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Wildwood Lake Watershed Project nearing completion



Wildwood Lake looking northwest into the watershed.

S. Corey Brubaker
Extension Educator

Wildwood Lake is a 103-acre reservoir located on Wagon Tongue Creek in northwestern Lancaster County approximately 20 miles northwest of Lincoln or 2-1/2 miles south of Valparaiso. The Lower Platte South Natural Resources District (LPSNRD) in cooperation with the USDA-Natural Resources Conservation Service built the lake in 1978 at a total cost of 1.1 million dollars including the development of the associated recreation area. It is the largest of 12 flood control structures built in the North Oak Creek watershed and is one of three developed for public recreation. The lake and surrounding land are owned by the LPSNRD and managed by the Nebraska Game and Parks Commission.

The watershed above Wildwood Lake is approximately 4,835 acres in size including the 491-acre recreation and wildlife area surrounding the lake. Land use in the watershed is dominantly agricultural with 58% of the area being used for crop production. About 37% of the watershed is in permanent vegetation including the more than 400 acres currently enrolled in the Conservation Reserve Program. Most of the soils in the watershed are moderately fine textured with slopes ranging from six to 12% and are classified as highly erodible.

Wildwood Lake was one of five lakes included in a 1990 Clean Lakes study conducted by

the LPSNRD in cooperation with the Nebraska Department of Environmental Quality (NDEQ). Results of the study found that nonpoint source (NPS) pollution was threatening water quality in Wildwood Lake. The primary nonpoint source pollutants identified were sediment and plant nutrients. The primary sources of sediment identified by the study were soil erosion from cropland and stream degradation. The study identified approximately 1560 acres of cropland in the watershed in need of some type conservation (see map) as well as five areas along Wagon Tongue Creek and its tributaries where stream degradation was a problem. The primary sources of plant nutrients were runoff from cropland and from two livestock operations located in the watershed.

In 1991, the NRD in cooperation with NDEQ applied for and received a Section 319 grant from EPA to address NPS pollution in the Wildwood Lake Watershed. The primary objective of the project was to reduce sediment and nutrient loading to Wildwood Lake by providing cost share and technical assistance to landowners in the watershed for implementing conservation and

management practices.

After trying for almost two years to solicit landowner participation in the project, the NRD applied for a second grant in 1993 to hire an extension educator to work directly with the landowners in the Wildwood Lake Watershed. The extension educator was hired in May of 1994 and spent most of the first year making contact with landowners in the Wildwood Lake Watershed. Of the 41 landowners in the watershed 38 were contacted, either directly or indirectly, to solicit their participation in various programs for reducing NPS pollution in the watershed.

As of June 30, 1997 when the funding for the initial grant ended, a total of 25 different conservation projects had been completed by 12 different landowners in the watershed. The total cost of these projects was more than \$230,000. This includes \$180,000 for terraces, \$38,000 for farm ponds, \$27,000 for water and sediment control basins and \$9,000 for filter strips. Since that time, an additional \$54,000 worth of work has been completed and more work is planned for this

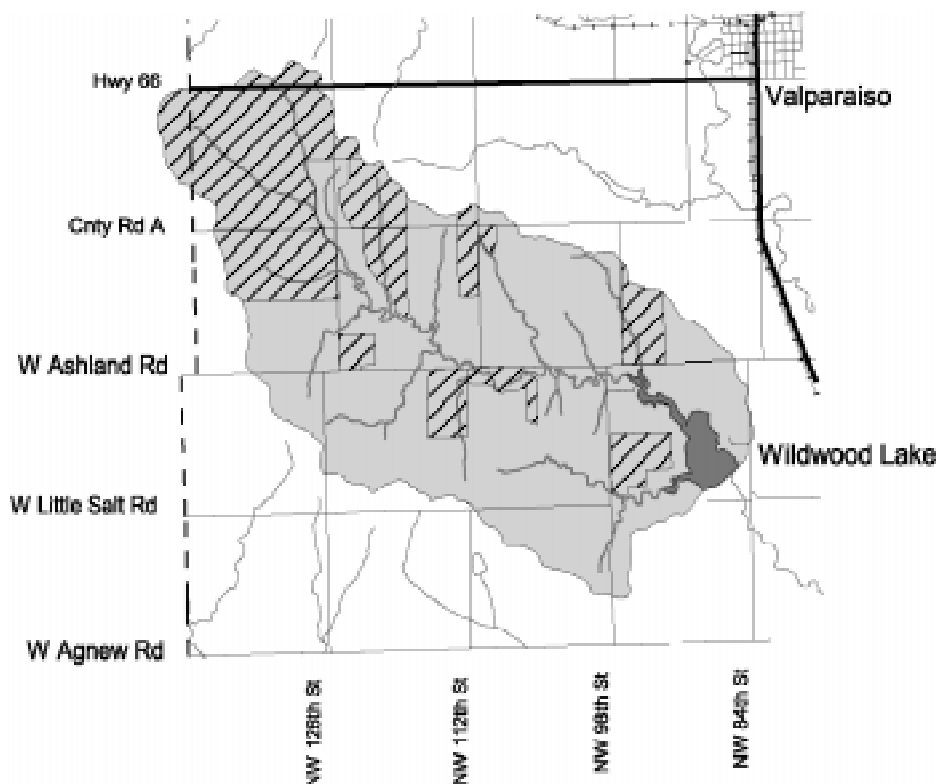
fall. Of the 1560 acres that were identified as needing treatment by the Clean Lakes Study, 750 acres have been treated plus an additional 200 acres outside of the targeted areas.

