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The NEBLINE

UNIVERSITY OF
Nebraska
Lincoln

University of Nebraska Cooperative Extension
Lancaster County

May 2003
Vol. XVI, No. 5

"Helping Nebraskans enhance their lives through research-based education."

Grasshoppers Thrive in Drought Conditions

Tom Dorn
Extension Educator

Farmers, acreage owners and gardeners fought a two-front war right here in Nebraska in 2002. Already battling to save their trees, flowers and crops from the effects of the drought, many rural residents found they were besieged by invading hordes of grasshoppers as well.

This army of six-legged marauders emerged from road ditches or waste areas and laid waste to crops and plants in the boarder areas. Certain species stripped leaf tissue from corn plants, leaving some fields looking like a field of broomsticks. Hay fields and pastures were invaded by other species which kept any new green growth clipped back to the ground. Many pastures were so brown as a result of the drought and hoppers, it looked like January in July. Rural residents discovered smaller trees in their windbreaks, even the pines and red cedars, denuded by the ravenous beasts. There were reports of grasshoppers eating the paint off houses!

Will the grasshopper war continue in 2003?

Although it's difficult to predict early in the year, people need to be prepared for potentially large grasshopper populations, according to Gary Hein, entomologist at NU's Panhandle

Research and Extension Center. "Grasshoppers normally will begin to hatch in mid- to late-May in the eastern part of Nebraska. These summer feeding species typically cause problems in rangeland and cropland. By mid- to late-June, all decisions and treatment options should be exercised. Otherwise, we'll have adult grasshoppers which will be bigger and harder to control," Hein said.

Farmers, ranchers, home and acreage owners need to use control methods during grasshoppers' early stages when they are easier to kill and still in more concentrated areas. "It's better to deal with it up front rather than trying to catch up," Hein said. "If you can treat them early, you can get better control and use lower rates of insecticide."

Environmental conditions will play a big factor in determining the severity of the problem. If conditions during egg hatch are wet and cool, grasshopper survival will be low because the young grasshoppers will starve to death. However, if spring and summer prove to be warm and dry, as forecasters predict, we'll be in for another serious year.

Treatment Guidelines

For acceptable insecticidal control, it is imperative chemicals be applied while grasshop-

pers are still immature (nymphs). As they grow, grasshoppers shed their outer skin (molt), exposing a new outer skin which hardens when exposed to the air. Grasshoppers go through five nymphal stages before becoming adults. The period of time a nymph spends between molts is known as an instar. Besides becoming larger in each instar, other subtle

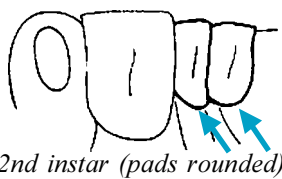
changes in appearance occur and can be used to identify which instar the grasshopper is in. Chemical controls work best when applied in the third or fourth instar. Control is more difficult in the fifth instar and grasshoppers are very hard to kill with insecticides when they become adults (when they have fully-developed wings).

One should not rely on a casual observation of body size when estimating the maturity of grasshoppers. Some species are much larger than others when fully grown. A large band-winged grasshopper species may approach two inches in length as adults, but other species may only be 3/4 inch long when adults. Even when the species is unknown, the instar can be estimated by using the guidelines below. Use a good magnifying glass to look for the identifying features.

There are numerous effective insecticides available for grasshopper control in rangeland, various crops, yards and gardens.

For more information on registered chemicals, rates and control methods, consult one of the following NU Cooperative Extension NebFacts: A Guide to Grasshopper Control on Rangeland (NF97-329), available on the Web at: www.ianr.unl.edu/pubs/insects/nf329.htm; Guide to Grasshopper Control in Cropland (NF02-328), available on the Web at: www.ianr.unl.edu/pubs/insects/nf328.htm or A Guide to Grasshopper Control in Yards and Gardens (NF97-327), available on the Web at: www.ianr.unl.edu/pubs/insects/nf327.htm. These publications may also be picked up at the extension office.

Identification of Nymphal Stages



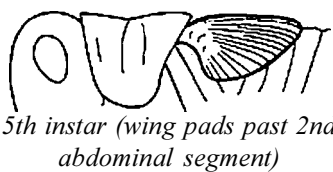
2nd instar (pads rounded)



3rd instar (pads pointed down)



4th instar (short wing pads)



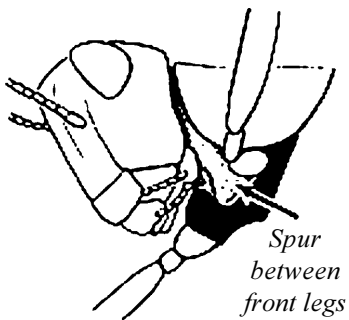
5th instar (wing pads past 2nd abdominal segment)

Grasshopper Identification

There are over 100 species of grasshoppers in Nebraska. Some tend to feed almost exclusively on grasses while others are mixed grass and forb feeders. The primary species of concern in cropland include: migratory, differential, two-striped and red-legged. These are all spur-throated grasshopper species.

There are three sub-families of grasshoppers that are of primary concern on rangeland. These are the spur-throated, band-winged and slant-faced grasshoppers. Spur-throated and band-winged are mixed grass/forb feeders. Slant-faced grasshoppers are grass feeders and are the primary concern in rangeland situations.

Spur-Throated



Spur
between
front legs



Red-legged



Migratory



Differential



Two-striped

Slant-Faced



Spotted-winged

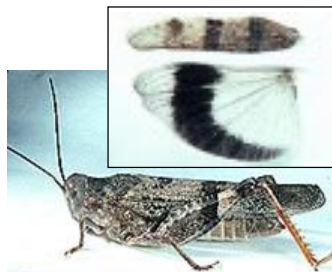


Velvet-striped



White-whiskered

Band-Winged



Three-banded



Speckle-winged

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Visit Egg Cam!

View chicks hatching, photos of embryos as they develop, and educational resources for youth, parents and teachers on the 4-H Embryology Web site at

www.lancaster.unl.edu



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Cooperative Extension in Lancaster County
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Farm Views

2003 Pesticide Container Recycling Dates



Last year, more than 6,250 pesticide containers were collected in Lancaster County.

The Nebraska Pesticide Container Recycling program provides a recycling opportunity for plastic from 1- and 2.5-gallon containers. More than 40 inspection/collection sites are available to take your rinsed plastic containers to in Nebraska. Three pesticide container recycling dates have been established in Lancaster County.

The UNL Cooperative Extension in Lancaster County, in conjunction with local businesses, will be holding public collection days from 9 a.m. to 3 p.m. at the following locations:

- June 27 — Firth Co-op, Princeton
- July 11 — Farmers Cooperative, Waverly
- July 25 — Farmers Cooperative, Bennet

In addition, the Lancaster County Extension office, located at 444 Cherrycreek Road in Lincoln, is accepting containers now through Oct. 31 between 8 a.m. and 4:30 p.m. Call 441-7180 for directions.

All liquid pesticide containers require proper rinsing (triple rinsing or pressure rinsing). Rinse the containers immediately after emptying and place the rinse water in the spray tank for application on the labeled site. It is illegal to burn the containers. Crop oil and adjuvant containers may also be recycled. Please remove caps and plastic labels or multi-layered paper labels.

Commercial applicators are encouraged to recycle their customer's plastic containers at these sites.

Last year, more than 171,530 pounds (86 tons) of plastic from pesticide containers were recycled in Nebraska. This plastic is kept separate from regular recycling channels and only goes into environmentally safe uses such as pesticide shipping pallets, agricultural drain tile, parking lot tire bumpers, rail road ties, plastic lumber, etc. (TD)

Reducing Energy Bills for Irrigation

Some producers in Nebraska reported pumping double the normal amount of water to grow crops in 2002. The prospects for continued drought in 2003 are high. It is important that irrigation pumping plants operate efficiently to keep costs to a minimum, but it is especially important when energy prices are high and the supplemental water needed for crop production is expected to be higher than normal, as well.

Most irrigation in Nebraska depends on groundwater as the water source. Nearly all groundwater for irrigation is pumped using a vertical turbine pump. The University of Nebraska has field tested hundreds of pumping plants over the years. Based on these field tests and on laboratory tests of engine efficiency, the university developed the Nebraska Pumping Plant Performance Criteria, NPPPC (usually shortened to NPC). This criteria states the amount of useful work (water horsepower-hours, whp-h) one should reasonably expect to achieve in the field for each unit of energy consumed by a pumping plant.

In a pumping plant test, the technician measures total head (lift plus system pressure), flow rate (gallons per minute) and rate of energy consumption. The performance of the pumping plant is stated in terms of whp-h per unit of fuel. The performance *rating* is the performance of the particular pumping plant compared to the NPC and is expressed as a percentage of the NPC. A rating of 100% indicates that the pumping plant is operating as expected. A rating below 100% indicates the pumping plant is using more energy for the work that it is doing than the criteria calls for. For example, a pumping plant operating at 70% of the NPC is only producing 70% of the useful work it should for the energy it is consuming.

The most recent statewide pumping plant efficiency study conducted by the University of Nebraska tested 180 pumping plants. As one might expect, the efficiency of the pumping plants tested by the university varied considerably. Some pumping plants achieved very good efficiency. In fact, 15% actually exceeded the NPC. (Performance ratings over 100% of the NPC are possible when a highly efficient motor is attached to a well-designed pump that is not worn or misadjusted). The fact that some pumping plants exceed the criteria is witness to

the fact that the criteria is a reasonable target for all pumping plants. The other 85% of the pumping plants were found to use more energy per unit of work than would be expected by the NPC. The average pumping plant in Nebraska was found to be operating at only 77% of the NPC. To put it another way, the average pumping plant in the study was using 130% as much energy as it would if it were operating at the NPC ($1.0/0.77 = 130\%$).

When the efficiency of a pumping plant is not what it should be, the problem is either in the power unit, in the pump or both. Internal combustion power units on irrigation pumps can have the same problems as those in cars and trucks. About the only thing that will cause poor electric motor efficiency is if the bearings are bad or if the motor is far larger than what is needed for the job.

Causes for poor pump performance include: pump designs that are poorly matched to the job they are currently doing (perhaps the operator has switched from gated pipe to a center pivot sprinkler or a high pressure to a lower-pressure sprinkler package), pumps that had worn impeller vanes and/or internal seals as a result of pumping sand or impellers that were not properly adjusted within the pump bowls.

There are many pump manufacturers and each manufacturer can have dozens of pump designs in their catalog. At a given rotational speed, a given impeller design operates on a

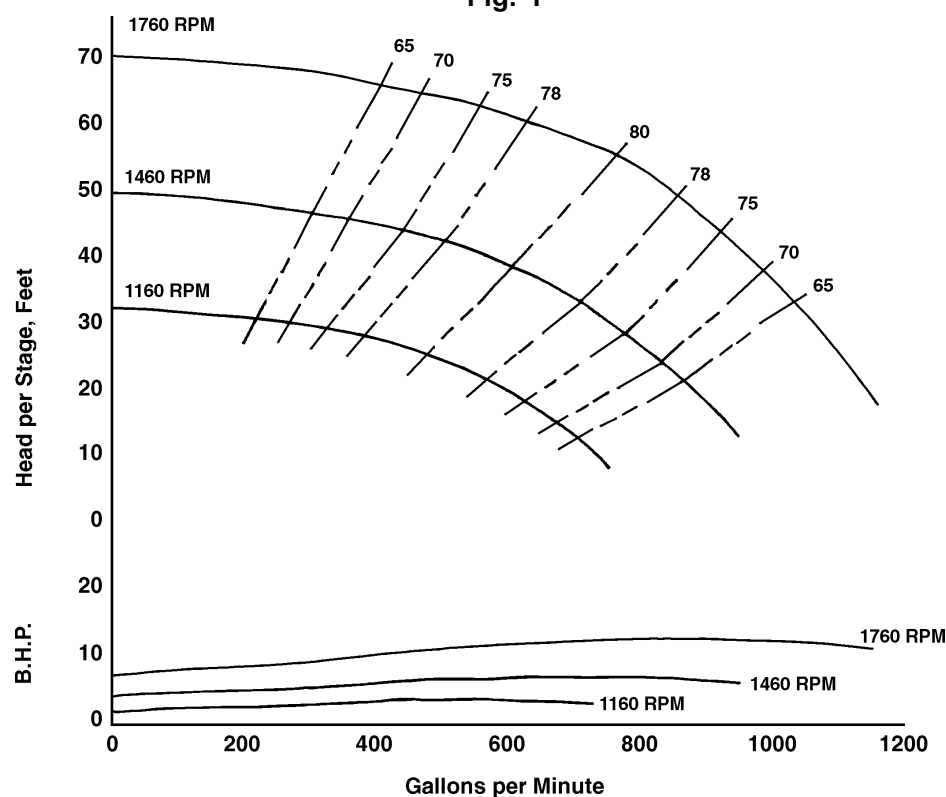
of the best efficiency point. The job of the field engineer is to select an impeller design that will operate efficiently when pumping the volume of water required for the application and which will produce the total head required with a multiple number of stages.

