5-1990

The NEBLINE, May 1990

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**Twyla Lidolph Retires After 30 Years of Extension Service**

Open House Scheduled at the Extension Conference Center

Twyla Lidolph, extension agent, home economics, will retire from her position in June. Lidolph began her career in extension work in Howard County in 1950. Since then, she has been an extension agent as a university county agent since 1964.

Lidolph received her B.S. in foods in 1950, and her M.S. in textile, clothing and home economics in 1955 from the University of Nebraska. She has been active in many professional improvement organizations including NAHE, NACEB, NCEA and NHEA, receiving a Meritorious Service Award from the NAHEA in 1998 and an Outstanding Extension Agent Award from the NACEB in 1988.

Recently Lidolph has been working in the areas of water quality, home and small business finance, as well as the traditional areas of home, clothing and design and home environment. Programming in these areas include Water Quality Days, Lifestyle Version of Fawors, Home Economics, Managing Main Street Business, the Kansas co-sponsored Financial Forum and several Palmer Pistech seminars for county extension agents.

Since 1964, Lidolph has seen extension grow significantly in membership and project diversity of club activities accommodating the county's growing rural and urban clientele. "When she first came to Lancaster County she knew almost everyone involved in extension work and was able to make many personal contacts. Now personal contacts are fewer and the "electronic era" has created other means to communicate information through newsletters, radio and satellite transmission."

As for her plans following retirement, Lidolph says, "I want to spend time sewing, gardening, traveling, playing bridge and enjoying my grandchildren, (ages 4, 5, 6 and 8)."

"I will miss the day-to-day contacts with individuals and groups but I plan to remain active in organizations as time and convenience will allow," Lidolph adds. "I won't miss the long hours of those marathon days that include both daytime and evening meetings and all the paperwork."

The county has been fortunate to receive services of such an outstanding individual and will miss Twyla Lidolph. The University of Nebraska Cooperative Extension Lancaster County wish her the best of luck in retirement.

An open house will be held at the Extension Conference Center on June 6 from 4 to 6 p.m. for Twyla Lidolph's retirement. Everyone is welcome to attend.

Kevin Kock, extension assistant, 4-H, will graduate from the University of Nebraska College of Agriculture with a M.S. in Agricultural Education, Saturday, May 12, and take a position as extension agent for agriculture, at the University of Nebraska Cooperative Extension in Lancaster County at North Platte.

Kock received his Bachelors Degree in Animal Science from the University of Nebraska in 1984. Kock has been working with 4-H livestock projects and judging teams at the University of Nebraska Cooperative Extension in Lancaster County since 1986.

Kock has been working with poultry and sheep producers in Lancaster County. As a service to sheep producers, he has been assistant editor of Sheep World, the Nebraska Sheep Producers quarterly publication.

"I know my biggest and most rewarding challenge has been working with the county fair," Kock adds, "I'll miss working with the people I have associated with in Lancaster County, especially at the county fair.

The staff at the University of Nebraska Cooperative Extension in Lancaster County wish Kock the best of luck at the University of Nebraska Cooperative Extension in North Platte.

**Help Firefighters Help You**

In an emergency, seconds count, and valuable time can be lost if firefighters or other emergency response personnel cannot readily locate your home because address numerals are not legible or in place. Here's how you can help your fire department and other emergency personnel help you:

- Post your address numerals at the front of your home where it is clearly visible from the street. It is a good idea also to install a light fixture (preferably operated by an "electric eye", to turn on automatically at night) above the numerals to allow them to remain visible at night.

- If you have a roadside mailbox, place reflective address numerals at least 2 1/2 inches tall on BOTH sides.
- Be sure to use large, plain (block-style) numerals, rather than script or other hard-to-read lettering.
- Use contrasting colors (For example, black numerals on a white house.)
- Remember, even if you live in an area where "everybody knows everybody" it is still vital to identify your address properly, since emergency responders may not be familiar with your immediate area.

**Kevin Kock, extension assistant, 4-H**

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**Remember: Wear Reflective Clothing**

During spring and summer, when the number of children, bicyclists and joggers sharing the roadways with vehicles increases, and so do the chances for vehicle-pedestrian accidents.

For maximum safety on streets at dusk and after dark, pedestrians and cyclists should consider wearing reflective clothing that makes them recognizable.

Most drivers involved in accidents with pedestrians after dark don't see victims in time to avoid a collision. Pedestrians walking along a road in dark clothing at night may not be seen by a driver until at least 55 feet away. At that distance, a driver has less than a second to react. In white, however, pedestrians can be seen as far away as 180 feet, and in reflective-trimmed clothing as far as 500 feet.

Garments most visible in the dark are made of white or silver fabric and trimmed with, or made of, retroreflective materials. The trim should be placed on the parts of the body that move: the arms and legs of joggers; the knees and ankles of cyclists.

Reflective trim can be purchased at most sewing centers and are easily added to garments. We all know about traffic when we walk along streets, or crossing at intersections, but proper clothing gives one more precaution and an added assurance of being seen.
**Fertilizer Small Fruits**

Early spring is the best time to fertilize most small fruits in Nebraska. This exception is strawberries, which should be fertilized after harvest.