In addition to the landowner applied conservation practices, the LPSNRD completed several in-lake projects to protect and enhance water quality in the lake and Phase 1 of a channel stabilization project near the headwaters of Wagon Tongue Creek to prevent further channel

The watershed above Wildwood Lake is approximately 4,835 acres in size including the 491-acre recreation and wildlife area surrounding the lake.

degradation in the upper end of the watershed. In-lake improvements included the construction of an in-lake sediment and nutrient trap in December of 1993, enhancement of the wetland area above the sediment trap and some shoreline stabilization. Total cost of the in-lake

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Map of the Wildwood Lake watershed showing the location of the areas identified by the Clean Lakes Study as needing additional conservation work. Approximately 50% of these areas were treated as part of the project and additional work is planned.

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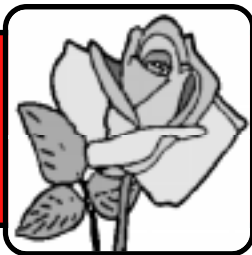


Community Focus
—page 10

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

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Horticulture

Propagation of shrubs from softwood cuttings

One potato, two potato, new potato

Most gardeners plant their potatoes in the early spring. However, potatoes can also be grown as a crop in the cool days of fall. These high quality fall potatoes are excellent for the long winter storage period.

Fall potatoes are planted in late June to early July for a mid-October harvest or can be stored in the ground until November and dug as needed.

Seed potatoes are not readily available in June or July from garden centers. Check early in the season to see if your garden center will have potatoes for summer planting, otherwise, you may need to save potatoes from spring purchases as seed potatoes. Seed potatoes should be kept in the refrigerator or cool storage until summer planting time.

Potatoes for a fall crop need to be cut into one-half to two ounce seed pieces with an eye and/or bud and then healed. To heal the freshly cut seed pieces, store them at room temperature (60-70 degrees F.) for five to seven days before planting. This prevents them from rotting in the hot summer soil. If the soil is dry, water regularly to moisten and cool the surface. Plant three to four inches deep. A straw mulch 10 to 12 inches deep helps keep the soil cool and moist during the hot August period.

Watering is critical to insure even emergence. In addition, regular watering is important through August when temperatures are hot, winds strong and rainfall often deficient.

Fall grown potatoes are crisper and firmer. Fall yields are generally somewhat less than spring grown potatoes. Vitamin C content is usually higher after harvest, so fall potatoes should contain more vitamin C through the winter storage period.

If you can't grow a fall crop of potatoes this year, make plans to do it next year. (DJ)

Pruning hedges

Hedges are a row of plants that merge into a solid linear mass. They have served gardeners for centuries as screens, fences, walls and edging.

A well shaped hedge is no accident. It must be trained from the beginning. Establishing a deciduous hedge begins with selection of nursery stock. Choose young trees or shrubs one to two feet high, preferably multiple stemmed. When planting, cut the plants back to six or eight inches; this induces low branching. Late in the first season or before bud-break the next season, prune off half of the new growth. The following year, again trim off half.

In the third year, start shaping. Trim to the desired shape before the hedge grows to its desired size. Never allow plants to grow untrimmed to the final height before shearing; by that time, it is too late to get maximum branching at the base. Do not allow lower branches to be shaded out. After the hedge has reached the desired dimensions, trim closely in order to keep the hedge within the desired bounds.

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Water checklist for the landscape

This check list will help you conserve water for lawn and garden use. Try to add these water conservation tips into your landscape and vegetable gardens.

* Mulch shrubs, perennials, annual flowers and vegetable plants to retain moisture in the soil longer. Use shredded leaves, grass clippings or chopped bark around the plants. Mulching also controls weeds that compete with garden plants for water.

* Vegetables that require more water should be grouped together in the garden to make maximum use of water applications.

* Collect rain water in a barrel or large bucket from down spouts. Use it to water container plants.

* Use a drip irrigation system in your gardens. This method uses 25 to 50 percent less water than hose or sprinkler methods.

* Water the lawn during the morning hours. Avoid watering when it is windy or during the hottest part of the day. To avoid over watering, keep track of the time by setting a timer or alarm clock.

