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The NEBLINE, February 1994

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Sharing the trails...

Margo Em Still... Trail Advisor, Nebraska Horse Council

Horseback trail riders, hikers, and bird watchers around Lincoln are certainly aware of conflicts that have arisen recently with mountain bikes using the equestrian and hiking trails within the city's Wilderness Park. Because of the difference in speed and quietness of mountain bikes, traditional trail users are finding it time to spread a little education so everyone knows and understands proper trail etiquette when they encounter others on the trail.

The International Mountain Bike Association took a step to educate their group recently by printing an excellent article in their magazine regarding proper trail etiquette. Most of the story quoted a world-class endurance rider from New England. She gave superb tips and rules to follow to avoid trail user conflicts. It contained a great deal of knowledge about horse psychology and it helped cyclists understand why horses do the things they do when encountering bicyclists and things on the trail.

Because of space, I won’t repeat the whole article. But, I would like to offer her tips and a few more to help all of us gain some insight.

This first tip is for those of you who bicycle. No matter which direction you approach an equestrian on the same trail, it is very important to make your presence known to the horse rider as soon as possible. The best thing to do is slow to a crawl or stop all together. Don’t be bashful and don’t wait until you get close. Just say, “Hi, nice day isn’t it? May I pass?” Then wait for instructions from the rider. The rider may tell you to pass, or to wait until they move their horse completely off the trail.

With a skittish animal or an inexperienced rider, they may even dismount and hold the horse until you are passed. If the horse is just being trained for trail riding, you might sit real still and let the animal look you and the bike over real well. This will make the horse much more confident the next time it encounters a cyclist. Also, the more leisure chitchat you do with the rider—the more the horse will realize it is just a person on a strange contraption and it doesn’t eat horses.

For you bikers who are walking your dog, keep your animal on a short leash (2-3 feet). When an equestrian or cyclist approaches, move to the very edge of the trail and keep your animal tight to your side. Be alert so that your dog does not jump suddenly at the horse and try to keep it from barking. All trail users approaching a water crossing, bridge, highway, or any other type of object at the same time as an equestrian, should always yield to the horse rider. Step back and let the horse cross the object first. Ask the rider for any instructions. He or she may want you to wait until they are completely away from the obstacle before you pass. Too many things happening at the same time can confuse and scare some horses.

Horse riders have a few common courtesies to remember, also. When riding on a trail that must be shared by hikers and cyclists and you know your horse is about to “do a duty,” move the animal off of the trail. Many other trail users are going to walk this section of trail and they too have a right to an enjoyable trail experience.

When a cyclist approaches and asks to pass, be friendly about moving to the side. If they approach too fast, calmly remind them to please slow down around horses. There is no need to take an “attitude” toward other trail users. It will only spread and they will take an “attitude” against horses. Please turn to Trails: back page.

Whether you’re a hiker, a biker or a horseback rider, users of Wilderness Park and other Lincoln trails need to practice proper “trail etiquette.”

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**Heirloom vegetables, not a thing of the past**

As you plan your vegetable garden this year, you will probably be tempted with heirloom vegetables, which are varieties of old and improved varieties in the seed catalogs. Plant breeders are concentrating on developing heirloom varieties of vegetables, some of which are not greatly improved. Heirloom varieties can be grown by native Americans before the European settlers arrived, and they are often grown in parts of the United States. Heirloom varieties are cultivated by native Americans before the European settlers arrived, and they are often grown in parts of the United States.

**Winter planning for spring landscaping**

Right now is an excellent time to plan for spring landscape projects, although the actual time for planning will be several weeks away. The landscapes that are more pleasant to look at or to be in are usually those that were planted rather than those that developed haphazardly, when plants were on sale or were the house changing owners. A spring landscape project may be something simple like improving the front yard or working on the private part of the grounds. It may be something more sophisticated like developing a plan for the whole landscape and then implementing phases one as soon as possible. The first step in planning for a spring landscape project is to look at what you already have. This would include existing plants and blank spots. It would also include physical things like winds and windows, and views - good or bad. Winter is a good time to look at what there is generally at their bleakest appearance. Keep in mind, though, spots that are sunny now may actually be shady in the spring or summer.

**Believe it or not, rabbit resistant perennials**

Rabbits have been a real problem in Lincoln and Lancaster County. According to Brookly Botanical Gardens, the following is a list of perennials that are less appealing to a rabbit's hearty appetite:

- **Yarrow** - Monmouth
- **Aster** - Monkshood
- **Wild Indigo** - Bellflower
- **Beakroot** - Bloodroot
- **Foxglove** - Borage
- **Daylily** - Bistorta
- **Meadow Sweet** - Hosta
- **Cranesbill Geranium** - Honeysuckle
- **Narcissus** - Yucca
- **Lamb's Ear** - Sedum
- **Lavender** - Helenium

Try to introduce a few of these plants into your garden if rabbits have been a problem in your area (MIM)

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**Care of potted azaleas**

Azaleas are good plants to grow in a garden. They are hardy and need to be brought indoors before freezing weather.

Azaleas need a cool rest period before they are forced to bloom. Place the plants in a room with a temperature between 55°F and 60°F and filtered light. During this rest period, flower buds will develop. Then place the plants in a south-facing window, warm 65°F to 70°F, and the plant will bloom. Unless you have the proper growing conditions for the azalea, you should not attempt to bring the plants over.

Coldframes and hotbeds

Coldframes and hotbeds are horticultural structures used to provide protection for plants. Coldframes are used to protect plants from frost and cold during winter, while hotbeds are used to provide additional warmth and energy to help plants grow. Coldframes and hotbeds can be used to grow a variety of plants, including vegetables, herbs, and flowers.

Coldframes and hotbeds are often used in conjunction with coldframes to provide a controlled growing environment. Coldframes are used to provide additional warmth and energy to help plants grow, while hotbeds are used to provide a controlled growing environment. Coldframes and hotbeds are often used to protect plants from frost and cold during winter, while hotbeds are used to provide additional warmth and energy to help plants grow.