In the recent pumping plant tests, 57% were determined to potentially benefit from adjustments. Adjustments either to the engine or pump or both resulted in 14% average savings in energy costs over the initial test results. An equally important result of the pumping plants tests was inefficient pumping plants were identified and the feasibility of making repairs beyond the field adjustments were calculated. On some pumping plants, the potential savings in energy costs from major repair or even replacement of the pump would pay for itself in only a few years.

If there isn't a water meter installed on the system, a short-term pumping plant test can be run using one of a variety of devices to measure the flow rate. Contact a reputable well driller and ask if they are equipped to run a short term pumping plant efficiency test. At today's energy prices, identifying a pumping plant that needs adjustment or repair could result in saving hundreds or even thousands of dollars in energy costs per year.

If the producer knows the total fuel used over a period of time, the total volume of water pumped (from water meter readings, usually stated in acre-

Fig. 1



head versus capacity curve. The greater the head (pressure) the pump is working against, the lower the capacity the impeller can produce. See Fig. 1. The efficiency (work produced versus energy consumed) changes along the operational curve. Each design will have a best efficiency point at a certain head/capacity condition, with lower efficiencies on either side

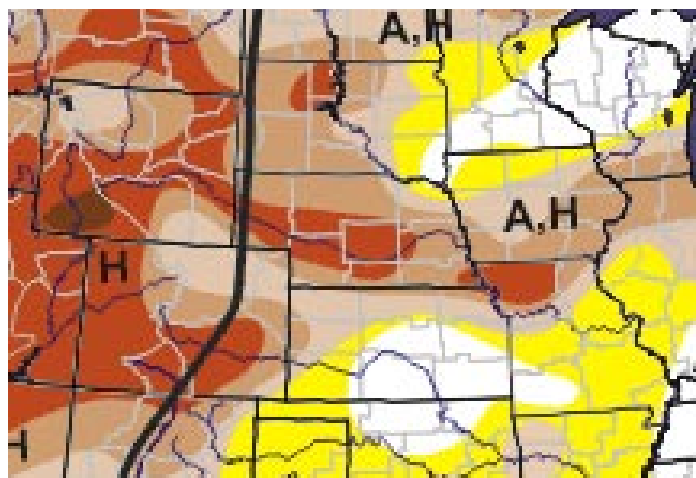
inches), the system pressure measured at the discharge head and the water level (measured while the pump is running), the performance rating can be calculated.

For more information on how to estimate long-term performance, contact Tom Dorn, extension educator in Lancaster County via e-mail at tdorn1@unl.edu. (TD)

Latest U.S. Drought Monitor Map

As of April 29, Lancaster County is in **severe drought** conditions with the following dominate impact types:

Agricultural and Hydrological



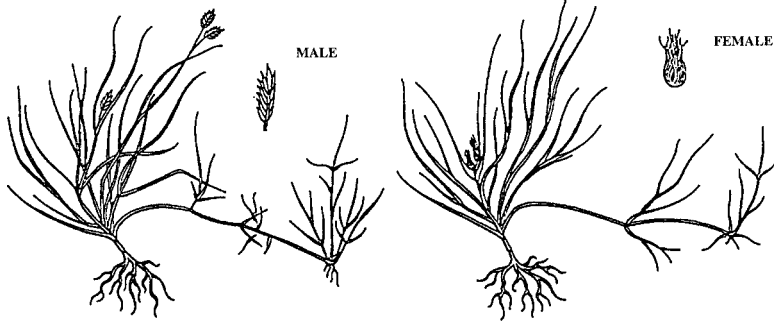
For the most recent map, visit www.drought.unl.edu/dm

Buffalograss – The Other Green Grass

After turf becomes well established (up to four months for plugged areas; four to eight weeks for sodded areas), a reduction in management inputs can be realized.

The mowing requirement for vegetatively established buffalograss ranges from approximately every two weeks to once per year, depending on management level and aesthetic requirement. The recommended mowing height, when mowing is practiced, is 1-1/2 to 4 inches. Shorter mowing heights will require a greater mowing frequency. Avoid removing more than one-third of the turf height (i.e., for a 2-inch mowing height, mow when the turf reaches 3-inches) at any mowing. Removing clippings is optional and normally not required or recommended.

Excessive nitrogen (N) fertilization promotes weed populations in buffalograss. Exceeding the following recommendation defeats the low management concept of buffalograss and promotes weed invasion. Apply one to three pounds N per 1000 square feet per year in two applications (mid- to late-May and late-July). On sandy or low-fertility soils and/or in high rainfall areas, use the upper end of the recommended rates. Use a slow-release N carrier such as SCU, ureaformaldehyde or a natural organic fertilizer. For phospho-



rous, potassium and pH adjustments, test the soil every three to five years.

The water requirements of established buffalograss are considerably lower than the commonly used turfgrasses. Excessive irrigation, much like overfertilization, promotes weed invasion. Irrigating buffalograss in many areas is not required. If natural precipitation is inadequate or untimely, supplemental irrigation may be required.

Once established and properly managed, weed pressure in buffalograss is minimal. If herbicides are required, follow label directions explicitly to maximize weed control. Ronstar G, Dimension, Dacthal, and Surflan are pre-emergence products currently labeled for use in buffalograss. Except for Dacthal their use is restricted to certified applicators. A spring application for control of summer annual weeds, such as crabgrass, goosegrass and spurge, should be applied when soil temperatures reaches 50°F.

A second pre-emergence application in late summer or early fall will control winter annuals, such as henbit, chickweed and annual bluegrass.

Post-emergence control of annual grasses is best achieved with arsenical compounds (DSMA, MSMA). Broadleaf products cleared for use in buffalograss include a number of 2,4-D containing products. Do not apply products containing 2,4-D if temperatures are expected to exceed 80°F on the day of application. Dormant buffalograss can be sprayed with Round-Up to control winter weeds. Fall applications can be applied after the first frost or when the buffalograss turns straw-brown.

Spring applications of Round-Up should not be applied to buffalograss if the dormant turf is showing any green color. Round-Up applications applied to semi-dormant buffalograss will significantly delay green-up and could severely injure the buffalograss. (DJ)

Urban Agriculture



Careful Spraying is a Key to Preventing Foliage Damage

It's that time of year again to start spraying for weeds. It's also the time of year to exercise caution with chemical herbicides.

Just as chemical herbicides have the power to kill "weed" plants, they also have the power to kill many other plants. Some of these other plants, such as trees and shrubs in field windbreaks and farmstead shelterbelts and flowers and shade trees in yards, are quite valuable.

Science has yet to compound chemicals that can think for themselves. Therefore, the spray will go wherever it is aimed or wherever the wind carries it, and not always where we would like it. Only individuals have the power to direct and control spraying.

It is only natural that indiscriminate or careless spraying practices will cause damage to plants the herbicide was not intended for.

Trees are quite vulnerable to

weed sprays. Herbicides carried by the wind cause dieback of foliage and, in many cases, eventual death of the tree. Even though repeated applications do not seem to do much damage as the trees seem to be alright later in the summer, the tree's health and vigor is seriously weakened. Trees in such weakened condition are easy prey for potentially harmful insects and diseases which could kill the tree.

To avoid the dangers of drift, exercise judgment when spraying. Do not make field applications where wind velocity exceeds eight mph. Wind will cause poor coverage and excessive drift. Do not use 2-4D ester, Dicamba or similar herbicides near vegetables, ornamentals trees, shrubs or broadleaf crops. Be sure to calibrate application equipment.

Remember, chemical herbicides are wonderful, work-saving weed killers but take precautions for their safe and intended use. (DJ)

Squirrels Cause Spring Frustration

Squirrels seem to do most of their twig-clipping and bark-stripping in the spring, leaving tree owners frustrated.

Squirrels can cause a number of chronic, low-level problems but there are ways to keep squirrels at bay.

Twig-clipping occurs when squirrels clip the ends of tree branches. Squirrels may do this as a territorial marking or because of their rodent tendency to chew. Twig-clipping doesn't have much impact on trees. However, the small twigs covering the ground can be annoying to tree owners.

Bark-stripping can be more problematic because the squirrels may kill the branch they've stripped. Squirrels feed on cambium, the inner bark of the tree, which is nutritious for them. Most trees can handle up to a third defoliation and are usually able to survive bark-stripping, but in rare cases, the

tree may be severely damaged.

Bark-stripping tends to occur more often in cities than rural areas, possibly because squirrels have limited nutrient resources in the city and may have to forage more.

Any tree is susceptible to bark-stripping, but it's seen most often in broad-leaved trees.

Squirrels can cause a number of other problems, some just annoying and some quite costly. Squirrels may get into homes' attics to birth their young or they may eat the feed in bird feeders and scare the birds away. They also can crawl into a vehicle's engine compartment and chew the wires or blow out power transformers. Repairs for this are extremely costly.

Squirrel repellants are an option in some circumstances but are not effective in deterring bark-stripping. Capsaicin, the

active ingredient in hot sauce, is a registered repellent and polybutene is a sticky tactile repellent.

Live-trapping is an option if the problems come from a few persistent squirrels. Permits are required to do this and may be obtained from the Nebraska Game and Parks Commission or a local animal control office. Trapped squirrels should be released in a vacant habitat—a wooded area that doesn't have many other squirrels. Resident squirrels are very territorial and transplants may not survive.

Despite the problems squirrels may cause, they are essential in the web of life and provide several benefits. They add to habitat diversity and are important prey for owls, coyotes and other predators. Squirrels also contribute to tree re-establishment by burying nuts and leaving some behind to grow. (DJ)

Weather & Climate Information on the Web

Have you found Lancaster County Extension's weather page on the web? Weather is an integral part of the Nebraska Production Agriculture web pages, found within Lancaster County Extension's Ag/Acreage section.

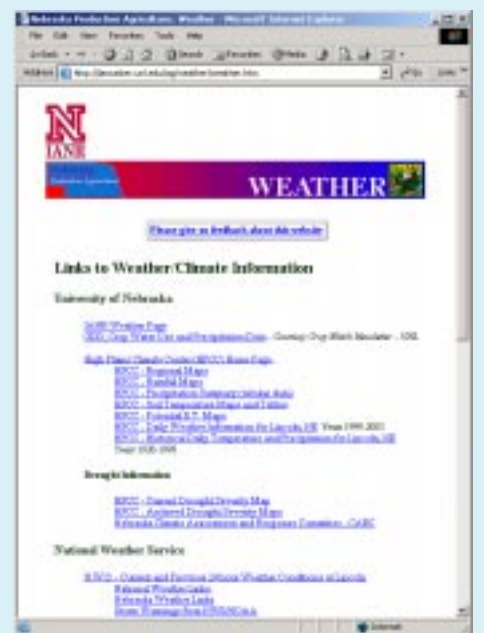
This page provides links to color-coded maps showing: current drought information, one and seven day average soil temperatures, one and seven day potential evapo-transpiration and links to current radar images of precipitation, maps showing rainfall amounts for the past day and many more items of interest.

