2-1990

The NEBLINE, February 1990

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Water Problems In The Home: How To Deal With Them

Are you concerned about the safety of your drinking water? Do you have laundry problems that are suspected or caused by iron or other minerals in the water? Are you considering investing in a water-treatment system for your home?

If you answer "yes" to any of these questions, or if you have other concerns about water, please plan to attend the program on Water Problems in The Home, Monday, March 19, 7 to 9 p.m. Ann Dellenbarger, Extension specialist, will be the featured speaker. The program will include suggestions for immediate and long term solutions related to laundry, drinking water, and general water usage in the home.

There is no registration fee for this information program and anyone concerned or interested in water problems is urged to attend.

Urban Wildlife Management Workshop

An informational meeting concerning management of urban wildlife will be held on February 5, beginning at 7 p.m. Speaker will include Ron Johnson, extension wildlife specialist, Scott Hygnstrom, extension vertebrate pest specialist, Carl Wolfe, Game & Parks Commission, Kirk Gustad, Animal Damage Control, and Ann Kelley, National Wildlife Federation.

The purpose of the workshop is to show wildlife needs and help you understand them. This information may then be used to help control wildlife in backyards or may be used for wildlife damage control. Species to be discussed will include moles, pocket gophers, ground squirrels, woodpeckers, skunks, cacoons, stagings, bats, etc. Please call 471-7180 to preregister. The workshop is free.

Alternatives For Agriculture Day

Microwave Classes Dates Changed

The microwave classes, originally scheduled for February 21 and 28, will be held on Thursdays, March 1 and 8, at 1 p.m. and repeated at 7 p.m. New microwave owners or people who use their ovens mainly for reheating are especially encouraged to come and learn to use their ovens for many functions. The class will be helpful for those who cook for 1 or 2 persons as well as those who prepare meals for larger families.

The four hours of instruction will include basic principles of microwave cooking, preparation of meats and poultry, quick meal ideas, casseroles and microwave baking. Suggestions for cutting fat and salt content of foods will be shared. Foods prepared during the class time will be available for sampling. Lots of new recipes will be included in the handouts for class members.

Developing a High Shade Screen

Evaluate Landscaping Now for Changes This Spring

It's too early to even think of planting, but there's an important thing you can do for your home landscaping right now: take a good, critical look at it.

Look at where the snow has drifted. Would adding some shrubbery, or out, or pruning and thinning what's already there help cause the snow to drop where you want it, and not on the walks or drive- way? This can be particularly important and manageable in farmyards or large suburban lots.

What do you see from your windows, and what do your guests see as they turn into your drive or come up your walk? You can frame the most attractive views. Even where snow is not a problem, evergreen snow can screen unattractive areas.

For fuel economy, you can use plantings to cut the force of the wind and save heat. These can be sugar maple, or hawthorn, or other trees that provide a high shade screen that reduces the need for air conditioning.

Bare branches can expose unsightly stubs of past bad pruning, rubbing branches or areas in need of pruning or reshaping.

Make a list of pruning and thinning jobs for when the appropriate time arrives. You can cut off diseased sections and destroy insect eggs or cocoons at the same time.

It's best to make a list, some sketches or maps, because once the leaves are out, it's hard to remember exactly where the big snowdrift was or how much of the bad view you could see. But it's the kind of "winter gardening" that can pay off in year-round satisfaction.

Teen Council

An exciting meeting will be held Sunday, February 11, at 2:30 p.m. "A Look At Me" is the theme of the program. Everyone is asked to come as you might be portrayed. A program on citizenship and flag etiquette will be offered. All 4-H youth 12 and older are invited to attend. Refreshments will be served.

Upcoming meetings:
March 11 — Communication Skills Program
March 22 — Easter Egg Decorating
April 12 — Social Committee Planning
April 22 — Easter Egg Decorating
June 10 — Swimming Party — Scavenger Hunt — Scheper’s home
July 8 — Picnic — Make Fair Posters — Lorenz’s house

UNL Collegiate 4-H Host Weekend

The UNL Collegiate 4-H Club is sponsoring the annual "Host Weekend" for high school juniors and seniors, Saturday, February 23-25, 1990. Students throughout Nebraska will live in dorms, fraternities, sororities and apartments plus receive a hands-on overview of college life. Participants may visit with professors, attend classes, explore housing possibilities, learn about financial aid procedures, plus much more. The cost is $25. Applications are available at the extension office and due two weeks before the event. Reservations will be taken on a first come first serve basis.
Crop Focus ‘90

The annual area Crop Focus meeting which addresses production practices which are profitable and environmentally sound will take place on February 6, at the VFV Hall in Ashland. The maximum registration fee will be $8.00. The fee includes registration, materials, lunch, and refreshments. Local financial support may lower this fee. The meeting agenda is as follows:

9:00 Registration
9:30 What if No Fertilizer or Pesticides?/USA - Dick Weiss
10:00 Break
10:30 Pesticides and Water: Wahoo Creek and Tributaries - Bob Stoougaard
11:30 Economics of Sampling for Nitrogen/N Plots - Ed Penas
12:00 Lunch
1:30 Crop Decisions: Hybrids and Varieties vs. Soil Moisture, Population, Tillage, Soils - Roger Elmore
1:30 Calibration of Ammonia and Chemical Application Equipment - Bobby Grisso

February 15:
2:00 Update on Starter Fertilizer Study - Ed Penas
2:30 Break
3:00 1990 Farm Bill/Ag Policy - Roy Frederick
3:30 Adjourn

The maximum registration fee for these workshops should be $12 ($6 for the 1/2 day meetings). The fee includes registration, proceedings and refreshments. Local financial support may lower the fee at some meetings. Plan to attend one of these meetings!

