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The NEBLINE, September 1994

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'94 EnviroFair a success

Don Janssen
Extension Educator

Why are those blue fish symbols painted on sewer drains? What species of wildlife live in the city? What is precycling? Why doesn't vermicomposting (composting with worms) smell? Many of the questions and many more were answered at the Lancaster County EnviroFair. Held in conjunction with the 1994 Lancaster County Fair and Health Awareness Day, EnviroFair was an outstanding showcase for programs, projects and activities related to keeping and improving our environment. No matter how good we feel we have it in Lancaster County—there's always room for improvement. Just to keep the environment the way it is requires extra effort.

Many subtle but definite changes are occurring with respect to our environment. As old buildings are being replaced, some parts of the old buildings are being remanufactured into building materials for the new. Recycled materials include plastic containers, paper products, metals and concrete are major components of new construction materials. Our everyday garments are now being made from recycled plastic milk jugs, diaper components and tires. Tennis shoes and T-shirts are constructed from these recycled products. Old denim jeans are recycled into paper. Many of the components of new computers will be built with recycled materials.

In many respects precycling can be more important than recycling. If the production of materials that need to be recycled are reduced—then recycling becomes less important and easier to do. An example of precycling is buying a cleaning product in a concentrated form and degradable container. Mixing it in a reusable container reduces the need to recycle another plastic container. This same logic can be used on many other consumable products.

Twenty-five displays were visited by 1,750 fairgoers at EnviroFair. Fairgoers could make their own recycled paper, run their fingers through composting worms or just have questions answered. Youth activities including "Water Riches" and "Project Wild" demonstrated how groundwater moves and how to identify wild animals.

The EnviroFair was very informative and a lot of fun too. We hope you all visit the exhibits next summer during the Lancaster County Fair.

More pictures on page 5

Aaron Scheper's watches youth use the electronic vegetable quiz board at the the 4-H Horticulture VIP's demonstration booth.

Debby Portnoy and her son Jarett, demonstrate to fairgoers the art of papermaking using recycled paper.

GARDEN GOSSIP

HOTLINE

441-7179

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University of Nebraska Cooperative Extension in Lancaster County
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The 1994 EnviroFair, held in Ag Hall at State Fair Park, successfully promoted environmental programs in Lancaster County.

Extension Assistant Soni Erickson shows youth the worm bin at the vermicomposting exhibit.

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
"Evaluate Compaction Before Subsoiling"—page 3

Natural Resources and Environmental Management
"94 EnviroFair a Success"—page 1 & 5

Children, Youth and Families
"Pursuit of Excellence ..."—page 7

Nutrition, Food Safety and Quality
"Healthy Brown Bag Lunch Tips"—page 6

Annual Feature: Noxious Weed Control Authority News
"Noxious Weeds Must Be Controlled"—page 11
**Horticulture open house**

**What a wonderful time of the year to immerse oneself in the fragrances and beauty of an herb garden by attending the Herbal Festival, Saturday, September 18, noon to 4:00 p.m. The festival will be held at the Pioneers Park Nature Center. Enjoy sipping tea, whether it be a wildflower tea or the more formal Victorian tea. Listen to soothing music, enjoy delicious food and see demonstrations of gardening, paper making using herbs, vegetables and oils, potpourri and dyes. You can even decorate your own products giving will be presented through workshops. Tours of the herb garden will be given throughout the festival. New this year will be activities for children who are third graders or older.**

**WORKSHOPS:**
- 12:30 - 1:15 p.m. "A TOPIARY®" presented by Vicky Story. Learn how to make this beautiful decoration—easily accomplished in an afternoon.
- 1:45 - 2:15 p.m. "PAPER MAKING" presented by Mary Sawicki. Incorporate petals and oils into your own creations of notecards, pictures, etc.
- 2:45 - 3:30 p.m. "LIVING WREATH" presented by Edna Shields. A unique decoration to brighten up a buffet table.

Preregistration is desired for the festival and required for the Victorian Tea. Admission is $2 for children 12 years and younger, $4 for the festival only (drop ins are always welcome) and $6 for the festival and the Victorian Tea. For more information, call 441-7895. (DJ)

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**Horticulture open house**

**Plan to attend the Festival of Colors, Saturday, October 20, 1990, from 10 a.m. to 5 p.m. This lawn and garden open house is sponsored by the University of Nebraska Horticulture and Organic Gardening Club. A Festival of Color will be held at the John Seaton Anderson Turfgrass and Ornamental Research Facility, which is located southeast of Mead, Nebraska. Demonstrations and programs will be held on composting, herb gardening, dividing perennials, beekeeping and potting up native plants, roses, selecting lawn grasses and flower arranging. The public is also invited to view demonstration plantings of chrysanthemums, daylilies, ornamental grasses and annual and perennial flowers.**

**Mark your calendar now and discover all that’s fun and educational this fall!”**

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**Herbal Festival**

**Storing sweet potatoes**

Harvest sweet potatoes after a light frost kills the vines. Do not delay harvesting after the vines die back. The tubers will not increase in size if they begin to rot. Do not wash the sweet potatoes after you dig them. Place them in a basket or slatted crate with good air movement.

Store sweet potatoes in a warm, dark place to cure them. Ideally, the temperature should be 85° to 90° Fahrenheit. The curing process helps to heal cuts and bruises and helps change the starch in the root to sugar. This increases the sweetness of the potato. Sweet potatoes will take five to seven days to cure.

After they are cured, store the potatoes in a cool place, preferably where the temperature will be maintained at 60° Fahrenheit. If possible, choose a place with high humidity. The temperature should not be allowed to drop below 50° Fahrenheit because if the potatoes suffer cold damage, they will rot. Never store sweet potatoes in the refrigerator. If sweet potatoes are stored properly, they will keep for several months. (MM)

**Seeds ripen in October**

In Nebraska, October is a good time to collect seed from evergreens for future planting.

Seeds of most evergreens (pine, spruce and fir) are enclosed in greenish-brown cones. There may still be months before these cones open and the seeds are released. These seeds can be attached to the tree from last year and they will be completely grown, open and seedless.

Spruce and fir seed mature in one year, so all greenish-brown cones ready to be picked. Cedar and juniper seed are contained in berry-like cones which appear blue when ripe.

After collecting cones, place them on a dry surface in the sun until they open. Shake or tumbl open cones over a screen to remove the seeds. (DJ)

**Controlling weeds in the fall**

The best way to prevent weed problems in the lawn is to maintain a healthy, thick turf. When weeds do appear, herbicides may be required. Perennial broadleaf weeds in the lawn, such as plantain and ground ivy, can be successfully controlled in the fall. Effective herbicides include 2,4-D, MCP, dicamba and triclopyr. Most products available at garden centers consist of a mixture of these compounds. Generally, best results are obtained when these herbicides are applied from September to mid-October. In the fall, perennial broadleaf weeds are actively translocating carbohydrates to the root system. When the herbicide is applied to the weeds, they translo- cate it to the roots with the carbohydrates. Then the weeds die.

