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earth wellness festival ©



earth wellness festival makes a splash

Soni Ericksen
Extension Assistant

On March 27, 3,300 Lancaster County fifth graders attended **earth wellness festival** at Southeast Community College. The rain fell and the wind blew, but that didn't dampen the spirits of those who came to educate and those who came to learn.

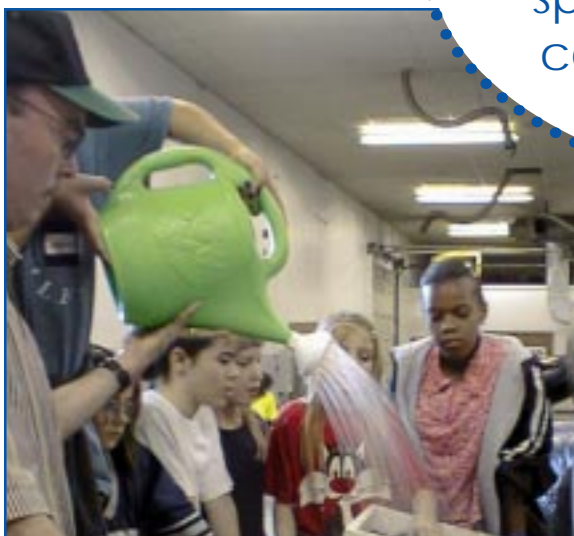
Over 80 presenters invested time and resources to prepare activities that focused on the environment. They brought props and models. They challenged students with issues, ideas and solutions. At the festival, presenters encouraged students to help make a difference in their community.

Volunteers also played an important role at the event. Nearly 100 adult and youth volunteers led students and teachers to their sessions. Volunteers assisted presenters and were the extra hands when a student needed help with an activity. Presenters and volunteers helped students create fossils, ponder the importance of a habitat, and explore the world of a worm. Students learned about windbreaks, aquifers, recycling, air quality, soils, watersheds, whales, rivers and rain! Students learned about human impact and how they can make a difference.

Rain or shine, **earth wellness festival** is a hit!



Many thanks to the presenters, volunteers, business and community sponsors and steering committee agencies and staff.



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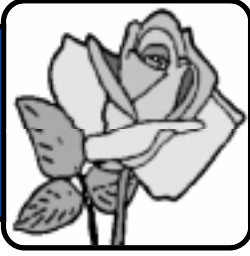
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Horticulture

1998 All-America Roses

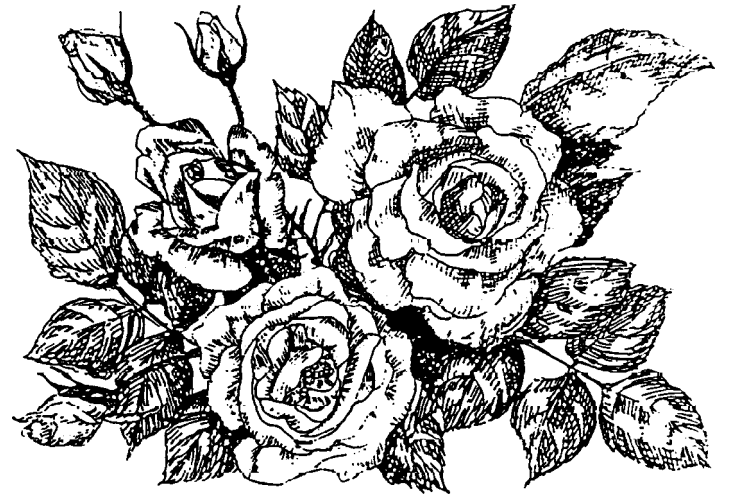
The All-America Rose Selections (AARS) winners making their debut in 1998 are a theatrical group in both name and appearance, and they're destined to steal the show in any garden. Rose fans will be able to audition the four winners during the 1998 planting season.

Fame!

Bound for stardom, the deep pink blooms of "Fame!" are supported by a cast of dark green, glossy foliage; upright, spreading canes; and large, pointed buds. The lightly-scented grandiflora steals the show with its lovely 4-1/2-inch flowers with 30-35 petals. A vigorous plant, gardeners will applaud the abundance of buds and bushy habit.

Opening Night

Red rose lovers will rush the stage when the curtain rises on "Opening Night." This classy hybrid tea with dark green, semi-glossy foliage brings to mind elegant black tie affairs. Pointed buds open to reveal 4-1/2-inch flowers with 25-30 petals and a slight fragrance. Whether showing off in a beautiful bouquet or performing in the garden, "Opening Night's" long-lived blooms hold their brilliant color until the final curtain call. This is the first



true red hybrid tea to win the AARS award in 14 years.

First Light

The dawn of a new day has arrived for landscape roses. While earlier shrub roses demanded plenty of garden space, "First Light's" compact, rounded habit shines in more restricted areas. Clusters of five to seven-petaled light pink flowers, with contrasting purple stamens, awaken sparkling green foliage. Gardeners may be able to tuck "First Light" into any landscape, but they won't be able to hide its beauty or spicy fragrance.

Sunset Celebration

The changing hues of the

last light of day are reflected in the name of this hybrid tea. And just as the colors of a sunset may vary from coast to coast, so too can the colors of "Sunset Celebration." Depending on location, gardeners will enjoy blossoms that are apricot burnished with cream or amber-orange blushed with pink or, occasionally, warm rich peach. Buds spiral open to reach 4 1/2 to 5-1/2 inches with 25 to 30 petals. A fruity fragrance, deep green foliage and long stems make this rose perfect for a sunny bouquet that will glow all day long. (MJM)

Conserve water with drip irrigation

Drip irrigation can greatly reduce the amount of water you need to apply to your landscape. Properly installed and managed, drip irrigation can save 60 percent of all water used in garden care.

Drip irrigation is a slow process watering technique which supplies water directly over a plant's root system. Drip systems may be on the soil surface or buried. Run-off and erosion are eliminated because the water application rate can be controlled to the point that the flow equals the rate at which the soil can absorb it. Less water needs to be applied with a drip system because it is only applied where it is needed over the plant roots. Areas between rows in a garden or plants in a landscape bed remain dry. This not only saves water but limits weed growth in these areas.

Commercial systems that may be available to homeowners include a plastic pipe fitted with small plastic "spaghetti" tubes which omit water at the base of the plants. Water is generally delivered to the plants at about four gallons per hour per tube.

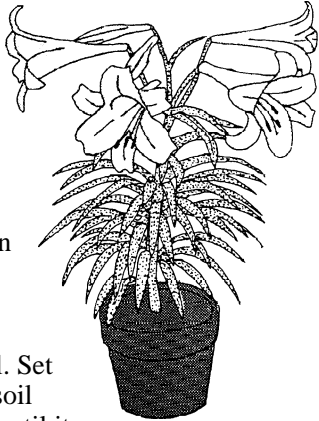
These systems must be protected from rabbits because they have a tendency to enjoy chewing on the small plastic tubes. The tubes are also subject to becoming clogged by mineral deposits if excessively hard water is used.

Another form of drip irrigation involves the use of "soaker" hoses. These are hoses with a series of small holes in them. They can be stretched along a row of plants in a garden or around plants in a landscape bed. These have several advantages over the "spaghetti" tube system. They are readily available in most stores selling garden supplies, rabbits do not frequently chew on them, and they do not clog as the "spaghetti" tubes. With a drip irrigation system, soil moisture can be carefully regulated. Plants do not have to endure dry periods or water-logged conditions. This can result in healthier, faster growing plants. (DJ)

Easter lily care

If you have an Easter lily, you can save the bulb and plant it outdoors. Spring flowering bulbs that are forced, such as tulips, narcissus and hyacinths, are often discarded after flowering. Easter lilies can be replanted after the blooms are gone.

The most successful place to plant an Easter lily and get it to bloom again is outdoors. You can plant the Easter lily outdoors after the danger of frost is past. Select a sunny site with well drained soil. Set the top of the bulb six inches below the soil surface. Do not remove the flower stalk until it dries, then cut it off at the soil surface. The lily will likely rebloom the first year in late summer and thereafter in early summer. After the soil surface freezes in the fall, mulch the soil and do not remove the mulch until new growth begins in the spring. (MJM)



Bird gardens are for you

In attempts to get closer to nature, more and more people are planting bird gardens. No, they're not places to grow birds. Rather, they're gardens filled with plants appealing to birds.

More people today are planting bird gardens as a hobby to watch these fine feathered friends in their own backyards. In addition, the garden's flowers and shrubs can add beauty to a landscape.

These gardens are also beneficial for the birds by providing special places with food, for nesting, and protection from the weather.

Many varieties of flowers and grasses can be used to attract birds. Annuals include bachelor buttons, coreopsis, marigolds and sunflowers. Perennials like black-eyed Susan, butterfly bush and goldenrods are also good choices. In addition, many kinds of ornamental grasses, like little blue stem, can supplement the bird garden.

Trees and shrubs are also important attributes to a healthy bird garden. Viburnum is a popular shrub because it has more than 20 cultivars suitable in Nebraska, besides producing tasty red berries for the birds. Elderberry and serviceberry bushes and dogwoods and crabapple trees also attract birds.

April and May are good times to buy some of the plants because they're cheaper, being sold as bare root materials. The plants are also sold as container materials and can be planted almost anytime throughout the season. (DJ)

1998 April/May Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9 Plant cool season vegetable seeds outside	10	11
12	13 Power rake or aerify bluegrass	14	15 Apply fungicide to pines for tip blight	16	17	18
19	20 Fertilize bluegrass	21 Fertilize tall fescue	22 Apply preemergence	23 Apply fungicide to crabapples for cedar apple rust and scab	24 Arbor Day	25 Spring Affair - State Fair Park
26	27	28	29 Control iris borer	30	1	2
3	4 Apply fungicide to pines for tip blight	5 Control euonymus scale	6 Apply preventive fungicide to bluegrass	7	8 Check pines for sawfly	9
10 Average date of last frost	11 Control billbugs in bluegrass	12 Put out rain gauge	13 Apply fungicide to pines for needle blight	14 Plant wildflower seeds	15	16 Plant buffalograss
17	18	19	20 Plant gladiolus bulbs	21 Fertilize zoysiagrass	22 Plant cannas	23
24/31	25	26	27 Plant warm season transplants	28	29	30

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

Belly up to the salad bar

One of the self-satisfying things about growing your own vegetables is the knowledge that you are providing healthy food for you and your family. Many claims have been made for various classes of vegetables, from helping to lower cholesterol to reducing the risk of certain types of cancer. We make no particular health claims for vegetables, but they have always been recognized as being good sources of vitamins and miner-

als, and have long been thought of as "health" foods.