Several common blackberries, raspberries, currants, gooseberries and strawberries. If you test your soil before planting, modify the pH and add manure or fertilizer according to soil test recommendations. Yearly fertilizing with 2 ounces of ammonium nitrate in an 18-inch circle around each plant and new growth has to be treated as it appears.

**Fertilizer Leaching From Potted Plants**

Losses of soluble plant nutrients (especially nitrogen) by leaching from container-grown plants can be quite high, according to a recent study at the University of Massachusetts Suburban Experiment Station. In the study, geraniums were grown in four-inch pots using a growing medium made up of one part sphagnum peat moss, one part pine bark, and one part vermiculite (by volume). Several different sources of nitrogen were used: ammonium sulfate, ammonium nitrate, calcium nitrate, urea, and Osmocote slow-release fertilizer (14-14-14). All plants got the same amounts of nitrogen and water. The table below shows where the applied nitrogen ended up. Note that the percentage of the nitrogen applied each year by 2 ounces per plant until you are applying 6 ounces per plant per year.

<table>
<thead>
<tr>
<th>Nitrogen Source</th>
<th>Plant Leachate</th>
<th>Medium</th>
<th>Unaccounted For</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ammonium Sulfate</td>
<td>43</td>
<td>11</td>
<td>19</td>
</tr>
<tr>
<td>Ammonium Nitrate</td>
<td>37</td>
<td>21</td>
<td>13</td>
</tr>
<tr>
<td>Calcium Nitrate</td>
<td>37</td>
<td>21</td>
<td>12</td>
</tr>
<tr>
<td>Urea</td>
<td>37</td>
<td>21</td>
<td>13</td>
</tr>
<tr>
<td>Osmocote 14-14-14</td>
<td>37</td>
<td>21</td>
<td>13</td>
</tr>
</tbody>
</table>

Based on nitrogen retention by the plants, ammonium nitrate was best. And, in fact, the biggest plants resulted from fertilization with ammonium nitrate. But the smallest plants resulted from fertilization with ammonium sulfate, even though there were a lot of nitrogen from the fertilizer on that plant. So, it gave you a little more nitrogen to contain relatively little nitrogen when ammonium sulfate was used. Plants grown with calcium nitrate, Osmocote, or urea grew acceptably well. Most nitrogen (65% and 64%, respectively) was recovered in plants plus growing medium with Osmocote or Osmocote 14-14-14.

**Shade Tree May Have No Value As Timber**

A large, mature shade tree in your yard is in the bank in that it adds to the value of your property. Whether it is worth as much as the shade tree's curb appeal is a question that should be investigated.

One reason is that shade trees are usually grown in the shade, which decreases their value as timber. Shade trees need shade to grow. The timber buyer who is looking for it grown hardwoods with long, straight trunks and few branches. Remothing a tree is the timber buyer's worst nightmare, so he will give you a very low bid, if he makes you an offer at all.

Another reason is height and equipment costs. It is much easier to harvest a tree that is 100 feet tall than one that is 50 feet tall.

Also, trees in people's yards are often used as sign posts, picnic benches, and three trees. Homeowners will not be able to get their hands on bits of fence wire and other metal objects that are embedded in the ground. These may be hard to remove from the ground. Punch a few holes with a shovel in the ground and bury it, leaving the tree until the fourth of July exposed. Sow seeds of melons, cucumbers and squash on the ground. To water plants, fill up the jug and replace cap loosely.

This method of watering encourages deep roots and prevents splashing of soil and water around plant crowns.

Other chemicals, thiram, was 100 percent effective for 2 weeks, but it will be registered for use only on legumes, vegetables, such as flowers and landscape ornamentals. For homeuse, peanuts, will be based on a small scale, and other crops that require acid soil. Remember, when using sawdust to increase organic matter in the soil, you will probably have to add some nitrogen, also, to make up for the nitrogen that will be tied up by soil bacteria as they break down the sawdust.
Freezing Vegetables

Every spring and summer, gardeners ask: "Do I really have to blanch vegetables before I put them in the freezer?"

Our answer is a definite "yes." Blanching is necessary to "kill" the enzymes that are baked, broiled or fried, and to make it easier for oil to penetrate much easier.

Blanching helps prevent discoloration, and loss of vitamins A and C. Blanching in boiling water is recommended for most vegetables. For one pound of vegetable (or 1/2 pound of leafy green vegetables), boil one gallon of boiling water. Put the vegetable in a blanching basket, lower into the boiling water. Put the lid on and immediately set a timer for three to four minutes. Do not wait for the water to come to a boil.

As soon as the blanching time is up, lift up and drain the vegetables in a slotted spoon or dip them in cold water. Drain thoroughly.

The icy water stops the cooking process in the vegetable to reduce its temperature. It takes about as long to cool the vegetable as it did to blanch it. When the vegetable is cool, drain it thoroughly. Do not allow the vegetable to sit in the cold water any longer than necessary to avoid having the vegetable "turn grassy," or the color will change.

Vegetables that may be frozen in a solid pack in containers recommended for freezing include: broccoli (on a tray and packed in a bag), green beans, peas, spinach, and carrots. Never pour water on the vegetable and freeze until firm. Then break them into smaller, more manageable portions. Seal and return to the freezer. The vegetables will not freeze together so you may take out just the amount needed. This method is especially good for green beans, peas, and whole kernel corn. Don't freeze asparagus on trays since it will become stringy and will be difficult to package and store.