**Seed: carryover your leftovers**

Sometimes seed is left over in a package after the spring planting season. This excess seed can be saved for next year’s garden, usually with little lost performance. However, seed stored for more than one year will require special care to ensure high germination for future use.

Storage temperature, relative humidity and seed moisture are the main factors in determining how long seed can be stored without loss of germination. The storage life of seed also varies greatly with species. In general, longer seed storage life is obtained when they were grown in your garden this year. You can also store for planting next year. Let seeds air dry for several weeks before storing. Do this when the relative humidity is low and the air temperatures are warm. Spraying the seeds out in direct sunlight for six to eight hours works well as long as the seed temperature does not generally exceed 100° F. Drying the seed in shade is usually better.

The dry seed should be placed in packages and stored in moisture-proof containers. Containers such as sealed cans or jars with air tight caps work satisfactorily.

The seed moisture, temperatures between 35° F and 50° F are satisfactory when they open. Shake or tumbl open cones over a screen to remove the seeds. (DJ)

**Pot plants for house herbs**

The end of the outdoor gardening season doesn’t have to mean the end of fresh herbs. You can have fresh herbs all winter if you pot up plants now and grow them indoors as houseplants.

Mint, chives, parsley, sweet marjoram and basil are excellent herbs to grow indoors. Rather than digging up whole plants from the garden and potting them, start a few in your indoor herb garden with new plants.

The easiest herbs to grow from seed are basil, parsley, mint and marjoram. If you can try growing them from seed. Many herbs are slow to germinate and you need to be very patient. The gourds will harden in one or two weeks, occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MM)

**Backyard composting**

**Drying gourds**

Harvest gourds when the stem dries begins to turn brown. Be sure to completely harvest your before the hard frost. Immature gourds will not cure correctly, so only harvest mature fruit.

After harvest, wash the fruit in a mild bleaching solution and dry off with a soft cloth. Discard any bruised, diseased or damaged gourds. Store gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourd. The easiest gourds to harden in one or two weeks, then the internal drying takes at least three months. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MM)
Desiccants dry weeds; assist with harvest

Desiccants can be used in soybeans and grain sorghum to dry weed growth and facilitate harvest. Desiccants should not be applied until the crop is mature. Early applications will have the same effect on crop yields as frost. Temporarily, early harvest is especially important where wheat is to be seeded after harvest.

Gramoxone® Extra is registered as a desiccant for soybeans and sorghum. With most soybean varieties (most of those grown in Nebraska), apply after the soybeans have reached the green color and at least seven days before harvest. Acrilac® application should be timed to a maximum rate of one quart Roundup® per acre. This treatment is not effective in drying up black nightshade berries.

Sodium chlorate, available under several trade names, is available as a desiccant in grain sorghum. Apply after the sorghum is ready for a frost (grain moisture of 22% or less). Sodium chlorate is widely used in the south as a cotton desiccant. On short notice, it often dries insects such as corn earworms. If sodium chloride use is anticipated, make arrangements with a supplier in advance. (PVP)

Protect your wheat from Hessian fly

Last year it was reported that Hessian fly infestations in Kansas is likely. It is likely that farmers themselves are partly to blame because there is no tendency to ignore this potentially serious pest.

Hessian flies cannot be controlled with insecticides, so cultural controls are extremely important. Cultural controls include:

1. Destroying volunteer wheat and wheat straw after harvest before the Hessian fly has hibernated or emerged from this fall. This cultural control works well because dink-dink volunteer wheat and wheat stubble will destroy any Hessian fly larvae (the pupal stage). (PVP)

2. Planting the recommended fly-free dates: September 27 to 28, for Lancaster County. (PVP)

3. Planting Hessian fly resistant or tolerant wheat varieties. It is especially important if you plant those dates. Hessian fly has been a problem for some time. September 27 to 28 dates. Resistant varieties include Arkan, Brule, Redland, Larken, 2163 and Norkan. Those varieties have been reported to be resistant or tolerant to Hessian flies. Hessian fly are Arafah, Buckwiny, Century, Colt, Mesa, Rawlife and Wings. (PVP)

Grasshoppers: late summer pest

We have seen large numbers of half-grown grasshoppers in soybeans and other crops in Lancaster County, especially near grassy margins. Grasshoppers should be treated when they are growing. As grasshoppers grow to adulthood, they can be very destructive to both Nebraska crops. You may want to check fields near grassy borders for jagged leaf feeding.

Grasshoppers are the favorite food of grasshoppers, but they will attack nearly all cultivated crops and will even eat off deciduous trees if no other food is available. The larger the population of grasshoppers, the more foliage it will eat. Keep an eye on the soybeans and sorghum.

In pastures and range situations, there is generally plenty of grass for both grasshopper and livestock, so treatment may not be necessary. For more information about grasshopper management and economic thresholds in different situations, refer to the field guides for insect management—Insect Management for Nebraska Corn CE1509 ($2) and Insect Management Guide for Nebraska Alfalfa CE1511 ($2). These publications are available at the Extension office. (PVP)

Sorghum tour dates set

Two tours are available for grain sorghum growers in the Lincoln area early in September. The first will be held on Wednesday, September 19th at 5:30 p.m. at the North campus test plot located three miles south of Cortland and one mile west of the north entrance to the Nebraska College of Technical Agriculture at Curtis. The second tour will be held on Friday, September 9th beginning at 10:30 a.m. at the north entrance to the UNL East Campus. This tour will include stops at the East Campus plots, the North campus, the South campus, and a tour located at the Jack Nagel farm north of Lincoln and the Agricultural Research Farm near Mead. Please call Lander Center 441-7180 for further information.

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Evaluate compaction before subsoloing

Use of heavy equipment and soil preparation during the harvest and fall season can lead to the increased incidence of soil compaction in eastern Nebraska. This problem is one way to alleviate soil compaction; however, several factors need to be considered before deciding whether to subsole.

First, determine the severity of any compaction and how deep it extends into the soil. This can be done by "feeling" the soil with a probe, a spade or a cone penetrometer. It is also helpful to dig holes in both compacted and noncompacted areas of the field and examine the soil and plant roots in each. The Extension NebNews newsletter, Field Method Compacktion and Its Limitations to Root Growth (G87-831) has more information on this subject and is available from your local Extension office.

When properly done, subsoloing usually results in increased pore space and infiltration. This may be beneficial in reducing root penetration. Unfortunately, this does not always translate into increased crop yields. In fact, Corn Belt research indicates that there is little yield benefit from subsoloing.

A recent study in eastern Nebraska showed that the extra cost ($12-$15 per acre) of subsoloing required about a 6 bu/ ac increase for soybeans over a three year period (1987-1989) to break even as compared to the nonsubsoled treatment. The common V-shaped subsoiler is when the soil is dry 30 bu/ac for soybeans. Depending on the depth of subsoiling, a moldboard plow, chisel plow or a subsoiler can be used 1.5 times deeper than the

rep aid the spray to the point of runoff to all soils and surfaces as possible, especially joints, seams, cracks, ledges and corners, including outside the bin at the foundation, grain and around doors, fans and ducts. Melathion, methoxychlor, Tempo or Reldan may be used for this purpose. Use Reldar only when sorghum will be stored for a long period of time or methoxychlor directly to grain. Read and follow label directions carefully. Melathion will eliminate insect larvae that live in the grain debris and dust that accumulates under a plastic bag. It may be used in the void under a perforated floor should also be removed and the area should be treated. Shipped grain outside the bin should also be cleaned up, eliminating another infestation source.

