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The NEBLINE, April 1993

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Extension volunteers contribute to Nebraska's "good life"

National Volunteer Week begins April 18th

There's a special feeling in the air each spring as the extension master gardeners return. It's similar to the excitement you may experience at holiday time when you're ministering to the needs of your family. We appreciate the gardening and communicating knowledge you provide (5,040 hours annually) they put in, but it's much more. Extension volunteers bring with them the spirit of lifelong learners — and it's contagious.

The Master Gardener Program is just one of many volunteer systems within the University of Nebraska Cooperative Extension. Examples include people who have generously devoted their time and resources to be a part of applied agricultural research coordinated by extension specialists and agents; the home extension club program and the 4-H program which also attracts quality people dedicated to improving the lives of people in the community.

Home extension club volunteers are trained by extension staff to educate their members about such issues as nutrition, health, parenting and the environment. This past year over 300 members participated in extension activities in the 5,220 programs reaching 5,220 people. Training leaders to teach educational programs developed by the University of Nebraska has been an extremely effective throughout extension's history.

In 1992, 883 4-H volunteers in Lancaster County served 11,503 youth ages 9-19. Volunteers help meet with youth on such leadership and public presentation skills, train 4-H volunteers, and develop 4-H programs and policies. 4-H leaders come from all walks of life. Retirees, factory workers, homemakers, professionals and older teens all serve as 4-H leaders. Each receives great satisfaction knowing that their involvement helps today's young people become mature, responsible adults. It is especially heart-warming to see the positive impact youth volunteers have through community service.

Many times people ask "What do you enjoy most about your job?" The answer is simple. "I'm energized and honored to work side-by-side with volunteers who do whatever it takes to get the job done." The strength of the University of Nebraska Cooperative Extension is its ability to mobilize a diverse group of volunteers to address issues which impact people in our community.

The warmth felt each spring when the master gardeners return may holds true throughout all the extension volunteer programs. It's the same sensation we experience at fair time when over 350 extension 4-H volunteers do all that is possible to help young people have a positive learning experience. Some describe extension as a support system similar to a family. Together, we learn and grow, find solutions and strength to meet day-to-day challenges and celebrate accomplishments. (MIB)

Follow the "yellow brick road"

Volunteering is like following the "yellow brick road" — you never know where it might take you. Volunteering always finds its way back to help you out later in life. Volunteering gives you the opportunity to meet new people and make lifelong friends, as well as allowing you to learn something new. For example, I have learned to improve my speaking and leadership skills.

Volunteering is a privilege for me, not a task, and it makes me feel good about myself. Most importantly, I like to volunteer. Some of my favorite experiences include being an active member of Teen Council, two-year 4-H Ambassador for Lancaster County and two-year counselor at the Eastern Nebraska 4-H Center.

There are many other volunteer opportunities available through the University of Nebraska Cooperative Extension in Lancaster County. If you're interested in participating in a volunteer activity, please call the extension office for more information. — Brenda Solt

Is volunteering for you?

Straight from the mouth of an expert on the subject, Catherine Roberts defines a volunteer as "someone who gives of their time and talents, as well as a part of themselves." Beginning at a young age, Catherine found herself occupied with many volunteer opportunities. Catherine remembers her experience as a 4-H junior leader under Extension Agent Don Miller. Because of her early 4-H experience, Catherine was eager to work with the Lancaster County Ambassadors.

"It's always fun to work with bright, stimulating, young people like the Ambassadors. I must enjoy it, otherwise, I wouldn't continue volunteering with them," Catherine reasons.

Along with her 4-H volunteering, Catherine currently works with Camp Fire boys and girls, teaches an adult Sunday school class and is a kindergarten room parent for her daughter, Sarah. Her past is also full of volunteer activities. She volunteered with the Boy Scout Exploring program, served as a church choir director and was the State Capitol Foundation secretary. She and her husband, Russ, have been coordinators of a local Sudden Infant Death Syndrome program. Catherine realizes many benefits from volunteering. She finds a personal satisfaction in helping others. Catherine also agrees that a benefit of volunteering is meeting people with similar interests. Volunteering gives Catherine a place to use specific skills that she can not use elsewhere. For example, with the Lancaster County Ambassador Team, Catherine is able to offer her knowledge on public speaking. Catherine believes that volunteers are the "life blood that keeps organizations going." Catherine stresses the fact that today with our tight economy, volunteers please turn to "Volunteer: page 6".

