3-1990

The NEBLINE, March 1990

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Home Extension Leader Training Planning For Healthy Eating

Want to know more about healthy eating? Then plan to attend an extension lesson on “Planning for Healthy Eating” on Thursday, March 22, from 10:00 to 12:00 p.m. This lesson will include a demonstration of the effects of long-term poor nutrition as well as an introduction to the nutrient needs of the body. This lesson will be presented by three University of Nebraska Cooperative Extension Specialists.

March 1990
Vol. III, No. 3

University of Nebraska Cooperative Extension
Lancaster County

BullSetr tralntOO sessonwldoo presented including:
9:30 Nitrate Dangers
Saunders County, 112 E. 7th
registration will begin at 9 a.m. with the meeting starting at 9:30 a.m. as it relates to drinking, officials will discuss the dangers of nitrate and how to reduce or eliminate the use of pesticides. According to John Wikelewski, extension entomologist, this statistic identifies Nebraska as one of the United States.

Drought by Bruce Anderson; Beef Cattle Health Program
return it to the youth.

Annuals by Larry Smith; Healthy Eating.
Lancaster County 4-H’ers, wish to take the lesson are asked to phone 471-7180 to preregister. There is no fee for this lesson.

Beef Production Workshop
An informational meeting for local beef producers will be held at 8:00 a.m. at the Extension Office in Saunders County, 112 E. 7th Street, Wahoo. Coffee and registration will begin at 9 a.m. with the meeting starting at 9:30 a.m. Lunch will be served in the classroom and will be included in the registration fee of $5. Five minute minute presentations will be included using "Nutrition Criteria by Jim Gostey; Pasture Management After Drought by Bruce Anderson; Beef Cattle Health Program by Duane Redd; Protein Management by Rick Simon and Nitrate Dangers in Summer Annuialy by Rick Rasby.

The Census is Coming!
April 1 is Census Day 1990. Near the end of March, the official mailing of Census forms will be mailed to all households throughout Lancaster County. Please fill in the form and return it to the Census Bureau in the postage-paid envelope provided. You will be helping yourself and the community if you do. If you have questions, please call the Census District Office in Lincoln at 434-2150.

Tackling Tough Stuff
Would your 4-H, Camp Fire, Girl Scout, Boy Scout or church youth group like to learn more about how to handle stress and support friends who may be depressed? Lancaster County 4-H’ers, Christy Carver, Kristy Vance and their leader, G. L. Redd, participated in a three-day workshop in Minneapolis dealing with stress, depression and suicide. A two-week workshop will take an educational program to meet your needs. Call Maureen if you’d like to schedule a program for junior high or high school youth.

Nebraska is a Major User of Pesticides
Based on a 1982 statewide survey, approximately 30.1 million pounds of pesticides were used on Nebraska’s major crops and rangeland. According to John Wilkowski, extension entomologist, this statistic identifies Nebraska as one of the major users of agricultural pesticides in the United States.

With this in mind, pesticide stewardship should be a high priority. Extreme care should be practiced in terms of pesticide use regarding both personal and environmental safety particularly as it relates to water quality.

The easiest way of preventing pesticide contamination of surface water resources, ground water, is to substantially reduce or eliminate the use of pesticides. However, since this is not immediately realistic, at least one should ask some very important questions prior to using a pesticide.

1. Is the pesticide used necessary or is an alternative method of control or application effective and available?
2. If the pesticide application is necessary, is the application in accordance with the label in terms of rate, method of application and site of application?
3. If some pesticide remains in the spray area, how can it be properly disposed of?
4. How can the pesticide containers be properly disposed of?
5. What other questions could be asked, however, these are the most important. Payments to farmers from the government usually should be included in a farmer’s income, regard­less of whether the payment is made in cash, farm­ers, or commodity certificates. Loan cancellations are generally considered part of a farmer’s gross income. Farmers can still claim investment tax credits that they earned before 1987 by filing an amended return. Details on all of the above can be found in IRS Publication 225, “Farmer’s Tax Guide.” It can be obtained free of charge, by calling toll free, 1 (800) 424-3676.

Available for Environmental Action
Lincoln-Lancaster Clean Community System (CCS) has $50 mini-grant awards available for clubs or groups that complete an environmental project. These projects must include collection, recycling and com­munity enhancement. Keep America Beautiful Month in April will be the main focus of the activities, but projects can be done anytime between March and August. Several 4-H and home extension clubs received these grants last year. If your group is interested in earning funding to enhance the quality of life and help make Lancaster County a cleaner, safer place to live, contact David Patrick Lan­gan of the CCS at 2200 St. Mary’s Avenue, Lincoln, NE 68502, 471-8023.

Farming with LISA
Farming with fewer purchased goods and services is an excellent goal. But, can it be done and still turn a profit? On March 23, 9 a.m.-3 p.m., a workshop entitled “Resource Efficient Alternatives For Agriculture” will address these questions.

Advance registration is encouraged. The $8 workshop fee, payable by the day of the workshop, will cover handout materials and noon lunch. Workshops will include feature presentations, group discussions and a farmers’ panel.

Dr. Chuck Francis, extension agronomist, will open the workshop with an overview of sustainable agriculture. Francis will cover the many different titles given to this topic.

Alan Frantzuebbers, agronomist, will address nitrogen management in crop rotations. Fertilizer resource management will then be explored by a panel of experts.

The afternoon program will include agricultural chemical management and cropping systems.