If you have specific questions on freezing vegetables, call the Cooperative Extension in Lancaster County at 444-1300. Frozen Fruits and Vegetables, is also available upon request.

Monounsaturated Oils and Heart Health

"Monounsaturated" oils are now considered an important battle against heart disease. If all oil contains more than one third of its fatty acids in a "monounsaturated" chemical structure, it's considered a monounsaturated oil.

"Monounsaturated" fatty acids are one of three types of fats found in foods and oils. The other two types of fatty acids are "polyunsaturated" and "saturated" fatty acids.

Some Fried Foods Less Fattening Than Others

While fried foods contain more fats than foods that are baked, broiled or stirred, they usually are "less fattening" as they absorb the fat the same.

For example, foods with a high water content absorb more fat, according to a recipe in "Nutrition and "Environmental Nutrition." As water is lost during frying, the internal pressure of the food is reduced and oil penetrates much easier.

A second tip: If you are self-assembling a loaf pack, try a "cheat" to reduce cholesterol from the body.

Research has shown that populations consuming more of the monounsaturated fatty acids, such as the Mediterranean, tend to have less heart disease. Monounsaturated fatty acids are found in olive, peanut and canola oils (Puritan). As most Americans eat too much fat (37% of calories vs a recommended 30% of calories), adding more fat in the form of the monounsaturated oils isn't the answer. Rather, cut down on fat whenever possible and include the use of these oils in some of the oils you use in food preparation.

Diet and Breast Cancer

We know that eating less fat helps protect against heart disease. There's now another reason to go easy on the fats. There's now evidence that eating less fat helps protect against breast cancer. Harvard researchers found that women who had as much as 44 percent of their calories from fat (as opposed to less than 30 percent of their calories as fat).

A newer Italian study, as reported in Tufts University's "Diet and Nutrition Letter" suggests that high fat diets may increase the risk of breast cancer.

Italian scientists found that women who had high fat diets were three times more likely to develop breast cancer than those on a low fat diet. Studies of Japanese women who are also at low risk for breast cancer report an even lower fat intake — about 20 percent of calories.

If you would like more information about calculating the percent of fat calories in your diet and which foods are highest in fat, send for a free copy of an extension publication on "Choosing a Low Fat Diet" by writing to University of Nebraska Cooperative Extension in Lancaster County; 444 Cherry creek Road; Lincoln, NE 68528.
No-till Drill Expo

Mark your calendars and be sure to attend the No-till Drill Expo on May 10, 9 a.m. - Noon (May 7) at the University of Nebraska Rogers Memorial Farm. The day's activities begin at 8:30 with the demonstration of approximately ten drills planting into sorghum and soybean residue. At 1:30 p.m. a planter clinic will take place. Special adjustments, such as conservation tillage, will be demonstrated and discussed. Lunch will be served following the drill demonstrations.

Participants attending the no-till drill demonstration will learn about the features that each drill offers, adjustments required for various planting conditions, how to control weeds using no-till practices, and how to measure residue. Those attending the planter clinic will discuss residue cutting ability of various coulters, residue flow through the planter, weight requirements or additional down pressure springs for penetration, and depth control adjustments.

The producer's guide to the drill demonstrations is protected by the Rogers Memorial Farm is located approximately seven miles east of Lincoln on Highway 34. Turn at 178th Street south and go two miles. The address is 18500 Adams Street (north side of road).

The No-Till Drill Expo is sponsored by the Nebraska Cooperative Extension in Lancaster and Cass counties and the Agricultural Systems Engineering Department (previously Agricultural Engineering). For additional information, call 471-7190 or 267-2205.

Spring Aeration of Stored Grain

We have had rain and the weather is warming up. Many producers are anxious to get tractors in the field and start tillage for the upcoming crop.

What about last year's crop? It is still in the bin and needs some attention. It is time to start warming the grain to prepare for summer storage. The objective of aeration is to slowly warm the grain to 50 degrees or 60 °F. Temperatures in this range are desirable because they are cool enough to slow or prevent insect activity, yet warm enough to minimize condensation problems.

Condensation can be a problem when warming grain, operation fans should be operated continuously until a warming front has moved through cold grain. This is particularly important when thawing frozen grain due to potential condensation problems. Condensation can be minimized by slowly warming the grain in 10 degree increments.

For example, if grain is currently between 30 and 40 degrees, run a complete aeration front through the grain mass to raise the temperature to between 40 and 50 degrees. When that aeration front is complete, run another aeration front through the grain to raise the temperature to between 50 and 60 degrees. This will prevent rapid rise in grain temperature and minimize condensation problems.

Your goal in this situation is to have the grain temperature between 50 and 60 degrees by May 1. After May 1, it is difficult to use continuous fan operation and maintain the temperature below 60 degrees.

Check the grain surface temperature and moisture content every two weeks in this process. Signs of moisture accumulation, tacky kernels, crust and other signs of trouble. Most problem areas will be located in the top center of the bin or on the bin sidewalls in four to six week cycles.

Now is the most important time of the year to check grain. If there are high-moisture pockets in the grain mass, this is probably the best and latest time you can afford to finish drying the grain with natural air.

