5-1994

The NEBLINE, May 1994

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Why recycle paper?

Recycled paper:
- uses 23-74% less energy than making it from virgin materials.
- creates 74% less air pollution.
- uses 55% less water.
- saves landfill space.
- saves resources (trees). Although trees are a renewable resource, meaning we can grow more trees, there is concern that we may not be able to raise them fast enough to keep up with our demand for paper.

What does recycled newspaper become?
- new newspaper (newspaper)
- cereal boxes
- packaging
- sheetrock surfacing
- livestock bedding

How should I prepare newspapers?
1. Tie into bundles with cotton string or baling twine or put in paper bags.
2. Wet and sun bleached papers are hard for recyclers to deal with, because the fibers are weak and brittle. Please protect them from the elements. Close the recycling bin lids after making your deposit. (LB)

Why don't Lincoln recycling drop-off centers accept telephone books, magazines or cereal boxes?
- Telephone books, magazines or cereal boxes are typically mixed paper, but not enough to justify the cost of separating them out.
- They are not economical to recycle these items at this time.

Three generations of the Hollman family involved with Extension. Pictured left to right: Rod, Henry, Marj and Cheri.

Cooperative Extension: families working together

LaDeane Jha
Lorene Bartos
Extension Educators
Ann Marie Moravec
Extension Assistant

What do the Hollman family, the Johnson family and the Miller family have in common? Cooperative Extension! Each of these families have roots deep within Extension. They have all taken part in Extension programs—working together, growing together and learning skills together—as families. Although Extension programming has changed over the years, the commitment to the family has not.

The Hollman family (pictured right) exemplifies a tradition of participation in all Cooperative Extension activities. Three generations of the family still participate in Family and Community Education Clubs (FCE) (formerly Home Extension Clubs), 4-H, and Extension programming areas such as agriculture, water quality, nutrition, and leadership development. Additionally, all generations of the family have assumed leadership roles on the Extension board, fair board, in FCE clubs, 4-H VIPS committees, and booster clubs.

The Family and Community Education Clubs (FCE) in the county have provided an important outreach to innumerable Extension families. As a result, the communities and families of Lancaster County have been enhanced. FCE club lessons emphasize topics encouraging family wellness and growth. The environment and literacy are two major concerns. FCE clubs are presently focusing on leadership and family skills are increased through the train-the-trainer method of presenting lessons to the clubs. Sharing time and talents with club members through club and family activities adds a meaningful social dimension to Extension programming.

Under the Cooperative Extension umbrella, generations of families have been well-served. When you think of 4-H, images of projects, camps, club meetings and county fair probably come to mind—however, Ann Marie Moravec, Lancaster County 4-H assistant, says her image of 4-H is filled with "families working together." Mom and dad aren't the only ones "showing the ropes" to their 4-H youngsters these days—those helping hands may come from grandmas, grandpas, aunts, uncles, sisters, step-parents, friends and neighbors. Let's just call them "helpers." After deciding on a project, the learning process begins—a process that takes many twists and turns and may involve multiple "helpers." For example, it was Lindsey Johnson's grandmother (pictured left) who helped Lindsey learn how to bake bread for her 4-H project last year.

Lindsey's grandmother was with her all the way—supporting her demonstration talks and her 4-H speech. She was first in line to see how Lindsey did with her bread at the county fair. Another 4-H'er, Ross Miller, and his mom Roxanne, work closely together on his 4-H entomology projects. Venturing out in the woods and fields looking for bugs, identifying them and preparing them for exhibit is

Lindsey Johnson and her grandmother Doris Schmidt bake bread.

"Helping you put knowledge to work"

University of Nebraska Cooperative Extension in Lancaster County
444 Cherry Creek Road
Lincoln, Nebraska 68528-1507

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U.S. Postal Foot Permit No. 537
Lincoln, Nebraska

CAR-RT SORT
POSTAL PATRON
Backyard composting

Birds-baths: water for wildlife

Listed below are the 1994 yard waste composting demonstrations hosted by University of Nebraska Cooperative Extension in Lancaster County and the city of Lincoln. Each program will feature how, when and where to compost in your landscape and what it takes to be successful.

Composting Demonstration Sites

Pioneers Park Nature Center
Pioneers Park
1:30-3:00 p.m.
May 14, June 1, September 10 and October 8

University Place Park
1:30-3:00 p.m.
May 7, May 21, June 4, September 3 and October 1

Antelope Pool
2:44 Garfield Street
1:30-3:00 p.m.
May 28, June 18, September 17 and October 15

The next time you mow your lawns is in order for the backyard landscape, consider the benefits provided by viburnums. These plants are dependable and have interesting ornamental value for the homeowner during the summer; attractive beauty to the landscape and at the same time help prevent soil erosion. Some ground covers help retain soil while others keep weeds from the base, will conserve soil moisture and help suppress weed growth. On good soils, viburnums will make sufficient growth of the tree.

Ground covers can be found to grow under trees, along shrubbery, in beds and borders and between mulch. They may be used to protect the roots of shallow-rooted trees. For example, viburnums are excellent for mulching and protecting the base of bramble plants. After pruning, the area surrounding the base should be mowed to keep it free of weeds and mulch. The use of mowers in the vicinity of viburnums may result in injury to the plant, especially on the trunk or large branches. Mowing can be done immediately after pruning until later in the growing season when the plant is established.

Choosing ground covers depends on the area where it will be grown. The soil should be worked to a depth of six to eight inches at the time of planting for the plant to make sufficient growth. Some species will be attracted to the bath and will use it even when the water isn’t dripping.

Viburnums for year-round interest

Bird-baths come in a variety of shapes and sizes. They encourage bats, birds, and butterflies. They are perfect for a sunny balcony. Breeden and Peres (1991) state that the birds like water but need some cover. One reason that viburnums are the perfect plant for a bird bath is their leaves and small mammals because of the abundance of fruit produced on each bush. Some birds like to splash in the water while others prefer a more subdued bath. The water should be shallow enough for the birds to sit in. Do not require as much moisture as other ground covers. The next time you mow your lawn, consider the benefits of ground cover in your landscape.

Ground covers are low-growing plants that spread quickly to form a dense cover. They add beauty to the landscape and grow at the same time help prevent soil erosion. Grass is the best known ground cover, but grass is not suited to all locations. Other ground cover plants should be used where grass is difficult to grow or maintain.