* When purchasing plants or developing a new landscape, select low water use plants. (MJM)

Many ornamental shrubs in the home landscape may be propagated by softwood cuttings. Softwood cuttings are taken in late May through early July from the current season's growth. Cutting material should be flexible but mature enough to snap when sharply bent. Lilac, forsythia, weigela, barberry, potentilla and viburnum are some of the shrubs that may be propagated from softwood cuttings.

A proper rooting medium is needed to successfully root softwood cuttings. The rooting medium must not only retain moisture but also drain well and provide physical support. Coarse sand, perlite and vermiculite are good rooting materials.

The container that holds the rooting medium must have holes in the bottom for drainage. If only a few cuttings are taken, a large clay or plastic pot should be adequate. A wooden or plastic flat may be used if larger quantities are rooted. Once the container has been filled, the medium should be watered and allowed to drain before the cuttings are inserted.

When taking cuttings, remove plant material with a sharp knife. Softwood cuttings should be approximately four to six inches long. Pinch off the leaves on the lower half of the cutting. Also remove any flowers. Make a fresh cut just below the point where one or two leaves are attached to the stem (node), then dip the base (cut end) of the cutting in a root promoting compound. Tap off any surplus material.

Cuttings from some shrubs root easily, but others are more difficult. Root promoting substances increase the percentage of cuttings that root, shorten the period needed for rooting and increase the number of roots per cutting. Root promoting

cutting has no root system to absorb water, yet continues to lose water through its leaves. The cutting will wilt and die if it loses a large quantity of water. Water loss can be reduced by placing a clear plastic bag over the cuttings and container.

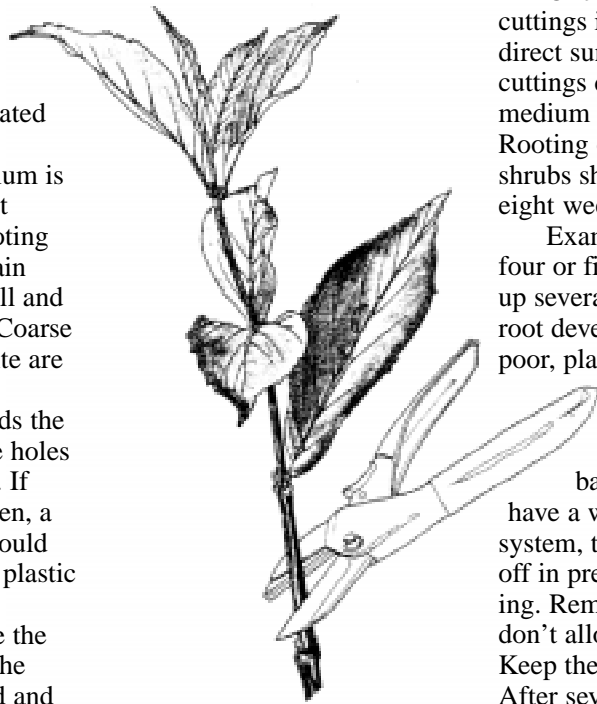
Once covered, place the cuttings in bright light, but not direct sunlight. Inspect the cuttings daily. Water the rooting medium if it begins to dry. Rooting of most deciduous shrubs should occur in six to eight weeks.

Examine a few cuttings after four or five weeks. Carefully dig up several cuttings to check on root development. If rooting is poor, place the cuttings back in the medium, water them in, then cover again with a plastic bag. When the cuttings

have a well developed root system, they should be hardened off in preparation for transplanting. Remove the covering but don't allow the cuttings to wilt. Keep the rooting medium moist. After several days, carefully remove the cuttings and transplant them into individual pots with a good potting mix. The young plants can be planted into the ground in a few weeks.

Home gardeners may want to grow them in the garden for one or two years before moving the small shrubs to their permanent site in the landscape.

It takes several years for rooted cuttings to become nice sized plants. However, many gardeners find rooting cuttings and growing the small shrubs to be fun and rewarding. (MJM)



materials are often available in garden centers and mail order companies. Most products are in powder form.

To avoid brushing off the powder when inserting the cuttings, make holes in the rooting medium with your finger or a pencil. Insert the cuttings approximately two inches deep into the rooting medium. After all the cuttings are inserted, carefully water the medium and let it drain.