Similar to their namesake, the purchase of "rabbit foods" such as lettuce, onions, tomatoes and other produce categories has been multiplying rapidly at grocery stores across America.

The USDA food consumption bulletin lists fresh vegetable consumption per capita, and we find an increase in all salad vegetables. Starting with Iceberg lettuce, consumers purchased

20.8 pounds in 1970, but 25.8 pounds in 1990. Onions had the largest jump per capita, from 11.7 pounds to 17.5 pounds. The consumption of green peppers almost doubled, and cucumbers had a 65 percent increase. If you are like 140 million adults, as reported by 'Restaurant Business', you eat salads several times a week. Salads are increasing in popularity and are as trendy as the New American Garden. (DJ)

1998 Household Hazardous Waste Collections

Reminder: These collections are for **households** only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

Date	Location	Time
Saturday, April 18	Lincoln-Lancaster County Health Department (LLCHD) 3140 "N" Street, south parking lot	9:00 a.m.-3:00 p.m.
Friday, May 15	2nd & Main - Hickman, Nebraska	3:00-6:00 p.m.
Saturday, May 16	Christ United Methodist Church 4530 "A" Street, north parking lot	9:00 a.m.-3:00 p.m.
Saturday, June 6	State Fair Park, parking lot NW of Ag Hall	9:00 a.m.-3:00 p.m.

More summer and fall collections will be announced at a later date.

Household Hazardous Waste Collections will take:

- **Heavy metals**—Wastes containing mercury such as thermometers and thermostats. (Fluorescent bulbs and many batteries contain heavy metals but can now be recycled locally.)
- **Solvents**—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- **Pesticides**—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc.

• **Items containing PCBs**—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors and televisions.

Please keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport to a collection. Please, **do not mix** chemicals!

Please do **NOT** bring—

- Latex Paint
- Medicines
- Fertilizers
- Explosives & Ammunition
- Antifreeze (*recycle*)
- Used Oil (*recycle*)
- Batteries (*recycle*)
- General Household Trash or Business Waste

If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040. (LB)

Environmental Focus



Label changes affect termite control

Come to a termite workshop April 22

In the last year, there have been important changes in termiticide labels that may prevent consumers with deep basements from getting an effective chemical treatment. The goal of using a traditional barrier treatment has been to completely surround the foundation of the house with a chemical barrier so termites won't enter the structure.

Post-construction soil treatments. As of October 1997, the EPA made significant changes in termiticide labels. When treating existing houses with basements that are more than four-feet deep, it is no longer a requirement for termite companies to treat to the basement footings. The new labels state that the perimeter treatment must be made at least four feet deep. People who have deeper basements should be aware of these new label changes and understand that there may be a gap in the termite barrier. This treatment is considered to be legal and appropriate according to the label.

Pre-construction treatments. The good news for consumers is that for pre-construction treatments the EPA prohibits concentrations to be less than the labeled rates. This has been a major problem because unethical companies have diluted the chemical so much that there is little or no protection from termites. And until now, applying weak solutions of termite chemicals has been considered to be legal.

These topics and much more will be discussed at a workshop "Everything Homeowners Should Know About Termites and Termite Control." This workshop will be held Wednesday, April 22, 1998, 6:30-9:30 p.m. There will be a \$15 registration fee and reference materials will be provided. (BPO)

A recyclable car?

Can you believe it? It's not a toy! It's a car made of plastic! Chrysler Corporation has designed and built a car that is cheap (about \$6,000) and durable. It comes in four pieces and can be put together quickly. The plastic used is the same as that used in soda bottles.

If you spill your drink—just hose it out! The interior is made of plastic too. And if you're tired of the car and/or it wears out, just recycle it. The parts can be used again. Chrysler Corporation is planning to distribute this car in India, China and other developing countries. (ALH)

Population boom

In the next century, experts say the number of people on earth—currently 5.8 billion—could more than double. The rate of population growth, however, is actually slowing. While global population will rise by 90 million a year for the next 20 years, that growth will slow to 50 million a year by 2050, reports the World Health Organization. (ALH)

Did you know...

- 1997 was the warmest year on record, averaging three quarters of a degree Fahrenheit above the normal world temperature of 61.7.
 - 178,000 acres in Nebraska were accepted into the Conservation Reserve Program in the 16th signup period.
 - Seventeen countries, led by Brazil, contain more than two-thirds of the planet's biological wealth and diversity.
 - Forty percent of US hog production is in the hands of fifty producers.
 - World food production must double by 2020 to meet the increased demand from anticipated population increases.
- Source: Center for Sustainable Agricultural Systems, UNL/IANR (BPO)

Children most susceptible to lead poisoning

Even though daily intakes of lead from food has dropped more than 90 percent since 1982-84 levels, the Federal Food and Drug Administration says lead poisoning remains a significant danger, especially to children.

Although adults absorb about 11 percent of lead reaching the digestive tract, children absorb 30 to 75 percent, making them far more susceptible to ingested lead. The body stores lead mainly in bone, where it can accumulate for a lifetime.

When lead is inhaled, up to 50 percent is absorbed, but less than 1 percent of lead is absorbed when it comes in contact with the skin.

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Ants and clover mites invade homes in spring



Ants: When the temperature warms up in the spring-time, worker ants become active and start searching for food to provide the colony. They forage intensely and may enter homes. Different ant species have distinctly different habits which affect the type of control that is most effective. For example, sweet-loving ants are often easily controlled by using baits that contain a slow-acting poison like boric acid. These baits are not very toxic to humans and pets,

but will destroy an entire colony when the workers feed it to the queen and immature ants. In contrast, these sweet baits will not work for grease loving ants or carpenter ants. If you don't know what type of ants you have, bring specimens to the Lancaster County Extension Office and we will identify your ants and suggest the most suitable control options for you.

Clover mites: In the springtime, many people report that tiny, reddish 8-legged mites, invade their homes, usually coming into the home through cracks and crevices. As their

name suggests, clover mites feed on clover plants and grasses and will not survive inside the home. They rarely damage house plants. Occasionally, clover mites bite people, but these tiny mites are not blood feeders.

The best way to control these small pests is to use a vacuum cleaner and remove them from windows areas and other entry points. Be careful not to smash them on draperies and other fabrics because they leave a reddish mark that will stain the fabric. If you do nothing, within a week or two, clover mites will disappear. (BPO)

When you need a pesticide...

If a pesticide must be used, caution and care must be taken. It is illegal to use the product in a manner not specified on the label. It is very important to read and understand the label before purchasing and using a pesticide. Follow instructions on this label very carefully and wear the protective clothing recommended. Some other important considerations are: pay close attention to weather conditions, never smoke or eat during application, wash hands and other exposed body parts immediately after application and launder clothing separately from the family laundry. Keep the pesticide in the original container, do not leave the container unattended and store

or dispose of containers properly. Purchase pesticides in small quantities to avoid the need to store them. By using common sense and paying careful attention to the label, safety can be maintained.

The pesticide label contains proper storage and disposal techniques. All pesticides must be stored in original containers and kept out of reach of children and pets. Make sure the cover is secure and as an extra precaution against leakage, place the pesticide container in a large plastic container. If left uncovered or in an easily accessible place, pesticides may attract curious kids or pets. Store the containers in a locked cabinet.

When disposing of pesticide

containers, the empty containers should be triple-rinsed. Wrap the containers in bags or newspaper and put them in the regular garbage. Unwanted pesticides can be disposed of at a scheduled Household Hazardous Waste Day. Never save and use empty containers for other purposes.

If you are poisoned by a pesticide or if your health changes during or after use, seek medical help immediately. Contact the Poison Control Center or your doctor. Some possible symptoms of pesticide poisoning include headaches, nausea, dizziness, shortness of breath and vomiting. Have the pesticide label in hand for accurate identification. (SE)



Farm Views

Adding legumes to warm-season grasses

Warm-season grasses provide good summer grazing. But they can be made even better with legumes added to them. Warm-season grasses like big bluestem, indiangrass and switchgrass make good summer pasture; but, sometimes their protein content is a little low.

One way to improve warm-season grass pastures is to add some legumes into them. This is pretty easy to do. Just drill legumes into these grasses right now, and they will have four to six weeks to get started before the warm-season grasses begin to grow fast enough to compete with the new seedlings.

In subsequent years, however, early spring growth by the legumes eventually could become a problem. Some legumes grow so rapid early in the season that they could form a complete canopy over the warm-season grasses and shade them out. So, you must carefully select legumes that will not compete aggressively with your warm-season grasses, or be sure they aren't planted thick enough to cause a problem.

The legume recommended by Bruce Anderson, UNL extension forage specialist is birdsfoot trefoil. Trefoil starts growing a little later in spring than some other legumes and it does not grow tall very fast. Also, it does not cause bloat. So if it does get thick, you can graze it early without fear. Another possibility is a native, warm-season legume called Illinois bundleflower. And, of course, alfalfa and red clover can work. If you try them, plant no more than three pounds per acre and seed in rows about 24 inches wide.

Adding legumes to warm-season grasses can be one of the easiest and best ways you can make a good thing better. (WS)

Livestock operators face new requirements

Public concerns surrounding proposed large swine confinement facilities in Nebraska have prompted the Nebraska Department of Environmental Quality to clarify its permit application requirements. The biggest changes concern phosphorus testing requirements and groundwater quality monitoring.

All Nebraska livestock operations, regardless of size, must be inspected by the DEQ to determine if livestock wastes could potentially pollute surface water or groundwater. Most confined operations that are inspected need a DEQ permit, while open-lot operations need a permit only if livestock waste can wash into a stream.

The changes to the permit application requirement involve:

- **Phosphorous testing.** As part of the permit process, land being considered for livestock waste application must be tested for phosphorous content. Generally the top six inches must be sampled in 40-acre increments. If the phosphorous level exceeds 100 parts per million, a waste utilization plan is required. If the levels are more than 150 ppm, livestock wastes can't be applied to those acres.
- **Groundwater monitoring.** If a DEQ review of the site information indicates a possibility of livestock waste contaminating the groundwater, monitoring with on-site monitoring wells might be required. If monitoring is required, at least three wells are needed: one above the direction of groundwater flow and two below. Depending on local conditions, multilevel wells may be required.