Before grain is harvested, clean up the grain bin and other grain handling equipment including augers, combines, trucks and wagons and remove old grain and other debris from the bin. Moisture should be adjusted to minimize grain damage and maximize removal of moisture and other materials, not sound kernels. Be especially careful when harvesting and handling grain from stored crops and this grain is more easily damaged. After the grain has been leveled toward the surface with both Dipel and malathion, or Actellic (corn and sorghum only). Dipel works against Indian meal moths and malathion is used for beetle control. Actellic and Reldan control both types of insects. If Indian meal moths have been a problem in the past, use Vapona resin strips (1 strip per 1,000 cubic feet of air space) in the bin space above the grain. Do not treat soybeans with malathion. Reldar or Actellic. Stored soybeans rarely need an insecticide treatment and few insects are labeled for use on soybeans.

Many insect infestations in stored grain can be traced to poor grain bins. Incidence of molds and insects, especially insects, is not effective in drying up black nightshade berries. Sodium chlorate, available under several trade names, is available as a desiccant in grain sorghum. Apply after the sorghum is ready for a frost (grain moisture of 22% or less). Sodium chlorate is widely used in the south as a cotton desiccant. On short notice, it often dries insects such as corn earworms. If sodium chloride use is anticipated, make arrangements with a supplier in advance. (PVP)

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Environmental Focus

Why recycle tin (actually steel) cans?

Recycled steel:

• has 470% less energy than making steel from raw materials.
• creates 85% less air pollution.
• creates 76% less water pollution.
• saves up to 12% of all trees.
• saves landfill space.
• saves resources, such as iron ore.

What do recycled steel cans become?

• structural steel products.

Why can’t take metal cookware, bottle caps or jar lids to the Lincoln recycling drop-off centers?

Often, these items contain more than just steel, making them difficult for industry to recycle.

To recycle steel cans:

1. Rinse cans. Remember to save water!
2. Remove both ends and flatten can to save space. (LB)

Hazardous Waste Collections
Saturday • September 17 • 9 a.m. to 3 p.m.
Former Health Department parking lot
2200 St. Mary’s Avenue

Prepare for the fall invasion

As the days shorten and temperatures cool just a bit, all sorts of critters start to prepare for protected places to spend the winter. Homes and outbuildings are ideal locations for winter shelter, so you should be examining your structures now to prevent entry by unwanted pests.

Insects that are most likely to invade homes include box elder bugs, elm leaf beetles, clover mites, a multitude of spider species and face and cluster flies. To prevent entry, make sure that windows, especially south and west facing, tight fit and are vertebrate animals that can invade our dwellings.

Caulking may be necessary to ensure that there are no cracks that these insects can squeeze through. Remove webs and nest materials from outside.

Agricultural workers may be at risk for Organic Dust Toxic Syndrome

The National Institute for Occupational Safety and Health (NIOSH) warns agricultural workers that they may be at risk for developing Organic Dust Toxic Syndrome (ODTS), a common respiratory disorder that may follow exposure to heavy concentrations of organic dust contaminated with microorganisms. Workers are typically exposed to this dust when shoveling or moving organic materials such as corn, wood chips and compost, feed stuffs, and manure.

An estimated 30% to 40% of workers exposed to organic dust will develop the disease. Yet, despite its common occurrence, ODTS is not a widely recognized illness. The syndrome is characterized by fever occurring four to twelve hours after exposure and flu-like symptoms such as general weakness, headache, chilliness, body aches, cough, and chills. Difficulty of breathing may also occur. In addition, pulmonary function may be impaired, and an increase in the number of white cells in the blood is common. Learning to identify the symptoms early and react quickly will prevent problems with fall

Every time you would normally discard something, put it in the bag instead. Weigh your garbage. How much did you generate? Now look through your bag to see if anything can be reused or recycled. Examine the remaining trash and decide on ways to reduce this waste by making other choices. Maybe you could choose a glass container that can be reused or recycled instead of a foam one.

Check the number of pieces of packaging. Can that be reduced? Not too many of us think about how much garbage we put out. Try it for a week. Put it near the curb on collection day. But, more and more of us is becoming an issue. What is the alarming rate that it won’t be long before there are few places left to put it all! So, take some time to think about trash, and commit to reducing the amount of garbage you produce! (ALH)

Become a trash can for a day

Fall is good time for bird houses

If you are thinking about putting out bird houses in the springtime, you should know that there are some good reasons to install them now. If you put out bird houses in the fall:

1. The wood will be seasoned and look more natural to the birds by spring.
2. Early nesting birds will find shelter, so you should be thinking about your structures now to prevent entry by unwanted pests.
3. The wood will be seasoned and look more natural to the birds by spring.
4. It is a lot easier to install a bird house now than in February! There is a terrific North Central Regional Publication, Sheves, Houses and Feeders for Birds and Mammals (#338) that has information on different bird houses for a number of Midwest birds, including wrens, bluebirds, tree swallows, purple martins, sparrow hawks, barn and screech owls, wood ducks, chickadees, and warblers. There are plans for fox and gray squirrel houses. This publication costs $4 and is available from the Lancaster County Extension office. (BPO)

Night-stalking wolf spiders scary!

All spiders are predators and eat insects, but different spider species have different methods of capturing their prey. The common black and yellow garden spider (Araneus) is an example of a spider that spins beautiful webs between plants in the garden. These garden spiders patiently wait for flying insects to land in their web. Some spiders do not build a web to capture their prey, but stalk their prey. Wolf spiders use this method to capture their prey.

Worldwide, there are about 2,500 different species of wolf spiders. Some have bodies as small as 1/4” others have bodies that are well over an inch long. They have pretty good eyesight, for a spider, and an arrangement of eyes than most spiders. Wolf spiders are often quite hairy. Some people think that they look like a small tarantula (which, by the way, has had an undeserved bad reputation as being dangerous). Tarantulas belong to a completely different group of spiders and are not found in Nebraska, unless in captivity as pets. Wolf spiders also make good

The Nebraska State Fair is a heartland away and with it comes all the preparations for livestock and agricultural shows, a big celebration, lots of fun and fanfare that comes with each state fair! Your friends at Southeast Fire want you to enjoy the Lincoln, the State Fair and everything that goes with it.

To help make your Nebraska State Fair experience a memorable and SAFE one, we offer the following reminders:

• Remember that NO smoking or open flames are allowed in any livestock facility at any time. If you have livestock in the building and see someone smoking or using an open flame, you have a right (and a responsibility) to ask them politely to put it out (99% will do so if asked politely, believe me!)...

• Know at least two ways out of your livestock building and know where firefighting equipment (e.g., fire extinguishers, water hoses, breather and bottles) are located. You never know when a good idea to “Play it safe”... “What if...?” “What if there was a fire in the barn where my livestock are housed?”...