Farming Tax Briefs Available

March 5-9
Nebrohne S&X, Lincoln

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University of Nebraska Cooperative Extension Lancaster County, Nebraska otherwise noted.
444 Cherry Creek Road
Lincoln, Nebraska 68528

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Lincoln, Nebraska
Page 2

University of Nebraska Cooperative Extension in Lancaster County in 444 Cherry Creek Road
Lincoln, Nebraska 68528
**The Cloverbinder**

**4-H News and Events**

The second annual county leaders forum will be Saturday, April 21, 8:30 a.m. to 3:30 p.m. Registration and refreshments will begin at 8:30 with the program starting at 9 a.m. The forum will be held at the Seward Community Center located between Lincoln and Omaha, six miles south of the Lincoln Center. Families attend according to the club names. Clubs L-Z will attend from 6 to 8 p.m. Parents & A-K will attend from 7:30 to 9 p.m. There will be 25 canvaal booths available for youth to play and bingo for the adults. If your club would like to have a booth please call the extension office. Booth reservations are available on a first-come basis. A meeting for those planning- booths will be held Thursday, March 11. Call Lorene if you have questions.

**4-H Animal News**

**Livestock Judging Contest Held at AK-SAR-BEN**

The Quad City livestock judging contest will be held Thursday, March 15 at 6 p.m. in the Nebraska Hall, AK-SAR-BEN Livestock Pavilion. This is an annual event for 4-H’ers in ten counties. There are classes of beef, sheep and swine. Call Kevin if interested. This should be a very good season opener.

**Officers Elected for Horse VIPS**

Barbara Gries was elected as chair of the 4-H Horse VIPS Committee and will serve as Superintendent of the Lancaster County 4-H Horse Show. Peggy Jefferies will serve as vice-chair and assistant superintendent. Peggy Jefferies was elected as secretary of the 4-H Horse VIPS Committee.

**Horse Speech and Demo Contest**

A speech and demonstration contest for 4-H members from 14 to 18 years old, the horse speech and wind contest will be held Saturday, March 31, at the Saurder County Fairgrounds in Wahoo. It is the second and last speech and wind contest with each contest divided into three age groups. The contests are 4-H public speaking, individual demonstration and team demonstration. Four-H members ages 14 to 18 will be in the senior division; age 12 and 13 will be junior division; and age 11 and under will be the elementary division. The top senior from each county in all three contests will advance to the Nebraska State 4-H Horse Exposition to be held July 14-17. Questions concerning specific contest rules may be directed to Ward.

**Leaderlines**

**Say “Yes, We Can” at the County Leaders Forum**

The second annual county leaders forum will be Saturday, April 21, 8:30 a.m. to 3:30 p.m. Registration and refreshments will begin at 8:30 with the program starting at 9 a.m. All leaders (organizational project, or activity) and parents are encouraged to attend. Leaders attending state and regional forums are planning the Lancaster County 4-H can’t attendance

**3-H Events:**

**Help for Shuttleburgers**

A pharmacy workshop project for 4-H’ers in beginning preschool will be held Thursday, March 15, 7 to 8 p.m. Kay Jurgens, 4-H leader, county fair judge and pharmacy enthusiast, will present the workshop. Participants may bring their own cameras to take pictures. They will then have questions about. Picture taking techniques, display- ing pictures and fair exhibits will be covered. Call the extension office to pre-register. Anyone interested in an advanced workshop or help in that area should call Lorene.

**Speaking Out: 4-H Speech Contest**

The Lancaster County 4-H Speech Contest will be held Friday, March 26, 6:30 p.m. Four-H plans- ning to give speeches should call their name, age and speech title into the extension office by Friday, March 9. A tentative program will be sent to partici- pants. Call Lorene if you have questions.

**Judging Contests**

- **July 26**
  - The orchard judging contest (small fruits, vegetables and turf) will be held at 10 a.m. The home economics contest (beginning, ad- vanced and miscellaneous divisions) will be at 1 p.m. Each contest will take approximately two hours.

**4-H Horsemanship Clinic**

An opportunity for 4-H members to Sharpen their Skills

- **Trail - Western Riding - Reining**
- **Speed - Showmanship - Paring**

Saturday, March 31, 1990

**Sauders County Fairgrounds - Wahoo, Nebraska**

**Open to 4-H’ers from Sauders, Sarry, Douglas Counties**

**Schedule:**

- 9 a.m. to 12 p.m. - Members have their choice of four workshops every 45 minutes. Nine topics including: English Classes, Western Riding, Speed Grooming & Halter, First Aid & Health, Roping, Feeds & Nutrition and Trail Classes.

- 9 a.m. to 12 p.m. - Speech and Demonstration Contests - Open to any 4-H member from those counties. Contest- ants can choose times to present speeches and demonstra- tions, in order to attend workshops of their choice.

- 12 to 1 p.m. - Lunch at the arena

- 1 to 4 p.m. - Riding Instruction (bring your own horse). Three classes conducted each hour. Some will be repeated.

Class: Western Showmanship and English Equitation,

**Enjoy 4-H Camping Fun**

Summer is just around the corner. Why not include camping at the Eastern Nebraska 4-H Center in your plans. Four-H camp (recruited 4-H’ers who have attended camp) are willing to visit your clubs and talk about 4-H camp. Call Kathleen Higley, camp recruiter coordinator, 489-6761, to arrange a visit.

- Camps are held at the Eastern Nebraska 4-H Center, located between Lincoln and Omaha. Greta exit 1 of 80. Camp brochures with more detailed in- formation are available at the Eastern Nebraska 4-H Center. Be sure to catch the April issue of the Nebline for a registration form.