Fields sought for sludge

Suitable fields are being sought for 1993 sludge application. If you are interested in applying this organic material to your field, your field will be evaluated by conducting a four-foot deep soil nitrate analysis for-of-charge.

Like other organic fertilizers, sludge contains all the nutrients that plants need for optimal growth and yields. In addition, there is a significant amount of organic matter that will help soil hold moisture better when conditions are dry. Organic nitrogen is in a slow release form which is a benefit to the soil that can only provide benefits for several years.

The best candidates for sludge application are fields that have moderate to serious fertility problems, including those that may be deficient in phosphorous or have excessive alkalinity or amounts of clay.

Lancaster County extension agents will be working with UNL soil specialists to help improve your soil with sludge.

For more information about this program, contact Barb Ogg or Ward Shires at 441-7180. (NPO)
Grafting workshop: build your own apple tree

Friday, April 2  7-9 p.m.  Fee: $10

The workshop will cover the basic techniques of grafting. Understock and scion wood will be provided but feel free to bring your own scion wood. Bring your own grafting knife, very sharp. In the hands-on part of the workshop, you will graft an apple scion onto a selected rootstock and be able to take the apple tree home with you. The principles of selecting rootstocks and scions will be explained. The fee for this workshop is $10. The class is limited to 20 participants, so pre-registration is required. To register, contact Nebraska Sustainable Agriculture Society, Box 736, Hartington, NE 68739 or telephone 402-254-2289. (DJ)

Organic gardening: for home and market

Saturday, April 3  10 a.m.-4 p.m.  Fee: $20

The workshop will cover basic soil preparation techniques using cover crops and green manure, principles of crop rotation in the garden and the use of species diversity of insect and disease control. Presentation will also be included on identification of beneficial and pest insects and their life cycles. Marketing options discussed will include roadside stands, farmer's markets, direct sales, retail stores and wholesale markets.

The featured speaker for both workshops is Thomas N. Tomas, Ph.D. Tom has many years of experience as a gardener and teacher. He started his gardening career in the organic gardens at Boys Town. He has owned a greenhouse and commercial gardens in western Nebraska, taught at the Nebraska College of Technical Agricultural in Curtis and is currently a consultant with organizations providing organic certification services. For additional information, contact Nebraska Sustainable Agriculture Society, Box 736, Hartington, NE 68739 or telephone 402-254-2289. (DJ)

Outreach

GARDEN HOTLINE
441-7179

Youth Gardening program to begin

4-H members involved in horticulture projects are encouraged to participate in the Cornmucopia Gardening Award program. There are two categories to choose from: vegetable or flower. Twice during the growing season the garden will be judged and evaluated on planting design, cultural practices, pest control, gardening knowledge and gardening records. There is a junior division (9-12 years old) and a senior division (13-19 years old) in each of the two categories. Four awards will be presented at the end of the gardening season at the Lancaster County Fair. Pick up competition rules and entry blanks at the extension office. For more details, contact Mary Jane McReynolds, 8 a.m.-noon, Mondays, the NEH building, 441-7180. All competing gardens need to be preregistered by May 1. (MM)

Easter lily bulb ideal for replanting

If you received an Easter lily this year, you can save the bulb and replant it outdoors. Spring flowering bulbs that are forced, such as hellebores, narcissus and hyacinths, are often discarded after flowering. Easter lilies can be replanted after the blooms are gone.

The most successful site to reflower Easter lilies is outdoors. Rooting indoors is not recommended since the blooms would be small and inferior to the initial crop.

