t been scientifically linked.

Eating a lot of sugary foods can contribute to tooth decay. Use small amounts of sugar in drinks.

Use small amounts of sugar in all of your drinks. Do not add sugar to ice cream. Avoid artificial sweeteners in cold and hot drinks.

Prepare rice pudding and custard with small amounts of sugar. Prepare your own fruit juices. You can save money and be healthy by preparing drinks with water and blend fruits and milk drinks. Drink these instead of soft drinks, fruit punches and beverages. Drinks like cinnamon and leaf-leaf teas, without adding sugar, are very healthy. Eat what don’t have too much sugar.

Select cold cereals low in sugar; read the labels. If sugar is listed as the first or second ingredient on the list, the cereal can be very high in sugar. These cereals cost more per calorie than cereals that have smaller amounts of sugar.

Eat breads lower in sugar

Have your coffee or hot chocolate with a good amount of sugar. Eat these breads instead of cookies, donuts, cakes, and other high sugar pastries.

For additional healthy eating tips contact the Expanded Food and Nutrition Education Program (EFNEP).

Source: Learning for Better Living. (MB)

Fabric embellishment workshop

Tucker, a sewing and fabric decorating enthusiast, will demonstrate the latest techniques and notions in fabric embellishment.

Learn many new sewing techniques at a workshop scheduled for Saturday, June 26, 9 a.m. to 3 p.m. Check-in will begin at 8:30 a.m. The class will be limited to 25 participants. The fee is $25 and includes thread and supplies for creating a vest or skirt. Participants are asked to bring:

• a sewing machine
• a simple vest or skirt
• cotton shirt without pockets
• four pieces (1/2 yard each) of cotton fabric (all from the same color family)
• three bobbins for their machine, one filled with thread to match their vest or shirt
• a yardstick

At the completion of this class everyone will have there own original design. Techniques that will be taught are couching, adding yarns, braids and cords, cable stitching, free hand embroidery, scrunching and creative cut ups.

On Tuesday, June 25, 7-9 p.m. the second session will be held. This is open to anyone interested in learning decorative techniques. The cost is $5.

To register for either session, make a check payable to Lancaster County Extension and send to: Fabric Embellishment Workshop, 444 Cherrycreek Road, Lincoln, NE 68528-1507. For more information contact Lorene Barton, Expanded Education, 441-7180. (LB)

Nutrition Facts

For Serving Size (1 cup [225g])

Energy 335 calories
Calories from Fat 0
Total Fat 5g 8%
Saturated Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 49g 16%
Dietary Fiber 3g 12%
Sugars 6g
Protein 12g

Vitamin A %
Vitamin C %
Calories from Fat %

Calcium %
Iron %

To remove all the stained area face down on white towels to push the stain out, not in. Some stains may run, work from the outside of the stain toward the center. If a ring should form, feather or sponge irregularly along the edge, using a bar of dry sponge cloth or sponge.

To remove excess moisture, place the garment on a dry cloth. Do not apply heat.

To remove stains removal process in an inconspicuous area, test the stain removal product. Do not assume it will not harm the fabric or change the color of the garment.

Use a light touch. Hard rubbing can weaken fibers and/or work the stain deeper into the fabric.

To keep one’s wardrobe looking neat and fresh as possible, it’s important to pay attention to the information on the care label. Set in the washing machine. There are two reasons: to remove, blot liquids or scrape off excess solids immediately. If the care label says “Dry Clean” or “Professionally Dry Clean,” promptly take the item to the dry cleaner and let him or her know the situation.

Generally, stains in washable garments can be treated faster than stains in garments that are dry-clean-only. “Machine Wash” means that the garment can be washed in a home or laundry machine. Depending on the fiber content, weave and color, the label may specify a particular water temperature and machine cycle. “Hand Wash” means that the garment should be handled gently and washed separately from other garments and water and a light duty detergent.

Because heat sets stains, garments should not be washed or ironed until the stain is treated. On stains of unknown origin, use cold, not hot, water. A presoak treatment or dry the garments; do not machine dry until the stain is thoroughly gone.

When using any stain removal product follow the instructions on the container. Test the stain removal process in an inconspicuous area, then apply the treatment. Do not assume it will not harm the fabric or change the color of the garment.

Use a light touch. Hard rubbing can weaken fibers and/or work the stain deeper into the fabric.