**1990 Summer Camps**

- June 4-7: Raiders of the Deep #1
- June 7-10: High Adventure I
- June 17-20: High Adventure II
- June 25-28: Spotlight on Talent #1
- June 30-Aug. 3: Discovery I
- July 1-3: Summer Safari #1
- July 3-6: Sports Camp #1
- July 9-12: High Adventure II #1
- July 13-17: Discovery II
- July 21-23: Summer Safari #2
- July 25-27: International Camp #1

**Have Some Family Fun at the Kiwanis Carnival**

All 4-H’ers and their families are invited to the Kiwanis Carnival Saturday, March 31. This year’s carnival is sponsored by the Lincoln Center Kiwanis. Families attend according to the club names. Clubs L-Z and clubs A-K will attend from 7:30 to 9 p.m. There will be 25 carnival booths available for youth to play and bingo for the adults. All club members and one adult will be admitted free to any or all the booths. Booth reservations are available on a first-come basis. A meeting for those planning- booths will be held Thursday, March 11. Call Lorene if you have questions.

**Cornucopia Award Entries**

Plan now to enter your garden in the “Cornucopia Gardening Award” program. Four-H’ers in the vegetable or flower division may enter. The gardening season judges will come to the contest to judge the gardens have to be preregistered by May 15. 1990. The gardening season will be June 1-30. The garden contest will be held Saturday, June 15-17, 9-12 at the 4-H headquarters. All gardening season is an opportunity for 12-14 year old) to earn a ribbon. There is a junior gardening season. This program is a lot of fun and a way to learn more about gardening. For com- petition rules contact the club leaders or club members. gardening seasons have been preregistered by May 1, 1990.

**Parents Invited to Livestock Leaders Forum**

Leaders and parents involved in livestock proj- ects should plan to attend the Livestock Leader Up- date on Monday, March 19, at the Galt High School at 7:30 p.m. Participants will learn proper entry and iden- tification procedures. Ev- eryone will discuss ideas and tools that can be used to make judging fun and exciting. A guest speaker will share ideas on using tests as teaching tools.

**Teen News**

**Learn to Communicate**

Leadership Opportunity Travel Beyond II

Have you wondered what club leaders view when they go to a leader- ship camp? Travel Beyond II offers an opportunity for 15-18 year olds to learn about how they can help others.

Travel Beyond II is sponsored by the Aware- ness Team and Awareness Team alumni to let you know what they were like when they were older. It will be held at the Nebraska State 4-H Center the 22-25, with registration on Friday, March 22 from 5 to 7 p.m. The registration fee is $35 which includes lodging, insur­ ance, meals, and a shirt. Information and registration brochures are available at the extension office. Dead- line is March 12th.

Be Adventurous!

Family Adventure Camp is sponsored by the Lancaster County 4-H Horse counselor role need to attend. This year’s camp will be held Thursday, April 1, at the Eastern Nebraska 4-H Center. Your family will be encouraged to do fun outdoor activities by taking part in the camp contest. The activities include hiking and touring the camp site. The activities begin at 3:30 p.m. and end with a chicken supper at 5:30 p.m. Cost is $4 for adults and $2 for youth 4-11 years of age. Contact the extension office for registration forms and additional information.

Turn to page 7 for more 4-H news...
Many people plan their gardens as if flowers and vegetables could not coexist in the same soil. Others know that a multi-purpose garden that mixes flowers, vegetables, herbs and ornamentals can help benefit the plants in other ways. Lists of plants that supposedly grow well together are readily available. There's been very little little to investigate such combinations (though there is some work in this area). Even if they don't keep the garden insect-free, they'll add different colors and textures to the garden.

Home propagation of plants is an inexpensive way to multiply your plants. Depending on the plant, you may use a different method and the environment you provide, it can be easy or challenging, and grow for a long time or only a few weeks. The keys to propagating plants successfully are starting with healthy plant materials, choosing the proper propagation method, and providing a suitable environment.

Plant diseases and insects can be a problem when you are working with plants. Therefore, it's important to start with healthy plant parts and seeds. Portion of healthy, vigorously growing plants are also likely to establish roots and begin to grow on their own. A number of plant propagation methods fall into one of two categories: sexual or asexual (also known as vegetative). Plants propagated sexually start with seeds, which are formed as a result of the union of a male cell (sperm) and a female cell (egg). Plants propagated asexually or vegetatively are grown from other plant parts, mostly leaves and stems.

The third factor in successful plant propagation is environment. Seeds and cuttings need a suitable temperature, high humidity, reduced light and a short-term period of quick germination and successful rooting. Once established, they need more light and a little lower humidity. But this varies from plant to plant. And while both heat and water, they need a balanced, proper growing medium, air and water.

Home gardening is essentially growing among insects. The base of a typical garden in the Midwest drives out the air that plants root must have to function. The home gardener should avoid holding water but permit good drainage and aeration. Mixture of materials like peat or sphagnum—which have good water holding capacity—and aggregates like sand, perlite or vermiculite—for aeration and temperature—usually give the best results.

Some gardeners can be very uncooperative about perennials. As long as it has been stored, heat from the water drain out. A clear cover of some sort such as a clear plastic jar, heat storage bag or a piece of plastic wrap will keep the air around plants moist.

Roofing materials may be necessary. If used improperly, they can be susceptible. It may slow rather than speed the rooting process. But then it is a good idea to try one, follow the directions on the label. And remember that any damage to plant parts will not do any good to the plant. They can provide a humid environment and proper propagation techniques should give good results, with or without chemical assistance.

One Garden, Many Uses

Praying Mantis: Beneficial or Not?