• Drink lots of water if it gets hot and humid. Also, plan to take plenty of rest breaks in the shade. Keep clothing loose also.

• Plan to visit the State Fire Marshal’s building (red building) and the Law Enforcement (blue) building this year! These are right across the street, east of the Devaney Sports Center.

- Bill Montz, Jr., Fire Prevention Public Relations, Southeast Fire
From garbage to gas?

In addition to gasoline, diesel oil, jet fuel, and polyethylene, crude oil is also the basic ingredient used in the manufacture of plastics, vinyl and synthetic fabrics. According to Environmental Protection (January 1994), research scientists at Universities of Kentucky, West Virginia, Pittsburgh, Utah, and Auburn are now developing a process which turns plastics, rubber, oils and paper back into a high-quality oil suitable for use as transportation fuel. The underlying objective of this research is to find a way to turn a waste disposal problem into a hydrocarbon resource.

This research looks promising. So far researchers have successfully converted plastics like polyethylene, milk jugs, and soft drink bottles into oil. The plastics are mixed in a reactor with a solvent and special catalysts. The mixture is heated to between 400 and 450 °C for 60 minutes at a pressure of 1,500 to 2,000 p.s.i. In this process, called "liquefaction," the plastics are broken into smaller components similar to that of crude oil. However, the "plastic oil" is lighter and easier to refine than crude oil and does not contain sulfur. Scientists have also added waste plastics to coal and successfully produced a high quality oil using the same liquefaction process.

Right now, the cost of producing liquefaction oil is greater than imported oil. But, researchers believe that liquefaction of unrefined materials with oil could be a reality within a decade. Along with plastics, rubber tires, waste oil, and paper are other good candidates for co-liquefaction. These are also some of our biggest landfill headaches!

For more information on this research, contact Gerald Huffman at the University of Kentucky, (606) 257-4027. (BFRO)

Dry-cell batteries: what to do?

The landfill ban of lead-acid batteries (automobiles and machinery) was discussed a few months ago. But what about the five billion dry cells—amounting to 145,000 tons—that Americans throw away annually?

Research scientists are linked to kidney and lung damage. Mercury creates short-term memory loss and tremors, and long-term exposure can cause serious mental and motor disorders, fetal death, and damage.

Yet, dry cells aren't officially classified as hazardous substances. Nor are they banned from landfills in most states, despite being the source of the majority of the mercury in municipal waste streams. The level of cadmium is linked to deciduous teeth. Mercury batteries aren't recyclable. Silver oxide, mercer oxide and rechargeable nickel-cadmium batteries are processed in the United States to recover silver, mercury, nickel, and cadmium. These, however, represent less than 15% of all dry cells.

Eighty percent of all nickel-cadmium rechargeable consumer use batteries are for cordless rechargeable products. Some of these products are designed so that the battery cannot be removed for replacement or recharge. Surprise! You get to purchase an entire new item when the battery wears out.

A national study conducted by the Illinois Department of Energy and Natural Resources recommended that manufacturers be required to reduce dry cell toxicity; that mercury-recovery research continue; that federal standards be set to avoid inconsistent state legislation; and that manufacturers and recyclers cooperated to implement successful solutions to the battery waste management problem.

Five states have passed dry cell legislation that addresses some of the concerns identified in the national study. In addition, new battery types are being developed. While gaining popularity, rechargeable nickel hydride and rechargeable lithium both supply mass market. The current nickel-cadmium rechargeables.

There is no doubt new standards will eventually be established for both dry cell content and disposal. Until then, contact your nearest recycling center on the best way to dispose of batteries in your community.

Source: Environmental Echos, IANR News Service (WS)

Environmental Focus

During EnviroFair, Extension Assistant Arlene Hanna demonstrates how to use the water flow model.

Animal Control staff share their knowledge during EnviroFair.

Carpenter ants like woodworking

Carpenter ants are generally jet black, but there are some species that are reddish to brown. Among the largest of ants; some may be as large as one-half inch in length. Only the queen and workers—"major" and "minor" workers as well as the "queen"—the reproductive members of the colony. These "castes" are different in size and appearance.

Mature colonies produce winged reproductive ants at any time, but the majority develop in August and September. Surviving pairs attempt to establish new colonies.

The diet of carpenter ants is quite varied and includes living and dead insects, honey-dew from aphids, sweets, meat, and fats. They do not eat wood. Foraging workers collect all the food for the colony. They carry food back to the nest or ingest and ingested food. Carpenter ants may form up to 100 nests from the next to the next for food.

Carpenter ants may become pests in houses by foraging for food. The greatest concern, however, is that they may cause serious damage to wood in the structure. Unlike termites, they do not feed upon wood, but merely use it as a place to nest.

Carpenter ants construct their nests in hollow trees, logs, posts, landscaping timbers and wood used in homes and other structures. These ants prefer to infest wood that is moist and rotting. They will also use an old abandoned nest or wood that has been "hollowed out" by termites. Nests may be located in hollow doors or small voided areas produced during construction.

Carpenter ants keep occupied galleries clean. They push sawdust out small holes in wood. This often results in a cone shaped pile accumulating just below the nest entrance hole. This pile may include, in addition to the wood fragments, other debris from the nest, including bits of soil, dead plant parts, insects and remnants of other foods they have eaten.

The secret to controlling carpenter ants is direct treatment of the nest. Because worker ants move from the nest to forage for food, their movements may lead you to discovery of the nest opening. Concentrate your inspection in areas where you may have had water problems or plumbing leaks: under windows, wooden porches or decks, and roof areas may be likely areas. Also, inspect surrounding grounds, because the nest may be outdoors.

If you find the nest entrance, a dust formulation of an appropriate insecticide will be most effective. Introduce the dust into the nest through the entrance hole using a hand duster with a hose and tip that fits snugly in the entrance. It may be necessary to enlarge the hole to fit the dusting tip.

Carpenter ants will not kill living trees, but openings in living trees and dead branches are attractive to carpenter ants. Openings should be closed, and dead branches should be pruned. Stacks of firewood and old dead tree stamps also attract carpenter ants. The longer wood remains undisturbed, the more likely it will become infested. Store wood off the ground and away from the house. Spraying of firewood to protect it is of dubious value and is not recommended.
September FCE Council meeting date change
The September FCE Council meeting is scheduled for Monday, September 19 at 7 p.m. The business meeting will follow the program “Travel in Japan” presented by FCE Vice Chair Alice Doane.
Mark your calendars. (LB)

FCE leader training lesson
Are you a typical credit card holder? Find the answer to this at the FCE “You and Your Credit Card” leader training, Tuesday, September 27 at 1 or 7 p.m.
Participants will learn to become a smarter credit card consumer by using credit card guidelines and credit rights.
If you don’t have a credit card, this lesson will be of interest. The public is invited to attend. Non-FCE members are asked to preregister by calling 441-7180 so materials can be prepared. (LB)

Pumpkin cupcakes
Try these cupcakes unfrosted for a nutrient-plus snack or lunch box dessert.
The pumpkin is high in vitamin A and the raisins add iron.

