1-1991

The NEBLINE, January 1991

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On January 17, 24 and 31, 1991, Malcolm area residents will attempt to shape the future of their community. The "Malcolm Community Goals Workshop" is a series of three sessions focusing on community self-assessment, identification of goals and priorities, and formulation and implementation of action plans.

Malcolm Village Board and the University of Nebraska Cooperative Extension have joined together to sponsor this workshop.

Malcolm area residents are invited to participate in the workshop. "All area residents are encouraged to come and share their ideas," says Don D. Miller, extension agent, Chair, University of Nebraska Cooperative Extension in Lancaster County. "It is important to the community and community leaders that all points of view are heard and discussed."

The workshop will be led by Dr. Paul H. Gessaman, extension economist and professor of agricultural economics at UNL. Gessaman has conducted research and extension education programs in community development, natural resources management and financial management. He currently coordinates rural revitalization programs for University of Nebraska Cooperative Extension.

"It is a sobering experience," states Gessaman. "The people consider their community's advantages and its problems, the aspects of life they like and those they want to change."

Interested residents should call the extension office, 471-7180, by January 11 to register. Registration ensures that workshop materials will be available for each participant, though walk-ins are welcome. There is no fee for this workshop.

Time to apply for home extension scholarships

Application forms are available at the University of Nebraska Cooperative Extension in Lancaster County for homemaker grants and scholarships for persons planning to continue their education. Following is an explanation of each scholarship.

A $150 Homemaker's Educational Grant, sponsored by the Nebraska Council of Home Extension Clubs, Inc., can be used for classes or correspondence courses leading to an academic degree, vocational training or completing a high school. It must be used by June 1, 1991 and December 31, 1991. Applications are due by February 15, 1991. A $275 scholarship is available to full-time students majoring in a home economics degree program beginning their sophomore, junior or senior year in the fall of 1991. Applicants must have graduated from a high school in Lancaster County or be a permanent resident of Lancaster County.

Attention: Home Extension Club Members

Home Extension Club Night-May 29

Home Extension Club Night at the Lincoln Community Playhouse is scheduled for Wednesday, May 29, at 8 p.m. The play is a musical called "Coney." Ticket price is $6.75.

To order tickets, send your check made payable to Sharon Knight along with a stamped self-addressed envelope to: Sharon Knight, 703 "C" Street, Lincoln, NE 68502. If you are ordering tickets for your extension club members, please include the club name in the mail envelope. DEADLINE FOR ORDERING TICKETS IS FEBRUARY 1, 1991.

Beat those winter blahs

by Brian Hart

Tired of looking at that huge pile of homework your teacher sent home last night? Well, take a shovel and bury those books and papers in the snow. Then all light is gone. Yup, it's that time of year again. It's time to head on up to the Eastern Nebraska 4-H Center!

This year, along with our fantastic ski camps, we are offering a fabulous Computer Boot Camp for any teen age 13-19 February 15-17. This camp promises to be a great learning experience for all who attend. You will learn about practical applications with computers from demonstrations, hands-on use, and by sharing your experiences with computers. In our world today, knowing how to operate and use a computer is a tool we all must learn to use.

The Midwinter Escape Statewide Leadership Weekend for teens 13-18, will be January 19 and 20. As always, there will be an abundant amount of things to do. There will be leadership workshops that will sharpen your leader skills, ship, and of course, skiing and other winter recreational activities. After skiing, there will be pizza, movies, games, and a dance! For youth 10-12, the Kalsedoscope Magic Eighth Annual Winter Camp will be February 8-10. This camp offers workshops such as woodworking, puppet making, Craft, and Fun with Animals. Also, there will be sledding and other fun filled activities, and of course, skiing. After an afternoon of skiing, you will return to the toasty warm lodge for pizza and a movie.

Prices for our wonderful winter camp lineup is $42 for the Computer Boot Camp, $18 plus ski fees for the Midwinter Escape, and $25 plus ski fees for Kalsedoscope Magic. As always, 4-H membership is not required. So, remember the 4-H camp motto, "take a friend - make a friend" and head on up to the Eastern Nebraska 4-H Center for the time of your life!

