10-1993

The NEBLINE, October 1993

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Denton workshop held

A Community Goals Workshop Update was held in Denton on August 31. Dr. Edwin C. Nelson, President Emeritus of Chadron State College, conducted the update on the original workshops. Four committees had been formed: Public Relations, General Store, Community Building, and Strategy. Updates from each committee were given, along with reports from the Denton Community Activities Committee, Dollars For Scholars Committee, and Planning Commission.

Numerous projects have been undertaken including: the new Denton Community Center, Town Talk newsletter, park and battlefield improvements, summer rec program for children, scholarships for high school, education, street signs and sidewalks.

A survey showed that many folks like Denton because it is small and safe and has a mix of age groups. They want it to stay quiet, but offer activities for residents and the surrounding community. New ideas were then solicited and, from about a dozen listed, three new committees were formed: Senior Center Activities, Entertainment, and Service Clubs. There will also be a forthcoming survey regarding day care needs.

Denton area residents continue to plan for the future and make positive contributions to their community. (DM)

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Sludge: Is it safe for land application?

In May, 1992, the first truckload of wastewater solids (i.e., sludge) from Lincoln’s Theresa Street Wastewater Facility was delivered to farmland in Lancaster County. This event culminated a decade of planning by Lincoln’s sanitary engineers to dispose this organic waste in a more environmentally sound manner, rather than burial in the landfill. This program may be new to Lincoln, but land application programs in some American cities such as Chicago, Minneapolis and Milwaukee, are now just entering their third decade or more. Some of these municipalities have also creatively (and successfully) marketed processed wastewater solids to users other than farmers. For example, Milorganite, marketed as a soil enhancer/fertilizer for the home gardener, is nothing more than heat-dried high-quality organic waste from the sewers of Milwaukee. (Yes, it is true. It just shows you that, with the correct product and processing, a terrific name, and marketing, you can make a silk purse out of a sow’s ear!). The Metropolitan Denver Sewage Disposal District markets several products under the name of METROGRO™. All of these products are sold as soil conditioners, either for horticultural or agricultural use. The METROGRO™ program is another successful marketing strategy to recycle waste and give it a positive image.

Some alternatives to land application are environmentally unfriendly and may also have other problems associated with them. Landfilling sludge has become expensive because of the high costs associated with burial in property constructed landfills. Landfilling also concentrates organic wastes and may result in point-source contamination for future generations to deal with. Incinerators, properly constructed to prevent air pollution, can be expensive, as is the removal of enough water to allow the solids to burn. Ocean disposal, mostly done by New York City in the Atlantic Ocean, was very environmentally unsound. In the last decade, these practices have been reduced in favor of land application programs, partly from encouragement from the U.S. Environmental Protection Agency (EPA).

Land application programs usually involve application to agricultural cropland, although applications to forests and turf have been used. Sludge applications increase the organic matter and fertility of poor soils and are especially beneficial to reclaimed land damaged from mining, other excavation activities, or soils damaged by erosion. Much of the nitrogen in wastewater solids (and other organic manures) is bound up with organic molecules which undergo chemical changes before becoming available in plants. Because these chemical changes take place over time, the nitrogen in these organic solids becomes available for the plants for several years, similar to a slow-release encapsulated fertilizer.

The risks associated with land application of wastewater solids are two-fold, and both have been recently addressed by regulations by the EPA in Standards for the Disposal and Utilization of Sewage Sludge, Part 503. The first part of the risk equation is related to concentrations of pathogens (like bacteria) and other undesirable substances that might be present in sludge. Sludge that is applied to agricultural land must be processed to reduce the amounts of pathogens to safe levels. At the Theresa Street Wastewater Facility, heat processing in giant egg-shaped anaerobic digesters process the wastewater solids. Aerial view of Theresa Street Wastewater Facility. Giant egg-shaped anaerobic digesters process the wastewater solids.

Farmers use manure spreaders to apply sludge to cropland.

Office Information

Phone Numbers:
Office………………………………………………. 441-7180
After hours .……………………………………. 441-7170
Fax…………………………………………………………... 441-7148
NEBBNE RBBS……………………………………. 441-7149
Office Hours:
8 a.m. to 4:30 p.m., Monday - Friday
Mulches offer your garden and landscape many benefits. They cover the soil to reduce soil evaporation and limit weeds, keep lawns mowed and weeds whipped away from tree trunks. Mulches also prevent most fungi and soil-borne disease organisms from splashing up onto plants. Mulches improve the soil’s structure and water-holding capacity. Organic and inorganic mulches can control weeds, moderate soil temperature, reduce soil erosion and compaction and retain moisture in the soil. Mulches also moderate soil temperature, reduce soil erosion and compaction and keep lawns mowed and weeds whipped away from tree trunks. Mulches are also disease-resistant, improve the soil’s structure and water-holding capacity.

Organic mulches include shredded bark, hardwood, pine bark, bark, rotting animal manure, compost, leaves, pine needles, grass clippings and sawdust. Organic mulches originate from plant and animal wastes. Organic mulches include shredded bark, hardwood, pine bark, bark, rotting animal manure, compost, leaves, pine needles, grass clippings and sawdust. Organic mulches originate from plant and animal wastes. Organic mulches include shredded bark, hardwood, pine bark, bark, rotting animal manure, compost, leaves, pine needles, grass clippings and sawdust. Organic mulches originate from plant and animal wastes. Organic mulches include shredded bark, hardwood, pine bark, bark, rotting animal manure, compost, leaves, pine needles, grass clippings and sawdust. Organic mulches originate from plant and animal wastes. Organic mulches include shredded bark, hardwood, pine bark, bark, rotting animal manure, compost, leaves, pine needles, grass clippings and sawdust. Organic mulches originate from plant and animal wastes.

Organic mulches are less expensive than inorganic mulches. You can often get inexpensive or free loads of wood chips from tree services, city and county parks departments and local utilities. You can also use yard waste materials, such as grass clippings, which can build up around landscape plants and in the garden. You can also use compost as mulch. Although stone mulches are more expensive, they are useful in situations where you need to retain or replace them. Place stone mulch over the weed barrier to prevent stones from mixing with soil below. Stones also come in many colors and sizes. Avoid using white stone mulches, especially limestone and marble chips, because they can adversely affect soil pH. White stone mulch also reflects heat and detracts from the rest of the landscape. Dark-colored mulches, twigs and other organic material may collect in mulch. You will need to clean out material or live with the looks. (DJ)

Rhubarb, a tough, relatively trouble-free, long-lived perennial plant, grows well throughout Nebraska. Rhubarb is also called pieplant, many people grow it in or next to their vegetable garden for its edible red stalks. You can also grow it in perennial flower beds for its bold foliage and tall white flower spikes. Because it is a vegetable, you use the stems like fruit to make pies, tarts, sauces or jelly. Rhubarb plants grow best in sunny locations on well-drained soil. Because they can stay in the same spot for years, plant the root well before you start planting. Mix in lots of organic mulch cover over the root system to prevent the plant from drought stress and heat damage. (DJ)

Ground ivy—a difficult weed to control

Ground ivy, a broadleaf weed you may know as creeping charlie, is hard to control. It is a vigorous, low-growing perennial weed that has round opposite leaves with scalloped edges, small purple flowers, and square stems. Crushed leaves and stems have a distinctive odor. Ground ivy is hard to control because you can’t pull it easily in lawns and many commercial broadleaf weed killers have little or no effect on it. The most common broadleaf weed killers, granular and liquid broadleaf weed killers 2,4-D, 2,4-D has little or no effect on ground ivy. Another common active ingredient, MCPA, or mecoprop, also has little or no effect on ground ivy, although you can use it against white clover and chickweed, two other trouble-some lawn weeds. Dicamba is an active ingredient in many over-the-counter weed killers. Dicamba is also called Banvel. There are several lawn weed killer products available that contain dicamba. Most of them also contain 2,4-D and MCPA. However, you may still need to make repeat applications with dicamba-containing products to completely control ground ivy.

