7-1994

The NEBLINE, July 1994

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Wellhead Protection Areas

The Village of Davey was recently recognized by the Lincoln-Lancaster County Health Department as the first community in the county to erect signs designating a Wellhead Protection Area. The purpose of the signs is to help create awareness for the protection of village groundwater well areas. Over ninety signs will be erected throughout the county by the County Engineers Department. (DM)

(L-R) Jane Ford, director, Lincoln-Lancaster County Health Department; Rudolph Halla, chairperson, Davey Village Board of Trustees; Rollin Schnieder, Davey Village Board Trustees and member Wellhead Protection Advisory Committee.

Family Community Leadership

Become involved in making decisions that affect you and your community

For more information, contact your local Cooperative Extension Office

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.

Agricultural Competitiveness and Profitability

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Eagle Eyes hit 4-H mark

Sixteen, seven to fourteen-year-old boys and girls gather on the second Monday of each month to “make the best better.” These youngsters are members of the Eagle Eyes 4-H Club. Nancy Wagner and Belinda Gillam are the club leaders. On average, ten parents attend the meetings; some come to help with projects—some just come to enjoy the fun.

The club meets in the library of Culler Middle School during the fall, winter and spring months, but moves to St. Andrews Lutheran Church during the summer.

“Our club just got too big for our house,” explains Nancy. “We were bumping into each other and the furniture was crying ‘help!’” See the scar on this table. That’s from working on the rocketry project,” she says with a laugh.

Eagle Eyes has two club projects: Model Rocketry and “The Microwave Connection.” Most of the members have various other independent projects as well.

Nancy oversees the cooking activities and because the club meets at Culler, Belinda’s husband Tracy Gillam hauls the family’s microwave to the meeting each month. With a smile, Tracy indicates that “we want the kids to have a hands-on experience and I can handle the microwave pretty easily.”

“The kids like to cook and we’ve tried many different recipes,” Nancy explains. “The way we made tacos, Belinda and I substituted ground turkey for hamburger. Lots of the kids thought the tacos were really good until we told them the meat was turkey. Some of them changed their minds.”

The club’s model rocketry project is led by Belinda, although Tracy and Junior Leader Gene Gillam are major players in this program. All of the Gillams have participated in this project for several years and are very experienced at building rockets.

One of the philosophies of the club is to encourage each member to help someone else. This works well—with the older kids helping the younger ones,” Belinda explains. “In our junior mentoring program, older kids are teaching the younger members how to build and repair their rockets, and they answer many questions. Right now, we are launching and everyone is sharing equipment and helping one another a lot.

For the rocketry project, Gene Gillam created and generated a record book form on the computer. All the members received this form, collected the information and typed it into the computer.

“The judges were very impressed with our record books last year because they looked so professional. The members were pretty excited about the end results,” Belinda reports.

As it turns out, many of the Eagle Eyes members also belong to Paws and Claws, the Lancaster County Cat Club, so they have common projects. As a junior mentor, Gene helped fellow member Amanda House win the cat showmanship trophy at the 1993 county fair.

“I gave her tips on how to be more comfortable with the judge and the audience,” Gene said. “I also told her how to answer some of the questions.”

How did Gene feel about Amanda winning? “I felt great,” he exclaimed. “All of our hard work paid off!”

Club members also help one another prepare for the speech and demonstration contests. Those who have experience help the others with a choice of topics, presentation information, and hints on how to become more comfortable with the audience. The participants practice at the club meetings, asking for and expecting helpful tips for improving their speeches or demonstrations.

Community service is an integral part of Eagle Eyes. Once a month, both youngsters and parents volunteer to do something to help others in the community. These activities are in addition to the regular club meetings.

Leader Belinda says that “through community service, our members become a part of the community. Again, they learn the importance of helping one another.”

In October, Eagle Eyes members built twenty scarecrows for the Folsom Children’s Zoo Halloween HalloBaloo. Using the Wagner’s garage, members stuffed old clothes with straw for the scarecrows’ bodies and attached pincushion eyes to plastic bags for the heads.

“Eagle Eyes hit 4-H mark—page 10

“Helping you put knowledge to work”

University of Nebraska Cooperative Extension

Lincoln-Lancaster County

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All about tree roots

Trees are a visible and beauti­ful part of our environment, but a large portion of the tree cannot be seen—it's underground. In fact, the roots of a tree usually spread in all directions away from the trunk and extend the length and width of the tree. Knowledge of tree root systems can aid in caring for the tree.

Most people believe a tree’s roots extend deep into the soil. Actually, nearly all of a tree’s roots are located in the soil’s upper layers (within two to three feet of the soil surface). Like other plants, trees use the oxygen content of upper soil layers affects how we treat the tree.

The fact that most tree roots are located in the soil’s upper layers affects how we treat the tree. Grasses and weeds also compete in the soil’s surface layers. Therefore, weed control by either cultivation or herbicides is important to help new tree plantings become established.

As a general rule of thumb, a tree’s root zone extends in each direction from the trunk a distance equal to the tree’s height. Therefore, when watering or fertilizing trees, treat where most feeder roots occur rather than at the base of the tree.

Trees with short roots (extend­ ing one and one-half times the height of the tree) include Colorado blue spruce, ponderosa pine and basswood. Trees with roots extending about the same as the tree height include green ash, boxelder, cottonwood, hackberry, silver maple and Rocky Mountain juniper.

Long-rooted trees (roots extending one and one-half times tree height) are American elm, crabapple, apple, willow, Russian olive and ginkgo maple. Trees with extra-long roots (twice the tree height or more) are black walnut and bar oak.

Even though a tree’s roots are most often not visible, they are critical to the health and vigor of the tree. Often tree problems can be directly traced to root damage. Knowledge of a tree’s roots, their growth habit and function can help prevent unnecessary damage.

Spider mites common

Spider mites are common pests of many vegetable crops including beans, corn, tomatoes, eggplants and onions. They also damage houseplants, fruit trees, ornamental and greenhouse plants.

Spider mites damage plants by sucking plant juices from the underside of leaves which produce a stippled, yellow appearance. Usually, plants with mite infestations have webbing on the lower surfaces of leaves or over flower buds between leaves.