Viburnums are shrubs, which are easy to grow. Many viburnums are virtually pest-free; although, some snowball viburnums are occasionally attacked by aphids. Viburnums can be used as specimen shrubs or in border plantings. For use as a border plant, select an appropriate size for the location. Because of the many varieties of viburnums available ranging from small to very large, choose only those varieties that will fit your space limitations. A large viburnum that is constantly pruned to fit a small space will never provide the expected effect. If properly located, the shrub should need only moderate pruning to retain a desirable form.

Viburnums that are drought tolerant: viburnum opulus, viburnum prunifolium, viburnum opulus stejarvar and viburnum opulus. All are good soil moisture and help suppress weed growth. On good soils, viburnums will make sufficient growth of the tree.

Selection of a suitable plant for ground cover depends on the area where it will be grown. Some ground cover plants prefer partial shade; others thrive in full sun and a few grow well in deep shade. First, select those that are best suited to the conditions existing where the ground cover is needed. From these selected types, choose one that ornamentally blends well with surrounding planting. A well-prepared planting bed is necessary to develop a dense, healthy ground cover planting. The soil should be worked to a depth of six to eight inches. Take care to eliminate perennial weeds and grass that might compete with the ground cover during establishment. Organic materials such as peat moss, leaf mold, compost or well-rotted manure lighten clay soils and improve the water-holding capacity of sandy soils. Eight to ten bushels of organic materials per 100 square feet incorporated to a depth of six to eight inches may be necessary in very heavy or poor soils. If you

Please turn to Cover; page 10

Brighten your outdoor with hanging baskets

Backyard composting can add color and hanging fragrance to many locations. The most common location to find a hanging basket is on a porch or balcony. But they can, and should, be used in many other locations. Baskets can be made of plastic, stone, slate or wood.

Baskets set in a shady location will not do very well. Baskets made with petunias, begonias, dwarf marginals, diantus, alyssum or geraniums are commonly seen.

Hanging baskets require frequent watering. Depending on the weather, baskets need to be watered once or twice a day.

Dangerous devils of the bramble patch

Mites feeding on the leaf’s underside first cause fine, orange stippling on the upper leaf surfaces. Later, discolored blotches develop, webbing produced by the mites are apparent and the leaves may turn yellowish-brown and then dry up and fall off. Older, less succulent leaves appear to be preferred by the mites and injury is less serious on more vigorous plants. Damage is first seen and is more prevalent in drier areas and on leaves of plants growing in areas protected from cold.

Feeding by tarnished plant bugs on buds, blossoms and developing berries results in deformed fruit that lowers yields. Both nymphs and adults cause damage.

Controlling weeds may help reduce populations of tarnished plant bugs. The area surrounding the plant should be kept mowed to reduce populations. However, large crops, such as alfalfa, near the plant should not be mowed when raspberry flowers or fruits are present. Mowing will encourage movement of insects to the raspberries. Insecticides should be applied only if needed. If adults and nymphs are present, blossoms open and later fruit begins to color.

Two-Spotted Mite Spider

These mites vary in color from pale green to yellow to reddish brown. As adults, they usually have two dark spots, one on each side of the body. The nymphs are red and the adults are brown. The mites are barely visible to the unaided eye.

Feeding by spider mites on late instar nymphs, overwinter at the base of brambles or weeds. After moving onto the foliage, the adult lays eggs on underside of the leaves, which are the prime feeding areas of young and adult mites. As many as ten generations per year can occur.

Please turn page 10 for more Horticulture news
Early detection is the key to alfalfa weevil control

Pesticide container recycling catches on

Musk thistle strategy

Field crop scout training: May 10

Impact of atrazine label changes

This insect is the most consistent insect pest attacking first cutting alfalfa. To prevent economic losses, proper decision making at this time of year, it is easy to forget about your alfalfa field. Don’t wait until you see your neighbor spraying his field before you take a good look at yours. Because of the frenzied activity this time of year, it is easy to overlook small, green or yellow larvae, about 1/8-inch long, with black heads and a light colored stripe down the middle of the back. Full grown larvae are about 3-1/2 inch long.

The following scouting and decision making method (below) can be used to help you determine the need for alfalfa weevil management procedures.

Stem Count Decision Method

Carefully break off or cut 30-50 stems at ground level and put the stems in a steep sided bucket. Be sure to select stems randomly from different parts of the field. Count the stems and determine their average height above the ground. Count the larvae and compare the average number of larvae per stem. Use the accompanying charts to determine what management action to take. Your choices are to spray right away, harvest at three to five days, do not spray, or to cut your alfalfa early. After bud stage, it is probably more profitable to cut the alfalfa than to treat with an insecticide. The chart you use depends on the economic condition of your field crop. There are about a dozen insecticides (both general and restricted use) that are effective in controlling alfalfa weevil. These insecticides differ greatly in their harvest interval, the time between when you apply the insecticide and when you can legally harvest the alfalfa. Be sure to read the label carefully. Use an insecticide that has a short enough harvest interval so the application will not interfere with your harvest plans. Information on insecticides that can be used for alfalfa weevil is found in EC 93-1311-D, Insect Management Guide for Nebraska Alfalfa, Soybeans, Wheat, Range and Pasture. This publication costs $2. It is available from the Lancaster County Extension Office (BPO).

This training would be appropriate for individuals who will be working closely for field scouts, or co-ops, or interested farmers who want to learn how to monitor field crops for pest problems. Sessions include classroom lectures and laboratory sessions, but do not include field training.

Additional training materials are available for individual study. These include two videotapes and a reference manual. The videotapes cover pest and beneficial insect identification and scouting procedures for corn and soybeans. Each videotape costs $29.95 plus tax. The field scout manual covers weeds, insects, and diseases of Nebraska field crops. The cost is $28 plus tax. Both are available from UN-L Communications and Computing Services, Attn: Office of Rural Development, P.O. Box 830918, University of Nebraska-Lincoln, NE 68838-0918.

For more information or to pre-register, call the Lancaster County Extension Office at 441-7180. (BPO)

Musk thistle is now bolting. They are difficult to control at this stage.

The key to successful musk thistle management is to prevent viable seed production because of its sole means of reproduction. The herbicides Pioralam (Tordon), Dicamba (Banvel), 2,4-D, and Dicamba plus 2,4-D are commonly used, and are most effective, if applied in the spring before musk thistle bolts or in the fall. These herbicides applied or mowing the weed in bolting, late bud, early bloom or late bloom reduces, but does not eliminate, seed production. Also, the use of Banvel in late spring may cause damage to neighboring trees, gardens and legumes such as soybeans.