One issue still to be resolved is if the new requirements will be retroactively applied to existing livestock operations. Nebraska has approximately 15,000 cattle and hog operations, of which 9,000 have been inspected. DEQ has issued about 1,650 feedlot permits. (TD)

Choosing the correct glove is important in pesticide application

Appropriate safety gloves are necessary when applying agricultural or yard and garden pesticides.

Gloves can be the most common part of pesticide safety gear. They are something that a producer, gardener or pesticide applicator has readily available. Several types of gloves are on the market, but using the correct type is important. To determine the correct type of glove to use, read the pesticide product label and comply with all directions given.

Safety gloves are needed for both mixing and applying pesticides. For optimum protection, wear unlined, liquid-proof neoprene, butyl, PVC or nitrile gloves. These gloves need to extend well past the forearm. Don't wear lined gloves, such as garden gloves, to

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Avoiding herbicide drift

Injury caused by movement of pesticide off the target and onto susceptible species is a major concern and needs to be addressed by every pesticide applicator; whether they are using a backpack, hose-end sprayer or operating field-size equipment. The major factors that can be managed by the applicator include: being aware of wind speed and direction, reducing spray particle drift and reducing chemical vapor movement off the target.

Larger spray particles have less tendency to drift than smaller particles because they are heavier and fall more quickly. In this article, particle size will be discussed in microns. A micron is 1/1,000,000 (onemillionth) of a meter. To put this in perspective, an average human hair is about 150 microns and the thickness of a dime is about 1200 microns. Studies have shown that a 100 micron particle falling 10 feet in a 5 MPH wind will drift 77 feet before landing whereas a 400 micron particle will drift only 15 feet under the same conditions. Spray boom height is normally less than 10 feet, but this illustrates the effect of particle size on drift potential.

Spray particle size is a function of the spray nozzle design, the orifice size and the operating pressure. Taking the standard flat fan nozzle operating at 40 PSI as an example: nozzles designed to produce 0.2 GPM had a median particle size of 390 microns, nozzles designed to produce 0.5 GPM had median particle size of 470 microns and nozzles designed to produce 0.8 GPM had median particle size of 560 microns. (All spray nozzles, regardless of type, emit a range of particle sizes. The median size means that half the particles produced were larger and half the particles were smaller than the median size.)

Caution urged when using anhydrous ammonia

Anhydrous ammonia is so familiar that it's easy for agricultural producers to take it for granted. Anhydrous ammonia should always be handled with utmost caution, however.

Anhydrous means "affinity for water" and this chemical literally dries out any surface it contacts. Skin will appear to be burned and eyes dry out quickly, leading to blindness. Fumes breathed into the lungs can suffocate.

But, handled safely, anhydrous ammonia is an effective and inexpensive soil additive, which makes it a popular nitrogen source.

Anhydrous safety means preventing contact between the chemical and the person handling it. Always work upwind of machinery, hoses, valves, couplers and applicator tubes. Don't step in front of fittings or valves. Wear insulated gloves

and non-vented goggles when handling anhydrous. Never fill an anhydrous tank more than 85 percent full. Keep a lot of water available. All anhydrous tanks should have a five-gallon water reservoir in or on them. Fill or replace the water daily. Keep a squirt bottle in the tractor cab. People who work with very large amounts of anhydrous ammonia have large tubs of water available; if exposed, they dive into the tub. That way, the anhydrous is absorbed by the water and not into the skin. Every field applicator and nurse tank should be equipped with an emergency breakaway valve. Keep hoses on a level so liquid anhydrous won't collect in low spots. Any anhydrous left in the hoses after disconnect could spill onto the person disconnecting the equipment.

Nozzles are designed to spray wedge-shaped patterns with the spray angle being a function of the nozzle design. The spacing of nozzles along the spray boom and the height the boom must be carried over the target in order to achieve the desired spray pattern are both a function of the spray angle produced by the nozzles. The two most commonly used nozzle designs in agriculture produce 80 and 110 degree spray patterns, respectively.

Nozzles which produce a wider angle spray pattern can be carried closer to the surface being sprayed and still provide full coverage. This helps to reduce the distance a particle must fall to reach the target and thus reduces the drift potential in a wind. However, some of this

advantage is lost due to the fact that wider angle nozzles tend to produce smaller droplet sizes. At 40 PSI, an 80 degree nozzle had a median droplet size of 470 microns, whereas the equivalent 110 degree nozzle had a median droplet size of 380 microns.

Nozzles must be operated within pressure limits. Pressures that are too high create a great number of fine particles, pressures that are too low will not develop a full spray pattern. Selecting nozzles that deliver the required volume while operating in the lower portion of their suggested operating range is one of the best ways to increase droplet size and reduce drift. Considering the 80 and 110 degree nozzles mentioned in the previous paragraph,

lowering the pressure from 40 PSI to 15 PSI increased the median droplet size from 470 to 540 microns for the 80 degree nozzle and from 380 to 410 microns for the 110 degree nozzle.

In addition to particle drift, some chemicals will evaporate from the surface after reaching the target. This evaporation or conversion from liquid to vapor is known as volatilization losses. Volatilization loss reduces effectiveness and the vapors can cause injury to non-target species downwind. Taking 2,4-D as an example, Butyl Ester formulations are more volatile than LV (low volatility) Ester formulations and LV formulations are more volatile than Amine formulations. Whenever possible, use the least volatile formulations to avoid vapor drift and potential injury.

Leaving an untreated border strip next to susceptible plants and spraying only when the wind will carry spray drift away from sensitive plants is always a good practice. When using pesticides subject to vapor drift, be aware of shifting wind patterns which can carry vapors into sensitive areas after an application is made.

This has been a brief discussion of pesticide drift potential and techniques that can be used to reduce spray drift potential. All chemicals are subject to particle drift since the actual spray droplets are carried away in the wind but some chemicals and even some formulations of chemicals are much more prone to vapor drift than others. Both types of drift can damage non-target plants when environmental factors are not properly considered or herbicides are improperly applied.

For more information on spray drift ask for NebGuide G90-1001-A. This can also be downloaded from the university through the Lancaster County web site. <http://www.ianr.unl.edu/pubs/pesticides/index.htm#equipment>. (TD)

anhydrous ammonia include:

- Inspect all tanks before moving them.
- Don't travel faster than 20 miles per hour as anhydrous tank tires are only rated for 25 miles per hour.
- Always use a safety chain when transporting a tank and make sure all hitch pins have keys.
- Don't haul more than one tank at a time.
- Don't de-activate the excess flow valve and be sure it has been tested recently.
- Use only metal snap couplers.
- Handle hoses gently.
- Keep backup safety goggles, gloves, clean flushing water and a cartridge respirator in the tractor cab.

Source: Robert Grisso, Ph.D., biological systems engineer, NU/IANR (TD)

Other hints for safe use of

Windbreaks enhance the rural living environment

Establishing and maintaining windbreaks on your property is almost essential if you live in rural Nebraska. A well-designed windbreak will not only provide protection from the wind but can add color and diversity to the landscape and enhance the overall value of your property.

Windbreaks help conserve energy, control blowing and drifting snow, improve working and recreational environments, and provide wildlife habitat. They can also be used as privacy screens, to control dust and odors, and to reduce noise.

The primary effect of a windbreak is the reduction in wind speed in adjacent areas. The reduction in wind speed behind the windbreak modifies the environmental conditions or microclimate in the sheltered zone. Windbreak structure—height, density, number of rows, species composition, length, orientation and continuity—determines the effectiveness of a windbreak in reducing wind speed and altering the microclimate.

Height (H) is the most important factor determining the downwind area protected by the windbreak. This value varies



from windbreak to windbreak and increases as the windbreak matures. In multiple-row windbreaks, the height of the tallest tree-row determines the value of H and the zone of maximum protection occurs within a distance of two to seven times H on downwind or leeward side of the windbreak. Additional protection occurs within a distance of one to three times H on the windward side of the windbreak. The goal in designing windbreaks is to take advantage of these zones of protection to achieve your objectives.

Windbreak density is the ratio of the solid portion of the windbreak to the total area of the windbreak. In designing a

windbreak, density should be adjusted to meet landowner objectives. A windbreak density of 40-60% provides the greatest downwind area of protection but may not reduce wind velocity enough to provide adequate protection for homes and livestock. Increasing the density to 60-80% will provide more protection but the size of the protected area will be smaller. Factors controlling windbreak density are the number of rows, the distance between trees and species composition. Increasing the number of rows or decreasing the spacing between trees increases the density of a windbreak.

Although the height and density of a windbreak deter-

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“Part-time Farming” video still available

Whether you have just purchased an acreage or are just looking for ways to make some additional income from your acreage, the “Part-time Farming” video may be just what you’re looking for. The “Part-time Farming” video was developed by the University of Nebraska Cooperative Extension to help acreage owners and small-scale farmers make better use of their resources. The hour-long video consists of five parts that focus on: (1) field crops; (2) farm management; (3) specialty enterprises; (4) haylands and pastures; and (5) livestock, poultry and horses. The topics are presented in a down-to-earth

fashion that everyone can relate to and provide numerous tips that will save you costly mistakes and precious time. To obtain your copy of the video,

contact the Lancaster County Extension Office at 441-7180. Cost of the video is \$15.95 plus tax. (SCB)



HELP! Your input is needed.

In order to make the Acreage Section of the NEBLINE more responsive to your needs, we would like to know what articles or topics you would like to see in this section. We are also considering including a question and answer feature where we will try to find answers to your questions and print them in a future issue of the NEBLINE. Please send your comments, suggestions or questions to the NEBLINE Acreage Editor, Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln, NE 68528-1507, or call 441-7180. Thanks for your help. (SCB)

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone Number _____
 Comments, suggestions, or questions _____

Acreage Insights



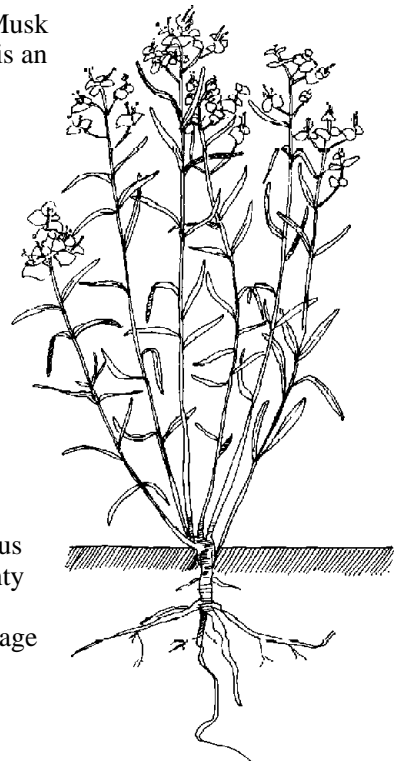
Controlling noxious weeds is everyone's responsibility

The State of Nebraska has had a noxious weed law in place for many years. The primary purpose of the law is to control the occurrence and spread of introduced weed species that are particularly aggressive and difficult to control. Controlling the occurrence of noxious weeds on your property is your responsibility and failure to do so could result in fines. Whether you have owned an acreage for many years or just purchased one it is essential that you become familiar with the noxious weed law. You should also be able to identify noxious weeds and know how to control them.

