3-1991

The NEBLINE, March 1991

Follow this and additional works at: http://digitalcommons.unl.edu/neblines
Part of the Agriculture Commons

http://digitalcommons.unl.edu/neblines/173

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
UPCOMING NUTRITION AND HEALTH PROGRAMS:

“Healthy Dividends through Fat Budgeting” Workshop
Monday, March 4, 7 - 9 p.m. If you’re like many Americans, you could be eating more fat than is healthy for you. This program will help you cut fat to budget the same money you budget your money. You can “spend” on whatever foods you choose as long as you stay within your budget. You’ll also learn how to make your “fat budget” more effective by including exercise to help reduce your body fat. This program is cosponsored with the YMCA. Fee is $5.

“New, LEAN, and Nutritious!” Class
Tuesday, March 12, 9 - 11 p.m. Learn more about some of the newest menu items that can fit into a healthy diet. Which are the best buys? How do you use them? This class will include the newest menu items and receive preparation ideas for cooking them. Fee is $5.

“Recipe Makeovers — LEAN and Light” Workshop
Thursday, April 25, 7 - 9 p.m. Enjoy a lighter version of your favorite recipes. Recipes will focus on reducing the fat, sugar, and salt in your current recipes and still keep the taste you like. Receive cookbooks containing actual recipes for improved nutritional value. Taste and judge modified recipes. Fee is $5.

“Food and Nutrition Update for Child Care Centers” Training
Tuesdays, April 23 and 30, 3 - 5 p.m. Designed for child care center staff, this program will help participants understand healthy food choices; cook with “Kids” to teach good nutrition habits; plan menus with consideration for nutrition needs, child’s activity level, and cultural patterns; and choosing techniques to prevent food poisoning. Program continued except for four hours of training. Fee for four hours is $10. Call Alice Horner for registration materials.

Well disinfection by shock chlorination
A safe, sanitary water supply is essential for human consumption. Most private wells and distribution systems incorporate many sanitary safeguards. Water treatment ensures that contamin­ants from entering the well. However, some wells are sus­ceptible to contamination from debris and small animals entering the well or distribution system. For this reason, private water supplies should be sampled yearly.

The amount of chlorine used for shock chlorination is important. A strong concentration of chlorine must be added to disinfect wells and water distribution sys­tems. To determine the amount of chlorine needed, laboratories can test to determine the number of bacte­ria present and how much. The amount of chlorine needed is determined by the concentration of bacteria Laboratory safeguards to keep contami­nants from entering the well. From debris and small animals entering the well or distribution system. For this reason, private water supplies should be sampled yearly.

Chlorine is a strong oxidizing agent that can destroy bacteria. It is effective against a wide range of microorganisms, including viruses, protozoa, and fungi. Chlorination is the most common method used to disinfect wells and water distribution sys­tems. Disinfection by shock chlorination involves adding a strong chlorine solution to the well and circulating the chlorine solution throughout the distribution system. Shock chlorination is recom­mended when bacterial contamina­tion has been detected or when a new well has been constructed or when the distribution system has been opened up for maintenance or when replacement of system com­ponents is needed. Shock chlorination is very important following a flood, or when surface water has entered the well or distribu­tion system.

Chlorine used for shock chlorination is available in liquid, powder, or tablet forms. The main difference is the concentration of available chlorine in each form. Sodium hypochlorite or com­mon bleach contains approximately 5.25 percent of available chlorine, while commercial strength bleach contains approximately 12.5 percent available chlorine. Chlorinated lime powder contains 30 to 50 percent of available chlorine, and each form is effective, but the amount of material used is substantially different.

The amount of chlorine material added to the well also depends upon the volume of water contained in the well. The goal is to obtain a chlorine concentration of approximately 200 parts per million (2 ppm) chlorine in the well water.

To obtain 200 ppm chlorine, 3 parts of 5.25 percent bleach, 1 pint of 12.5 percent available chlorine, or 9 or 10 clor­inated lime and 3 oz. of cal­cium hypochlorite tablets must be added for each 100 gallons of water contained in the well. The volume of water contained in each foot of the well casing can be determined by multiplying 0.041 by the diameter of the well squared.

For example, if the well pipe is 5 inches in diameter, and (continued on page 2)

Pesticide applicator training
Initial certification and recertification training for private applicators of restricted use chemicals will be held on March 12, March 19, March 26, and April 2, from 9 to 5 p.m. The training will follow Farm Pro­grams workshops which will begin at 2:30 p.m.

A private applicator is a certificated applicator who uses or supervises the use of any restricted use pesticide for the production agricultural commodities on property owned or rented by that producer. Many farm chemicals have been added to the list of restricted use pesticides including atrazine and all products containing atrazine. A farm applicator or certified applicator must have the knowledge and skills to prevent pesticide contamination of food and water. The program will be presented to provide updated information. A meeting will be held on Friday, March 12, at 1 p.m. at the Lancaster Extension Conference Center.

All certified applicators and those scheduled to be held at the same location begin­ning at 2 p.m.