Conservation Tillage Area Meetings

Conservation tillage systems which leave at least a 30 percent residue cover after planting comprise a major portion of the plans developed and approved in response to the conservation compliance requirements of the 1985 Food Security Act. These plans are to be fully implemented by 1995. The purpose of these area conservation meetings is to promote adoption and management of no-till, ridge-till and other conservation tillage systems being adopted to help reduce soil erosion.

These area meetings are currently scheduled for the Lancaster County area:

- February 20: Firth a.m., Community Center
- February 21: Gretna p.m., Logan Hall
- February 21: Southpaw p.m., First National Bank & Trust
- February 23: Wilber a.m., Villisca Hall
- February 23: Wilber all day, Sokol Hall
- March 2: Beaver Crossing p.m., Grange Hall

Record Keeping/Taxes/Estate Planning/Financial Tools/Marketing
Farm & Machinery Leasing/Implications of ‘90 Farm Bill

A series of farm management workshops will be offered at the Cresco Community Hall and the Papio NRD beginning in February. Workshops will be held for three consecutive Thursdays from 1 to 4 p.m. A description of the sessions is given below. Cost of each workshop is $5 or $10 for all three sessions. Please call the extension office at 471-7180 to preregister. Please preregister at least one week before first workshop.

Workshop A
Dr. R. F. Hiestand, UNL farm management specialist, will discuss various record keeping options and provide some insights into the preparation of tax information. At this same session, Attorney Larry Dyer will talk about estate planning.

Workshop B
Monte Rohrman, a York county farmer, will share his successful methods of using financial statements, especially cash flows in developing a sound marketing plan.

Workshop C
Dr. Dave Aiken, UNL agricultural law specialist, or Vernon Selley, extension economist, will discuss issues including land and machinery leases. Roy Frederick, UNL agricultural economist, or Roger Selley, UNL agricultural economist, will speak about the implications of the 1990 Farm Program.

Farm Management Schedule
Crescoco
February 8, Record Keeping/Taxes/Estate Planning/Financial Tools/Marketing
February 22, Farm Leases/Implications of ‘90 Farm Bill (Dr. Dave Aiken & Roger Selley)

Papio NRD
February 15, Record Keeping/Taxes/Estate Planning Farm Leases/Implications of ‘90 Farm Bill (Vernon Waldron & Roy Frederick)
Financial Tools/Marketing

Crop Decisions: Hybrids and Varieties vs. Soil Moisture, Population, Tillage, Soils - Roger Elmore
Calibration of Ammonia and Chemical Application Equipment - Bobby Grisso

Milk: The registration fee is $15 per person. It includes a packet of information related to the topics discussed. Meals are not included. A person who preregisters 14 days prior to the meeting will receive a free crude protein analysis on one feed sample. The feed analysis is run for calcium and phosphorus and is helpful for nutrition and management. The results of the analysis will be made available before the workshop. Ask questions regarding the results can be answered at the workshop. Producers submitting samples should bring feed tags, the amount of each ingredient in the mix and the cost of each ingredient to the workshop. Details about feed samples will be available upon request.

For more information, contact either Duane Reese at 582-4700 or the Extension Office.

For more agricultural news, turn to page 6
CLOTHING LEVEL II
planning,
Newsletter
been asked to participate in the GLAD Bag-A-Thon. The
organizations to participate in
Thon picking up over 227 tons of
GLAD Wraps and Bags,
Over 5,000 volunteers
Interested volunteers should
welcomes Extension Assistant, Kerensa C. DarneU(left) to
sion in Lancaster County wishes Extension
~et
4-H and FFA market
Beef Weigh-in
The 4-H and FFA market beef weighing and tagging day
is set for Saturday, February 17 from 9 a.m. to 12 noon at
the fairgrounds. Market beef can be weighed by appoint-
ment only on Friday afternoon, February 16. If you need to
weigh cattle on Friday call Kevin at the extension office.
All 4-H and FFA market cattle must be weighed and
tagged at this county weigh day. Please let your club
leader know how many calves you will be weighing.
The Beef VIPS Committee will be setting up the scale and
chute on Friday, February 16. If you are willing to help
with the setup please have questions about weighing procedures,
call Kevin.

4-H Newsgroup
Interested in computers? Do you enjoy computer graph-
ic, computer programming, or exploring new computer
software and equipment? Four-H computer projects
involves all of these areas. If you want to find out more
about 4-H computer projects come to the next monthly
meeting on Monday, February 12, beginning at 7:15 p.m.