To remove stains—start with the label

Dry clean or wash?

You have your coffee or hot chocolate with a good amount of sugar. Eat these breads instead of cookies, donuts, cakes, and other high sugar pastries.

For additional healthy eating tips contact the Expanded Food and Nutrition Education Program (EFNEP).
The ups and downs of perfectionism

Perfectionism may be good for Olympic figure skaters and brain surgeons but it can be burdensome to regular people when dealing with everyday situations. A perfectionist wants to get things “right” beyond what is reasonable expectations. Perfectionism can be a positive trait if it motivates a person to do something well. It can become negative if the person constantly struggles to achieve impossible standards.

Perfectionism becomes a problem when a person spends so much time and energy trying to achieve unrealistic goals like a doctor chasing his tail and never catching it that he or she has no time left over for anything else.

Most people are perfectionists as children. For example, a child may want to please parents or teachers by getting good grades. As the child gets older, he or she may study hard for good grades, but neglect social activities. Perfectionism in school behaviors may become so powerful that achieving good grades is more important than the grade itself.

In certain situations the child may even cheat on a test to get the high grade. Parents often pass perfectionism on to their children through their attitudes and expectations. Parents who reward children for perfection will teach them to strive for perfection. Children who are punished for not being “perfect” may try harder to be perfect.

Perfectionist parents also can have an opposite affect on children. A child may feel that he or she can never please mom and dad because expectations are so high and unrealistic that the child gives up. This sometimes happens to second children, especially if the older sibling consistently achieves perfection in the parents’ eyes.

Use this list for children to learn to set high standards for themselves, it’s better to tell them how to do things the correct way and allow them to do the work. Changing a perfectionist person is difficult and usually requires psychotherapy. This person has to give up high standards that have become overwhelmingly important and learn to be satisfied with less. The person must give up some control and face the fact that he or she isn’t perfect.

Parents shouldn’t expect children to be perfect. Teach children how to do something and let them do it. Offer extra help, if necessary, but give the child a chance to do a task well, but should rewarded from the motivation to try a variety of things. Show him or her that doing your best is more important than always being better than everybody else.

Some perfectionist children learn to be satisfied internally with what he or she has done. Help the child learn to say “I did a good job and I am proud of myself.” These are the basic lessons the troubled perfectionist doesn’t learn.

Source: Herbert Lingren, Ph.D., Family Life Specialist, NUAANR. (LJ)

Cool tips for safe food defrosting

You’ve probably heard that it’s not safe to defrost food on the kitchen counter. But, what exactly should you do?

There are three safe ways to defrost food according to the U.S. Department of Agriculture: in the refrigerator, in cold water or in the microwave. It’s best to plan ahead for slow, safe thawing in the refrigerator. Small items may defrost overnight, larger foods require a day or two. And large items like turkeys can take longer—one day for each five pounds of weight.

For faster defrosting, place food in a leakproof plastic bag and immerse it in cold water. (If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food.) Check the water frequently to be sure it stays cold. Change water every 30 minutes. After thawing, refrigerate the food until ready to use. When microwave-defrosting food, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwave defrosting. Holding partially thawed food that has been refrigerated because any bacteria present wouldn’t have been destroyed. As a fourth alternative, raw or cooked meat, poultry or casseroles can be cooked or reheated from the frozen state. However, it will take approximately one and a half times the usual cooking time for food which has been thawed. Remember to discard any wrapping or absorbent paper from meat or poultry.

Should you change your mind, once food is thawed in the refrigerator, it is safe to refreeze it without cooking, although there may be a loss of quality. The recommended method is slow thawing through defrosting. After cooking raw foods which were previously frozen, it is safe to freeze the cooked foods. And if previously cooked foods are thawed in the refrigerator, you may refreeze the unused portion. Foods defrosted in the microwave or by the cold water method should be cooked before refreezing. (AH)

Serving food safely at party buffets

Planning a party buffet to celebrate a graduation this spring? Watch for food safety tips from the home economists with the U.S. Department of Agriculture, Food and Nutrition Service, Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. When microwave-defrosting food, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwave defrosting. Holding partially thawed food that has been refrigerated because any bacteria present wouldn’t have been destroyed. As a fourth alternative, raw or cooked meat, poultry or casseroles can be cooked or reheated from the frozen state. However, it will take approximately one and a half times the usual cooking time for food which has been thawed. Remember to discard any wrapping or absorbent paper from meat or poultry.