For more information on these camps and registration, please contact the University of Nebraska Cooperative Extension in Lancaster County at 471-7180.

Whole Hog Days

The annual Nebraska Whole Hog Days program will be held at the Lancaster Extension Conference Center in Laurel on January 19, 1991. The program begins at 9:30 a.m. and will adjourn at 3 p.m.

The theme for this year's program is "breed, wean and manage." This year's program topics were selected by local pork producers to meet their interest. Program topics will include:

- Winning attitude helps reproduction
- Genetic strategies for pork producers as key areas of interest
- Mycotoxins, sows and gestation
- Growth and development
- Determining testicle size

For more information contact the University of Nebraska Cooperative Extension in Lancaster County.

House plants thrive in artificial light

There are very few winter house plant problems that a little more light wouldn't help. The weather rarely cooperates, however, so most serious indoor gardeners eventually try gardening under lights.

For several reasons it's best to grow both foliage plants and flowering plants under fluorescent tubes rather than incandescent lamps. First, fluorescent tubes are more economical to operate since they give off more light for a given amount of electricity. Fluorescent tubes are also cooler. And a combination of cool white and warm white fluorescent lights provides the mixture of red and blue light in which plants grow best. Under cool white and warm white fluorescent tubes or Gro-Lux plant lights, foliage tends to expand parallel to the surface of the lamp, stems elongate slowly, multiple side shoots develop readily and rapid elongation of shoot occurs over a longer period of time. Similar results can be obtained with high intensity discharge mercury, metal halide or high or low pressure sodium lamps.

Plants grown under incandescent lamps, on the other hand, tend to produce pale foliage that grows much taller and longer than foliage on plants grown under other light sources. Shoot elongation is excessive, and plants eventually become spindly. Side shoot development is suppressed and flowering occurs rapidly. Plants mature and age very quickly. These same responses occur in plants grown under some types of plant growth lamps — Gro-Lux, Vita-lite and Agro-lite — and wide spectrum lights.

An artificial light garden can be as simple or as fancy as you want to make it. A sturdy table or bench with a fluorescent fixture suspended above it will grow plants just as well as a decorative planter or room divider custom designed for your living or family room.

Use a reflector to bounce as much light as possible onto your plants. Place plants that require high light intensity directly under the centers of the tubes and plants that will do well in dimmer light toward the ends or off to the sides.

Most plants do best un

(continued on page 2)
Birds are always welcome, and the feeder can assure a steady supply. Trees and shrubs recommended for winter feeding include any that hold their leaves well into the winter. Various types of Snowball and White Angel also have persistent red fruit. Many vegetables are noted for their fruits, cover the ground and add color to the landscape. The quantity of flowers varies from season to season, but they can be a welcome addition to any garden.

The right plants can also welcome the birds. This is a good opportunity to use plants that are native to your area. Some examples include hawthorn, walnut, and cherry, which produce many species, but not all. It is important to choose the right plants for the area. Winter is a good time to plant evergreens, so they can be established before the next growing season.

Increase windbreak effectiveness

In these days of high windbreak effectiveness, a windbreak can make a big difference in the winter. By planting six or seven rows of deciduous trees, you can substantially reduce the wind's impact. Evergreens can also be used, but they need to be placed at least 15 feet apart to allow for proper growth.

Still another consideration is the type of evergreens to plant. Because these trees retain their leaves year-round, they provide a visual barrier. Chickashas and Russian thistles are not good choices.

Purchase or grow your own transplants

Many vegetables for the summer garden are started from transplants. Should you purchase transplants or grow your own?

By growing your own transplants, you have the advantage of new cultivars that may not be available from local garden stores. However, if you do not have space or time to grow your own, you can purchase transplants from local garden centers.