There are currently six noxious weeds in Nebraska. These are Musk Thistle, Plumeless Thistle, Canada Thistle, Leafy Spurge, Diffuse Knapweed and Spotted Knapweed. The most common noxious weed found in Lancaster County is Musk Thistle which occupies approximately 92% of the acres in the county that are infested with noxious weeds. Leafy Spurge accounts for approximately 5% of the infested acres followed by Plumeless Thistle and Canada Thistle.

If you have an infestation of Musk Thistle or Plumeless Thistle, now is an excellent time to control them. These thistles are currently in an actively growing rosette stage and are very susceptible to many of the broad leaf herbicides. In addition, they can be easily controlled in small or lightly infested areas by digging or pulling the entire plant. Regardless of the method of control you choose, however, scout the infested area on a weekly basis until you are certain that all of the plants have been killed.

For more information on the identification and control of noxious weeds, contact the Lancaster County Noxious Weed Control Authority, 441-7817 or check out their web page at <http://interlinc.ci.lincoln.ne.us/InterLinc/cnty/weeds>. (SCB)



Learn at your convenience

—24 hours a day, 7 days a week—



NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.



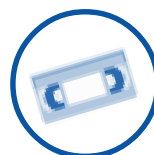
Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://ianrwww.unl.edu/ianr/lanco/ag/acreage> to learn about Extension programs, publications and links to other acreage and small farm information.



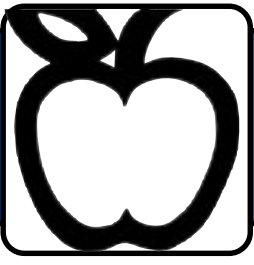
NUFACTS (faxback) Information Center

NUFACTS faxback document center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 4-digit number of the document you wish to receive.



“Part-time Farming” video

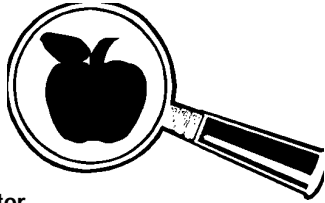
“Part-time Farming” will help effectively develop your country environment and improve your quality of life. Just one hour of “Part-time Farming” provides numerous tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.



Food & Fitness

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Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: I've noticed that the labels on milk cartons have changed. How do the new terms, such as "low fat" compare to the previous milk descriptions?

A: The labeling guidelines for fat-reduced milk products were changed by the Food and Drug Administration, beginning the first of this year. Two percent milk will become known as "reduced fat" or "less fat" milk. One percent milk will be "low fat" or "little fat" milk. Skim milk will be fat-free, zero-fat or no-fat milk. (AH)

Two free food safety programs for youth/adults

Receive training and materials and do one or both of these food safety activities with your group: (1) Teach basic home food safety by playing the award-winning "Don't Get Bugged by a Foodborne Illness" bingo-type game; (2) have fun using "glo-germ" to teach handwashing as part of the "Clean Hands Campaign!" Call Extension Educator Alice Henneman at 441-7180 to schedule your personal training session. (AH)



Alice Henneman, RD, LMNT, Extension Educator

As a versatile source of food and the second largest crop in Nebraska, the soybean is hard to beat. Soybeans are transformed into a great variety of foods, from ice cream to flour, from milk to nuts. Beyond their versatility, soybeans also offer great health benefits. Soyfoods are low in saturated fat, completely cholesterol-free and a source of high-quality protein. Soyfoods have been shown to help lower blood cholesterol levels. Additional research continues regarding soyfoods in relation to cancer prevention, reducing the risk of osteoporosis and relieving the symptoms of menopause.

April is Soyfoods month, making it a great time to try some soyfoods. Call the Nebraska Soybean Board to request a free soyfood pamphlet which includes recipes. Call 1-800-852-2326.

Soy Delicious Berry Muffins

(Makes 5-6 dozen mini muffins or 18-24 standard muffins)

DRY INGREDIENTS:

- 2-1/4 cups all-purpose flour
- 3/4 cup soy flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt

WET INGREDIENTS:

- 1 cup sour cream
- 2 beaten eggs
- 1-1/2 teaspoons lemon juice added to plain or vanilla soymilk to equal 1/2 cup
- 1/2 cup melted margarine
- 2 teaspoons vanilla

FRUIT:

- 1 to 1-1/2 cups berries such as blueberries, raspberries
- If frozen: thaw, drain and rinse berries. If canned: drain and rinse berries.

In a bowl, mix all dry ingredients to blend well. In a separate bowl, thoroughly mix all liquid ingredients. Make a well in the center of the dry ingredients and add the liquid ingredients. Stir only until moistened. Do not over mix. Fold the fruit into the batter. Fill muffin cups 2/3 full and bake at 350 degrees F for 10-12 minutes. (AH)

Refugees sponsored by Catholic Social Services learn from NEP

Imagine the challenges of beginning a new life in Nebraska after fleeing persecution, poverty and war in your home country. Catholic Social Services provides resettlement services to approximately 375 refugees annually. Cultural groups include Bosnian, Iraqi, Vietnamese, Cuban, Sudanese and the former Soviet Union.

Secure housing, food, medical and dental services and job placement are essential in assisting families to achieve self-sufficiency as quickly as possible.

The Nutrition Education Program (NEP) staff have become a valuable part of the CSS refugee basic orientation. Nutrition education classes are scheduled twice a month. Barb

Yllescas and Linda Detsauer team up with interpreters as they teach nutrition.

According to Peggy Newquist, CSS refugee orientation coordinator, "Refugees need to know how to shop in grocery stores to access food economically. They need to know that nutrition plays an important part in a healthy body. They also need to understand how to prepare food properly so they don't run the risk of becoming sick because it wasn't handled safely."

"Barb and Linda have excellent rapport with the refugees and the interpreter. They are tuned in to the unique needs of refugees. Nutrition education classes are an important part of moving families



Barb Yllescas (standing) instructs a group of refugees on the basics of proper nutrition.

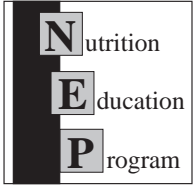
Help offered to manufacture secret recipes

Have you been told over and over again that you should market your family's secret recipe? Are you a restaurant or store owner who wants to develop a "House Recipe and/or Private Label" product?

Take advantage of the Entrepreneur Assistance Program Entrepreneur Assistance Program "From Product to Profit" seminar at the Food Processing Center, University of Nebraska-Lincoln. The program is designed specifically to assist entrepreneurs through all phases of developing a food manufacturing business. This seminar will be offered April 30, June 4, August 17 and October 27 in 1998. Early registration is encouraged due to limited space.

The seminar addresses many marketing, business and technical issues including: product development, food safety, market selection, regulatory issues and agencies, product pricing, legal issues, packaging and promotional strategies. The purpose is to provide participants with information that will assist them in deciding if they want to develop a food manufacturing business.

continued on page 11



Nutrition Education Program

for Limited Resource Families

Mary Abbott, R.D.
Extension Assistant

toward self-sufficiency," says Newquist.

Recently, Russian clients thought that skinless breast of chicken was old and that the grocery stores needed to sell it quickly. They didn't understand that the skin was removed to reduce fat. The Vietnamese clients often don't realize the importance of refrigerating eggs because they used to receive fresh eggs daily. These are the types of questions for which NEP staff provides accurate information.

Linda Detsauer says, "Food storage is much different in the USA. Many refugees have been accustomed to purchasing food daily. They believe that America is very clean and are not used to washing fruits and vegetables before eating. Frozen meat is not available in many countries. There are so many things that

continued on page 11

Herbal remedies need caution

Herbs are hot. Not herbs for cooking, but herbs for medicinal purposes.

Medicinal herbs are so hot that the University of Kansas Medical Center has the Nutrition Information Service handle questions related to herb supplements. Herbs are considered a dietary supplement and aren't currently regulated by the Food and Drug Administration.

Herbs do have some medici-

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YOUR information center... around the clock

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- 369 Stop, Look and Listen Menu Planning
- 367 Reducing Sodium in Your Diet
- 356 The Vegetable Group and many more...

Diabetes Home Study Course

Call Alice Henneman (441-7180) for more information.

Nutrition and Food Safety Web Site

Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm> to learn about programs, publications and links to other sites.

FREE FoodTalk e-mail newsletter

"FoodTalk" provides a short "how-to" message on food, nutrition or food safety for health professionals, educators and consumers. To be added to the mailing list, e-mail Alice Henneman at cnty5028@unlvm.unl.edu

Jean's Journal

Jean Wheelock
FCE Council Chair



March really roared in like a lion with all the snow and howling winds. As I write this in mid-March, I only hope March's exit is like a lamb. Spring is a favorite time of the year for many of us. We can hardly wait to dig in the soil,

watch those new plants shoot through the ground and take long walks just to inhale the freshness of spring.

How are the FCE clubs doing on their community projects? Remember, we would like "show-n-tell" at our Achievement Day event.

Did all the members participate in our "Tune Out Violence on TV" day? I hope so because as concerned citizens this is one

way, as individuals and collectively, we can do something. Hope many of you returned completed pledge sheets.

Our Summer Sizzling Sampler for July 9 is planning some fun learnshops. Mark your calendar now and plan to attend. This program is for the public, as well as, all FCE members. We would like for this to be a BIG event.

Happy Spring!

Family Living



by Lorene Bartos, Extension Educator

Liquid laundry detergents are especially effective on food, greasy and oily soils. Since they are liquids, they are good for pretreating spots and stains.

Powder laundry detergents are especially effective for lifting out clay and ground-in dirt, thus they are ideal for children's play clothes. They can also be used to pretreat, by making a paste of detergent and water. (LB)

Sizzling Summer Sampler

sponsored by FCE Council

Thursday, July 9, 6 to 9 p.m.