1 1/2 cups whole-wheat flour
1 cup all-purpose flour
1/2 cup nut butter
1 1/2 cups sugar
2 tablespoons baking powder
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
2 eggs, slightly beaten
1 cup skim milk
1/2 cup oil
1 cup canned pumpkin
3/4 cup raisins, chopped
1 tablespoon vanilla

1. Preheat oven to 350°F (moderate).
2. Place 24 muffin cups in muffin tins.
3. Mix dry ingredients thoroughly.
4. Mix remaining ingredients; add to dry ingredients. Stir until dry ingredients are barely moistened.
5. Fill paper cups two-thirds full.
6. Bake about 20 minutes or until toothpick inserted in center comes out clean.
7. Remove from muffin tins and cool on rack.
8. Freeze cupcakes that will not be eaten in the next few days.
Makes 24 cupcakes. (AH)

FCE Brown Bag Lunch Tips
What are your reasons for carrying or sending a lunch to work or school? Is it for convenience, necessity, or just to save money? Whatever the reason, the following tips will help you keep your brown bag lunch in step with the Dietary Guidelines. (Even if you’re not a “brown bagger,” you can use this approach for other activities too, like picnics or hikes.)

- Use a variety of foods from the major food groups (see right column);
- Keep calories in mind. Fats and sugars can quickly add more calories than you need. Lunch-time breakfasts and desserts are two possible sources of extra sugars and fats.
- Use only small amounts of high-fat foods, such as butter, margarine, mayonnaise, sour cream, and fatty meats.
- Include foods with dietary fiber, such as fruits, vegetables, and whole-grain breads.
- Choose low-sodium foods, such as fresh fruits and vegetables and lean meat and poultry, most often.

Following the Dietary Guidelines doesn’t mean eliminating all your favorite lunch-time foods—but it does mean balancing the foods that are higher in fat, sugars, or sodium with other foods that contain less of these components.

Brown Bag Checklist
How does your brown bag lunch rate? Answer the following questions to see how many foods your lunch usually includes.

How often does your lunch contain—

<table>
<thead>
<tr>
<th></th>
<th>Seldom or never</th>
<th>1 or 2 times a week</th>
<th>3 to 4 times a week</th>
<th>Almost always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Fruits or fruit juices?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Vegetables or vegetable juices?</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>3. Enriched breads, pastas, or other grain products (especially whole-grain types)</td>
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<td></td>
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<tr>
<td>4. Lean meat, poultry, fish, or alternates (dry beans, peas, lentils, peanuts, and eggs)?</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>5. Low-fat milk, cheese, or yogurt?</td>
<td></td>
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</tr>
</tbody>
</table>

Now take a look at your answers. Did your lunch include something from each of the groups almost daily or did some of your answers fall in the “seldom or never” column? Although it’s not essential to eat something from each food group for lunch, doing so helps you meet your daily nutritional needs.

For an adequate diet, each day try to eat servings from these food groups:
- At least two servings of fruits
- At least three servings of vegetables
- At least six servings of breads or other grain products
- At least two servings of milk, poultry, fish, or alternates

sandwiches
- Are sandwiches the mainstay of your bag lunches? Keep calories, fat, and sodium in mind when you choose condiments, spreads, and other foods that you add to sandwiches. Check the nutrition label if you don’t know what the levels are in commercial products. Instead of heavy doses of fatty spreads, try these lowfat, low-sodium add-ons for moistness, flavor, and variety. To prevent a soggy sandwich, pack these items in a separate container or bag and add them to your sandwich at lunchtime.

Sandwich Safety
Keep these foods safety tips in mind to ensure that your sandwich doesn’t spoil:
- Use chilled ingredients for making sandwiches.
- Freeze your sandwich. A frozen sandwich will help keep the rest of the lunch cool.
- Use chilled foods in an insulated lunch box or bag. An insulated lunch box will keep foods cold much longer than a paper bag.
- Include foods with dietary fiber, such as fresh fruits and vegetables and lean meat and poultry, most often.
- FCE members paying state and national dues. Many have said we did not get to vote on this. Members cast their vote each year by continuing to pay dues to an organization that they believe in. If they no longer believe in the mission or the dollar amount (LB)

Nutrition
With another school year underway, adapting to all schedules may create new challenges.
- Balancing home, family, work, and volunteer work sometimes seems an impossible task. The following tips may help you reduce the stress in your life.

- Ask yourself, “What’s the highest priority on my to-do list?” Work on top priorities.
- Set goals that reflect what is most important to you. If a clean house is your goal but you want time to spend with your family, set your goal to become a better home manager. Keep in mind that goals must be realistic, measurable, and attainable.
- Plan ahead. Schedule things that need to be done and who will do them. Post this list on the refrigerator. Develop emergency lists to help manage the unexpected, such as a list of quick fix dinners everyone can prepare.
- Use the right tools for the job. Electrical appliances are more efficient than manual ones. Sharp knives work better than dull ones.

Carts, trays, and baskets are energy and time saving tools.
- Combine jobs and cut out unnecessary steps. Write letters when waiting for an appointment or read so your child. Try getting everything done at once instead of doing tasks one at a time.
- Organize storage areas and place supplies near the task to be done. Put things back in their place.
- Hire someone to assist you. Try trading your expertise for someone else’s. Learn to “no.” There are so many pressing issues in a day and you have only so much human energy. Rest, relaxation, and refreshments are needed. A rested body, mind and spirit can be your most effective management strategy for balancing a home, family and career.
- Assign time for yourself, at least 30 minutes a day.
- Be sure you save time each day for family members. (LB)
Pursuit of excellence more important than perfection

What kind of message is your child getting about perfection? Check out magazine ads or TV commercials, and you’ll almost always find people with perfect teeth, hair, clothes and homes. It seems that everyone portrayed in the media has perfect meals and perfect friends. And the media isn’t the only promoter of perfection.

Some parents, too, have very high expectations for their children—expectations that are sometimes beyond their child’s physical, mental or social capabilities.

Adults who expect perfection unwittingly teach children that they are valued only for their accomplishments, and perhaps only for “their perfect” accomplishments. Children may feel worthless and that they are disappointing their parents unless they get all A’s in school, are the most popular kids in their class, or receive all purple ribbons at the fair.

“When it’s perfection you’re after, you’ve set a goal that’s unreachable.”

Since perfection is rarely attainable, these expectations almost always set youngsters up for failure. Even reporting high expectations may prove to be unsatisfying since almost every endeavor could benefit from some improvement. When it’s perfection you’re after, you’ve set a goal that’s unreachable.

Adults can help kids see the vast difference between striving for excellence and trying to be perfect. Encourage kids to set realistic goals that stretch their capabilities, but that can be attained. Help kids find ways to work toward their goal so that they can see progress as a reward in itself. Celebrate accomplishing parts of the process rather than always waiting until the goal is reached.

As you interact with kids, let them know that no one is perfect, even not you. Mistakes are sure to happen, and they are not disasters. In fact, errors provide valuable opportunities to learn new things.