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Ostriches: Agriculture of the future
Teri Jo Chicoine Guest Ag Writer

Soon to be seen while driving along the highway, in the meat section at the grocery store, or in the boat section at the local mall, new products are flourishing throughout the nation. This new market rests on a unique bird, the ostrich. Many people hear the word "ostrich" and think ostriches are dumb birds who often "stick their heads in the sand." That statement is completely false. Ostriches are simply curious birds who like to discover new objects. People normally consider the ostrich an interesting, yet basically commercially unimportant animal. This concept is also completely false. Ostriches have been and will continue to be commercially viable animals. This unusual farm animal belongs to the ratite family, (struthio camelus), a large family of birds who, as their size increased, lost their ability to fly. Ostriches have the largest eyes of land animals, can stand anywhere from six to nine feet in height and weigh between three and four hundred pounds. The average life span of an ostrich is around sixty-five years and they have exceptional strength and speed, running up to thirty to fifty miles per hour. The foot of the ostrich is very different from that of other birds, containing only two visible toes. In addition to having both strength and speed, ostriches also tend to be extremely hardy birds. They adapt well to both hot and cold and can flourish from areas like the blistering heat of Texas to the extreme cold of Canada.

People who are interested in ostrich farming for any reason must begin purchasing their stock from a breeder. There are several options available when getting started in this business, purchasing fertile eggs, young chicks or yearlings to prove breeders. One of the most important aspects of getting started in the ostrich business is to go to workshops and seminars and learn all the different information about this exciting new industry. Ostrich farmers are extremely proud of their operations and are very willing to help anyone wanting to learn about the business.

The Central States Ostrich Association (CSOA) is holding a spring workshop February 25 and 26 in Grand Island at the Mid- Town Holiday Inn. For more information contact Diane Reece, 757 Sycamore, Wabash, NE 68060, 402-443-4750. (DS)
The Poison center: facts and figures

Dr. Jess Benson, managing director of The Poison Control Center at Children's Memorial Hospital, Omaha, has issued their 1992 Annual Report. As a regional poison center designated by the American Association of Poison Control Centers, it serves the public in seven states. Besides providing primary support to the citizens of Nebraska, it also has an agreement to provide service to the entire state of Wyoming.

The center was established in 1958 and in its call volume has dramatically increased. In 1992, 35,239 telephone calls were fielded. A quick summary of the calls provides the following highlights:

- The primary reason for an exposure was "accidental." 61%
- The most common site of exposure was at the residence. 82%
- Dr. Douglas County was the source of the largest volume of calls on a per 1,000 people basis. 85%
- By a minor, a small baby, received more calls than any other day of the week. 86%
- Most calls were placed to The Poison Center between 5 and 11 p.m. 54%
- Meditations (38.7%) represented the primary exposure substance. 33%
- Call Type: Exposure 67.9%, Drug Information 4.0%, Poison Information 6.7%. Administrative 0.8%.
- Site of Exposure: Residence 88.8%, Workplace 4.0%, Health Care Facility 1.2%. School 1.3%. Other 4.6%.
- Reason for Exposure: Accidental 95.5%, Intentional 8.3%. Adverse Reaction 1.8%. Other 0.4%.
- Site of Caller: Residence 86.5%, Workplace 2.4%, Health Care Facility 11.0%. School 0.0%. Other 1.4%.
- Calls by Day of Week: Monday 15.0%, Tuesday 14.8%, Wednesday 14.8%.

The top four exposure substances (62% of the total) were medicine, cosmetics and plants (ranked in order.)

Monday: 14.8% Tuesday 14.0% Wednesday 14.0%

The following tables provide further breakdown and analysis of the calls placed to The Poison Center in 1992.

Exposure by Substance

Drugs (medications): 38.7%

- Analgesics (prescription): 34.8% Cold, Cough Preparations: 6.1%
- Topicals: 3.8%. Antibiotics: 3.5%
- Vitamins: 2.2%
- Gastrointestinal Preparations: 2.1%
- Decongestants/Antihistamines: 2.0%
- Antidepressants: 1.5%
- Antibiotics: 1.4%
- Hormones, Hormone Antagonists: 1.2%
- Other Medications: 6.4%

Non-Drug: 61.3%

- Cleansing Substances: 8.8%
- Cosmetics: 3.0%
- Paint, Paint Products: 2.7%
- Plants: 6.4%
- Poisons: 3.0%
- Honey: 3.4%
- Food: 3.0%
- Foreign Bodies (swallowed): 3.7%
- Gases: 2.8%
- Vaccines: 2.8%
- Other (bits, stains, etc.): 14.7%

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4-H stars in Denton

This month we are featuring the community of Denton, but the 4-H program has been featured for many years in this area. Let's take a look at what Denton youth are up to:

Joel Reddish is one example of an active 4-H'er. His long 4-H career has seen Joel take part in judging contests, 4-H program has been featured for many years in this area. Let's take a career has seen Joel take part in Congress Backe's Scholarship this year. She is the state forestry winner and attended as a 4-H model also. Jay was a member of Teen Council and attended CWF '94. A true teen leader Jay is!

There's good news and bad news though. Joel, Cindy and Jay are all graduating seniors this year. This could be considered bad for us, but good for them. Great news is that Denton has younger 4-H'ers to do great things in 4-H, too! Congratulations 4-H'ers and Denton! (AMM)

Leadership skills

Leadership skills are not just important for managers. We all find ourselves in situations that require leadership—at work, at home, at church and in the community. There are four basic leadership styles, each of which has advantages and disadvantages, depending on the circumstances.

Authoritative. The authoritative leader uses his or her authority to get things done. The authoritative leader gives out assignments and tells people what to do. This approach works best when it's essential to save time and get quick results—especially in an emergency or crisis situation. It's efficient.

Democratic. The democratic leader allows people to participate in decision making. The democratic leader gives out assignments and tells people what to do. This style works well when people are more likely to cooperate and work enthusiastically. They like being told why their particular task is important.

Participative. The participative leader openly invites people to be part of the decision-making process. The participative leader openly invites people to be part of the decision-making process. The participative leader openly invites people to be part of the decision-making process.