Water is critical to the survival of the cuttings. A

1998 June/July Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Power rake zoysiagrass	3	4	5	6
7	8 Plug zoysiagrass	9	10 Watch for cabbage worms	11	12	13
14	15 Control apple maggot	16	17 Apply fungicide to pines for needle blight	18 Prune spring flowering shrubs	19	20 Check bluegrass for sod web worm
21	22 Control bagworms	23 Fertilize buffalograss	24 Watch for bean leaf beetle	25 Check roses for black spot	26 Take softwood cuttings to start plants	27
28	29 Watch for squash vine borer	30	1 Remove faded flowers from annual plants	2	3	4
5	6	7 Control bean leaf beetle	8 Check garden plants for spider mites	9 Check tomatoes for blight	10 Plant fall garden	11
12	13 Control squash vine borer	14 Keep garden well watered	15 Prune suckers on maple tree	16	17 Pull weeds	18
19	20	21	22 Pick flowers to dry or press	23 Store extra seeds	24	25
26	27	28	29	30	31 Divide iris	

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)

Western Ribbon Snake

Thamnophis proximus

Description: The Western Ribbon Snake is a slender snake with 3 distinct light stripes contrasting with a dark body color. The side stripes are usually yellowish or light orange while the back stripe is generally a darker shade of these colors. The dark lower lateral stripe, which borders the belly scales of the Eastern Ribbon Snake (*T. sauritus*), is narrow or absent in this species. It also has two fused spots on the crown of its head. The scales are keeled in 19 rows across the body. It has a long tail and the total length of the snake can range from 48.3-123.2 cm (19"-48 1/2").

Habitat and Diet: As with all ribbon snakes, this species preferred habitats are swamps, streams, lakes and other fairly permanent water sources. It is diurnal in habit and can be found searching for food in the early

morning and late afternoon. Its diet consists primarily of frogs, toads, tadpoles, salamanders and fish.

Breeding and Range: The Western Ribbon Snake mates between April-June. The female usually gives birth between July-September. One litter can consist of up to 27 live young. Their length can range up to 26 cm (10") and they usually mature in 2-3 years.

This species can be found from Southern Wisconsin, Indiana, through the Mississippi Valley, west to eastern Nebraska, southeastern Colorado, eastern New Mexico and south to Costa Rica.

A subspecies of this snake can also be found in Nebraska. The Western Ribbon Snake *Thamnophis proximus proximus*: This snake has a black back with a narrow orange stripe running

Correction

Last month's article on Snakes in the Yard, mentioned the Eastern Ribbon Snake. This snake is not found in eastern Nebraska. The Western Ribbon Snake, however, can be found in eastern Nebraska. We apologize for any confusion. (SE)

the length of its back. There is no dark lateral stripe bordering the belly scales. It ranges from Indiana, southern Wisconsin and eastern Nebraska, south to southern Louisiana and north-eastern Texas.

Source: The Audubon Society Field Guide to North American Reptiles and Amphibians (SE)

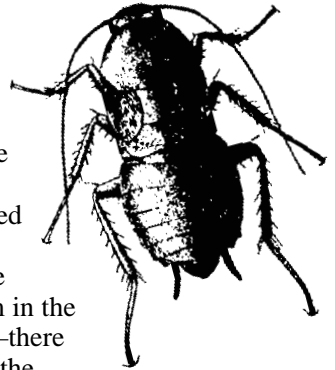
Environmental Focus



My parents won't want me to tell you this, but...

There were cockroaches that would come into our house when I was a kid. Each cockroach was a big, ugly dude that would appear at night on a wall near the front door or by the light on the bathroom wall. There would usually be only one roach at a time and they showed up in late spring and early summer.

As a kid, these roaches gave me the willies. I'd be heading to the bathroom in the middle of the night and it never failed—there would be one of those roaches right on the bathroom wall. I would press myself on the opposite wall to try to sneak by the roach, but it seemed to know I was there. I just couldn't stand the things. My reaction was to throw something at it—it made me feel better. But no matter how hard I tried, I would always miss and the routine would be the same. Kid throws a shoe at the roach, roach takes flight around the room, and kid runs VERY FAST out of the room.



I'm not any less squimish of this roach as an adult, but if I had to choose a cockroach to come into the house, this would be the one. It is a wood cockroach—a type of cockroach that doesn't even live and breed in the house. Wood cockroaches live in rotted logs, tree stumps, hollow trees, stopped-up rain gutters and in piles of fire wood. Males take flight during late spring in search of females.

Male wood cockroaches are attracted to light and sometimes accidentally invade homes, where they soon die. The best control method is exclusion, by tightening around screens, doors and windows. No chemical control is necessary.

It has been a couple of years since I've seen a wood cockroach at the folks' farm. But I know they are there. Maybe this June I'll have a chance to show my own children this fascinating roach. Then I can let my 10-year old try to get it out of the house—how about a tennis shoe, Ben? (SE)

Glow little glowworm, glimmer, glimmer...

or You...light up my life...

Barb Ogg
Extension Educator

On warm, summer evenings, when I was a kid, I remember chasing fireflies in the backyard and putting them in a jar to watch them produce their light. This group is among the most remarkable curiosities of the insects.

Fireflies are not flies at all, but beetles in the family Lampyridae (this word means "shining fire" in Latin). Many of the species of this group are bioluminescent, meaning that they produce light. This is remarkable because it is "cold light" — nearly 100 % of the energy given off appears as light. As a comparison, only 10% of the energy from an incandescent light bulb is released as light; the other 90% is wasted as heat.