The following tips will help in your attempts to control ground ivy in your lawn:

•Mow your grass high, about two and one-half inches. This should prevent your lawn mower from getting ground ivy and other weeds. Your lawn is more likely to be healthy, and your landscape will look better if you consistently cut grass too short.

The water sure looks muddy this year

Rain is the natural process by which soil material is moved on the earth’s surface. This occurs when loose, unprotected soil is washed away or washed away by wind or water. Loss of soil and soil fertility is not the only problem caused by erosion. Soil particles move from the surface of the soil, and the soil is lost. The loss of soil and soil fertility is not the only problem caused by erosion. Soil particles move from the surface of the soil, and the soil is lost.

At some point, the soil becomes too weak to hold the soil together. This is when erosion begins to take place. When erosion begins to take place, the soil becomes too weak to hold the soil together.

Poinsettia redbloom

There is still time to get your poinsettia to reflower for the coming holiday season. The plant needs to be in total darkness from 5:00 p.m. to 8:00 a.m., then in a well lit area from 8:00 a.m. to 5:00 p.m. To do this process you can have the plant in a sunny window during the day and then a box could be placed over the plant for the darkness period. The plant should begin to show color by early December and the process can then be stopped. (M.M.)

Drying gourds

Harvest gourds when the stem dries and begins to turn brown. Be sure the gourds are hard before the first hard frost. Immature gourds will not cure correctly, so wait until the outside of the gourd is dry before harvesting. After harvest, wash the fruit in a mild bleach solution and dry off with a soft towel. Drying gourds allows water to seep into the ground instead of becoming contaminated with disease. In addition, grading and seeding bare ground helps retain valuable moisture and soil. (D.J.)

More horiticulture news on page 10
Stored grain = cash in the bin

Once the last grain has been augered into the bin and the hatches closed, there is a tendency to forget what is needed to maintain grain quality. However, without proper management, which includes proper drying and cleaning of the grain, condition, stored grain quality can rapidly deteriorate.

Grain condition at least once a month during winter and every two weeks during the rest of the year. A properly stored grain condition throughout the entire storage period is a frequent problem. Therefore, an area which starts to heat or otherwise "go out of condition" can quickly spread within the bin. Think of the grain as being cash in the bin and consider how frequently it is get checked if that were the case. Some areas and conditions to check when monitoring grain quality include:

- Grain surface for condensation, crusts, wet areas, molds, and insects.
- Check for water and moisture for condensation and leaks.
- Grain mass for non-uniform temperatures, high moisture pockets or layers, molds, and insect infestations.
- Fan exhaust air for any odors.

If problems are detected, they need to be evaluated and corrected as soon as possible. This may include use of fans for further drying, or fumigation for insect control. (DV)

Forage test--don’t guess

1933 will be remembered as a good moisture year, but not a great year for growing quality alfalfa and grass hay. Abundant rainfall throughout the growing season is normally expected to produce the cultivation of forage hays. However, this year the excessive moisture actually reduced production where plant nutrients were limited and the soil drainage was poor. Cooler than normal temperatures throughout the growing season compounded the problems. The net result was that we ended up with a below standard harvest because the lack of moisture for herbicide uptake. Applications most efficient for next year’s row crop. The NEBLINE will provide information to help commercial pest control operators. Urban Pest Management Specialist at UNL, Dennis Ferraro, Douglass County Extension Assistant, and Barb Ogg, Lancaster County Extension Assistant will present biology, ecology, and identification of damage from nematodes, carpenter ants and other wood-destroying insects in these two workshops. The last two workshops will concentrate on management tactics of wood-destroying insects and will be presented at the Urban Pest Management Conference at the Nebraska State University and Holdtrege on Jan. 25 and 26, 1994. There will be a registration fee of $15.00 per person for both workshops.

Hay sampling should be done for each cutting

Taking representative samples is essential for getting the best results. Samples taken for analysis will be useful in marketing and feeding baled hay. These samples must also be handled properly.

Hay should be sampled at least once a week from the time of a hay harvesting is completed. Take at least 12 separate core samples of hay divided in composition. Mix these core samples thoroughly and collect a smaller subsample from each sample. These small samples from each lot. Hay cutting of hay will be different than second or third cuttings, so to be encountered by the mouse. The forage quality of hay and silage must be known to feed livestock efficiently. Average values are useful, but unless the actual nutrient content is known, optimum production cannot be realized. For example, alfalfa is rich in protein, however, actual ranges can vary from 10 to 30% protein. Grass hay and silage can also vary widely in their feed value. These ranges make forage testing essential for good nutritional management.

Forage testing helps identify that are lacking in the ration and cause poor animal performance. Forage testing also helps identify that may be of animal needs and are being wasted. A balanced ration means greater profits. (WS)

Killing alfalfa stands—fall applications most efficient

As an alfalfa stand ages, its productivity begins to decline and eventually must be replaced. Two to three years after planting, the alfalfa stand will produce maximum yield. The older stands on dryland. Stand thickness will be reduced, possibly to leaves, stems, and other crop material. Applications made in October prior to a hard freeze will produce the best results. (DV)

There’s a mouse in the house....

Safe machinery operation

Safety of children on acreages and farms is an adult responsibility. The most important safety rule is to be a responsible caregiver. The NEBLINE will provide information to help commercial pest control operators. Urban Pest Management Specialist at UNL, Dennis Ferraro, Douglass County Extension Assistant, and Barb Ogg, Lancaster County Extension Assistant will present biology, ecology, and identification of damage from nematodes, carpenter ants and other wood-destroying insects in these two workshops. The last two workshops will concentrate on management tactics of wood-destroying insects and will be presented at the Urban Pest Management Conference at the Nebraska State University and Holdtrege on Jan. 25 and 26, 1994. There will be a registration fee of $15.00 per person for both workshops. (BPO)

Wood-destructing insect seminars in Lincoln

On Oct. 7 and 26 from 7:10 p.m., seminars on wood destroying insects in Nebraska will be presented. The meetings will be held at the Lancaster Extension Conference Center at 444 Cherry Creek Rd., Lincoln. This four-part meeting series will provide information to help commercial pest control operators. Urban Pest Management Specialist at UNL, Dennis Ferraro, Douglass County Extension Assistant, and Barb Ogg, Lancaster County Extension Assistant will present biology, ecology, and identification of damage from nematodes, carpenter ants and other wood-destroying insects in these two workshops. The last two workshops will concentrate on management tactics of wood-destroying insects and will be presented at the Urban Pest Management Conference at the Nebraska State University and Holdtrege on Jan. 25 and 26, 1994. There will be a registration fee of $15.00 per person for both workshops. (BPO)

More agricultural news on page 10
Carole’s comments

The fall season is upon us and we have several interesting and informative meetings planned.

The last council meeting for this year will be September 27, 7 p.m., at the Lancaster Extension Conference Center. We will have election of officers. The program is “What the Library System Offers, Reference Services, Literacy and Family Reading.” If your club has sent someone to the other three meetings, be sure to attend this last one to be eligible for the Incentive Award.