Healthy Eating

Each month for the next year, I’ll be sharing 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.

Garden Pasta Salad

1 can (16 oz.) mixed fruit in juice or extra light syrup
1/4 cup skim milk
1 package (8 oz.) spinach spiral pasta
1 can (16 oz.) mixed fruit in juice or extra light syrup
1/4 cup skim milk
1/4 cup green onion, thinly sliced
1 clove garlic, minced
1 cup cherry tomatoes, halved
1 cup cherry tomatoes, halved
1 cup celery, sliced
1/2 cup green onion, thinly sliced
1 cup celery, sliced
1/2 cup green onion, thinly sliced

For more information about handling food safely, call the USDA Meat and Poultry Hotline (1-800-535-4555), 9 a.m. – 3 p.m. CST. (AH)

Nutritional Analysis Per Serving: Calories, 197; Fat, 2 g.; Carbohydrates, 34 mg.; Fiber, 4 g.; Sodium, 34 mg. Percent calories from Fat, 8%.

* For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Program, c/o Alex Haines, 444 Cherrycreek Road, Lancaster County; 444 Cherrycreek Road, Lincoln, NE 68528-1507.

* Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet can 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 2.5-3 servings a day to five servings a day by the year 2000. (AH)
Horse Show Schedule
The 1996 Lancaster County Fair 4-H Horse Show schedule has been set. As reported in the April News, the show will begin Sunday, July 28, 6:00 p.m. and end Thursday, August 1 at 4:00 p.m. Below is the 1996 show schedule and entry deadlines.

June 1—Horse ID’s are due at the Extension office (unless you are exhibiting at a district show)
July 8—County fair preregistration deadline
July 22—Pre-fair briefing for all 4-H horse exhibitors
July 29—Horses may begin arriving
July 28—Check-in 12:00-5:00 p.m. (all horses must be stalled on the grounds and checked in by 5:00 p.m.)
4-H horse show begins at 6:00 p.m., working pleasure class
July 29—4-H horse show begins at 8:00 a.m.
Dressage
Hunt seat/saddle seat showmanship
Hunter hack
Physically challenged special needs class
Reining
July 30—4-H horse show begins at 8:00 a.m.
English pleasure
English equitation
Horse judging contest
Western pleasure
July 31—4-H horse show begins at 8:00 a.m.
Western showmanship/groom & care
Halter
Western riding
English pleasure classes
August 1—4-H horse show begins at 8:00 a.m.
Western pleasure
Western showmanship

All horses released at 4:00 p.m., unless early release arrangements have been approved.

Interested in volunteering at the fair? Volunteers are always appreciated and needed. Contact the Extension office and let Cindy know what day(s) and time(s) you would be available. Good luck at the 1996 Lancaster County Fair 4-H Horse Show.

1996 4-H District Horse Shows
The dates for the 1996 4-H District Horse Shows have been scheduled at several locations around Lancaster County. June 17—Beatrice, June 18—York, June 19—Elkhorn, June 20—Columnbus.

Registration forms and information sheets were handed out to all club leaders at the 1996 4-H Horse VIPS Meeting and are also available at the office. Registration forms, ID sheets, completion of level II horsemanship tests and fees are due to the office no later than Friday, May 24. (CB)

1996 4-H Pre-District Horse Show
The Lancaster County 4-H Pre-District Horse Show is scheduled to be held Saturday, June 1, 4-H Youth East Arena at State Fair Park. Exhibitors will pay a registration fee for each event entered. This will be conducted just like the districts qualification shows and will include horsemanship and pleasure for both English and Western exhibitors. Two judges will be utilized. Further information and flyers will be available at the 4-H horse VIPS May meeting. All 4-H horse project members are encouraged to attend. (CB)

Clover College
Workshop descriptions
The number preceding the description is the class number you will sign up for on the registration sheet.
1. Patchwork Vest
Instructors—Carol Stivrins, Jan and Murta Madsen
Join us for fun, creative sewing! Participants in this workshop will be able to complete a vest that meets the requirements for Decorate Your Duds. We will focus on one variation of the crazy quilt vest. We will share ideas to "dress up" or "go casual" with this simple pattern. Participants should come to class with all material prewashed. Patterns will be provided.
Requirements: 4-H members must be enrolled in clothing I or above.
Class Size: 7 Maximum
Cost: $50 per person
Items to bring: 8-12 different fabrics 1/4 yard each (a combination of coordinating or contrast-fabrics), 1 yard of muslin, 3/4 yard for back of vest, thread, scissors, marking pen/pencil, pins, sewing machine if available. Please contact us if you will not be bringing your sewing machine along.