If you would like to view charts of the weather conditions for each day of any month since January 1999 for Lincoln, the information is just a click away. Detailed daily information includes: maximum, minimum and average temperature, normal maximum, minimum and average temperatures, record highs and lows, rainfall amounts and heating-degree day/cooling-degree day values. Less detailed daily weather information can be found for previous years. This historical information includes: maximum and

minimum temperatures and precipitation for every day back to 1920.

Perhaps you are looking for extension publications covering weather and climate. Links are provided to NebGuides on cropping practices and decisions based on probability of freezes and other weather factors, reducing or mitigating heat stress in animals and why Nebraskans should be concerned about global warming.

The weather page can be accessed by pointing your web browser to lanaster.unl.edu/ag then clicking on the Weather button under Nebraska Production Agriculture icon or point your browser to: <http://lanaster.unl.edu/ag/weather/weather.htm> (TD)



Weed Control Essential for New Seedlings

Newly planted windbreaks, trees and shrubs need weed protection throughout the summer, especially within the first year of planting. New trees and shrubs that have to compete with aggressive weeds and grasses for moisture, light and nutrients, may suffer from stunted growth or die in the process.

Cultivation, mowing and chemical herbicides can help control weeds. Newly germinated weeds can be killed easily by cultivation or chemicals just

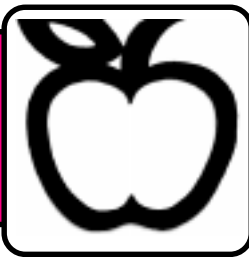
before or after the seedling stage.

To ensure treatment will be effective, cultivate or spray vegetation two feet on each side of tree rows or within a four-foot radius of each seedling. If applied in the proper amount and just after trees and shrubs are planted, pre-emergent herbicides such as Simazine will control most weeds for the growing season.

Cultivation is the best method to control weeds and retain moisture for seedlings as

long as it's not too deep or soil is pushed against the trees. Mowing weeds and grass between rows is another way to control weeds and the remaining vegetation prevents soil erosion.

New trees need extra attention for up to three years after planting. Some property owners plant bromegrass or other grasses between windbreak rows after the first year. These grasses smother weeds but also compete with trees for moisture and nutrients. (DJ)



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

When you're long on appetite and short on time, use convenient frozen hash brown potatoes and quick-cooking eggs as the base for a microwave meal in minutes recommends Mary Torell, Public Information Officer, Poultry & Egg Division, Nebraska Department of Agriculture. Add a few fresh vegetables and a bit of flavorful garlic and cheese to make a satisfying, nutritious entree. For crunch, serve with plain or garlic-flavored crusty bread. Top off a well-balanced menu with fresh fruit and cheese. Join the Poultry and Egg Division in celebrating *May Is National Egg Month*, by trying this easy recipe from Torell utilizing the incredible, edible egg.

For more free egg recipes or information related to eggs and food safety, contact Mary Torell, Poultry & Egg Division, Nebraska Department of Agriculture at mtorell2@unl.edu or call 472-0752.

Hasty Hash Brown Scramble

(4 Servings)

cooking spray

2 cups (8 oz.) frozen southern-style hash brown potatoes

1/2 cup sliced fresh mushrooms (optional)

1/4 cup chopped sweet red pepper (optional)

1/4 cup chopped green onions with tops (optional)

4 eggs

1/4 cup skim or low-fat (1%) milk

1/2 teaspoon garlic salt

1/4 cup (1 oz.) shredded reduced-fat Monterey Jack cheese (optional)

Evenly coat a 9-inch pie plate with cooking spray. Add potatoes, mushrooms, pepper and onions. Stir until well combined. Cover with plastic wrap. Cook on full power until pepper is crisp-tender, about 3 to 4 minutes (600-700 watts: * 4 to 5 minutes).

In a small bowl, beat together eggs, milk and garlic salt until well blended. Stir into vegetables. Cover. Cook on full power 1-1/2 minutes to 2 minutes (2 to 2-1/2 minutes). Stir to move cooked portions at edges to center. Continue cooking, covered, on full power until eggs are almost set, about 1 to 2 minutes. Sprinkle with cheese, if desired. Cover. Let stand until eggs are thickened and no visible liquid egg remains, about 1 to 2 minutes. Garnish with mushrooms, pepper and onions, if desired.

**Note: Microwave cooking times here are based on a full power output of 1000 or 1100 watts. For an oven with 600 to 700 watts, use the times given in parenthesis. For a lower wattage "mini" oven, allow a bit more time.*

Nutritional information per serving of 1/4 recipe using skim milk without optional ingredients: Calories: 136; Carbohydrates: 14 gm; Protein: 8 gm; Total Fat: 5 gm; Cholesterol: 213 gm; Sodium: 272 gm; Potassium: 147 mg and 10% or more of the RDI for Vitamins A and C, riboflavin and phosphorus.

Web Resources of the Month

Now that the days are nicer, perhaps you're interested in starting a walking program. Walking is a good way to help tone up your muscles and maybe even take off a few pounds. For more information in getting started, check lancaster.unl.edu/food/walk.htm

Visit our NEW "Quick Tip of the Month" to help you prepare healthy food in a hurry at lancaster.unl.edu/food/ciqtips.htm

Visit our NEW "Cook It Quick in Action" section to view pictures and directions for easy-to-make, healthy foods at lancaster.unl.edu/food/ciq.htm#action

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly *Cook It Quick* e-mail messages at lancaster.unl.edu/food/ciqupdat.htm



How to Fill Up, Not Out! (Part 2)

This is part 2 of six "Eat Smart" tips to help a person fill up, not out!

4. Turn Up the Volume!

"When left to their own devices, people choose a fairly constant portion of foods from day to day," according to Dr. Rolls in describing her research related to "volumetrics." "Volumetrics is based on maintaining the usual amount of food you eat yet lowering the calories in each portion so you can consume fewer calories yet feel just as full."

Choosing nutrient-dense foods higher in fiber and water and lower in fat and sugar help you feel full, obtain essential nutrients and aid in weight loss/maintenance. Some tips for food choices from the various food groups include:

- **Bread, Cereal, Rice and Pasta.** Choose those with higher fiber and water contents. For example, choose whole grain bread and cereals. Avoid eating lots of dry, low fiber foods that are easy to overeat, such as dry crackers, pretzels, etc. Rolls gives the example of how five tiny pretzels provide 25 calories, while for the same calories, you could eat a whole medium tomato.

- **Fruits and Vegetables.** Most fruits and vegetables can be eaten in unlimited quantities as they're high in water and fiber. Just go easy on adding fat and sugar. Include a variety of forms of fruit, since juices by themselves offer very little fiber and dried fruits have a much smaller volume than regular fruit.

- **Milk, Yogurt and Cheese.** Choose lower fat forms. We can have about two glasses of skim milk for the same calories as one glass of whole milk.

- **Meat, Poultry, Fish, Legumes, Eggs and Nuts.** Choose lower fat forms and preparation methods. Enjoy

small portions of nuts.

- **Soup.** Broth- and tomato-based soups tend to be lower in calories than cream-based ones and offer a lot of satiety.

- **Beverages.** While water-rich foods, such as fruits, vegetables and soups, will help you feel full, water alone doesn't have the same effect. Soft drinks are processed differently by the body than milk-based drinks and drinks with protein. According to Rolls, "The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms and add calories without satisfying hunger. You may end up consuming more total calories than if you didn't take the drink."

- **Desserts.** Chocoholics will enjoy this advice from Rolls: "Having a piece of chocolate at the end of a meal is really not a bad strategy. You're already pretty full and less likely to overeat and sit down and eat the whole box. I find myself that having the most delicious chocolate I can think of in a small amount at the end of the meal really helps me end the meal!"

5. Step to It!

The National Weight Control Registry (NWCR) studies successful weight control strategies of people aged 18 years and older who have lost at least 30 pounds and kept it off for at least one year. The average person listed with NWCR expends about 400 calories a day in physical exercise, with walking the most frequently cited activity.

Health experts recommend walking around 10,000 steps per day (about 5 miles) on most days for cardiovascular health. It's possible more steps may be needed for weight loss. Investing in an inexpensive pedometer is a good way to begin and stay motivated with walking. Simply determine your current number of steps for a couple of days and

gradually build up.

To help stay on track, track your steps — keeping a record of how we're doing can help us stay on target.

As a general guideline, a person will burn about 100 calories walking a mile. Fitness, weight and age will affect how many calories each person burns.

For a chart to help you keep track of your walking, go to lancaster.unl.edu/food/walk.htm

6. Sleep On It!

Too little sleep may lead to weight gain. Studies in "The Journal of the American Medical Association" (Aug. 16, 2000) and "The Lancet" (Oct. 23, 1999) suggest chronic sleep loss can make it harder to maintain or lose weight by affecting various components of metabolism that influence hunger and weight gain.

Though most healthy adults generally need an average of eight hours of sleep nightly, some people can function on less while others may need more, according to National Sleep Foundation (NSF). Here are general tips from NSF that may help you sleep better; for more ideas, check their Web site at www.sleepfoundation.org

- Drink less fluids before bedtime.
- Avoid heavy meals shortly before bedtime.
- Don't smoke.
- Go to bed and get up at the same time daily, including weekends.
- Exercise regularly, but at least three hours before going to bed.
- Avoid napping during the day if you have trouble sleeping at night.
- Avoid caffeine and alcohol in the late afternoon and evening. While caffeine may keep you awake, alcohol may cause you to awake later in the night.

If you continue to have sleep problems, check with your physician.

Fitness For You!

of your daily commute. Park further from work or get off the bus one stop earlier and walk the rest of the way.

Physical Activity at Work

Take the stairs instead of the elevator. Walk down the hall instead of using the phone or E-mail. Take a walk during morning or afternoon break. Ask a friend to go with you.

Lunchtime Activity

Take a walk around the block during part of your lunch hour. Pick some dining spots 10 to 15 minutes away and walk to and from lunch.

After Work Habits

Sneak a brief walk in after work before you get home. Play with the kids. If you find it too difficult to be active after work, try it before work. A brief walk is a great way to start off the day. Take the dog.

Weekend and Day Off Activities

Walk up and down the sidelines at your child's baseball or soccer practices and games. Join a weekend line dancing or ballroom dancing group. Go to the park or zoo with your family. Walk while doing errands. Make a Saturday morning walk a family habit; or take a family walk after church, mosque or synagogue.

Active Indoor Chores

Do chores that let you move your arms and legs such as window washing, tub scrubbing or reorganizing your closet.

Active Outdoor Chores

Mow the grass or wash the car and do the same for a neighbor who may be in need. Spruce up your garden or plant a new one.

Source: CDC, National Center for Chronic Disease Prevention and Health Promotion.

Weekly Moderate Intensity Physical Activity

Make physical activity part

Lines from Lynn

Lynn Bush
FCE Council Chair

We got through Easter with fairly nice weather. We're managing to get enough rain to make our yards look pretty good. Sure makes me feel



good to look out my window and see lots of green and an array of summer colors.

Mark your calendar for June 23, 7 p.m. our next council meeting. We will meet at the Lancaster Event Center, 84th Street and Havelock Avenue. We will begin the evening with a tour of the facilities, followed by our business meeting. Clubs responsible are Live and Learn

and Salt Creek Circle.

There's still time for your club to put together a basket for the State Convention. The convention is Aug. 18 and 19 in Syracuse, Neb.

Also mark your calendar for the Sizzling Summer Sampler, July 14. (See details elsewhere in this NEBLINE.)

★ FCE News ★

Family Community Education (FCE) Council Meeting

The June FCE Council meeting will be Monday, June 23, 7 p.m. in the Exhibit Hall at the Lancaster Event Center, 84th Street and Havelock Avenue. There will be a tour of the facilities and then the business meeting. All FCE members are invited to attend. Call Pam at 441-7180 if you plan to attend. (LB)

Sizzling Summer Sampler

Monday, July 14

6 to 9 p.m. / Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

"Antique Show and Tell" presented by
Tom Bassett, Certified Antique Appraiser

You may bring no more than 1 small antique for show and tell.