Lancaster County has been asked to host the District D Fall Meeting this year. This will be an all day meeting running from 9 a.m. to 3 p.m. on October 12, 1993. The $6.50 registration fee will cover morning refreshments and a catered lunch. Harriet Steenson, our state president, will be here to answer all of your questions. We will be greeted by our Ho-Ho-Kus Exchange from England. Donna Dunis will share some information on our environment and Nancy Sutton will give a demonstration on weaving. This meeting is open to all members but you must pre-register. Club presidents should have a form and they can be copied.

“Celebrating Our Achievements” is the theme for FCE Achievement Day, October 25. Schedule for the day includes:

- 10 a.m. – Set up table displays by individual or club of achievement in community projects, heritage arts, club projects, special events, etc.
- 10:30 - Welcome.
- 10:35 - Lynette Brown - entertainers and displaying her grandmother’s apron collection.
- 11:40 to 12:40 - Culinary Achievements: Bring a family favorite salad, cake, beverage, or dessert. Entry fee is $1, sponsored by Esther Doolittle and Darlene Heusinkvelt from the Sprague FCE Club.
- 1:15 - Recognition of members.
- 1:15 - Accent on Achievements. The program as we focus on the table displays - each club will be asked to talk about their achievements for past year. Everyone can’t set up a display, we would love to hear what your club has done.
- 3:00 - Farewell.
- I hope to see all of you at all of these meetings.

—from Deans, Council Chair

Winning at the supermarket with ENFEP

Manufacturers and supermarkets use various techniques to get customers into stores and to get them to buy more. Established Food and Nutrition Education Program (EFNEP) advisors help consumers win the supermarket game by showing them how to avoid falling victim to supermarket tricks-of-the-trade.

To attract customers, a store will...

- advertise by brand name or store brand name
- issue manufacturer or store coupons
- give samples
- sell lost leaders (items temporarily sold below cost)
- hold sales (reduce prices) and specials (buy one get one free)

Manufacturers and/or stores also encourage purchasing...

- ...pricing—shoppers tend to buy multiple items such as “2 for sales”
- packaging—large packages are more cost effective
- ...coloring—yellow, orange and red are more visible
- novelty—many products have unique labels or catchy slogans
- buyer or deli smells encourage impulse buying
- in-store demonstrations and free samples

A supermarket is arranged to encourage purchases.

- “Specials” are placed in heavy traffic areas in the store Displays at the end of the center aisles
- “High-priced items are placed at eye level.
- “Children’s items are placed at cart level or lower.
- Seasonal items are displayed near the entrance (customers are more likely to buy when cart is still empty.
- “Expensive or hard to sell items are placed toward the back of the store (where shoppers normally look)
- Milk/bread are located away from the entrance to encourage FNEP.
- Please turn to page 11

Starting your own sewing business topic of October conference

Are you the person in your area who people hire to create that special dress, make new drapes, or upholster an old chair? If so, have you ever wondered just how organized, profitable and professional your sewing business is for you? A business specialist will write the one-day conference that will feature Dr. Rose Marie Tondl, Family Economics Specialist. Topics scheduled are for those interested in starting a sewing business as well as information for those already operating a sewing business. The program will help you discover if sewing is a business for you. It is a business plan, licenses, recordkeeping, financing and insurance are all important to the success of your sewing business.”

Starting Your Own Sewing Business

Date: October 19, 9 a.m. to 3 p.m. (held at Saunders County Extension Office)

If you are interested in starting your own sewing business or if you are already in business and would like ways to make your sewing business more profitable, contact the Lancaster County Extension Office.

Starting Your Own Sewing Business

Date: October 9 - 10

A day retreat to strengthen and enhance the relationship between mothers and daughters, stepdaughters or granddaughters. This activity, at the Eastern Nebraska 4-H Center in Gretna, will provide an opportunity to spend quality time together.

For more information or to request an application: call Deane at the extension office, 411-7180.

Growing Up Female

Date: October 9, 8:30 a.m. to 4:15 p.m.

This national program is targeted for providers. Most sessions also are appropriate for those who train child care workers, potential child care providers, parents interested in evaluating child care programs, preschool teachers, educators and other policy makers, and social service agencies with licensing and placement responsibilities. Registration fee is $7.50 (includes lunch).

For more information and registration information: call Lorene, 411-7180.

Craft Marketing Conference

Date: Saturday, October 23, 9 a.m. to 4 p.m. (held at University of Nebraska-Lincoln]

Hear home business specialist, Barbara Brubake, speak on “Your Home Business Life.” Participants can also choose from three 70-minute sessions on the following topics: display/visual presentation; marketing; advertising; records/taxes/trademarks and copyrights; pricing; design and merchandising trends; and design innovation, uniqueness and quality. Fee: $20, includes noon luncheon. For a registration form, contact the extension office, 411-7180.

Serger classes

Date: October 10, 20 and 27, November 3, 1 to 3 p.m.

A three session hands-on class on using a serger. Fee: $20. Advance registration and fee is required. Class is limited.

Cook Healthy with “Speed Scratch”

Date: Monday, October 25, 7 - 9 p.m.

Learn about combining fresh and convenience foods for quick, healthy and cost conscious meals.

Fee: $10, advance registration required by October 18.

Body Image: What You Weigh or What You Wear

Date: Saturday, November 6, 9 a.m. - noon

Clothing can add up to 20 pounds to your appearance. Find out more about general overweight on thinness and how clothing line and design can help you look and feel better.

Fee: $4 per youth and adult team or individual; half-price to 4-H members and individual 4-H’er. Pre-registration is requested; payable at the door.

Starting your own sewing business topic of October conference

More Food, Families & Finance news on Page 11
Fall weed Control

Since fall is a very effective time to control noxious weeds, we will be emphasizing fall control through information efforts, direct mailings and inspection of the most significant infestations. Landowners should scout areas that have had musk thistle in the past and plan to do there control work in late September or October since the weather can cut control efforts off in early November like it did the last two years.

Roadsides and Railroads

All county roadside musk thistle and Canada thistle infestations will be inspected by October 15 and sprayed prior to November 1. All railroad infestations will be inspected and notices issued by October 6 and will be force sprayed if not accomplished or contracted for by the railroads.

Musk thistle inspections

All significant infestations, forced controls, seeded out, roadsides, and railroads will be inspected in late September and early October. Second inspections will be made around the middle of October so there is time to do forced control work prior to being shut off by the weather where landowners are not responsive.

Leafy spurge and Canada thistle inspections

All landowners with leafy spurge and Canada thistle infestations will receive a letter in September with recommended fall control options. Inspections will be made on leafy spurge sites not controlled this summer and all Canada thistle sites. Notices will be issued and landowners expected to provide prompt control.

Spring-Summer control efforts

The spring-summer musk thistle season was even more difficult this year than last. The long cool wet period caused the thistle to germinate new plants all season long and made it difficult to get good control with spraying.

Effective musk thistle control always requires follow up, but this year more follow up was required than usual. One farmer said that he had to go over his pastures 5 times in order to keep the thistle under control. A lot of effort was put into musk thistle control by landowners in the county.

There was excellent cooperation by both public and private landowners in providing noxious weed control.

Landowner control

A total of 1626(97%) of the 1680 musk thistle infestations found were controlled on 6,479 acres. 85% of the landowners controlled 1382 infestations on 5,764 acres. (See chart at right).