Adults, larvae, and even eggs, of many firefly species have been discovered to produce light. Adult fireflies use their flashing light signals to attract the opposite sex. During evening hours, the males fly and produce a sequence of light flashes that is specific to its species. Females sit on vegetation and respond to the male's light pattern with their own flash pattern. These flash patterns must be very specific. Studies have shown that female fireflies prefer certain characteristics of a male's light pattern (for example, an increased flash rate). After several flash responses, the male locates her position and descends to the vegetation to mate. But, males must be very careful. There are a few firefly species where mated females mimic the female responses of other species to lure the male. When he descends to mate, she eats him.

Why do firefly larvae produce light? Entomologists have puzzled over this question because it can't be to attract a mate. Scientists now think that firefly larvae flash to warn predators that they taste bad. Studies have shown that hungry mice don't like the taste of larval fireflies, and that mice can learn to associate light flashes with bitter tasting food.

Fireflies are sometimes used in biochemical research. Light in the firefly's abdomen is produced when luciferase, an enzyme, combines with ATP, adenosine triphosphate. ATP is the molecule that holds the energy needed for most biochemical reactions in plants and animals. In their research, biochemists often need a

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1998 pesticide container recycling begins in June

Every year, about one million plastic agricultural pesticide containers are used in Nebraska. This amounts to about 750,000 pounds of plastic that must be disposed of. Plastic lasts for centuries when buried in a landfill, shortening the life of the landfills and wasting the resources that were used to manufacture the containers in the first place.

Lancaster County Extension will be coordinating a program again this year which gives producers a chance to recycle these containers. The program includes 19 sites in 11 counties of southeast Nebraska.

At each collection site, pesticide containers will be inspected by a trained individual to make sure they have been properly rinsed. Only white and yellow one and two and one-half gallon pesticide containers with

the labels and caps removed will be accepted. Yard and garden pesticide containers are brown and cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable.

After inspection, the jugs are stored until enough have been gathered to bring in a chipper. The jugs are inspected a second time by the chipper company and then processed into small chips which reduces the volume and makes it feasible to transport the material long distances. Chips are taken to plants that melt the plastic material and mold it into new products. Recycled pesticide containers do not enter the general plastics industry. The material is being recycled into fence posts, nailing strips that can be embedded into poured concrete walls, industrial pallets, field drain tiles, speed

bumps, and parking lot tire stops.

The extension office obtained grant funding several years ago to purchase two dedicated semi-trailers where the containers can be stored until there is a sufficient quantity to bring in a chipper. Each agribusiness firm cooperating in this project has agreed to move these trailers and set them up in preparation for the recycling day they will be hosting. The businesses also pay a small fee to cover the costs of providing the technical assistance on collection days. This project would not be possible without their support.

Most collection days have been scheduled for Tuesdays or Fridays (see schedule). Some sites will accept containers by appointment at other times. Please call ahead before leaving containers at any of these sites. (TD)

Public Collection Days - All from 9:00 a.m. to 3:00 p.m.

Collection Site	Date	Location	Agribusiness Contact
Frontier Co-op	June 16	Mead	Brian Reid (402) 624-2075 or 480-1252
Greenwood Farmer's Co-op	June 23	Greenwood	Russ Tederman (402) 994-2585
Firth Co-op	June 26	Firth	Ron Preston (402) 791-5837
Frontier Co-op	June 30	David City	Brian Reid (402) 624-2075 or 480-1252
Farmers Cooperative Co.	July 7	Waverly	Jim McGill (402) 786-2665
Plymouth Co-op	July 10	Wilber	Steve Meyer (402) 821-2351
Farmers Co-op Assoc.	July 14	Elmwood	Russ Tederman (402) 994-2585
Plymouth Co-op	July 17	Plymouth	Barry Jung (402) 656-3615
Farmers Cooperative Co.	July 21	Bennet	Bill Moates (402) 782-2295
Plymouth Co-op	July 24	Fairbury	Richard Zenger (402) 729-2330
Countryside Co-op	July 28	Milford	Jerry Nauenburg (402) 761-2126
Lancaster County Fair	July 31	Lincoln	Tom Dorn (402) 441-7180
Countryside Co-op	August 4	Raymond	Wayne Schildt (402) 783-2321
Otte Oil and Propane	August 25	Wahoo	Dan Otte (402) 443-3563
Southeast Nebraska Co-op	August 28	Beatrice and Virginia	Randy Timm (402) 228-3458

Multiple Day Sites

Agribusiness	Dates	Location	Agribusiness Contact
Blue Valley Co-op	May-August	Tamora	Jon Kruse* (402) 523-4225
Cedar Ridge Spraying	May-August	RR2, Ashland	Jerry Newsham* (402) 944-2436
Farmers Union Co-op	May-August	Gretna	Loren Katt* (402) 332-3315
Lancaster County Extension	May 1-June 19 August 1-August 7 September 1-October 1	Lincoln	Tom Dorn* (402) 441-7180



Farm Views

1998 UNL Crop Management and Diagnostic Clinics

A series of training sessions focusing on improving crop management and diagnostic skills will be offered at the University of Nebraska Agricultural Research and Development Center (ARDC) near Mead, Nebraska.