Spider mite feeding causes leaves to drop which weakens the plant and reduces yield. Mites are usually most abundant during hot, dry weather and can reach extremely high levels by mid to late summer.

Spider mites sometimes can be controlled by hoisting plants with a strong stream of water to dislodge mites and webs. In addition, pesticides can be applied at weekly intervals until infestations are eliminated.

By planning and planting a fall vegetable garden, it is possible to have fresh vegetables up to and even past the first frosts. Many varieties of vegetables can be planted in mid to late summer for fall harvests. Succession plantings of warm season crops, such as beans, corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale and collards grow well during the cool fall days and withstand light frosts. Timing planting is the key to a successful fall garden.

To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze (for Lancaster County it is October 10) and the number of days to maturity for the variety grown. Count the days back from the frost date to figure your planting date.

When planting fall crops, prepare the soil by restoring nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will help the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary as plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season. These conditions add sugar to sweet corn and crispness to carrots.

Look ahead to vegetable gardening in the fall

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Look ahead to the fall garden which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge that you are making full use of your gardening space and season. (MJM)

Colorado potato beetle

One of the most widespread and destructive pests of potatoes is the Colorado potato beetle. Plants also affected by this pest include tomato, eggplant, pepper and petunia. They will even attack certain weeds such as burr dock.

Identification of this pest is rather easy. The adult stage appears as a hard-shelled beetle about 3/8 to 1/2-inch long with 10 black and yellow stripes running the length of the body. These beetles will lay orange eggs on the underside of leaves. The eggs then hatch in four to seven days into the larval stage. The larvae are light blue, soft and have red bodies with two rows of conspicuous spots that run the length of the body. As the larvae grow, the body color changes to orange. Both the larvae and adults will feed on these plants.

Control of the Colorado potato beetle may be obtained by spraying the underside of the leaves and stems with an insecticide such as Sevin. Applications may need to be repeated. (MM)

Lakeview Youth Garden going strong for five years

Mary Jane McReynolds
Extension Assistant

The Lakeview Youth Garden got off to a good start with sunny skies and 31 eager students ready to work the soil. This garden project began five years ago with the combined effort of University of Nebraska Cooperative Extension in Lancaster County, Lakeview Elementary School, T.O. and Terry Hass, and the Lancaster County Master Gardeners. Seeds and plant materials are donated by Earl May on South 46th Street and Master Gardeners. In April, the students participated in four indoor educational activities. They planted seeds, made seed tapes, seed germination tests, a mini-compost, and soil drainage experiment and drew their own garden plan. May 23 was the first outdoor activity for the garden program. The students planted seeds and transplants in their gardens. Lancaster County Master Gardeners gave instructions and answered the students’ questions.

This is a summer-long program where the gardeners will meet once a week to care for their gardens and do educational activities. Activities planned for this summer include making a scarecrow, weed and insect identification, solar pickles and construction of bean towers. The students have the opportunity to exhibit their flowers and vegetables at the Lancaster County Fair in August.

The goal of this program is to introduce the students to horticulture and to take responsibility in caring for their gardens. The students take home the flowers and vegetables that they raise in their gardens.

Many of the students that have gone through the program in past years have started gardens at home. They enjoy raising their own flowers and providing fresh vegetables for their family.

The Lakeview Youth Garden is located on the corner of West S Street and Brookside Drive. Stop by the garden this summer and take a look.

GARDEN GOSSIP HOTLINE

Backyard composting

Composting Demonstration Sites

Pioneers Park Nature Center
Pioneers Park • 1:30-3:00 p.m.
September 10 and October 10

University Place Park
50th & Columbia
September 3 and October 4

Antelope Park
2944 Garfield Street • 1:30-3:00 p.m.
September 17 and October 15
Scout fields for July insects

In eastern Nebraska, several important insect pests show up in crop fields in July. You should be scouting your fields regularly to detect early infestations of these pests.

Sorghum

Greenbug. After several years of little damage from this pest, several recent reports indicate that greenbugs again may be showing up this year. These aphids do not overwinter in Nebraska, but migrate in May and early June with southerly wind patterns from the southern U.S. populations. Greenbugs may reach damaging levels by late June or July so it is important to start looking for these pests in sorghum, especially sorghum that was planted late or stressed.

Greenbugs are light green with a narrow, darker green stripe down the center of their backs. Their legs are green, but their feet are black. Most greenbugs will be found on the lower portion of plants especially under the leaves where they suck sap out of wheat and sorghum.

Treatment guidelines are based on the size/age of the plant and the presence of greenbug damage (refer to the guidelines in the box).

- **Growth stage**
  - Seeding (0-5 leaves)
  - Plants 6 inches tall to boot
  - Boot to soft dough

- **Treatment guidelines**
  - Greenbug colonies present on 10-20 percent of plants; visible yellowing or spotting on leaves.
  - Greenbug colonies beginning to cause red or yellow leaf spotting on leaves of most plants and if parasite numbers are low (less than 20 percent of greenbugs parasitized).
  - Treat if greenbug colonies are present on most plants, before one lower leaf has been killed, and if parasite numbers are low (less than 20 percent of greenbugs parasitized).

Corn

**European Corn Borer.** Scout regularly (every three to five days) for second flight of moths begins, beginning in mid-July. Look for white egg masses on the underside of leaves in at least 50 plants per field. For economic thresholds and treatment options, consult EC-194-1509, "Insect Management Guide for Nebraska Corn and Sorghum." This publication is available at the Extension office for $2.

**Corn Rootworm.** About the second week of July, corn rootworm adults emerge from the soil and feed in corn fields. Initially, beetles feed on leaves, but later they feed on tassels and silks. If they clip silks too short (1/2") during the pollen shedding period, the short silks may prevent pollination. Silk clipping in seed corn may justify an insecticide treatment and is not likely to warrant treating field corn. Beetle feeding is most likely to cause a problem in late-planted sorghum fields or when water stress delays silking. After pollination, silk clipping causes no damage.

**Boots to soft dough.** Treat if greenbug colonies are present on most plants, before one lower leaf has been killed, and if parasite numbers are low (less than 20 percent of greenbugs parasitized).