Strawberry cultivars in the Midwest

Between 1980 and 1988, the members of the North Central Regional Small Fruits and Vegetable Committee conducted trials of strawberry cultivars in Iowa, Illinois, Michigan, Minnesota, Missouri, Ohio and Wisconsin. In Michigan, the strawberries we harvested were grown in a greenhouse and were characterized by good yield and quality. In Illinois, the strawberries we harvested were grown in a field and were characterized by good yield and quality. In Wisconsin, the strawberries we harvested were grown in a field and were characterized by good yield and quality.

Cultivar Average yield (pounds per acre)

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Yield (pounds per acre)</th>
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</thead>
<tbody>
<tr>
<td>Kennebec</td>
<td>10,500</td>
</tr>
<tr>
<td>Allambra</td>
<td>11,600</td>
</tr>
<tr>
<td>Honeoye</td>
<td>13,900</td>
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<tr>
<td>Scott 4,500</td>
<td>5,600</td>
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<tr>
<td>Earliglow</td>
<td>8,600</td>
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<tr>
<td>Delight</td>
<td>9,400</td>
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<tr>
<td>Crimson King</td>
<td>9,400</td>
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<td>Jewel O</td>
<td>5,000</td>
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<tr>
<td>Allstat</td>
<td>11,600</td>
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<td>Scott 11,300</td>
<td>9,900</td>
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<td>Raritan</td>
<td>9,500</td>
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<tr>
<td>Honeoye</td>
<td>13,900</td>
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<tr>
<td>Delight</td>
<td>9,400</td>
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</tbody>
</table>

Six cultivars observed in 23 common trials were examined for yield. Over the years, due to environmental conditions, 'Kennebec' and 'Cultivar' appear highly "opportunist," i.e., they tend to perform very well in favorable environments, but poorly in unfavorable environments. 'Earliglow' and 'Honeoye' are also very "opportunist" cultivars. 'Allambra' and 'Honeoye' are also very "opportunist" cultivars. 'Scott 4,500' and 'Allstat' are highly consistent performers than "Earliglow" and "Honeoye," but they are not as opportunistic as "Earliglow" and "Honeoye." The bottom line for strawberry growers in the Midwest, based on these studies, is that if you are looking for consistency, you should choose cultivars that are high in yield. If you are looking for higher yields, you should choose cultivars that are high in yield and have a high degree of consistency. If you are looking for consistent yields, choose cultivars that are high in yield and have a high degree of consistency. If you are looking for consistent yields, choose cultivars that are high in yield and have a high degree of consistency. If you are looking for consistent yields, choose cultivars that are high in yield and have a high degree of consistency.
## Pesticide Applicator Safety

### Satellite Videoconference

**Date:** Wednesday, January 9, 1991  
**Time:** 2:30 - 4:30 p.m. Central Time  
**Place:** For coordinators call 402-472-2309

This conference addresses key topics on pesticide use and handling with emphasis on applicator safety and protection of the environment.

### Program:

**Video Sessions**

- **Signs and Symptoms of Pesticide Poisoning**  
  - Learn to identify the signals of pesticide poisoning, and what actions prevent serious consequences of overdose.

- **What the Wary Ones Wear**  
  - Pesticides require protective clothing and equipment is needed for safely using pesticides.

**Special Feature**

- Learn how pesticide containers can be recycled from Allison Spurgeon, an Iowa Fertilizer and Chemical Association representative.

### Question/Answer Session

Call-in and ask parallels from four states your questions.

### Who Should Attend?

- Pesticide applicators, dealers, extension agents and specialists.
- Spouses or families of pesticide applicators, 4-H members or leaders in crop projects, and high school vocational agriculture students and instructors.

**SPONSORS:**  
Iowa State University, Kansas State University, the University of Missouri and the University of Nebraska. Through a grant from the U.S. Environmental Protection Agency.

*This videoconference will also serve as part of a private applicators pesticide training. Those wanting to be certified or recertified should plan to stay an additional hour after the conclusion of the videoconference to complete training requirements.*

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### Pesticide Applicator Training Begins

There are two classifications of pesticide applicators in Nebraska. It is important for applicators to be certified. A private applicator is a certified applicator who uses or supervises the use of restricted-use pesticides for producing agricultural commodities on property owned or rented by himself. This includes farmers, gardeners, Christmas tree growers and hired farm laborers. Private applicators must be certified to use restricted-use pesticides without supervision or assistance from anyone.