Authority control

The division inspectors controlled infestations on 108 sites. The authority contracted for control on 91 site that were not controlled by the landowners. Contractors completed work on 1,069 acres at the cost of $20,442. This cost was billed to the landowners. Payment not received in 60 days becomes a lien against the property. 18 Liens were filed as of October 1.

Please turn to Control page 6

Noxious weeds in Lancaster County

Noxious weeds have invaded all land uses throughout the county. 30,614 acres, or 5.7% of the land area is infested with noxious weeds. Almost 56% or 17,067 acres of the noxious weeds are in pastureland. 28% can be found in non-agricultural uses and 13% in cropland. Most of the cropland infestations are in alfalfa and fallow. Less than 3% of the infestations can be found on roadsides and railroads but they are most visible.

Acres of Noxious Weed Infestations by Land Use 1993

<table>
<thead>
<tr>
<th>LAND USE</th>
<th>ACRES INFESTED</th>
<th>% OF LAND USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasture</td>
<td>17,067</td>
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</tr>
<tr>
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Musk thistle is by far the most prevalent noxious weed in the county making up 94% of the total infested acres. Leafy spurge has been found on more than 350 sites even though only 0.2% of the total land area is infested. Canada Thistle and plumless thistle are a problem where they occur but are found on only a few sites. Diffuse knapweed was found on one site in 1992. No plants were found in 1993 after the landowner sprayed in the fall and spring.

NOXIOUS WEEDS ACRES INFESTED % OF LAND

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<td>28,800</td>
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<td>Leaty Spurge</td>
<td>1,230</td>
<td>0.2%</td>
</tr>
<tr>
<td>Canada Thistle</td>
<td>414</td>
<td>Trace</td>
</tr>
<tr>
<td>Plumless Thistle</td>
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<td>Spotted &amp; Diffuse Knapweed</td>
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TOTAL: 30,614 5.7%

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<td>414</td>
<td>Trace</td>
</tr>
<tr>
<td>Plumless Thistle</td>
<td>150</td>
<td>Trace</td>
</tr>
<tr>
<td>Spotted &amp; Diffuse Knapweed</td>
<td>20</td>
<td>Trace</td>
</tr>
</tbody>
</table>

TOTAL: 30,614 5.7%

Spring-Summer control efforts

The spring-summer musk thistle season was even more difficult this year than last. The long cool wet period caused the thistle to germinate new plants all season long and made it difficult to get good control with spraying.

Effective musk thistle control always requires follow up, but this year more follow up was required than usual. One farmer said that he had to go over his pastures 5 times in order to keep the thistle under control. A lot of effort was put into musk thistle control by landowners in the county.

There was excellent cooperation by both public and private landowners in providing noxious weed control.

Landowner control

A total of 1626(97%) of the 1680 musk thistle infestations found were controlled on 6,479 acres. 85% of the landowners controlled 1382 infestations on 5,764 acres. (See chart at right).

Authority control

The division inspectors controlled infestations on 108 sites. The authority contracted for control on 91 site that were not controlled by the landowners. Contractors completed work on 1,069 acres at the cost of $20,442. This cost was billed to the landowners. Payment not received in 60 days becomes a lien against the property. 18 Liens were filed as of October 1.

Please turn to Control page 6

Noxious weeds in Lancaster County

Noxious weeds have invaded all land uses throughout the county. 30,614 acres, or 5.7% of the land area is infested with noxious weeds. Almost 56% or 17,067 acres of the noxious weeds are in pastureland. 28% can be found in non-agricultural uses and 13% in cropland. Most of the cropland infestations are in alfalfa and fallow. Less than 3% of the infestations can be found on roadsides and railroads but they are most visible.

Acres of Noxious Weed Infestations by Land Use 1993

<table>
<thead>
<tr>
<th>LAND USE</th>
<th>ACRES INFESTED</th>
<th>% OF LAND USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasture</td>
<td>17,067</td>
<td>15.8%</td>
</tr>
<tr>
<td>Non-Ag</td>
<td>8,653</td>
<td>7.8%</td>
</tr>
<tr>
<td>Cropland</td>
<td>4,032</td>
<td>1.3%</td>
</tr>
<tr>
<td>Roads</td>
<td>555</td>
<td>4.0%</td>
</tr>
<tr>
<td>Railroads</td>
<td>307</td>
<td>22.0%</td>
</tr>
</tbody>
</table>

Musk thistle is by far the most prevalent noxious weed in the county making up 94% of the total infested acres. Leafy spurge has been found on more than 350 sites even though only 0.2% of the total land area is infested. Canada Thistle and plumless thistle are a problem where they occur but are found on only a few sites. Diffuse knapweed was found on one site in 1992. No plants were found in 1993 after the landowner sprayed in the fall and spring.

NOXIOUS WEEDS ACRES INFESTED % OF LAND

<table>
<thead>
<tr>
<th>Weed</th>
<th>Acres</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musk Thistle</td>
<td>28,800</td>
<td>5.4%</td>
</tr>
<tr>
<td>Leaty Spurge</td>
<td>1,230</td>
<td>0.2%</td>
</tr>
<tr>
<td>Canada Thistle</td>
<td>414</td>
<td>Trace</td>
</tr>
<tr>
<td>Plumless Thistle</td>
<td>150</td>
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</tr>
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<td>Spotted &amp; Diffuse Knapweed</td>
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<td>Trace</td>
</tr>
</tbody>
</table>

TOTAL: 30,614 5.7%
Results posted spring-summer inspections of noxious weeds

A total of 2700 sites that had musk thistle infestations present in the past four years were inspected. An additional 300 sites were inspected as a result of complaints or observation by the inspectors. 350 inspections were made of leafy spurge and 50 inspections were made on Canada thistle sites. The inspections were performed by 4 division inspectors in the county and 3 Public Works inspectors within the City of Lincoln as a result of an interlocal agreement between the City and the County.

3075 inspections were made on 40,734 acres. A total of 1680 musk thistle infestations were found on 7,024 acres. About 1/2 of the owners received letters and the other 1/2 received notices. Infestations were not found at 1202 sites.

The largest number of infestations (737 or 44%) were found in Lincoln but they accounted for only 17% of the acres of musk thistle infestations found. The number of inspections in the other divisions were about the same except for the northwest division which was only 7.3% of the total.

The authority has been able to increase the number of inspections without increasing staff by use of computers, preprinting information on inspection sites and other management improvements. There was a 179% increase in the number of inspections in the past 5 years and an 39% increase from 1992 to 1993.

Control

September 1, 52 sites were not controlled prior to them going to seed.

Control history

There has been a significant increase in the number and percent infestations controlled in the past 5 years. there has been a 128% increase in the number of infestations in 5 years and a 24% increase over last year. 96.7% of the infestations were controlled this year as compared to 92.9% last year.

County roads control program

County road right-of-ways are under constant view by the public. It is the perception of many that they are not adequate control efforts on county roads. Noxious weeds have infested portions of the rights-of-way throughout the county. County right-of-ways are subject to infestation from several dissemination sources. Contributing factors to the dissemination problem include inadvertent equipment operation, removal of infested vegetation and soil, and/or mulching with infested material.

Infestations Mapped

A map of the roadside infestations of noxious weeds is maintained by the joint efforts of the County Engineers district supervisors and Noxious Weed Control Authority's inspectors.

Control Actions

The County Engineer controls musk thistle infestations in the spring that they find or are reported to them. A special effort
Noxious weeds and their characteristics

Noxious Weed
Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation. They are non-native plants that aggressively compete with desirable plants affecting man, livestock, and wildlife. This not only directly affects the landowner, but erodes the tax base for all residents of the state. The business of noxious weed control is everyone’s concern, and their control is to everyone’s benefit.