That's the question raised by a recent article in the Maine Organic Farmer & Gardener. Heresy? Perhaps. Biologists have long said that praying mantises are beneficial to gardeners. Most gardeners will often find them eating aphids, thrips, Colorado potato beetles, and other pests. Occasionally, a mantis will eat a honey bee. But scientists recommend against using them as a pest control measure. Unfortunately, they eat beneficial insects, also. At least one entomologist recommends against purchasing mantis eggs for use in the garden. Not only are they expensive, they are also extremely short lived. The majority die from both sides could be wider than one that is built against a wall. The side walls to cut heat losses. Lining the inside of a coldframe against the walls on the outside will also add insulating value. The coldframe should extend to the bottom of the excavation. If the site is not dug out, the walls should be set about 4 inches below the level of the heating cable. The footing or outer walls must extend above the frostline to prevent damage from freezing and thawing. As a result, the top of the coldframe, 2 inches of loose sand, silt or peat or some other growing medium. An alternative is to sow seeds in flats and place the flats inside the frame.

Some type of ventilation should be used to remove excess moisture. On sunny days, watering and heating can be automated. Placing a thermometer inside the structure and opening the top whenever the temperature exceeds 85 degrees will prevent damage to plants from overheating. Nematodes, which live in the soil, can be killed by coldframes. Some recommend to plant them in a protected location, making sure all plants are tight and space heat treatment between the removability, a problem which is removed by allowing the soil to cool in a cool night and then using it to warm the soil. Such frames will outlast the old soil and outlast the old wood for a long time. The possibilities are endless.

Coldframe Extends Gardening Season

Coldframes are a must for the gardener who wants to extend the growing season. A coldframe can be used to start seeds earlier in the season, to protect plants from frost, and to provide a cold frame for winter potted plants. Coldframes can be used as a greenhouse, to extend the growing season, or to provide a place to start seeds or harden off plants. Coldframes can be used as a greenhouse, to extend the growing season, or to provide a place to start seeds or harden off plants.

On-the-Grow

Horticulture News & Recommendations

Don Janssen
Extension Agent, Horticulture

Long-term Effects of Cultivation on Soil

Some samples of soil from New Mexico that had been cultivated over a period of 200 years, failed to show any increase in fertility due to cultivation. Soil samples from the University of California at Berkeley, and found to show (mainly negative) effects due to cultivation. The cultivated soil was compacted, low in organic matter, subject to erosion, and low in plant nutrients (especially nitrogen). When cultivated, the soil supported a growth of a plant against damage by cold and was in a winter environment. Sufficient soil water to fly. Once there, then, is an object lesson: you can "wear out" soil so it is not productive (without remedial treatment) for a millennium. Please be careful not to destroy your great-, great-grandchildren's soil.

Some Important Notes

Grow Tristib or Tribute strawberry varieties (day
neutral types) in a double hill row system; that is — cut hills on hill. To reduce the cost of purchasing plants, initially allow each plant to form one or two plants. The first year, remove flower buds until mid-summer.

With the exception of sweet corn, cross pollination of vegetable crops does not affect the edible part. That is "this year’s plants.

A number of annuals are very frost hardy as seedlings. These can be grown as seedlings as soon as the soil can be worked in the spring. These include annuals such as viola, larkspur, candystat, California poppy, bachelor’s button, and sweet pea. A border planting of marigolds around a garden appears to reduce mite invasion, but it isn’t always effective. Marigolds are effective in reducing thrips, but they aren’t a sure bet.

Coldframes are a good way to extend the growing season. A coldframe can be used to start seeds earlier in the season, to protect plants from frost, and to provide a cold frame for winter potted plants. Coldframes can be used as a greenhouse, to extend the growing season, or to provide a place to start seeds or harden off plants. Coldframes can be used as a greenhouse, to extend the growing season, or to provide a place to start seeds or harden off plants.
Selecting Nursing Home Insurance

Deciding which nursing home insurance policy is right for you or whether you should get one at all is one of the most perplexing choices that dietitians, University of Nebraska, the water can test as high as 15 low water usage. the least.

Insurance Is Puzzling

Water hardness. These treatment units Consumers are sometimes concerned about the method and cost of recharging the water softener. Mechanical water softeners are classified into two categories: conventional and resin-based. The hard water problem is almost universal in Nebraska. It is likely that unless your water is treated in some fundamental way, it will have a significant effect on your home and health. There can be a variety of water treatment devices that are available. The hardness is usually determined by adding all ions in the water and expressing the hardness in grains per gallon or the equivalent of less than 60 ppm of hardness in a city water, for example, the water can be as high as 15 to 20 grain as a result. In Lincoln water hardness is about 80 grains per gallon. It is about 60 grains per gallon above the linear relationship. Mechanical water softeners can reduce water hardness by removing calcium and magnesium that operate on the ion exchange principle. Water passes through a bed of softening material, usually microporous resin beads which have been supersaturated with sodium ions and standing and helping “picky” eaters, menu planning and cooking for both children and adults. The course provides information which will help you make a sound decision. University of Nebraska Cooperative Extension in Lancaster County will be offering a seminar featuring Clet Mphonson on Tuesday, March 6, in the auditorium on the second floor of the Everett Dick Administration Building. Registration and enjoy refreshments from 7 to 7:30 p.m. The program will follow from 7:30 to 8:45 p.m.

Mechanical water softeners can reduce water hardness by removing calcium and magnesium that operate on the ion exchange principle. Water passes through a bed of softening material, usually microporous resin beads which have been supersaturated with sodium ions and

Nutrition Update for Day Care Centers

Day care center staff may wish to attend a “Nutrition Update” which has been designed to help maintain continuing education credits as defined by the Nebraska Department of Social Services. The program is offered at the Crossroads Conference Center, 215 Maple Avenue, on Tuesday, March 6, in room 102 from 1:30 to 3:30 p.m., on Tuesdays, April 3 and April 10. Development credit is available for the crossroads conference center. The program provides an opportunity for day care centers to become aware of the latest trends in nutrition, as well as equipment costs.

55 Alive Helps Sharpen Driving Skills

By Milli, certified instructor for AARP’s 55 Alive Driving Course, will offer the eight hour course on Thursday, April 19 and Friday, April 20. The class will run from 10 a.m. to 2 p.m.