2. Creative Crafting
Instructors—Rosie and Angie VerMaas
This workshop will provide the participants the opportunity to do Paper Magic—design crafts made from brown mailing paper for holiday decorations. Tin Can Fun—turn a soup can into a holiday decoration. Bunny In My Pocket—make an Easter decoration from old recycled jeans! Halloween Post Jack-O-Lanterns—make "chunky" pumpkins from landscape wood. These projects will work for home environment exhibits. Class Size: 15 Maximum
Cost: $10.00/person
Items to bring: two empty soup cans with the top cut off, no rough edges or labels, one back pocket off old jeans with 2" left around outer edge.
This session will be offered twice.

3. Rockets...Countdown to Family Fun!
Instructor—Ron Suing
How to’s on rocket building. How this can be fun for the 4-H member and everyone in the family.
Class Size: 20 Maximum
Cost: None

4. Dumpster Diving with Deb
Instructor—Deb Arends
Come Dumpster diving with Deb and find out what junk we can turn into treasures! Decorative items, home furnishings and storage items will be created in this exciting workshop. These articles will work for home environment exhibits and the recycled special county project.
Class Size: 12 Maximum
Cost: $25.00
Items to bring: scissors and the rest will be scavenged by Deb.

5. 4-H Photography—The Beginning of a Pro
Instructors—Kay and Janelle Jurgens
We will discuss how to take good photos and how to mount them properly. After development, we will evaluate the photos and practice mounting.
Requirements: Participants need to provide their own camera and film, preferably 35mm.
Class Size: 20 Maximum
Cost: Developing charges

6. Outdoor Education—“The Wild Side”
Instructor—Shirley Condon
Outdoor education exhibit possibilities will be selected from the Tree Identification, Wildlife Conservation, Homes for Wildlife, Bird Behavior and Fishing projects. We will build simple birdhouses and make feeders from recycled materials. Other exhibit ideas will be presented based on the interests expressed by the participants.
Requirements: All participants must be 8-14 years old.
Class Size: 12 Maximum
Cost: $2.00

7. Cardigan Pant Set
Instructor—Jean Duna and Marty Sehn
Make a decorative, creative and fun pant set from simple materials. This outfit will work for Decorate Your Duds and Style Revue and can be all made during this four-day workshop! No sewing involved; this outfit is easy and let’s be as creative as you want to be!
Class Size: 10 Maximum
Cost: $7.50/person
Items to bring: further information will be sent to participants upon registration.

Clover College Dates—June 10-13
Rooms A & B will be used for these workshops.
Youth attending workshops that overlap the lunch period may bring their sack lunch. No other food will be available.

Transportation for participants is the parent’s responsibility. Scholarships are not available this year. Refunds are not available. Please make checks payable to Lancaster County Extension and send with registration form.

Room A
Room 8: 8:00-10:00 a.m.
Room B
Room 8: 8:00-10:00 a.m.
Pavilions
10:00 a.m.-noon

Room A—Clover College Dates—June 10-13
Room B—Clover College Dates—June 10-13
Pavilions
10:00 a.m.-noon

Outdoor Education
Cardigan Pant Set
12:30-2:30 p.m.
Pavilions

Photography
Creative Crafting
2:30-4:30 p.m.

Dumple of Work
Creative Crafting
2:30-4:30 p.m.

4-H cost—Adults $5 Youth $2.50 (only for evening session)

HORSE BITS
Cindy Blome
Youth Extension Aide

The 1995 Lancaster County 4-H Table Setting Contest winners will be displayed along with tables created by local participants.

4-H Table Setting Workshop
Tuesday, June 4, 6:00-8:00 p.m. in conjunction with Designs for Dining at East Campus Union 4-H cost—Adults $5 Youth $2.50 (only for evening session)
Sponsored by the Lincoln Orchestra Guild and 4-H Table Setting VIPS Committee (AMM)

Scholarships available
Graduating 4-H seniors are encouraged to apply for a Northeast Kiwanis Club $500 Scholarship and/or one of five $300 scholarships available from the Lancaster County 4-H Council.