Spearth Workshop
CORRECTION
The speech workshop will be held on Tuesday, February 13
at 7 p.m. The date was incorrect in the January Nebline.

4-H Events:
Clean A Mile - 1990 Glad Bag-A-Thon
April is Keep America Beautiful Month. Because of last
year's overwhelming success and participation, Lincoln-
Lancaster Clean Community System has once again
been asked to participate in the GLAD Bag-A-Thon. The
CSC will be making preparations for the Bag-A-Thon and
are needing volunteers from youth groups and civic or-
ganizations to participate in rural and urban cleanups
throughout the month.
Over 5,000 volunteers participated in last year's Bag-A-
Thon picking up over 227 tons of litter of which 46.4 tons were
recycled. The First Brands Corporation, makers of
GLAD Wraps and Bags, will provide 12,000 bags to
participants.
The Bag-A-Thon Kickoff will be held at Wilderness Park on
March 31, 1990 with a rain date set for April 7, 1990.
Interested volunteers should contact the CSC office at
2200 St. Paul Avenue, Lincoln, NE 68502 or call 471-
8023 for more information.

Mini-Grant Funds Available
Lincoln - Lancaster Clean Community System (CSC) has $50
mini-grant awards available for clubs that complete an
environmental project. These projects must include
reporting, recycling and community enhancement.
Because of last year's successful grant program, we are
looking forward to an even greater year for 1990. Keep
America Beautiful Month in April will be the main focus of
the activities, but projects can be done anytime between
March and August.
For grant guidelines and application form, contact Clean
Community System at 2200 St. Mary's Avenue, Lincoln,
Nebraska 68502, 471-8023.

4-H Officer Training
Do you need help to make your job as a club officer easier?
If so, plan to attend 4-H officer training, Saturday, Febru-
ary 10, 1990, at 9:30 a.m. All officer duties will be covered
as well as meeting ideas and recreation. All club mem-
bers, parents and leaders are invited to attend.

Kiwanis Carnival - March 31st
The 1990 Kiwanis Carnival is scheduled for Saturday,
March 31. All 4-H families are invited to attend. This
event is sponsored by the Lincoln Center Kiwanis Club.

Livestock Leader Update
All livestock club leaders and parents are invited to attend
the update session scheduled for March 19, at 7:30 p.m
at the, Topics for this discussion will be Teens as Resources,
Deadlines, Entry and Identification Procedures, and Club
Meeting Needs. Tools of the trade, discussing and sharing
ideas with other leaders will be well worth your time.

4-H Camp Counselor
If you are at least 14 years old and interested in helping at
4-H camp, now is the time to apply. Applications will be
reviewed and those selected to be counselors will be notified
by May 1. Those accepting the camp counselor role need to attend camp counselor training at the Eastern Nebraska 4-H Center, June 3-5.

4-H Leaderlines
District 4-H Leader Training
Home economics and livestock subject matter will be the
emphasis of the leader training Thursday, February 8,
9:45 a.m. to 4:15 p.m and repeated from 6:45 to 9 p.m.
Participants will have the choice of two workshops plus
an optional noontime session. Workshop topics will include
new projects such as child development, bucket calf, and
market broilers, etc. Lunch during the day will be on your
own. Also included will be opportunities to view audio
visuals that are available for check out. State specialists
will present this information.
There will be a $75 registration fee.

4-H Leader Orientation
New leader orientation - Part 1 will be Wednesday, Febru-
ary 7th, at 9:30 a.m. and 7 p.m. Organizational mainte-
nance and the club meeting will be covered. Part 2 training
will be Tuesday, February 27, at 7 p.m. This session will
cover using project and junior leaders, parent involve-
ment, awards and activities. Contact Lorene if you have
questions.

Party Pointers
Planning a party can be mind boggling. Learn party
planning ideas during the Party Pointers workshop Sat-
urday, March 3rd from 10 a.m. to 3 p.m. Participants
will learn ways to make parties fun and be economical
too with "hands on" activities. Topics will include table
colorations, invitations, menu and serving ideas, gifts
to make, and gift wrapping suggestions. The $3 regis-
tration fee will cover lunch and supplies. Call the
extension office to register. If you have questions,
contact Lorene or Twyla.

4-H Computers
4-H & FFA Market
Lamb Weigh-in
The 4-H and FFA market lamb weighing and tagging day
is set for Saturday, February 17 from 9 a.m. to 12 noon at
the fairgrounds. Market lamb can be weighed by appoint-
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4-H & FFA Market
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Livestock Booster Club Meeting
February 5 at 7:30 p.m.

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Flowering Plants for Valentine’s Day

A Valentine’s Day gift of cut flowers is lovely but short-lived. A longer lasting gift is a potted flowering plant.

A wide variety of flowering plants is available today. Producers and retailers are getting away from some limited traditions, such as offering cyclamen only at Christmas, so gift givers can choose from a colorful array of flowering plants.

If you know where your valentine is likely to place a plant, you can even choose one tailored to the growing conditions there.