Helping children cope

The Gulf situation is a stressful one for all of us, but children who are separated from a parent or caregiver because of the war face a wide variety of emotions. It is helpful for these children, we must look at the world through their eyes. Much of what children understand is based upon their developmental age. Parents and caregivers need to understand these differences in or­der to respond appropriately to children’s fears and needs. Babies do not feel their own distress, but that of their parent’s or caregiver’s. Babies are seduced by grief and may become confused and think that how they caused their parent to leave. Often children will not voice this fear, but they may feel sad and irritable.

It may be necessary to explain the reason for the parent’s departure for a number of times. Reassure the child that this situation is not their fault. If your child does not express their feelings, you may want to adjust your expectations and standards somewhat. Whenever pos­sible, simplify your daily schedule. Pay particular at­ention to basic needs such as sleep, meals, and exercise. Six to eight-year-olds frequently experience sadness and grief over the separation from or loss of their parent. They often fear for their own safety. They may also feel frustrated and try to compen­sate by clinging to their re­maininng parent or by asking for new possessions.

Help children express (Continued on page 6)
To uncover or not to uncover?

Due to the nature of our climate, you will need to decide on when to mulch a crop, and when to uncover on when to remove the cover.

If the cover is left on too long, it will cause many diseases such as damping off, root rot and sour rot to occur. Similarly, if the cover is not removed, further, if it is not successfully removed, this soft new growth is readily devastated by early cold spring winds. Uncovering strawberries too soon results in early flowering. Flowers are usually killed by late spring frost.

Testing for germination rate

Any seeds which have been stored, should be tested for their viability, or germination rate. Seeds coming directly from the gardener to thetester usually have a rate of about 90 to 95 percent, meaning that if 90 to 95 percent of the seed will germinate under favorable conditions, the rest will naturally decline as seeds are stored. By testing before you plant, you can determine how many seeds must be sown in order to get a certain number of mature plants.

To test seeds, place 20 to 50 seeds in a glass or plastic paper towel, and cover with a plastic or glass container or hood that bacterial growth can be eliminated. As a way around the problem with damping-off, you can use a dusting of fungicide. Often the dampness of the paper towel or the plastic container is enough to cause damping-off. If you don't know how much fungicide to use, try to avoid overcrowding, over-watering, over-fertilizing (especially in wet spring), excess water temperature in the seedling, or over-watering.

Ornamental flowering kales and cabbage

Ornamental kales and cabbages are becoming increasingly popular with home gardeners during the last few years. They make an excellent addition to the late summer and fall displays and are particularly attractive when color temperatures are high. Keeping containers moist and well, the volume of water is required.

Groundwater quality

Groundwater quality can be protected by not allowing movement of water to contact the soil area to be planted or the soil material in which the water is moving through the soil. Since groundwater is the water source for about 95 percent of the drinking water, it can range from less than a foot to 50 or more feet.

Limestone and shale, or comparable rocks, are a good material which has low permeability. However, if they are fractured, or if they are covered with a layer of sand or clay, they will have very high permeability.

As a cone emerges, the slope of the cone increases and the water will move more easily towards the cone. Eventually the rate of movement toward the cone will equal the rate of movement away from it, and a stable pumping level is established.

When the cone is stopped, flow will continue at a lower velocity, and the slope of the cone will finally become stable. The rate of movement toward the cone will be equal to the rate of movement away from it, and a stable cone will be established. When the cone is stopped, flow will continue at a lower velocity, and the slope of the cone will finally become stable. The rate of movement toward the cone will be equal to the rate of movement away from it, and a stable pumping level is established.

When the cone is stopped, flow will continue at a lower velocity, and the slope of the cone will finally become stable. The rate of movement toward the cone will be equal to the rate of movement away from it, and a stable pumping level is established.
Applying pesticides...effectively...economically

Hands-on sprayer calibration clinics are set for late March and early April on area farms. The Nebraska Department of Agriculture and user application providers will work together to conduct the clinics. The clinics will use local farm sprayers to demonstrate the "ounce" calibration procedure. Such information will be used to improve other application equipment as well.

In addition, 90 percent of herbicide failures are due to application errors. Improper application can result in wasted chemical, marred crops, crop damage, or disease control, excessive carryover, water contamination and/or crop damage. Approximately $1,000,000 in more in savings and crop improvements happen because better weed control could be realized. By thorough knowledge, about 1 in 3 of the farmers apply chemicals within the extended protected Action Agency's recommendations. Local clinics will be conducted at the following locations:
March 27, 1 p.m., Roe Ralke Farms, Ashland
April 3, 1 p.m., Don Siefert Farm, Bennet
April 3, 1 p.m., Burtlende Farming, Elmira.

The clinics are sponsored by the Nebraska Soybean Board, the University of Nebraska Cooperative Extension, the Metro Lin, and the Nebraska Nutrient Management Program.

Farmers interested in having their rig tested at one of these workshops should contact the appropriate Agricultural Extension Office at the time of termination.