Soybean

**Bean leaf beetle.** Look for bean leaf beetles feeding on the leaves of soybean plants in July.

Alfalfa

**Potato leafhopper.** Potato leafhoppers can seriously damage alfalfa, especially when the stand is not well established. Potato leafhoppers migrate to Nebraska in May and June from the southern U.S. and heavy populations may build by mid-July. The best way to monitor this insect pest is to use a sweep net weekly in alfalfa fields. Potato leafhoppers are about 1/8 long, green and wedge-shaped. This small leafhopper sits on the underside of a leaflet and inserts its piercing-sucking mouthparts into the mid-vein. Potato leafhopper damage, called "hopperburn" is a characteristic yellowing of the margins of the leaflet. If populations are not controlled, the yellowing will turn brown and plants can die. For more information on economic threshold and insecticide use, refer to EC-94-1509 "Insect Management Guide for Nebraska Corn and Sorghum." This publication is available at the Extension office for $2.

**Insect pests of field crops can be identified at University of Nebraska Cooperative Extension in Lancaster County, 5339 Cherrycreek Road. Please bring several samples (in good condition) between 8:00 a.m. and 4:30 p.m., Monday-Friday. (BPO)**

**Recycle those pesticide containers**

Pesticide container recycling is continuing during July on Fridays at locations in northern Lancaster County and Seward County. Before you bring your 1 and 2 1/2 gallon, white and yellow plastic pesticide containers to our sites, examine them carefully to make sure there are no pesticide residues on the inside or outside of the container. Some containers brought to us have had their labels removed! We commend you for your environmental stewardship!

For more information, contact University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (BPO)

The July collection site schedule is as follows:

<table>
<thead>
<tr>
<th>Collection Site</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Otte Oil &amp; Propane</td>
<td>July 1</td>
<td>3425 Davey Rd., Davey</td>
</tr>
<tr>
<td>Blue Valley Cooperative</td>
<td>July 8</td>
<td>Tamara</td>
</tr>
<tr>
<td>Blue Valley Cooperative</td>
<td>July 15</td>
<td>Beaver Crossing</td>
</tr>
<tr>
<td>Countryside Cooperative</td>
<td>July 22</td>
<td>Milford</td>
</tr>
<tr>
<td>C Countryside Cooperative</td>
<td>July 29</td>
<td>Raymond</td>
</tr>
</tbody>
</table>

**Sign up now for fall/winter sludge delivery**

We are evaluating fields now for delivery of municipal sludge in the fall or winter. If you are interested in applying this organic material to your field, we will evaluate your field by conducting a four-foot deep, soil nitrates analyses free of charge. Like other organic fertilizers, sludge contains all the nutrients that plants need for optimal growth and yields. This material is high in phosphorus, potassium and is a good source of organic matter. The sludge will be delivered to the field, but consulting farmers must have the time and equipment to spread it. After it is applied satisfactorily, farmers can receive $0.65 per cubic yard to partially defray their application costs. Conventional manure spreading will work for sludge application material, but some types seem to work better than others. The very heatspreaders seem to be those that have a "puffer" to move the material to the top of the spreader. For more information about this program, contact Barb Ogg at University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (BPO)

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**Nebraska Cooperative Extension in Lancaster County**

**Timing key to late season 2,4-D applications**

Do not spray corn with 2,4-D from a week before tassel emergence until after the silks turn brown. Treatments during this critical time often interfere with pollination and reduce yield. After the silks turn brown, pollination is complete and 2,4-D can be safely used. The state's early planted corn is now in the stage where it should not be sprayed with 2,4-D.

Do not spray grain sorghum with 2,4-D from the boot stage through the dough stage. As in corn, some climatic problems and yield reductions result from spraying sorghum during this sensitive period. Between a 1-2 inch height and boot stage, use a drop extension to direct 2,4-D away from the sorghum tassel. Never use Banvel on grain sorghum after it is 15 inches tall. (DV)
Salt Valley Clean Lakes Project

A recent study of water quality in several area lakes found that nonpoint source pollution poses a serious threat to these lakes. Nonpoint source pollution is the contamination of surface water by polluted runoff. Polluted runoff can come from agricultural and municipal activities like agricultural fields, feedlots, construction sites, streets and parking lots, and even lawns and gardens. Sediment is usually a major contaminant in runoff, but plant nutrients (fertilizers), pesticides, bacteria, and other contaminants may also be present in runoff and contribute to the problem. The primary nonpoint source pollutants in our lakes are identified to be sediment and plant nutrients.

Based on the results of this study, the Nebraska Department of Environmental Quality (NDEQ) identified these lakes as state priorities for the control of nonpoint source pollution. In response to this finding, the Lower Platte South Natural Resources District (LPSNRD) in cooperation with Cooperative Extension and the NDEQ is sponsoring a four-year project aimed at protecting or improving the water quality in area lakes by reducing nonpoint source pollution. The project is being partially funded through NDEQ by a grant from the U.S. Environmental Protection Agency.

The principal objectives of this project are to educate landowners and the general public about the nature of the problem and encourage landowners within the watershed to adopt management practices which will reduce runoff and the amount of nonpoint source pollutants entering the streams and lakes. To accomplish these objectives, the University of Nebraska's Southeast Research and Extension Center recently hired Corey Brubaker as an Extension Educator to provide landowners the information and technical assistance necessary to implement recommended management practices. Corey has an extensive amount of technical expertise here in Soil Science from Kansas State University and his Doctorate in Agronomy from Kansas State University and his Doctorate in Agronomy from Kansas State University. Corey also understands the needs of Nutrition agriculture having worked on his uncle's farm in south-central Kansas for about 10 years. Although soil science is his primary area of expertise, Corey is very interested in environmental issues and is looking forward to working with landowners in these watersheds to help them find ways to reduce runoff and nonpoint source pollution that would also be beneficial to them.

New Extension Educator Corey Brubaker (left) and Unit Leader Don Miller look over an area watershed map while discussing the Salt Valley Clean Lakes Project.