Cost \$10. Make checks payable to FCE Council
Send reservations and check by July 7 to:
Joy Kruse, 850 Adams Street, Lincoln, NE 68521



*Plan to attend and
invite a friend!*

Sponsored by Lancaster
County Association for Family
and Community Education

Easy Ways to Have Fun with Your Child This Summer

Summer will soon be here and it is a good time to plan fun activities with your children, grandchildren, nieces, nephews or friends. Here are some ways to have fun this summer.

- Have your child flatten a slice of bread with a rolling pin, spread the bread with cream cheese and jam and then roll it up like a jelly roll for a snack.
- Summer is for picnics. Be sure to have at least one, even if it's just enjoying a sandwich together on the back steps.
- Play "I'm thinking of someone you know." Give your child one clue at a time about a family member or friend until he or she guesses who it is.
- Visit a local zoo. Before you go, play a game with your child of pretending to walk and sound like the animals you will see. When you're at the zoo, have your child look closely to find new ideas for pretending

when you get home.

- Teach your child a game or song you and your friends liked when you were young.
- Use water and a small brush to "paint" items you collect on a nature walk.
- Make an instant puppet by drawing a face on a wooden spoon, a peg type clothespin, a cardboard tube or a thumb.
- Off to play in the sand? Pack your imaginations and some of these household items: a spray bottle of water to dampen the sand, cookie cutters, a plastic funnel, old spoons, gelatin molds and old muffin tins.
- Point out the sky at different times of the day. Talk about the colors you see.
- When you're having an especially rushed and busy day, take a few minutes to sit down and rock your child. You'll both feel better.
- Join your child in drawing on

the sidewalk with chalk.

- Suggest tracing around things...a hand, foot, leaf, or a toy. Then "erase" your drawings with water and a paintbrush.
- Put family pictures in an album.
- Tell your child something you honestly like about him or her.
- Ask your child to find out what his shadow does when he runs. What does it do when he jumps? What about when he walks into the shade?
- Have your child tell you a story. Write it down and maybe even act it out together.
- This is the only summer your child will be exactly the age he or she is right now. Be sure to savor it. Don't forget to let your child hear out loud those words that are in your heart: "I Love You!" (LB)

Family Living



by Lorene Bartos, Extension Educator

Storing Garments

Before storing winter garments be sure they are clean. Clothes should be free of starch or sizing, which can provide insect nourishment. To prevent damage, store clean garments using mothballs and cedar chests. In a closed area where there is a high concentration of odor, mothballs will kill larvae and insects. In an open area the odor generally repels insects, while cedar has a strong scent that will repel insects also. Keeping the chest tightly closed is what prevents infestation.

When Times are Tough: In the Aftermath of War

Whether urban or rural, many families are suffering from economic hardship and mental stress. The year 2003 is going quickly and many things have been happening. They are not all easy! This is the beginning of a series of articles on "When Times are Tough".

It sounds as though the war 'Iraqi Operation Freedom' is about to wind down. Regardless of your feelings on whether the war was the right thing to do or not, it is important to know your feelings, and the feelings of your family and friends are legitimate. Everyone has the right to their own feelings.

It's how those feelings are expressed that must be dealt with. Some people have simply grieved throughout this whole time with concern about the news of injuries, death and survival even if they did not have family members or friends in the military or serving overseas. Many with family members or friends overseas have been glued to the television and news, which has affected their lifestyle including their physical and emotional health. Many people continue to be concerned about terrorism within our country.

There is still work to be done in Iraq and around the

world and people will continue to serve in the military and away from home. Although there may be some closure for some, others will have concerns, fears and loneliness.

It is essential you know where you stand with these issues and who you may turn to for support. It is important to recognize your feelings and fears and to know you are not alone. One of the most wonderful things about living in the United States is you have the right to voice your opinion and share your feelings without threat of bodily harm.

However, when you share feelings you place yourself in a vulnerable position. You will want to trust the person you confide in or who you ask for advice. During these days, although the end of war is inevitable, there is still unrest and stress. In the aftermath of war, make sure to care for yourself by eating properly, exercising, fulfilling your work responsibilities and spending time with family and friends.

Do what you can to support your family, friends and co-workers to help make their lives less stressful.

Source: Kathy Bosch, Extension Specialist, Family Life Education (LB)

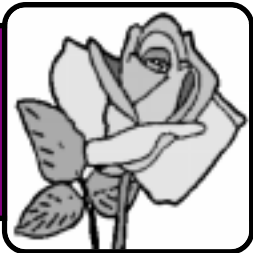
CHARACTER COUNTS! Corner

Respect

It is a wonderful experience to feel the respect of others. Respect is the most basic of human needs to be valued as a person of worth. It is the understanding all people and things have value by showing high regard and consideration for self, others, community and environment.

There are positive consequences of being a respectful person. You may learn about different ideas, you earn the respect of others when they see you respecting them. You will probably feel confident you have done the right thing whenever you give others consideration or say kind things to people. (BR)





Horticulture

2003 Perennial Plant of the Year

The Perennial Plant Association (PPA) has announced that the Perennial Plant of the Year 2003 is *Leucanthemum* 'Becky'. PPA members selected Becky Shasta daisy on the basis of its bright white flowers, sturdy stems and long season of bloom. *Leucanthemum* 'Becky' has proven to be a lovely and dependable perennial for herbaceous borders across the county.

'Becky' has sturdy, upright stems that grow 40 inches tall, with a similar spread. Three inch wide, single white flowers with contrasting yellow centers appear at the end of June or early July when other Shasta daisies are finishing. Flowering continues throughout August and often into September. Becky Shasta daisy grows well in hardiness zones 4 to 9.

Leucanthemum 'Becky' is a wonderful choice to be grown as a specimen or mass planting in the perennial border, naturalized landscapes, attract butterflies, garden bouquets and even large containers. It can be one of the main attractions of the summer border.

An excellent cultivar of an old fashioned favorite, Becky



Leucanthemum 'Becky'

Shasta daisy grows best in full sun and well drained soil. Plants are not tolerant of excessive moisture or wet soils in the winter. Deadheading encourages rebloom and extends the flowering season into autumn. The flower stems are strong enough to keep this daisy upright after a heavy rain and to make it an excellent cut flower. 'Becky' is superior to other Shasta daisies due to its robust habit and preforms well in northern climates. (MJF)

Recognizing Hazardous Trees

Most people realize dead trees should be removed as soon as they are detected, however, living trees also can be a threat to life and property. A living hazardous tree may have one or more defects which decreases its structural integrity and gives it an increased potential for failure. Unfortunately, this potentially deadly combination of defective trees with areas where people or their property stop and congregate are all too common in today's urban and residential landscape. Tree managers or home owners must have the ability to identify and then correct hazardous situations caused by defective trees.

Tree Structure

Trees are complex and highly adaptable organisms. Knowing how trees are constructed, function, and respond to wounding can help home owners understand the eventual aging process and ultimately insure the safety of people who work and play near them.

Trees have massive stems that support and elevate the leaves. The stem is also the transport system for moving materials from the root to the leaves and back again. Tree stems must grow every year. Each spring and summer a new sheath of living wood covers last year's tree. If a tree cannot grow every year, it will decline and die.

A cross section of a tree trunk has many layers. The outside of the tree is dead bark which protects the tree. The inner bark or phloem tissue is alive and carries food manufactured in the leaves to lower, aboveground portions of the tree and to the roots.

The layer between the bark and wood is called the cambium. The cambium produces wood cells to the inside and bark cells to the outside. Actively growing cambium results in an increase in stem diameter. In addition, the cambium is a major reaction site that responds to injury.

Inside the cambium are annual rings of wood. The large pores in each annual ring (xylem) are dead, but are still capable of transporting water to the leaves. Nearly all of the volume of a tree is wood or xylem. If these woody tissues become unsound for any reason, such as internal decay, then most of the structural support for the tree will be compromised. The tree will remain alive, however, because the living cells near the cambium will continue to grow, laying down new phloem and xylem tissues. The result is a relatively healthy-looking tree with a functional outer sheath, but one that lacks sufficient structural strength from wood to support itself, particularly during extreme weather events.

A tree's structural support is most important during high winds or when snow and ice have accumulated on branches. For example, accumulation of ice can increase the branch weight of trees by 30 times or more. This additional weight may not pose a problem for relatively young trees, however,

as trees grow old, they are less able to compartmentalize or seal-off injured portions of the tree and decay is more common. In addition, older trees have a greater tendency to shed branches due to unavoidable decline in wood quality.

Besides age, growth rate and ability to respond to injury will influence a tree's functional life span. Fast growing trees like silver maple, poplar and willow allocate a relatively small portion of internal resources to building compartments that keep pests and decay from spreading. Instead, they rely upon a rapid rate of growth to outdistance decay-causing pathogens. But as they age, their rate of growth slows, and significant decay and structural failure become likely. On the other hand, trees like oak grow slowly and allocate a significant proportion of resources to defense. These trees compartmentalize wounds and in general are long-lived and less likely to fail.

There are four ways that living trees become structurally unsound:

- Internal decay in the trunk and large branches
- Cankers and canker-rot
- cut roots and root decay
- poor branch attachment

Internal Decay

Decay in living trees is the end result of many complex interactions between the tree and several groups of fungi and bacteria. Many of these microorganisms are opportunistic and enter through wounds. Healthy and vigorous trees have adequate defense systems that limit the spread of decay caused by these pathogens, however, older trees or those in poor health are at a disadvantage, and extensive columns of decay often result.

Once decayed tissue takes over a large volume of the trunk, the tree will be unable to support its own weight and may fail at any time (even though failure is most likely to occur during periods of high wind.)

Here are the warning signs of internal decay:

- Large, wide wounds or cavities
- Presence of fungal fruiting bodies or conks
- Bleeding (oozing sap) through the bark
- Presence of carpenter ants, termites, nesting holes and bee hives
- Loose, cracking bark
- Overall poor appearance, slow growth, or twig and branch die-back

Cankers/Canker-Rots

Cankers, localized dead areas on the bark caused by bark-inhabiting microorganisms, also can lead to structural instability in a tree. Cankers on the trunk and branches are inherently weak spots and trunk and branch failure may occur at old cankers.

Canker-rot occurs when microorganisms attack and decompose the wood beneath the canker and adjacent bark tissues. Most canker-rot is likely to cause tree failure because of the combined effect of dead bark around the circumference of the tree (from the

canker) and loss of internal support (from wood decay.) Trees with canker-rot are very hazardous and should be removed as soon as possible.

Root Problems

Anything that alters or compromises the structural support provided by any part of the root system decreases the stability of the tree.

Two major culprits that jeopardize the integrity of roots are (1) root-rotting pathogens that attack weakened trees or enter through wounds and cause root decay, and (2) the severing or cutting of any portion of the root system.

In addition, soil erosion, drought, gas leaks, changing the grade around trees, flooding, soil compaction or paving around trees can kill roots. Building, road, and sidewalk construction or utility installation are especially damaging to the roots of nearby trees. Large, heavy equipment used around trees often severs or injures a large portion of the roots.

Without the support of the entire root system the tree is structurally weakened and the probability of failure increases as the amount of injured roots increases. Trees that have lost 50 percent or more of their root systems during construction should be removed.

Branch Attachment

To have a strong attachment, a branch must be smaller (40 to 50 percent smaller) than the trunk or limb from which it arises. If the branch and trunk are close to the same size, their attachment may be weak and breakage may occur. Competing leaders and upright-growing branches with acute angles of attachment also are areas of potential weakness.

Some tree species such as horsechestnut, silver maple, linden, tulip tree and willow are more likely to break because of their inherent poor branching habits. These species should be examined carefully when they are young so that structural flaws can be corrected.

Reducing the Risk

Early detection of tree defects can prevent tree failures and potential damage to property and injury to people and pets. Reducing the risk associated with hazardous trees might take one of the following forms:

- **Remove the target**—While homes or power lines cannot be moved, sometimes picnic tables, cars, landscape features, play areas, etc. can be relocated to prevent them from being crushed by a falling tree.
- **Remove the tree**—Some hazardous trees are best removed from the landscape. Remember, "When in doubt, take it out!"
- **Prune the tree**—Removing defective branches might alleviate a hazardous situation.