Do not confuse aeration with drying. Aeration is not a grain drying process. Aeration is used to equalize and adjust the temperature or the grain mass. An uncontrolled amount of moisture can be removed in this process.

Chinch Bugs in 1990

If you are a crop producer who trouble with chinch bugs in 1989, chances are you will have difficulties with them again in 1990.

Reports from surveys in southeastern Nebraska and northeastern Kansas indicate that chinch bug numbers are at least as high this year as they were a year ago.

With the dry weather so far this winter and possibly this spring, chinch bugs may have a good chance of survival, therefore, producers must think ahead in order to reduce losses.

Controlling chinch bugs can be difficult. They spend much of their time at the base of plants and behind leaf sheaths, insects may not contact them and there are not always very effective. It's a good idea to plan on planting certain crops away from each other.

Don't grow corn or sorghum next to winter wheat if you can avoid it. Instead, plant to grow a broadleaf crop such as alfalfa or soybeans next to the winter wheat. Because chinch bugs will begin their development in the spring in winter wheat and invade nearby sorghum and corn as the wheat reaches maturity, it is important to grow these crops as far apart as possible.

If you must plant sorghum or corn next to wheat, then you can use a soil insecticide such as Furan 15 to protect the planting. Soybeans and sorghum are more resistant to this soil insecticide, but use the recommendations exactly. Avoid an insecticide or herbicide application to sites other than the target.

Pesticides which move away from the intended target are the major problems in the environment. Non-target applications can be caused by drift or runoff. Wind usually encourages drift, and rain usually moves when wind is at a minimum. Smaller droplets of the chemical move easier through the air than larger droplets. Rain or spray drift can cause severe injury to plants that are sprayed or spray equipment deal- ened.

Triple rinse empty pesti- cide containers and place the rinse water into the spray tank. Dispose of empty containers properly. Do not casually discard the empty containers. Dis- card them according to the label.

It is important to understand the advan- tages of Integrated Pest Management programs in the control of pests. These programs consider several aspects of controlling pests so that the environ- ment is protected and the crop is protected in a non- nomically sound. Ex- ample, the IPM programs are crop rotation, using resistant crop varie- ties and careful pest scout- ing methods to evaluate the situation and plan for pest control.

Good Pesticide Application Practices Needed

Groundwater is an es- sential natural resource. In the United States, one half of the total population and 80% of the food we eat depend upon groundwater as a source of drinking wa- ter. This dependence upon groundwater is even more critical in the Great Plains region that makes up 40% of our country.

Individual citizens can play an active part to help protect our groundwater. The two most obvious steps to take are to avoid over-pumping and to avoid harmful runoff of chemicals into our groundwater.

There are several con- siderations that influence the quality of groundwater while using pesticides. If a pest control material is applied, the best way to mini- mize groundwater contami- nation is to read the label instructions exactly. Avoid an insecticide or herbicide application to sites other than the target.

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Weeds in this process.
Musk Thistle Control in Alfalfa

Many of the alfalfa fields in Lancaster county have infestations of musk thistle. The noxious weed in alfalfa not only reduces the hay production and hay quality, it also can be a major disseminator of musk thistle infestation to other locations. This dissemination can be caused by several ways. Seeded musk thistle can have seeds blown over a large area. Seeds can be blown by the wind and from livestock that feed on infested hay. It also can be spread along the entire route as well as the final destination of transported hay. If musk thistle is allowed to flower in alfalfa it is almost impossible to prevent all dissemination possibilities. The best solution is to control musk thistle from flowering in alfalfa.

The goal of the 1990 season is to encourage railroads to implement fall spray programs. Assistance, if requested, to local weed authorities will also be provided through the railroads. This early spray would also help in many locations.

You then must be alert to the thistles forming new buds between the first and second cuttings. These plants can be controlled by spraying or spot treatment with Roundup.

The Noxious Weed Control Authority will provide service in the 1990 season to Lancaster Noxious Weed Control program. All assistance will be provided to control musk thistle in alfalfa fields. Mowing must be timed prior to flowering of the musk thistle. This means that the first cutting may have to be a little earlier than normal. This early cutting would also help in many locations.

The use of herbicides will not only save money but would accomplish the task of managing weeds better. There are several herbicides that can be used. The following herbicides can be used to control musk thistle in alfalfa and most other noxious weeds.

- 2,4-D
- MCPP
- Atrazine
- Linuron
- Metolachlor
- Atrazine
- Metribuzin

In many counties the use of herbicides is not legal. It is recommended that the county extension agent will provide information on other methods of management.

Walk—light (lite), leaner, lower percent fat by weight. Manufacturers have said that the consumer's desire for lower salt, fat, or sodium to improve health, fitness and weight control, with bottled water beginning to replace alcoholic and high-calorie beverages.

At a cost of 60 cents to more than $1 per gallon, bottled water can become an expensive item for a large family. However, for some situations, the taste alone may be reason enough to use bottled water. On the other hand, bottled water may be a viable long-term alternative when a safe water supply is needed.