You can plant the Easter lily outdoors after the danger of frost is past. Set the nursery sticks in a well-drained soil. Set the top of the bulb six inches below the soil surface. Do not water until the stick dries, then cut it off at the soil surface. The lily will likely flower in the fall. Care for this September and thereafter in early summer. After the soil surface freezes in the fall, mulch it and do not remove the mulch until new growth occurs in the spring. (MM)

Cleanup your plants with soap

Now is the time to become knowledgeable about pest management for pest control this next growing season. Insecticidal soaps are made from the soaps of fatty acids. Soap acts to break down cell membranes and disrupt cell metabolism. Membrane toxicity is very low. Insecticidal soaps are very similar to soaps or detergents used in the home, according to a South Dakota State University publication.

Soaps are active against many soft-bodied pests that include aphids, scales, mealybugs, whiteflies, thrips and many mites. Insecticidal soaps have no residual effect, so coverage of the pest is extremely important.

However, soaps may have a toxic effect on some plants. Always check the label for a list of sensitive plants. The likelihood of phytotoxicity may be reduced by applying the plant shortly after application.

Dormant oils have long been used to control over-wintering stages of certain scales and mites. Although dormant oils are still an important management tool, use of superior oils for summer application is also an option for some pests. Superior oils are more highly refined than dormant oils, which increases plant safety. However, superior oils still have restrictions, so consult the label before applying to particular plant species. Never apply to plants that are under water stress. Very hot, humid conditions often will increase likelihood of phytotoxicity.

Superior oils are effective against a wide range of pests and mites, similar to the insecticidal soaps. Oil kills insects by interfering with the cell membrane function. (DJ)

More horticulture news on page 6

Pizza in the garden?

Try something different in the garden this year. Children of all ages will enjoy growing the pizza garden.

This garden is even shaped like a pizza. In your garden area, mark off a 3-foot square by making a stake right in the ground. Attach a 3 1/2 foot piece of string to the stake. Keeping the string tight, walk around in a circle and mark the ground to show the garden’s border. Divide the circle into six equal wedges.

In your pizza garden, plan to grow three vegetables and three herbs. In one wedge, plant two or three oregano plants. Oregano is a perennial herb that gives pizza its characteristic taste and wonderful smell. It may be used fresh or dried.

 Parsley is a biennial herb that reseeds itself. Plant two or three plants in its place.

There are several kinds of basil varieties, but sweet basil is recommended for your pizza garden. Basil is an annual herb and you can plant two to three plants in its wedge. Onions can be planted from seeds or sets. Select red, white or yellow onions for your pepper variety. The final wedge will be planted with one tomato plant. A paste tomato, such as Roma, is recommended for your pizza garden. Roma has small, oblong tomatoes that are flavorful and meaty.

Here is a simple recipe to make your pizza garden. Make a pizza dough from scratch or buy it already prepared. Press down the dough into a greased pizza pan and put your tomato sauce over the dough. Slice your tomato, onions and peppers thinly and spread evenly over your pizza. Sprinkle moderately, a combination of your herbs, basil, parsley and oregano. Top with grated mozzarella and oregano. Bake at 400 degrees Fahrenheit for approximately 20 minutes or until the crust is brown. Individual mini pizzas can be made by topping English muffins or pita bread. The pizza garden could be a fun project for the whole family. (MM)
**Green pasture may indicate weed control needed**

Many pastures seem to be turning green a few weeks early. While this can be a good sign, it usually indicates a weed problem rather than pasture growth. Early weeds need to be controlled in warm-season grass before they rob nutrients from the soil. A few inches of growth can mean the difference between an early loss or a healthy stand of grass.

Herbicides and prescribed burning can control early weeds but grass may not be a better method. Heavy, pre-season grazing costs nothing. In fact, it provides some foods for the herbicides or burning only kill and remove growth. This early grazing can also develop so much growth that they shade and slow early growth of pasture grasses.