Average indoor temperatures (with minimum night temperatures no lower than 50-56 degrees F), bright diffused light or full sun, and regular watering to keep soil moist but not soggy are the prescription for success with such flowers as begonias and chiffon and potted chrysanthemums. Azaleas will also do well under these conditions as long as they are not exposed to direct sunlight. Cyclamen, too, prefers diffused light and benefits from exposure to relatively humid air and night temperatures toward the cool end of the preferred temperature range. Kalanchoe, on the other hand, prefers direct sun and tolerates conditions a little on the dry side. Soil should be allowed to dry out between waterings.

Somewhat warmer temperatures (night minimum in the low 60’s), bright, diffused light in spring and summer and sun in direct fall and winter, and soil kept uniformly moist but not soaking wet are ideal for most tropical and ornamental peppers. If indirect light or partial shade is all that’s available, gloxinia would be a better choice.

A cool climate, with night temperatures into the 40’s, will lengthen the blooming period of calceolaria and cineraria. During the day, place them where they’ll receive bright, indirect light but no full sun. Water cineraria so the soil stays uniformly moist but not soaking wet, but allow calceolaria’s soil to dry somewhat between waterings.

Cineraria and calceolaria are usually discarded after they finish flowering. Many other flowering potted plants can be kept and reflowered. If you grow other types of flowering plants that don’t give directions for care after flowering, consult your local Master Gardener or Cooperative Extension Service office.

Iron Deficiency Symptoms of Tropical Foliage Plants

Horticulturists at Texas A&M University subjected eight folklore plant species to low-iron fertilizer over a period of 17 to 86 days. Philodendron scandens subsp. oxycardium showed some chlorosis and reduced growth.

Master Gardeners

If you’ve called my office during the spring or summer you may have had the opportunity to speak to one of the many Master Gardeners that assist the Extension Office. What is a Master Gardener? A Master Gardener is a trained volunteer advisor of the University of Nebraska Cooperative Extension Service. The Master Gardener program provides participants with intensive education in horticulture and forestry principles.

Master Gardeners provide volunteer leadership and service to their community in gardening activities. This service includes helping answer telephone and office inquiries, assisting with phone calls on the “Backyard Farmer” television program, making speaking engagements and garden demonstrations.

When and where to obtain information about becoming a Master Gardener, call your local Cooperative Extension Service office or refer to an application form. Complete it and return to the extension office. Upon acceptance into a training session, you will be notified of the location and time that classes meet.

Questions and Answers

Q. What is the advantages of using fluorescent tubes instead of natural light to supplement natural light for plants in the winter?

A. A big advantage of fluorescent lights is that they are more efficient—that is, they give off much more light for the same amount of energy used. It takes to take three or five 40-watt incandescent bulbs to get the same amount of light that one 40-watt fluorescent tube provides. A second advantage is to the fact that much of the electrical energy that goes into incandescent bulbs is given off as heat instead of light. That heat is another disadvantage of incandescent bulbs—it can damage plant tissues.

If your primary concern is how the plants will grow in the light you give them, fluorescent tubes are the only choice. Plants respond better to fluorescent than to incandescent lights. Under incandescent lights, foliage tends to be pale and stems excessively long. Growth under fluorescent tubes tends to be more compact, and flowering occurs over a long period of time.

For best results, use a combination of cool white and warm white tubes. The cool white tubes provide light necessary for plants to grow, while the warm white tubes provide light necessary for plants to flower. If your plants are not getting enough light, you may need to install additional fluorescent lighting in your room. If you have an old-fashioned fluorescent light fixture, you may need to install new lighting to provide proper light levels for your plants.

Q. The avocado plant I started a form a pit last winter grew great all summer, but since about November, it’s been going downhill. Most of the leaves have fallen off, except for a handful at the very top, and the ones that are left seem to be drying up. What could be wrong?

A. It sounds as if your avocado is suffering from a deficiency of light and humidity. An avocado needs high levels of both to thrive, but indoors in the winter, both tend to be in short supply. If you can’t move the plant to a spot where it will be exposed to moisture and air high light. If you want to, try cutting the plant off at the base. This may send out a new shoot. Don’t be surprised, however, if the plant doesn’t recover. It might be a good idea to start another plant and discard the ailing one.

Terrarium Problems

Terrariums aren’t as maintenance-free as some people think. Plants tend to out grow the terrarium, soil gets depleted of nutrients, roots escape out the ventilation holes and the container, and plants do die. Continued bad luck with your terrariums? The problem is likely to be the growing, exposure to direct sun or poor choice of plants. Even in a well-planned terrarium, there isn’t much you can do to help plants that are not able to get away. In a closed container, it can’t even escape the problem.

A rule of thumb is that if there’s water vapor on the inside of the container, the terrarium needs drying out, not watering. Open it up so it can escape, and don’t water again until the soil is dry.

Also avoid placing the terrarium where it will be hit by direct sun. A glass container gets very hot inside (continued on page 6)

Garden Etc. Staff (left to right): Don Janssen, extension agent, horticulture, Fred Baxendale, extension entomologist, Susan Kalahan, extension communication associate, John Feth, extension agent, horticulture, and Don Steinegger, extension horticulturist.