Hard Water Problems:

by Ann Dellenbarger, UN-L Extension Housing Specialist

Hard water is a nuisance we can all live without. The calcium and magnesium picked up by water as it moves through the soil into the groundwater creates cleaning problems. Clothes laundered in hard water may look dingy or feel scratchy. Water spots on dishes and glasses are the result of hard water. Bathrooms, shower stalls and sinks are covered with a dull film caused by the minerals interacting with soap and detergent. Water softeners can be installed to help with these problems. A hands-on Serger Class will be held on April 3, 9 to 11 a.m., with a workshop taught by Vivienne Culver, extension agent. Each member of the extension club may wish to attend a 55 Alive Driving Course, will offer the eight hour course on Thursday, April 19 and Friday, April 20. The class will run from 10 a.m. to 2 p.m.

ExtensIon Club Notes

Northern Lights is a new extension club in Lincoln Wood which meets the first Wednesday of every month from 11:30 a.m. to 1 p.m. at the Lincoln Center. Those who are interested in pursing but are not con-

Wallpapering

Wallpapering can be a challenge. Bob Dayley does provide information on techniques to use when wallpapering which will help eliminate frustration and stress. The class will be held Tuesday, April 3, 7 to 9 p.m. Please preregister. Cost of $2 per person is payable at class time. Recipe Makeover

Bring your favorite recipes and learn how to lower fats, cholesterol, salt and sugar content. Alice Hennean, extension agent in nutrition, will teach the class on Thursday, April 5, 9 to 11 a.m. Please preregister. The $2 fee is payable at class time. Serger Class

Serger Class will be held on April 5, 9 to 11 a.m., with a workshop taught by Vivienne Culver, extension agent and home economics. Each member of the extension club may wish to attend a 55 Alive Driving Course, will offer the eight hour course on Thursday, April 19 and Friday, April 20. The class will run from 10 a.m. to 2 p.m.

Laundry Practices

There are many detergents, boosters and laundry aids on the market, which ones do I choose? At a workshop on Thursday, April 19, 7 to 9 p.m., you have an opportunity to review basic laundry steps, learn about types of water, laundry products and laundry aids. Techniques and products used for stain removal will also be discussed. Please preregister for this class taught by Twyla Lidoth, extension agent, home economics. Fee of $5 payable at class time. Cakes For Kids: Do-It-Yourself Decorating

For a fun-filled family activity, learn to decorate cakes for birthdays and holidays at a class on Tuesday, April 3, 7 to 9:30 p.m., at the extension office. Please call 471-7180 to preregister. Cost of $12 is payable at the first session. Each participant should have a cake and an apron. Participants will have the opportunity for hands-on experience. There will be a $2 per person charge to cover the cost of paper cutting. A hands-on Serger Class will be held on April 3, 9 to 11 a.m., with a workshop taught by Vivienne Culver, extension agent and home economics. Each member of the extension club may wish to attend a 55 Alive Driving Course, will offer the eight hour course on Thursday, April 19 and Friday, April 20. The class will run from 10 a.m. to 2 p.m.

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Pillowcase Doll

Making a pillowcase doll will be a workshop taught by Jane Goen on Thursday, April 5, 1 to 3 p.m. Participants need to bring an an-

Extension Club Notes

Northern Lights is a new extension club in Lincoln Wood which meets the first Wednesday of every month from 11:30 a.m. to 1 p.m. at the Lincoln Center. Those who are interested in pursing but are not con-
Alfalfa Production Workshop

A short course on establishment and management of alfalfa as a cash crop in Nebraska will be held on March 13 from 7 to 10 p.m. Topics include variety selection, planting methods and insect pest management, harvesting techniques, proper storage, and marketing for a profit. Sessions will be taught by Extension Forage Specialist Brian West, Nebraska Agri-Warder Shires. There will be no fee for this workshop.

Cashflows in a Flash

It's that time of year again when pencil pushing is in full force. Taxes are due and cashflow plans are being made. A special class is being offered on March 22 to help farmers minimize the time required to update their cashflow plan. If you're thinking about purchasing a computer or have a computer that is sitting in a corner, this course is for you. And learn how to put that investment to work for you!. See related article "Training Your Computer", page 5.

Applying Pesticides Effectively and Economically

Hands-on sprayer calibration clinics are set for March 28, at the Waverly Cooperative, and March 29 at the Hallam Grain Company. The clinics will begin at 9 a.m. and end at noon.

The clinics will use local farm sprayers to demonstrate the "ounce" calibration procedure. Spray tips and other applicator equipment will be calibrated.

It is estimated that 90 percent of herbicide failures are due to application errors. Improper application can result in chemical, signal weed, insect, or disease control, excessive carryover, water contamination and/or harm to wildlife. Approximately $1,000 or more in input and crop improvements from better weed control could be realized on just 540 acres. Currently only about one out of three Nebraska farmers uses chemicals within the Environmental Protection Agency's recommendations.

The same sprayer rig tested at one of these workshops should contact Jim at the Waverly Cooperative or, Mel at the Hallam Grain Company.

Farming With Computers

The annual Microcomputers in Agriculture Users Conference will be conducted March 7 and 8 at the Interstate Holiday Inn near Beatrice, Nebraska. The conference will have special break-out sessions for beginners and more advanced users.

The use of electronic spreadsheets, routine computer management, farm credit and cash flow management, and where to obtain help and computer software, and interfacing your farm business records will be discussed by various experts.

Family genealogy software will be highlighted by Lyle Hennessey, Lincoln. Extension Specialist Kathy Prochaska-Cut will provide a workshop on home resource management.