**Herbicides and prescribed burning can control early weeds but grass may not need a better method. Heavy, pre-season grazing costs nothing. In fact, it provides some foods for the herbicides or burning only kill and remove growth. This early grazing can also develop so much growth that they shade and slow early growth of pasture grasses.**

**Pre-season grazing won’t hurt the warm-season grass, provided grazing is completed before new grass shoots are more than one- inch tall.** (WS)

The only negative aspect about prescribed burning is the need to get fences and buildings ready, and move livestock earlier. Weeds won’t be completely killed out in one year. But these weeds can be valuable pasture if taken early. (WS)

**Legality's surround chemical “drift”**

"If a producer makes a mistake with herbicides in the field, the consequences can be a weed problem in his weeds," says Loren Bode, an agricultural engineer at the University of Nebraska-Lincoln. "Chemicals drift onto a neighbor's fields, he could be held legally liable for crop loss. To assess the drift potential through the application process, follow these steps to cover how you can minimize drift:

- **nose the sensitive crops nearby and avoid buffer strips as needed;**
- **use tips that deliver larger, heavier droplets;**
- **use the low end of the pressure range to decrease the relative amount of dust, driftable particles;**
- **keep boom height as low as possible so wind will not affect spray pattern;**
- **apply with more water (more volume of spray material increases the spray droplets at the target;)**
- **don't apply on windy days.**

**Time to finish drying last year's grain crop**

Spring has arrived and the weather is turning up. Attention now is tuning to getting into the field and preparing for the 1993 crop.

- **in the bin and needs some attention of its own this time of year.**
- **is the time to finish drying;**
- **the objective of spring drying is to bring the maximum moisture content below the critical 15 percent level.**
- **is to turn, on the drying fans, which should have a capacity of at least one cubic foot per minute of air for every bushel of grain in the bin.**
- **should be run continuously until drying is complete.**
- **is to reach each of the sites later grass growth and remove when warming grain. The aeration**

- **Swarms of termites: dark bodies, thick-waisted. Two pairs of unequal-sized wings; thin, waisted. Two pairs of unequal-sized wings; thin, waisted.**

- **For homeowners in the case of weevils. Wheat and alfalfa may.**

- **Cooperative Extension System**

**Environmental Protection Agency announces worker protection standards**

The Worker Protection Standards (WPS) rule to be published in the Federal Register by the Environmental Protection Agency has been announced by the Environmental Protection Agency. The standard will apply to all pesticides and workers and pesticide handlers in nurseries, forests, greenhouses, farms and home gardens. The standard will be regulated to prevent exposure to pesticides. The standard will require workplace practices that reduce the risk of exposure to pesticides. This standard will provide rules for workers and pesticide handlers in nurseries, forests, greenhouses, farms and home gardens. The standards will be regulated to prevent exposure to pesticides.
**Upcoming Programs**

- **Food, Families, & Finance**
  - *Food, Nutrition and Food Safety Update '93 for Child Care Centers*
    - Four hours of educational credit, approved by the Nebraska Department of Social Services and Nebraska Department of Education, for child care center directors and cooks.
  - *Successful Aging Conference*
  - *Successful Aging Conference*
  - *Craft Marketing Workshop*
  - *Growing Up Female*

**Satrudays Savings Series**

Classes to help you get more for your money.

**April 17 - Cut Chatter - Increase Cash Flow: Easy Home Filling Systems**
- Time: 10:30 a.m. to noon
- Fee: Per class - $4/person or $6/couple sharing materials
- To register: call 441-7180. Pre-registration is required.

**Once-A-Month Cooking**

- Using the once-a-month cooking plan, you can reduce mealtime stress with your own heat-and-serve pre-prepared main dishes.
- Time: Monday, April 19, 7 - 9 p.m.
- Fee: $15
- To register: Advance registration and payment of class fees by April 13. Call 441-7180 for a registration form.

**Food, Nutrition and Food Safety Update '93 for Child Care Centers**

- Time: 2:30 p.m., Wednesdays, April 21 & 28, 1 - 3 p.m.
- Fee: $10
- To register: Advance registration and payment of fees by April 14. Call 441-7180 for a registration form.

**Successful Aging Conference**

- Time: Tuesday, April 20, 9 a.m. to 3:30 p.m.
- Fee: $12, if submitted by April 9; $15 for later registrations.
- To register: Call 441-7180 for more information and/or a registration flyer.

**Craft Marketing Workshop**

- Millions of Americans make beautiful and useful handicrafts objects, but it takes experience and know-how to go from hobbyist to profitable business person. This workshop can help you learn what it takes to develop a successful crafts business.
- Time: Saturday, April 24, 9:30 a.m. - 3:30 p.m.
- Fee: $20, includes lunch
- To register: Advance registration and payment of fees by April 16. Call 441-7180 for a registration form or for more information.