Chloriduron (Telar) and metulfuron (Escort/Alby) herbicides may be applied at bolting, bud or early bloom stages to eliminate seed development. Many infestations go undetected until bolting to flowering stages. Viable seed development can be eliminated or greatly reduced by the use of chloriduron (Telar) or metulfuron (Escort/Alby) at this stage or as long as there are a majority of the heads not past the blooming stage.

Using 2,4-D-LV ester (1 lb.) plus Escort/Alby (2.0-2.5 oz.) or Telar (5 oz.) per acre along with a surfactant are good combinations for controlling musk thistle in the bolting to early bloom stages. 2,4-D is labeled for cropland, pasture, range and non-cropland areas. Escort and Alby are both labeled for pasture and range and may be aerial applied. Escort is labeled for non-cropland and Alby is labeled for cropland. Telar is labeled for non-cropland. Select herbicides labeled for your site or provide mechanical control that severs the roots two inches below the surface. In some cases, label restrictions may preclude the use of a herbicide on a particular site or an individual may not desire to use pesticides. (WS)

A year ago, new atrazine application limits and increased concerns about the effect of atrazine on water supplies led to a ban on corn herbicides. A study to manage one of the most dependable herbicides available to corn and milo producers.

Atrazine is one of the most widely used herbicides in the United States, with over 15 million pounds applied annually in Nebraska. The combination of widespread use and relative non-specificity of this herbicide has made atrazine a controversial single herbicide. But, the newer generation herbicides automatically reduced the amount of atrazine applied to the soil when it was combined with other herbicides such as Dual, Lasso and Prowl. The exception, however, is the application ban on setback areas around lakes, streams and tile inlets. In these areas, the new label applies a total ban on atrazine in many fields. In these situations, farmers have had to switch to herbicides other than those from the "triazone family." Although current herbicides provide partial solutions, increasing attention is focusing on a new crop of herbicides for answers to the atrazine dilemma. Over the next two years, a handful of new herbicides is expected to be introduced to these classes. None are a literal duplicate of atrazine. Each has a different chemical structure, with more stringent restrictions, that may affect atrazine users, could be just around the corner, especially if water quality does not improve. (WS)

Field crop scout training: May 10

Basic training on procedures for field crop scouting, including identification of insects and mites, plant diseases, weeds, crop health and farm worker protection will be addressed on a workshop on May 10. Registration begins at 8:35 a.m. and the program begins at 8:45 a.m. There will be a registration fee of $15 that will include lunch.

This training would be appropriate for individuals who will be working closely with scouts for crop consultants or co-ops, or

Pesticide container recycling catches on in Nebraska. In 1992, two pilot projects were started at community landfills in Kearney and Lexington. In 1993, nine more sites (counties) were participating in this program. Neligh (Antelope), David City (Butler), Scottsbluff (Cuming), Tekamah (Burt), Blair (Washington), Hooper (Cuming), and Dodge (Dodge) and West Point (Boyd) users helped 1 and 1/2 triple-rinse plastic pesticide containers, 45 to 82 individuals inspected each container on average, second time. The accepted containers were shredded by a portable granulator and removed from the site. This shredded plastic was taken to a plastic recycler to be made into new pesticide containers.

Currently, recycling is taking place on a similar pesticide container recycling program in Lancaster and adjacent counties. There will not be a permanent collection site, but pesticide dealers serving the Lancaster County area will "hunt" the collection trailer for a week or two this summer. Specific dates are not yet available, but you should watch your local newspaper and/or check with your pesticide dealer for details. (BPO/DV)

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Garters: good for your garden?

Garter snakes are common in urban gardens and residential areas in the spring and early summer. They actually prefer urban and suburban yards over farm locations. These snakes are attracted to warm objects which give them the heat they need. This is why they are often found near concrete steps and rock gardens that get warm when it is sunny.

There are garter snake species in our area, the plains garter snake, Thamnophis radix, and the common garter snake, Thamnophis sirtalis. Both are extremely variable in color. Most have longitudinal orange, yellow, or reddish stripes, but some may be quite dark or even cream colored. Garter snakes are usually 2-3 feet long when fully grown. During the day, garter snakes like to sun themselves; at night, they hide. They are more likely to be seen in April and May because they mate in large groups. After mating, the snakes are more secretive. In late summer, female snakes give birth to as many as 72 live young. If you see garter snakes, you may want to keep them! Garter snakes may frighten you, but they are actually harmless. When approached, these snakes will try to take cover and they will never defensively attack any person or pet. These reptiles are actually beneficial to have around your home because they eat insects. They may eat many types of earthworms and small mice.

Total elimination of snakes in your yard may be difficult, because they can immigrate from surrounding areas. There are no chemical sprays, poisons, or fumigants registered for snake control. Repellents on the market are not effective in deterring snakes. Naphthalene (mothballs) and similar chemicals may be used to tested for their repellency. It has been found that garter snakes do not change their movements when these substances are placed in the garter snake’s habitat.

Test private water wells annually

It would be nice to have a simple, inexpensive, all-inclusive testing pass to evaluate water safety, but none exists. After safe well location and construction, testing is the next most helpful step to ensure safe drinking water.

Water quality experts recommend annual testing for coliform bacteria and nitrates, the two most common problems. To be effective in identifying problems, it probably should be done more often in each quarter for a battery.

An annual test for a few indicators may also be helpful. Inspect your well经常 to see if it is clean, free of debris, rocks, brush, wood piles, and tall grass. They may help reduce their numbers. Garter snakes only burrow in loose soil so some hiding places may be eliminated by packing sharp gravel and caulking around cement steps and slabs. (BPO)

Swarming behavior of ants and termites!

Spring is one time of the year when termites and many ant species swarm. What is swarming and why do some insects do this? Swarming is a behavior often associated with social insects that live in colonies, like ants and termites. At a particular time of the year, some individuals in a colony develop wings, group together (swarm) and fly off to form a new colony. The time of the year that a particular species swarms is usually triggered by an environmental stimulus, like day length. So, this behavior occurs every year at about the same time.

Swarming serves to break up a large colony which expands into a new territory. It is especially beneficial to the insect colony when the colony is large and resources are limited. The entire colony does not usually move. If you are seeing swarms of ants or termites in or near your home, it probably means that there is a colony nearby.

Termites swarm in the spring, usually in the middle of April in Nebraska. Ants and termites have black bodies and are about the same size as ants. Many people confuse ants and termites. Use the diagrams in the box to know the difference between termites and ants.

After finding a suitable nesting site, the "Queen" termite will shed her wings and mate with one of the males. She then begins to build a nest in the soil and lays all the eggs that will become future workers and reproductive members of the new colony. She is nothing more than an egg factory, producing over three million eggs a year and living to be 20-25 years old.