The Wildwood Lake watershed is the top priority for this project. For since the LPSNRD currently has additional grant funding available to provide landowners in this watershed with financial assistance in the form of cost-share and/or annual rate reductions, to encourage installation of conservation practices such as terraces, grassed waterways, filter strips, sediment and nutrient traps, and grade stabilization structures. In addition, the LPSNRD is funding a cost-share program for soil sampling and testing in order to improve nutrient management within the watershed. Holmes Lake will also be targeted by this project because of its recreational importance and the extensive amount of development that is occurring within that watershed. The project will be expanded to include other areas in 1996 and 1997. Questions about this program can be directed to Corey Brubaker at the Lancaster County Extension Office, 441-7180. (CB)

Bag-No-More lawn care

Yard waste (lawn clippings, twigs, and leaves) account for approximately 35% of refuse taken to landfills. Since the Lancaster County landfill charges to keep the turf actively growing and healthy without causing excessively lush growth that can be susceptible to disease and stress related conditions.

Nature walk

What places can you visit to discover the joys of nature? Find a friend, or invite your family, to walk around the block or hike to the park. Find these insects, plants, and critters and deepen your awareness and understanding of nature. (ALLH)
July community profile: Sprague

Lincoln-Lancaster County Comprehensive Plan

Don Miller
Extension Educator
Community Development

Working copies of the Lincoln-Lancaster County Comprehensive Plan are available for review from the planning department in the County-City Building, 555 South 10th. A comprehensive plan is extremely important for both rural and urban citizens. The plan is a general road map and represents our best vision for the future. The goal is to adopt the plan in July. If you have questions or concerns, you should contact the planning department or your elected officials.

The plan addresses "low density residential" land use areas more specifically than previous plans. Low density includes residential areas with one to five acres per dwelling.

Marketing your business presents challenges

Marketing presents some special challenges to the home-based business operator. Being less visible than a retail outlet, a few special marketing methods may be in order.

Networking is a good way to market the operator and the business according to Carol Thayer, an extension specialist. Take every opportunity to make personal and professional appearances and presentations in a positive light. Keep a supply of business cards ready to hand out when networking.

The operator may be networking when contacting the planning department or your elected officials.

Networking is a good way to market businesses like Mineola, Amherst, and the Holton area.

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Marketing presents some special challenges to the home-based business operator. Being less visible than a retail outlet, a few special marketing methods may be in order.

Networking is a good way to market the operator and the business according to Carol Thayer, an extension specialist. Take every opportunity to make personal and professional appearances and presentations in a positive light. Keep a supply of business cards ready to hand out when networking.

The operator may be networking when contacting the planning department or your elected officials.
Melt odd nubs of crayons together in a tin can. Do not stir. Walk in the park (LB)

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Summer activities

Are you bored or there’s nothing to do? Common terms around your house during the summer? If so, here are some ideas you might try. Post a list of fun and inexpensive ideas on the refrigerator or bulletin board. Here are some ideas to start your list:

- Make bubble solution for giant bubbles
- 2 cups Joy detergent
- 6 cups warm water
- 3/4 cup Karo syrup

Mix and store. To make bubbles, construct a large loop from a hanger, a plastic fly swatter with holes, straws, etc.

Recycle by making games or gifts from items around the house.

- Melt odd nubs of crayons together in a tin can. Do not stir. Pour small shares of the crayons into different containers to create new colors. Resulting giant crayon may create wonderful striped ribbon when drawn across paper.
- Chair and to crochet simple chain stitch with yarn, loopings with their fingers. Cut ponytail tie-up!
- Make kites.
- Cut up boxes and paint different sizes of cans for building towers and walls.
- Save cans and reuse empty boxes. Use pay money to play store. (LB)

Fact sheets on drying fruits, fruit leather and vegetables

How long does it take to dry fruit? How do you make fruit leather? Which vegetables are good for drying? What is the difference between dehydrating a food with a dehydrator and drying in your oven? What food safety practices should you follow when drying foods?

For answers to these and other questions, our newly developed fact sheets on drying foods can help you.

- Drying Vegetables—116-94

- Drying Fruits—115-94

For a copy of any of these fact sheets, please send a self-addressed, stamped envelope for each fact sheet to: Drying Fruits, c/o Alice Hemmen, UNL Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE, 68528-1507

Please indicate which fact sheet you are requesting. (AH)

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Reduce summer stress

"Quickie" Stress Relievers

- Take a deep breath—inhale slowly
- Muscle Tension/Relaxation Technique: "Repeat each approach 5 times or as needed"
- Tense your forehead—hold for 5 seconds—relax
- Shrug your shoulders—hold for 5 seconds—relax
- Stiffen your legs—hold for 5 seconds—relax
- Do something that requires energy—this will let you "get back"
- Take a brisk walk
- Pull weeds from the garden
- Clean out the basement
- Do something to "break" the tension and put humor into the situation
- Make a "face"
- Let out a "silly" yell
- Tell a joke
- Share a treat
- Take a "time-out"
- Listen to a favorite song or album
- Go into another room—change the scenery
- Walk in the park (LB)

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Summer is...

- Biking a double dip cone faster than it can melt
- Riding a ferris wheel
- Going for a canoe ride
- Sitting at a picnic
- Being able to sleep late
- Running through the water sprinkler

Healthy Mothers Healthy Babies

24 Hour Helpline 1-800-862-1889

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Labels provide information to help reduce risk of heart disease

A new "Nutrition Facts" on food labels are appearing more frequently on purchased foods. The latest guidelines for food labeling will help consumers make better decisions regarding their dietary choices, if they consider some key concepts.

- The first, "Ingredient List" claims for the " Total," "Low," "Reduced," and similar terms now have uniform definitions. Consumers concerned about reducing heart disease risk may focus on fat and saturated fat content in food and/or calories. Food packaging with claims about fat must meet strict federal guidelines to use the "Free" label.
- The "Fat Free" standard serving size contains less than 1/2 gram of fat. The "Low Fat" standard serving size contains less than 3 grams of fat or less. The "Reduced Fat" serving has at least 25 percent less fat than the comparison product.

- Total Fat 139
- Cholesterol 30
- Sodium 740
- Fat 59 25%
- Carbohydrate 31 g

- Cholesterol 34 cup Karo syrup

- Mix and store. To make bubbles, construct a large loop from a hanger, a plastic fly swatter with holes, straws, etc.

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Teenagers talk to each other

What do teenagers talk about on the telephone? Themselves mostly, and what happened at school or after school that day. Things like who said what to whom. What teenagers are doing and some social gossip. This is the telephone talk is interpreting everyday experiences. They’re asking, “Did you hear about my friend yesterday?”