**Growing Up Female**

- Designed for 11 to 13 year old girls and female parent or guardian.
- Time: 8:30 a.m. Saturday, April 24 through 3 p.m., Sunday, April 25.
- Fee: $5. Space is limited to 10 participants per class.
- To register: Register by April 6; call 441-7180 for a registration form.

*More information on these workshops is related stories in this NEBLINE. (AH)*

**Home extension club volunteers play a vital role in the community**

Home extension club members are a part of the adult education program of the University of Nebraska Cooperative Extension. Clubs are a voluntary education program designed for the needs and interests of homemakers and community volunteers. Programs and events are voluntary and open to the public. Members are involved in a wide variety of activities. The presidents are members of the Home Extension Council. The council has officers and committees who plan yearly program meetings, events and activities and pick the key to the success of this program.

County fair comes alive each year with the Home Extension Council-sponsored Health Awareness Day opens its doors with over 20 displays and hands-on activities. Volunteers plan, contact community agencies and serve as hostesses for the event.

The Nebraska 4-H Foundation Mobile Screening Unit serviced by Lions and Lioness volunteers was visited by 163 adults for hearing, glaucoma, eyeglass, blood pressure and blood sugar. Many of the people who helped with this activity were volunteers.

Volunteers who are dedicated and interested in community health and the success of the extension club programs are the key to the success of the extension club program.

The dedication of volunteers, this educational program would not exist. Home extension club members often keep their self esteem and leadership skills while sharing their talents with others throughout the county and state. (LB)

**Successful aging conference scheduled for April 20**

**Strategies for successful aging**

- Successful Aging Conference*
  - Time: Monday, April 19, 7 to 9 p.m.
  - Fee: $12
  - To register: Call 441-7180 for more information and a registration flyer.

**"Once-A-Month Cooking"**

- Do you arrive home at five o'clock each night and wonder "What am I going to make for dinner?"
- If so, "Once-A-Month Cooking" may be your answer.
- "Once-A-Month Cooking" is designed to save shopping, cooking and eating in bulk and wasting less food. You can save money too! "Once-A-Month Cooking" will help you reduce mealtime stress by using your own heat-and-serve prepared main dishes. You will learn how to use, one day each month, to cook and freeze 30-60 meals (including your favorite recipes).
- Help solve your five o'clock dilemma by mastering the art of "Once-A-Month Cooking" on Monday, April 19, 7 to 9 p.m. Sue Fettke, an expert in the field, and Charlotte Kern, Douglas County extension agent, home economics, will share their skills.

**Additional information**

- Advance registration and payment of fees by April 13. Call 441-7180 for more information and a registration form. (AH)

**Food, nutrition and food safety workshop for child care centers**

**Child care center staff can learn more about food nutrition, and food safety issues for children by attending "Food, Nutrition and Food Safety Update '93 for Child Care Centers".**

This two-session workshop will be held April 21 and April 22, 1 to 3 p.m. The workshop is sponsored by the University of Nebraska Cooperative Extension in Seward County. Child Nutrition Program, Nebraska Department of Education;

- "Guesswork" in measuring can cause common, heavy-baked goods, "flat" flat cooking, over-spiced workshop foods and other problems. For instance, such as too much sugar, pepper, baking powder, herbs and spices, a little goes a long way. A small change in the amount of an ingredient can ruin other ingredients. Apple crisp flavored with pepper instead of cinnamon may not be very appealing.

- Whenever possible, correct measuring techniques should be used. A soup spoon is just as good as a standard measuring spoon. Please refer to EFNEP page 7 for more information.

**More Food, Families, Finance**

**Carole's Comments**

As I write, the sun is shining and it is beginning to feel like spring. I hope by the time you read this the weather will have dried and we are busy in our gardens and flower beds. It seems like a long time ago I picked the last tomatoes and dug the sweet potatoes.

"Share the Spirit" is the theme for the convention to be held in Seward, June 2-4. Convention will be attended by a diverse number of district directors and two vice presidents, the heritage arts director, and an arborium curmency which "shares the spirit" of environmental concerns.