Musk Thistle
Biennial, or winter annual, occasionally an annual. Rosette formed first year.
Stems: Up to 6 ft. tall; main stem and major branches are hairy. The flower head is covered with fine gray hair with first few inches below the flower having no leaves attached.
Leaves: Dark green, prominent light green midrib, smooth or hairy on both sides. Deeply lobed with spiny margins up to 20 in. in length.
Flowers: Large, solitary 1 1/2 - 3 in. in diameter, usually nodding slightly. Deep rose or purple color.

Canada Thistle
Biennial, or winter annual, occasionally an annual. Rosette formed first year.
Stems: 2 - 4 ft. tall; hollow; erect; branched above; no leafy wings or spiny margins on upper stems below flowers.
Leaves: Moderately to coarsely lobed, usually wavy with spiny margins. Upper side light to dark green, shiny, slightly hairy below.
Flowers: Small 1/2 - 3/4 in. diameter rose purple some times white color, male/ female flower on separate plants.
Roots: Extensive vertical and horizontal root system.

Leafy Spurge
Perennial
Stems: 1 - 3 ft. tall; thickly clustered; erect; branched at the top, milky white sap.
Leaves: Long and narrow, 1/4 in. wide and 1 to 4 in. long.
Flowers: flower very small surrounded by showy yellow-green floral leaves.
Roots: Deep, spreading, brown with numerous pink buds which may produce new shoots or roots.

Plumeless Thistle
Biennial, or winter annual, occasionally an annual. Rosette formed first year.
Stems: 1 to 4 feet tall, leafy to the base of the flower heads.
Leaves: Dark green with light midrib. Leaf surface smooth smooth on top and hairy beneath. Leaves deeply lobed, narrow with spiny margins.
Flowers: solitary in cluster of two to five, blooms 1/2 to 1 inch in diameter, erect and usually not drooping.

Four noxious weeds are found in the county:
- Musk Thistle
- Leafy Spurge
- Canada Thistle
- Plumeless Thistle

Noxious Weeds?
Does Lancaster County have Noxious Weeds? 

Roadside thistle in August and September
There were a large number of thistle blooming on roadsides in the county in August and September. Many calls were received from the public concerned that this thistle was musk thistle. Musk thistle blooms in June and July.
These thistle were tall thistle, not a noxious weed. In some years they are plentiful in road ditches but do not seem to be very aggressive in pastures and other land uses.
Tall thistle is the tallest and the latest blooming of the biennial thistles. Musk thistle leaves are green on both the upper and lower sides without hair. The tall thistle has leaves that are white and hairy beneath. The flowers are rosy purple compared to the dark purple flowers of musk thistle.

City of Lincoln noxious weed control
The City of Lincoln is providing for the cost of the noxious weed program in the City. This is being accomplished through a combined weed program.

Interlocal Agreement
An interlocal agreement was entered into between the City and the Lancaster County Commissioners to combine the operations of the noxious weed control program and City weed abatement program within the city.

The City:
- provides three inspectors to do inspections and handle control efforts
- reimburses the County for the cost of the combined operations

The County through the Noxious Weed Control Authority:
- provides program leadership and supervision
- issues the noxious weed and City weed abatement notices
- handles the weed complaint calls
- provides forced noxious weed control and weed cutting with contracted services
- handles billings, appeals and assessments as a result of forced control and cutting

Year-to-date Activity
1253 musk thistle inspections have been completed and 738 infestations were found. 1547 weed abatement notices have been issued. 851 have been owner cut and 211 have been cut by contractors.
Good stands of grass fight Musk Thistle

Musk Thistle can be a big threat to the 90,000 acres of pasture, rangelands and CRP in Lancaster County.

Forage losses can be quite high. One Musk thistle per square foot can reduce pasture production. Musk thistles infest areas are inaccessible to livestock, effectively causing 100 percent loss of grazing potential in the infested area. This clearly cuts carrying capacity.

Unfortunately, when Musk thistle goes untreated, it infests wider areas. Even if a stand of bolted Musk thistle is sprayed or mowed before it sets seed, it has already damaged a patch of grass and kept cattle from getting into the area.

View Musk thistle control as a part of grass management. Weakened pastures are vulnerable to blowing seeds. Thistle infested pasture cannot support the same stocking rate as good lush grass. Cattle will overgraze the good grass, allowing the thistles to spread on to weaker areas. Thus, the problem just gets bigger. The overgrazed areas, around dams, watering areas, salting areas should be treated for weeds and protected from future overgrazing.

When large areas of musk thistle infest a pasture, step one is getting the weed under control. A good fall herbicide program not only can provide excellent Musk thistle control, it also gives producers the time to get the weeds under control. A good fall herbicide program not only can provide excellent Musk thistle control, it also gives producers the time to get the weed under control. Musk Thistle rosette stage is the time to control-from October to freeze-up.

Musk Thistle control time

Musk Thistle is easiest to control when it is in the seedling and rosette stages and is actively growing. This occurs in October until freeze-up. During this period you will find rosettes and new seedlings emerging. These are the plants that will overwinter and bloom next year if not controlled.

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 now to prevent plants from flowering next spring.

Tordon 22k at the rate of 6 to 8 ounces per acre can be applied until the ground freezes. A good spray combination as long as the air temperature reaches 50 degrees is 1 quart of 4 pound 2,4-D L V ester and 0.5 pint of Banvel per acre. The ester formulation is effective in killing the rosettes and any seedlings. Banvel will provide control of later emerging seedlings. Allyl Escort at the rate of 0.2 to 0.3 ounces per acre can also be used in combination with 2,4-D.

If a residual herbicide such as Banvel, Allyl Escort, or Tordon 22K is not used later emerging seedlings will not be controlled. Plants can also be controlled by seeding roots 2 inches below the surface or spot spraying with Roundup for small infestations or in alfalfa.

There were many individuals that sprayed their Musk Thistle this spring or summer. Because of our continued wet weather more seeds probably have germinated since these treatments.

The public is also hereby notified that noxious weed seed and propagative parts may be disseminated through the movement of machinery and equipment, trucks, grain and seed, hay, straw, nursery stock, fencing materials, sod, masure and soil as well as articles of similar nature. Methods of control have been prescribed by the Department of Agriculture and may be obtained from the county weed control authority.

By Order of the Lancaster County Weed Control Authority.

NOXIOUS WEEDS MUST BE CONTROLLED

You are required to control noxious weeds on your property.

The noxious weeds are: Musk Thistle, Plumleaf Thistle, Canada Thistle, Leafy Spurge, Diffuse Knapweed and Spotted Knapweed. Notice is hereby given this 1st day of October, 1993, pursuant to the Noxious Weed Control Act, section 2-955, subsection 1(a), to every person who owns or controls land in Lancaster County, Nebraska, that noxious weeds being or growing on such land shall be controlled at such frequency as to prevent establishment, provide eradication, or reduce further propagation or dissemination of such weeds.

Upwnon failure to observe this notice, the county weed superintendent is required to:

1. Proceed pursuant to the law and issue legal notice to the landowner of property infested with noxious weeds giving such landowner 15 days to control the noxious weed infestation. Conviction for noncompliance may result in a $100.00 or per day fine to the landowner with a maximum fine of $1,500, or

2. Proceed pursuant to the law and have the weeds controlled by such method as he/she finds necessary, the expense of which shall constitute a lien on such land and reduce bromegrass 33 percent, and dandelions can be collected as other real estate taxes are collected, or by other means as provided by law.