This process of talking over shared experiences can help them as they are trying to figure out who they are and how they compare with others. The telephone provides an opportunity to be intimate but at the same time to be private. It’s easier to say some things if you’re not face-to-face. It’s easier to understand when you set limits for your teenager’s telephone use. Here are some suggestions:

- Help teenagers understand that using the telephone is not a right, but a privilege that requires certain responsibilities. The time to impose some restrictions might be when grades at school go down.
- Hold family discussions and include your teenager in decision making and problem solving.
- Set reasonable limits on the lengths of calls and the hours for telephone use. For example, no long calls on a school day or no calls after 9:30 p.m.
- Partial payment of the monthly telephone bill can help teenagers develop autonomy. Set up a system for paying long-distance usage.
- Be willing to compromise sometimes.
- Have a sense of humor. (LB)
Keeping food safe on picnics

When a fine summer afternoon calls, you might think, “Picnic, you could find yourself organizing one. And you have to pack the hamper and the cooler. Then thumb through these warm-weather, food-related protocols before you head to the store.

Picnic shopping

• Buy perishable products last at the store and get them home to the refrigerator, or into the portable ice chest or insulated bag. This means you're taking on the picnic. Never leave perishables in a hot car while you run other errands.

Cold storage of picnic food

• For quick use, perishable products can be kept in the refrigerator in good condition for up to three days. If the store wrap on meat and poultry is clean and not torn, leave it on. Otherwise, remove the products in clean plastic or aluminum wrap. Make sure the refrigerator is clean and cold.

• For longer storage, freeze food. Wrap items tightly in heavy freezer bags. Cool foods and freezer food will not freeze. Nor do tomatoes and lettuce.

Thawing—do it the night before

Contrary to common practice, it's not safe to thaw meat and poultry on the kitchen counter. This can result in dangerous bacteria growth. But home-made mayonnaise and other mayonnaise-based salads should be kept on ice, the mayonnaise you buy at the store is not a food product. It is an acidic system of milk that can cause acid content actually slows bacterial growth. But homemade mayonnaise can contain mayonnaise, or vinegar, can be risky.

The cooler should be well-insulated and have a freezer or you can use a freeze-pack insert. Cold drinks in cast helps keep other drinks in the cooler.

When possible, place the container in shade. Keep the lid on.

Please turn to Picnic: page 10

Cooking is a great family activity

Here’s a pair of recipes from Harriet Kohn, Extension Food & Nutrition Specialist, for cooking with children. Grown-ups might like these too.

State Fair Pretzels

1 loaf frozen whole wheat or white bread dough, thawed
Cornmeal

On floured surface, cut dough lengthwise into eight strips. Cover and let rest 10 minutes. Roll each strip on floured surface or between floured hands until 1/2 inch thick and 1 1/2 inches wide. Strips should very be predictable, or shaped into the child’s creation, and place on greased cookie sheets. Brush with lukewarm water. Sprinkle lightly with cornmeal.

When they are firm, 15 minutes in a warm, draft-free place.

Place a shallow pan of water on bottom shelf of oven. Preheat oven to 425°F. Bake pretzels on center shelf of the oven for 18 to 20 minutes or until brown. Makes eight large, soft pretzels.

Tuna Dip with Vegetable Dippers

1/4 cup mayonnaise
2 tablespoons pickle juice or vinegar
1 teaspoon grated onion
Dash of salt
Dash of pepper
7 ounce can of tuna, drained
Paprika or chopped parsley

Combine ingredients, pickle juice or vinegar, onion, salt and pepper in a bowl. Add the tuna and mix with a fork until well-flaked and well-blended. Place in a small serving dish. Sprinkle with paprika or chopped parsley. Cover and refrigerate for at least one hour to blend flavors. Serve surrounded with crisp celery, carrot sticks and other raw vegetables as dippers. (AH)
National Fair contests: get big on safety

4-H Ice Cream 4-U
Who: Anybody who likes ice cream
What: Ice Cream Social
When: Friday, August 5, from 6:00-8:30 p.m.
Where: The Demo Mall located at State Fair Park
Why: To help the 4-H Teen Council raise funds for youth education programs.
Cost: Cool treats for a cup or cone (AMM)

Emergency Early Release for Animals at the County Fair
All animals are expected to remain at the fair from check-in time to check-out time. Hence, no animals or other exhibits will be released early except for hard­ship/emergency reasons. In the case of a hardship/emergency, an early release form (Early Release Form for Animals) must be obtained from the superintendent, show manager, or 4-H Office. Signed approval must be obtained from the "Lot" superintendent, "Let" show manager or a member of the grievance committee. Any unstocked exhibitor removed from pens or stalls will be told to leave the ground prior to the designated release time, without a completed Early Release Form for Animals, will FORFEIT ALL PREMIUM MONEY. (LJ)

1994 Photography Themes
The two new themes within the Nebraska 4-H Photog­raphy Contest are: “Year of the Family” which should depict something about Nebraska, and "Color it Red" which should reflect red as the predominant color. These categories are separate from the II and III categories. Entries should consist of a black and white or color photograph mounted on an appropriate color, 11" x 14" (outside size) cut matte. Cost: $1 each. Participants in the photography unit need to check the pre-registration booklet carefully. The entire photography section was rewritten at the state level this year to make it easier to follow. Check for changes in mounting, displaying and identifying your project.

Fair Family Barbecue Moved to New Site
The family barbecue has been moved to the Beef Pit Site. It is expected to be a popular attraction and will have a great taste sensation. (LJ)

Join the bicycle safety rodeo!
The 4-H Bicycle Safety Contest is set for Saturday, August 6, 9 a.m., at the 1994 Lancaster County Fair. To enter this contest, you do not need to be enrolled in the 4-H program. To sign up for this contest, you must wear a white shirt and white identification tag which you can purchase at the fair office. The entry fee is $2.00. If you need to test your knowledge about bicycle safety and riding your bicycle properly, it is time to enter the gate at the Bike Rodeo!

Let’s talk about it
Let's talk about the fact that the county fair is one month away. Let's talk about the fact that you can talk with the judge about your exhibit. It's called Interview Judging and it is great!

Interview judging entails the 4-H member sitting with the judge for about five minutes to discuss their exhibit, the process they used, why they used a certain technique, etc. It is very easy and fun! Interview judging is a great way for 4-H members to learn what judges look for and how to improve their skills.