Information about the Northeast Kiwanis Club Scholarship:
Must be an entering freshman student at the College of Agric. Sciences and Natural Resources, UNL
Must have completed and enrollment are required to receive the award
Scholarship is given in two payments for tuition and fees at the beginning of the first semester, and the same amount on February 1 for the second semester.

Applications must be submitted by May 1, 1996.

Information about the 4-H Council Scholarship:
Must be a current 4-H member in Lancaster County
Must complete an application
Must complete one semester of school at any post-secondary institution prior to receiving funds.
Applications must be submitted by June 10, 1996

Applications for both scholarships are available from the Extension office. If you have any questions, please call LaDean. (LJ)

Registration Sheet for Clover College
Name__________________________ Parents Name(s)_________________________
Address, City, State, ZIP Code________________________
Daytime Phone Number__________________________ Age______________ 4-H Club Name________________________
Special Needs________________________________________
Workshops you wish to attend
My child has permission to attend 4-H Clover College

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May 1996

The NEBLINE

Cost:

Items to bring:

Cost:

Requirements:

Requirements:

Requirements:

Requirements:

Requirements:

Requirements:

Requirements:

Requirements:

Requirements:

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Requirements:
4-H speech contestants are the talk of the town

The 1996 4-H Speech Contest was held March 24, at the Nebraska State Capitol. Fifty-six 4-H members competed in public speaking and public service announcements. A drawing was held in the novice and junior divisions for 4-H camp certificates which are donated by the 4-H Council. Winners were: Kyle Peters, Jarret Portnoy, Katie Hepburn, Kelly Sehn, Lauren Christensen and Kyle Hershibar. Intermediate and senior competitors who were chosen for district speech contest received checks sponsored by Swanson Russell Associates, Waverly Grange and Lancaster Farm Bureau.

Representatives to the District Speech Contest are:

**Intermediate Division (12-13 years old)**
- Lindsey Johnson and Becky Terry
- Senior Division (14-19 years old)
- JoHanna Madsen and Gene Gillam
- Intermediate PSA Marta Madsen
- Senior PSA’s
  - Leah Badeer and Brett Jurgens (LB)

Attention:

Juniors, intermediates and seniors

Public speaking announcement contest

The Nebraska 4-H Foundation Cookbook Committee is sponsoring a PSA contest. They would like 4-H members to create a PSA that may be used to promote their Sharing Our Best Recipes From Nebraska 4-H Cookbook.

I would encourage you to enter this contest. It is a good opportunity to have your PSA heard statewide. The deadline for entry is May 15, so start now! For more information, contact the Lancaster County Extension office. (LB)

How to Exhibit at the County Fair

4-H leader training
- Monday, May 13
  - 9:30 a.m. and 7:00 p.m.
  - The evening session will be televised on CableVision Channel 21.
  - Learn everything you need to know about exhibiting your 4-H projects at the fair. (AMM)

Small animal workshop has been cancelled!

The Small Animal Workshop scheduled for Saturday, May 25 is cancelled! If you are interested in additional education or help with your small animal project, Eagle Eyes 4-H Club will assist you. Please call Belinda Gillam at 464-6526 for more information. (ALH)
Invest in tomorrow—volunteer today

More and more people are hearing the call to help someone else while broadening their own horizons. In 1992, the number of American volunteers was 94 million, a 23 percent increase over 1987. Volunteering is big business. That’s one reason for National Volunteer Week, April 21-27. The average volunteer offers four hours per week. In 1992, that totaled 20 billion hours of service valued at $216.4 billion!

Office workers, bank managers, administrators and farmers become counselors, teachers, friends, professors, and advisors as they volunteer. 4-H volunteers get paid well—in satisfaction, pleasure and enjoyment. Volunteering in 4-H doesn’t necessarily commit a large amount of time, but all help is valued.

Irene Rezac; Volunteer of the Month

Irene Rezac, Nebraska Extension Agent, Lancaster County, is the Lancaster County Volunteer of the Month for April 1995. This designation was given March 26 at the County City-Building in Lancaster County.

Ms. Rezac has distinguished herself as an untiring volunteer for over 30 years. She is a wife, mother and working woman who has given of herself to make our community a better place to live and raise a family. Her effort has inspired and given youth of our Capitol City and Lancaster County the opportunity to develop skills essential to being productive citizens. For 12 years, she was a volunteer 4-H club leader and a 4-year member of the Lancaster County 4-H Council.