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The NEBLINE

Be a Weed Warrior

The only way that there can be effective control of noxious weeds is for each of us to be a noxious weed warrior. Be a Weed Warrior:

• is aware of noxious weeds;
• makes others aware of noxious weeds;
• abhors seeing noxious weeds going to seed on his, or her, or others properties, and does something about it;
• knows and/or has a map of noxious weed infestations on his or her land, as well as, adjacent land;
• knows the acceptable control methods;
• has a plan to control noxious weeds on their own property that includes:
  • fall control and,
  • spring control, with follow-up, as necessary, to prevent seed development;
• works on efforts to aid in control on adjacent and other properties, i.e.,
  • controls noxious weeds on adjacent road right-of-ways (this will not only help prevent the spread of noxious weeds but will reduce the potential for increased taxes for public control);
  • talk to neighbors about a plan to work on joint control efforts, i.e., a neighborhood association in Lincoln, a homeowners association in a subdivision, groups of neighboring farmers, etc.;
  • talk about it in your organizations - garden clubs, family community education clubs, farm organizations, homebuilders associations, village boards, real estate organizations, chambers of commerce, etc.;
• knows the individual landowners responsibility as set forth in state law and/or local ordinances, i.e.,
  • all landowners are responsible for controlling the spread of noxious weeds;
  • all landowners are responsible for moving adjoining county roadsides once a year;
• all City of Lincoln landowners are responsible to keep all weeds cut below 6 inches in height;
• and does not say "I am not going to control my noxious weeds, because someone else does not control theirs".
I'm only testing you—are perfect or infallible.

Program is a achiever.

To you!

4-H county awards and scholarships

Youth interested in traveling abroad in 1994 as ambassadors will be

available:

representatives and ambassadors programs will be conducted. Following is the current information we have available:

- Ambassadors interested in traveling abroad in 1994 as ambassadors may go to Switzerland, Spain, Netherlands, Luxembourg, Botswana, Finland, Costa Rica and either Czech Republic, Poland or Hungary. Ambassadors must be 15-19 years of age as of January 1. Representatives must be 19-25 years of age and can travel to Australia, Belgium, Botswana, Costa Rica, Denmark, Egypt, Finland, France, Greece, Jamaica, Luxembourg, Netherlands, New Zealand, Norway, Paraguay, Sweden, Switzerland, Taiwan or the United Kingdom. Applications are due December 15.

Don't spoil me. I know quite well that I ought not to have all that I ask for —I'm only testing you—and...

Don't be afraid to be firm with me and set curfews and rules. If I prefer it, it makes me feel secure.

Don't protect me from consequences. Sometimes I need to learn the painful way. Don't let me form bad habits. I rely on you to detect them in the early stages and give me direction by example. Don't make me feel smaller than I am. It only makes me behave stupidly to prove that I am "big."

Don't correct me in front of people if you can help it. Praise in public. Chastise in private.

Don't make me feel that my mistakes are sins. It upsets my sense of values.

Don't put me off when I ask questions. If you do, you will find that I will stop asking you and seek information elsewhere.

Don't tell me my fears are silly. They are real to me and you can do much more to reassure me if you try to understand.

Don't suggest to me that you are perfect or infallible. It hurts and distresses me to learn you are neither.

Don't be inconsistent. That confuses me and makes me lose faith in you.

Don't ever think that it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you. Don't forget that I can't thrive without lots of love and understanding. I need your quantity and quality time and your affection.

Please keep yourself and healthy. I need you and I love you. Please don't die early because you smoke, drink too much or use drugs.

Because "snuff happens," let's stick together. I believe in you. I need you and hope you believe in me.


'Tis the season to start a club

Fall is the season for school to begin, leaves to change colors, sweaters to be pulled out and 4-H clubs to be organized!! If you are interested in starting your own 4-H club - now is the time. A total of five members is all that is needed for a club.

There is no deadline for organizing a club, but now is a good time to decide on fall and winter activities. The 4-H program is a family affair and a lot of fun for both kids and adults!! Training is provided for leaders and assistance is available. For more information on how to get a club started in your area, call Ann Marie at the extension office. (AMM)

The Nebraska Horse Council is a new association of individuals, organizations and businesses who care about horses and the horse industry. The goal of the NHC is to unite, inform and represent individuals, organizations and businesses who care about horses and the horse businesses in Nebraska. To achieve these goals the council will develop educational programs and a network of communication where all of Nebraska’s various horse-related organizations may share information and concerns.

Through membership in the Nebraska Horse Council, you join a network of horse-related organizations, clubs, associations, businesses and individuals—from professional to recreational riders—interested and dedicated to developing and maintaining the best possible environment for all horses and the people and businesses associated with them. Together a great deal is possible.

Activities

The Council is working on promotion, issues and activities that are important to Nebraska horse people today.

- Education
- Youth
- Showing
- Racing
- Trails
- Animal Welfare
- Legislation
- Rodeo
- Cornhusker State Games
- Horse Festival
- Marketing

Help make the Nebraska Horse Council as successful as it can be. Join today.

To obtain a membership application write: The Nebraska Horse Council P.O. Box 81461, Lincoln, NE 68501

Body Image—What You Weigh or What You Wear

Clothing can add up to 20 pounds to your appearance. Find out more about the cultural overemphasis on thinness and how clothing line and design can help you look and feel better. This workshop was featured at two national meetings for its innovative approach to body image and weight issues.

Here’s What You’ll Learn:

- How to determine if your weight is "healthy"
- How self-esteem affects body image
- Tips on using clothing lines for best effect
- Color, fabric selection and other ideas to best flatter your body shape
- Clothing choices to wear while changing weight

Workshop includes a 15-page handout per team or individual registration.

Who Should Attend:

- Youth and parent/adult
- 4-H members and parents
- 4-H leaders
- Other interested individuals

The Presenters:

- Alice Henneman, education and extension director with University of Nebraska Cooperative Extension in Lancaster County. As a speaker and a guest columnist for several area newspapers, Ms. Henneman has over 13 years of experience helping people lead healthy lives.
- Ann Marie Moravec—4-H assistant, combines 4-H experiences and a personal conservative approach to body image and weight issues.

Registration:

- $2 per 4-H member and parent team or individual 4-H'er
- $4 per other youth and adult team or individual
- No charge as an inviscer to 4-H leaders

Register by November 2, by calling 441-7180.
Sludge

ended up as human food. To understand this pathway better, scientists studied the uptake of metal-contaminated soil by different crops that might be fed to livestock. In other experiments, scientists fed contaminated feed directly to livestock animals and examined the meat, milk, and body organs of the livestock. Results of these and many other experiments were used to determine the maximum concentrations of metals that could be present in sludge and soil to minimize human health risks and environmental contamination.

The second part of the risk equation involves proper application of wastewater solids to prevent contamination of the environment and to minimize exposure to humans. According to EPA regulations, sludge applied to land must be applied at agronomic rates, based on the nitrogen need of the next crop. Understanding the proper application rate means that sludge will be intensively evaluated using soil tests before sludge is applied to prevent over application. The EPA also has restricted the application of wastewater solids close to wells, rivers or streams, and public water supplies. In addition, there are restrictions that prohibit sludge application on horticultural crops used for human consumption.