Keynote speaker Sue Schlichtemeier-Nuttam will tell us how to "Celebrate Change - Share the Spirit" and share about the 1994 educational issues focus on literacy.

Special workshops for officers will be held, as well as many interesting workshops ranging from "personal safety at home" to "smorgasbord cooking". Everyone's invited to attend the NCHSE Convention, but members who have paid state and national dues have a lower registration fee. Mark June 2-4 on your calendar and plan to attend the state convention in Seward.

A State Resource Program has recently been initiated, but to be successful, you, the members, are needed to look around your community and send a slate of persons who can provide training and demonstrations in heritage arts, nature, or crafts that will be of interest to our membership. All officers are asked to cast a copy of your slate on a speaker file sheet that can be obtained from the extension office from me. The deadline is May 1.

-Carol Doescheck, extension council chair
1993 county fair changes

A few changes have been made in different project areas for the county fair. The following list will give you some detail to these changes, if you have any questions, please call the extension office at 441-7180.

POSTERS
Categories are: My Favorite 4-H Project, Nebraska’s Natural Resource, Celebrate the Arts and Exercise.

PHOTOGRAPHY UNIT
New classes and/or changes: Picture display - entry consisting of five pictures. One picture from five different categories: front lighting, side lighting, back lighting, top lighting, flash, diffuse lighting, overhead lighting, and reflector lighting.

PRE-CONTEST MEETING
Pre-Contest Meeting will be held four times this year, one day before each of the Fair’s five shows. All exhibitors will be given a copy of the day’s schedule of events, including time and place. The meeting will begin promptly at 9:00 a.m. A food stand will open before the meeting begins.
The Nebraska Statewide Arboretum on April 24, 9 a.m. to 9 p.m. For the past six years, this event has introduced new and unique plants to gardeners and provided experts to share their knowledge with the public.

Spring Affair is sponsored by the Nebraska Statewide Arboretum, State Horticulture Advisory and the UNL Botanical Garden and Arboretum.

The common or American elderberry, Sambucus, forms a moderately tall shrub that bears large, flat flower clusters. These produce an abundant quantity of purple-black berries approximately one-quarter inch in diameter. Plants grow in soil types that range from very moist to fairly dry. It takes two to three years for a planting to reach full production, which is approximately one to fifteen pounds of fruit.

The best way to get to the Hilgenkamp farm from Arlington is to travel three miles. Turn west for one mile and then back to the north for ¾ mile. The farm is located on the east side of the road. If coming into Washington County on Highway 31, turn west at the intersection of Highway 31 and go ¾ miles west, turn north on the paved Nursery Road and travel three miles. Turn west for one mile and then back to the north for ¾ mile.

The best way to get to the HIlgenkamp farm from Arlington is to travel three miles. Turn north on the paved road (known as the Marshall Nursery Road) traveling three miles. Turn west for one mile and then back to the north for ¾ mile. Please call the extension office if you need a ride or if you would be able to provide a ride to this event. (DS)

Broiler Project

4-H members enrolled in the broiler project are to preparing their broilers which must be ordered from the office by May 15. (DS)

April is musk thistle control time

Musk Thistle is easiest to control when in the rosette stages and is actively growing. This occurs in April. If the musk thistle is allowed to flower it will set seed which have overwintered and new seedlings emerging. The plant is much more difficult to control after it starts to bolt in May.

SCOUT YOUR LAND

All areas where musk thistle has been growing the past few years should be scouted since it drops most of its seed at these sites and the seeds can remain viable for 8 to 10 years. All lands are subject to infestations, including farms, city and rural subdivisions. All of us need to check our own property and control infestations to prevent seed production.

PROVIDE COMPETITION

The severest musk thistle infestations occur in areas where a good stand of desirable vegetation is present as has been suppressed by overgrazing by livestock, mechanical damage, etc. If not a good stand of desirable vegetation or alfalfa, it should be turned up and re-established. If the desirable vegetation is 80% or more suppressed, management techniques need to be used to bring back the vigor of the vegetation. This may include applying nitrogen, protect from grazing or vehicle traffic, or grazing management.