Interview judging takes place Monday, August 8, second floor of the 4-H Building, State Fair Park. Sign-up begins 7 a.m. Contact the 4-H Office and sign up for the ten minute you want to interview judge. Not all project areas are available for interview. (see page 35 of the fairbook for a listing of projects eligible for interview/judging) If you have two items in a project area, sign up for ten minutes back-to-back. This makes it easier for everyone. Plan to take part in interview judging, you’ll be glad you did!

Singe, dance and be merry
Galaxy of 4-H Stars was Wednesday, August 3, p.m., Bob Devaney Sports Center is the time and UNK Center the place. The theme for the 1994 4-H Style Revue at the Lancaster County Fair is Galaxy of 4-H Stars. More information is available (see page 35 of the fairbook for a listing of projects eligible for interview/judging) If you have two items in a project area, sign up for ten minutes back-to-back. This makes it easier for everyone. Plan to take part in interview judging, you’ll be glad you did!

4-H publications will cost
Effective July 1, 1994, the State 4-H Office allocation for 4-H publications to the counties will be discontinued. Effective July 1, 1994, all 4-H publications and other materials will be cost shared to the county.

In response to this policy change, the Lancaster County 4-H Council has decided to give important safety mes­sages to young people through a cassette. Groups entering the contest must have no more than two cassette. The categories are:

1. Safety Rodeo Contest
2. Safety Contest
3. Safety Rodeo Contests
4. Safety Contest

Everybody do a demo!
The Demonstration Contest is one of the best ways to share your expertise. A demonstration can be done in a variety of areas and you don’t have to do a demo that you are taking a project; you are taking unless you to. Demonstrations can be done as an individual or a team.

This year we are having two demonstration contests in order to accommodate everyone’s needs. The first one will be Tuesday, July 19, at the Lancaster Extension Center. The second demonstration will be held Saturday, August 26, beginning at 8 a.m. at the Lancaster County Fair, Demo Complex. Registration for this contest is due Monday, July 18. There will be a workshop on modeling, selecting accessories and the new changes for Style Revue will be given at the workshop. We hope to see you in the Galaxy of 4-H Stars!

The 4-H Council worked hard to establish a policy that would be fair to all and would ensure equal access to all 4-H members regardless of the ability to pay. We recognize there will probably be a few questions, please ask everyone to be patient as we implement this change. (LJ)
4-H Misfits give service

For several meetings, the Misfits 4-H Club has been busy working on three wood projects for the Alzheimer patients at Crete Manor Nursing Home. The group not only learned a lot about woodworking and fellowship, but enjoyed presenting the projects to the residents April 9. They also hand-quilted three colorful lap quilts that folks can enjoy on cold Nebraska days. What a joy it was to serve such special people!

—Misfits 4-H Club Leader Joyce Vahl

Missfits 4-H Club delivers gifts to the Crete Manor Nursing Home.

Lucky Charms work together for the community

The Lucky Charms 4-H Club spent a day making infant blankets. Using the sewing skills they learned in 4-H, Robin Stearley, Amy Stearley, Jenny Fiala, Brenda Fiala, Lindsay Moser, Lindsay Harger, Krista Harger and Molly Harger made 16 infant blankets. The blankets were given to Lincoln Medical Education Foundation for young mothers who attended early pregnancy and infant care classes sponsored by the Elkhorn Community Health Center. "I know how much these young mothers needed and appreciated the infant blankets" said an instructor of one of the classes. On behalf of these young mothers and their babies, she accepted the blankets by saying: "Thank you, Lucky Charms!"

Members of the Silver Bullets 4-H Club judge their oatmeal cookies at a club meeting.

Little Bo Peep and dressed-up rabbits

Have you ever attended the 4-H Sheep Lead Show at the county fair? This year it will be held Wednesday, August 3, 3 p.m., in the North Arena. Entrants must lead a breeding ewe lamb or yearling ewe which will be shown at the fair. 4-H members choose outfits made of at least 50% wool to wear as they show their sheep trained to halt while still in the wool. The sheep are often costumed in ways to compliment outfits worn by the exhibitor. This is always an outstanding event and one you might want to add to your list of things to do at the fair. Also, don't miss the Robbie Specialty Classes, Friday, August 1 Turn To Bo Peep: back page

New animal science resource available at county Extension office

An innovative animal science program is available for use by 4-H clubs, ag classes, and young producers across the county. Leaders, teachers or experienced young people can facilitate this newly released course.

Total Quality Management (TQM) for Youth Producers was developed jointly by Iowa State University Extension and the University of Nebraska-Lincoln Extension. The curriculum helps young people apply the principles of Total Quality Management (TQM) to their daily work. TQM is especially practiced in business, education, and industry, so food production. Young producers can focus on consumer needs and preferences, use their resources effectively and efficiently, and solve problems more competently in order to improve their products. An interdisciplinary team of Iowa and Nebraska Extension veterinarians, animal scientists, and youth specialists collaborated to produce the 20 video segments and 17 learning activities which make up TQM for Youth Producers. The curriculum focuses on beef, dairy cattle, sheep, swine, poultry, and fish. Each video segment is under 10 minutes long and features a professional and a youth producer. These two teams up to provide information on the Total Quality Management approach to raising food animals. Video segments include such topics as providing quality environments, handling livestock safely, giving injections, and aiming for quality products.

In conjunction with the videos, leaders and teachers use learning activities, each of which may be completed in under an hour. These hands-on learning experiences help young producers consider such topics as factors in choosing health regimens and feeding programs for their food animals. Each learning activity suggests a follow-up activity for participants to do independently. These activities provide young people with the opportunity to put their new learning into action immediately.

The final goal of TQM for Youth Producers is for young producers to develop personally tailored management programs for their own operations, says University of Nebraska Animal Science Youth Specialist and co-director of the project Doug Wolverton. "After TQM, these kids have the resources they need to generate their own TQM plans, rather than adopting someone else's program wholesale," said Wolverton.

Call LaDeene or Dave Swarts at University of Nebraska Cooperative Extension in Lancaster County, 441-7180, for more information or to arrange to use TQM for Youth Producers.