Topics include soil fertility, soil and water management, pest management and crop production, genetically engineered crops, and crop diagnostics, diseases and management. Participants may choose to attend the Soil Fertility and Soil & Water Management clinic on either July 13 or July 17. The Pest Management & Crop Production clinic will be offered on July 14 or July 16. Clinics will be held from 8:30 a.m. to 5 p.m.

Presenters include NU Institute of Agricultural and Natural Resources scientists, instructors, and extension specialists and educators. The clinics are sponsored by Cooperative Extension, the Agricultural Research Division and ARDC, all in IANR, with financial support from private industry.

Participants will meet at the ARDC Research and Education Building and should bring rain gear. The building is on Nebraska Highway 63, about 6.25 miles east of U.S. Highway 77. Registration deadline is one week before the beginning of each session. Cost for attending both the Soil Fertility and Pest Management clinics is \$225 including 2-day training, reference notebook, lunches and refreshments. Fee for each one-day clinic is \$135 including training, reference notebook, lunch and refreshments.

Online registration and detailed information is available at: ianrwww.unl.edu/ianr/ardc/CMDCreg.htm.

For more information, phone (402)624-8000, fax (402)624-8010, or e-mail cnty5061@unlvm.unl.edu. Call the Lancaster County Extension Office for a brochure detailing these clinics: 441-7180. (BPO)

Hay inoculants and preservatives

Hay making season has arrived. If it's wet, you might need help from inoculants or preservatives to get hay made without spoiling. Legitimate hay inoculants contain bacteria and sometimes ingredients like yeast and enzymes that reduce growth of microorganisms that cause hay to mold and spoil. We say legitimate because many companies sell the exact same product for both silage and hay. So investigate before you buy.

Inoculants work best when baling hay at the highest possible moisture for safe storage without additives. Since windrows have uneven moisture and estimates of moisture aren't always perfect, inoculants protect against small errors and allow you to bale hay that is three to five points higher in moisture than would normally store safely. But no higher! All inoculants tested in university controlled studies failed frequently when moisture was over 25 percent.

Tests show that the only products that permit consistent, reliable, safe baling of hay above 25 percent moisture—hay definitely too wet to bale—are organic acids like propionic acid. Although these acids are more expensive, when applied uniformly at correct rates, they do work. One problem is that acid-treated hay still heats some and becomes discolored. Also, these acids can cause rapid wear and corrosion unless equipment is washed and greased almost daily. Odors can be offensive, too. Fortunately, buffered acids are available that cause less corrosion and have less odor.

If rain often affects your hay making plans, hay inoculants and preservatives might be worth the investment. (WS)

Insect information on the web



Have you ever needed information on insects that may have invaded your home, crops or stored grain? Have you ever found an insect and wondered what it was? Have your kids ever needed a picture of an insect for a school project? The Lancaster County Extension - Ag/Acreage web pages might very well have what you are looking for. We have many good links to extension publications and color photographs from the University of Nebraska and other mid-western universities. To find this information go to the Lancaster County web site at www.ianr.unl.edu/ianr/lanco/ag/crops/insects.htm (TD)

Harvest hay to fit your needs

Determine the type of hay you want before harvesting alfalfa. Different uses demand different types of hay. For instance, dairy hay must be low in fiber so high producing cows can consume and digest large amounts of it and it must also be high in protein. Beef cows and ewes need moderately high protein alfalfa shortly before and after calving and lambing, but they only need hay with sufficient nutritive value to maintain body condition at other times. Horse hay must be green, leafy, fine-stemmed and mold free.

Plan your harvest to get this type of hay. Alfalfa feed value declines as plants mature. Plants are very nutritious when they are young and leafy, but once blooming begins the feed value decreases. Thus, to get high quality alfalfa, the plants must be harvested before they bloom.

Unfortunately, consistently cutting at pre-bloom will reduce yield and shorten stand life. Highest yields and best stand

persistence usually occur by harvesting near full bloom, but protein concentration and intake potential of this hay may be only 2/3 of pre-bloom hay.

Compromise between high nutrient concentration, high tonnage and stand persistence is often needed. Protein and energy

No matter what your hay needs are, the following suggestions can help you obtain the hay you desire.

yield is often highest when alfalfa is cut just after first flower. This hay is usually ideal for beef cattle.

Dairy producers, however, must have higher quality alfalfa for top producing cows and need to cut early to get this quality, although it will sacrifice some yield and stand life.