Top ten business opportunities for the 90's

From health care to entertainment, the following ten home-based businesses have a profitable potential for the rest of the '90s.

1. Health care. Opportunities are available in sub contracting, consulting and outpatient care.
2. Subcontracting to business and government. Can you offer low-cost ways to seal in the gaps caused by declining revenue and decreased profitability?
3. Education and training. Consider providing training to corporations and alternatives to standard public education for school-age children.
5. Time-saving products and services. Help businesses improve productivity and help busy workers cope with the needs of their personal lives.
6. Saving the environment and energy. There is an increasing need for clean alternative sources of energy.

7. Dealing with government and large institutions. Small businesses have an opportunity to consult and provide other services to help business and individuals cope.
8. Provide services to improve the infrastructure. It is predicted that government will turn to smaller businesses in the future.
9. Provide information. Specialized information sources will help people deal with an increasingly complex world.
10. Provide leisure and entertainment. Low-cost ways to take a break from the stress of the demanding work environment will be needed.

The Village of Denton recently dedicated a new Community Center adjacent to the park and recreation areas. The Community Center was a goal supported by the Community Development Committee.
Robert's remarks

A warm winter welcome!

Our year is in full swing already. There are some deadlines that need to be taken care of quickly if you haven’t already done so. Our Lincoln Community Playhouse date has been moved up to this year April 27. Tickets are $5/80 and the play is a classic and it's called "You Can't Take It With You." The ticket deadline is February 15—so if you haven’t already taken care of this need to you soon.

Our program agenda for 1994 has taken shape nicely due to the great efforts of Alice Doane, your new vice-chair. For our March 28 meeting we will be hearing from Marcia Cederdahl, St. Elizabeth’s Hospice at 1 p.m. In June, we will be focusing on Independent Study of Continuing Studies of ULN (high school, college, TV and independent study) by James Schaefflein, assistant director on the 20th at 7 p.m. Winding up the year on September 26 will be Travel in Japan by Alice Doane at 7 p.m.

Starting in 1994 and carrying through to 1995, the Nebraska State FCE has adopted as one of its main projects the Literacy Link program. We will be working closely with the University extension people, including Dr. Leon Rottmann. We will be helping to implement the project, which very simply put, involves volunteers from local Labs going to designated schools to listen to children read for 20 to 30 minutes or according to the time that you feel you can give. The details are being worked out at this time.

At some point, your club will be contacted to participate in this very valuable project. It has been very well received in the rest of the state and we would hope that you will feel compelled to be a part of the work in Lancaster County. We have had requests from some schools in this area already. The schools are ready for you—the question now is—are we ready to participate in the program that can really impact the little people in our community. Please say yes when your club receives information or call Diane Wendelin, chair of the committee, 797-2700; I can be reached at 794-4304, or call the Extension office at 441-7180 and leave word with Lorene or Pam.

Help us make 1994 a big year in FCE. Thanks in advance!
—Robert Newbarn

New Year's resolutions - It's never too late to make them...and keep them

So here it is, the month, and you've already gone away on your New Year's resolutions. What do you do now? Stop blaming yourself. And begin fresh with effective resolutions.

The problem with most New Year's resolutions is that people don't know how to do make good ones. Often they sound more like a wish list than a do list.

For More Effectiveness Be realistic. A wish has nothing to do with committing yourself to an idea and developing and following a plan. A good resolution is a goal that's easy to start, a point and a deadline.

Know what to do. Most resolutions involve don'ts—Don't smoke, don't eat, don't be late. You never get a clear picture of what it is you're supposed to do. Successful resolutions focus on things you can do that will build your self-esteem or make you a better person.

Think small. Great expectations lead to great disappointments. Better: Take small steps that are easily attainable and build the momentum you need to succeed. Start with just 15 minutes a day—go for a walk, or clear your desk, or jot down notes for the novel you want to write. Keep Be patient. Constructive change takes time.

Alternate Plan If you're tired of making resolutions year after year, give yourself a break. Don't make any this year. Keep the same job. Stay with your mate, don't change your habits. Take time to do what you really are and how it feels. Then—if you can't bear to stay where you are, you will be more motivated to make a big change later.

Resolve to Be Resolutions needn't all be serious. Often, we get so wrapped up doing resolutions that we forget about being resolutions. This year, resolve to give yourself plenty of guilt-free time to relax, exercise, socialize and regenerate yourself. Only when you are at peace with yourself can you be truly in control of your life.

Take care of yourself!

H A L T

Don't let yourself get too...

HUNGRY—Good nutrition makes a difference.

ANGRY—Stay “current” with your anger. Deal with things as soon as you can as long as they are safe.

LONELY—Friends and family ties are important.

TIRED—We all need a balance of sleep, exercise, work and play.

International Year of the Family is United Nations focus in 1994

The United Nations General Assembly has designated 1994 as the International Year of the Family. "Family resources and responsibilities in a changing world" is the theme. University of Nebraska Cooperative Extension plans to promote the spirit of this sustained long-term effort.

The UN refers to the family as the basic unit of society. Improving the changes that have altered its role and functions, the family continues to provide the framework for the emotional, financial and material support for its members.

The IYF logo is a simple design of a heart sheltered by a roof and linked by another heart. This symbolizes life and love in a home where one finds warmth, caring, security, togetherness and tolerance. The open design intends to indicate continuity with a hint of uncertainty. The broomstroke, with its open roof, completes an abstract symbol representing the complexity of the family, vinyl siding blocks and the smallest democracy in the heart of society.

March FCE Leader Training Waste Not!—Ward Not!—Help Your Environment and Your Pocketbook, FCE leader training will be given Tuesday, February 22, at 7 p.m. New ideas of recycling and prior to every household items and the Shop Smart Program will be presented by Lorene Barton, Extension educator. Enviro shopping tips, the 3 R's of recycling as well as recycled gift ideas will be discussed. If you have any items made by recycling, please bring them to share. This leader training is open to the public, you don't need to be a FCE club member.

FCE Scholarships Available Now is the time to apply for scholarships and grants if you are planning on continuing education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.