Garter snakes are a species also swarm in late winter or early spring. February is usually the start of the year that carpenter ants and larger yellow ants swarm. If you see winged ants around your house, remove them with a trap (see below). They may want to check for lead in your house. For more information about controlling them, call the Lancaster County Extension Office (441-7180). We have several fact sheets and NEBGuides about these insect pests. (BPO)

Word scramble

Unscramble these words and you will identify things that can be recycled.


The NEBLINE

May 1994
May community profile - Hickman

Our community profile for May is the city of Hickman, located in southeast central Lancaster County.

Location
- 11 miles south of Lincoln on 555S or South 68
- 48 miles west of Nebraska City
- 30 miles north of Beatrice

Population
- 1990: 860
- 1992: 1078

Transportation
- State Highway 555S
- Several interstate carriers located in town
- Lincoln Municipal Airport
- Burlington Northern Railroad

City Utilities
- Electricity: Distribution system is owned and operated by the city of Hickman
- Water: Municipal water system
- Sanitation: Water treatment plant
- Docks: Available: 15 channels, 6 local channels

Municipal Services
- Mayor and Council form of government
- City zoning ordinance in effect
- Rural fire department
- Fire insurance class: 7 in city and class 9 in rural area
- Police contracted through County Sheriff (one full time deputy)
- Private garbage services

IRS tax info
If you have someone working for you in your home, the Internal Revenue Service has a reminder: Household employer's withholding of federal income tax must match the other half furnished by the employee. As the employer, you withhold half of this amount, 7.65%, from the wages paid to each employee. The employer is required to withhold federal income tax and give W-2 forms to their workers at the end of the year.

Publication 926 on household employers is available toll-free at (829-3676).

Grill safe this summer
For many of us in Lancaster County (the Montes included!), it is outdoor grilling season, and the scent of burgers on the grill penetrates the early evening air in our towns and neighborhoods! Using a gas or charcoal grill is a fun and economical way to cook many foods, but it can turn into your worst enemy if safety rules are ignored. Your friends at Southeast Fire wish you a fun and "fire safe" grilling season, and here's some tips to keep your grilling "user friendly."

- Before lighting your grill, make sure it is on a level, firm surface, away from any buildings or other hazards. Do not light or use your grill if it's really windy or the ground is extremely dry.
- Be sure your grill is used and maintained according to the manufacturer's directions.
- Do keep a connected garden hose nearby as "first aid" in a case of a fire, but DON'T add charcoal fluid to a fire or hot coals to "quicken" your fire.
- Small children should not be allowed near your grill, and should ALWAYS be seated before actually serving hot foods (good idea anytime you're cooking, not only when grilling).
- Be sure that coals are "DEAD OUT" before leaving your grill when you're done cooking. Coals that appear "dead out" have re-ignited in the past right here in Lancaster County.

—Bill Montez, Jr., Fire Prevention/Public Relations, Southeast Fire Department

Nebraska agricultural statistics among highest in the nation

1st Commercial cattle slaughter (live weight), 1993
- Thousand lbs. - 7,811,700
1st Commercial cattle slaughter, 1993
- Number: 6,617,400
1st Alfalfa meal production, 1993
- Thousand lbs. - 1,287,000
1st Great northern beans production, 1993
- Cwt. - 690,000
1st Sorghum silage production, 1992
- Thousand tons - 96,000
2nd Cash receipts from cattle and calves, 1992
- Number: 4,250,000
2nd Beef cattle and calves marketed, 1992
- Thousand lbs. - 4,275,000
2nd Corn for grain production, 1993
- Bushels - 785,200,000
3rd Cash receipts from sorghum grain, 1992
- $8,782,653,000
4th Cash receipts from hogs and pigs, 1992
- $777,039,000
4th Calves born, 1993
- Number - 1,770,000
5th Value of all hogs and pigs on farms, December 1, 1993
- $318,750,000
5th All hogs and pigs, December 1, 1993
- Number - 4,250,000
Source: Provided by Nebraska Agricultural Statistics Service (NASS)

What boards are and aren't
There are basically three types of boards: advisory, policy-setting and working boards.

ADVISORY BOARDS do exactly that—advise. They gather information, discuss options and present suggestions to the organization. They do not set policy.

POLICY-SETTING BOARDS (boards of directors) decide the governing principles which set forth broad courses for action. They make plans and decisions for the organization.

WORKING BOARDS are those used by community service clubs (Lions, Junior League). Members make and implement decisions for the group.

A Board is NOT...
- a recreational activity
- a place to meet "critiques"
- a place to give for "reward" or "honorary" appointments
- a place for breathing in, dewhapping, making a few fast decisions with a minimum of information and fading out!

A Board IS...
- a group of highly diverse people who must be ready for the learning process which a goal-centered organization requires in times of stress and change.

Today's Boards...
- must discipline themselves to seek out needed information about their communities and their own organizations.
- must perfect the group decision-making process, learning to use developmental consensus and to "ration" confrontation to those issues which are of sufficient importance to deserve this final and sometimes painful and damaging kind of decision.
- must gear their operation to an atmosphere of rapid change, their chosen goals open to evaluation, their methods flexible, their programs finely tuned to society's needs.

Source: THE BOARD MAKER, Family Community Leadership Resource Pack, Penn State (SE)

Craft newsletter offered
A recently developed quarterly newsletter provides information and research from the University of Nebraska to small, home-based Nebraska craft businesses. The newsletter covers marketing, pricing and keeping records, as well as copyrights and patents. To subscribe to Craftline, write the Department of Textiles, Clothing and Design, Room 234, Home Economics Building, UNL, East Campus, Lincoln, NE 68583-0804 or call 402-472-2911 and ask for a subscription form or a sample copy.

Source: Shirley Niemeyer, Ph.D., and Carol Thayer, Craftline coordinators, NELTNR (LA)
Grant writing workshops in May

Proposal writing is a challenging endeavor. But for those who are interested in obtaining funds for their projects, there are several workshops being offered in May. The workshops will be held in cooperation with the Lancaster County Community Foundation and the Nebraska Association for Family and Community Education. The workshops will cover the basics of grant writing and provide participants with the opportunity to practice their skills.

Human Resources

Robert's remarks

Summer is fast approaching and with that comes our annual State Convention. This year the convention is in South Sioux City, June 8-10. At March board meetings, delegates were elected. They are: Verna Deinert, Emerald Club; Carol DeSoto, Southern Belles Club; Patsy Allen, Cameron Club; Bonnie Wolferton, both of Glamour Girls Club and myself. Alter-

Food canning newsletters available

For more information, contact your local Cooperative Extension Office.