Trees that are suspected of being hazardous should be examined by a Certified Arborist. If the tree is located near a power line, contact your local utility. (MJF)

Garden Guide

Things to do this month

Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.

Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.

Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.

When you visit botanical gardens and arboreums, take your camera and note pad with you. Plan now for changes you will make in your landscape.

For maximum landscape interest in a small, vertical space, try annual vines. They can disguise ugly walls and fences. When trellised, they can create shade and privacy while hiding undesirable views. Try morning glory, nasturtium vine and scarlet runner bean.

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately three inches in height. Mow frequently, removing no more than one third of the blade at each cutting.

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Cabbage loopers and imported cabbage worms are green worms. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with Bt (*Bacillus thuringiensis*) a natural, non-toxic preparation available by various trade names.

Newly transplanted vegetable plants should be protected from cutworms with collars. Cut strips of cardboard two inches wide by eight inches long, staple them into circles and place them around the plants. Press the collar about one inch into the soil. These collars will fence out the cutworms and protect the stems of the vegetable plants.

Four or five layers of newspaper will serve as an effective mulch in the garden. Cover it with grass clippings or straw to prevent it from blowing away. (MJF)

Ant Identification: Why is it so Important?

Barb Ogg
Extension Educator

In the past few years, pest control professionals report that ants have risen to become the most problematic nuisance pests in and around homes. Ants motivate more homeowners to call cooperative extension than any other group of insects.

There are about a dozen ants that are found occasionally inside Nebraska homes. Because ants live in colonies and have a queen that continually lays eggs and produces more workers, the smartest control approach is to locate and treat the colony. Spraying individual ants with a liquid or aerosol insecticide will only be a temporary solution.

Locating the colony isn't always easy. Most of the time ant colonies are outside and the ants you see are coming inside through small cracks that allow entry. But, sometimes the colony can actually be in the structure itself. A correct species identification will help you locate the colony, because different ant species are found in different locations and have different habits. They also may be attracted to different foods — which will be helpful when considering a bait treatment.

Several of the more common pest ants are carpenter ants, odorous house ants and large yellow ants (citronella ants). Each of these ants have one node separating the thorax and gaster, but they have other distinctive features that make them easy to identify.

Carpenter Ants

Carpenter ant workers are dimorphic — which means you

can find large and small wingless workers in the same colony. In Nebraska, there are two species of carpenter ants that are quite different in color.

Black Carpenter Ant—



Actual Size:

Major workers: about 7/16"

Minor workers: about 1/4"

Carpenter ants are large black ants, the workers range in size from 1/4-inch to 1/2-inch long. They have a dull black color, including legs and antenna. Under a hand lens you may see fine yellow hairs covering the abdomen.

"Red" Carpenter Ant—



Actual Size:

Major workers: about 1/4"

Minor workers: about 3/16"

The "red" carpenter ants are smaller than the black carpenter ants and distinctly different in coloration: reddish head and thorax and black abdomen.

Colony location: The main carpenter ant colony must have a constant source of moisture to

survive and is usually located in dead wood outdoors, such as dead limbs, tree holes, stumps, landscape timbers. Indoors, a main colony is usually associated with a water problem.

Control: Locating the colony is essential to eliminating carpenter ants; the correct treatment is dependent on where the colony is located. Hiring a pest control professional may be needed to correctly treat in wall voids or other difficult locations.

Odorous House Ants



Actual Size:

about 1/8"

These ants are small, very dark brown to black ants — about 1/8-inch long. They get their name from their distinctive coconut smell when you smash them. Odorous house ants commonly found in kitchens are especially fond of sweets.

Colony location: Odorous

house ants nest in many different outdoor habitats and build shallow nests under items lying on the ground, including mulch and bark chips. Inside buildings, they can nest in wall voids—particularly around hot water pipes and heaters. As with other ant species, moisture is a limiting factor in their survival.

Control: If colonies are found, they can be treated with

Environmental Focus



insecticides — the type of treatment depends where the colony is located. Because this ant is attracted to sweet foods, a sweet bait (like Terro or Pic II) can often be successful in controlling this ant.

Large Yellow Ants



Actual Size:

about 1/4"

This medium-sized ant is about 1/4-inch long and yellow-orange in color. They are also called citronella ants because when crushed, they give off a distinctive odor of lemons or citronella.

Colony location: The large yellow ant usually nests in the soil, often under logs, rocks, patio blocks and concrete slabs. They also may be found in open areas of soil. The large yellow

ant excavates large amounts of soil as it builds galleries. If the colony is located under a basement or garage slab, soil may be piled on the floor. Large yellow ants swarm nearly anytime — even in January — and often several times during the year. If large yellow ant

swarmers are found inside the house, the colonies are probably in the soil outside the foundation or under a crawl space.

Control: Locate and treat colonies next to, under or around the structure. It may be necessary to hire a pest control professional to treat under concrete slabs or in crawl spaces. Baits are not effective for large yellow ants.

There are eight other ant species that are sometimes found in Nebraska homes so don't assume these are the only ants you might encounter. It is always a good idea to have ants identified by an expert before you spend a lot of time or money on treatment. Bring ant specimens to the Lancaster County Extension Office, 8 a.m.–4:30 p.m. weekdays.



Termite Control Workshop May 22

"Everything Homeowners Need to Know about Termites and Termite Control" will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road on Thursday, May 22 from 6:30–9:30 p.m. Barb Ogg, Dennis Ferraro and Clyde Ogg will discuss all aspects of termite biology and management. The goal of this workshop is to help consumers make better decisions about termite control. Cost: \$20. (BPO)

Clopyralid and Compost

Clopyralid (pronounced clo-PEER-a-lid) is a herbicide designed to kill broadleaf weeds such as clover, thistle and dandelion. Clopyralid is sold for use on turf by several manufacturers under a variety of trade names, such as Confront, Lantrel, Momentum and "Weed & Feed" fertilizers. The source of clopyralid in compost are clippings treated with these products.

Gardeners may inadvertently damage sensitive plants through misapplication of compost with clopyralid. Clopyralid is very slow to break down during the composting process. In soil, it has a half life of 2–14 months. When composted, the half life is greater than one year. Other chemicals appear to break down quickly in compost and do not present the same problems as clopyralid.

Plant families sensitive to clopyralid include:

- Legumes: peas, beans, lentils and clover
- Solanaceous: tomatoes, peppers, potatoes and eggplant
- Composite: sunflower, petunias, daisies and asters
- Other plants: carrots, carnations, lupines and lettuce

Exposure to clopyralid does not pose a health threat. According to the EPA, it is not harmful to people or animals at the low levels present in compost. In fact, people that have applied this herbicide to their lawns have a much higher concentrations of clopyralid than is in the compost. The primary environmental concern from this herbicide is its effect on sensitive plants.

Vegetables grown in soil treated with clopyralid-contaminated compost are safe to eat.

Plants damaged by clopyralid will show:

- Stunted growth: the main growth tip stops growing and the lateral buds begin to grow
- Reduced fruit set
- Cupping of leaves

- Failure of secondary leaves to grow after the seed leaves emerge
- In legumes, compound leaves stay single.

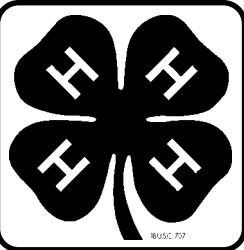
Compost is still great for your lawn, garden, and landscape. Compost builds healthy, biologically active soil, increases porosity and water-holding capacity of the soil and decreases bulk density of the soil.

When applying compost, thoroughly mix it with the top soil. Use compost at the recommended rates listed below:

- For a new lawn, spread one inch of compost and till into the top four to six inches of soil prior to seeding.
- For an established lawn, top dress with up to 1/4-inch of compost two to three times during the growing season. (Treat bare spots like new lawn)
- For flower and vegetable gardens, apply one inch of compost and till into six inches of soil. (DJ)

Products Registered in Nebraska Containing Clopyralid

1. Accent Gold Herbicide
2. Andersons Golf Products Turf Fertilizer 18-5-9 with Millennium Ultra Herbicide
3. Award Professional Millennium Weed & Feed
4. Battleship Herbicide
5. Confront Herbicide
6. Curtail Herbicide
7. Curtail M
8. Dupont Accent Gold WDG Herbicide
9. Earl May Midwest Select Weed & Feed 32-3-5
10. Earl May Midwest Select Winter Weed & Feed 24-4-14
11. Greenview Preen 'N Green Lawns
12. Hornet
13. Hornet WDG
14. Howard Johnson's Weed & Feed with Millennium Ultra
15. Lawn Science 20-5-10 LS 621 Pro Series Millennium Ultra Weed & Feed
16. Lebanon Proscap Homogeneous Fertilizer w/Confront Herbicide 19-2-9
17. Lebanon Proscap Homogeneous Fertilizer w/Confront & Team 19-3-9
18. Lesco Momentum Premium Selective Herbicide
19. Lontrel Turf and Ornamental
20. Momentum Premium Weed & Feed
21. Redeem R&P
22. Stinger Herbicide
23. Strike 3 Ultra
24. Tee Time 18-5-9 with Millennium Ultra Herbicide
25. The Andersons Prof Turf Products 16-4-8 w/Millennium Ultra Herb & PCSCU
26. Transline (DJ)



4-H & Youth

LANCASTER COUNTY FAIR NEWS

2003

LANCASTER COUNTY FAIR

Discover the Fun!

JULY 30–AUGUST 3

How to Exhibit at the County Fair

New leaders, experienced leaders, 4-H members and parents are invited to a leader training on **Monday, May 19**, 9:30 a.m. and 7 p.m. at the Lancaster Extension Education Center. *Note this date change.* Come and receive information on static exhibits, tips for home environment projects, contest information, new project information, the in's and out's of interview judging and other valuable county fair facts. Call 441-7180 by **May 16** to RSVP. (TK)

Livestock Affidavits

Reminder-All livestock affidavits are due into the extension office by 4:30, **June 15**. (DK)

Quality Assurance Training

If you need to get certified in quality assurance, please plan on attending the Quality Assurance workshop on **Thursday, June 5**, 7 p.m. at the Lancaster County Extension Education Center, 444 Cherrycreek Rd. This is a requirement to show livestock in our county! If you have any questions, please call Deanna at 441-7180. (DK)

Lamb Tagging

If you need your market or breeding lambs tagged, call Deanna to set up an appointment. All lambs need to be tagged and identified no later than **June 15**. (DK)

Pre-District Horse Show June 7

A free Lancaster County Pre-District Horse Show will be held **Saturday, June 7**, 9 a.m. at the Capital City Horse and Pony Club, 14500 N. 14 St., Lincoln. The show will run in district format. 4-H'ers of all ages are welcome to participate.

Classes are: English Pleasure, English Horsemanship, Western Pleasure, Western Pleasure (Ponies), Western Horsemanship, Reining, Pole Bending and Barrels.

Rain Date is Saturday, June 14 at the Lancaster Event Center, 84th & Havelock, Lincoln. For more information, please call Ellen at 441-7180 or Joyce at 486-0335.



MAY

Sara Morton

Lancaster County 4-H and 4-H Council are proud to announce Sara Morton as the winner of the May "Heart of 4-H Award" in recognition of outstanding volunteer service.

Sara has been the organizational leader of the Rabbits "R" Us 4-H club for four years — leading monthly meetings, volunteering at the County Fair and helping organize the yearly Rabbit Clinics and Spring Show. Prior to being the leader, she was involved in the club for four years. Sara is also involved with the Wee Amigos 4-H club. Her children, Zach, age 16, and



see HEART OF 4-H on page 11

Discover 4-H Theme Night at Saltdogs June 20

DISCOVER 4-H
DISCOVER YOU



Wear your 4-H garb!