Capital pork show a treat for youth

The twenty-third annual Capital Pork Producers Association Market Hog Show is set for Saturday, March 23, 1991, at the Royal Arena in Syracuse, Nebraska. The meat show is open to all swine producers with a $5 per head fee paid at weigh time. Each exhibitor may enter one hog. Entries can be barrows or gilts, purebred or crossbreed.

Weigh-in time is 8:30 to 10:30 a.m. Saturday. Judging contest registration is 9 to 10 a.m. Meats judging will take place from 9:30 to 10:30 while the judging contest, prior to the live show, will take place from 10:30 to 11:30 a.m. The live show will begin at 12 (noon).

Contact the following individuals for more information: Rick Haeberle, Nebraska Pork Producer Association member for further information and a show rule book. You may call Rod Keil (208-224-5107), Dave Erickson (781-2025), Raymond Althouse (781-2581), Gregg Nusley (792-2769) or Tom Goudie (994-5065).

The show's rain date is March 9, 1991.

Alfalfa marketing workshop

1:30 p.m., Friday, March 15
Saunders County Extension Office, Wahoo

Topics include harvesting, storage and sale of quality alfalfa. The program speakers will be area farmers. They should carefully check all the nozzles to assure accurate application.

Meet the pork producer challenge

The Nebraska Supreme Court has ruled that verbal leases begin March 1 and expire the end of February. In addition, six months notice to be given to terminate a verbal lease. Such a termination notice must be given no later than the preceding August 31. This rule apparently applies to leases of both owners and tenants.

Sometimes the parties may begin with a written lease and then switch to a verbal lease when the original written lease expires. If an oral lease is based upon a written lease, the lease would terminate when the written lease terminates. For example, a written written lease runs from January 1 to December 31, the subsequent verbal lease would run from the same time period. Six months notice of termination would still be required, regardless of what the termination provisions of the prior written leases may have been.

Nebraska has moved up in hog producing counties. Future likely developments include a larger and more intensive management in all areas of production. Records will be kept to monitor the pork producer challenge.
**Have some family fun at the Kiwanis Karnival**

Summer is just around the corner. Why not include camping at the Eastern Nebraska 4-H Center in your plans? Four-H camp recruiters (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, 6 miles south of the Oregon exit of I-80. Camp brochures with more detailed information are available at the University of Nebraska Cooperative Extension in Lancaster County. Tent reservations are available on a first come, first served basis. A meeting for those planning booths will be held Monday, March 25, at 7 p.m., at Call Lorene if you have questions.

**Enjoy 4-H camping fun**

**Wanted:** 4-H camp counselors

If you are at least 14 years old and interested in helping to plan and conduct a 4-H camp, Applications are available at your local Extension office. 4-H counselors are not required to live in the county where they will be serving, but they must be at least 18 years old. Applications will be reviewed and those selected to be counselors will be notified by May 1. Those accepting the camp positions will attend a training meeting for 4-H counselors at the Eastern Nebraska 4-H Center from May 31 to June 2. Call Lorene for more information.

---

**1991 Fair Changes**

**Music Contest**

New Song Group with recorded accompaniment.

- **Challenging Patterns or Challenging Fabrics**

These projects replace Fashion Flair and Clothing Unlimited.

**Challenging Patterns or Challenging Fabrics**

Elements for self-designed clothing.

- **Past outfit** (divided skirt). May be a suit with a non-tailored or tailored jacket. Vest is optional for third piece. Suit may be shown in a combination of two pieces (suit or skirt). Skirt outfit may be a suit with a non-tailored or tailored jacket. Vest is required for the third piece. Suit may be shown with a purchased blouse or sweater.

- **Dress** including semi-formal or formal wear or a jumper and blouse.

- **Sleepwear**.

- **Dungarees**.

- **Outerwear**.

- **Costumes or uniforms**.

- **Halloween**.

**Wardrobe Building—Make One/Buy One**

- **Wardrobe**.

Male: Make One: 34-36" waist; 38-40" chest

Buy One: 32"-34" waist; 36"-38" chest

Female: Make One: 24-26" waist; 30-32" chest

Buy One: 28"-30" waist; 34-36" chest

- **Sweatshirt**.

- **Lounge wear** or **Gingerie**.

- **Jogging suit**.

- **Sports wear**.

- **Boots, Rockeray**.

- **Rockets**.

- **Wearables**.

- **Movement**.

- **Scrapbooking**

- **Hand Made**.

- **Furnishings On A Shoestring**—New Class.

A low cost piece of furniture—made or finished by the member that solved a home improvement problem by using a common object or material in a creative way. On a supporting table in the exhibit area a "x" indicates the problem, cost, and time invested. Could be made from reused or recycled products.

**Photography**

**Exhibits** will be the same as last year.

- **1991 Nebraska Themes**

- **Nebraska People** - the exhibitor shall photograph some aspect of "Nebraska People" in their golden years.

- **Nebraska Buildings** - the exhibitor shall photograph some aspect of Nebraska buildings - the golden years gone by.

- **Nebraska Theme Exhibit Print**

- **Nebraska Theme Exhibit Print—Part class may be entered by photography students enrolled in Unit II or above. The entry will consist of an 8" x 10" black and white or color print of either of the two themes, Nebraska People in their golden years or Nebraska Buildings, the golden years gone by.