Food for children: an EFNEP message

Food not recommended for children under the age of four because of the risk of choking include: 

3 cloves garlic, minced
1 tablespoon water
1 ounce toasted sesame seeds

Precook broccoli in rapidly boiling water until just tender when pierced with fork (3-4 minutes). Drain broccoli and cool quickly under cold water. Drain and set aside. Heat a 10-inch frying pan or wok over high heat. Add oil. When oil is hot, add onions, carrots, bell pepper, mushrooms, and cheese. Stir fry 2 minutes. Add broccoli and cover. Stir fry until tender (about 2 minutes). Place in a warm serving dish and garnish with seeds. (AH)
Kids are kids. Somedays they’re listless. Others they’re holy terrors. What do you do when they behave—or misbehave—can help them grow?

- Be kind to others
- Respect people’s things
- Think for themselves
- Like themselves

Rules help kids learn and help keep them safe. Make rules that fit your child’s age. Keep rules simple. Kids need rules for things like:

- Bedtime
- Homework
- Chores
- Where they can and cannot go

Praise your kids when they follow rules:

- Say “thank you.”
- Tell them they did a good job

Praise makes kids want to please you again.

Be firm when kids misbehave. You can: Say “no” or “stop it.”

Mean what you say. Tell your child what you expect. Call time out.

Make your child sit alone for a few minutes. Then talk with your child. Explain how you want your child to act. Take something away. This could be some TV time or playing with friends for a day.

Be sure you do what you said you would do.

Be fair, too. For your child know:

- You don’t like what he or she did.
- You expect him or her to behave.
- You still love him or her.

Don’t hit your kids! If you hit your kids:

- You could hurt them badly.
- They will think it’s OK to hit others.
- It does not teach them how to be good.
- If your child makes you lose your temper:
  - Take some deep breaths.
  - Count to 10 slowly.
  - Think about what’s best to say and do. Talk with another adult, if you can.
  - Be calm with the problem when you feel calm.

If you ever think you might hurt your child:

Call local hotlines.

Check under the Human Services directory in the phone book.

Learn about the child abuse/neglect hotline in your area.

This teleconference will target:

- Family and career goals?
- Balancing work and family challenges?
- Parenting practices that prevent violence?
- Effective use of them to meet the needs of your child?
- How to communicate well?
- Manage conflict skillfully?
- Are you able to use a stop-by-step, collaborative, problem-solving plan when problems arise?
- Do you have a “family time” budget that works?
- Do you schedule time, daily and weekly, separately for spouse, children, and significant other?
- Are you flexible and responsible regarding doing home/chore work?
- Can you leave your job worries at the office and your family worries at home?

TOTAL

Scoring

40-44 = Extremely well
36-40 = Coping okay
30-35 = Moddlinng along
24-29 = Oopsh!
23 or less = No balance at all.

Get help!

Parents, indeed most adults, are increasingly concerned about violence—in families, in schools, and in our society. Below are a set of conditions, which research show are either features of a child’s development or of the family environment, and have largely been established as risk factors for later delinquent behavior.

Characteristics of children

- Attention deficit hyperactivity disorder
- Depression
- Poor motor skill development
- Premature and perinatal complications

Characteristics of the family

- Lack of parental supervision
- Parental rejection
- Early form of misconduct and maltreatment
- Poor parental disciplinary practices
- Poor parent behavior by other family members
- Child abuse/neglect
- Parental absence due to divorce or separation

These established risk factors for later delinquency and violence include the background features of early forms of misconduct and familial criminal behavior, and three broad categories of risk conditions:

- Child health, including neurodevelopment
- Intellectual and school-related competence
- Emotional and behavioral problems

Early academic skills and success
- Family functioning and early parenting style
- Other risk factors may include:
  - Exposure to toxic substances
  - Participation or experience of cognitive development (language ability, memory, etc.) that might account for the above indicators of school failure
  - Temperamental qualities of the young child
  - Childhood experiences that can lead to certain extreme forms of early misconduct
  - Delinquent behavior in the community and in the media.
- Self-efficacy and moral development
- Setting and contexts that promote violent behavior

Protecting your wooden garments

Now that spring is in the air, it is time to shed those warm wool clothes. Useless is the abundance of closet space, this means storing those winter items, and doing it correctly.

First of all, clean everything. If clothes are stored dirty, many harmful pests can become permanent. Food stains attract insects, and other substances such as perspiration and deodorants, can cause fiber deterioration over time. Even if the garments were very clean and have no visible soil, there are probably invisible body oils present. Have them dry cleaned only" garments cleaned, but not pressed. Money can be saved by pressing those garments when they are unpacked next fall.

The clothes moth is a well-known fabric pest in the home, but not as harmful to food or household clothes. Can you leave your job worries at the office and your family worries at home?

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Teenage adventures

Camp counselor training
June 3-5, 1994
Get involved! Try something new! Make friends! Plan to be a camp counselor this summer at 4-H camp!
Audiences: Teens 14-19 years of age
Costs & registration—Fee: $50 ($5 late fee/$10 cancellation fee)
Deadline: May 15, 1994
Camp begins at 10 a.m., June 3, and ends June 5, 7 p.m.

Natural Resources and Leadership Camp
June 27-July 1, 1994
The number of participants in some workshops will be limited. Indicate your choice on the registration form.
Audiences: Teens 13-19 years of age
Costs & registration—Fee: $95 ($10 late fee) There is an $10 charge for the photography workshop—please include in your registration. If not selected for this workshop, the fee will be refunded.
Deadline: May 24, 1994
Camp begins at 11 a.m., June 27, and dismisses July 1, 11 a.m.

Dismal River Canoe Adventure
July 1-3, 1994
Experience the outdoors...enjoy breath-taking scenery...and build friendships while canoeing the Dismal River! Campers will set up tents at river campsites.
Audiences: Teens 13-19 years of age
Costs & registration—Fee: $25 ($5 late fee/$10 cancellation fee)
Deadline: June 17, 1994
Camp begins at 10 a.m., June 1, and dismisses July 3, 2 p.m.

COOPERATIVE EXTENSION SYSTEM

Livestock judging
The 1994 PAK-10 Livestock Judging Contest was held March 17, at Koo-Ben-Salade Arenas, with 327 youth and 158 adults judging six classes of livestock.
Lancaster County was represented by 17 individuals. Alan and Sandy Rosenboom tied for fourth place in the adult division with 318 points. Tom Mueller placed fifth in the youth division with 304 points, followed by Garrett Hessel at 232 place with 292 points.