Lancaster 4-H Council is sponsoring **Discover 4-H theme night** at the **Lincoln Saltdogs Baseball** home game against Kansas City on **Friday, June 20**. Game starts at 7:05 p.m. **Haymarket Park**

(located near 6th & Charleston streets)

4-H'ERS SHOULD GATHER AT 6 P.M. on the promenade north of the main gate

There will be many 4-H fun activities, including:

- 4-H'ers will parade onto the field prior to the game
- Free "Discover 4-H, Discover You" temporary tattoos
- Lancaster County 4-H'er Grace Farley will sing the National Anthem
- Members of the Wittstruck family, a three-generation 4-H family, will throw the first pitch
- Winners of the 2003 Lancaster County Public Service Announcement (PSA) Contest — Alyssa Fiala, Sean Badeer, and Terra Thomson — will give public address announcements

Tickets for 4-H'ers on Sale Now Through June 13

Lancaster County 4-H will be selling June 20th Saltdogs tickets to 4-H'ers, families & friends through June 13. **To buy your tickets, stop by the UNL Lancaster County Extension office, 444 Cherrycreek Road, Suite A, Lincoln.**

Tickets are \$4 per person for general admission/grass berm seating.

After June 13, tickets are available from the Saltdogs ticket office or at the gates.

Tickets will be available at the gate, but Saltdogs encourages 4-H'ers to buy their tickets ahead of time through Lancaster County 4-H in case the game gets sold out.

Wanted — 4-H Livestock Judgers

Are you interested in becoming a member of the Lancaster County livestock judging team? If so, please call Deanna at 441-7180 by **June 1**. Once we have some teams formed, we will schedule some learning workshops and attend area judging contest. (DK)

FCS Judging Contest Replaced with Life Challenge Event

The former Family & Consumer Science (FCS) Judging Contest is changing its format. This year it will be called Life Challenge.

The senior division is for youth 12 and over. This Life Challenge event will occur on **Monday, June 30 and Tuesday, July 1** in Lincoln on East Campus of UNL. Participants will compete as a team in one of the five possible challenge areas and individually in placing classes. Topics for the senior division challenges include Foodworks, You're the Chef, Shopping in Style, Design Decisions and Business Sense. Workshops of interest will be held throughout the 2-day event not as a part of the competition, but for educational enjoyment. Small entry fee is required. Ribbons will awarded.

A separate junior division contest for youth 11 and under will be held **Thursday, July 10**, 1 p.m. at the Lancaster Extension Education Center. It will consist of a written test as well as an oral question given to a judge. Topics for the junior division include Health A - Discovering Myself, The Sitter,

Attention Shoppers and Six Easy Bites. Youth will receive ribbons and a fair premium.

If you are interested in participating in either contest, please contact Tracy by June 1 for more information. (TK)

Premier Animal Science Events (PASE) Coming Soon

The Premier Animal Science Events will take place **Monday, June 30 and Tuesday, July 1**, in the Animal Science facilities on East Campus of the University of Nebraska-Lincoln. This is open to any 4-H'er wanting to learn about animals, meat selection or careers in agriculture.

During this event you will have the opportunity to participate in one or more contests or workshops. Activities are as follows: livestock judging, livestock quiz bowl, meats for consumers judging, dairy cattle judging, poultry judging, chicken and turkey BBQ contests and the tractor driving contest.

For more information, go to the Animal Science Web site at 4h.unl.edu/animalsci/#judging or call Deanna at 441-7180.

Two Sewing Seminars Scheduled

Hancock Fabrics, 6800 P St., Lincoln, will present demonstrations on zippers, pillows, grading seams, buttons and more on **Sunday, May 18**, from 3–4 p.m. These presentations are designed to help 4-H'ers in Sewing For Fun and Clothing Level 1 and 2. You'll be amazed how these ideas can really improve your projects. There is no fee, but call 464-3935 by **May 14** to pre-register.

The second presentation will be **Sunday, June 1**, 3–4 p.m. The project Decorate Your Duds will be presented. Learn about painting, machine embroidery, applique, beading and lots more. Bring sources and/or ideas! There is no fee, but call 464-3935 by **May 28** to pre-register.

Lancaster 4-H'ers Win Medals at District Speech Contest

More than 286 entries from 37 counties represented their county 4-H program at the recent Southeast District 4-H Speech Contest held at the University of Nebraska-Lincoln on April 12.

Congratulation to the Lancaster County 4-H'ers who were among the medal winners!

In the Senior Public Speaking Division, Connie Lemke with her speech "Is It Over?" was one of the top

seven speakers and will advance onto the State 4-H Speech Contest held in August to compete for scholarships.

Intermediate Public Speaking Division winners included Sean Badeer with his speech entitled "I Love a Good Rodeo!"

Junior Public Speaking winners included Preston Badeer with his speech "DOS Dummy Proof."

Senior Public Service Announcement winners included Alyssa Fiala with "Lights,

Camera, Action!" (Karen Clinch received special recognition with "4-H Shopping in Style").

Intermediate Public Service Announcement Division winners included Sean Badeer with "4-H Warning."

Junior Public Service Announcement winners included Terra Thomson with "Buggy About 4-H," Ryan Keys with "4-H Camps" and Hannah Spencer "Step Right Up to 4-H."

Clover College

Tue., June 24–Fri., June 27

All workshops held at Lancaster Extension Education Center, 444 Cherrycreek Road

Open to 4-H & non-4-H youth ages 5–16

Clover College is four days of “hands-on” workshops full of fun and learning! Youth may attend as many or as few workshops as they wish. Youth attending workshops that overlap the lunch period may bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description.) If you have questions, contact Tracy Kulm at 441-7180.

WORKSHOP DESCRIPTIONS

4-Day Workshops

Clover Kids Camp

Clover Kids will participate in several hands-on activities while learning about animals, food fun, science, the outdoors and more. Refreshments provided for this workshop.
TUE–FRI, 8AM–12:15PM
AGES: 5-7
FEE: \$25
INSTRUCTORS: Multiple instructors

Rockets... Countdown to Family Fun

3...2...1...blast off! Have you ever wanted to build a rocket and launch it? Come to this workshop and receive a rocket kit and one engine.
TUE–FRI, 8–10AM
AGES: 8-12
FEE: \$9
INSTRUCTOR: Ron Suing, 4-H volunteer

Bird Seed Feeder

Fly in and make a bird house or feeder! Learn basic wood working skills, learn about habitats for backyard animals. All materials will be provided for this four-day workshop.
TUE–FRI, 12:45–2:45PM
AGES: 8 and up
FEE: \$5
INSTRUCTOR: Shirley Condon, 4-H volunteer

3-Day Workshop

Insect Collecting for Beginners

In this three-day workshop, learn the most common insect orders and make your own starter collection. You will collect aquatic insects so come dressed to enjoy the outdoors! This class is for youth who did not attend this workshop last year.
WED–FRI, 12:45–2:45PM
AGES: 10 and up
FEE: \$20 (some supplies included)
INSTRUCTOR: Barb Ogg, Extension Educator

2-Day Workshops

Puppets on Parade

In this two day workshop, you will get creative in making several different kinds of puppets, learn a little bit about the history of puppet performance and put on a performance of your own.
WED–THU, 8–10AM
AGES: 8 and up
FEE: \$7
INSTRUCTOR: Brenda Fiala, 4-H volunteer

Fun with Scrapbooking

Use scrapbooking techniques to create a calendar or a monthly calendar. Bring 12 photos, 1 appropriate for each month.
THU–FRI, 10:15AM–12:15PM
AGES: 9 and up
FEE: \$10
INSTRUCTOR: Kitt Saathoff, owner of A Page in Time and 4-H volunteer

Say it with Posters

Learn how to visually tell a story with posters. Use

lettering, graphics and color to communicate a clear message.
THU–FRI, 12:45–2:45PM
AGES: 8 and up
FEE: \$3
INSTRUCTOR: Vicki Jedlicka, Extension Assistant

Under the Hood: Getting a Jump Start on Auto Mechanics

Get a handle on what's under the hood, learn how to change a flat tire, jump start a car and what to do in several emergency situations. Preventive maintenance, such as how to check tire pressure, filters, and fluids.
TUE–WED, 3–5PM
AGES: 12 and up
FEE: \$5
INSTRUCTOR: Robert Fox, 4-H volunteer

1-Day Workshops

Perfect Pies

Practice making perfect pie crusts and even learn some decorative techniques in this hands on workshop.
TUE, 8–10AM
AGES: 10 and up
FEE: \$5
INSTRUCTORS: Brenda Fiala and Cindy Fiala, 4-H volunteers

3R's - Reduce, Reuse, Recycle

Learn about Shopping S.M.A.R.T (Save Money and Reduce Trash) and make treasures from trash.
TUE, 10:15AM–12:15PM
AGES: 9 and up
FEE: \$5
INSTRUCTOR: Lorene Bartos, Extension Educator

Sensational Summertime Crafts

Come and explore your creative side in this summertime arts and crafts hands-on workshop.
TUE, 10:15AM–12:15PM
AGES: 8 and up
FEE: \$5

Fishing Fun

Hike on over to the Crawdad Hole." Bring along your fishing pole, complete with line, hook and bobber for some ol' fashioned fishing fun at a nearby stream. Extra tackle is optional. Bait provided as well as a "wormy snack" for humans.
TUE, 12:45–2:45PM
AGES: 9 and up
FEE: \$5
INSTRUCTOR: David Smith, Extension Technologist

Design Your Own Stickers & Tattoos

Design your own stickers and temporary tattoos which will be scanned into a computer and printed on specialty paper.
TUE, 12:45–2:45PM
AGES: 8 & up
FEE: \$7
INSTRUCTOR: Vicki Jedlicka, Extension Assistant

A Fishy Topic

Join us and we will swim in the fun! We will create a Beta fish bowl and learn about fish and plants.
TUE, 3–5PM
AGES: 8 and up
FEE: \$8
INSTRUCTORS: Deanna Karmazin, Extension Associate & Julia French, Extension Intern

WORKSHOP SCHEDULE				
	Tuesday	Wednesday	Thursday	Friday
8:00–10:00	Clover Kids	Clover Kids	Clover Kids	Clover Kids
	Rockets...	Rockets...	Rockets...	Rockets...
	Perfect Pies	Puppets	Puppets	Back to School
10:15–12:15	Clover Kids	Clover Kids	Clover Kids	Clover Kids
	3 R's	Face Painting	Scrapbooking	Scrapbooking
	Summer Crafts	Money	Table Setting	Color Galleria
12:45–2:45	Bird Seed Feeder	Bird Seed Feeder	Bird Seed Feeder	Bird Seed Feeder
	Fishing Fun	Insect Collecting	Insect Collecting	Insect Collecting
	Stickers & Tattoos	Ukrainian Eggs	Posters	Posters
3:00–5:00	Under the Hood	Under the Hood	Chenille	Serving Up Service
	Fishy Topic	Floral Fun	Style Revue	Stamping
	Babysitting Basics	Fun in Kitchen	Burps & Slurps!	—

Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys.
TUE, 3–5PM
AGES: 11 and up
FEE: \$5
INSTRUCTOR: Lorene Bartos, Extension Educator

Fabulous Face Painting

Learn how to do fabulous full face painting from face painter extraordinaire, Matilda Belle. Starter paint kits will be available to purchase for \$10.
WED, 10:15AM–12:15PM
AGES: 12 and up
FEE: \$5
INSTRUCTOR: Jhoni Kucera a.k.a. Matilda Belle, 4-H volunteer

Money, Money, Money

Learn the basics of banking and how to spend and save wisely.
WED, 10:15AM–12:15PM
AGES: 10 and up
FEE: None
INSTRUCTOR: TierOne Bank, Clocktower Branch

Ukrainian Easter Eggs

Learn the art of Easter egg making the Pysanky way. An old art using wax during the dyeing process to make beautiful designs. Full of meaning and beauty, the Pysanky eggs are an easy and fun art to learn.
WED, 12:45–2:45PM
AGES: 12 and up
FEE: \$4
INSTRUCTOR: Julie Lantis, 4-H volunteer

Fantastic Floral Fun

Did you ever want to learn how to make fantastic floral arrangements? Learn from a floral arrangement expert how to create a visual symphony of colors, textures and shapes. Take home your own fantastic floral arrangement.