Field crop mapping and digitizer use, tax depreciation, software selection of ag software, and the use of electronic bulletin boards will also be featured. A computer experience registration is requested. The fee is $10 per person and $35 for a spouse. Send your name, address, and registration to Keith Nielson, CBTDEC at 2601 NE 64th Street, Beatrice, NE 68310.

Additional information is available from the Cooperative Extension in Lancaster County.

You Can Have A Farm Record

Why keep good farm records? This question can be answered in three words...survival, profitability, taxes. In other words, if you have a good record keeping system you won't dread the thought of pulling tax information together at year end and you will know exactly what parts of your farm operation are and are not paying you dividends.

Many good record keeping systems on the market today. The follow examples represent a system that is popular locally which have very good support people to help you, when necessary, is simple enough for anyone to use and is an Advanced Record Keeping Analysis Program.

This is a program which utilizes classroom instruction, on the farm instruction and individual record analysis to help you achieve a management system of your farm operation.

During your 6 month membership in the program you will learn about cash flow, depreciation and ways to analyze your operational costs to maximize your income.

Your instructor will visit with you and your records once a month. During these visits, you and the instructor can discuss specific questions and problems relating to your individual situation.

As a part of the program you will receive a detailed analysis of your records that will be instrumental in helping you make decisions about your farm operation. With the assistance of your instructor, you will study your operation in its entirety and then break it down by enterprises to help determine whether or not to continue or modify a specific practice.

Nebraska Farm Business Association

This association is dedicated and operated by its members, who hire an agricultural consultant to help them with management and tax problems pertaining to their farm business.

The conference will have special break-out sessions for beginners and more advanced users.

More services include available:

Detailed enterprise analysis and interpretation

Computerized cash flow

Preparation of required form 1099, 943 and 965

Computerized depreciation schedule

Complete preparation of individual corporate and partnership income tax returns

Fall income tax planning

Income tax preparation

Financial management and planning as needed

For additional information concerning either of these record keeping and farm management options, please call Dave at 471-7180. It's never too late to start keeping records.

The rewards will far outweigh the frustration which may occur as you start out.

Do it today!
1989 Southeast Sorghum Test Results

The following report is the sorghum test plot results from Lancaster County for 1989. This is a preliminary report. It does not contain averages over different sites or years. At least a 5% difference in yield is needed to show significance. The flowering dates presented equal the number of days flowering occurred after August 1, 1989. This test was conducted by agronomists at the University of Nebraska, Lincoln.

Southeast Sorghum Test - Lancaster County, 1989

<table>
<thead>
<tr>
<th>Brand</th>
<th>Hybrid</th>
<th>Yield (bu/acre)</th>
<th>Bushel (bu)</th>
<th>Weight (lbs)</th>
<th>Flower (days)</th>
<th>Excerr. (inches)</th>
<th>Seeds/ (gallon)</th>
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<tr>
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DeKalb-Pfizer  
Triumph TR74CR  
Cargill X15240  
McCurdy M689  
SuperCrost SC28  
Ciba-Geigy  
Cargill  
S-Brand SM67  
Seal  
Cargill  
Triumph T-E Dinero  
\[\text{\ldots}\]

The report is the sorghum test plot

Herbicides have proven to be valuable tools in the fight to control unwanted weeds, and as a result, have helped American farmers become the most efficient food producers in the world. However, herbicides can pose a risk to our valuable supply of groundwater. It is important to understand how herbicides can reach the groundwater system and what measures can be taken to minimize the contamination.

A major concern is point-source contamination where herbicides have a direct pathway to the water table. An example is instances of chemical spills near wells. Many wells are not adequately sealed and herbicides can seep through the well casing and flow directly into the groundwater supply.

Another problem associated with wells is that chemicals that are washed out of the soil can contaminate the water supply. This can occur if the well is not properly sealed or is leaking. The best practice is to use a filter screen and cement the well to prevent any contamination.

The following is a list of some common herbicides and their potential effects on groundwater:

- **Atrazine**: This herbicide is commonly used in corn and sorghum fields. It can contaminate groundwater if applied improperly or if the soil is too wet. The herbicide can be detected in groundwater at concentrations of several parts per billion. This is a concern because atrazine is a suspected carcinogen.

- **2,4-D**: One of the most widely used herbicides, 2,4-D is commonly applied to soybeans, corn, and sorghum. It can contaminate groundwater if applied too close to the water table or if the soil is too wet. The herbicide can be detected in groundwater at concentrations of several parts per billion. This is a concern because 2,4-D is a suspected carcinogen.

- **MCPA**: This herbicide is commonly used in cotton and sorghum fields. It can contaminate groundwater if applied improperly or if the soil is too wet. The herbicide can be detected in groundwater at concentrations of several parts per billion. This is a concern because MCPA is a suspected carcinogen.

- **Roundup**: This herbicide is commonly used in corn and sorghum fields. It can contaminate groundwater if applied too close to the water table or if the soil is too wet. The herbicide can be detected in groundwater at concentrations of several parts per billion. This is a concern because Roundup is a suspected carcinogen.

Groundwater contamination from herbicides can also occur from non-point sources. The potential for non-point source contamination depends on herbicide and soil properties, as well as cropping practices and proximity to the water table. There are several approaches to minimizing non-point source contamination.

An integrated approach should be used to control weeds. Crop rotation, crop destruction, and controlling weeds is important to understand how herbicides can reach the groundwater system. Herbicides are applied to crops to control problem weeds. Crop rotation, rotary hoeing and cultivation can reduce the reliance on herbicides. When herbicides are applied, follow label directions and application rates so that you apply no more herbicide than necessary.

It is also a good idea to use short residual herbicides. Band applications of herbicides should also be considered to reduce contamination potential. This can be achieved by applying both to the soil and foliar applications of herbicides.