TAXI? Try & catch one
Have you ever wanted to get somewhere or do something fast, without going through all the stops? Well, as a volunteer, you are going to get that chance! The "Talking Anybody into Expanded Involvement" (TAXI) volunteer management program was recently introduced to the 4-H program. Gradually, the program will be implemented in Lancaster County and throughout the state. The TAXI system is great and we are excited to be using it! (AMM)

Thanks for the chicks
Thanks to Susan Joy and Dick Earl, representatives of Nebraska Poultry Industries, for donating fertilized eggs to the 4-H school enrichment embryology project.
In this project, the miracle of life unfolds for Lancaster County third grade students as youngsters study life cycles. Students and teachers are responsible for the care of fertilized eggs throughout the 21 day incubation period, then...baby chicks are hatched right in the classroom. Approximately 3200 children are enrolled in this program.
"Students develop responsibilities and an appreciation for living things and how they develop," says Laura Truemter, Prescott Elementary.
Debbie Erickson of Rousseau indicates that embryology is an "excellent way to discuss reproduction. Children are so involved—love candleing and the chicks when they hatch.
"I enjoy the excitement the students show as the chicks hatch," explains Chris Robb of Waverly, "the retention of information is excellent."
Yes, embryology provides an exceptional learning experience and it's fun! Thanks again, Susan and Dick. We appreciate your support (ALH)
Grant writing workshops in May

Interested in serving the needs of children, youth and families? In particular, children and families, coalitions among friends, family preservation teams, family community leadership—join us this May. Our workshops, hosted by the FCE leaders, services club members, youth, school administrators, United Way, community agency representatives and parents should participate.

Schedule for more information call 441-7180 or 472-2803. This workshop is offered by L.N. Journal Publishing in cooperation with "Kids Team" in cooperation with the State of Nebraska Governor's Office, Children and Family Policy Advisor. (LB)

Food canning newsletters available

From Alltrista: "Consumer Newsletter"

Consumer Products Company
Alltrista Corporation
P.O. Box 2007
Muncie, IN 47307

From Kerr: "Kerr Kitchen Pastry"

The Kerr Kitchen Pastry
P.O. Box 76691
Los Angeles, CA 90076

If you use a Ball or Kerr canning/freezing book and haven't updated it lately, you may wish to do this also. The latest books from Alltrista and the "Blue Book" (former name of "Ball Blue Book") from Alltrista and the

Food for children: an EFNEP message

- Get rid of junk. If it’s hard to decide whether something qualifies as junk, ask two questions:
  1. Why am I keeping this?
  2. What’s the worst thing that could happen if I get rid of it? (LB)

Human Resources

Robert’s remarks

Summer is fast approaching and with that comes our annual State Convention. This year the convention is in South Sioux City, June 8-10. At our March Council meeting, delegates were elected. They are: Verna Denner, Emer­ald Club; Carole Doreng, Southern Belles Club; LaDonna Pankoe and Dottie Wolverton, both of Glamour Girls Club and myself. Alter­nates are Donna DeBuck, 4-H Club; Joy Krause, Friendship Chain Club; and Ann Meyer, 49’ers Club. Remember all FCE members are welcome at convention so don’t be shy—come on along!

September is the month of FCE presidents and Lancaster County FCE clubs. National dues have increased to $12.50 per year making annual dues $18.80 to be a member of FCE. Hopefully, you have discussed the increase in your club or you will be discussing it soon. I would like to take this opportunity to encourage you all to remain with us as an FCE club.

In thinking through all of the information that has come out since the change was first announced, I have come to this conclusion and hope you will too. We have been given so much, for so long, for so little—can we realistically expect anything else? Because dues will in­crease, we will be receiving more. For the first time ever, we will be receiving our own national publication—FCE Today and state publi­cation—FCE Speaks. We are not as knowledgeable about our organiza­tion as we should be and this will definitely help us. We should know who we are and what we are about. I’m sure there will be more but, the point is: are we being realistic to expect this soon?

When discussing the future of your club, please consider the fol­lowing to be a local FCE member a person: holds membership at the national FCE level, is present to speak at the county FCE level, holds membership at the state FCE level, and holds membership at the county FCE level. In order to be a member of FCE, a person: holds membership at the local FCE level, is present to speak at the county FCE level, and is present to speak at the state FCE level, and holds membership at the national FCE level, holds membership at the county FCE level. In order to be a local FCE member a person: holds membership at the local FCE level, is present to speak at the county FCE level, and is present to speak at the state FCE level, and holds membership at the national FCE level, holds membership at the county FCE level.

There have been some creative ways thought up to address the increase in membership fees. Think of it as 25 cents per week, the cost of a cup of coffee with friends. It’s about the same as a yearly birthday or Christmas or for the whole year.

If your current canning book from Kerr is dated before 1990 or you have an earlier edition, than the 32nd edition, of the "Ball Blue Book," it would be prudent to update it. Several of the USDA canning recommendations changed in 1989. (Note: the number of editions will change with the new "Blue Book.") (AH)

Food preserving tools and supplies

From Kerr:

(Former name of "Ball Blue Book") from Alltrista and the

Mineral content of a food with the caloric content. For example, skim milk is more nutrient-dense than 2% or whole milk because you get more vitamins, minerals and fewer calories.

Alltrista Corporation is a spin-off from Ball Corporation and sells the Ball line of canning goods.

Back to school

Advice for parents and caregivers

The NEBLINE

Useless tips

Busy bodies can’t eat very much at a time so their needs are a bit different serving size guidelines. However.

Children under the age of four need the same number of servings as adults from each food pyramid food group, but the serving sizes for children are smaller. Start with a serving size of one tablespoon of food for each child. As the child wants more food, it should be provided. Dairy group foods are the exception to different serving size guidelines, however. Both children and adults need at least two full-size servings from the dairy group every day.

It is important to provide children with nutrient-dense foods that they enjoy. Make these foods readily available and never force children to eat more than they want. Forcing children to eat more than they want can make them overeat. Children do need snacks. Children cannot eat very much at one time because their stomachs are only a fraction of the size of an adult’s. Children may need to eat five or more times per day.

Food not recommended for children under two years of age

- Skim milk, because children need the fatty acids, cholesterol, and calories of whole milk.
- "Raisins and kernel corn, because they pass unchanged through the digestive tract.
- Caffeine, because it keeps children awake and stimulates the heart.
- "High sugar foods, because these foods cause tooth decay and substitute for other more nutritious foods.