WED, 3–5PM

AGES: 10 and up

FEE: \$12.50

INSTRUCTOR: Gary Tharnish, Burton Tyrrell's Flowers

Fun in the Kitchen

It's easier than it looks to shape speciality bread and rolls. Learn techniques through this hands-on workshop.
WED, 3–5PM
AGES: 11 and up
FEE: \$5
INSTRUCTOR: Lorene Bartos, Extension Educator

Getting Set for the Table Setting Contest

Come and learn everything you need to know to participate in the table setting contest. You'll also make a homemade centerpiece.
THU, 10:15AM–12:15PM
AGES: 8 and up
FEE: \$5

Creating Chenille

Learn how to make beautiful chenille. Bring your sewing machine, white thread and 12" ruler. Also bring blunt ended shears if you have them.
THU, 3–5PM
AGES: 10 and up
FEE: \$4
INSTRUCTORS: Diane & Marie Spomer, 4-H volunteers

Style Revue

Style Revue will be here soon! Come to this workshop and learn new styling procedures and practice your modeling technique.
THU, 3–5PM
AGES: 8 and up
FEE: No charge

Burps and Slurps!

Do you burp and slurp at the table? Do you know which fork is for your salad? Can you properly introduce yourself to a stranger? If you would like to add a touch of class to your dining techniques, join us for food and fun!
THU, 3–5PM

AGES: 10 and up

FEE: \$5

INSTRUCTOR: Deanna Karmazin, Extension Associate & Julia French, Extension Intern

Back to School

Come and create an original book cover, a one of a kind pen with clay and a fun bookmark.
FRI, 8–10AM
AGES: 8 and up
FEE: \$2.50
INSTRUCTOR: Geri Ripa, 4-H volunteer

Your Color Galleria

Learn how to look your best by wearing the right colors. Make your own color book in this interactive and fun workshop! Bring empty 4x6 photo album and fabric scissors.
FRI, 10:15AM–12:15PM
AGES: 8 and up
FEE: \$8
INSTRUCTOR: Jackie Zimmerman, Full Image Consultant

Serving Up Exceptional Service

Are you looking for ways to become more engaged in the community? Through interactive learning experiences participants will find out about National Days of Service and other community service opportunities, State Fair exhibits, resources and recognition.
FRI, 3–5PM
AGES: 8-16
FEE: \$5
INSTRUCTOR: Janet Fox, Extension 4-H Youth Development Specialist

Simply Stamping

Make a variety of cards and gifts with rubber stamps.
AGES: 8 and up
FRI, 3–5PM
FEE: \$5
INSTRUCTOR: Jan Wagner

CLOVER COLLEGE REGISTRATION FORM

To register, complete the registration form (one person per form) and return with payment (check or money order made payable to Lancaster County Extension). Registrations must be received by June 16. They will be handled on a “first come” basis and will only be accepted upon receipt of fees. Early registration is recommended. Telephone registration not accepted. **All fees are non-refundable unless a class is filled to capacity or canceled.**

Name _____	Age _____
Parents Name(s) _____	
Address _____	
City _____	State _____ Zip _____
Daytime Phone _____	Evening Phone _____
Special Needs (allergies, etc.) _____	
Workshops to attend: _____	Fee _____
_____	Fee _____
_____	Fee _____
_____	Fee _____
_____	Fee _____
_____	Fee _____
Total _____	
I give permission to use my child's name/photograph in publications, advertisements, news articles or Web sites pertaining to 4-H. <input type="checkbox"/> yes <input type="checkbox"/> no	
Parent/Guardian Signature: _____	Date: _____

Mailing or bring registration form and payment to:
UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528



Community & Home Living

EXTENSION HIGHLIGHTS

Lancaster Event Center Receives Donation From Dorothy Wiechert Memorial Fund



Keith Dey (right), president of Lancaster 4-H Council, recently presented Charlie Willnerd (left), president of the Lancaster County Agricultural Society, with an \$835 check from the Lancaster 4-H Foundation, custodian of the Dorothy Wiechert memorial funds. At the request of the Wiechert family, these funds will be used for a memorial plaque and brick in her name and the planting of a long-life tree at the Lancaster Event Center — home of the Lancaster County Fair. Dorothy Wiechert was a longtime 4-H supporter, member of Lancaster Extension Board, 4-H Council representative, Family and Community Education (FCE) Council member and officer, and a 4-H leader for many years.

Arlene Hanna Receives Continuing Service Award



Arlene Hanna, Extension Associate at UNL Cooperative Extension in Lancaster County, received a Continuing Service Award at the Ventures in Partnerships (VIP) annual Spring Awards Celebration on April 28. The award is VIP's highest honor, given to individuals who have shared their excellence for nearly a decade of service.

VIP is a Lincoln Public Schools program linking businesses, organizations, service clubs and governmental agencies with schools, curriculum departments, grade levels or special projects.

Lois Mayo, Curriculum Specialist for Science at Lincoln Public Schools nominated Hanna. "Arlene Hanna's understanding of environmental realities has led her to spearhead the **earth wellness festival** each year since its inception nine years ago," said Mayo. "Twenty-seven thousand fifth graders know more about the earth thanks to this effort."

Hanna, co-chair of **earth wellness festival (ewf)**, brought together 11 Lancaster County education resource agencies to create **ewf**. "The **earth wellness festival** closely ties with the Lincoln Public Schools' fifth grade science unit on Water and Wetlands," said Mayo.

Hanna is program director of the 4-H School Enrichment projects in Lancaster County, which are part of the UNL Cooperative Extension 4-H Youth Development program. More than 58 Lancaster County schools, including all LPS schools, participate in 4-H School Enrichment science projects.

Garbology, one such project, is a core subject in the LPS second grade curriculum. Mayo noted, "Arlene wrote the original Garbology curriculum in 1991, assisted in the recent Garbology curriculum revision, and presents numerous programs on Garbology to second graders."

Regarding her award, Hanna comments, "I'm honored to receive the Continuing Service Award. It's exciting to be part of VIP initiatives, which bring elements of the community together to educate youth. What I enjoy most about my work are the students. When I'm in the classrooms, they ask the most amazing questions. They understand the importance of becoming stewards of the earth and change their behavior accordingly."

Spotlight on a Neighborhood: Clinton

William Freitas
Graduate Student

Note: This article is part of a series spotlighting the various Neighbors Working Together (NWT) neighborhoods. NWT creates a supportive network facilitating leadership and collaboration across 13 neighborhoods adjacent to both campuses of the University of Nebraska.

The Clinton neighborhood was first settled between 1864 and 1879 by pioneers who either purchased land from the U.S. Government or acquired land by farming under the Homestead Act. The Homestead Act, which became law on January 1, 1863, allowed citizens over 21 to file for 160 acres of free, unappropriated public land. The land became the person's property at the end of five years, provided he or she had built a house on it, dug a well, plowed 10 acres,

fenced a specified amount and lived there for the five years. In 1897, the Clinton area was annexed into the city of Lincoln. Many of the neighborhood streets — Leighton, Baldwin, Potter, Merrill — are named after early settlers of the area. By the early 20th century, the rural aspect of Clinton had been replaced by a more industrial character. Many residents of the neighborhood during this period likely worked for the railroad, giving the area a largely blue-collar population.

The neighborhood's most historically significant structure is the Carnegie Library, built in 1909 at 27 & Orchard Streets and moved in 1992 to a new site south of the 27 Street viaduct. The building now houses *Neighborhoods, Inc.*, a non-profit organization that helps low to moderate-income residents buy homes. The neighborhood still conserves some of the beautiful houses built along Holdrege Street in the early

1900s so residents would have access to the electric trolley that operated down that busy thoroughfare.

Today, the University of Nebraska's two campuses border the neighborhood on the east and west and the John Dietrich Bike Trail runs along Clinton's northern boundary. Many recreational opportunities as playground equipment, a baseball diamond, volleyball court, soccer field and picnic areas can be found in the neighborhood's many parks: Penzer, Lintel, Nevin, Woodside and Fleming Fields. The Salvation Army Center is a hub for youth activities and offers basketball courts, pool tables and electronic games.

The Clinton Neighborhood Organization, active since 1967, promotes many projects in the neighborhood. It sponsors an annual clean up in the spring, publishes a newsletter three

see CLINTON on page 11

Credit Users Should Avoid Scams

While credit provides convenience and added buying power to America's pocket books, it also has become a fertile ground for scams and deceptions — so it's important those who use credit know how to avoid being taken advantage of.

Through the Truth in Lending, Fair Credit Reporting, Fair Debt Collection Practices and other federal acts, credit users are promised certain lending conditions. Liability limits on credit cards, timely payment processing and non-threatening debt-collection, are all rights promised to credit users, but none of the rights can guarantee against credit scams. By following a few suggestions, borrowers can avoid and correct credit problems.

One of the best ways for individuals to avoid credit problems is paying attention to the small print before signing

anything. Lenders are required to give certain information, such as the annual interest rate and the total finance charge, so borrowers should make sure they read and understand all of the information given before they accept credit offers.

Another way to avoid credit scams is for credit card users to protect the privacy of their card number. Credit card numbers should never be given out over the phone unless the person giving the number placed the call, receipts should be saved and checked against statements and lost or stolen cards should be reported immediately. Any unused credit card information such as new applications, outdated cards and cash advance checks should be destroyed.

If something unknown appears on a credit card statement, individuals should make sure to find out what it is.

Fraudulent charges often can be eliminated or reduced if they are handled promptly.

One final way to avoid scams is for credit users to remember credit problems cannot be erased from credit histories. Often advertised are the "credit repair clinics," which promise to rebuild credit. In reality, there is nothing these companies can do to change negative information on a credit report. While those seeking to escape from bad credit may find these advertisements appealing, borrowers should remember nothing the company might do can take away what the borrower himself has already done.

For more information on credit laws and scams, consult the UNL Cooperative Extension NebFact, "Credit: Advantages, Disadvantages and Common Types," NF02-517, available at local extension offices. (LB)

The Nebraska LEAD Program

(LEADERSHIP EDUCATION/ACTION DEVELOPMENT)

Are you a candidate?

The Nebraska LEAD Program is a comprehensive, two-year, statewide, agricultural leadership development program designed to speed up the leadership development process to better prepare the problem solvers, decision makers and spokespersons for both agriculture and the State of Nebraska.

Through monthly, three-day seminars the program promotes awareness, understanding and involvement in leadership positions at all levels. A national and international study/travel seminar is also a part of the program. Up to 30 individuals are annually selected from across Nebraska. The program is sponsored by the Nebraska Agricultural Leadership Council, Inc. in cooperation with the Institute of Agricultural and Natural Resources of University of Nebraska-Lincoln.

Qualifications

- Be a resident of the state of Nebraska for the past three years.
- Be willing to commit the time necessary for full participation.
- Be actively involved in production agriculture or agribusiness.
- Be motivated and open to new ideas and differing points of view.

Application Deadline

Application deadline is June 15, 2003
Applications may be requested by calling (402) 472-6810

See our Web site at www.ianr.unl.edu/lead.

LEAD
Nebraska LEAD Program
Nebraska Agricultural Leadership Council, Inc.

UNIVERSITY OF
Nebraska
Lincoln

The Nebraska LEAD Program
University of Nebraska-Lincoln
318 BioChem Hall
Lincoln, NE 68583-0763

HEART OF 4-H

continued from page 8

Emily, age 13, are members of Rabbits "R" Us. Emily is also a member Wee Amigos.

Bob Dresser, parent of a 4-H'er in Rabbits "R" Us, nominated Sara saying, "Sara is very positive about 4-H and each individual's participation. She includes each person in the activities and encourages each person to express his/her views and suggestions. She has organized each meeting so persons learn about conducting and participating in a meeting."

Sara says she likes being a 4-H volunteer because, "It is fun to teach kids to have fun and learn responsibility at the same time. 4-H is such a good organization that I feel it is important to give back what I had learned from it as a kid myself." Sara was a 4-H member for nine years.