ATTENTION, HORSE RIDERS

The Cornhusker State Games include equestrian events July 16-17 (dressage, carriage driving, modified grand prix jumping, pole bending, barrel racing, keyhole racing, and reining). Entries are due July 26. Call (402) 483-5696 for more information.

COMPETING DRILL TEAMS

Winners of the 1994 Iowa County Fair Horse Show will be eligible to compete in the Lancaster County Fair. Plan to attend the 1994 Lancaster County Fair Horse Show August 3, 4 & 5, State Fair Park Main Coliseum. For further information, please contact Richard Tast, 423-3737.

DRILL TEAM COMPETITIONS

All Drill Team Competitions showing at the county fair have been asked to have their music at the announcer's stand Tuesday morning. August 2. All cassette tapes should be audible and any special requests should be discussed with the announcer Tuesday morning. Further questions should be directed to Richard Tast, 423-3777 (WLS)
Eagle Eyes

The youngsters also purchased pumpkins, then decorated and donated them to the zoo. After one of Lincoln’s storms, Eagle Eyes members helped clean the zoo by picking up debris. How do the kids feel about working at the zoo? Enthusiastically, they answered. “It’s lots of fun—it’s doing public relations, and we really liked working at the zoo.”

The club toured the Peoples City Mission last fall and decided to host a clothes drive. Youngsters sorted clothes and shoes according to size, and they wanted and if they were diabetic and couldn’t eat sweet treats around lunch time.

Leader Nancy added, “I like to watch the kids’ faces during the service projects because they realize they’ve done something worthwhile for the community and their eyes just light up.” As members of Eagle Eyes interact with community residents, they develop a better understanding of their community. They feel a certain pride for their surroundings and these activities help them develop skills for use later in life.

When asked why she is a 4-H member, Becky Houck replied, “4-H encourages our members to be open and to try new things—activities that they didn’t think they wanted to do! These kids are gaining self-confidence and developing life skills by participating in events like speech and demonstration events.” Nancy added, “Kids like to be with their friends—they’ve made new friends, and the activities and gatherings create common memories with the kids and their families. An example is when we launch rockets, the older ones are always saying—remember when...?”

4-H projects include “by doing” activities that promote lifetime skills. So, we asked Eagle Eyes members, “How does 4-H help you?” Emily said, “4-H helps me learn about the things around me and how to take care of my pets.” Gene added, “4-H has helped me take on more responsibilities and to get in front of people and speak. I’m not so shy now.”

Parent Becky Houck indicated that “at first, public speaking was hard for Amanda, but after some help from her club members, and now that she’s won the cat showmanship trophy—it’s not so hard. It’s built a lot of self-esteem.”

And what do you like best about 4-H? "The thing I liked best this year is when Nathan (BOO) and I did our flag demonstration at State Leaders Forum," answered Gene. “We were the open-ceremony. We did a lot of research and worked really hard.” Emily liked “all the new friends I’ve made and all the different projects I’ve gotten to do.”

The Eagle Eyes Club is a very active and energized group of youngsters and adults that exemplify the 4-H slogan: “To make the best better!” These kids certainly are doing that. Gaining life skills! You betcha!” (ALH)

Human Resources News continued

Removing hard water stains

A common problem in Nebraska homes is hard water stains. Stains on porcelain enamel and fiberglass fixtures such as bathtubs and sinks, are a particular problem. Using abrasive products such as pumice stone or cleansers is not good. If the product is abrasive enough to wear down the hard water stains, there is also a good chance it is abrasive enough to harm the surface of the fixture. Once the surface has been worn down or scratched, it is more susceptible to stain.

Use an acid solution to remove hard water stains. Mild acid products such as vinegar or lemon juice may be successful for very light stains. Many commercial products on the market contain acid solution for dissolving hard water stains. Read the product labels and containers to find them. They will indicate they are good for removing rust stains, hard water stains, or limestone buildup. Always follow the directions carefully and be sure to rinse the surface after treating the stain.

Remember, these products do contain fairly strong acids, so they can be harmful if not used properly and with care. (LH)

The difference between Ordinary and Extra-Ordinary is the EXTRA!
**Termite Vermont**

Termites are soft-bodied, ground-dwelling, social insects that live in colonies. These insects move their colony up and down in the soil to find optimal temperature and moisture regimes. Unlike most other insects, termites can feed on wood because they have protozoans in their gut that must travel in mud tubes that they construct. For survival, the inside of these tubes are always kept moist.

The current termite treatment strategy is to establish a continuous insecticide barrier between the nest in the soil and the wood in the home. Proper treatment involves injection of insecticides into the soil around the foundation, under basement and garage floor slabs and into low block walls. Specialized equipment and large quantities of diluted insecticide must be used to ensure this continuous insecticide barrier; it is not recommended that an untrained homeowner attempt a termite treatment.

**Use bug repellents safely**

Unfortunately, biting insects, like mosquitoes, ticks, and black flies, are among the loveliest outdoors that we enjoy in the summer. To fully enjoy spending time outside, insect repellents may be necessary to prevent those nasty insect bites! Use repellents with care and caution to avoid minute. Have fun, but be safe!

**Use Repellents Safely!**

- Read the label before using. Even if you have used the product before, read it again. Don’t trust your memory.
- Follow directions carefully, use the proper amount, at the right time and for the correct purpose.
- Store repellents out of children’s reach, in a locked cabinet.
- Repellents should only be applied to exposed skin and/or clothing.
- Do not use under clothing!
- Never use repellents over cuts, wounds, or irritated skin.
- Do not apply to eyes or mouth. Because a young child may place fingers into their mouth, do not apply to their hands.
- Avoid breathing a repellent spray. Do not use near food.
- After returning indoors, wash treated skin with soap and water.

If you suspect that someone has been over-exposed to a repellent or if someone reacts to an insect repellent, call The Poison Center, Omaha, NE at (800) 955-9119 (open 24 hrs). If you go to a physician, take the repellent with you. Your doctor will need to identify the active ingredients. Specific information about ingredients in repellents and other pesticides is available by calling the National Pesticide Telecommunications Network at (800) 858-7378 (Monday - Friday, 8 a.m. to 6 p.m. CST). (BPO)

**Changing your own oil? Then please dispose oil properly**

Used oil may contain pollutants harmful to humans and the environment. Oil dumped down sewers, in the garage, or on the ground can contaminate groundwater or our streams and lakes. The service stations listed below offer you a service by accepting used oil for recycling.