- **Nebraska Theme Exhibit Print—Show class** should show some aspects of either Nebraska People in their golden years, or Nebraska Buildings the golden years gone by.

- **Nebraska Theme Exhibit Print—New class**

Cleaned and restored heirloom or old furniture or accessory—A reconditioned and cleaned old piece of furniture or old accessory so that the item or furniture is functional for use or display. Item might be cleaned and waxed, and simple repairs made. Could be restored or repaired, but reconditioned to restore it to its original look or prevent it from further deterioration. Included is Clothing, Bookbinding, Leatherwork, Jewelry, Beadwork, Pottery, Woodwork, and Wood Flatware.

**Furnishings On A Shoestring**—New Class.

A low cost piece of furniture—made or finished by the member that solved a home improvement problem by using a common object or material in a creative way. On a supporting table in the exhibit area a "x" indicates the problem, cost, and time invested. Could be made from reused or recycled products.

**Baking/Fry**

- **Drop**

- **Carrot Raisin Bars**

- **Add**

- **Oatmeal Muffins**—use recipe in manual.

---

**The Nebline**

March 1991

**4-H Horse Clinics and Activities**

Saturday, April 6

A Riding Participation Clinic will be held at the Nebraska State Fairgrounds in Wahoo. The theme of this year’s clinic will be provided in the April issue of the NEBLINE.

Saturday, April 13

A Competitive Trail Riding Clinic will be held at the Nebraska State Fairgrounds in Wahoo at 10 a.m. for 4-H'ers interested in the new Lancaster County horse project on competitive trail riding. This training qualifies 4-H members for the entry level of competitive trail riding activities. For additional information, refer to 4-H Horse Clinics, page four of the February NEBLINE.

Saturday, April 27

The "Trail Blit" will be held at Willard Park in Lincoln. Registration information and riding requirements will be provided in the April issue of the NEBLINE.

Saturday, May 4

A multi-county clinic will be held at the Saunders County indoor arena in Wahoo. The theme of this year’s clinic is "Dressage: Man and Horse Skills." Registration begins at 8 a.m. Contests for speed and demonstration on horses subjects will be held between 8 and 9 a.m. Group sessions will begin at 9 a.m. Topics to be presented will include: Controlling Colic and Heat Stress; Horse Feeds and Feeding; Using Ring and Mane Care; Developing a Riding Plan; and Riding; and Training for Trail Events. A lunch concession will be available at the arena during noon. The afternoon will be broken into 3 one-hour sessions with the 4-H participants divided into groups according to their riding skills. There will be a level 1 group for beginners, a level II group for experienced riders and a level III group for advanced riders. Each group will have one hour instructional riding with their own horse, one hour reviewing videos of their riding session, and one hour in either a trail instruction session or a showmanship session. Advanced registration is only required for entries into the speed and demonstration contest.

All 4-H participants must be qualified members of NATRC or have satisfactorily completed the training provided at the April 13 clinic on competitive trail riding.

---

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

**The Lincoln County 4-H Speech Contest will be held Friday, March 15, at 6:30 p.m. at the Lancaster County Health Department, contact Pat Lan-" "Mardelle Bergsten, leader of the "No Name Kids," believes that this annual community service project teaches youth to respect the environment. Jeff Hall, a member of the club, says, "It was lots of hard work but something that is greatly needed. Whenever people throw something out the car window, they should dispose of it properly instead."

Russell Bergsten says, "Because of our 4-H club's recycling project, 34 trees were saved."
Learn to make mop head and pillowcase dolls

Classes on making mop head and pillowcase dolls are scheduled for Tuesday, March 19, from 1-3 and 3-5 p.m. You may register for one or both classes since both classes will be repeated.

Mop head dolls are suitable for play or display. Pillowcase dolls are lovely way to preserve and display heirloom pillowcases. The pillowcases are not cut or damaged when used for making these dolls.

For the pillowcase doll, each participant will need to bring one pillowcase of ruined fabric, 2 yards of ruffled or gathered lace, 2 yards of narrow (1/8 inch) ribbon or rickrack, a needle, thread and ruler. Bating will be supplied. Janiece Goin, a member of the South! Hills Extension Club, will teach this class.

To make a mop head doll, each participant will need to bring one pillowcase, 1 yard of small print or calico fabric, scissors and thread. Bonnie Krueger of Bonnie’s Country Flord, Roca, will present a program on Caribbean nursery design and create perfect conditions for growing and be sure to attend the show.

Caregivers of elderly or chronically ill individuals are invited to attend the monthly support group meeting at the Madonna Adult Day Care Facility, 5240 Normal Blvd. Meetings are held on the second Tuesday of each month, from 7 to 9 p.m.

On Thursday, March 14, from 7 to 8:30, Barbara McCabe, PhD., R.N., a professor at UN-L College of Nursing, will speak on "Changes Associated With Aging." The Department of Health Economics of the Ohio Agricultural Research and Development Center has published a packet of activities providers, and others who care for and guide young children. Cost per packet is $2.50 (includes tax) if picked up at the office or $4.25 (includes tax, postage and handling) if mailed. A special project and cannot be returned.