She enjoys helping the younger kids in the club. "They are so eager to learn and participate, and when the fair is here they want to take and do everything. I also try to encourage the older members to gain some leadership skills by helping and encouraging them as well."

The Rabbits "R" Us club ran the dunking booth at last year's county fair. Sara says, "Everyone had fun even though

there was work involved. The fair always is a lot of work, but the fun is what you remember."

Married to Todd Morton for 20 years, Sara works at BryanLGH Medical Center. She is involved in their children's school activities and is a board member of the Capital City Horse & Pony Club.

Sara's favorite way to relax is watching baseball or going camping in the Sandhills. Something most people don't know about her is she loves big band music.

Congratulations to Sara Morton. Volunteers like her are indeed, the heart of 4-H!



CLINTON

continued from page 10

times a year and the board meets every first Monday of month. The neighborhood association is also supporting Clinton Elementary School by collecting "General Mills" box tops. General Mills pays cash to Clinton for all the box tops they return. The money is used by the school for educational materials and the kids even get to help with suggestions on how the money is spent.

Another project the community is involved is the Free to Grow: Approaches for a Sub-

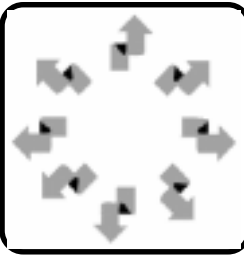
stance Abuse-Free Community. Through Lincoln Free to Grow*, Clinton neighborhood residents have been working with several partners to implement new projects. There are three major projects currently underway:

Strengthening Multi-Ethnic Families and Communities is a project that gives parents an opportunity to discuss and share parenting concerns with other parents. **Our HOUSE (Helping Others Using Support and Education)** is a project designed to help families deal with daily challenges and frustration by support and education in building on personal strengths. **Neighborhood Watch Groups** is a project providing residents an opportunity to address safety concerns.

Clinton neighborhood residents are looking forward to January 2004, when CEDARS Northridge Community Center will open its doors at 27 and Holdrege Streets. The new 17,500 square-foot facility will house basic community services like childcare services, after-school services, health care outreach, job training and placement, English and GED classes.

* For more information on Lincoln Free to Grow, contact Lincoln Action Program at 471-4515.

Miscellaneous



New Biking Bound Camp June 9-12 — The Ultimate Experience for Youth!

How does four days of fun-filled biking through the beautiful bluffs of the Platte River sound? The new Biking Bound Camp is an action-packed biking event for youth ages 11-14. The camp will be held June 9-12 at the Eastern 4-H Center.

The Nebraska Downhill Racing Team, a regional racing team, and the Omaha Safety Council will present a variety of demonstrations and programs on the latest equipment, skills and safety considerations needed for a top-notch biking experience.

The Nebraska Downhill Racing Team will give two days of instruction on basic and advanced mountain biking and will finish off the camp with an evening of trick riding!

Campers may bring their own helmet and bike or the camp will outfit.

Biking Bound is one of more than 36 4-H camps offered this summer. For more information or registration forms, visit 4h.unl.edu or pick up a camp pamphlet at the extension office.

Junior Leader Weekend at Eastern Nebraska 4-H Center, June 20-22

The Eastern Nebraska 4-H Center near Gretna is pleased to announce a special weekend event for all teen leaders. The Junior Leader Weekend is scheduled for June 20-22 and is open to all youth ages 15-19.

Nebraska Cooperative Extension 4-H Youth Development will provide specialized leadership development programs. Kelly Krambeck, 4-H center director, and Janet Fox, 4-H youth specialist, will present informative sessions regarding interpersonal communication and

leadership styles.

Many other hands-on leadership development activities are planned.

Participants will also have many opportunities for fun and relaxation, including canoeing, rappelling, climbing and bowling. The weekend will be topped-off with a dance.

Junior Leader Weekend is one of 36 4-H camps offered this summer. For more information or registration forms, visit 4h.unl.edu or pick up a camp pamphlet at the extension office.

Virtual Camp Blends Learning, Fun and Technology

Parents who want their children to use the Internet safely — and to learn while having fun — will want to check out a new online resource that will let kids "camp out" all year long — goCyberCamp™! The Web site provides youth with a window to nature, the outdoors and camp culture in educational but game-like settings.

Youth age 8 to 12 are able to participate as 'virtual campers' from wherever they are: At home, an after-school program, the library, a community center or local YMCA, grandma's house, or some other place with access to the Internet. The Web site requires no special software, so registered campers need only "hike" across the keyboard and bring their own sleeping bag and marshmallows.

At goCyberCamp, children can go to:

- The Lake where they can build a fish at the Fish Factory,
- The Woods to play Memory Games, such as matching up tree cones to their trees and animals to their animal tracks,
- The Meadow to launch a rocket at Rockets Away,
- The Campgrounds to lend a hand in the Recycle Race,
- The Campfire to listen to camp songs and stories, or
- The Gallery to submit their own songs, stories, and



artwork.

Special spring-related activities are highlighted in "Spring Fling," which includes "Egg Cam" from the University of Nebraska Cooperative Extension in Lancaster County's Web site. "Egg Cam" gives Web surfers a bird's-eye view as baby chicks hatch from incubated eggs.

goCyberCamp was developed by the Center for 4-H Youth Development, part of the University of Minnesota Extension Service, which worked closely with faculty and staff located at land grant universities around the country, including the University of Nebraska. The AT&T Family Care Development Fund is funding the Web site's

development and start-up with a \$1.3 million grant.

The University of Nebraska Communication and Information Technology department is providing the technical expertise to make goCyberCamp possible.

Campers will be able to interact with other "campers" who are registered to use the site and can elect to become part of a virtual cabin — that is, a small group of children and an adult camp counselor who meet online regularly. These cabins are meant to foster some of the camaraderie children would experience at an actual summer camp.

In order to provide a safe online environment, access to the Web site is limited to registered, authenticated campers and staff. goCyberCamp is a "closed site," meaning there are no links to other external Web sites. Additional security for campers is provided through "bots," computer programs that automatically monitor the online interactions to prevent inappropriate language, for example.

Campers and care providers may sign up to join goCyberCamp at no charge by visiting lancaster.unl.edu. Campers must obtain a parent or legal guardian's permission to enroll, and care providers also must obtain the parent or guardian's permission for each child to participate.

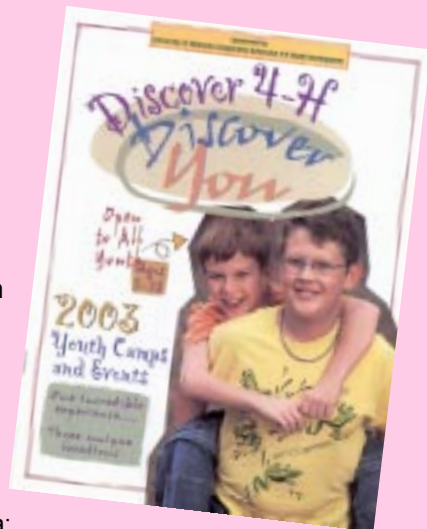
4-H Camps Are Filling Fast!

Open to all youth ages 5-19

Time is running out to make plans to attend this year's 4-H summer camps!

There are 36 camping programs to choose from with activities such as backpacking, fishing, mountain biking, rappelling, dancing, canoeing and arts & crafts. Camps range from one to five days and are located at one of three Nebraska 4-H camp facilities.

The following camps are offered at the Eastern Nebraska 4-H Center in Schramm Park near Gretna:



- | | |
|-----------------------|---|
| June 3-5 | Discovery Camp Ages 8-10 |
| June 6-7 | Take a Friend, Make a Friend Ages 8-10 |
| June 8-12 | Boldy Bound Ages 11-14 |
| June 9-12 | Biking Bound Ages 11-14 |
| June 14 | Kids-N-Critters Ages 5-7 w/chaperone |
| June 15-18 | Niobrara Canoe Trip Ages 15-18 |
| June 20-22 | Junior Leader Weekend Ages 15-18 |
| June 29-July 2 | Discovery Camp Ages 11-14 |
| July 7-9 | Splash Bash Ages 8-10 |
| July 10-13 | Discovery Camp Ages 11-14 |
| July 14-17 | Outdoor Skills Ages 11-14 |
| July 18 | Kids-N-Water Ages 5-7 |
| July 29-31 | Dismal River Trip Ages 15-19 |

Camp fees range from \$18 (Kids-N-Critters/Kids-N-Water) to \$250 (Niobrara Canoe Trip).

For camp descriptions, registration forms and more information, visit online at 4h.unl.edu or pick up a camp pamphlet at the Lancaster County Extension office. Don't delay your registration!

The NEBLINE

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Lancaster County



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All programs and events listed in this newsletter will be held
(unless noted otherwise) at:

Lancaster Extension Education Center

444 Cherrycreek Rd. (event rooms posted), Lincoln
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444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Extension Calendar

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

MAY

- 12 4-H Horse VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.
15 4-H Rabbit VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.
16 Deadline for 4-H District/State Horse Show Entries — I.D's & Level Tests
17 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* 8:30 a.m.
18 4-H Sewing Seminar, *Hancock Fabrics, 6800 P Street* 3–4 p.m.
19 4-H Leader Training — How to Exhibit At the County Fair 9:30 a.m. & 7 p.m.
22 Everything Homeowners Need to Know about Termites & Termite Control 6:30–9:30 p.m.

JUNE

- 1 County Fair 4-H Horse Identifications Due
1 4-H Sewing Seminar, *Hancock Fabrics, 6800 P Street* 3–4 p.m.
3 4-H Council Meeting 7 p.m.
5 4-H Quality Assurance Training 7 p.m.
7 Pre-District 4-H Horse Show, *Capital City Horse and Pony Club, 14500 N. 14 St* 9 a.m.
8 Dine Out for 4-H CWF, *Don & Millie's, 5200 S. 56th Street* 11 a.m.–4 p.m.
9 4-H Horse VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.
13 Extension Board Meeting 8 a.m.
15 County Fair 4-H Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/
Dairy Cattle Identifications Due
17 4-H Demonstration Workshop 1:30 p.m.
17–20 District 4-H Horse Shows — East, *Hemingford, Valentine, McCook, Lexington*
20 Saltdogs "Discover 4-H, Discover You" Theme Night Baseball Game 7:05 p.m.
23–26 District 4-H Horse Shows — West, *Pierce, Beatrice, West Point, Columbus*
24–27 4-H Clover College
27 Pesticide Container Recycling Collection, *Firth Co-op, Princeton* 9 a.m.–3 p.m.
30–1 4-H Life Challenge / Premier Animal Science Events (PASE), *UNL East Campus*

Ag Awareness Festival Teaches Youth Importance of Agriculture

More than 400 fourth graders from 10 schools attended the Ag Awareness Festival April 1 and 2 at the Lancaster Event Center, Lincoln. Students gained a greater understanding of agriculture and how it impacts their daily lives.

Classrooms rotated between the following 12 interactive stations: Grain Products, Grain By-Products, Farming Technology, Swine, Horticulture, Horse, Dairy Production, Ruminant Nutrition, Goat Production and Products, Dairy Calves, Beef Products, Beef Production and Food Safety. New this year was Goat Production and Products (products made from goats).

The Ag Awareness Coalition, led by University of Nebraska Cooperative Extension, organizes the festival with the help of agriculture businesses, commodity associations and food industry companies. This is the third year the festival has been held in Lincoln.



Extension Educator Barb Ogg (above right) demonstrated the value of farming technology by having kids use a corn grinder patented in 1909 to see how much corn they could grind in one minute. Students concluded it was hard work! Students also got the opportunity to climb on a combine and three tractors.



In addition to learning about the care requirements for dairy calves, students had the opportunity to meet a three-week-old calf up close(left).



Libby Lugar (back center) of the UNL Animal Science Department taught students about different breeds of horses.



In the Ruminant Nutrition session, students watched as Extension Educator Monte Stauffer obtained rumen contents through a fistula, or plug, which was surgically implanted in a cow used for research by the University of Nebraska-Lincoln Animal Sciences Department.