Bottled Water Becoming a Growing Trend

Bottled water is a growing trend on the U.S. Americans bought 1.2 billion gallons of bottled water in 1985. Per capita consumption grew from 1.5 gallons in 1978 to 3.7 gallons in 1995. Predictions are for a 12 percent to 16 percent annual increase in sales through 1990. There are several reasons for the growth in the use of bottled water. Bottled water is an option for families who have a water problem, whether their water is unsafe or has an "off" taste or odor. Another reason to use bottled water is the concern for health, fitness and weight control, with bottled water serving a role in replacing alcoholic and high-calorie beverages.

Is bottled water better than tap water in the home? That depends on the source and treatment of both water supplies. Bottled water is regulated by the Food and Drug Administration and is subject to the same criteria as the water supplied to public water systems. The bottled water industry is regulated by the Nebraska Department of Agriculture. Bottlers are inspected and are required to have water quality test results on file. There are four basic types of bottled water:

- Distilled water or demineralized water has been treated to remove nearly all of the minerals that occur naturally in water. This water is produced by the process of distillation, sometimes in combination with filtration, reverse osmosis, or deionization. Nearly all the total dissolved solids (minerals) are removed. In other situations, bottled water may be a viable alternative when a safe water supply is needed.

- Drinking water may come from municipal water systems, wells, or springs. It may be treated to remove some contaminants and may be disinfected. Treatment for dissolved minerals, taste, and odor are also possible.

- Water from a protected well or spring is bottled without treatment. Natural water will contain the minerals which are found naturally in the water. It is often pickixed by water as it moves through the air, soil, or sediment. Disinfection and filtration may be the only treatment used for natural water.

- Mineral water is obtained from a natural spring or other groundwater source and usually contains large amounts of dissolved mineral salts, such as calcium, sodium, magnesium, and iron. If mineral water contains carbon, dissolved carbon dioxide (carbonation), either natural or added during bottling, it is called sparkling water.

Bottled water may have advantages as a low-sodium, low-calorie or better tasting water. But, it is a relatively expensive alternative to tap water supply and generally cannot be considered a short-term alternative supply.

To make sure your water supply is as safe and risk free as you want it to be, contact your water supplier. Find out where your water comes from, what contaminants it is tested for and how it is present in quantities which pose a health risk.

If you live in Lancaster County, have your own well, and need to have your water tested, you can contact the City-County Health Department, Division of Environmental Health, phone 471-8000. Registered sanitarians will collect and test the sample, and mail the results and explanations directly to you. There is no fee for this service.

Firstly, if you decide that bottled water is for you, do a similar investigation on the bottled water you select. After all, there is no need to spend a lot of money on bottled water. It is better not to purchase water that is no better than your own tap water.

Did you know...

Laundry Detergent Trends

Laundry detergents of today are quite different from those on the supermarket shelves of many years ago. Although there have been changes in washing machines and search and development research have caused a number of these changes, there are only four basic types: soap powder, synthetic detergent, liquid detergent, and others that are not on the market. Second, since women have less time, they have become less willing and able to spend it on the laundry. The result is less, but larger, bulkier washloads, and a demand for detergents which are efficient, cost effective and easy to use. The sale of liquid detergents have almost doubled in the last five years and accounts for about 40 percent of the market. Packaging innovations include special no-mess pouring caps, and the liquids use as a stain pretreatment, making them convenient. For powder detergents, packaging innovations include bags and poly bags that make carts easy to handle and easier to open and close, which, in turn, keeps the powder fresher. Added chemical cleansers make today's detergents more effective. Special enzymes are particularly useful in degrading protein stains and starches effectively.

Flower
**4-H Events:**

**Tractor Safety Course Set**

Youth 14 and 15 years old who are planning summer employment that requires operating tractors should plan to attend the tractor safety course at the Lancaster Community Center. The course will be 6:30 to 9:30 p.m. on Thursday, May 3, and 9 to 11 a.m. on Saturday, May 5. Contact Dave or Kevin at the extension office to sign up and get the specifics on the course.

**How to Exhibit - May 17**

Leaders and parents are encouraged to attend the "How to Exhibit" workshop, Thursday, May 17, 9:30 a.m. or 7 p.m. Participants have the opportunity to go through county fair exhibits, what judges look for in an exhibit, how to display your exhibit, and to get an up close look at some of the best exhibits in the fair. Contact Lorene for more information.

**Learn Contest Judging First Hand**

Thursday, June 14, 1 p.m., 4-H'ers will have a chance to learn decision making skills, and home economics and general contest procedures. This practice session will give 4-H'ers a first hand experience at judging. Call Lorene if you have questions.

**Looking Your Best**

Mark Tuesday, June 26 on your calendar for fun hands-on activities at Looking Your Best Day. The morning session will include manners and etiquette. Bring a sack lunch for noon. The afternoon will include a session on exercise and practice style review. Please call the office to preregister. Indicate morning or afternoon session, or both. Contact Lorene for more information.

**Photography Fair Exhibit Addition**

Panorama Display - exhibit will consist of an arrangement of three or more pictures connected to show a wide angle of a subject. Display must be mounted on a stand of wood or masonite. The display must be a self contained unit. The cost is $20. Transportation is on your own. Registration forms are available at the extension office.