A $200 Homeowner's Education Grant, sponsored by the Nebraska Family and Community Education Clubs, Inc., is available for a homeowner planning to take courses leading to an degree, vocational training or completing high school. Applications are due April 1, 1994. The grant must be used between June 1, 1994 and December 31, 1994.

A $257 scholarship is available for a graduate of a high school in Lancaster County, a permanent resident of Lancaster County or a permanent resident of Lancaster County and a current student in a high school extension program. This is open to full-time students that will be beginning their junior or senior year in college in the fall of 1994. Applications due April 1. A $525 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County enrolled in Food Service Management, Dietetic Technology, Child Care, Community and Family Relations, and Health Related Fields at Southeast Community College. Applicants must be full-time students who have completed two quarters of study, with a grade point average of 2.5 or above. Applications are due April 1, 1994. (LB)

Cooking foods safely

For safe cooking, never use an oven temperature below 325 degrees F. When testing for doneness, insert meat thermometer or microwave temperature probe into the thickest part of meat or poultry. Check microwave foods after the standing time that completes their cooking.

Cook to this internal temperature

<table>
<thead>
<tr>
<th>Food</th>
<th>Temperature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh meats</td>
<td></td>
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<tr>
<td>Ground Meats</td>
<td>160 degrees</td>
<td>Safe to eat cold if properly stored</td>
</tr>
<tr>
<td>Fresh Beef</td>
<td>140 degrees</td>
<td>Red center</td>
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<tr>
<td>Rare (some bacterial risk)</td>
<td>140 degrees</td>
<td>Medium</td>
</tr>
<tr>
<td>Medium</td>
<td>160 degrees</td>
<td>Pale pink center</td>
</tr>
<tr>
<td>Well Done</td>
<td>170 degrees</td>
<td>Grey or brown through</td>
</tr>
<tr>
<td>Fresh Lamb, Pork and Veal</td>
<td>160 degrees</td>
<td>Pale pink center</td>
</tr>
<tr>
<td>Medium</td>
<td>170 degrees</td>
<td>Not pink</td>
</tr>
<tr>
<td>Well Done</td>
<td>165 degrees</td>
<td>Steaming hot</td>
</tr>
<tr>
<td>Leftover cooked meats (to reheat)</td>
<td>165 degrees</td>
<td>Steaming hot</td>
</tr>
<tr>
<td>Poultry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poultry breasts, roasts</td>
<td>160 degrees</td>
<td>Juices run clear, leg muscles easily, tender</td>
</tr>
<tr>
<td>Poultry thighs, wings</td>
<td>170 degrees</td>
<td>Clear juice, fork tender</td>
</tr>
<tr>
<td>Fully-cooked poultry, leftovers</td>
<td>165 degrees</td>
<td>Cook until juices run clear</td>
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<tr>
<td>Fish and Shellfish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish, THE Fleeted and whole</td>
<td>160 degrees</td>
<td>Flesh is opaque, flakes easily</td>
</tr>
<tr>
<td>Shellfish</td>
<td>165 degrees</td>
<td>Steaming hot</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg-based sauces and custards</td>
<td>160 degrees</td>
<td>Safe to eat if cold properly stored</td>
</tr>
<tr>
<td>Pasteurized egg substitutes</td>
<td>Safe uncooked</td>
<td>Both yolks and white firm</td>
</tr>
<tr>
<td>Cheese (sliced, cubed)</td>
<td>Safe to eat</td>
<td>Sauce coop, custards are fine</td>
</tr>
</tbody>
</table>

FCE Club Night FCE club night at the Lincoln Community Playhouse will be Wednesday, April 27, 1994. The play will be "You Can't Take It With You." FCE club scholarships will be awarded just prior to the play at 7:30 p.m. performance.

Club members wishing to order tickets should do so by the mail by February 15. Ticket price is $5.00. To order tickets, send your check, made payable to Sharon Knight, along with a stamped-addressed envelope to Sharon Knight, 701 "C" Street, Lincoln, NE 68520. Remember, the deadline for ordering tickets is February 15, 1994.

Writing, filming and directing is that people are much more willing to make a big change later.
Eating a wide variety of foods from each of the five food groups means you are getting a wide range of nutrients that your body needs to be healthy. 

The Food Guide Pyramid was developed because people both want and need to eat many kinds of food, not just one nutrient by itself.

Use of the Food Guide Pyramid will help people choose foods containing enough of the essential nutrients. Each of the five food groups in the Food Pyramid contains foods that have nutrients not easy to find in other food groups. You must include foods from all five food groups to meet today’s guidelines for a healthy diet.

Remember “fiber” referred to something you wore rather than ate. Now it seems there’s something for everyone when it comes to the benefits of eating fiber. Here are some of the potential health features of fiber:

- helps prevent and treat constipation.
- may protect against gastrointestinal disorders such as diverticulosis.
- may help lower blood sugar in people with diabetes.
- may protect against colon cancer.
- helps promote a feeling of satiety in people trying to lose weight by eating fewer calories.

To get an adequate amount of fiber, include a variety of whole-grain, fiber-rich, fruits and vegetables; and dried beans, peas, and nuts in your diet. If your diet is low in these, begin adding them slowly and increase your fluid intake as you do. Start slowly. It is important to “fiber” in small amounts, and if the person has a history of constipation, begin with “less excess gas” and “episodes of explosive diarrhoea.” (AD)

Play is a natural activity for young children. To promote this child, play provides many opportunities to learn and grow—physically, emotionally and socially. Play allows children to explore, create, experience new ideas, and try out what they have learned. Toys are a child’s tool fo play. The “Learning is Child’s Play” set of toys is designed for preschool children and the games are to be played with an adult. There are eight toys and a guide for each toy in a set. The sets include a Number Puzzle, Color Blocks, Matching Board, Comparison Blocks, Attribute Blocks, Learning Squares, Color Lotto and Feedie Bag. These are all wooden toys that have been constructed by local Kiwanis Clubs.