Caregivers of elderly or chronically ill individuals are invited to attend the monthly support group meeting at the Madonna Adult Day Care Facility, 5240 Normal Blvd. Meetings are held on the second Tuesday of each month, from 7 to 9 p.m.

Classroom New

On April 11, John De-Prenger, an attorney-at-law with Stewart and Calkins, will present a program on "Estate and estate taxes. Time be allowed for questions from the class. Each participant needs to preregister so that an adequate number of handouts will be available.

Activities for preschool children

The Department of Home Economics of the Ohio Agricultural Research and Development Center has published a packet of activities designed for preschool children. Each packet contains six sets of five cards organized to include ideas for encouraging young children to enjoy the world around them with their senses. Activities are available.

Walk for the health of it

The Lincoln Volkssport Club is sponsoring a St. Patrick’s Day Event. The 1991 contest categories are open to the public. Guests are welcome.

April Lesson: "Everybody loses from couple violence"

Home extension leader training on the topic titled "Everybody Loses From Couple Violence" will be offered on Tuesday, March 26, at the Lancaster County Extension Office. For more information about the 1991 contest categories are open to the public. Guests are welcome.

Caregivers of elderly or chronically ill individuals are invited to attend the monthly support group meeting at the Madonna Adult Day Care Facility, 5240 Normal Blvd. Meetings are held on the second Tuesday of each month, from 7 to 9 p.m.

Classroom New

On April 11, John De-Prenger, an attorney-at-law with Stewart and Calkins, will present a program on "Estate and estate taxes. Time be allowed for questions from the class. Each participant needs to preregister so that an adequate number of handouts will be available.

Activities for preschool children

The Department of Home Economics of the Ohio Agricultural Research and Development Center has published a packet of activities designed for preschool children. Each packet contains six sets of five cards organized to include ideas for encouraging young children to enjoy the world around them with their senses. Activities are available.

Walk for the health of it

The Lincoln Volkssport Club is sponsoring a St. Patrick’s Day Event. The 1991 contest categories are open to the public. Guests are welcome.

April Lesson: "Everybody loses from couple violence"

Home extension leader training on the topic titled "Everybody Loses From Couple Violence" will be offered on Tuesday, March 26, at the Lancaster County Extension Office. For more information about the 1991 contest categories are open to the public. Guests are welcome.

Caregivers of elderly or chronically ill individuals are invited to attend the monthly support group meeting at the Madonna Adult Day Care Facility, 5240 Normal Blvd. Meetings are held on the second Tuesday of each month, from 7 to 9 p.m.

Classroom New

On April 11, John De-Prenger, an attorney-at-law with Stewart and Calkins, will present a program on "Estate and estate taxes. Time be allowed for questions from the class. Each participant needs to preregister so that an adequate number of handouts will be available.

Activities for preschool children

The Department of Home Economics of the Ohio Agricultural Research and Development Center has published a packet of activities designed for preschool children. Each packet contains six sets of five cards organized to include ideas for encouraging young children to enjoy the world around them with their senses. Activities are available.

Walk for the health of it

The Lincoln Volkssport Club is sponsoring a St. Patrick’s Day Event. The 1991 contest categories are open to the public. Guests are welcome.

April Lesson: "Everybody loses from couple violence"

Home extension leader training on the topic titled "Everybody Loses From Couple Violence" will be offered on Tuesday, March 26, at the Lancaster County Extension Office. For more information about the 1991 contest categories are open to the public. Guests are welcome.

Caregivers of elderly or chronically ill individuals are invited to attend the monthly support group meeting at the Madonna Adult Day Care Facility, 5240 Normal Blvd. Meetings are held on the second Tuesday of each month, from 7 to 9 p.m.

Classroom New

On April 11, John De-Prenger, an attorney-at-law with Stewart and Calkins, will present a program on "Estate and estate taxes. Time be allowed for questions from the class. Each participant needs to preregister so that an adequate number of handouts will be available.

Activities for preschool children

The Department of Home Economics of the Ohio Agricultural Research and Development Center has published a packet of activities designed for preschool children. Each packet contains six sets of five cards organized to include ideas for encouraging young children to enjoy the world around them with their senses. Activities are available.

Walk for the health of it

The Lincoln Volkssport Club is sponsoring a St. Patrick’s Day Event. The 1991 contest categories are open to the public. Guests are welcome.
Protecting personal privacy

Here are some tips about how you can protect the privacy of your credit, medical, and financial records:

1. When you are filling out an application for credit, insurance, or a job, ask about the information you give about yourself or to whom it goes.

2. When you place an order, ask about the mailing address other companies or the information kept.

3. Keep a file of your efforts to resolve any problems. It should include the names of the individuals and the date, time, and outcome of the conversation.

What’s a “Healthy” weight for you?

How much should you weigh?

Whether your weight is “healthy” depends on how much of your weight is fat; where in your body the fat is located; and whether you show higher weights for the same height may have equal amounts of body fat but 1989.