**Camping for Teens**

Natural Resource and Leadership Camp, June 11-15, at the State Fair Camp. Halsey, is designed for youth 13 years old and older who are looking to increase their skills and knowledge through in-depth workshops and to broaden their leadership abilities. Workshops will include natural resources, photography, shooting sports, art and high project adventure. In addition to workshops there will be opportunities for leisure activities such as canoeing, tubing, volleyball, camping ceremonies and dances. Camp fee is $80. Transportation is on your own. Registration forms are available at the extension office.

**Help Needed at County Fair**

Adults and youth 12 and over are needed to help at the county fair during entering, judging and displaying of exhibits. Home economics areas, food, clothing, home environment, general, engineering and horticulture departments need assistants. Monday, August 6, 4-8 p.m. and Tuesday, August 7, 8-10 a.m. Assistants will write comments for judges, and display exhibits. Call the extension office to sign up!

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**Bee Promotion Contest**

Nebraska Cattle Women have selected a beef promotion contest for Saturday, May 1990. The three promotional areas are wearing apparel with beef slogan or logo, create logo and apply to wearing apparel or accessory, radio promotion of beef (90 second audio cassette for radio advertising) and beef demonstration (5-10 minutes on video tape). Entries are due August 25th. Prizes will be awarded. For more information, contact Lorene.

**Livestock Booster Club**

Board Meeting

June 4 at 8 p.m.

**4-H Engineering & Technology at County Fair**

Energy

Energy classes will not be included in the 1990 Lancaster County Fair. 4-H Project Unit 2, EC 13-16-80, is a discontinued project.

Computer

The 4-H Computer Project section of the fairbook has several changes this year. Please contact Dave at the extension office to receive the 1990 Fairbook.

Rocket

Model rockets should be mounted vertically on a 12" x 12" square board that is 3/4" thick using a short section of 1/2" dowel or a strip of cardboard. Displays with side boards, backdrops, three dimensional additions or odd shaped bases will be subject to disqualification.

**4-H Livestock I.D.'s Due June 15**

Beef, sheep, swine, dairy cattle, dairy goat, bucket calf, and rabbit identification are due in the extension office by June 15. All registered livestock must be tattooed. Four-H and FFA market lambs can be tattooed on the county rate of gain contest. All registered ewes need I.D. tags. If the breed associations do not use the metal registration tags, the registered ewes need I.D. tags. Rear stock exhibitors must have official 4-H I.D. tags on their ears and on the I.D. sheets.

A shearer will be available at the May 26 tagging day. If you would like to have your 4-H or FFA sheep sheared, call Kerensa to get your name on the list. The cost will be $2 per head. 4-H or FFA cattle and horse exhibitors must be weighed. You may also bring your 4-H or FFA breeding ewes to have them sheared.

**Enter the Ak-Sar-Ben Broiler Contest Now**

The entry forms for the Ak-Sar-Ben Broiler contest are due June 20. The contest is for all MFV and non-MFV participants. Four-H'ers will purchase 25 broiler chicks and show a pen of five at the fair on their own. Participants will need to produce a booklet which includes most meals and housing. The contest will be judged on a per head basis. We will shear the lambs before they are handled. Entries for the Ak-Sar-Ben Broiler Contest are available at the extension office.

**4-H and Youth Programming Contest!**

A computer programming contest will be held for youth ages 9 through 18 sponsored by Nebraska Cooperative Extension in Lancaster County. Participants will have their projects entered at the Lancaster County Fair with opportunities to win $100 or $200 and our great new Sar-Ben Microcomputer Kit where IBM microcomputers will be given to the top exhibitors.

"Microcomputer Applications" is now available to enter at the Lancaster County "Advanced Programming" class number 977. The contest will have participants submit their program on a floppy disk in the form and example of the computer program written by the participant. The program should demonstrate a basic understanding of computer programming. It should demonstrate a high degree of organization and the quality and truthfulness of a participant's work. The contest program book should include: 1) cover page, 2) summary page, 3) comments, 4) program code (additional pages may be added), 4) flowchart in block diagram form, 5) an example of input and output, and 6) program statements.

The programming contest will be held at 471-760 and ask for Dave. You will be sent a packet with contest rules and details. The contest deadline is June 1. Projects are due in the extension office July 23. Documentation and two electronic copies of the program should be submitted at this time. Entries will be judged on August 7 at the state fairgrounds.

**Nebraska Range Youth Camp**

The 27th Annual Nebraska Range Youth Camp will be held June 11-15, 1990 at the State 4-H Camp in Halsey, Nebraska. Young people 14-18 years old on October 1, 1990 are eligible to attend.

The camp is designed to provide education about rangelands and practical range management, develop an awareness and appreciation for range resources, and encourage leadership and stewardship in Nebraska youth. The camp is an in-field and classroom designed to provide range management education through a forest tour, a ranch visit, and numerous hands-on exercises to develop skills important for range management. Recreation and group competition will be an important part of the camp program.

If you have any questions about the camp or the application, call the Extension office at 471-760 and ask for Dave. You will be sent a packet with contest rules and details. The contest deadline is June 1. Projects are due in the extension office July 23. Documentation and two electronic copies of the program should be submitted at this time. Entries will be judged on August 7 at the state fairgrounds.

**Attention High School Juniors and Seniors**

Now is the time to apply for 4-H scholarships. Applications are due at the extension office by June 1. A short video explaining how to complete scholarship applications is available. For more information, call Maureen at the extension office.