Foods not recommended for children under the age of four because of the risk of choking include:

- Nuts
- Popcorn
- "Whole cherries
- Grapes
- Carrot sticks
- Children are influenced by their parents. Parents choose the foods that will be made available and may be able to influence those toward foods. Parents need to set a good example for eating a wide variety of foods and practicing good food habits like eating breakfast and eating lots of fruits and vegetables. Food education advisors can help parents make wise choices not only in their own diets, but also in the children’s that have last positive effects on the diets of entire families. (LJ)

Family Community Leadership

Become involved in making decisions that affect you and your community

For more information, contact your local Cooperative Extension Office
Chives and garlic chives

Two of the most attractive plants for a flower border are also two of the most useful herbs in the kitchen. Chives will provide the color, with a source of mild onion flavor and garlic chives have a mild garlic flavor. Both plants are easy to grow and productive from spring until hard frosts. Garlic chives have a mild garlic flavor. Both plants are easy to grow and productive from spring until hard frosts.

Garlic chives are also hardy perennials. The foliage is flat rather than hollow and grows to about twelve inches high. The flower stalks grow up to 30 inches high, topped with greenish white flower heads, which are quite showy. The mild garlic flavor of the foliage is useful in many foods, particularly oriental dishes. As with chives, garlic chives are harvested by shearing the leaves back to the plant's base.

Chives and garlic chives can be propagated by dividing existing clumps or from seed. To divide a clump, cut it back, dig it up and divide it into three to six new plants. Replant the divisions, water and fertilize them and they soon will be producing new leaves. If using seed, sow them in their permanent growing location or start them indoors. Both species self-seed readily and can become a pest. Prevent this by shearing flower heads from the plants before seeds form.

Scented geranium among the most fragrant

Among the most fragrant of all the herbs in the garden are the scented geraniums. These tender, shrubby plants grow from two to four feet. Scents are released by hot sun on the leaves or by touching them. Folages come in a variety of forms, from small delicate fernlike leaves to large rounded ones, in many shades of green, some with variegations. The flowers of most are small but colorful in shades of rose or lavender.

The numerous varieties include the following scents of almond, apple, apricot, cinnamon, coconut, grapefruit, lemon, lime, peppermint, rose and strawberry.

Give scented geraniums the advantage of full sun. They enjoy light, well-drained soil that stays slightly dry. However, if too dry, they will shed their lower leaves. Plants in containers need one-half strength fertilizer every two weeks when flowering, monthly during the rest of the year.

Although many scented geraniums have a tendency to get leggy, pinching the growing tips will help train the plants to grow bushier and fuller. (MMM)

Cover

need to add a soil amendment, add it to the entire planting bed, not just to individual planting holes.

A soil test provides the best guidance for fertilizer usage. Without this information, a general rule would be to use three pounds of a commercial fertilizer such as 5-10-5 per 100 square feet. Mix the fertilizer into the soil to a depth of six to eight inches.

Most ground cover plants can be planted any time during the growing season, but either spring or fall is preferred. The arrangement and spacing of plants in the planting bed depend on the growth characteristics of the species.

Plants that spread rapidly may be spaced farther apart than slow-spreading types. Planting plants from six inches to two feet are most frequently used. For example, if plants are spaced four inches apart, 100 plants will cover about 11 square feet.

Watering, weeding, mulching and feeding will be the main requirements of the new ground cover planting.

Waters during dry periods. An occasional thorough soil soaking is better than frequent light waterings. Occasional hand weeding, with a minimum disturbance of the soil, may be necessary.

Cover and demonstration projects. About 90 faculty and 150 graduate students conduct research at the ARDC. Nearly 5,000 acres of land are used for irrigation and dryland crop, turf and vegetable crop studies. More than 5,600 beef cattle, dairy cattle, sheep and swine are housed at the facility for live-stock research projects. (DV)

NU Ag Research Center groundbreaking May 13

Groundbreaking for the new headquarters/outreach building at the University of Nebraska-Lincoln Agricultural Research and Development Center (ARDC) took place May 13 from 1:30 p.m., May 13, according to Dan Duncan, director of ARDC. The site is near the southeast corner of Highway 63 and 11th Street in Saunders County.

Rural Sense News continued

Using preplant 2, 4-D & Banvel

Economical preplant broad-leaf weed control without tillage is available with 2,4-D and Banvel. The time saved by elimi- nating tillage may be an impor- tant consideration when nature safety may require a delay in planting after treatment. Corn can be planted immediately af- ter an application of 1 pint 2,4-D ester (4 lb./gal.) or 1/2 pint Banvel per acre. Sorghum is more sensitive than corn and planting should be delayed 7-10 days after the same treatment. Soybeans can be planted seven days after an application of 1 pint A, 2,4-D. Banvel should not be used before planting soy- beans. (DV)

Control leafy spurge now before spreading occurs

Leafy spurge is an aggressive weed that continues to spread in Nebraska, greatly reducing the carrying capacity of grazing land. The weed is more common across northern Nebraska, but can be found elsewhere including Lancaster County. Leafy spurge is a perennial and reproduces from seed as well as from buds on its deep, extensive root system. It reduces forage production, and cattle avoid grazing infested areas because it is an irritant.

Controlled on a large area is costly and difficult. Small patches should be treated before they spread. Plants in a new infestation are more readily controlled than established stands because the root system is not yet fully developed. Once leafy spurge has become well established it cannot be eliminated with a single herbicide treatment.

This year the best time to treat leafy spurge is from mid-May to early June. Leafy spurge is easily spotted now when plant tops are a bright yellow. All plant parts also contain a white milky sap.

Herbicides for leafy spurge control are: 2,4-D ester (4 pounds per gallon) at 2 quarts per acre; 1 quart of 2,4-D plus 1 pint of Tordon per acre; or Tordon 22K at 2 to 4 quarts per acre. The treatments would cost $6 per acre for 2,4-D, $15 for 2,4-D plus Tordon and from $45-$50 per acre for Tordon.

Apply 2,4-D in the spring just before the plant flowers. A second treatment in late fall, if moisture permits good regrowth, provides increased control. If only one treatment a year is possible, make it in the spring to prevent seed production. Don’t expect to eliminate leafy spurge in one or two years. It will take several years to make progress.