Special precautions should be taken in these situations to avoid groundwater contamination. Herbicides can also get into groundwater by leaching through unsaturated zone.

Practices which reduce soil erosion, herbicide usage, contamination may still occur. Certain areas are more prone than others to non-point source contamination. High water yields include areas where the water table is close to the surface, soils low in organic matter and clay content and high pH soils may occur.

Special precautions should be taken in these situations to avoid groundwater contamination. Herbicides can also get into groundwater by leaching through unsaturated zone. Practices which reduce soil erosion, herbicide usage, contamination may still occur. Certain areas are more prone than others to non-point source contamination.

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Become a 4-H Ambassador

Would you like to develop additional leadership skills, promote 4-H and make friends? Join the 4-H Ambassador program! Adult members who develop radio public service announcements, appear on television, and create 4-H presentations at civic meetings, will see a VIP lunch at the Lancaster County Fair, plus much more! The 4-H Ambassadors are putting the finishing touches on a 4-H promotional slide set. If you would like more information about the Ambassador program, talk to one of the Ambassadors: Mike A. Damion Scheden, Malika Perkins, Lara Steinhausen, Chad Hill, Christy Carver and Dani Wolff. Catherine Roberts and Dee Clouse serve as Advisors and Maureen Burson is extension office representative. The application deadline is April 2, contact Maureen for more information.

Scholarship Available for Washington D.C. Trip

The 4-H Citizen World Focus Scholarship is available to youth 15 - 19 years of age interested in international relationships. A Lancaster county youth will be awarded a $250 scholarship which will include registration, lodging and the majority of meal cost. The 4-H Send Off 4-H Celebration will be held on April 26. For information, contact Lorene.

BPSC Offers Advice on On Humidifiers

Low humidity levels in the home during the winter months may cause a variety of human discomforts. A humidifier put on sit使之ities in the indoor air but proper care must be exercised in cleaning such devices or a different set of problems may result.

Driver Testing Office Issues I.D.'s

A driver's license is often used as an I.D. card. But, what do people use for official I. D. if they don't drive? They use them to prove their age, to get into night clubs, to buy cigarettes, to enter certain clubs, etc. A car owner must provide two acceptable documents of identification, such as birth certificate, marriage license, passport, etc. and complete the application form from the driver's license examiner, at the Gateway Shopping Center. If you need more specific information, please call 476-1996.

Clear Up Your Act Poster Contest

Calling all third graders who enjoy making posters! The theme of this year's poster contest, sponsored by the Lancaster County Council of Home Extension Clubs, is "Clean Up Your Act." Topics such as water quality, hazardous waste, garbage recycling, alcohol, drugs, tobacco, prayer, etc. may be illustrated on the poster. Only third grade students are eligible to compete.

Help Our Community Clean Up

April is Keep America Beautiful Month, and the 4-H and home extension clubs and other youth organizations can join together to assist in cleaning up their communities. The Big Green Sweep, sponsored by the Lancaster Clean Community System (CCS), will be held Saturday, March 51 at Washington Park. Interested helpers should contact the CCS office by calling 471-8023 for more information. Clubs wanting to clean in their own area must register by that date and notify the CCS office by April 2. Remember to recycle cans and bottles when you're cleaning your area. Call Lorene if you have questions.

Improve Your Oven Bake and Take Days Coming Up

Bake and Take Days, sponsored by the Nebraska Wheat Board, are scheduled for March 23 and 24. The purpose of this project is to encourage the sharing of home baked products with others.

Scholarship Applications for the Nebraska 4-H Center at Martell with Pat Eggers, leader, are eager participants in Bake and Take. Last year, Bake and Take helped make a batch of cookies using the recipe which their grandmother had often followed when making treats for the girls.Jeanne's girls made a batch of cookies and took cookies and a bottle of flowers. That switch-a-roo made a big hit with grandma and made the kids laugh a little too.

There's much to be said for sharing and the increase in self esteem realized when appreciation, praise and joy are expressed.

Anyone may participate in Bake and Take. Recipe cards can be printed on the form available for pick up at the extension office after March 1. This 4-H Coffee Cake is popular at bake sales and as a Bake and Take item, according to Pat Eggers. Clip it for your recipe collection.

Turn On Your Oven Bake and Take Days Coming Up

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Extension Calendar

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

March

1. Microwave Cooking Class - Part I
2. Party Pointers
3. Beef Production Workshop
4. 4-H Council
5. Selecting Nursing Home Insurance
6. Microcomputer Cooking Class - Part II
7. Caregivers Support Group Meeting
8. 4-H Ton Council
9. 4-H Computer Club Meeting
10. Sheep Vips
11. Introductory Spreadsheet Class
12. 4-H Camp Staff In Training Applications due
13. Photography Workshop
14. Swiss Enterprise Records Summary Meeting
15. Fairboard
16. Farmers Bread Baking Event, Horse VIPS Committee
17. Water Problems in the Home
18. Livestock Leader Update
19. Hard Disk Management Class
20. Introductory Spreadsheet Class
21. Planning For Healthy Eating Home Extension Leader Training
22. Spreadsheet Applications Class
23. Bake and Take Days
24. County Speech Contest
25. Family Camp Registrations due
26. Home Extension Club Council Meeting
27. Beef Vips
28. Healthy Heart Grocery Store Tour
29. Developing a Marketing Plan, Ceresco Village Hall
30. Sprayer Calibration Clinic, Waverly Coop
31. Sprayer Calibration Clinic, Hallam Grain Co.
32. District Speech Contest
33. Kiwanis Kavalier
34. Horsemanship Clinic, Wahoo
1. 7 p.m.
2. 10 a.m.-3 p.m.
3. 9:30 a.m.
4. 7:30 p.m.
5. to 8:45 p.m.
6. 7 to 9 p.m.
7. 7:30 p.m.
8. 7:30 p.m.
9. 1:30 to 3:30 p.m.
10. 7 p.m.
11. 7:30 p.m.
12. 7:15 p.m.
13. 9 a.m.
14. 9 a.m.
15. 9:30 a.m.
16. 7 p.m.
17. 7:30 p.m.
18. 7:30 p.m.
19. 9 a.m. to noon
20. 9 a.m.
21. 8:30 a.m.