Fifty sets of toys are available for checkout from the UNL Cooperative Extension in Lancaster County. If you work with preschoolers and are interested in checking out a set, contact Lorene Barton, Extension educator at 441-7180. (LB)

Youth at risk: who are they?

At-risk youths are characterized by environmental, behavioral and individual characteristics that may prevent them from reaching their full potential and becoming mature, contributing members to their families and society. In an effort to develop an at-risk identification scheme, researchers at the University of Iowa have just completed a study that examined at-risk factors in Iowa middle schools.

Guidance counselors from eight central Iowa middle schools identified 38 at-risk students and 60 not-at-risk students. Using an extensive self-report instrument which measures on an index of early adolescence, the researchers compared responses from the two groups.

Adolescent students who are at risk have been described in literature as experiencing academic failure, being sexually involved, abusing alcohol or other substances, participating in a gang, exhibiting delinquent behavior, or having special interest clubs and leisure activities. Some of these youths come from family backgrounds that include racial minorities, low socioeconomic status, or single parents. The researchers found, however, that these variables were not discriminating variables for the Iowa middle school students. Rather, at-risk status was associated with how often parents asked their child about their personal life (i.e., who their friends are, where they go at night, how they spend their money, if they have any romantic interests and what they do with free time).

Other discriminating variables included how often the mother or female guardian kisses and hugs the mother and how often alcoholic beverages, laxatives or dietetics; awareness of other students selling drugs in the school; or how the students receive information about tobacco products, involvement in special interest clubs and leisure reading; and the type of music the student listens to (specifically rap, metal, country or classical).

This research shows that there are differences between young people that can take them out of the “at-risk” category. Often these need adults can talk to, and adults who will listen. This adult can be a parent, 4-H leader, extension educator, or someone else. 4-H is an excellent opportunity for teens to get involved, and strengths not necessarily part of their work. The key is that the larger the network or support group we can provide, the less likely someone is to fall through the cracks and feel the need to participate in risky behavior.

Sources: Kathleen Loll, Extension specialist, 4-H and Youth Development (LB)

Person first, then the disability

If a child or adult in a wheelchair is able to get up into a building, would you say “There is a handicapped person, unable to find a ramp” or would you say “There is a person with a disability who is handicapped by the lack of a ramp”?

People are people, children are children and are all unique. Some have curly hair, some wear glasses, or some may use a wheelchair. We all have a right to a kind and a desire to be respected and appreciated.

Each child and adult recognizes their right to the person’s disability. Each person is unique and has important skills, talents, and contributions.

Respect can be modeled by parents, family members and teachers in the way they relate to people with a disability. Young children learn quickly and are very accepting of other people. Speak kindly and honestly when answering young children’s questions about a person’s abilities.

Children need 55 your vocabulary. Listen to people you meet with a disability to see how they refer to themselves, just as you would speak to another person with a disability.

Never forget to put the person first. Say “child with retardation” rather than “retarded” or “he or she or he medical involved” rather than a “sickly child.” (LB)
“Growing Up Female” retreat April 23-24

“Growing Up Female” is a special mother-daughter retreat scheduled for April 23 and 24, 1994 at the Eastern Nebraska 4-H Center in Gretna. This retreat is an opportunity for mothers and their 11-13 year old daughters to spend a special time together learning effective communication skills and building self-esteem.

Workshop sessions include opportunities to learn more about sexuality, techniques to deal with peer pressure, and discussion on the independence of individual family values.

Life skill #2 - decision making/problem solving

Part two of a seven part series of 4-H life skills deals with decision making and problem solving.

Every day we make decisions, big and small. From a very young age we begin to make decisions. Whether it is what to wear to school or what to eat! For the youth to learn and make decisions is an obvious form of problem solving and decision making. Whether it is live stock, horticulture, or home economics, 4-H teaches you the basic skills which will help you to disseminate the information, and makes good selections. The judging and presenting to the judge.

Leaders! We need your registration lists back into the office as soon as possible. This was sent out in October and needs to be returned ASAP. We need to update our master list to keep all information together, make sure to get your club is registered. If you have any questions, please call the extension office (AMM).

4-H leaders - be sure to check your club mailboxes at the Extension office for exciting club opportunities! (AMM)

Ambassador information — once again it is time to find our 1994 Lancaster County Ambassadors. High School age youth who are interested in promoting 4-H, meeting other 4-H members, having fun, polishing skills, and are responsible, are encouraged to apply. Applications are available from the extension office and interviews will be held. The Ambassador program is an excellent way for 4-H members to really make the best better. If you have any questions, please contact LaDaine or Ann Marie. (AMM)

Clover is the symbol of 4-H

The four-leaf clover, the 4-H symbol, is a variation of the three-leaf white clover, Trifolium repens. The clover was chosen to represent 4-H because it is widely recognized as a common symbol of good luck. The luck in 4-H is the knowledge and skill found in the informal education provided to Nebraska youth. 4-H clovers are those of the clover, green and white.

The Trifolium repens, which grows in lawns and fields from spring to autumn, are usually found with three leaves. However, on rare occasions it mutates and has four leaves. Sometimes a patch of clover also produces five, six, and seven leaf clovers. Clover is a legume that is beneficial to the soil of lawns and fields. The clover uses the nitrogen in the air, stores it in its roots, and places it in the soil through its roots. Clover improves the soil for other plants that cannot take nitrogen from the air through their own nitrogen fixing processes. Clover uses the nitrogen in the air, stores it in its roots, and places it in the soil through its roots. Clover is a legume that is beneficial to the soil of lawns and fields.

The clover leaves, which make up the 4-H symbol, are a variation of the three-leaf white clover, Trifolium repens. The clover was chosen to represent 4-H because it is widely recognized as a common symbol of good luck. The luck in 4-H is the knowledge and skill found in the informal education provided to Nebraska youth.

Did You See It?

Have you been watching leader training on CableVision Channel 21? If so, we'd like to know about it. Please give us a call or write with comments or suggestions about how it can be improved or made more helpful.

There are three more chances to see Parts I, II, and III. Part I Tuesday, February 22, 7:30 p.m., Part II, Monday, March 7, 7:30 p.m., and Part III, Thursday, May 19, 7:30 p.m.