Her involvement led to her election to the Lancaster County Cooperative Extension Board for two terms. During her board tenure, her dedication, skills and leadership were recognized with election by her peers to serve as board president for two terms. A further example of her exemplary service and leadership is demonstrated by her record with the Lancaster County Agricultural Society and the Lancaster County Fair. From 1978 to 1995, Irene served as a board member. Throughout those years, she also served on numerous committees that promoted the interests of Lancaster County residents and, in particular, our county’s young people.

In addition, she served in officer positions as follows: Vice-President—1981; President—1983; 1985 and 1987; and Treasurer—1988–1995.

Co-nominees were Lancaster County Commissioner Larry Hudkins and the 1996 Lancaster County Agricultural Society Board of Directors. (GCB)

Why do so many people volunteer?

The Nebraska LEAD Class XV was honored with the Omaha Volunteer of the Month Award for May 1995. This is presented to the individual who best demonstrates volunteerism during the year in the area.

LEAD faces social issues

The Nebraska LEAD Class XV was held in Omaha at Creighton University. The focus of this seminar was social issues and how they are affecting Nebraska.

Many of the LEAD fellows had never been to Creighton University to view its campus. The Student Center and Lied Center for Performing Arts were highlighted during a short time on campus. Creighton University has a great deal of history and an excellent reputation.

In order to better understand the social issues facing youth and children, the LEAD class brought in to share their expertise. Presentations which brought a great deal of “eye-opening” information were AIDS in Nebraska” by Don Randolph, Interim Director of Nebraska AIDS Project; “Omaha Drug Programs” by Susie Dugan, Executive Director of Pride Omaha; “MADD Duds” by Eddie Stallton, Director and James Skinner, Chief of Police.

The main theme throughout all of these presentations was that people need to take responsibility for their actions and that parents need to know what their kids are doing and how can they work together to be an effective family. Many times people get so involved in what they are doing that they don’t take the time to really appreciate or think things through until it is too late.

Tours of Boys Town, the Francis House and Joslyn Art Museum showed the LEAD fellows that Omaha has a lot to offer. Not only do we have an excellent facility in Boys Town that helps troubled youth find a path to lead them down the right road, but we also have the beauty of the city and its clubs. The Francis House is a shelter for the homeless which, yes, we do have in Nebraska and it is a concern. The health and medical issues we hear about on the news or read in the newspapers are not in other states, they are right here in our great state of Nebraska.

By making conscious decisions, taking responsibility for their actions and getting back to solid family values, we can resolve these issues. (AMM)
Water quality affects herbicide success

The quality of spray water can influence herbicide performance. Minerals, clay and organic materials used as a carrier can reduce the effectiveness of herbicides. Clay and organic materials used in granular water—but rarely found in well water—can reduce the performance of many postemergence herbicides. The amount of mineral and pH of water can influence herbicide performance, particularly the non-penetrant herbicides.

Well water in Nebraska is often high in calcium and magnesium with a pH well above 7.0. These conditions are especially detrimental to Roundup performance, however, most other postemergent herbicides would not be seri-

ously affected. Measures used to counter the negative effect of hard water on herbicide performance include using a captured and filtered water source. Adding ammonia nitrate to the spray mix to react with the Roundup. Ammonia nitrate prevents mineralization in the water. Use a substance containing a salt of Roundup and forming less active salts of Roundup. Adding ammonia nitrate can improve Roundup activity even with water free of minerals. This latter effect of the ammonium ion is independent of water quality and occurs with a number of other postemergent herbicides including Basagran, Blazer, Classic, Cobra, and Trilene.

Herbicide mixture compatibilit-

ty and ease of mixing are gaining visibility and importance. Herbicide formu-

lations contain ingredients to counter the adverse effect of hard water on herbicide mixing and compatibility. Mixing and compatibility problems are usually affected. Measures used to counter the adverse effect of hard water on Roundup performance; however, it is important to keep hot on a buffet. Likewise, the product is unacceptable so he should be solid, not mushy. Cold foods never be left in a hot car. Clear foods not served at proper temperature, or be indi-

ted from existing plants, which they're made.

Safe food buying tips

Taking a few precautions at restaurants and grocery stores can help avoid food-borne illnesses.