Tordon 22K is much more effective than 2,4-D against leafy spurge. A 2-quart-per-acre application usually provides 80-90% control a year later, and the 4-quart rate gives 90-100% control. Spring is the best time to apply Tordon, although it is also effective at other times. Tordon is long-lasting and mobile in the soil. It should not be used near trees or on sandy soil where the water table is within 15 feet of the soil surface at any time.

For more information about leafy spurge, contact the Noxious Weed Control Authority, 441-7187 or Lancaster County Cooperative Extension, 441-7185. (DV)
Woolens

Family

ways in which this mother and son spend quality time together. Parents have even commented that minutes in the car driving children to camps, meetings and other 4-H events have been turned into time for meaningful family interaction.

Many 4-H families schedule vacation around the county fair and very often this is a time for celebration and "pats-on-the-back" recognition of projects that have helped build shared memories, traditions and closeness. In fact, you could modify the 4-H motto: "To make the best better"—apply it to 4-H families and say: "Even the best families are made better!"

The Expanded Food and Nutrition Education Program (EFNEP) focuses on building healthy families through improved nutrition and skillful resource management of their youth and adult programming emphasizes a proactive approach to building strong families. After a series of EFNEP lessons, one homeworker said, "I now know how to use the resources available to me—I can use my canned pork, dry milk, and fritos, and I know how to budget food stamps in ways that will see me through the month." Again, an example of how Extension builds better families.

Families
can be encouraged to work together on 4-H projects and to participate together as often as possible in community service projects. Whatever draws families together is important to Cooperative Extension. "Growing Up Female" and a family camp scheduled for the fall are just two programs in which specifically targeted at family togetherness.

Time that parents spend with children has declined over the past fifteen years by ten hours per week for the average white child and twelve hours for the black child. "Time Poverty" is a term coined by Victor Fuchs to describe this phenomenon. He says that time poverty is a direct result of the increase in the proportion of mothers holding paid jobs outside the home and the increase in one-parent households.

The goal of Cooperative Extension programming is to be on the positive side of helping parents find ways to enhance family health and joy—in spite of outside societal pressures.

Alzheimer's disease: canning the myth

In talking they forget the common appellation of things, and the names of persons, even of those who are their nearest friends and relations. For the same reason they never converse of themselves with reading, because their memory will not serve to carry them beyond the beginning of a sentence to the end... They were the most mortalight sight I ever beheld."—Jonathan Swift,

Gulliver's Travels, 1726

When it came to aluminium, more than 250 years ago, Jonathan Swift's words have echoed through time, capturing the suspicion and fear that have robbed of their ability to think or remember, people who would today probably be diagnosed as having Alzheimer's disease (AD).

Back in Swift's day, there was no name for the mysterious illness, no known cause and no cure. But in the two centuries since then, scientists have made considerable progress in understanding AD and researching its possible causes.

Since the mid-1970s when studies first emerged suggesting aluminium as a possible factor in developing Alzheimer's, the public has been besieged by confusing reports fear-mongering and refuting those claims.

The fact is humans are constantly exposed to aluminium, which is the third most abundant element on earth and is ubiquitous in foods that we eat. It is possible then that every potential exposure to aluminium—whether chronic or acute—may add to the build-up of aluminium in the brain, potentially leading to dementia and Alzheimer's disease.

While scientists continue to study to learn more about this phenomenon, it is important to emphasize that aluminium is an essential nutrient and no more than 50 milligrams (mg) of aluminium should be ingested per day from sources such as foods cooked in aluminium cookware and baked goods containing baking powder.

The aluminum content from such cooking and baking is usually less than that in antacids, 300 milligrams (mg) or more of aluminium, 10 times the amount recommended by McAlachlan for human daily consumption. People using antacids for upset stomachs or peptic ulcers may consume more than 1,000 mg per day (more than 300 percent over McAlachlan’s recommendation) over several years. Yet, there’s no evidence that the widespread use of these aluminium-containing drugs causes dementia.

The same holds true for any other type of ingested aluminium from sources such as foods cooked in aluminium cookware and baked goods containing baking powder. The dietary exposure to aluminium is significantly less than that in antacids.

Here are some things you can do to reduce your exposure to aluminium.

1. Avoid using aluminium cookware and bakeware.
2. Use non-stick or ceramic cookware.
3. Use alternative baking methods, such as baking with parchment paper or silicone baking mats.
4. Avoid using aluminium cans for storing or cooking.
5. Avoid using aluminium foil, using baking powder, toothpaste, antiperspirants or antacids which contain aluminium compounds.
6. Increase your intake of water and fresh, raw vegetables.
7. Avoid using aluminiumcontaining products, such as antiperspirants or antiseptic solutions used by doctors.
Alzheimer

search for causes and cures of Alzheimer's, there is not a strong scientific basis for a role involving aluminum.

Summing Up the Evidence

The Alzheimer’s Association, the major nonprofit organization dedicated to dealing with the devastating disease, also has concluded that there is no scientific evidence proving aluminum plays a causal role in Alzheimer's disease. Until then, it is more conclusive evidence to the contrary, the Association does not recommend the public take any extraordinary steps to avoid aluminum.

Why then, if the majority of scientific evidence seems to support the conclusion that aluminum plays no role in developing Alzheimer's, does the issue continue to be debated? Epstein concluded, "It's always harder to prove a negative."

To learn more about AD, contact the Alzheimer's Association, 919 North Michigan Avenue, Suite 1000, Chicago, IL 60611, (800)272-1900; or the Alzheimer's Disease Education and Referral Center, P.O. Box 8250, Silver Spring, MD 20907-8250, (800)438-4380.

Source: Food Insight, a publication of the International Food Information Council, September/October 1993.

Hope on the Horizon

Relief may be in sight for Alzheimer's patients, following the recent FDA approval of Tacrine, a new drug which could help alleviate some symptoms of the mental disease.

The new drug—to be sold under the name Cognex—is expected to help slow the loss of cognitive ability, memory and reasoning among mild to moderate Alzheimer's cases.

The treatment supposedly lengthens acetylcholine action, a chemical messenger in the brain found to decrease with AD.

Scientists are also continuing to work on a skin test, says the National Academy of Sciences, that will hopefully detect the presence of a cellular defect linked to AD, facilitating proper diagnosis and treatment. (AD)

County fair secretary needed

If you have a 4-H background, word-processing skills and some artistic abilities, we need your talents! The Lancaster County Fair secretory position is a paid, full-time, temporary position from mid-July through mid-August. The type of activities involved include preparing ribbon boxes, superintendents' boxes, programs, general correspondence and posters for the fair. If you are interested in this position, contact Larry Stoll at 441-7180. (LS)