4-H Officer Training

Saturday, February 19, 9 a.m. is set for 4-H Officer Training. This training is for all new officers in 4-H clubs. The morning will be filled with information and fun to explain the officers duties. All 4-H club leaders and officers are welcome to attend. For more information, please call the extension office. (AMM)

Beekeeping Essay Contest

Topic: “Products of the Hive and Their Uses.”

Essays must be 750-1000 words long. Essays must be double-spaced, typed, following manuscript format. Essays will be judged on accuracy, creativity, conciseness, logical development of the topic and scope of research. Essays are due to State 4-H Office on February 14. For specific information, call the Extension office. (LJ)

University of Nebraska — Lincoln

Promotional Package Available

Do you want to know more about the University of Nebraska? Do you wonder about admission information and how to go about finding out what you need to know? A recruitment package for the University of Nebraska-Lincoln is available for check out by individuals or clubs from the Extension office.

The package includes a videotape titled “It’s Nebraska,” admission information, and an undergraduate bulletin. Call the Extension office if you are interested in scheduling the recruitment package. (LJ)
Lancaster County 4-H speech events

This year's speech workshop is just a few days away and the February 1994 speech workshop will be more interesting and useful to adults as well as youth. Last year, 21 parents and leaders attended the adult group section where they talked about ways to help and encourage your child's presentation. This year, the adult group will also include discussions intended to help you develop your child's own communication skills. The speech workshop is open to any adult or youth who would like to attend.

The speech contest cannot be successful without parents and leader support, so bring your kids to the workshop and see what you can learn yourself. We have new presenters this year, so it won't be the same as last year. Plus, we will have more people to work with the new group in an effort to provide them with more individual help.

Fortner's receive volunteer award

Rich and Kathy Fortner, leaders of the Rockin' Rangers 4-H Club, were selected as "Volunteer of the Year" for 1993 by the Nebraska Association of County Extension Boards. They were presented this honor during the association's annual meeting held January 10 at the Villager Inn, Lincoln.

This award recognizes the Fortner's volunteer work in the Rockin' Ranger's 4-H Club, a group made up of physically-challenged and able-bodied youth from the Lancaster area. The club was featured in the November issue of Star City Sports.

The Fortners organized the club in 1992 with only handicapped children in mind, but decided to include children of any ability when they discovered how well the group worked together. The open policy has enabled the challenged children into a club with members possessing advanced riding skills and developed a new therapeutic tool in itself. In meeting the human, physical, and financial needs of this club, the Fortner's

obtained support from many people within the community and from parents. The club raised much of its own revenue by operation of food booths during horse shows. In addition to developing a successful and reliable special needs program through the Rockin' Rangers 4-H Club, other interested youth and adults have been given an opportunity to enrich the lives of....

4-H Speech Workshop

For youth, parents, and leaders interested adults

Tuesday * February 19, 1994

7:00 p.m. - 8:30 p.m.

1. Learn how to

2. Adults—share some tips on how to

3. Learn about the

4. Attend group workshops for

5. Serve as a judge or

6. Public Service Announcement

Lancaster Extension Conference Center
4444 Creek Rd

Don't forget to sign up for the 1994 Lancaster County 4-H Speech and PSA Contest to be held Friday, March 18 at the Lancaster Extension Conference Center. Call 441-7160 by March 7. Please include your 4-H age (as at January 1, 1994), the title of your speech or PSA, and whether you prefer the 6:00 or 7:00 p.m. session.

Fair dates change

At the annual meeting of the Lancaster County Agricultural Society, December 11, 1993, it was decided to move the fair dates to August 1 through August 6, 1994. Static exhibits will be entered on August 1, and judged on August 2. All animals, with the exception of cats and household pets, will be entered on either Tuesday, August 2, 4-8 p.m. or Wednesday, August 3, 4-8 p.m. The fair will open to the public on noon on Wednesday, August 3. All animal exhibits will be released between 4-6 p.m. on August 6. As part of the fair activities during '94, a rodeo will be held August 5-6.

New fair board members elected at the annual meeting were: Rollin Schneieder, Charlie Willmund, and Gene Veburg. Officers elected were: Rich Vanes, president, Dick Confer, vice president, Jerry Hughes, secretary, and Irene Rezac, treasurer. Other members continuing service on the fair board are: Roger Powell, Cat Word, Bob Winseth, Red Holman, Clay Kelling, and Bob Purvine.

The Lancaster County Agricultural Society meets on the third Thursday of each month. Meetings are open to the public. (LJ)

Upcoming 4-H horse activities in '94

February 26 & 27 — "Horsin Around '94" — UNL Animal Science Arena, Lincoln

March 12 & 13 — "Nebraska Jr. Quarterhorse Clinic" — Agriculture Park, Columbus

April 16 & 17 — "Eastern Nebraska 4-H Horse Clinic" — Sandhills Fairgrounds, Wahoo

April 30-May 1 — "Hunters Pride Shaggy Horse Show" — State Fair Park, Lincoln

May 7 — "Lancaster 4-H Dressage Clinic" — Usher's Arena, Denton

June 11 & 12 — "Pre-Districts Horse Show" — Wrangler Arena, Lincoln

June 16 — "Lancaster County Fair 4-H Horse Show" — State Fair Park, Lincoln

September 21-23 — "AK-Sar-Ben 4-H Horse Show" — AK-Sar-BEN, Omaha (WLS)

4-H projects - quality not quantity

As 4-H members register for this year, I hope they remember one thing: "It's the quality that counts, not the quantity."

Yes, it is true that 4-H has a lot to offer with over 150 projects to choose from. But the purpose of 4-H is to learn from each project something that you didn't know before and that you can use for a lifetime. Not to make lots of exhibitors for the fair and then figure out what you might have learned.

Many times we see 4-H members spreading through projects and then there isn't anything left. Not all projects are meant to be completed in one year. Even if they are finished, it is very easy and fun to take that project again and expand or try different things relating to that project. But once you've sewn a dress, doesn't mean you're ready for a prom dress. There are many more things to try.