Give your best to important tasks, but don’t expect instant perfection. Even EFNEP, the NEBLINE

Expanded Food and Nutrition Education (EFNEP) Advisors encourage families to stretch their food dollars as much as possible. Fall is the perfect time to enjoy garden fresh vegetables economically. Three to five servings of vegetables daily will provide variety of vitamins and minerals.

Children take great pride in growing, harvesting and preparing vegetables. It’s amazing how much better vegetables taste to children when they’ve experienced the process from start to finish.

Vegetables add many things to your meals: Flavor, bright colors, texture, vitamins, minerals and

does your laundry look gray, dingy or yellow? If so, here’s a few factors to consider:

• Are you using the right detergent for the job?
• Are you using sufficient detergent?
• Are you using the correct water temperature?
• Are you overdrying your washing machine?
• Is the water in your area particularly hard?
• Are you drying at extremely high temperatures?
• When bluing, do you follow the manufacturer’s directions?
• Are you allowing the clothes to remain wet for a long period of time?

Pay special attention to these problems and see the appearance of your wash improves. (LB)

EFNEP, gardening, good nutrition

Even EFNEP, the NEBLINE

“learning is Child’s Play”

Play is a natural activity for young children. To the preschool child, play provides opportunities to learn and grow—physically, mentally and socially. Play allows children to develop in their own ways, to create and experiment with new ideas, and try out what they have learned. Toys are a child’s tool for play. The “Learning Is Child’s Play” set of toys is designed for preschool children and the games are to be played with an adult.

There are eight toys and a guide for each course on managing diabetes to you. Concentrate on taking charge of diabetes, you must take responsibility for the control of your disease.

Diabetes is a chronic disease that requires close attention to balancing food eaten, exercise and medication to achieve control. Although there is presently no cure for diabetes, much has been learned about controlling it and delaying or preventing complications.

What is Type II Diabetes? Type II or non-insulin dependent diabetes is caused by too little insulin being produced by the pancreas or the insulin not being used properly by the body. A person with diabetes is unable to use food properly and the blood sugar levels get too high. When food is eaten it is digested into nutrients. The nutrients, including simple sugars, are absorbed into the bloodstream.

Naturally insulin is produced by the pancreas in the exact amounts to help the cells in the body use the glucose or sugar. When diabetes is present, the glucose has difficulty in entering the cells. Cells need the presence of insulin and sufficient numbers of cell receptors to be used. A cell receptor is like an entrance door through which glucose enters the cell when effective insulin is present. People who are overweight tend to have fewer cell receptors than people at a healthy weight. Losing excess weight increases the number of cell receptors and improves control.

What’s the Treatment for Diabetes? The treatment involves balancing food, exercise and medication to achieve blood glucose levels approaching a normal range.

Nutrition

The doctor should refer you to a registered dietitian for diet instruction. The diet should be especially designed to help improve blood glucose and blood lipid levels as well as control weight. You should eat at least three meals and one or more snacks each day. The diet will most likely include the following guidelines:

• Calories in the amount to get to a healthy body weight
• Total fat—less than 30 percent of calories
• Saturated fat—less than 10 percent of total fat
• Carbohydrates—50 to 60 percent of calories. The carbohydrate

diabetics should be chosen mostly from complex ones found in foods such as breads, potatoes and other vegetables and simple carbohydrates like table sugar and other sugars need to be limited because they are low in nutrients and are often concentrated in foods high in fats and calories.

• Total cholesterol—less than 300 mg/day
• Fibers—30 to 40 grams per day
• Alcohol—little or none.

Consult doctor.

• Sodium—1,000 milligrams or less per 1,000 calories but not more than 3,000 milligrams

Please turn to Diabetes: page 9

Turn to page 11 for more Human Resources news

Monday • September 26 • 7:30 p.m.
Lancaster Extension Conference Center
444 Cherry Creek Road
Lincoln, NE

For more information, call:
University of Nebraska Medical Center, 559-4200
University of Nebraska Cooperative Extension, 472-2966 or 441-7180.

Lancaster County Chorus
The Lancaster County Chorus will begin their weekly fall singing sessions
Friday • September 9
1 p.m. - 3 p.m.
Lancaster Extension Conference Center
444 Cherry Creek Road
Anyone wanting to sing contact:
Janice Hibbert
406-1131

"Make It With Wool" contest

"Make It with Wool" contest information is now available at the Extension office. The district contest will be held October 29, 1994 in Seward, NE. Entries for entries is October 15, 1994.

"Make It With Wool" contest information is now available at the Extension office. The district contest will be held October 29, 1994 in Seward, NE. Entries for entries is October 15, 1994.
What: 4-H Open House

When: Monday, September 20, 1994
6:30-8:00 p.m.

Where: Lancaster Extension Conference Center
444 Cherrycreek Road, Lincoln

Who: You—Adults and Children
(8 years & older)

Why: To learn more about the 4-H program

I'm interested in 4-H!
Return to University of Nebraska Cooperative Extension to Lancaster County, 444 Cherrycreek Road, Lincoln NE 68528.
1907: 4-H recruiter will contact you. Please call 441-7180 for more information.

Name_________ Male _______ Female __________
Address_______________________ ________ Zip___________
Parent(s) name_____________________
 gyro-previous involvement with 4-H.

Check project area of interest:

□ Dogs □ Fruits □ Woodworking □ Livestock □ Livestock
□ Cats □ Clothing □ Model Building □ Horses □ Horses
□ Rabbits □ Household Hobbies □ Flowers/Gardening □ Safety □ Safety
□ Other Household Pets □ Child Care □ Photography □ Shooting Sports
□ Other_____________ ________________

Are you interested in becoming a 4-H volunteer? Check your interest:

□ Club Leader □ Project Assistant □ Helping a 4-Her at home □ Attending meetings

Become an active VIPS member

VIPS committees (Volunteers in Program Service) are the backbone of the 4-H program. These committees are essential in every 4-H project and contest area. They make decisions and do much of the work that keeps 4-H moving forward and running smoothly. Many committees include both youth and adults and committees vary in the frequency with which they meet. The 4-H Council has developed an exemplary program in which members of horse projects make an "I Care for my Animal" pledge. Livestock VIPS committees help choose judges and superintendents, table setting contest and make suggestions for changes and do the work of seeing that the contest is a positive experience for youth.

On October 5, 1994, all VIPS committees are invited to participate in a countywide workshop. It is anticipated that as a result of participating in this workshop, VIPS committees will get new ideas about working with the 4-H Council and County Agricultural Society; will better understand the issues facing 4-H in the county; get ideas about fund raising; tap into how the Extension staff fits into all of this; and develop skills in building teams that work well together. An awareness when to ask the 4-H Council for funds or request program changes will also be discussed. VIPS committees are an excellent way for parents to become involved in the 4-H program. The very best committees include club leaders, parents, youth, and interested community volunteers. Please call University of Nebraska Cooperative Extension in Lancaster County, 441-7180, and talk to LaDeane, Ann Marie, Arlene or Dave about ways you might become involved. Then, join us on October 5 to become acquainted with other 4-H members and make our 4-H program the best it can be. (LJ)

Please turn to page 9 for more 4-H news
Dear 4-H volunteers, parents, and leaders:

The 1994 Lancaster County Fair is over and once again, it was a success. There were many changes and additions to the fair this year and the 4-H staff appreciates your flexibility and your willingness to change.