• Meat and poultry items

• Meat and poultry, or their juices, leaking or bulging cans. Bulges in cans can be caused by several things, including Clostridium botulinum, the microorganism that causes a deadly form of food poisoning.

• Check dates on food items. “Use by dates” indicate that the product should not be used before or is no longer safe. Foods should arrive at 140°F or higher, or be kept hot on a buffet. Likewise, cold foods should be 40°F or lower. Foods held at room temperature create an environment ideal for microorganisms to break and multiply.

• If grocery shopping is one of several errands to be run, do it last. Perishable food should never be left in a hot car.

• When grocery shopping, buy cold food last and put it away first. Frozen foods should be solid, not mushy. Cold foods should be refrigerated cold to the touch. If possible check the package for frost or package ice. Frost indicates that a food has partially thawed and then refrozen, which can lead to a lower quality product.

• Meat and poultry items should be placed in an area of the cart where they won’t get squashed or come into contact with other foods. Also, when packing groceries, don’t allow meat and poultry, or their juices, to come in contact with produce or other foods.

• Don’t buy food in poor condition, especially dented, leaked or bulging cans. Cans in cans can be caused by several things, including Clostridium botulinum, the microorganism that causes a deadly form of food poisoning.

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Extension Calendar

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

May 1
- Corticouplia Gardening award entries due
- Northeast Kiwanis Scholarship Applications due

May 2
- TAXI Training for VIPS Committee Members—Seward or Ithaca
  Cockroach Combat Workshop ................................................................. 6:30-9:30 p.m.

May 4
- “Parenting from the Heart”—Hamlow Elementary School, Waverly... 8:30 a.m.-1:30 p.m.

May 4-5
- Horsemanship Clinic—State Fair Park

May 5
- Drinking Water Week
  May 7
- 4-H Council Meeting ................................................................. 7:00 p.m.
  Production Livestock Booster Club Meeting................................. 8:00 p.m.

May 8
- Field Crop Scout Training—ARDC, Ithaca................................. 8:30 a.m.-4:45 p.m.
  4-H Horse VIPS Meeting ................................................................. 7:00 p.m.

May 10
- “How to Exhibit” 4-H leader training........................................... 9:30 a.m. & 7:00 p.m.
  Extension board meeting................................................................. 7:30 p.m.

May 15
- Deadline for Nebraska 4-H Foundation PSA entries
- Deadline for entering market boiler project

May 16
- 4-H Rabbit VIPS Meeting ................................................................. 7:00 p.m.
- Fair Board Meeting ........................................................................ 7:30 p.m.

May 18
- Camp Counselor Applications Due for Halsey

May 21
- Field Crop Scout Training—ARDC, Ithaca................................. 8:30 a.m.-4:45 p.m.
  Star City Rabbit Raisers 4-H Club Meeting................................. 7:00 p.m.

May 22
- Field Crop Scout Training—ARDC, Ithaca................................. 8:30 a.m.-4:45 p.m.

May 24
- District and State 4-H Horse Entries Due

June 1
- 4-H Lamb Tagging Day—State Fair Park................................. 9:00 a.m.-noon
- 4-H Horse ID’s Due

NEBLINE survey to be conducted!

To gather valuable feedback on The NEBLINE, a telephone survey of our readers is being planned. A random sample from our mailing list will be used to obtain statistically accurate information. This confidential telephone survey will be conducted by individuals outside the Lancaster Extension office.

Our contributing staff is interested in our reading audience and readers’ interests. Answers to questions about who reads The NEBLINE in your household, the calendar of conference workshops and 4-H events will be helpful and provide us important feedback.

So, if you are called to be part of our upcoming telephone survey, please help us out! Your opinions will be greatly appreciated and we will have the necessary feedback to provide you with a quality source of information. (GCB)

ALFALFA WEEVIL STEM COUNT METHOD

- a ($35/ton) 
  - May Need to Spray 
  - Re-sample in 3-5 Days

- b ($70/ton) 
  - May Need to Spray 
  - Re-sample in 7 Days

- c ($105/ton) 
  - Re-sample in 3-5 Days
  - May Need to Spray 

Height of Alalfa

The NEBLINE

The NEBLINE is produced and edited by Scott Kolb, publication & resource assistant. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in The NEBLINE, contact the source listed in the article.

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- Lark Bowmaster, Extension Assistant
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