No matter what your hay needs are, the following sugges-

tions can help you obtain the hay you desire:

1. Keep harvest equipment in good operating condition to avoid down time.

2. Mechanically or chemically condition alfalfa to speed drying.

3. Place hay in as loose and wide a window as possible, to aid air circulation and speed drying.

4. Rake or turn hay as little as possible to reduce leaf loss. Only handle hay while it is still tough.

5. Bale hay when it is dry enough to avoid heating and molding, but not too dry that leaves shatter. Night baling may be necessary.

6. Store indoors, especially high quality hay or hay for the cash market. Outdoor storage should be on well-drained sites and covered with plastic.

7. Test hay for protein, fiber, mineral and energy content to efficiently feed your hay.

Resource: Bruce Anderson, extension forage specialist. (WS)

Prepare equipment for storage

With all the rush to get crops planted, it is likely that practices deemed not urgent at the time may have been put off. Now that planting is finished, don't forget to clean up, lubricate and prepare equipment for long-term storage. Time spent on these activities now can save hassle, expense and perhaps crop injury later on.

Planters are a big investment and are only used a short time each year then left idle. They should be protected from rust and corrosion when not in use.

Planters should have all seed removed from the seed boxes. Soil insecticide boxes should be emptied and hosed out. Seed openers, depth gauges and furrow openers should have all dirt removed and either painted or greased to prevent rust. Bearings should be greased and chains should be sprayed with a light oil (such as WD-40) to prevent rust.

Starter fertilizer squeeze pumps should be rinsed, drained and the tension should be relieved prior to storage. Monitor row units should be cleaned, removing dirt and seed treatments. Monitor control boxes should be removed and stored in a cool, dry place free of rodents. Store the planter inside, if possible, to protect your invest-

ment.

Sprayers should be thoroughly rinsed (dispose of the residue on a registered crop or site) before switching herbicides or putting the sprayer away for long periods of time. Proper rinsing may include pre-rinsing with a material which acts as a solvent for the herbicide, then rinsing again with an agent to remove the solvent. Water-soluble herbicides can be removed by repeated rinsing with water.

Oil-soluble herbicides (those which form emulsions with water) are the most difficult to remove. Kerosene and fuel oils can be used to help dissolve oil-soluble herbicides. Enough fuel oil should be used to operate the pump and to splash onto interior tank surfaces. After the kerosene rinse, a second rinse with water containing detergent will help remove the oil from the sprayer.

Hormone type herbicides require extra precautions. If Banvel or 2,4-D were used, fill the tank with water and ammonia. Add one quart of household ammonia to 25 gallons of water. (Approved tank cleaner can be used instead of ammonia as specified on the product label.) Pump enough solution through

the hose and nozzles to fill these parts completely. Then fill the tank, close and let it stand for 24 hours before spraying out and rinsing again with water.

Activated charcoal can be used after the preliminary rinsing to decontaminate the sprayer. A three percent suspension absorbs the 2,4-D. Agitate the suspension for two to three minutes and drain, then rinse thoroughly with clear water.

Following some of the newer post-emergent herbicides that are used in very low amounts (ounces) per acre, the tank should be flushed with clean water, then flushed two times with the water plus household ammonia mixture described above and finally rinsed a fourth time with clean water. Flush through booms and hoses, allow to sit for 15 minutes with agitation, then drain.

Finally, clean all nozzles, screens and strainers before storing the sprayer. Fill the pump with a rust-inhibiting automotive antifreeze or remove it; drain and fill it with oil. Store in a heated area, if possible. Store the remainder of the sprayer out of direct sunlight, if possible, to reduce ultra-violet deterioration of rubber hoses and other components. (TD)

Plan the timing of grass hay harvest

Native meadows are finally starting to grow rapidly and brome grass is heading out.

When do you cut your grass hay? Do you wait until all crops are planted? Maybe you plan to cut after cultivating or during first or second irrigation of corn. Or, like some folks, maybe your harvest is based on plant growth stage, like full head!

Instead, try cutting your grass hay to match grass nutrient content with nutritional needs of your livestock. That's a different way to look at it, isn't it? But doesn't it make sense to harvest hay that will meet the needs of

your livestock and minimize your supplement costs?

We all know that protein and energy concentration declines in grass hay as plants become stemmy and get more mature. As this happens, the type of livestock that can be fed hay with little or no supplements becomes more limited.

For example, grass hay cut at early head can often support more than one pound of daily gain for pregnant yearling heifers all by itself. But if the same grass gets mature, it won't even support a mature cow without protein supplements.

So, what should you do? First, plan what type of livestock will receive the grass hay from each field. Young stock need high nutrient concentrations, so cut that hay before or just when heads begin to emerge. If instead, the hay will go to mature, dry cows, let the grass produce a bit more growth and cut it after it is well headed out but before seeds develop.

Matching your hay harvest with your plan of use, can pay handsome dividends in lower costs and less supplementing.

Source: Bruce Anderson, extension forage specialist (WS)

Do you have a safe and adequate water supply?