**Do**

- Protect your hands and skin from used oil. A pair of latex gloves work great.
- Drain your oil into a clean container with a lid. Label it “Used Oil.”
- Keep oil free of contaminants, like dirt, grit, dirt, and leaves.
- Puncture and drain your oil filter for 24 hours prior to placing in the trash.
- Take your used oil to a business that will reuse or recycle it.
- Take your empty container home with you—reuse it, or put in the trash.
- Remember to say THANK YOU to the business that accepts your used oil!

**Don’t**

- Dump used oil on the ground, in the storm sewer, into the street, or in the garage.
- Leave oil at the service station after business hours.

**Used Oil Collection Sites**

- Lincoln Police Garage 635 J Street 441-7692
- High Street 66 1300 High Street 423-4298
- College View 66 48th & Pioneer’s 499-7717
- Gates Automotive 826 S 27th Street 476-2118
- Rathbone Village Conoco 3177 South Street 488-2166
- Mike’s J. Service 800 S 48th Street 489-8900
- Norm’s Conoco 40th & A Street 423-4318
- Parkway 48th & Normal Bl. 488-9964
- Rex’s 66 70th & Van Dorn 488-6704
- Havelock Amoco 440 N 70th Street 466-9953
- Mike’s 66 & Towing 8201 N 56th Street 466-1438
- QST Place Standard 1469 Q Street 475-8619

**Getting to know your water words**

More and more Lancaster County residents are becoming aware of the importance of water quality and water quantity issues. Sometimes it is difficult to understand the terminology used in water-related discussions. Following is a listing of water-related terms that may help provide a working knowledge of Lancaster County’s water.

**Aquifer** is a saturated underground formation that will yield usable amounts of water to a well or spring. The formation could be sand, gravel, limestone or sandstone. The water in an aquifer is called groundwater.

**Groundwater** is water that occupies voids, cracks, or other spaces between particles of clay, silt, sand, gravel or rock within the saturated formation.

**Groundwater mining** is the process where water enters the soil and eventually reaches the saturated zone. Recharge varies from place to place due to the amount of rainfall, infiltration and surface vegetation.

**Groundwater recharge** is the source of surface or groundwater pollution originating from diverse areas without well-defined sources. The most common examples of NPS are chemicals that enter surface water during runoff events from cropland and turfgrass and soil erosion from cultivated cropland and construction sites.

**Point source (PS) pollution** is the source of surface or groundwater pollution that originates from a well-defined source. Examples include industrial effluent, large animal containment facilities, city waste water treatment discharges or chemical spills. (DI)

**Termites can be costly**

Professional treatment for termites is expensive and a major expense for a homeowner. It is confusing with many treatment costs from pest control companies differ by $100 or more. Why does it cost so much? Why are the bids so different? The truth is, that some very low-bidding companies may not be following the recommended labelled rates and/or label directions in their estimate in order to bid low to get your job. Conversely, a high bid does not necessarily mean that a proper treatment will be done. Have you made sure that the pest control company will be treating your home properly and protecting it from reinfection? In order to make an objective decision about termite treatments, you may need information about termites and proper termite treatment.

For free information, which will give a real example of how a termite treatment should be done and how to determine its cost, call the University of Nebraska Cooperative Extension in Lancaster County and ask for fact sheet 11-93, Termites & Their Control, available for 50. (BPO)

**Source:** Environmental Echoes, IANR News Service (WLS)

**Brush**

call the fire department to let them know if it is a controlled burn. To their surprise, they find that they should have obtained a burning permit from their rural fire department.

Above all, no matter how tempting, do not add other items to the pile before or after it begins burning. Never add a chemical which is illegal and toxic to burn some other things, the ashes will contain solids that are not suited for land application. All the ashes— including the brush ash— then must be hauled to a licensed facility.

That old building that is half finished and awaiting its final demise—what can you do with it? The best thing is to do dismantle it and dispose of the individual parts. The wood can be salvaged or burned and the ashes spread upon the land. The concrete floor and footings can be used for beneficial fill—either for grading or stabilization. The metal handles, window pulls, nails, and glass windows can be recycled, or landfilled at a licensed facility as a last resort. If the shingles are wood, they can be burned. If not, they probably have to be disposed in the landfill designated for that particular residence. In short, the building will need to be treated according to its component parts.

People often ask if they can just dig a hole parallel to the old building, shove it in and cover it up. The answer is no. State law is very specific in saying that to "dump or deposit any solid waste at any place other than a landfill approved by the director of DEQ is illegal." And since your excavation next to the building is not approved—it won’t qualify.

Likewise, the entire structure should not be burned. That would cause metals and glass to get mixed in with the ashes. Then even the ashes are contaminated and unsuited to be spread on the ground.

In short, use burning as a method to dispose of some specific items. Don’t become careless and add items that should not be burned, and as a cautionary note, make others aware of your burning plans.

**Environmental Focus News continued**
1994 HEALTH AWARENESS DAY
AUGUST 4
(Not during the Lancaster County Fair)
9 A.M. - 5 P.M.
STATE FAIR PARK—AG HALL

EXHIBITORS & AGENCIES

- LITE SAFE HOUSE (no solo Ag Hall)
- THE BOSTON CLUB
- SIGRED: IT CAN BE PREVENTED
- PARASITE POWER
- RESPIRATORY CARE CARE
- Staying off infectious DISEASE
- SAFETY ON THE JARM
- TRAFFIC SAFETY
- WORK INJURY AND EARLY DETECTION
- NATIONWIDE INFORMATION FOR THE ELDERLY

- OPERATION LIFESAVER
- CAR SEAT AGES
- 4-H AND SAFETY AWARENESS
- JUNIOR PROGRAM
- AMERICAN FOUNDATION
- VIOLATIION PEER SUPPORT
- COMMUNITY BLOOD BANK
- AMERICAN HEART ASSOCIATION
- BIKE SAFETY MATERIALS
- CLEANING IS CLOTHS PLAYS
- OWN YOUR OWN IN RURAL AMERICA
- FARMERS LUNG TESTING
- N. L. J. MEDICAL CENTER
- AND MANY MORE.

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