We hope you know that your time and efforts do not go unappreci­ated. The fair could not run without your help in the food booth, as a judge, as a volunteer, as a consultant, and as parents helping your child to “make the best better.” Time is short and everyone is very busy, but the time you take to help us really makes our jobs easier.

Special thanks to all 4-Hers who “tackled” the tough subjects and questions this year. Your creative ideas and desire to make the contexts and areas better, have paid off. If anyone reading this is not satisfied with your 4-H experience and would like to be, please let us know. (We can always use more energetic people.)

Once again, thank you for supporting the 4-H program. Also, we commend your cooperativeness and positive attitude.

Sincerely,
LaDeane, Arlene, Dave, and Ann Marie.

State 4-H office requests curriculum help

Getting input from as many people as possible is the goal of the State 4-H Curriculum Commit­tee. If you know of a need that isn’t being met in the current program, please let us know. This way we can provide the state office know by following the new format they have de­veloped. It is only through your active participation in the process that changes will be made. If you have ideas that you think should be considered, please call LaDeane at 441-7180 so we can work through the process they have outlined. (L1)

Costs

best care for a problem is to prevent it from happening in the first place. It may not be possible to avoid soil compaction alto­gether, but a number of measures can be taken. Some of the new measures (L2) discussed in the NebGuide G89-896 entitled “Strategies to Minimize and Reduce Soil Compaction.” To minimize or avoid soil compaction problems:

• avoid tillage and wheel traffic as much as possible;
• use lighter vehicles whenever possible;
• build the soil’s organic matter;
• rotate crops. (D1V)

Diabetes

Exercise
Exercise can lower blood glucose levels and help your body to use glucose more efficiently. Exercise should be included as part of your daily management of diabetes. Exercise can lower blood pressure and weight and help reduce the risk of heart disease. If blood glucose levels are over 200 mg/dl, a physician or other health professional should exercise during your blood glucose is in better control. If you take insulin, carry a quick-acting sugar such as glucose tablets, dexted fruit or hard candy to eat in case of low blood sugar.

Medications
Sick people can control their diabetes by diet and exercise. Others need to be on oral hypoglycemic drugs or insulin. Insulin in a hormone that lowers blood glucose levels. It must be taken by injection. Insulin is a protein that would be digested like any protein if taken orally. Oral hypoglycemic agents are not insulin. It is not clear how oral agents work; it is thought that they may stimulate the pancreas to make more insulin, or may help glucose enter the cell to be used for energy.

Blood Glucose Monitoring
Blood glucose monitoring provides information about the level of glucose in your blood. Using this information can help you control your diabetes. Record your blood glucose levels and share this information with your doctor and other members of your health care team. Together you can work out a plan of action. Keeping blood glucose within acceptable ranges may help prevent the complications of diabetes.

Controling Diabetes
Controling diabetes is a balancing act which adjusts diet, medication and exercise. Diabetes is a “family” disease. It is impor­tant to have the support of your family, friends and community. However, it is up to you, the individual with diabetes, to take control of the management of the disease.

You need to make a manage­ment plan, with the help of your medical team, to control your diabetes and then follow it. The plan, however, will have to be adjusted as you and your diabetes change. The reward to following a good plan is the improved chance of better health. For a list of cookbooks, recommend­ed by the American Diabetic Association, for persons with diabetes and their families, send a stamped, stamped envelope to Booklist #6: Diabetes (89); c/o Alice Henmen; UNL-Cooperative Ext., 1264 University Pl., Lincoln, NE 68583. (SP2)

Source: Marriet L. Kline, leader. Champion small horse club winner was the Kidding Around 4-H Club, Diana Rosene, horse project leader.
Purple ribbon winners in­cluded Flying Hoofs, Kidding Around, Steven Creek Brohmers, and Pizzacotters.
Blue ribbon winners were Boots and Spurs, Freedom Riders, Hunters Pride, Arabian Amigos, B-Flies, Rocky Mountain Riders, Wildfire Riders, Pine Lake Road Riders, and Rock Creek Ranchers.
Red ribbon winners were Wicklow’s, Cinches and Apple Hill Gang.
Receiving a white ribbon was The Regulators.

The 4-H Horse Awards Banquet was held at the Lancaster County Extension Center August 9, following the comple­tion of the 1994 Lancaster County Fair. This activity included a slide review of the events that occurred during the four-day show. Presentation of special awards are as follows:

Heritage Awards
Hereditary wealth is the ability of exhibitors to display their animals in the same manner as their parents and grand­parents. The heritage contest provided close competition among 4-H horse clubs.

The champion large horse club winner was Flying Hoofs, Kris Klime, leader. Champion small horse club winner was the Kidding Around 4-H Club, Diana Rosene, horse project leader.
Purple ribbon winners in­cluded Flying Hoofs, Kidding Around, Steven Creek Brohmers, and Pizzacotters.
Blue ribbon winners were Boots and Spurs, Freedom Riders, Hunters Pride, Arabian Amigos, B-Flies, Rocky Mountain Riders, Wildfire Riders, Pine Lake Road Riders, and Rock Creek Ranchers.
Red ribbon winners were Wicklow’s, Cinches and Apple Hill Gang.
Receiving a white ribbon was The Regulators.

The top barrel racers were

Table 8

Barrel Racer

Winning a Junior Memorial Trophy was awarded to Jeremiah Frink for having the top individual time in the barrel racing event at the 1994 Lancaster County Fair. Jeremiah completed his run in 16.2 seconds and placed above 40 contestants of all three age divisions. Jeremiah is the son of Brad and Susan Frink of Malcolm.

Pleasure

Receiving a white ribbon was The Regulators.

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Pleasure

Receiving a white ribbon was The Regulators.
Musk thistle in alfalfa

This spring inspectors found musk thistle in several alfalfa fields. Musk thistle tends to become a problem when the alfalfa stand begins to thin out. If you are having this problem you need to consider your options for controlling this musk thistle. As the alfalfa stands get older, the production and quality of the hay drops off. For this reason, the first option you should consider is breaking up the alfalfa and planting the field to a different crop. The field should be cropped for at least two years and the weed problems should be under control before the field is planted back to alfalfa. The last cutting could be made this fall or the first cutting could be made early in early spring. The regrowth and thistle sprayed with 2,4-D and Banvel and then the row crop no-till into the alfalfa. Check with the Soil Conservation Service office if the field is a part of a conservation compliance plan. There are no labeled herbicides for broadcast spraying musk thistle in alfalfa. You could spot spray individual musk thistle plants with 2,4-D or Roundup. 2,4-D would be the most effective. This should be done while the thistle are in the rosette stage when they are easier to kill. Remember these herbicides may kill any alfalfa plants contacted. An option would be to dig the thistle. Cutting the root off 2 inches below the surface will kill the thistle. You should follow-up spot spraying or digging several times to take care of any thistle that were missed. The rosettes would be most visible immediately following the last cutting.