Light supper
at 6:00 p.m.

Learnshops:

- Foods demonstration
- Preserving pictures
- Let's have another cup of tea

Plan to attend. Invite a friend.
Cost \$7.50.

Make checks payable to: FCE Council.

Send reservations to:

Joy Kruse, 850 Adams, Lincoln, NE 68521

Mark your calendar today!

Join the fun and fellowship. (LB)

Living in a state of poverty

LaDeane Jha
Extension Educator

What is it?

Living in a state of poverty is a simulation designed to help participants in the program understand what it might be like to be part of a typical limited resource family trying to survive from month to month. The objective of the simulation is to sensitize participants to the realities of life faced by families living in poverty.

How does it work?

Participants assume the role of a family living in one of up to 26 different limited resource households. The task of the "families" is to provide for basic necessities and shelter during the course of four "weeks." Family members interact with community resources and services and at the end spend time debriefing about the experience.

Who benefits from participation?

The experience can be an "eyeopener" to anyone who

wishes to understand more about the realities of poverty:

- community groups
- agency workers
- government officials
- educators
- attorneys
- religious leaders
- teachers

If interested in scheduling a simulation for your group, call LaDeane at 441-7180. Note: The simulation requires between 40 and 75 participants.

Fathers matter

LaDeane Jha
Extension Educator

Fathers play an important role in their children's upbringing from the time they are born through adulthood. Research has shown that fathers are very adequate caretakers of infants and can perform most of what mothers do. However, their parenting styles are often different from those of mothers and this contributes to infants' physical, social, and cognitive development. For example, mothers more frequently talk to, hold, and engage in social play, whereas fathers engage children

in more physically arousing play. According to M. Weinraub, a fathers presence may improve an infant's tolerance of change and the unfamiliar and enhance his or her ability to develop new relationships.

Research has shown that fathers play a large role in fostering creativity, a positive body image, moral standards, and social competence. Some literature indicates that fathers spend less time with their children, engage in more masculine sex-typed activities at home and spend less time in actual caregiving activities. However, there is absolutely no evidence that fathers are second-class

parents. Even though fathers may express their involvement in slightly different styles, fathers appear to be sensitive and as concerned with the childrearing process as mothers. More important than the actual division of labor is that both parents participate with children in an active way.

Most literature agrees that two caregivers may be better able than one to meet the economic, social, and intellectual needs of children. By appreciating the importance of two parents, mothers and fathers may be better able to understand, accept and adequately prepare for their roles as parents.

Family conversation starters:

What is the appropriate age for a teenager to:

- decide what clothes to wear
- go to a restaurant alone with friends
- handle his or her own money
- stay at home alone when parents are away
- start dating, or have a boyfriend or girlfriend
- become financially independent

Source: The Ups and Downs of Adolescence Newsletter, April 1998

The Ups and Downs of Adolescence

Stephen Russell, Ph.D., UNL adolescent development extension specialist addresses issues critical to teens and their parents in a monthly newsletter, The Ups & Downs of Adolescence. In addition to valuable information from Dr. Russell, each edition of the newsletter includes a guest column contributed by an extension educator and a "Keeping Families F.I.R.S.T." hint for the family. Recent editions of the newsletter have included articles on the development of emotional and behavioral autonomy in teens, family divorce, and how adults can encourage adolescents' behavioral independence. See Keeping Families F.I.R.S.T. list and Parent/Adolescent Expectations as samples of material from the newsletter. The newsletter can be found electronically at <http://ianrwww.unl.edu/ianr/coopext/upsdowns/> or can be obtained by calling our office at 441-7180. If your organization or business would like to distribute this newsletter monthly, please contact LaDeane Jha at 441-7180. (LJ)

Parent/adolescent expectations

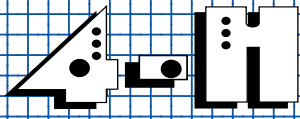
One factor that affects parent/child relationships is the expectations for the teenage years that parents and their adolescents have. When parent/child timetables for appropriate behavior differ, conflict may result. In a recent study, adolescents reported younger ages than parents for what they thought to be appropriate ages for having a boyfriend or girlfriend and for staying home alone when parents are away. Where differences were greatest, parent/child conflict was high. Have you talked about expectations for behavior in your family? Do expectations about developmental milestones differ?

Source: The Ups & Downs of Adolescence Newsletter, Stephen T. Russell, Ph.D., Adolescent Development Extension Specialist. (LJ)





4-H & Youth



BULLETIN BOARD

- ⇒ CWF meeting Monday, April 13, 7:00 p.m. (DL)
- ⇒ Invitational Cat Show—Saturday, April 18, 8:30 a.m. to 2:00 p.m. Cost: \$3.00 per exhibitor. (ALH)
- ⇒ Stop by and pick up your ExpoVision registration packet! They should be available by April 20. Registration due date is June 19. (TK)
- ⇒ Production Livestock Booster Club Meeting will be Monday, May 11, 7:30 p.m. (DL)
- ⇒ Spring Rabbit Clinic, Tuesday, May 19, 6:00-9:00 p.m. (EK)
- ⇒ Thursday, May 14 Cat VIPS Meeting, 6:30 p.m. and Cat Club Meeting, 7:00 p.m.
- ⇒ There will be no May Teen Council meeting. See you Sunday, June 14, 3:00-5:00 p.m. (TK)



Don't forget the **Kiwanis Karnival**, Saturday, April 18, 7 to 9 p.m. at the Grandstand Building on 2nd floor, State Fair Park. Free, fun evening for 4-H'ers and their families. (LB)

Dog information workshop

Are you interested in dogs? If so, plan on attending this informational workshop. The workshop is Wednesday, April 22 at 7 p.m. Dr. Fran Savage will present on Heartworm and Parasites. Anyone planning on competing in the dog quiz bowl is encouraged to attend to gain valuable information that will be used in the contest. Everyone is invited to attend. Look each month in the NEBLINE for information on upcoming informational workshops. (DL)



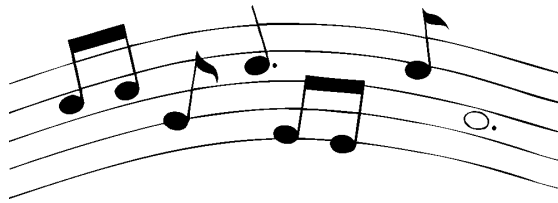
Pet smells

People miss most of the action—the silent language of animal smells. But their pets don't miss a clue. Watch a dog, out for a walk, sniff its way around the block. By stopping at every rock, tree and lamp-post, your dog learns a noseful about what passed this way. Was it a male or a female, a leader or a loser? Your dog can smell and tell.

Pet cats also speak softly with smells. By rubbing against you, a cat marks your body with scent molecules from its facial and rump glands. You then wear the cat's scent. This lets other cats know who's really the boss—not you, but your pet!

What about life in a fish bowl? Just by checking the scent of their water, goldfish can smell who's ready to mate. (ALH)

All animal affidavits are due into the extension office by June 15. Why wait? Get them in! (DL)



1998 4-H Music Contest

Sunday, April 26, 2 p.m.

Dawes Middle School
5130 Colfax Avenue

Everyone is welcome to attend!

Join the fun & watch talented 4-H members. (TK)

Beef progress show

The 24th Annual Johnson and Nemaha County Beef Progress Show will be held Saturday, June 13 at the Johnson County Fairgrounds in Tecumseh, NE. Weigh-in and registration will be from 10-11 a.m. The show will start at 1 p.m. Trophies and ribbons will be presented to champions and class winners. There is a purse of \$500. If you would like more information on this show, please call Jim Kite at 402-274-5823 or Deanna at 441-7180. (DL)

Horse clinic, State Fair Park

May 23-24 (tentative date)

Saturday, May 23, 9:30 a.m. - 4 p.m. and
Sunday, May 24, 9 a.m. - 4 p.m.

Presented by Kathy Anderson.

Registration limited to 25 participants per day.

Advanced registration required.

For more information, please contact Ellen at 441-7180.

Pre-District Horse Show and Clinic

Saturday, June 6 & Sunday, June 7

Saturday: 8:30 a.m. Registration
9:00 a.m. - 3:15 p.m. Clinic

\$5.00 for the entire day

Sunday: 11:30 a.m. Registration
12:30 p.m. Horse Show Begins

\$2.00 per class

Will be held at Capital City Horse and Pony Club (5 miles north of 14th & Superior Street, Lincoln)

Horse Judging Contests

Pitzers: May 27, Ericson

TS Arabian: June 4, Park Place Equitation Center, Elkhorn

PAK-10: June 9, Skyline Ranches, Elkhorn

Registration: 6:30 p.m.

7:00 p.m. Contest/Clinic/Results

Low Rider's 4-H Show

Saturday, May 30, 9:00 a.m.
Capital City Horse and Pony Club

Have a rabbit? Bring it to our show!

Saturday, April 18, 1998

Youth ages 8-18

7:00-7:45 a.m. registration

Lancaster Building • State Fair Park
Lincoln

More questions: call Terri at 477-0151

Sponsored by Star City Rabbit Raisers 4-H Club (EK)



1998 Clover College

Do you want to learn some new and exciting things? Do you like making projects and meeting new people? Then plan on attending the 1998 Clover College Tuesday, June 16 - Friday, June 19, 8:00 a.m.-4:30 p.m. Some possible workshops available this year may include photography, crafts, sewing, table setting, and more! All workshops will consist of one to four sessions with each session lasting two hours. A fee will be required for most of the workshops. You may sign up for as many or as few of the workshops as you like.

Look in next month's NEBLINE for more information and registration forms. Please call Tracy if you have any questions or may be interested in presenting a workshop. (TK)

Performance lamb weigh-in

The performance lamb weigh-in and tagging will be Saturday, May 30, 8 a.m. to 12 p.m., in the sheep barn at State Fair Park. Any 4-H'er planning on being in the market lamb performance contest must have their lambs weighed this day. All market lambs or commercial breeding ewes that haven't been tagged must also be brought in. If you have questions, call Deanna at 441-7180. (DL)

Independent sheep exhibitors

All independent sheep exhibitors are required to bring their market lambs and commercial breeding ewes in to be tagged Saturday, May 30, 8 a.m. to 12 p.m. in the sheep barn at the State Fair Park. If you have any questions or concerns, call Deanna at 441-7180. (DL)

How to exhibit leader training

New leaders, experienced leaders, 4-H members, and parents are all invited to our "How to Exhibit" leader training. Learn how to put an entry tag on a dress, where to take the model rocket exhibit, and other exhibit information which will prepare you for the 1998 Lancaster County Fair. This leader training will be held Tuesday, May 12, 9:30 a.m. or 7 p.m. (TK)

HORSE BITS

Horses and other mammals are capable of feeling the same emotions as humans. We all interpret what's going on in the environment and choose a response. Through body language messages about our feelings are conveyed to those who are paying attention. By figuring out what your horse is saying through body language, you can address the source of what may be seen as a training or behavior problem. Training methods that work by reading a horse's body language build trust and cooperation between you and your horse. By developing trust and cooperation your training will yield much better long term results.