All of these EPA regulations mean that municipalities undertaking a land application project must have a rigorous sampling (see photo left) and analysis program to show that the sludge is in compliance with the pathogen and metal restrictions. In addition, careful site selection and monitoring of application are necessary to ensure the safe use of this material. Within the last couple years, there have been some disparaging articles in farm magazines about land application of sludge, but these negative stories should not imply that all municipal sludge is contaminated or that environmental contamination will inevitably result when wastewater solids are applied to farmland. There are hundreds of successful land application programs throughout the U.S. with few examples of health problems or environmental contamination. When sludge meets EPA regulations regarding pathogens and metal standards and when responsible application practices are followed, the benefits of sludge far outweigh the likelihood of health problems or environmental contamination. Municipalities, like the city of Lincoln, are working hard with careful monitoring to make sure that wastewater solids are safe and applied in a responsible manner. (BPO)

Livestock safety

What can you do?

Handling livestock can be dangerous. Animals can be unpredictable. Practice these guidelines when you work with livestock.

- Avoid dramatic changes of an animal’s habits.
- Be alert when handling animals during their most active time at dawn and dusk.
- Keep groups of animals together for better control.
- Maintain a dominant role in livestock research.
- Place food in irregular patches and volumes to avoid fighting.

Grain harvest safety

What can you do?

The best way to prevent grain suffocation hazards is to avoid dangerous situations.

- Apply suffocation hazard decals to all grain wagons, grain bins, and grain storage structures.
- Lock access doors to grain bins; limit access to the top of grain wagons.
- Instruct everyone who operates a grain wagon or grain handling equipment about potential suffocation hazards.
- Make a commitment to always have an extra person present when you must be in an area where there is a potential grain suffocation hazard.

Big bale safety

What can you do?

Large round bales require special care in handling. You can be safe around this hazard by following these tips:

- Obtain and use a grapple hook if a front-end loader will be used for bale transport.
- For sloping fields, plan to make windrows parallel to contours.
- Plan a safe route out of the field when you transport bales. Avoid rough terrain.
- Always turn off the engine before you get off the tractor.
- Replace broken or worn pick-up tines and belts.
- Keep the twine feeder in good repair. (DS/DV)

Ivy

- Keep your lawn vigorous through proper fertilizing, watering and mowing. Vigorous lawns compete better with weeds.

- Ground ivy is a shade-tolerant, creeping plant that often comes in from adjacent lawns and garden areas or from beneath trees and shrubs. Watch these areas closely when you mow to help catch ground ivy problems early. Ground ivy is easiest to control before it gets a good foothold.

- Even with a dicamba-containing product, you will probably need to make repeat applications to control ground ivy. In fact, it may take you a full season or more to control it completely. To add to the difficulty, you should not use dicamba-containing products in the areas of shallow-rooted trees and shrubs since the chemical can damage these plants. Fortunately, ground ivy commonly grows in the shade beneath trees and shrubs.

- Broadleaf weeds, like ground ivy, are easiest to control when actively growing. This is when they are able to quickly absorb the weed killer. The best times to control ground ivy are in mid to late spring, from early May through early June, and in early fall, from late August through mid-September. Early fall is actually the best time to control most broadleaf weeds because they are usually growing vigorously, and the weeds you don’t kill with the weed killer are often weakened enough to die over winter. Also, there are fewer problems with weed killer drift onto desirable landscape and garden plants in fall. For best ground ivy control, apply weed killers in fall.

- The more leaf surface there is, the more weed killer the weeds absorb. Avoid mowing too soon before or after you apply weed killers. Apply the weed killer when the weeds are growing, and wait at least two days after you apply it before you mow again.

- Don’t use broadleaf weed killers too early in the spring, before ground ivy starts to grow, or too late in the fall, after it stops growing, or during a summer drought, when it goes temporarily dormant.

- Liquid weed killer products tend to be more effective than granular or dry products, including the granular weed-and-feed products, because they give better leaf surface coverage.

- Follow weed killer label directions. You’ll get better results if you choose the right chemical and mix, apply and store it properly.

- Professional lawn services have, for professional use, weed killers that are more effective against ground ivy than the dicamba products available to the general public. (DD)

Garden cleanup

Now that the end of the growing season is near, it is time to do the garden cleanup work. While this can be a time consuming task to some, it is important to mention the disease and insect prevention purpose of this task. The hours and labor spent now may be more than paid back by fewer problems in the next growing season.

The garden cleanup really has four parts: complete removal of old garden plants that have had disease or insects, searching for and removal of all rotten or diseased fruits that may have fallen, turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests, and mixing all organic mulches from garden areas where it is no longer needed. These practices and steps that are no longer needed can be taken out, cleaned and stored for next year.

Some gardeners may leave this cleanup for the whole garden until the last fall vegetable has been harvested or worse yet, until just before next spring’s planting. It is a good idea to clean up each garden area when it is finished even though other parts of the garden are still producing fall crops.

Crop residues from healthy plants are a valuable source of organic matter, which most of our soils need. This term is used for all portions of plants left over after harvest: stems, stubble, mulch and root residues. These materials can be cut up and put on your compost pile. (MIM)

GARDEN GOSSIP HOTLINE

441-7179

Accessible from any phone

441-7179

Accessible from any phone

Agriculture news continued

Horticulture news continued

Page 10

October 1993
Healthy Cooking with “Speed Scratch” workshop

Tired of the same old meals for supper, but short on time? Learn about combining fresh and convenience foods for quick, healthy and cost conscious meals by attending a “Healthy Cooking with Speed Scratch” workshop, Monday, October 25, 7 - 9 p.m.

Using the “speed scratch” plan, you’ll reduce mealtime stress by using faster and easier cooking techniques. Yet, you still can add your own personal and creative touch through your unique combination of fresh and convenience foods.

Advance registration of the $10 class fee is requested by October 19. Return the following registration form with the class fee — payment must accompany your registration. (AH)

Healthy Cooking with “Speed Scratch” Workshop
Monday, October 25, 1993, 7 - 9 p.m.
Advance registration of $10 required by October 19

Name ______________________ Daytime Phone _________
Address ____________________ City __________ Zip ________

Make checks payable to: Lancaster County Extension Return to: University of Nebraska Cooperative Extension in Lancaster County 444 Cherry Creek Road, Lincoln, NE 68528-1507

For a Safe Halloween:

• Children should trick or treat with an adult and only in familiar neighborhoods.
• Parents should inspect all Halloween treats before children eat them, especially when in doubt, throw it out.
• Treaters should label their treats with their name and address so that parents will know where the treats came from.
• Do not give or allow kids going out that are wearing clothing that stays on the sidewalk and should have reflective tape on their costumes.
• Costumes should be safe with no sharp edges or small parts that will fall off.
• Wigs and beads should be properly attached so they don’t obscure children’s vision.

Keep Jack-O’Lanterns in a safe, steady place and always put out the flame before bedtime.

Happy Halloween! (LB)

Body image: your weight or your wardrobe?

Clothing choices can make you look up to 20 pounds heavier. Could it be that rather than a diet, you need some new lines and designs in your wardrobe? Adults and youth can learn more about whether they’re at a “healthy” weight and the effects of clothing choices on body image at “Body Image: What You Weigh or What You Wear,” on Sunday, November 6, 9 a.m. to noon.

At this workshop, you’ll learn how to determine if your weight is healthy; tips on using clothing lines, color, fabric selection and other ideas to flatter your body shape; clothing choices to wear while losing weight; and how body image affects self esteem.