Ranges of weights are given in the table because people generally apply to women, who tend to have more muscle and bone.

Suggested Weights for Adults

<table>
<thead>
<tr>
<th>Height (in)</th>
<th>19 to 34 years</th>
<th>35 years and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>5’0”</td>
<td>97-128</td>
<td>108-138</td>
</tr>
<tr>
<td>5’1”</td>
<td>101-132</td>
<td>111-143</td>
</tr>
<tr>
<td>5’2”</td>
<td>104-135</td>
<td>114-145</td>
</tr>
<tr>
<td>5’3”</td>
<td>107-141</td>
<td>119-152</td>
</tr>
<tr>
<td>5’4”</td>
<td>111-148</td>
<td>122-160</td>
</tr>
<tr>
<td>5’5”</td>
<td>114-150</td>
<td>126-162</td>
</tr>
<tr>
<td>5’6”</td>
<td>118-155</td>
<td>130-167</td>
</tr>
<tr>
<td>5’7”</td>
<td>121-160</td>
<td>134-172</td>
</tr>
<tr>
<td>5’8”</td>
<td>124-164</td>
<td>138-178</td>
</tr>
<tr>
<td>5’9”</td>
<td>127-170</td>
<td>142-183</td>
</tr>
<tr>
<td>5’10”</td>
<td>130-174</td>
<td>146-198</td>
</tr>
<tr>
<td>5’11”</td>
<td>133-179</td>
<td>151-194</td>
</tr>
<tr>
<td>5’12”</td>
<td>136-184</td>
<td>155-199</td>
</tr>
<tr>
<td>6’0”</td>
<td>140-187</td>
<td>159-205</td>
</tr>
<tr>
<td>6’1”</td>
<td>144-192</td>
<td>163-212</td>
</tr>
<tr>
<td>6’2”</td>
<td>148-197</td>
<td>169-224</td>
</tr>
<tr>
<td>6’3”</td>
<td>152-200</td>
<td>174-235</td>
</tr>
<tr>
<td>6’4”</td>
<td>156-205</td>
<td>180-242</td>
</tr>
<tr>
<td>6’5”</td>
<td>160-211</td>
<td>185-250</td>
</tr>
<tr>
<td>6’6”</td>
<td>164-216</td>
<td>193-258</td>
</tr>
</tbody>
</table>

(1) Without shoes.
(2) With shoes.
(3) Male parent/adult.
(4) Female parent/adult.
(5) The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone.


The weight ranges given in the table are likely to be changed on research under way.

Helping children cope continued

Our children are now learning that, whatever happens, they should be wise and capable and successful at doing the best they can. They may worry about how they are dealing with their emotions - one minute the parent who left and at another time the separation or loss will become involved in at least one activity that he or she enjoys and does well. Feeling strong, negative emotions. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Try to identify someone willing to help by making sure there is enough support for other family members.

Keep channels open.

Oftentimes children often surface during normal family discussion. Try to provide a feeling that discussion is natural, such as at family meals. Advise your children to help by talking about a few of their worries and saying how they feel about those concerns. Give your children few extra chances to help them feel important and a sense of control during a crisis situation. Such responsibilities should be selected wisely, because they may not be easily relinquished when life returns to normal.

Helping children cope continued

Children may feel anger, depression, guilt and anxiety. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Teenagers may feel an- how they are dealing with their emotions - one minute the parent who left and at another time the separation or loss will become involved in at least one activity that he or she enjoys and does well. Feeling strong, negative emotions. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Try to identify someone willing to help by making sure there is enough support for other family members.

Keep channels open.

Oftentimes children often surface during normal family discussion. Try to provide a feeling that discussion is natural, such as at family meals. Advise your children to help by talking about a few of their worries and saying how they feel about those concerns. Give your children few extra chances to help them feel important and a sense of control during a crisis situation. Such responsibilities should be selected wisely, because they may not be easily relinquished when life returns to normal.

Helping children cope continued

Children may feel anger, depression, guilt and anxiety. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Teenagers may feel an- how they are dealing with their emotions - one minute the parent who left and at another time the separation or loss will become involved in at least one activity that he or she enjoys and does well. Feeling strong, negative emotions. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Try to identify someone willing to help by making sure there is enough support for other family members.

Keep channels open.

Oftentimes children often surface during normal family discussion. Try to provide a feeling that discussion is natural, such as at family meals. Advise your children to help by talking about a few of their worries and saying how they feel about those concerns. Give your children few extra chances to help them feel important and a sense of control during a crisis situation. Such responsibilities should be selected wisely, because they may not be easily relinquished when life returns to normal.

Helping children cope continued

Children may feel anger, depression, guilt and anxiety. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Teenagers may feel an- how they are dealing with their emotions - one minute the parent who left and at another time the separation or loss will become involved in at least one activity that he or she enjoys and does well. Feeling strong, negative emotions. Sometimes it’s easier to talk about anger and fear with a friend or member of the extended family. Try to identify someone willing to help by making sure there is enough support for other family members.