Watch your horse. There are things you can pick up first, like stomping, shifting of weight, looking around, playing with the bit, or seeing the whites of the horse's eyes if you're riding it and it's looking back at you.

Ask yourself these questions: Is the horse holding its breath, breathing shallowly, or breathing deeply in a relaxed

state? Does the horse have a hard, focused eye with worry wrinkles above it, or is the eye soft, relaxed, and open? Is the mouth clamped and tight with jaws set? Are the ears stiff, or are they alert to what's going on around it? Is the neck or body stiff or soft? Is the tail straight or clamped down? Is the horse unbalanced? Does the horse act like it doesn't know what you want it to do? Does it display a sour expression, pin back its ears, swish its tail or stumble while resisting what you are asking it?

When you encounter a horse that displays any of these signs, try to interpret what it's feeling.

Often people think they are having a problem with their horse, but if they check it out, they find the horse is having a problem with people. You can remedy this and the horse has a much greater chance of learning the acceptable behavior or response.

Look for these signs:

- Nervousness and fear. A horse that is afraid can exhibit

any number of symptoms, including spooking, looking around and ear pinning. For a fearful horse, rebuilding the animal's confidence is necessary.

- Lameness. A horse who willingly does most exercises except one may be harboring a lameness. A sharp-eyed individual can usually spot a lameness problem while it is still minor.

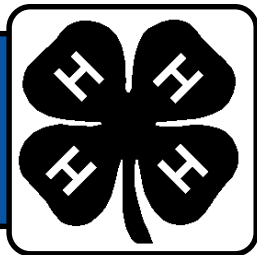
- Boredom. A horse who doesn't pay attention to what its rider asks, looks around, acts dull, or plays with the bit, may be bored.

- Laziness. The horse who resists a command, spooks or tries to unseat its rider may be one who has learned that bad behavior has its rewards.

We get the best of the horse when we ask through cooperation and partnership. Understanding body movement allows us to accomplish our training goals in less time with less fear, less force and in an easier way.

Thanks to Kaleena Dey for the information contributed to this article. (EK)

4-H & Youth



Photography reminder:

The new state and county photography themes have been announced: "4-H Is..." and "What Do You See in a Fence Post?" Keep these in mind as you begin taking photographs for your 1998 photography exhibits. (TK)

Pen Pals

Rural youth in Bosnia are wanting to correspond with youth from the United States. This would be a great opportunity for your 4-H club to learn about a different culture and to share their experiences. If you are interested and would like more information, please contact Tracy. (TK)

**Thank you
4-H volunteers!
Volunteer Recognition Week
April 19-25, 1998**

Take a friend—make a friend Go to 4-H camp



4-H membership is NOT required to attend these camps.

4-H camps at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that allow your child to have an experience of a lifetime. 4-H camp allows your child to become more independent, build self-confidence and self-worth, discover new recreational skills, and develop a sense of love and respect for others as well as the out-of-doors.

If you'd like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Enroll them with a friend in a 4-H camp. All camps are overnight sessions. Check in and release times are indicated. **Camp cancellation fee \$20.00.** General age guidelines = 8 to 14 years.

**FISH CAMP
June 09-11, 1998
10:00 a.m.-3:00 p.m.**

Not only do you get excellent camping fun, we'll take you to the best fishing site in the area. Bring your own equipment. You catch 'em, we clean and cook 'em. There is no better way to fish!

**LET THE GAMES BEGIN
June 09-11, 1998
10:00 a.m.-3:00 p.m.**

Old games, new games, and some really weird games! Have fun playing traditional and non-traditional sports. Enjoy learning games from Native American and other World Cultures.

**OUTDOOR ADVENTURE I & II
June 12-15 or June 20-23, 1998
10:00 a.m.-3:00 p.m.**

For all who love the great outdoors and "roughing it." Your adventures may include navigating down the historic Platte River in a canoe with a friend, sleeping a night under the stars and rappelling down a 35 foot wall! Bring a friend to share in this awesome adventure.

**NIORRARA I & II
June 16-19 or June 29-July 2
10:00 a.m.-7:00 p.m.**

A chance of a lifetime awaits 14 special teens! Spend two days canoeing the beautiful Niobrara, Nebraska's only whitewater river. Then sleep out under starlit sandhills skies. This will definitely be the best part of your summer! (Teens only 13-17 years old)

**SUMMER SAFARI
June 16-19, 1998
10:00 a.m.-3:00 p.m.**

For all you animal lovers out there, this camp is a must! See the Henry Doorly Zoo as you never have before—at night! Back at camp you will hang out with our wildlife!

**BOLDLY BOUND
June 24-28, 1998
10:00 a.m.-3:00 p.m.**

If rappelling walls, climbing towers, super highs, nitro pits and meat grinders sound like fun to you and you are between 11-14, this is your camp!

**WET-N-WILD, I, II, III & IV
June 29-July 1, July 5-7,
July 8-10, or July 16-18, 1998
I, III, IV 10:00 a.m.-3:00 p.m.
II 1:00 p.m.-3:00 p.m.**

The Mahoney State Park pool and giant water slides are among the great Wet-N-Wild adventures that wait for you. A great way to spend the hot summer, keeping cool with a friend in lots of water!

**ME & MY P.A.L. I & II
July 9-11, Oct. 30-Nov. 1, 1998
10:00 a.m.-3:00 p.m.**

A camp for you and an adult PAL who will join you on the second day. It's all about nature and sharing with that special adult friend. Parents, Grandparents, Scout Leaders, favorite Science Teacher, Big Brother/Big Sister. A truly unique camp that you will want to know more about. Games, skits.

**FIRST TIMERS
July 10-11, 1998
10:00 a.m.-7:00 p.m.**

We want your first camping experience to be the best! So we've packed a ton of good times into this overnight. Bring a friend and prepare to have a fantastic time!

**DISCOVERY '98
July 12-15, 1998
1:00-3:00 p.m.**

Come and discover all the fun this camp has to offer! You and your friends pick which activities you do and how many times! It doesn't matter if it's canoeing, confidence course or any other adventures. Choose one, some or all—you're sure to encounter lots of exciting discoveries!

**BUGS - Butterflies, Beetles, Bees
July 16-18, 1998
10:00 a.m.-3:00 p.m.**

"Critterful fun" with skits, art & crafts, observing and just plain interacting with insects. Whether you like them, would like to get to know them better, or just aren't too sure??? Come on out for this camp!

Telephone: (402) 332-4496
FAX: (402) 332-4970
WEB Page: ianrwww.unl.edu/ianr/serec/east4h
E-mail: east4h@unlvm.unl.edu

1998 4-H CAMP REGISTRATION FORM

Please Print

Camper's Name _____
M/F _____ Birthdate _____
Address _____
City & State _____ County _____
Zip _____ Parent's Name _____
Phone No. _____ Work No. _____
Allergies _____
Special Medications _____
Last Tetanus Shot _____

My child has permission to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for accidents, claims, and damages arising therefrom. As parents or guardians, we authorize medical care and/or hospital and doctor care. The Eastern Nebraska 4-H Center has my permission to use any photographs of my child in its promotional material.

Parent/Guardian Signature _____

Date _____ If parent/guardian cannot be reached in an emergency, call (name and number): _____

I want to room with* _____

(*Registrations must come in together.)

Check camp(s) you are registering for:

June 09-11	Fish Camp	_____	\$76.00
June 09-11	Let The Games Begin	_____	\$76.00
June 12-15	Outdoor Adventure I	_____	\$90.00
June 16-19	Niobrara I (Teens)	_____	\$160.00
June 16-19	Summer Safari	_____	\$90.00
June 20-23	Outdoor Adventure II	_____	\$90.00
June 24-28	Boldly Bound	_____	\$105.00
June 29-July 1	Wet-N-Wild I	_____	\$76.00
June 29-July 2	Niobrara II (Teens)	_____	\$160.00
July 05-07	Wet-N-Wild II	_____	\$76.00
July 08-10	Wet-N-Wild III	_____	\$76.00
July 09-11	Me & My P.A.L. I	_____	\$76.00
July 10-11	First Timers	_____	\$50.00
July 12-15	Discovery '98	_____	\$76.00
July 16-18	Butterflies, Beetles, Bees	_____	\$76.00
July 16-18	Wet-N-Wild IV	_____	\$76.00
Oct. 30-Nov. 1	Me & My P.A.L.	_____	\$60.00
	Donation	_____	
	Total Enclosed	_____	

Since many camps will be filled before the scheduled date, we cannot guarantee space or last minute registrations. Each camper must be preregistered. Please make checks payable to Eastern Nebraska 4-H Center and mail the checks to the Center at 21520 W Hwy 31, Gretna, NE 68028.

Community Focus

Service learning grants awarded to youth

4th annual golf benefit for Nebraska 4-H and FFA programs

To participate, interested individuals are urged to contact Ed Woeppel at 471-2441, Sue Friesen at 472-9019 or address requests to 4-H & FFA Golf Benefit, 114 Ag Hall, UNL, Lincoln, NE 68583-0700 for more information.



Quarry Oaks Golf Club
1600 Quarry Oaks Drive
Ashland, NE
June 3, 1998

Golf benefit sponsored by Nebraska 4-H Development Foundation, Nebraska FFA Foundation

What's it worth?



Support of statewide proficiency awards
Scholarships
Statewide Leadership Programs



Support of statewide recognition program
Scholarships and awards
Innovative program grants

As a participant, your charitable contribution is equal to the difference between the fair market value of the lunch, dinner, golf fees and the entry fee. All donors will be receipted.