A commercial applicator is a certified applicator who uses or supervises the use of restricted-use pesticides on any property owned or rented by him. This includes persons applying restricted-use pesticides as employees or for hire.

**Private Applicator Training Dates and Times for 1991 are:**

- **January 9, 2:30 to 5:30 p.m., Lancaster Extension Conference Center**
- **January 24, 1:30 to 4:30 p.m., Mead Community Center**
- **March 16, 10 a.m. to 1 p.m., Lancaster Extension Conference Center**

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### Coffee Shop Talk

This section of The NEBRINE has been created to address questions and concerns commonly received by the Lancaster County agricultural extension agents. If you have a question that you would like answered in this column, please let us know.

**Question:** Why do you figure protein prices of different feeds?

**Answer:** Figures the protein price for livestock can be easy if some considerations are examined. When looking at the feed ration, the first thing is to be aware of the important ingredient which is missing.

Cost of Protein:  

- **High**  
  - $0.95 per pound of protein from alfalfa  
  - $1.02 per pound of protein from soybean

Another consideration before selecting a commercial protein supplement over a natural high protein feed is how well the animal can utilize it. This is often converted into protein. Non-protein nitrogen (NPN) such as urea and beet meal in a protein supplement are not well utilized by cows being fed low to medium quality forage. In those diets, it becomes necessary to increase the cost of those ingredients. This calculation does not take advantage of high quality. Each producer should attach a different price to protein or supplements. More expensive ingredients are often purchased because they conveniently fit into that animal owner's feeding program.

**Question:** What should be done about chinch bugs in wheat?

**Answer:** Chinch bugs are found this time of year winter wheat stands. There really wasn't anything producers could do to stop this fall invasion and since little damage was done, it was not economical to control them. Chinch bugs normally move in this fall summer crops soon like sorghum and corn to areas containing bunch grasses such as the native grasses or browse grass. However, some may spend the winter in wheat fields. Wheat fields that showed significant numbers of chinch bugs this fall will be worth watching next spring. They may not cause great damage to the wheat in the spring; but, they will reproduce and move to nearby corn and sorghum fields to feed for the summer. One way to limit damage is to avoid planting corn or sorghum near infested wheat fields.
4-H speech workshop

Join a group of dynamic 4-H teens who promote 4-H. Are you interested in learning more, or junior who would like to develop leadership and public service radio program announcements, write articles for the NEBLINE, present promotional programs to civic organizations, and create 4-H events; apply today! For more information, contact Linda Weber and Kathi McCallister or Extension Assistant, 4-H.

Non-riding clinic and western exhibition

A specialized clinic will be held for beginners who includes a demonstration on trick roping, horse nutrition briefings, and information about non-riding horse activities. Jean Wells, world champion trick roper, will talk about the daily training and knowledge behind this exciting activity.

Ambassador applications due February

Now is the time to start planning for an ambassador competition. Ambassador applications are due February 4. Join a group of dynamic 4-H members and learn about the ambassador competition, the steps needed to become an ambassador, and how to recruit new members to become ambassadors. This special event will be held at the Lancaster Extension building on Saturday, February 15, 8:30 a.m. to 6:30 p.m.

4-H Woodworking Project

The woodworking project is an educational event for individuals interested in developing skills and experiences for the future. This event will be held at the Lancaster Extension building on Saturday, February 15, 8:30 a.m. to 6:30 p.m.

Flock health

Dr. Eva Pendleton, University Extension Veterinarian, will program on flock health Tuesday, January 15, 7:30 p.m. This program is being offered in conjunction with the poultry VIPs committee and all members are encouraged to attend and share ideas.