**Exposition**

Expos will be held July 11, 12, and 13 on the University of Nebraska-Lincoln campus in downtown Lincoln. There will be a wide range of "learning by doing" opportunities for youth 10 and older at the fair. A brochure with detailed information and registration forms is available at the extension office and due May 18th. Cost is $85 which includes most meals and housing.

**4-H Animal News**

All 4-H Livestock Must Be Tagged

The 4-H sheep shearing day will be Saturday, May 26, 9 a.m. to 12 noon and Tuesday, June 6, 8:30 to 10 p.m. Both tagging days will be at the fairgrounds in the 4-H building. All market and breeding ewes must be tagged. Four-H and FFA market lambs can be tattooed on the county rate of gain contest. All registered ewes need I.D. tags. If the breed associations do not use the metal registration tags, the registered ewes need I.D. tags. Rear stock exhibitors must have official 4-H I.D. tags on their ears and on the I.D. sheets.

A shearer will be available at the May 26 tagging day. If you would like to have your 4-H or FFA sheep sheared, call Kerensa to get your name on the list. The cost will be $2 per head. 4-H or FFA cattle and horse exhibitors must be weighed. You may also bring your 4-H or FFA breeding ewes to have them sheared.

Entries for the county market broker project are due May 15. Forms are available at the extension office. The participants will purchase 26 chicks and show a pen of three at the county fair. For more information, contact Kevin.

**Computer Judging Contest**

A computer judging contest focusing on the evaluation of software programs will be held at the 1990 Nebraska 4-H Youth Conference. Any 4-H member is eligible to enter the contest. The 4-H program will consist of computer software programs which participants will be asked to evaluate. Questions will be asked on both classes. The judges in the intermediate category will also be asked to discuss their reasons for placing the classes as they have. The following suggestions may be helpful:

- Participants may choose either the beginner or intermediate group based on their knowledge and skill level.
- Call the extension office for additional details and to register for the contest.

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**The Nebline**
Helping 4-H’ers Plan Their 4-H Careers

As 4-H club leaders you are constantly helping members plan their 4-H careers either through conscious effort or by accident. You can help a young 4-H member grow by thinking about humor in the minds of the 4-H member so they are aware of humor from the point of view of young 4-H member. Making them more conscious effort or by accident. Goals such as completing a 4-H member’s goals will pay big rewards. They are years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

The new is laughings matters! Here are some things you might want to be curious about humor:

1. As George Burns says, “When you get older, you can help get old.” Humor can be a way to add years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

High Adventure Camps & I

Come to one of these great camp and campers will experience the nature of walking and taking a step to fish and learn to more about fishing. You’ll also enjoy meeting new friends, canoeing new trails, and becoming a part of a tent and sharing campfire memories.

HIGH ADVENTURE CAMPS & I

June 11-14, 1990

June 20-23, 1990

July 8-11, 1990

July 15-18, 1990

July 22-25, 1990

July 29-30, 1990

June 15-17, 1990

6-9 p.m.

6-9 p.m.

16-19:30

5:00-6:00

3:00-5:00

1:00-4:00

Watch a bird hider in action. Learn to identify the birds and then learn to attract birds to your backyard. This camp focuses on the science of the bird and will include a trip to the National Zoological Park at the Henry Doorly Zoos.

LOTTO PROJECTS

1. Buy a lottery ticket and ride the bus to the woods. Take the bus to the woods. Take the bus to the woods.

2. Buy a lottery ticket and ride the bus to the woods. Take the bus to the woods. Take the bus to the woods.

3. Buy a lottery ticket and ride the bus to the woods. Take the bus to the woods. Take the bus to the woods.

4. Buy a lottery ticket and ride the bus to the woods. Take the bus to the woods. Take the bus to the woods.

5. Buy a lottery ticket and ride the bus to the woods. Take the bus to the woods. Take the bus to the woods.

All cancellations are subject to a $10.00 processing fee.

*Transportation provided for $5 roundtrip to camps indicated.

Laughing Matters! It Really Does!

The Big News is that laughings matters! Here are some things you might want to be curious about humor:

1. As George Burns says, “When you get older, you can help get old.” Humor can be a way to add years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

2. “A flush beats a full house.” By using humor, you flush your stress in the stress of the game will build up, and to get rid of it’s a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

3. “Laughing Matters! It Really Does!” By using humor, you flush your stress in the stress of the game will build up, and to get rid of it’s a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

4. “Humor and creativity are at least burning cousins.” By using humor, you flush your stress in the stress of the game will build up, and to get rid of it’s a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

5. “Laughter certainly is the healthiest of the health it.” As George Burns says, “You get older, but you can help get old.” Humor can be a way to add years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

6. “When Bombeck suggests, ‘When humor goes, there goes civilization ...’” As George Burns says, “You get older, but you can help get old.” Humor can be a way to add years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

7. “When a young adult child leaves the parental home. The percentage is even higher when that child is the youngest in the family. Overall, this does not appear to be a widespread problem.” As George Burns says, “You get older, but you can help get old.” Humor can be a way to add years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

8. “Laughter is the shortest distance between two people.” As George Burns says, “You get older, but you can help get old.” Humor can be a way to add years to your life and life to years by preventing a stress. Laughing is the best medicine. “He (She) Who Laughs Last! redux.” Humor is a great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

9. “Great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

10. “Great way to manage challenges. It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.