Gardening Etc. on Local Cable TV

Timely and important subjects about gardening and your landscape will be addressed on the next cable television program “Gardening Etc.” tonight, Thursday, February 7 at 7 p.m. February 7, KVON-TV Channel 5, a different gardening subject will be explored by Don Steinegger, extension horticulturist; Fred Baxendale, extension entomologist; Don Janssen, extension agent-horticulture and John Feth, extension agent-horticulture.

Scheduled programs include Rejuvenating Holiday Plants, House Plant Problems and Solutions, Native Plants, and Ornamental Trees. Each Friday, starting February 11, each subject will be investigated from the viewpoint of a horticulturist, entomologist, plant pathologist and turf or specialty. You’ll have the rare opportunity to observe a horticultural subject from several viewpoints at the same time. Mark your calendar today.

Don’t be afraid to apply. Master Gardeners are people who have a special interest in gardening and are willing to learn. Master Gardeners can be any age. In the past, Master Gardener volunteers ranged between the ages of 16 and 80.

By attending the Master Gardener training sessions, you will become more knowledgeable about a wide array of gardening subjects. This knowledge will increase your skill and will enable you to assist the public with gardening questions and problems.

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Good and Bad Blood Cholesterol

Bob had a high blood cholesterol level but his doctor told him not to worry. He seemed his cholesterol was mostly the "good" type.

So, what’s the difference? It has to do with substances referred to as "LDLs" and "HDLs," what the National Cholesterol Education Panel (NCEP) has to say about the subject.

Cholesterol travels in the blood in packages called lipoproteins. The lipoproteins are formed in the liver and carry cholesterol through the body.

Blood cholesterol packaged in low density lipoproteins (LDLs) is transported from the liver to other parts of the body where it can be used. LDLs carry most of the cholesterol in the blood, and if not removed from the body, cholesterol and fat can build up in the arteries contributing to arteriosclerosis. This is why LDL cholesterol is often called "bad cholesterol."

Cholesterol is also transported in high density lipoproteins (HDLs). HDLs carry cholesterol back to the liver for processing or removal from the body. HDLs therefore, help remove cholesterol from the arteries preventing the accumulation of cholesterol in the walls of the arteries. Thus, they are often referred to as "good cholesterol." If your total cholesterol level is either in the "high" category, 200 mg/dl (5.25 mmol/L) or above, or the "borderline high" category (200-239 mg/dl or 5.18-6.0 mmol/L) and you have coronary heart disease or two or more other risk factors for coronary heart disease, your doctor will want a more complete "cholesterol profile." The profile includes HDL cholesterol, cholesteryl esters, and triglyceride levels.

This information will then be used to determine whether your total cholesterol level is dangerously high.

Healthy Wholesome Salads Class

How vegetables help reduce the risk of cancer and heart disease will be the topic of a class on Wednesday, February 14, 7 - 8:30 p.m.

Susan Williams, home economist and extension agent, will lead the class titled "Healthy Wholesome Salads Class." Several study materials and ideas will be presented and available for reading. Particpants will also study the fats in salad dressing and some tips for "heart healthy" salad toppings. The discussion will include dressing selection and preparation.

Register by calling Cooperative Extension at 471-7287. The cost for the workshop and materials is $4.

Turn to page 6 for more home extension news...

Annie Henneman, Twyla Lidolph, Esther Wyant Extension Agents, Home Economics

Home Extension News

Spring Workshops

Here is a list of workshops and meetings being offered through the Nebraska Cooperative Extension in Lancaster County.

Suit Yourself will be offered on February 20, 1 to 3 or 7 to 9 p.m. This program for men helps identify styles and fashions for the man’s build. The cost for this workshop is $10 and includes a workbook.

Sewing Tips will be given on Thursday, February 22, 1 to 3 or 7 to 9. Participants will have an opportunity to learn basic sewing techniques. The cost for the workshop will be $3. Twyla Taylor, a registered dietitian, will share her professional expertise as well as her personal experience in planning and preparing foods for fun and family. The teen is inviting us to share in the "Suit Yourself" program. Please bring basic sewing tools. The cost for this workshop is $10. To register, call the extension office, 471-7180.

Getting to the Heart of Cholesterol and Kids Class

Learn the latest information about cholesterol concerns for children. Find out how to prevent a child’s blood cholesterol level from being high. The program is co-sponsored by the Nutrition Committee of the American Heart Association - Lincoln Division, the Lincoln Diabetic Association and Cooperative Extension.

James Guest, M.D., a pediatrician with the Lincoln Clinic, will discuss cholesterol levels for children, age guidelines for testing, children at greatest risk of heart disease and recommended treatment.

To Taylor, a registered dietitian, will share her professional expertise as well as her personal experience in planning and preparing foods for fun and family. The teen is inviting us to share in the "Suit Yourself" program. Please bring basic sewing tools. The cost for this workshop is $10. To register, call the extension office, 471-7180.

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Listen With Your Heart

As parents, we often tell ourselves “I really ought to listen more to my teenager.” Do we?

Average parents listen far below their potential. The teen is really very valid. The teen is inviting us to share in the frustrations and joys of life as we as listen more to each other. We will continue to listen (or not listen) the way we always have.