Target musk thistle rosettes

There are several reasons you should consider spraying musk thistle in the fall. The musk thistle rosette is the best target for herbicide treatment because after thistles bolt, control with herbicides becomes difficult. Bolting refers to the appearance of the flowering stem. Fall provides a longer period to control rosettes and the conditions are usually better for spraying than in the spring. And most landowners have more time available. A 1990-1991 Musk Thistle Control Study by Iowa State University that by using herbicides with residual control such as Tordon 22K, Banvel or Ally-Extrem indicates that control is much improved. Musk thistle plants remaining were counted after various treatments in three replications on a Lucas County pasture in southwest Iowa. Fall treatments were made in late September and early October. Thistles were counted in the 13 feet by 35 feet plots on May 30. Only bolted thistle were counted. This was done to avoid counting thistles that weren’t present during the previous fall application. There were no bolted plants in the Tordon 22K plots, average of 1.3 in the Banvel plots and 3 in the Ally plots as compared to 8 and 8.7 in the Hi-Dep® and 2,4-D plots respectively.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Rate/Acre</th>
<th>Avg. # of Plants/Plots after Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tordon 22K</td>
<td>1/2 pt.</td>
<td>0.0</td>
</tr>
<tr>
<td>Banvel</td>
<td>1 pt.</td>
<td>1.3</td>
</tr>
<tr>
<td>2,4-D + Banvel</td>
<td>1 pt. + 1/2 pt.</td>
<td>1.3</td>
</tr>
<tr>
<td>Ally</td>
<td>0.2 oz.</td>
<td>3.0</td>
</tr>
<tr>
<td>2,4-D</td>
<td>1 qt.</td>
<td>8.7</td>
</tr>
</tbody>
</table>

Leafy spurge control

It is extremely difficult to achieve long-term control of leafy spurge. The most cost-effective control method depends on the size and location of the infested area. Small patches of leafy spurge can be permanently eliminated with a persistent herbicide program, however, all areas will require continued control measures. Chemical control

The key to controlling leafy spurge is early detection and treatment of the initial invading plant, because the weed is difficult to eradicate. A persistent management program is needed to control top growth and to gradually reduce the nutrient reserve in the root system. The most commonly used herbicides to control leafy spurge include 2,4-D, dicamba (Banvel®) and picloram (Tordon®). These herbicides are selective for broadleaf weed control and generally do not harm grasses when applied at recommended rates. Glyphosate (Roundup®) is a nonselective herbicide which controls grass and broadleaf weeds. Timing herbicide applications

Fall is also an excellent time to control leafy spurge. Fall regrowth will begin in leafy spurge in late August or September. During this time, carbohydrates are being transported to the roots for winter storage; herbicide translocation to the roots also should increase resulting in improved control. Pasture and rangeland

Picloram (Tordon®) is the most effective herbicide for controlling leafy spurge. Spot treatment with Picloram at 2 pounds (1 gallon) per acre applied in mid-June or early September will give 90% to 95% leafy spurge control that normally will be maintained for two to four years depending upon soil type and precipitation. However, picloram at a 2-pound-per-acre application rate may not be economically feasible if a large area is infested with leafy spurge. Research at North Dakota State University has shown that a more cost effective option is a tank mix of picloram at 1 to 2 parts per acre plus 2,4-D at 1 pound (1 quart of a 4-pound-per-gallon concentration) per acre. Annual applications of low rates of picloram plus 2,4-D will gradually reduce leafy spurge infestations by up to 90 percent or more in three to five years. This treatment also increases forage production up to 100 percent. Short-term control of leafy spurge top growth can be achieved with 2,4-D, 2,4-D is the most effective when applied in mid-June or late August to mid-September. Small infestations

When leafy spurge is confined to small, well-defined areas, herbicide treatments should begin at once to avoid spread of the weed. Picloram at 2 pounds (1 gallon per acre) is the most effective herbicide for spot treatments. A 15-foot perimeter should be treated around leafy spurge patches to control seedlings and spreading roots. Treated patches should be watched carefully for at least eight years, and any regrowth or seedlings should be retreated immediately. Leafy spurge among trees and residential areas

Leafy spurge top growth in trees can be controlled with 2,4-D oil soluble or water soluble amine formulations at 1 pound per acre (1 quart per acre of a 4-pound-per-gallon concentrate). Cured must be taken to avoid contacting tree foliage with either the herbicide or spray drift to prevent tree injury. Glyphosate (Roundup®) applied in the spring and fall will control top growth and reduce roots. Apply to only active growing plants, taking care not to get any chemical on desired plants.
Spring-summer control data

Landowners in Lancaster County are doing an excellent job of controlling their musk thistle. Most of the musk thistle is controlled before it is observed by a noxious weed inspector, neighbors or the general public. Landowners that were inspected also responded well. 98% of the 1415 infestations were controlled on 3,495 acres.

Authority Control

The inspectors provided control on 85 sites covering 39 acres. The Authority contracted for control on 81 sites not fully controlled by landowners. Contractors completed work on 406 acres at a cost of $10,425. This cost was billed to the landowners. Those not paid within 60 days became a special assessment against the land. Three landowners appealed their bills but were denied since it was determined that proper notification was given and that the control work had not been completed in the 10 day period.

Leafy Spurge Control

93% of the 297 leafy spurge infestations were controlled on 605 acres. 92% of this control was completed by the landowners. The County had the 57 acres of leafy spurge on County roadways sprayed. This was the fifth year the roadways have been sprayed. This program has resulted in a reduction of the infestations and prevented its spread.

Control summary

Spring-summer 1994

- Landowner 86.2%
- Inspector 6.0%
- No control 2.1%
- Force control 5.7%
- 1,415 musk thistle infestations
- 1,386 infestations controlled

A Weed Warrior:

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

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

C'mon be a weed warrior

You are required to control noxious weeds on your property.

The noxious weeds are:
- Musk Thistle, Plainsman Thistle, Canada Thistle,
- Leafy Spurge, Diffuse Knapweed and Spotted Knapweed.

Noxious weeds must be controlled

Inspection summary Summer 1994

- 21.5% Letters
- 7.1% Informal contact
- 5.1% Controlled
- 37.4% None found

2,262 sites inspected
1,415 sites infested

'ts are under constant view of the public. It is important that adequate control efforts are made on these right-of-ways. Noxious weeds have infested portions of the rights-of-way throughout the county. They are subject to infestation from several dissemination sources. Inadequate equipment operation, removal of infested vegetation and soil, and/or mulching with infested material may also contribute to the dissemination problem.

County road efforts

Infestations mapped. A map of the roadside infestations of noxious weeds is maintained by the joint efforts of the county engineer’s district supervisors and Noxious Weed Control Authority’s inspectors.

Road and railroad right-of-ways

A weed warrior:

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The Nebraska

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Grants or low interest loans are available to low and moderate income rural Lancaster County residents to make repairs to owner occupied homes.

Repairs are restricted to addressing hazards to health and safety. For example: furnace, duct work, roofs, foundations, wells, bathrooms, etc.

Requirements: One year residency prior to date of application. Meet income guidelines. Land contracts must be registered.

This program is provided by the Lancaster County Board of Commissioners and administered by Lincoln Action Program.