In 1997, 4-H and FFA netted nearly \$53,000.00 due to the generosity of the golf benefit supporters. (GB)

"Teens for Teens" is a service learning grant program through the University of Nebraska Cooperative Extension in Lancaster County, funded by a Learn & Serve grant from the Nebraska Volunteer Service Commission. Over \$3000 has been awarded to nine youth groups across Lancaster County for educational community service projects. A variety of projects were chosen by the "Teens for Teens" Youth Advisory Board that will encourage knowledge application through community service while teaching youth about the grant process. The nine groups funded were required to write their own project proposal and will be required to keep records, write their own grant reports and attend educational workshops regarding project planning. The nine projects funded include the following:

- "Arts for All" by the Lincoln Children Museum's Youth Advisory Council—Youth will host an art event at the museum on April 26, designed

specifically to enable handicapped children to participate in the creation of art.

- "Clover Mission" by the Super Stars 4-H Club—Youth will bring various 4-H life skill activities (such as cooking, sewing, etc.) to children at the People's City Mission.

TEENS FOR TEENS

- "Hand in Hand" by the Lincoln High ACE students—Youth will work with elementary kids to paint a mural representing cultural diversity at the F Street Recreation Center.

- "Improv" by the Lincoln Action Program Improv Team—Youth will provide improvisational skits on youth issues such as peer pressure, drinking, etc. to middle and high schools.

- "Race Response" by the Culler Middle School Race Response Team—Youth will perform skits addressing racial conflicts and create a mural showing diversity at their school.

- "Safe Night for Teens" by the YWCA Survival Skills

Program—Youth will host a "Safe Night" for teens before summer, featuring positive activities Lincoln youth can get involved in.

- "Youth Awareness" by the Teens Growing into the Future (TGIF) group of Goodrich Middle School—Youth will host speakers on issues such as teen pregnancy, drug/alcohol abuse, etc. and a problem-solving workshop.

- "Youth Summit '98" by the Youth Summit Planning Committee—Youth will host a day-long youth discussion forum May 8, on youth issues in order to generate constructive suggestions and solutions which will be compiled and distributed to youth organizations.

- "The Zoo School Beautification and Restoration Project" by the Landscaping Class at the Science Focus Program—Youth are redesigning areas of the Lincoln Children's Zoo, creating educational landscapes.

Extension congratulates the above grantees! Keep an eye out for these kids! (TB)

NRD public use areas offer great outdoor activities

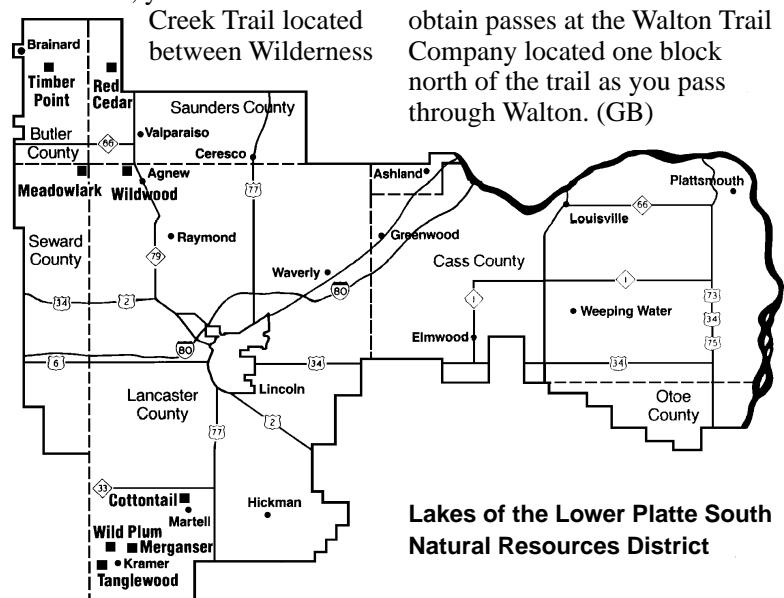
Outdoor activities and recreation are great for quality of life. Our local area offers some tremendous opportunities to escape to quiet places. The Lower Platte South Natural Resources District has established some natural settings for public use. They include lakes, trails and wetlands. At the area NRD lakes, you can enjoy fishing, camping, hiking, hunting, non-powered boating, wildlife watching and day use activities, all available at no cost or park entry permit. The lakes were constructed for flood control and offer a secondary benefit of public recreation.

Trails offer opportunities for family fun and fitness. The MoPac East and Oak Creek Recreational Trails were developed from abandoned railroads for public use and wildlife habitat. The MoPac East stretches 18 miles from 84th Street in Lincoln to the Village of Elmwood, while the Oak

Creek Trail is a 12 mile journey between Valparaiso and Brainard. For horseback riding, the Charles L. Warner Equestrian Trail begins at 98th and A Streets. It was designed as a safe alternative to riding along country roads. In addition to these trails, you will find Salt

Park and SW 2nd and J Streets.

To support maintenance and development of the MoPac East and Oak Creek Recreational Trails, you can assist by purchasing trail user passes. Daily (\$1.00) or annual (\$5.00) passes are available at dispensers on the MoPac East Trail. You can also obtain passes at the Walton Trail Company located one block north of the trail as you pass through Walton. (GB)



Lakes of the Lower Platte South Natural Resources District

Basic tornado information

FACTS: A tornado is the most concentrated form of violent weather, capable of generating winds in excess of 300 mph in the funnel wall, and of moving across the ground at 70+ mph. Such extremes are rare, but do occur. The average tornado has funnel wall wind speeds of 150-175 mph, cuts a damage path about 150 yards wide and moves across the ground at about 30-35 mph. The U.S. has more tornadoes than any other country, and Nebraska consistently ranks about 5th in the U.S. in the number of tornadoes per year (average—37 per year since 1950; most in any year to date—88 in 1990).

DEFINITIONS:

Tornado watch—A storm with the potential of producing tornadoes is expected to move through the area. In other words, there is a potential danger; watch out and prepare.

Tornado warning—A tornado has been spotted on or near the ground approaching Lincoln or part of Lancaster County. Take shelter!

Pop-ups: It is possible for a tornado to develop when there is no formal watch. Sometimes an isolated thunderstorm cell will pick up the wrong combination of heat, moisture, rotation, etc. and spin off a funnel. This "pop up" can occur in as short a time as 20 minutes.

Lake	Total Acres	Acres of Water	Presently Stocked	Boat Ramp	No Wake Boating 5 mph	Hunting & Trapping	Primitive Camping	Fire Rings	Picnic Tables	Rest-rooms	Hiking Trails	Wells
Wildwood	491	103	CCF, BLG, LMB, WAL, CRA	Concrete	Electric Motor Only	•	•	•	•	•	•	•
Meadowlark	320	55	CCF, LMB, BLG, NP	Concrete	•	•	•	•	•	•	•	•
Red Cedar	175	51	CCF, LMB, FCF, SA, BLG	Concrete	•	•	•	•	•	Seasonal Apr.-Oct.	•	•
Timber Point	160	29	CCF, BLG, LMB, TM	Concrete	•	•	•	•	Seasonal Apr.-Oct.	Seasonal Apr.-Oct.	•	•
Cottontail	148	29	CCF, BLG, LMB	Dirt	•	•	•	•	•	•	•	•
Merganser	103	41	CCF, BLG, LMB	Dirt	•	•	•	•	•	•	•	•
Tanglewood	68	33	BUL	None	•	•	•	•	•	•	•	•
Wild Plum	35	16	BLG, LMB, CCF	Rock	•	•	•	•	•	•	•	•

CCF...Channel Catfish
BLG...Bluegill
LMB...Large Mouth Bass

FCF...Flathead Catfish
SA...Saugeye
BUL...Bullhead

WAL...Walleye
CRA...Crappie

NP...Northern Pike
TM...Tiger Musky

As part of ongoing management, one or all of the lakes may be drained, renovated or stocked.

continued on page 12

Children most susceptible to lead poisoning

continued from page 3

Poor nutritional health increases the danger of lead exposure. Calcium deficiency especially increases lead absorption. So does iron deficiency, which also increases lead damage to blood cells. A high-fat diet increases lead absorption and an empty stomach makes it easier for lead to move into the bloodstream.

Although no one knows exactly what lead does to the central nervous system, it appears to disturb how brain neurotransmitters function. Neurotransmitters are chemical messengers between the body's nerve cells. Calcium, for ex-

ample, helps nerve impulse transmission, heart activity and blood clotting. Lead fits into binding sites where calcium usually fits, so it can disrupt cellular processes that depend upon calcium.

A child's chronic exposure to even low lead levels may result in learning or behavioral problems. Some estimates indicate that each 10 microgram per deciliter increase in blood lead lowers a child's IQ one to three points. Higher levels can lead to anemia and changes in kidney function. At extreme levels it can lead to seizures, coma and death.



Choosing the correct glove is important in pesticide application

continued from page 4

apply pesticides. The chemical can be absorbed into these gloves and they are extremely difficult to clean. Avoid cotton or leather gloves, as they also can absorb the chemical. Don't use latex gloves commonly used by medical personal. Petroleum distillates, acetone or xylene will soften the latex, making protection inadequate.

For the best protection, wear gloves under sleeves so chemicals don't run down the sleeves and into the gloves. If working with hands over head, roll the tops of the gloves into a cuff, to protect from pesticides running

down the gloves onto the forearms.

Pesticide exposure symptoms are typically chronic and flu-like. If gloves aren't properly laundered, multiple exposures from the same pesticide could occur. As the applicator's hands begin to sweat or get wet inside the contaminated glove, the pesticide will continue to be absorbed dermally by the body, with the result being a slow poison.

Wearing safety gloves will protect the applicator for the most part. Still, applicators must thoroughly wash their hands

after handling pesticides. Gloves also need to be properly disposed of or laundered. The gloves should be laundered in hot water, separate from family laundry.

For more information, check out "Protective Clothing and Equipment for Pesticide Applicators," NebGuide G85-758-A and "Pesticide Management and Safety on Home Grounds," NebGuide G90-1007-A. These are available at local cooperative extension offices. *Source:* Dave Morgan, safety engineer, NU/IANR (TD)

after handling pesticides. Gloves also need to be properly disposed of or laundered. The gloves should be laundered in hot water, separate from family laundry.

Refugees sponsored by Catholic Social Services learn from NEP

continued from page 6

need to be learned about food buymanship, food preparation and food safety."

Newquist says, "The adults who come to us were very competent in their home countries and have valuable skills to share. Because of the language barriers and cultural differences, their competency is temporarily diminished. I have the opportunity to explain cultural and legal aspects of our society to them which helps to re-establish their competencies. Last year, more than 90% of the employable

refugees served by CSS were employed within four months of arrival."