TREATMENT

A common combination is 1 quart of 4 pound 2.4-D-LV oil and 0.5 pint of Banvel per acre. The exact formulation is effective in killing the rosettes and any seedlings that have emerged when applied at temperatures above 50 degrees. Banvel will provide control of later emerging seedlings. If a residual herbicide such as Bordan or Tordon 22K is not used later spring and summer follow-up control will probably be required. Read and follow label directions. Plants can also be controlled by severely rooting 2 inches below the surface or spot spraying with roundup for infestations that are small or that are in alfalfa.

SPrING INSPeCTION PROGRAM

In order to encourage timely landowner control and to monitor all possible perennial pasture or infestation sites in the county the Lancaster County Noxious Weed Control Authority will be inspecting known and infesting sites in the county during the month of May. This inspection is to monitor the infestation sites in the county for the month of May. People are encouraged to notify the local weed control office of any problems.
EFNEP From Page 4

spoon. However, when standard measuring equipment is not available, EFNEP advisors have materials that can give you ideas for substitutes.

Vinegar removes often confused with hard to get the family talking "whip" spoon. However, when standard closely and measuring accurately give you ideas for substitutes.

Use commercial products available for glassware to remove hard-water deposits. Use with a soft cloth, if possible.

Hard water and not enough dishwashing detergent may leave hard-water minerals on the surface of glassware and interiors. Increase the amount of detergent according to the degree of water hardness recommended in use and care manual.

To remove hard water film, wash glassware in dishwasher using liquid detergent. The heat of the wash will make the minerals soluble and wash away. If you have problems such as glasses not drying, rinsing, overloading and the heat of the dishwasher, there may be insufficient detergent, water hardness, water temperature, insufficient detergent, water temperature, or the type of glassware.

The chipping is usually a result of the water hardness, water temperature, insufficient detergent, water temperature, or the type of glassware.

Each other member in the family has to be informed about the nuts and bolts of people living together in the same house. Family members are involved with each other. Environmental factors are constantly trying to settle the kids’ arguments, pick their fights, and give up on their homework. They often rely on their own power to figure out what they need to be done. They do not owe for unauthorized charges.

Healthy families express affection. Family members find verbal and nonverbal ways to let each other know they love and appreciate each other. It’s not just children who derive from physical affection and assurance. Declining physical affection often shows a sign of a deteriorating marriage.

Healthy families are willing to work together. They are willing to make a family decision because they need to be done. They do not assign tasks as “woman’s work” or “man’s work.” All family members, including children, pitch in to get the job done. A sense of fairness prevails even if one person ends up with a heavier burden, all family members seek to rectify the situation. Husband and wife have roughly equal power making decisions and neither partner feels exploited.

Healthy families are very different in many ways, but all try to maintain intimacy with individu- ality, autonomy with independence. They spend time together, such as reading, and enjoy each other.

Finding the right location for a home office important

It is estimated that more than 10 million people run full-time businesses out of their homes while a million operate part-time home-based businesses. An efficient and successful home business will work office or office does not just happen. It is the result of careful planning and time preparation. The first step is to determine space needs. Finding the right space can often present a challenge. Before determining the specific location make a list of what you consider to be essential features of your home business. For example, do you need a separate entrance? Do you need windows for natural lighting or artificial light be sufficient? Do you need adequate electrical power for a computer, typewriter or copier? Is a quiet location important to you? What about storage?

The next step is to search for the right space. Many people have discovered there are fortunate enough to have a space somewhere around the house that can be converted into a home business center. If not, consider taking over part of an existing room such as a guest room, family room or kitchen. Large closets, lofts and attics can often be converted into an adequate office space.

Once you have found suitable space, compare its features with the requirements. If the space is workable, you are ready to begin the design of the office center.

Hem lengths—what’s right for you?

There are no “right” hem lengths anymore. It is up to the individual to wear what looks best for you. One way to select the right length for each style and for your body.

How do you find your best length? First, try on your current wardrobe. Try on your clothes. Check each outfit to see if it could be improved by raising or lowering the hem. Often an inch can make all the difference.