Try these suggestions for improving listening skills:

Control your emotions. This can be very difficult especially when you are feeling highly emotional. Emotions can distort our understanding we are trying to achieve by listening.

Be patient. Do not interpret—be courteous. Give your teen time to say what he wants to say.

Ask questions of clarification only when you do not understand what is being said.

Empathize. Try to put yourself in your teenager’s shoes. Try to see it from his point of view.

Don’t make hasty judgments. Don’t be critical of your understanding of a word or phrase is the same as your teen’s. Don’t assume your understanding of something is the same as his even if you don’t make a statement. The teen is inviting us to share in the frustrations and joys of life as we as listen more to each other. We will continue to listen (or not listen) the way we always have.

Look at your teen in a quiet manner. Listen to the words and ideas and feelings related to the message. Avoid arguing or fighting; instead, set up a barrier between you and the teen.

Effective listening, like positive relationships building, takes time. This time may include the eye contact that occurs tomorrow your teen may not ask again.

For more information on this topic, please request a copy of H084-191, Listening—With Your Heart As Well As Your Ears.
The house sparrow, also known as the English sparrow, is one of the most popular birds among bird enthusiasts. Like some of its relatives, it is capable of adapting and thriving in various environments. Left to their own devices, they will readily settle in nearly every habitable area except a few deserts, high mountains, and the open ocean. They will feed on almost any food available, adapt to any weather, and make use of any nesting site. They can contaminate grains and other storages used for both animal and human consumption. They are a factor in the spreading of several diseases, parasites and weeds. House sparrows always live near humans and depend on people to provide their food and shelter. Sparrows use buildings such as barns and machine sheds for winter roosting areas. As perching and nest building areas, this can be a major problem for owners of these structures. As barns and machine sheds for winter roosting areas seem to stop working.

Soil Appreciation

House Sparrows

In the mind of a farmer, the lowest order of nuisance is the house sparrow. The house sparrow, a small, brownish bird, is often seen feeding on insects, grain, and fruit. As a result, farmers are constantly on the lookout for ways to control this pest. One effective method is to remove leaves from the strawberry plants. This is done by hand in the case of hand-harvested strawberries, or by a mechanical harvester in the case of mechanically harvested strawberries. The leaves are then shredded and removed from the field.

Other control measures include destroying nests during nest time and trapping sparrows. It is usually only successful during late winter when natural food supplies are low and sparrows are more likely to be hand-caught. Repeaters and scare devices are not widely used as they are not recommended. House sparrow control usually requires an integrated approach using a variety of techniques. Keeping timely control efforts can keep house sparrow problems in check.

Retirement Goals...

The following is a list of goals that we discuss in our seminar on retirement planning.

1. Give each goal a dollar value.
2. Set your goals in writing.
3. Set time limits for each goal.
4. Prioritize the goals.
5. Decide where you want to be in 10 years.

Many people look forward to retirement as a time to relax and enjoy life. However, it is important to plan for retirement in order to be financially secure. Setting goals and working towards them can help make retirement a reality.

New Record Tomato Yield

Soil physicist Claude J. Prochnow, chief of the Soil Conservation Service of the U.S. Department of Agriculture in Fresno, California, has broken a world record for tomato yields. He has obtained yields of 202,000 pounds per acre (4600 pounds per 100 square yards) on a plot of land that was previously unplanted. The plot was a field that had been fallowed for nearly five years, and was covered by a layer of approximately 1000 square feet per acre. The soil was a loam, and the plot was watered with a drip line system. The yield of the previous year was 100,000 pounds per acre.

In June of the following year, the same tomato variety was planted in the same field, and a yield of 202,000 pounds per acre was obtained. This is the highest yield ever recorded for tomatoes, and is a significant improvement over the previous record yield of 100,000 pounds per acre.

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We all depend on soil for our food. As the world's population grows, the amount of soil capable of supporting each person is reduced, making it essential that we use the diminishing per capita soil supply wisely. How much soil do we have to work with?

Cut an apple into quarters. Take away three of the quarters, which represent roasting areas, leaving one quarter of land areas.

Cut the “land” quarter in half, and take away one of the halves, representing areas which are unsuitable for human habitation.

Cut the remaining quarter in half. These quarters are the four equal parts. Three of these parts are unsuitable for growing crops, either because of poor weather or soil, or because of development for other uses. Take away two of these, leaving one-third of the apple.

Soil Appreciation

The nebline...
Balancing Work And Parenthood

The media’s favorite mat­tery these days is the work­ing mother, a chronically weary bundle of conflicts who agonizes about the quality of her child care arrangements while strug­gling to preside over a ca­reer that seems to be losing steam.

While no mother who works outside the home would deny that exhaustion and logistical hassles are part and parcel of her daily life, more and more women (and a small but growing number of men) are quietly finding ways to minimize the conflict between their roles as parent and em­ployee. They reevaluate their goals, deciding where they want to spend their energy, even if it means settling for a lower standard of living than they’re used to.