Parents should also support this theory, because you want your children to get the most out of the 4-H experience, right? It's a lot better to take five items to the fair and learn a great deal than to bring 25 and find you aren't even sure of what you did. Remember—quality—not quantity. (AMM)

Camper update

Those who like variety will enjoy what is planned at the Eastern Nebraska 4-H Center for '94. Counselor training will be June 3-5. There will be 12-14 4-H camper camps from June 7-July 23. Two Wet and Wilds, two Outdoor Skills, and two Summer Safari, and two Sports camps. Other choices will be Boldly Bound, First Timers, Fish, Passport to the World, and Back- stage '94 camps.

Teen also may grab the excitement of a trip on the Niobrara River. Each three-day session, June 12-15 or June 26-29, is $155. Each trip will be limited to the first 14 that apply. (LJ)
Unusual vegetables for adventurous gardeners

These vegetables are not for every gardener, but if you would like to try something different, grow a few or all of them.

Cardoon. This relative of the globe artichoke is a big ornamental with deeply cut leaves. Cardoon is grown for its young leafstalks, which are blanched. Plant the seeds in early spring 1 inch apart. In September, tie the leaves together in a bunch with paper or burlap and mound up the soil to blanch the leafstalks. Cut off the blanched plants below the crown and trim off the outside leaves. Cut the heart into sections and parboil for an hour. Dress with oil and vinegar and serve chilled.

The stalks can be dipped in batter and deep fried until crispy.

Florida Fenugree. This is a variety of the common fenugreek that is grown for its bulb-like base. Plant the small seed two to three inches below the soil surface with the soil end high, space them 12 inches apart. When the leaves have grown to a foot high, pull the soil back from the cutting and remove all but one or two of the outer leaves. Then pull away the outer leaves and plant the small seed in the depth. Do not disturb the branch roots at the base. Replace the soil. Harvest in October or November. Peel and grate the root and blend with sour cream to accompany roast pork.

Nasturtium. Seeds plant one-half inch deep and eight inches apart. This plant does well in poor soil and prefers full sun. The flowers and chopped leaves can be used in salads. The unripe seed pods are often picked in vinegar.

Parsnip. Parsnips have a nutty flavor. Seeds are slow to germinate, taking 5 to 25 days. The roots grow 12 to 18 inches in 100 days. Parsnips should be parboiled or steamed in their skins, then peeled and sliced lengthwise. Mash, add peeled parsnip to a roast. They can also be grated and used analogously to round cakes and fried. Add peeled parsnips to a roll. They can also be grated and used analogously to round cakes and fried. Additional parsnip can be added with a brown sugar glaze.

Radicchio. A tall green of Italian origin, radicchio is now popular in gourmet markets and restaurants because of its sharp flavor and color that resembles small cabbages. Sow eight inches apart in May or June. Harvest in the fall before frost. Plants may bolt if they are sown too early. This is a good green for tossed salads.

Roquette. Also known as garden rocket, this plant has a hot, spicy taste. Sow seeds four to five inches apart. The leaves should be picked while they are young and tender. The flower buds can be peeled and cooked with a brown sugar glaze.

Coldframes freezing and freezing of soil around the frame.

There are no direct rules on the size of garden frames, but consider positioning with a 6’ x 6’ unit. Larger units are easier to ventilate and trap less heat. Additional rules usually are in multiples of 3 feet. The width, front and depth should be at least 3 feet wide and 3 feet deep.

Construction details are not elaborated. You are assembling a four-sided frame with the front slightly lower than the back to provide optimum light penetration into the frame and allow rain to drain off the cover. The slope of the cover can range from 1” to 4” per foot of width. If your cover is 6’ long, the back of the frame could be 14” off the ground and the front edge would be 8” off the ground. A suitable slope can be created by ripping a board on the diagonal and using it as part of the side construction. Sections of 2’ x 4’ lumber will help strengthen frame corners.

The frame cover can be made of glass, plastic film, plexiglass or other transparent material that can be loose-pin hinged to the back of the frame. In certain panels will last many years if cared for. They are probably safer than glass if there are children playing. The manufacturer has the best light transmission of all materials and should be considered if possible. The cover material and the frames are designed to keep insects and rodents out when the cover is lifted for ventilation. On very bright days it may be necessary to shade the frames to reduce the intensity of the sun and prevent damage to tender seedlings early in the season.

If the frame will be set on the soil surface, you should plan to excavate several inches below the surface and edges a layer of crushed stone to provide water drainage below the plants. In any case, if you construct the frame now, it will be ready in the spring.

Landscaping

Another landscape principle that may not frequently be mentioned is the use of nature to maintain one’s property and to “remember your neighbors.” This is especially true in planning border plantings of single species of plants and shrubs, also consider that a few years from now, they may hang baskets of fresh flowers over the window and make good additions to salads. (MM)

If the frame will be set on the soil surface, you should plan to excavate several inches below the surface and edges a layer of crushed stone to provide water drainage below the plants. In any case, if you construct the frame now, it will be ready in the spring.

From page 2

Livestock safety

How much do you know? Test your skill with this quiz.

1. Which action is involved in more agricultural injuries?
   a) applying pesticides
   b) handling livestock
   c) using farm shop tools

2. Animals are more cautious when isolated from the rest of the flock or herd. True or False?

3. Sows are likely to be aggressive after the birth of piglets. True or False?

4. Livestocked exhibit more teritorial behavior when feed is distributed in large, unpredictable patches than in smaller, predict-
   able locations in the trough. True or False?

What can you do?

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   able locations in the trough. True or False?

No-till and noxious weeds

No-till or reduced tillage has become the standard practice for most crops. The major reason for minimum tillage before planting is to provide residue cover for erosion control. All farmers participating in USDA’s no-till program have conservation compliance plans in place for the 1994 crop year.

The wet weather last spring contributed to much of the corn, ruido and soybeans planted with little or no soil preparation. The weathet may also have reduced the amount and/or effectiveness of weed control. Some wheat planted in weedy conditions with limited seed bed preparation did not kill all the weeds and tended to stir up weed seeds that germinated with the thatch.