Parents and youth are encouraged to attend together. There is a $4 fee per adult and youth team or per person attending alone. Charge to 4-H families is $2. A 15-page handout is included per team or individual registration. Pre-registration is requested; register by Tuesday, November 2, by calling 441-7180. (AH)

Healthy Eating

Lowfat carrot cake
1. Did you know you can use prune puree in a direct one to one substitution for butter, margarine or oil in baked goods? Prune puree cuts fat by 75 to 90 percent and calories by 20 to 30 percent. And the prune is a great nutrition boost of fiber, iron, vitamin A and potassium. Here’s a carrot cake recipe from the California Prune Board using prune puree.
2. Prune puree: combines 1 1/3 cups (8 ounces) pitted prunes and 6 tablespoons water in container of food processor. Pulse on and off until prunes are finely chopped. Makes 1 cup.
3. Lowfat carrot cake
4. 1 cup grated carrots (spooned, not packed into cup)
5. 2 cups sugar
6. 1 can (8 ounces) crushed pineapple
7. 1 cup prune puree
8. 4 large eggs
9. 2 teaspoons vanilla
10. 2 cups flour
11. 2 teaspoons baking soda
12. 2 teaspoons cinnamon
13. 1/2 teaspoon salt
14. 3/4 cup shredded or flaked coconut

Preheat oven to 375 degrees. Coat a 9 x 13-inch baking pan with vegetable cooking spray; set aside. In large bowl combine carrots, sugar, pineapple, prune, egg whites and vanilla; stir to blend. In another bowl mix remaining ingredients except coconut; mix completely. Gently stir in coconut. Spread batter in prepared pan; bake about 45 minutes until pick inserted into center comes out clean. Cool on wire rack. Makes 12-13 3/4-inch squares.

Notes: The Prune Board advises using prune puree in foods that they’re at a healthy weight. They’re at a healthy weight if they’re at or below their ideal weight; and how body image affects self esteem.

The basics of brown baggin’ it: part II

Lunch in a vacuum bottle
Use a wide mouth vacuum bottle for a hot or cold lunch. For example, try:
• A sandwich, owner, or stowed instead of lean meat, poultry, fish, and/or lowfat dairy products.
• Cold pasta salad. Cooked dry pasta and vegetables in a heat resistant container. Store in the refrigerator until lunchtime.

For example, try:
• A sandwich, owner, or stowed instead of lean meat, poultry, fish, and/or lowfat dairy products.

Eat it safe tips:
Foods such as hard-cooked eggs, meat, milk and milk products, and salads containing them should be refrigerated until just before leaving home. It’s important to keep foods cold; that is, at refrigeration temperature.

Use any of these suggestions to help keep your brown bag lunch cool until lunchtime—
• Use a vacuum bottle for foods that need to be kept cold - milk and yogurt, for example. Use an insulated lunch box.
• Add an ice pack or a gel freeze pack.
• Pack a frozen sandwich.
• Put your lunch in a refrigerator—If available.

Sandwich safety:
Keep these foods safety tips in mind to ensure that your sandwich doesn’t spoil:
• Carry already chilled foods in an insulated lunch box or bag. An insulated lunch box will keep foods cold longer than a paper bag.
• Use chilled ingredients for making sandwiches. A frozen sandwich will keep the rest of the lunch cool. Frozen sandwich packs in your lunch box the morning will be thawed by lunchtime. Simple sandwiches freeze best—those made with peanut butter, sliced meat or

Oxidized and caramelized stains

Yellow, tan or brown stains on sandwich fillings may be caused by the age-old problems of stain caramelization and oxidation. These stains are usually found in sandwiches and other foods rich in fat or sugar.

Substances such as fruit juice, mixed drinks and other beverages have turned into dark brown stains. These invisible, colorless substances are not readily noticeable when they contaminate a fabric. Age and heat often causes the sugar to caramelize and turn yellow. If left on the fiber long enough, the stain may become permanent. The darker the brownish color, the greater the damage.

Some oil stains may also turn yellowish or brown with time or treatment. Some oil and fat stains will usually stick along each individual yarn and form a cross pattern. To remove yellowing or brown stains from washable fabrics follow this order:

1. Wash the garment in water as hot as possible.
2. Use an oxygen bleach—Please turn to Stains: page 12

Food, Families & Finance News continued
Fire Prevention Week—October 3-9

What would you do if your home caught on fire? Would you and your family know where to go if smoke and flames blocked your escape? This year’s theme for Fire Prevention Week (October 3-9, 1993) is "Get Out! Stay Out! Your Fire Safe Response.

There is no time to think about these questions in a real fire. It is hot, smoke-filled, and so dark that you literally can’t see your hands in front of your face! Know ahead of time what to do if there’s a fire.

Develop an escape plan with your family with two ways out of every room (You’ll need a second way out if your primary exit is blocked by flames, smoke, or heat). Make sure your exit is accessible at all times, including windows. Coupled with your escape plan, the Southeast Fire Department recommends that you properly install, test, and maintain a UL Listed smoke detector. A smoke detector which is properly installed, tested, and maintained, along with a home fire escape plan, actually doubles your family’s chances of escaping a home fire unharmed. With all the fire injuries and deaths in the U.S. alone, do you want any other alternative for your family?

Remember, getting out is your first priority in a fire, and once out, STAY OUT!

Bill Montz, Jr.
Fire Prevention OIC
Southeast fire Department

Rearrangement

Call REEL when you want to buy or sell assistive technology.

(800) 742-7594 V/T T

A free service of the Nebraska Assistive Technology Project.

Extension Calendar

All programs and events will be held at the Lancaster Extension Conference Center unless otherwise noted.

October 1
All County Awards and Scholarships due

October 4-9
National 4-H Week

October 7 & 26/January 25 & 26
Wood Destroying Insect Seminars (for commercial applicators) ........................................ 7-10 p.m. (4 part meeting series)

October 9
Achieving High Quality Childcare................................................................. 8:30 a.m.-4:15 p.m.

October 9-10
Growing Up Female - Eastern Nebraska 4-H Center, Gretna

October 10
Teen Council Meeting................................................................................ 2:30 p.m.

October 12
District D Fall Meeting (FCE)................................................................... 9:00 a.m.-3:00 p.m.

October 13
4-H Horse VIPS Meeting (election of officers)........................................ 7:30 p.m.

Starting Your Own Sewing Business....................................................... 9:00 a.m.-3:00 p.m.

October 19
Star City Rabbit Raisers........................................................................ 7:00 p.m.

October 20
Serger Class (1st of 3 sessions)................................................................. 1:00-3:00 p.m.

October 23
Craft Marketing Conference - East Campus Union.............................. 9:00 a.m.-4:00 p.m.

Canine Companions Meeting.................................................................. 1:00 p.m.

October 25
Cook Healthy with "Speed Scratch"......................................................... 7:00-9:00 p.m.

Family Community Education Achievement Day.................................. 10:00 a.m.-3:00 p.m.

October 27
Serger Class (2nd of 3 sessions)................................................................. 1:00-3:00 p.m.

October 30-31
Halloween Camp - Eastern Nebraska 4-H Center

November 1
4-H Livestock Booster Club................................................................. 7:30 p.m.

November 3
Serger Class (3rd of 3 sessions)................................................................. 1:00-3:00 p.m.

November 4
4-H Achievement Night........................................................................ 7:30 p.m.

November 6
Body Image: What You Weigh or What You Wear............................... 9 a.m.-noon

November 16
4-H Honors Banquet.............................................................................. 6:30 p.m.

NEBLINE

The NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd. Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

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