Trainees to Teach for Nebraska 4-H

If you missed the part one session, it will be repeated on Saturday, February 15, 10 a.m. and 7 p.m. You may see an appreciation for the project and a deeper understanding of your responsibilities. By exploring current topics the delegates will have the opportunity to develop relationships and learn from each other. This will take a stand on an issue, but also explore the how and why through workshops, government agency visits and keynote addresses. This will be a chance to get together and learn from each other. While in Washington, legislators, delegates broaden their understanding of history, see our own government in action, and use the resources of the Nation's Capital as a base for back home action. Citizensh ip Washington Focus gives you a unique opportunity to make 4-H friends across the nation, experience the capital city and go home with motivation which will make today's meeting tomorrow's leaders. Fund raising and educational activities are currently being planned. Contact Richard or Marcellle Bergsten at 474-4901 for more details.

4-H Woodworking Project

The woodworking project is an educational event for individuals interested in developing skills and experiences for the future. This event will be held at the Lancaster Extension building on Saturday, February 15, 8:30 a.m. to 6:30 p.m.

4-H Woodworking Project

The woodworking project is an educational event for individuals interested in developing skills and experiences for the future. This event will be held at the Lancaster Extension building on Saturday, February 15, 8:30 a.m. to 6:30 p.m.

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4-H Woodworking Project

The woodworking project is an educational event for individuals interested in developing skills and experiences for the future. This event will be held at the Lancaster Extension building on Saturday, February 15, 8:30 a.m. to 6:30 p.m.

Flock health

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April
1-4 H Livestock Booster Club  
1 Turkey project entries due.  
2 ColorGuard: deadline day  
3-6 Family Camp fee is $42 and runs from April 13-17  
4-6 Raiders of the Deep Camp  
5-8 Boldly Bound Camp  

May
1 June 1's due  
2 Home school applications due  
3-6 Livestock Judging Contest  
4-6 Child Care Clinic  
5-7 4 H Horse activities clinic, 9 a.m. - 12 p.m.  
6-10 Boldy Camp  
7-9 ExpVisions application due to county
8-10 4-H Horse Judging Contest
9-12 4-H Home Economics Judging
10-12 4-H horse lessons
11-13 4-H Horse Judging Contest
12-14 4-H Horse lessons
13-15 4-H Horse Judging Contest
14-16 4-H Horse lessons
15-17 4-H Horse Judging Contest
16-18 4-H Horse lessons
17-19 4-H Horse Judging Contest
18-20 4-H Horse lessons
19-21 4-H Horse Judging Contest
20-22 4-H Horse lessons
21-23 4-H Horse Judging Contest
22-24 4-H Horse lessons
23-25 4-H Horse Judging Contest
24-26 4-H Horse lessons
25-27 4-H Horse Judging Contest
26-28 4-H Horse lessons
27-30 4-H Horse Judging Contest
30-32 4-H Horse lessons

June
1 June 1's due
2 Home school applications due
3-6 Livestock Judging Contest
4-6 Child Care Clinic
5-7 4-H Horse activities clinic, 9 a.m. - 12 p.m.
6-10 Boldy Camp
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20-22 4-H Horse lessons
21-23 4-H Horse Judging Contest
22-24 4-H Horse lessons
23-25 4-H Horse Judging Contest
24-26 4-H Horse lessons
25-27 4-H Horse Judging Contest
26-28 4-H Horse lessons
27-30 4-H Horse Judging Contest
30-32 4-H Horse lessons

July
1-4 H Livestock Booster Club
1-4 H scholarship applications due (state & national)
1-3 Sports Camp
5-7 4-H Summer camp week at 4-H Camp
6-9 High Adventure Senior Camp
10-12 Nebraska 4-H ExpVisions
11 Paws and Claws County Cat Club meeting, 7 p.m.
12 Spotlight on Talent Camp
12 Practice Demonstration Day, 1:30 p.m.
13 Teen Council meeting, 2:30 p.m.
14-18 4-H State Horse Expo
16-19 Outdoor Skills II - Camp
TBA District Dairy Show
18 Fairboard meeting, 8 p.m.
the home economics, horticulture, entomology, weed and tree ID. judging contests
22 County & state fair animal pre-entries due
23 4-H council meeting - 4-H Banquet
31 Fair Superintendents meeting, 6 p.m.
31 Style Revue /Judging