Part-time work is an option that appeals to an increas­ing number of women—the Bureau of Labor Statistics reports a 31 percent jump in the number of female part-timers from 1976 to 1986. Working part-time is a viable alternative for a wide variety of positions—from waitress to attorney, graphic artist to factory worker, teacher to ac­countant—although some employers seem to offer it only to people they pay less because they per­ceive as exceptionally hard workers. And many don’t work for employees with management respon­sibilities.

Flextime allows employees to set their own hours and lets parents take advan­tage of the fact that they often rise earlier in the morning than other people.

While many companies just permit employees to wake up later and leave work an hour or two earlier, some have more imaginative ways to help workers maintain a balance of work and leisure. New Extension board members installed (from left to right): Randall Gustafson, Gerald Halling and president David Doeschot.

Making Time For Fitness: Alone Or With The Family

Regular exercise is one of those things we all know is good for us. It relieves tension, helps reduce stress and keeps us on an even keel. The trouble is, finding the time to do it. This is true for youngsters, too. Only 36 percent of students in grades K-12 have daily physical education, and most schools have no gym classes at all. According to Physical Fitness and Sports, a majority of American kids don’t measure up to national standards for the "ever­present health imperative" and nearly a third suffer from high cholesterol, high blood pressure or obesity.

Common Fears: Will It Happen To Me?

Fires. School shootings. Children kidnapped. As youngsters listen to the news, they hear stories about parents’ conversations, they are likely to fear for their own safety. "Parents cannot assume that young children are naive about fire," says Lenore Terr, MD, a profes­sor of clinical psychology at the University of California in San Francisco. Here are some common ways children show signs of fear that you may not recognize as a reaction to hearing about troublesome events, according to Dr. Terr. Your child may:

- Make unusual comments, such as "My bedroom feels bad." or "This bath is burning me!" after a neighborhood fire.
- Voice concerns about the safety of other children.
- Enact repetitive fantasy play, assuming the role of the victim or perpetrator of a recently reported crime.

-Jogging, walking, working out at a gym and going to an exercise class are activities we all can do individually. But another good way of staying fit is to exercise together as a family. Activities need not be formal, elaborate or costly. They can be as simple as playing catch in the backyard, taking walks with the kids and the dog, or shooting some baskets together after dinner.

Can it be that . . .

• Each recycled aluminum can saves the equivalent of a cup of gasoline.
• Every recycled aluminum can saves enough energy to burn a 100 watt lightbulb for 3 hours.
• Every year Americans throw away enough aluminum to build all the commercial airplanes in our country every 3 months?

Recycling Facts

• Each ton of recycled high-grade paper saved uses as much energy as driving a car 1,300 miles.
• Aluminum cans thrown away is a waste of more energy than is used daily by each of a billion people in poorer lands.

• Americans will eat an estimated 5 million homes for 200 years.

• The recycling edition of the Sunday Times could save 75,000 trees standing.

• Each ton of recycled aluminum saves enough energy to power 1,250 homes.

Recycled paper reduces the air pollution involved in the paper making process by about 95 percent. Each ton of paper made from recycled wood pulp saves about 17 trees, 42,000 gallons of water, and 460 pounds of air pollution.

Recycling reduces energy, waste, resources, and water?

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Copyright © 1986. Working part-time is an option that appeals to an increasing number of women—the Bureau of Labor Statistics reports a 31 percent jump in the number of female part-timers from 1976 to 1986. Working part-time is a viable alternative for a wide variety of positions—from waitress to attorney, graphic artist to factory worker, teacher to accountant—although some employers seem to offer it only to people they pay less because they perceive as exceptionally hard workers. And many don’t work for employees with management responsibilities.

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What Pets Teach Your Child

‘Mommy, can we keep him? Please?’ Can you say no to your pleading four-year-old as she snuggles the fur of a soft gray kitten? If you grant your child’s wish, you’ve probably made the right decision, says Gudrun F. Ameringer, an associate professor of early-childhood education, North Carolina Agricultural and Technical State University in Greensboro.

Kids benefit in many ways from having a pet:

-Children become sensitive to the needs of another.
-‘Frisky looks hungry,’ I think Spot would like some of this chicken.’

-Pets give unconditional love, and plenty of chances for warmth and play.

(continued on page 8)
What Pets Teach Your Child

-Caring for a pet introduces children to a routine of daily responsibility. “Every night before dinner, my job is to give Gato one scoop of food and some fresh water.”

-Children learn about the cycle of life by watching their pets grow up. “Pajama eats hard dog food now.” “Prince doesn’t run as fast as he used to.”

-Children discover the common needs of living things. “Whiskers has to have food and water, just like Patricia’s dog.”

“Preschoolers need companion animals that can be easily held and cuddled; such as dogs, cats and gerbils,” recommends Dr. Blue. Some pets such as turtles and fish are easier to care for but offer less opportunity for touch and interactive play.

Dr. Blue acknowledges, however, that there is no way for a preschooler to be completely responsible for a dog or cat. Parents must take an active role, and show the child how to be gentle, play appropriately and care for a pet.