 Laughing Matters! It Really Does! It may make the world go round, but laughter keeps us from getting dizzy. Jim and the Happy Cat.
Myths About Marigolds

Marigolds are a popular garden flower — colorful and easy to grow. They don't need myths to sell them, but here's a few things you may have heard about them:

- Marigolds Repel Insects: This myth may have started when some kind of nematodes pack up and leave for a couple months. The moisture evaporating from the large leaves helps to cool the female while she sits on the nest. During the cooler months the nest is usually lower, in the branches of evergreen trees or shrubs. Although robins do not use birdhouses and only seldom visit bird feeders, they can be encouraged to nest in your garden. Sometimes robins can be persuaded to accept nesting shelves. A nesting shell can be made from three boards nailed together to form the floor, back and roof of a house about 6 inches by 8 inches high. Mount it on the side of your house under overhanging eaves or in a shaded spot. A vine covered wall is especially attractive to robins. Do not be discouraged if your efforts are not immediately discovered. Be patient. You will be rewarded by a busy family to share your garden.

Air Layering Tropical Plants

Air layering is a simple method of propagating indoor ornamental plants that have become overgrown. No special growing facilities are needed. All you need are sheets of plastic, tape, twist ties and sphagnum moss.

The idea behind air layering is to create a damp, temperate environment on the stem to encourage root growth. The plant will remain rooted as air layered, but will not be able to move around. The newly rooted branch is cut and potted as an independent plant. Rooting time varies from a few weeks to a few months.

Tropical plants can be air layered almost anytime. Roots seem to grow faster when layering is done during the cooler months. While the plant is actively growing. Have the following tools ready: a sharp pruning knife, powdered rooting hormone, dust rooting hormone, clear plastic, tape and twist ties.

Choose a branch that is at least pencil-thick. Many tropicpals will root anywhere along the stem, but layering at the node is recommended. Remove the leaves at the node. Make a diagonal cut one-third to one-half way through the stem just below the node. Angle the cut upward toward the node. If you want to use a rooting hormone, dust the powder into the hole in the stem. Take a handful of wet sphagnum moss and squeeze out the excess water. The moss should be damp, not wet. Apply it to the prepared stem and apply plastic around the moss. The plastic should fit snugly. Seal the vertical seam with tape. Cut the excess plastic and secure the ends with the twist ties. Leave the plant in its original environment. Water and fertilize as usual. In several weeks, roots will appear in the moss. At this point you remove the plastic, cut off the newly rooted plant and put it in a suitable container.

Extension Calendar

May

1. Reminiscence - Meaning In Memories  10 a.m. to Noon
   2. 4-H Council, 1 p.m.
   3. Teens Today Applications due  7:30 p.m.
   4. Inviting in Your Future - Estate Planning 6:30 - 9:30 p.m.
   5. Microwave Cooking Class, Part I 7 a.m. - 5 p.m.
   6. Tractor Safety Course, Part II 9:30 to 11:30 a.m.
   7. 6-5 Growing Up Female Retreat 1:30 p.m.
   8. Discipline: Developing Positive Kid Part IV 7:30 p.m.
   9. electrical Bulletin Board Computer Class, Part II 7:30 - 9:30 p.m.
   10. No-To-Till Drill Expo (Rogers Farm) 7:15 p.m.
   11. Evening Course (Rogers Farm) 9 a.m. to Noon
   12. Microwave Cooking Class, Part II 7:30 p.m.
   13. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   14. No-To-Till Drill Expo (Rogers Farm) 7:30 p.m.
   15. 10-20 Growing Up Female Retreat 7:30 - 9:30 p.m.
   16. 6-12 National Extension Homemakers Week 7:30 - 9:30 p.m.
   17. 5-6 Growing Up Female Retreat 7:30 - 9:30 p.m.
   18. 5 Discipline: Developing Positive Kid Part IV 7:30 - 9:30 p.m.
   19. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   20. 5 Discipline: Developing Positive Kid Part IV 7:30 - 9:30 p.m.
   21. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   22. Evening Course (Rogers Farm) 7:30 - 9:30 p.m.
   23. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   24. Evening Course (Rogers Farm) 7:30 - 9:30 p.m.
   25. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   26. Evening Course (Rogers Farm) 7:30 - 9:30 p.m.
   27. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   28. Evening Course (Rogers Farm) 7:30 - 9:30 p.m.
   29. Introductory DOS Computer Class, Part I 7:30 - 9:30 p.m.
   30. Evening Course (Rogers Farm) 7:30 - 9:30 p.m.

June

1. 4-H Horticulture Judging Workshop 8 p.m.
   2. 11-15 Natural Resource & Leadership Camp at Halsey 7 p.m.
   3. 12-15 NCEC Convention at Columbus 6:30 - 8:30 p.m.
   4. 12-15 NCEC Convention at Columbus 6:30 - 8:30 p.m.
   5. 12-15 NCEC Convention at Columbus 6:30 - 8:30 p.m.
   6. 12-15 NCEC Convention at Columbus 6:30 - 8:30 p.m.
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