August
2 Music Contest, 7 p.m.
5 County fair entry day - stationary exhibits, 4-8 p.m.
6 Livestock Judging Contest
6-10 Lancaster County Fair
12 AkSarBen entries due to University of Nebraska Cooperative Extension in Lancaster County by 4:30 p.m.
13-4 H Horse Judging Contest
13-20 4-H Fair week, 7:30 p.m.
14-2 H fair superintendents recognition dinner
28 State fair entry day - stationary exhibits
30 - Sept. 8, Nebraska State Fair

September
1 Chris Clover Award Banquet due to leader
1 County Awards Books & scholarship applications due
1-4 H Council meeting, 7:30 p.m.
12-1 National 4-H week
7-14 4-H Livestock Booster Club, 8 p.m.
17 4-H Horse Judging Contest
15-17 North Central Regional Leader's Forum
17 Fairboard meeting, 7:30 p.m.
22-24 H National 4-H Week - 4-H ink Exposition
30 National 4-H Dairy Conference

October
1 Market lambs & swine - 1991 National Western
4-6 Livestock Booster Club, 7:30 p.m.
5-7 Council meeting, 7:30 p.m.
11-13 4-H Horse Judging Contest
22 4-H Honors Banquet
23-24 H Horse Vocation meeting, 7:30 p.m.
21 Fairboard meeting, 7:30 p.m.

December
7-11 National 4-H Congress

Computer fun at winter camp
A 4-H youth computer camp will be held February 15, 16 and 17 at the Eastern Nebraska 4-H Center. Practical application of computers will be the emphasis of this winter camp. Hands-on experience and demonstrations will be the highlight of the "Computer Boot Camp". The world is becoming more computerized each day. Although January is a cold month, computers may make the world more complex in a sense, at the same time they have opened up new opportunities for knowledge, education and fun. Teenagers 13 to 19 years of age will have the opportunity to learn the computer and have fun. The camp will be held February 15-17.

Brenda Halling
Brenda Halling 1991
Nebraska Simoncellen Trout
Department of Fish, Wildlife and Parks
Nebraska State Fish and Game Department
Brenda Halling is a registered wildlife biologist and serves as the camp organizer.

Summer camp dates
June
3-6 Raiders of Deep
7-10 High Adventure
11-14 First Timers
15-18 Summer Safari
18-21 Boldy Booty
22-25 outdoor Skills
26-29 Summer Camp 1
30-3 July Summer Camp 2
30-3 August Summer Camp 3
31-6 September Summer Camp 4

Winter camp dates
December
5-9 Winter Camp 1
10-13 Winter Camp 2
14-17 Winter Camp 3
18-21 Winter Camp 4
22-25 Winter Camp 5
26-29 Winter Camp 6
30-3 January Winter Camp 7

This camp has been made possible by the Nebraska Department of Fish, Wildlife and Parks and the Nebraska Fish and Game Department.
Insecticide treatment. may also be killed by placing...case in the kitchen and pantry in order to prevent entry or escape of insects. Ordinary metal kitchen canisters are usually sufficient to exclude insects. Ordinary metal kitchen canisters are usually sufficient to keep out pests from developing. Remove all food products, utensils, dishes, and other re...Insecticide treatment. After a thorough cleaning and scrubbing of the food storage areas, an insecticide treatment will be applied. There are several products that are available for controlling pantry pests. When purchasing these prod..."Never eat food from a can with bulging ends" was a common warning to avoid food poisoning. With the advent of many new packaging technologies, it can be hard to recognize defects which cause food spoilage or foodborne illness.