Keep channels open.

Oftentimes children often surface during normal family discussion. Try to provide a feeling that discussion is natural, such as at family meals. Advise your children to help by talking about a few of their worries and saying how they feel about those concerns. Give your children few extra chances to help them feel important and a sense of control during a crisis situation. Such responsibilities should be selected wisely, because they may not be easily relinquished when life returns to normal.
4-H Swine performance class

The 1991 Lancaster County Fair Youth Swine show will feature a new class for participants. A performance class will challenge youth to put together a sound set of market hogs which will be evaluated on their rate-of-gain, carcass data, and liveweight show records. The hog with the best combined score will win the event. The Capitol Pork Producers are sponsoring this new performance class for market hogs.

Initial weigh-in for this class is set for Saturday, April 6, 1991 at the University of Nebraska Cooperative Extension in Lancaster County. Weighing will take place from 9 a.m. to noon.

Tentative rules for the contest are listed here, however, the 1991 Lancaster County Fairbook will be the official set of rules.

a. Points will be based on (1) liveweight evaluation, (2) rate of gain, and (3) carcass evaluation.

b. A maximum of ten (10) hogs may be weighed and tagged for the performance class. Weighing and tagging will take place at the extension office of Lancaster County from 9 a.m. to 3 p.m. on Friday.

c. Official closing weights will be taken during normal swine weighing time at the county fair.

d. Only one hog may be entered in the performance class per exhibitor.

e. Hogs entered in the performance class will not be allowed to show in other classes.

f. Minimum weight for performance class will be 210 pounds.

g. There will be no maximum weight limit for the performance class (placements and carcass data will take care of this).

h. Carcass evaluation for the performance class hogs will take place during the fair.

i. The extension office to be weighed for the performance class will not be unloaded. A dissected scale will be handled and watched over by the hog owners who will then weigh their own hog, their own wire, twine, or other method of attaching the hogs to the scale to be weighed. Ear tags and ear tagging pliers will also be distributed and given to the hog owners to tag their animals on-site.

Silverfish

Silverfish normally live outdoors under rocks, bark and leaf mold, in the nests of other insects and in ant and termite nests. However, many are found in homes and are considered a pest and a nuisance to the homeowner. Silverfish are not often seen by homeowners because of their night-time activity habit and their swift activity speed. Occasionally, they are found in bathtubs or sinks. They crawl in seeking food or moisture and can’t climb out. These insects prefer vegetable matter with a high carbohydrate and protein content. In the house, silverfish can feed on almost anything. A partial list includes flour, starch, paper, glue, cotton, linen, rayon, silk, sugar and breakfast cereals. They can grow to be one year without food, so sanitation alone will not eliminate an infestation, although it may prevent new ones from starting.

Adult lay eggs in small groups containing a few to fifty eggs. The eggs are very small and deposited in cracks and crevices. A female normally lays less than 100 eggs during her lifetime of two to three years. Under ideal conditions, the eggs hatch in two weeks, but may take up to two months to hatch.

Tips for shopping by mail, by telephone, and by television

Today there are many ways to buy products or services. Many consumers find it easy to buy one or more products by telephone or even from television shopping programs. Keep these tips in mind:

1. Be suspicious of exaggerated product claims or very low prices, and read product descriptions very carefully - some pictures of products are misleading.
2. If you have any doubts about the company, check with the Better Business Bureau or your state or local consumer protection agency or Better Business Bureau before ordering.
3. Ask about the firm's return policy. If it is not stated, ask before you order. For example, does the company pay charges for shipping and return? Is a warranty or guarantee available? Does the company sometimes substitute comparable goods for the product you want to order?
4. Keep a complete copy of your order, including the company's name, address and telephone number, the price of the items ordered, any handling or other charges, the date you mailed (or telephoned) in the order, and your method of payment. Keep copies of canceled checks and/or statements.
5. If you order by mail, your order should be shipped within 30 days after the company receives your complete order, unless there is a postpaid COD order or your method of payment is specified. If you order by telephone, the order is stated in an advertisement. If your order is delayed, a notice of delay should be sent to you within the promised shipping period along with an option to cancel the order.
6. If you buy a product through a television shopping program, check the cost of the same item sold by other sources, including local stores, catalogs, etc.
7. If you want to buy a product based on a telephone call from the company, ask for the name, address, and phone number where you can reach the caller after considering the offer.
8. Never give your Social Security number on the telephone as proof of your identity.
9. For protection, keep your credit card on file with the sender, rather than the delivery company, for cash on delivery (C.O.D.) orders.

If you experience difficulty when ordering merchandise or conducting business transactions through the mail, or suspect that you have been the victim of a mail fraud or misrepresenta-

For consumer convenience, all post offices and letter carriers have postage-free consumer service cards available for reporting mail problems and submitting comments and suggestions. If the problem cannot be resolved using the Consumer Service Card or through direct contact with the local post office, write or call the following:


If you have a charge removed from your bill if you did not receive the goods or services or if your order was obtained through misrepresentation or fraud. You must notify the credit card company in writing, at the billing inquiries/disputed address, within 60 days after the charge first appeared on your bill.