Extension Calendar

All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

February

1. Kaleidoscope Magic Applications due
   9:30 a.m.
2. Horse VIPS Committee
   7 to 9 p.m.
3. Wildlife Management Workshop
   7:30 p.m.
4. Livestock Booster Club
   9 a.m. to 3:30 p.m.
5. Crop Focus ’90, Ashland-VFW
   7 to 9 p.m.
6. Facing Our Future (part 4)
   7:30 p.m.
7. 4-H Council
   9:30 a.m. or 7 p.m.
8. New 4-H Leader Orientation - Part 1
   9:30 a.m. to noon
9. Farm Program Briefing, Waverly-Lancaster County Bank
   1 to 4 p.m.
10. 4-H Council Training
    9:45 a.m. or 6:45 p.m.
11. Farm Management Series (Part I), Ceresco-Village Hall
    1 to 4 p.m.
12. Kaleidoscope Magic Camp
    9:30 a.m.
13. Officer Training
    2:30 p.m.
14. Teen Council
    7:15 p.m.
15. 4-H Computer Club
    7:30 p.m.
16. Retirement Planning
    8 a.m. to 4 p.m.
17. Commercial Applicators Pesticide Training (Initial)
    7 to 9 p.m.
18. 4-H Speech Workshop
    7 p.m.
19. Healthy Wholesome Salads
    7 to 8:30 p.m.
20. Farm Management Series (Part II), Ceresco-Village Hall
    1 to 4 p.m.
21. Getting to the Heart of Cholesterol & Kids
    7 to 8:30 p.m.
22. Fairboard
    7:30 p.m.
23. National Alfalfa Symposium, Comstock Hotel
    1 to 5 p.m.
24. National Alfalfa Symposium, Comstock Hotel
    8 a.m. to 5 p.m.
25. Market Beef Weigh Day
    9 a.m. to noon
26. Area Conservation Tillage Meeting, Firth-Community Center
    8:15 a.m. to noon
27. Area Conservation Tillage Meeting, Genoa-Legion Hall
    12:45 to 4 p.m.
28. Suit Yourself Workshop
    1 to 3 or 7 to 9 p.m.
29. Facing Our Future (part 6)
    7 to 9 p.m.
30. Metro 4-H Council Training, Papillion
    1 to 4 p.m.
31. Area Conservation Tillage Meeting, Syracuse-First National Bank
    12:45 to 4 p.m.
32. Microwave Cooking Class
    1 to 3 p.m.
33. District Key Leader Training, Omaha
    8 a.m. to noon
34. Area Conservation Tillage Meeting, Ceresco-Village Hall
    1 to 4 p.m.
35. Farm Management Workshop (Part III), Ceresco-Village Hall
    8 a.m. to 4 p.m.
36. Irrigation Short Course, Geneva
    1 or 7 p.m.
37. Sewing Tips Workshop
    9 a.m. to 3:30 p.m.
38. Area Conservation Tillage Meeting, Wilbur-Sokol Hall
    9:30 a.m. to noon
39. Farm Program Briefing
    1 to 4 p.m.
40. Private Applicators Pesticide Training
    1 to 4 p.m.
41. District Key Leader Training, Seward
    1 to 4 p.m.
42. District Key Leader Training, Auburn
    1 or 7 p.m.
43. Home Extension Leader Training - Financial Counseling
    7 p.m.
44. New 4-H Leader Orientation - Part 2
    1 to 3 p.m.
45. Microwave Cooking Class
    1 to 3 p.m.

March

1. Microwave Cooking Class - Part I
   1 or 7 p.m.
2. Party Pioneers
   10 a.m.-3 p.m.
3. 4-H Council
   7:30 p.m.
4. Microwave Cooking Class - Part II
   1 or 7 p.m.
5. Teen Council
   7:30 p.m.
6. 4-H Computer Club Meeting
   7:15 p.m.
7. 4-H Camp Staff In Training Applications due
   7:30 p.m.
8. Horse VIPS Committee
   9:30 a.m.
9. Water Problems in the Home
   7 p.m.
10. Livestock Leader Update
    7:30 p.m.
11. County Speech Contest
    7 p.m.
12. Family Camp Registrations due
    7 p.m.
13. District Speech Contest
    8:30 a.m.
14. Kiwanis Carnival

Nebl ine Feedback Form

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

1. change your address and/or order a subscription
2. register for events and programs sponsored by or held at the Nebraska Cooperative Extension in Lancaster County
3. submit general comments and/or story ideas.

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Name: ____________________________
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Workshop Registration

Register for Workshop/Program:
Date of Workshop/Program:
Time of Workshop/Program:
Number of registrations: at $ _ each.
Payment enclosed: _

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Story idea(s):

Backyard Farmer Catalog
I would like to purchase copies of the 1990 Backyard Farmer Calendar(s) at the price of $3.37 each ($6.00 + $3.33 sales tax + $1.00 postage) for a total of $ _

Return to:
University of Nebraska Cooperative Extension
in Lancaster County
444 Cherry Creek Road, Lincoln, Nebraska 68508

The Nebl ine
Nebraska Cooperative Extension Service
Lincoln County

The Nebl ine is edited by Mark D. Hendricks, Extension Assistant, Media, and published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, Nebraska, 68528. For more information, contact Mark Hendricks at (402) 471-7180.