Recognize food package defects

- an unwelded portion of the side seam
- a leak from anywhere in the can
- Plastics Cans
- any opening or non-bonding in the seal
- a break in the plastic
- a fractured lid
- a swollen package
- Paperboard Cans
- a patch in the seal where bonding or adhesive has failed
- a slice or slash in the package

Flexible Pouches
- a leak in the adhesive across the width of the seal
- a slice or break in the package

Glass Jars
- a pop-top that does not pop when opened, indicating loss of vacuum
- a damaged seal
- a crack in the glass of the jar

Time to apply for home extension scholarships (continued)

Applications are due April 1, 1991. A $125 scholar- ship is offered to a graduate of a high school in Lancaster County or a permanent resident of Lancaster County enrolled in Food Service Science, Food Science and Technology, Child Care or Family and Consumer Science related to food, health and related fields at Southeastern Community College. Applicants must be full-time students who have completed two quarters of study, with a grade point average of 2.5 or above. Applications are due April 1, 1991.

For more information concerning these scholarships, please contact Esther M. Wyant, extension agent, home economics, at 471-3333.

Workshop on baking yeast breads

Learn how to make white, whole wheat, rye, and sourdough breads at a workshop on Thursday, February 21, 1-3:30 or 6-9 p.m. Lorene Bartos, extension assistant, 4-H, and Esther Wyant, extension agent, home economics, will be the instructors. Participants will mix, knead, shape and bake a loaf of each bread during the workshop. Registration details will be in the February issue of NEBLINE.
Food safety tips for fish

Fish is a nutritionally attractive food to include in your diet, and environmental and health considerations have made fish a popular choice for many people. Because fish are known to contain mercury and other toxic substances, it is important to wash, cut, and cook fish properly to prevent contamination and potential harm to the consumer. Some specific fish safety tips include:

- Washing fish: Fish should be thoroughly cleaned and rinsed before cooking to remove any harmful substances that may be present.
- Cutting fish: Fish should be cut with clean, sharp knives to avoid cross-contamination.
- Cooking fish: Fish should be cooked to an internal temperature of 145°F to kill any harmful bacteria that may be present.
- Storing fish: Fish should be stored in the refrigerator or frozen to prevent contamination.

Avoid farm well contamination

Although farmers do not handle the large quantities of chemicals processed by commercial chemical supply businesses, many handle chemicals in the worst possible ways: they immediately add them to the farm well. Recent Illinois studies have impli-
cated this as being one of the most important causes of pesticide contamination. Because of convenience and lack of an understanding of this kind of practice, farmers well con-
tamination, this activity has already gone on for many years. A percentage of farmers who handle chemicals in this manner are now contaminated by chemicals from the farm well.

Diluting the water into the field in a nurse tank removes it from the well, to conduct

New Year's fire safety resolutions...

On behalf of the members of the Southeast Fire Depart-
ment, I would like to take this opportunity to wish you and your family a Happy New Year. As you make your New Year's resolutions, why not resolve to be more safe?

- Keep fish cold. Cold, cooked fish is a more attractive food to include in breakfast. In December, 88 percent of farmers who handle chemicals in this manner are now contaminated by chemicals from the farm well.
- Avoid farm well contamination.
- Avoid farm well contamination.
- Diluting the water into the field in a nurse tank removes it from the well, to conduct
- New Year's fire safety resolutions...
Extension Calendar

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

January 7
Crop Protection Clinic

January 9
Farm Program Briefing
1 p.m.
Private Pesticide Applicators Training
2:30 to 5:30 p.m.

January 10
Nebraska Forage and Grassland Meeting
8:30 a.m. to 3:30 p.m.
East Campus Union

January 17
Nebraska Whole Hog Days
9:30 a.m. to 3 p.m.

January 24
Farm Program Briefing
1 p.m.
Private Pesticide Applicators Training
1:30 to 4:30 p.m.
Hickman Community Center

January 28
Lancaster County Council of Home Extension Club Council Meeting
1 p.m.

January 31
Home Extension Leader Training “Reminiscence”
1 or 7 p.m.

February 15-17
Youth Computer Boot Camp
Eastern Nebraska 4-H Center

February 19
4-H State Swine Conference
4 to 9:30 p.m.
Auburn, NE

February 21
Nebraska Swine Records & Analysis Program Orientation
1:30 p.m.
Saunders County Extension Office, Wahoo

Happy New Year!