Most women over 25 look best in a skirt that just below the knee. If you are short, you may find an inch below the knee is best. If you are tall, two inches or more may be necessary. The hem should hit just where the curve of your calf starts. A longer skirt may need a slightly longer hem; a dress may need to be even longer to keep one from looking too juvenile. While removing water deposits from the glass, the heat of the wash will make the minerals soluble and wash away.

For fresh ears, try out our outfits carefully. Each garment has its own personality and demands its own best hemline to look best on you. (LB)

Healthy Eating

Orange-apricot cookies (makes about 4 dozen cookies, 40 calories per cookie)

These orange-apricot cookies are lower in fat and sugar than many traditional homemade cookies, such as chocolate chip or sugar. 1 cup flour, 1 cup sugar, 3/4 cup whole-wheat flour. 1 1/2 teaspoons baking powder 1/2 teaspoon ground cinnamon 1 1/4 teaspoons salt 3/4 cup dried apricots, chopped 1/2 cup orange juice, fresh 1 teaspoon orange rind, grated 1 egg, beaten

Preheat oven to 375 degrees F. Mix dry ingre- dients thoroughly. Add remaining ingredients. Drop by teaspoonfuls onto ungreased baking sheet, 1 inch apart. Bake 11 minutes or until lightly browned. Remove from oven while warm and cool on a rack.


Selecting and using credit cards

Where would we be without credit cards? According to The Wall Street Journal, the average number of credit cards per household grew from two cards in 1982 to 3.3 cards in 1988. In that time frame, average credit card debt grew from $700 to $1,200. No doubt, credit is a real part of our society. All of us would do well, however, to follow some suggestions when selecting a card to fit your needs when using our cards. Consider these points:

Credit card issuers offer a wide variety of terms (annual percentage rate, methods of calculating the balance subject to the finance charge, minimum monthly payments, membership fees). Compare the terms offered by several card issuers to find the card that best suits your needs. Select a card that best suits your needs. Sign your new cards when they arrive. Cut up and throw away expired cards. Sign your card when you get a cash advance and write your signature on the back of the card. If you receive a credit card number on the telephone unless it is necessary. If you have an account with the company calling you, check the company out first. Write your account number on a postcard or on the outside of an envelope. Save your purchase receipts until the credit card bill arrives. Then open the bill promptly and compare it with your receipts. Look for possible unauthorized charges and billing errors. Write (don’t just telephone) the card issuer promptly to report any questionable charges. The inquiry must be in writing and be sent within 60 days to guarantee your rights under the Fair Credit Billing Act. Keep a list of your credit card numbers in a safe place along with their expiration dates, and the phone number and address of each card issuer. If any of your credit cards are missing or stolen, report the loss as soon as possible to the card issuer. Follow up your phone calls with a letter noting the date the card was lost. If you report the loss before a credit card is used, the issuer cannot hold you responsible for any unauthorized charges. If a thief uses your card before you report it, the most you’ll lose is the services charged, which is $50 on each card.

A safety message from Fireman Bill

The Southeast Fire Department was recently recognized for outstanding efforts and innovations in fire prevention education, by the Fire Control Section of the Nebraska Forest Service. 1993 marks the seventh consecutive year that the department has received recognition, and southeast Fire’s program has been used as a model program by other volunteer fire departments in four other states and two other countries. “Without the valiant efforts of our friends at the NEBLINE, our fire safety messages to the Lancaster County residents would certainly be adversely affected!”, says Fire Prevention Officer Bill Montz, Jr.

Well, spring has finally arrived, and if you’re like me, you’re ready to fire up the family barbecue grill for the first time this season! Before you get there and flip that first burger, the Southeast Fire Department would like to remind you of the following safety tips when using your grill:

- Be sure to use your grill according to the manufacturer’s directions.
- Never add charcoal fluid to hot coals in an effort to speed up a slow fire and remember to NEVER use gasoline with your grill.
- After cooking, be sure to soak coals with water. Coals that *look* dead out can in fact reignite and ruin your day.
- Always keep a connected garden hose at the ready near your grill, just in case . . .
- Small children should not be allowed near the grill and should be seated at the table when actually serving hot foods.

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