Learning customs from the refugees has been an enriching learning experience for NEP staff. It is important to be respectful of their food habits. Frequently, products which they are accustomed to eating, are very expensive and only in specialty stores.

"The interpreters provided by CSS are excellent," say Barb Yllescas. "During a typical program, there are usually three

interpreters speaking different languages to assist us. There are usually about 20 refugees."

The NEP partnership with CSS has been beneficial for both agencies. The depth of knowledge, compassion, and diversity of the CSS staff makes it possible for NEP to provide quality nutrition education in support of refugees striving for economic self-sufficiency in America.

For more information, call Catholic Social Services at 474-1600. (MB)

Herbal remedies need caution

continued from page 6

nal purpose and can be effective in treating some ailments. However, self-medication with herbs can be dangerous. Many herbal supplements haven't been scrutinized for safety and effectiveness.

Some general guidelines in using herbal supplements correctly follow:

1. Go with the tried and true. Know your herbs. Find out what are the benefits and risks associated with a particular herb. One resource would be the book "Honest Herbal" by Varro Tyler, Ph.D.

2. Before taking any herbal remedy or other dietary supplement, check with a doctor,

registered dietitian or other qualified nutrition expert.

3. Always consult a qualified health professional. Be cautious of those who call themselves an "herbalist," "herb doctor," "health counselor" or "master herbalist." These job titles aren't regulated in the United States.

4. Don't take herbal remedies if also taking medication either by prescription or over-the-counter. Consult a doctor before combining herbal remedies with medication. The combination of herbal supplements and some medications can cause serious side effects.

5. Avoid herbal supplements if pregnant or breast feeding,

unless a doctor oks it.

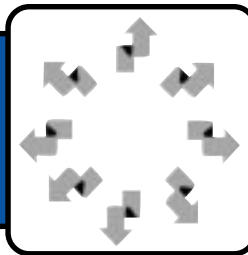
6. Try not to use a combination of herbal remedies. If an adverse reaction occurs, it would be easier to identify the source if you're using just one herbal product.

7. If an herbal product seems to cause any negative side effects, stop using it.

Herbal supplements will continue to be topics of discussion in upcoming months. Be an informed consumer and ask questions before starting any herbal supplementation program.

Source: Wanda Koszewski, Ph.D., R.D., Cooperative Extension nutrition specialist, NU/IANR (AH)

Miscellaneous



Red light running: If a crash doesn't kill you, the other costs might.

Imagine a big increase in your auto insurance rates. Think about your car—totaled—and the time you'll lose dealing with the person you hit, the police, your lawyer, the judge. These are the "costs" of running a red light, one of the most common traffic offenses in your area. And the costs are going up, because we're increasing enforcement with more police, more citations and more consequences for you. We're not doing this to ruin your day, or to make you late. We're simply trying to save lives and reduce injury. The fact that we're saving you time, money and a lot of aggravation is a bonus from area law enforcement officers to you.

The light is red for a reason. So stop.

Source: US Department of Transportation, Federal Highway Administration (GB)

"Life Nebraska Style"

"Life Nebraska Style" is a weekly, half-hour television magazine that spotlights interesting people and activities at the University of Nebraska. It is jointly produced by UNL Public Relations and IANR's Communications and Information Technology's Electronic Media unit.

Locally "Life Nebraska Style" is aired on channel 21, Monday, 11 a.m., Wednesday, 8 p.m., Friday, 4 p.m. and Sunday, 6 p.m. (GB)

Windbreaks enhance the rural living environment

continued from page 5

mines the extent of the protected area downwind, the length of a windbreak determines the amount of total area receiving protection. For maximum efficiency, the uninterrupted length of a windbreak should exceed the height by at least 10:1. This ratio reduces the influence of end-turbulence on the total protected area.

The continuity of the windbreak also influences its efficiency. Gaps in a windbreak become funnels that concentrate wind flow, creating areas on the downwind side of the gap in which wind speeds often exceed open field wind velocities. Lanes or field accesses through windbreaks should be located to minimize this effect or, if possible, avoided all together.

Windbreaks are most effective when oriented at right angles to prevailing winds. However, the purpose and design of each windbreak is unique and thus the orientation of individual windbreaks depends on the design objectives. If your primary objective is protection from winter winds, you want to place your windbreak on the north or northwest side of the area you want to protect. But if your objective is to reduce dust and noise from an adjacent road, you need to locate the windbreak along the road.

While windbreak placement certainly depends on your objective, keep in mind that an improperly placed windbreak can cause more problems than it solves. The extension office has several publications on designing, establishing and maintaining windbreaks that can help you in planning your windbreak. However, it is usually best to work with a forester or landscape professional when designing a windbreak. (SCB)

Help offered to manufacture secret recipes

continued from page 6

The second phase of the Center's Entrepreneur Assistance Program is Start-Up Services and Consultation. During this phase, participants receive confidential and individualized assistance with product development, business development and product introduction into the marketplace.

Arlis Burney, a food industry specialist with the Food Processing Center, says, "Since the Entrepreneur Assistance Program began in 1989, 80 percent of the participants who went on to start a food manufacturing business are still in business."

To receive an Entrepreneur Assistance Program informational packet or information on other services, please contact: Arlis Burney, Food Processing Center, University of Nebraska, 143 Filley Hall, Lincoln, NE 68583-0928; phone 402-472-8930; e-mail: aburney@foodsci.unl.edu. (AH)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Brenda Corder, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE

All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

- Mary Abbott, Extension Assistant
- Lorene Bartos, Extension Educator
- Tina Brown, Americorps Vista Volunteer
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Brenda Corder, Publication & Resource Assistant
- Tom Dorn, Extension Educator
- Soni Ericksen, Extension Assistant
- Arlene Hanna, Extension Assistant
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Ellen Kraft, Extension Assistant
- Tracy Kulm, Extension Assistant
- Deanna Lieneman, Extension Assistant
- Mary Jane McReynolds, Extension Assistant
- Barb Ogg, Extension Educator
- Warder Shires, Extension Educator
- David Smith, Extension Technologist
- Jim Wies, Extension Assistant



Extension Calendar

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

- April 13**
CWF Meeting 7:00 p.m.
Extension Board Meeting 7:30 p.m.
- April 16**
4-H Rabbit VIPS Meeting 7:00 p.m.
Fair Board Meeting 7:30 p.m.
- April 18**
Kiwanis Karnival—Grandstand 2nd Floor, State Fair Park 7:00 p.m.
Invitational Cat Workshop 8:30 a.m.-2:00 p.m.
Star City Rabbit Raisers 4-H Club Rabbit Show 7:00 a.m.
- April 22**
Informational Dog Workshop 7:00 p.m.
Termite Workshop for Homeowners 6:30-9:30 p.m.
- April 26**
4-H Music Contest—Dawes School, 5130 Colfax Avenue 2:00 p.m.
- May 5**
4-H Council Meeting 7:00 p.m.
- May 11**
4-H Production Livestock Booster Club Meeting 7:30 p.m.
Extension Board Meeting 7:30 p.m.
- May 12**
How to Exhibit 4-H Leader Training 9:30 a.m.-7:00 p.m.
- May 13**
Camp Counselor (Halsey Applications Due)
4-H Horse VIPS Meeting 7:00 p.m.
- May 14**
4-H Cat VIPS Meeting 6:30 p.m.
4-H Cat Club Meeting 7:00 p.m.

Phone numbers:

- Office (leave message after hours) 441-7180
 - After hours 441-7170
 - FAX 441-7148
 - COMPOSTING HOTLINE 441-7139
 - NUFACTS INFORMATION CENTER 441-7188
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday**

Basic tornado information

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Warning signals: A continuous, steady tone from the Civil Defense (CD) warning sirens for at least three minutes plus broadcast warnings by area radio and TV stations, and Lincoln CableVision. **Note:** There is no all clear signal on the sirens; the “all clear” will be broadcast by the radio and TV stations.

Three basic rules for finding tornado shelter in a building:

1. Get as far away as possible from all outside walls and windows. Move to the center portions of the building (interior rooms, interior hallways).
2. Move to the lowest possible level in the building; below ground is preferable. In a multi-story building, be sure to clear the top floor entirely (the roof may go).
3. Make a small target of yourself and **protect your head!**

DOs & DON'Ts:

- DO:**
- Plan ahead during a **tornado watch** so you'll know what to do and where to go for shelter if a **tornado warning** is issued.
 - Listen to the major local radio stations during a **watch** for up-to-date information on the approaching storm.
 - Take a battery-powered radio and flashlight with you to shelter so you (1) can know when it's call clear and (2) have light if the power fails.
 - Use an interior bathroom for shelter in a basementless house, if one is available. If not, an interior room or hall is best.

- Use chair cushions, pillows, folded blankets, folded coats, hard hats, football or motorcycle helmets to protect your head. Over 90% of all serious tornado injuries are head injuries inflicted by flying debris.
- DON'T:**
- Open windows or doors; it doesn't help and can make things worse.
- Automatically go to the

- southwest corner of a basement.
 - Try to drive away from an approaching tornado; instead, seek shelter in a nearby building, a ditch or under a bridge.
 - Go outside when a **warning** is issued; instead, take shelter!
- For more information, call Lincoln/Lancaster County Emergency Services/Civil Defense at 441-7441. (GB)



Nebline Feedback

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (*please print*)
2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

- Order subscription (*free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065*)
- Change of Address

Comments _____

Story Idea(s) _____

Return to:

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

Halling and Woepple complete terms

Extension Board members Gerald Halling and Edward Woeppel recently completed their terms on the Lancaster County Extension Board. Halling, a farmer and cattle breeder in northern Lancaster County has given generously of his time and leadership to 4-H youth programing, 4-H Council, Fair Board and the Extension Board. Woepple, of rural Hickman, is a consultant with the Nebraska Department of Education and has served the past three years as president of the board. Woeppel has diligently worked to foster working relationships with 4-H and FFA. He was a leader in organizing the annual 4-H & FFA fund raising golf tournaments. Both Halling and Woeppel are to be commended for their work on behalf of University of Nebraska Cooperative Extension in Lancaster County. The extension staff are grateful for their personal contributions.

The County Extension Board is responsible for program direction of UNL Cooperative Extension in Lancaster County. Recent appointments to the board were Kit Dimon of Lincoln, Alice Doane of rural Waverly and Jessie Snover of rural Lincoln. (GB)