April

1. Family Adventure Camp
2. Turkey Project entries due
3. Awareness Team Applications due
4. National 4-H Conference
5. Ambassador Applications due
6. Camp Counselor Applications due
7. Livestock Booster Club
8. Nutrition Update for Day Care Centers
9. Serger Class
10. Wallpapering Workshop
11. Cakes for Kids: Do It Yourself Decorating Ideas
12. 4-H Council
13. Cakes for Kids: Do It Yourself Decorating Ideas
14. Recipe Makeover
15. Laundry Practices
16. Easter Wreath Making Workshop
17. Pillowow Dunn Workshop
18. Refinishing Furniture
19. 4-H Computer Club Meeting
20. Nutrition Update for Day Care Centers
21. Entry Deadline for Clean Up Your Act Poster Contest
22. Horse VIPS Committee
23. Awareness Team Applications due
24. 55 Alive Driving Course
25. Fairboard
1. 1:30 p.m.
2. 7:30 p.m.
3. 7:30 to 8:30 p.m.
4. 7:30 to 9:30 p.m.
5. 7:30 to 11 a.m.
6. 9 a.m.
7. 9 a.m.
8. 9 a.m.
9. 9:30 a.m.
10. 7 to 8 p.m.
11. 7:30 to 9:30 p.m.
12. 7:30 to 9:30 p.m.
13. 7:30 to 9:30 p.m.
14. 9:30 a.m.
15. 10 a.m. to 3 p.m.
16. 7:30 p.m.

Tax Law Changes

The following are some of the highlights of recent tax law changes.

The amount of each personal and dependency exemption has increased to $2,000 for 1989 - up from last year's amount of $1,900. (As was previously the case, if you are entitled to claim another taxpayer as a dependent, that person cannot claim himself or herself as an exemption, too.)

- Personal interest expenses (interest on a personal loan or credit card interest, etc.) that can be deducted will drop to 20 percent for 1989.
- Now you are required to give the social security number of any dependent you claim who will be two years old or older at the end of the tax year. Applications and information can be obtained from the Social Security Administration.
- Beginning in 1990, most taxpayers age 24 or older may exclude from income, interest on redeemed Series EE U.S. Savings Bonds issued after 1988, if the taxpayers can show that the funds are for their children, their spouses, or dependents at an eligible educational institution.
- Beginning with your 1989 federal tax return, if a child has more than $500 but less than $5,000 in interest or dividends (excluding Alaska Permanent Fund dividend), no federal income tax withheld, and no earned income, the parents may be able to choose to include this unearned income on their own return. However, the child must be under 14 years of age at the end of the parent's tax year. If this is done, the child does not have to file a tax return.
- Beginning in 1989, if part of a child's income is taxed at the parent's tax rate, the child is not eligible for the regular exemption amount when figuring alternative minimum tax. The child's alternative minimum tax exemption amount will be limited to $1,000 plus the child's earned income. (The alternative minimum tax is a special tax designed to ensure that all taxpayers pay at least some tax regardless of the deductions and tax credits to which they may be entitled.)
- Both employed individuals and now their employees may choose to be exempt from paying social security taxes if they are members of a religious faith that is conscientiously opposed to the acceptance of public or private insurance benefits.
- The targeted jobs credit that permits employers to claim a tax credit for wages paid to members of certain targeted groups was extended through 1989. Further information can be found in free IRS Publication 572, "General Business Credit."
- The cash wages of some seasonal hand harvest laborers, as of 1988, are no longer subject to social security tax. More details appear in free IRS Publication 225, "Farmer's Tax Guide."
- Some types of diesel and nongasoline aviation fuels for off-highway business uses became, as of January 1, 1989, exempt from paying excise tax on these purchases.
- Self-employed artists, writers and photographers were subject to the increased capitalization, which required them to add to the basis or include in inventory direct and indirect costs of producing an item. However, they are no longer subject to these rules and it is retroactive to 1986.
- More information on any of these tax law changes can be found in free IRS Publication 553, "Highlights of 1989 Tax Changes." It can be ordered by calling, toll free, 1 (800) 424-3676.

Getting More From Snacks and Desserts

How do snacks and desserts stack up in nutrients? Take this quiz to see what you know about including snacks and desserts in a healthy diet. Answers are given below.

1. Is there no room in a healthy diet for cake and ice cream?
   TRUE FALSE
2. Snacks can make an important contribution to your daily nutrient and calorie needs.
   TRUE FALSE
3. Commercially made sherbet has fewer calories than ice cream.
   TRUE FALSE
4. Drinks, punches, and "ades" are 100 percent fruit juice.
   TRUE FALSE

Answer:
1. FALSE. Cake and ice cream provide nutrients similar to bread and milk. However, for healthy meals, don't eat them too often and when you have them, balance their extra fat and sugars by eating foods with less fat and sugars at other meals that day.
2. TRUE. Plan snacks so they do make a nutrient contribution.
3. FALSE. Commercially made sherbet has as many calories as ice cream. Fewer of the calories come from fat but more come from sugars.
4. FALSE. The fruit juice content of drinks, punches, and "ades" may be low. "Fruit juice" is 100 percent juice. Read the label.

The NEBLINE

The NEBLINE 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.