Lancaster County Noxious Weed Inspection finds over 50 species of weeds and thistle rossettes. Normally, this is not considered a problem, since the rossettes usually grow and go dormant over the past years with seed bed preparation or post planting weed control the next spring. Special efforts need to be made by farmers to control weeds next spring due to the

reduced tillage approach and the fact that there was a plentiful supply of weed seeds produced the last two seasons.

Farmers have several options to address this problem. When established weeds are present, such as muc thistle rossettes, a post- emergent herbicide need to be used in addition to the preemer-

gericide herbicide. A postemergence herbicide is a registered that is effective on muc thistle. The herbicides 2,4-D, dicamba Stomp® and 2,4-D and glyphosate (Roundup®) may be used before planting with a pre-emergence crop emergence that leaves residue on the surface would also be an option. The herbicide can be used after crop emergence that leaves residue on the surface would also be an option. The herbicide can be used after crop emergence. The combination of 2,4-D, dicamba (Banvel®) and metabufuron (Ally®) may be used in wheat fields at the recommended rates. (RS/WS)

Nebraska’s manure resource has big potential

Manure is something most people do not like to talk about, but is becoming a subject that deserves more serious attention, according to Specialists in Nebraska.

The city of Lincoln produces enough waste (sludge) annually to fertilize 1,500 acres of cropland. Now consider that along with the 1.5 million people, Nebraska is a top livestock producer and has about two million head of cattle producing manure every day.

Nebraska livestock produces 20 to 25 million tons of manure a year. That is enough to cover one square mile of land, 30 feet deep. That equals about 400 million pounds of nitrogen, enough for 2.5 million acres of corn.

Manure has many positive capabilities, but its distribution is expen-

sive. It is why today’s farmers use commercial products rather than manure. Manure is expensive to ship long distances because it is heavy. The weight of the manure can be reduced by letting water evaporate, but as it dries it also loses valuable nitrogen. As a result, many producers

will probably have to deal with manure as a resource rather than a waste. Aged manure can be a problem because of public concerns about the consumer to pay more for products

that were produced with manure. Manure is expensive to ship long distances because it is heavy. The weight of the manure can be reduced by letting water evaporate, but as it dries it also loses valuable nitrogen. As a result, many producers

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Consumer to pay more for products

that were produced with manure.
Recycling aluminum:
- saves 95% less energy than using raw materials.
- creates 95% less air pollution.
- creates 95% less water pollution.
- saves landfill space.
- saves resources, such as bauxite.

What do old aluminum cans become?
- New aluminum cans. It may take as little as six weeks for an aluminum can to move from the retailer’s shelf to your home, through the recycling process and back to the store again.
Why can’t I recycle used aluminum pie plates and foil at the Lincoln drop-off centers?
- Lincoln does not have a cost-effective market for these materials.
- To recycle aluminum:
  - Rinse clean. Remember to save water!
  - Crush cans to save space in our recycling bins. (LB)

### Why recycle aluminum?

### Family involvement in community citizenship

Today's children will become more active and involved citizens as adults if they start learning now about the political process and how to affect it.

- Parents should not depend on an occasional school citizenship class to develop the necessary awareness. Building that awareness is a long process. Listed below are ways families can interact together to foster interest and a sense of responsibility and possibility for community citizenship involvement.

#### Jobs

- Elementary age children as well as teens can become intensely interested in issues that may affect their future or that deal with discrimination and injustice. State your own opinion, but also explain the views of the opposing side. Encourage them to question why people behave in certain ways.

- Use cartoons. Political cartoons from magazines and newspapers are an excellent starting point for discussion with junior high and high school students. Discuss one at dinner each night.

- Reading the newspaper. Older children will benefit from reading the newspaper and listening to newscasts. Follow-up discussion is very important.

#### Campaign Volunteer

- If you are involved in any kind of campaign (for an issue or supporting a candidate), let your child also play an active role.

#### Group Involvement

- If you are working with any kind of youth group, incorporate information about the governmental process. This is particularly important at election time. Groups such as the League of Women Voters have quizzes, skits and demonstrations that could be useful activities. Check with the area’s 4-H citizenship materials from the local Cooperative Extension office.

- Take part in meetings. Help youth to understand your local government. School boards and local units of government hold meetings. Take youth to part of a meeting if an issue that they can relate to is being discussed (changes in school rules, bike paths, building a teen center or pool)."

#### Writing letters

- When your youth feels strongly about an issue and has had a chance to think about and talk out his/her position, encourage and facilitate writing a letter to the appropriate official. Help them to understand that one letter will not affect the desired change, but that elected officials need to hear from all of us.

#### Plan to visit state and federal capitols if possible.

#### Leadership

From page 5

- advantage to this style is that when people agree to support a plan, they will try hard to make it work.

- Of course, group discussion is time consuming and sometimes it’s hard to reach a consensus. Some people get confused about their roles or responsibilities.

- When you find yourself in a leadership position, remember that there’s no “best style,” no sure-fire recipe for effective leadership. Understand the situation and the people involved, including yourself.

- Most people agree that the situations in which leadership skills or qualities are required also need to be considered. Managers, in a survey conducted by James Owens, agreed that the best leadership style depends on
  - *individual personality of the person assuming leadership;*
  - *people he or she is leading; who they are and the kind of work they do; and*
  - *particular circumstances and situation on any given day or hour. (LB)*
## Trails

back trail riders. The last reminder for horseback riders who use the MoPac Trail east of Lincoln. There is only about 1½ miles of horse trail cleared.

The Lower Platte South Natural Resource District has received bids for clearing over half of the equestrian trail by the end of the summer. Until then, horses may still be ridden anywhere along the corridor, but please keep off the limestone-chipped bicycle trail. Ride in the grass or, if you must, at the very edge of the limestone. Horses walking on the limestone causes it to become rough and requires much more maintenance to keep smooth for bicycles.

It has taken many years of hard political work to have the opportunity for a multi-use trail of this nature in Nebraska. With all users working together, there is the opportunity for many more multiuse trail corridors to be established and include horse trails in the plan.