Chicks!

Baby chicks will be hatching around February 19, March 19, and May 7 as a result of the 4-H School Enrichment Embryology Project. We will have as many as 1,200 chicks if you are a 4-H’er and wish to receive free chicks for use in a project, please call Arlene Hane at 471-7800 to make arrangements. The chicks will be available on or near the above mentioned dates.

Getting Down to Business

Farmer's Markets

One-Day Workshop

Saturday, March 16, 1991
9 a.m. - 4 p.m.
Lancaster Extension Conference Center
444 Cherrycreek Road, Lincoln

Registration: $15 (lunch included)
Advance registration required

9 a.m. - 12 p.m.
- Food Safety
- Legal Responsibility
- Produce Handling
- Record Keeping
- Panel Discussion
- Trade Areas
- Market Support Groups
- Question & Answer Session

To register, use the registration form on page 7 of the NEBRINE.
NEBRASKAland Magazine offers special issue


Editors chose the theme of this year’s issue to highlight habitat’s important role to everyone in Nebraska with helpful suggestions on how to promote and protect state wildlife.

The issue is free with a year’s subscription to NEBRASKAland for $12, which is $1 off the newsstand price. The habitat issue is available by itself for $5.

---

**Citizens from the Malcolm community recently completed a three workshop series on community resource assessment, community needs, and priorities. Over fifty individuals participated throughout the series of January evening workshops. The workshops were conducted at Westfall school by the Malcolm village board, Lincoln Action Program, and University Extension in Lancaster County.**

**Eight priority goals were established as follows:**

1. Community recreation facilities for youth and adults
2. Street and sidewalk improvements
3. Housing for senior citizens
4. Formation of a community development club or foundation
5. Support of school educational programs and activities
6. Enhancement of the community business climate
7. Water and sewer improvement projects
8. Enhance the quality of life enjoyed by living in a small community

---

**March**

1. 4-H camp staff in training applications due
   LABO host family applications due
2. 4-H Putting it Together leader training, 9 a.m. - 3:30 p.m.
3. Capitol Pork Producers Swine Show, (Storm date: March 17)
4. All Day (See schedule in article)
   Royal Arena, Syracuse
5. Healthy Dividends through Fat Budgeting Workshop, 7 p.m.
6. 4-H Council meeting, 7:30 p.m.
   Chemigation Certification, 9:30 a.m.
   Saunders County Extension Office, Wahoo, NE
7. Chemigation Certification, 1 p.m.
   4-H Building, Tecumseh
8. Nebraska Ag Microcomputer Conference
   Interstate Holiday Inn, Grand Island, NE
9. Chemigation Certification 10 a.m.
   City Auditorium, Plymouth
10. Beef Cooking Class, 6:30 p.m.
11. Farm & Ranch Owners Update, 8 to 9:30 p.m.
12. Farm Program Briefing, 12:30 p.m.
13. Private Applicators Pesticide Training, 2 p.m. (following farm program briefing)
14. Teen Council, 2:30 p.m.
15. Critter Sitters Club meeting, 7 p.m.
16. New, LEAN, and Nutritious Class, 7 p.m.
17. Nebraska Swine Record & Analysis Program Wrap-up, 7:30 p.m.
18. Paws and Claws County Cat Club meeting, 7 p.m.
19. Caregiver’s Support Group, 7 p.m.
20. Rabbit VIPS Committee, 7:30 p.m.
21. 4-H County Speech Contest
22. St. Patrick Volkswalk, 9 a.m. to 12:30 p.m.
   Abandoned Well Plugging/Chlorination Procedures, 9:30 a.m. to noon.

---

**Malcolm residents establish priority goals**

Citizens from the Malcolm community recently completed a three workshop series on community resource assessment, community needs, and priorities. Over fifty individuals participated throughout the series of January evening workshops. The workshops were conducted at Westfall school by the Malcolm village board, Lincoln Action Program, and University Extension in Lancaster County.

---

The Malcolm village board will review the committee recommendations and determine the next course of action.

---

**Malcolm General Store**

---

**The NEBLINE**

*Nebraska Cooperative Extension Newsletter*

Lancaster County

The NEBLINE is printed with Soy ink on a blend of 60% recycled paper.

---

**Extension Calendar**

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

---

**Nebline Feedback Form**

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

1. Change your address and/or order a subscription
2. Register for events and programs sponsored by or held at the University of Nebraska Cooperative Extension in Lancaster County
3. Submit general comments and/or story ideas.

**General Information (please print)**

Name: ____________________________________________
Address: __________________________________________
City: ____________________________________________
Zip: ____________________________________________
Home Phone: ______________________________________
Daytime Phone: ____________________________________

**Workshop Registration**

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

---

Please help make the Nebline your newsletter by letting us know what you would like to see in the Nebline, and how we can better serve your needs.

**Newsletter Information**

Address Change: ________________________________
Number of Neblines received: ____________________
Order a subscription to Nebline: ____________________
Comment: ______________________________________
Story Idea(s): ________________________________

---

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