One of the most important considerations in making a decision to move to the country is the availability of a safe and adequate water supply. Most rural homeowners rely on private wells as their principle source of water. Unlike public water supplies, which are regulated by the Environmental Protection Agency (EPA) and the Nebraska Health and Human Services System to ensure their safety, private water supplies are not regulated and it is up to the user to operate, maintain and ensure the safety of their water supply. Before renting or buying that place in the country make sure that you will have a reliable source of water that will provide you with both the quantity and quality of water you need.

Water Quantity

How much water will I need? The general rule of thumb is to allow for 75-150 gallons of water per day for each person in the household for domestic use plus the amount needed for other potential uses such as water for animals and landscape irrigation. Also, keep in mind that water use does not occur evenly over the the day and the water system must be able to meet the needs of many uses during short periods of time. These times, called peak use periods, usually last from 30 minutes to 2 hours and usually occur near meal-times, during laundry periods and shortly before bedtime.

To determine whether or not your well will meet your needs, you need to know the water system flow rate. Water system flow rate is the quantity of water your well is able to deliver in a period of time, usually gallons per minute. The flow rate should at least equal the peak use rate and should be capable of maintaining

this rate continuously for 1-2 hours. For home use, a minimum flow rate of 10 gallons per minute is recommended but a higher flow rate is desirable. If water needs exceed the maximum well yield, intermediate storage can be installed to help supply water.

Water Quality

The quality of ground water in Lancaster County is highly variable and may contain higher than desirable amounts of total dissolved solids, calcium, magnesium, iron, manganese, sodium, chloride or sulfates. While the concentration of these nuisance contaminants may be high, the water is generally safe for human consumption. However, to ensure safety, all private wells should be tested on a regular basis by a certified, independent laboratory and results compared to EPA drinking water standards. The two contaminants of greatest concern from the human health standpoint are coliform bacteria and nitrate. To meet EPA standards, there should be no coliform bacteria in the water

...private water supplies are not regulated and it is up to the user to operate, maintain and ensure the safety of their water supply.

and the nitrate-nitrogen concentration should not exceed ten milligrams per liter. A combination test for nitrates and bacteria will cost you about \$20 at the State Lab operated by the Nebraska Health and Human Services System.

Other contaminants of concern include lead, pesticides, petroleum products and volatile organic compounds. Lead contamination is generally associated with the water distribution system in the home. If you live in an older home and suspect that lead pipes or lead sauder may have been used, you should have your water tested for lead. In addition, if pesticides, petroleum products or volatile organic compounds have

been stored, mixed or used near the well location it might be a good idea to have your well tested for these contaminants.

Protecting Your Well From Contamination

Proper well construction is the first step in protecting your water supply. While the water supplied by a private well is not regulated, the design, location and construction of the water well is regulated by the Nebraska Health and Human Services System. A private well must be located and constructed to protect it from potential sources of contamination. It should be located at least 50 feet from a septic tank or non-watertight sewer line; at least 100 feet from any seepage pit, cesspool, tile field, privy or other subsurface disposal system; and at least 100 feet from any feedlot, manure pit, manure or sewage lagoon or livestock lot. It should be constructed of watertight casing, preferably heavy-gauge metal or National Sanitation Foundation approved plastic; have all joints in the well casing screwed, welded, or otherwise properly sealed; have a well casing that extends at least twelve inches above the ground; have a sanitary well cap used on the casing; have pitless installation, or, if a pit is used, have the pit at least ten feet from the well; and be equipped with a backflow prevention device. Finally, the space between the casing and the wall of the drill hole must be filled and grouted.

Another consideration is the possibility of an old well on the property that is out of use. In such a situation, the landowner is responsible by law to properly seal and abandon the well so that contamination from flooding or runoff does not travel down the well and contaminate groundwater. The Lower Platte South NRD has a well abandonment program that provides cost share assistance to landowners for proper well abandonment.

For more information on installing and maintaining a private well, contact a professional well driller, the Nebraska Health and Human Services System or the Lincoln/Lancaster County Health Department. (SCB)

Acreage Insights



Facts about CCA-pressure treated wood

Editor's note: A recent letter sent to our office imploring extension to mount a public awareness or education program about the hazards of CCA-treated wood has prompted us to print this research-based article. Our apologies for its length.

What is Pressure-Treated Wood? Pressure-treated wood is a safe, long-lasting building material used in decks, fences, retaining walls, picnic tables, docks and other places where wood is exposed to rot, insect attack or other forms of biodeterioration. In the pressure-treatment process, lumber is immersed in a liquid preservative solution. The pressure is then raised, and the preservative is forced into the wood. Because this treatment renders the wood useless as a food substance for fungi, termites and other wood-destroying agents, the wood is protected and is much less subject to deterioration. There are several types of pressure treated wood, but, because wood that has been treated with copper chromated arsenic (CCA) is most commonly used in places where there is considerable human contact, this article will only discuss CCA-treated wood.

What are the Benefits of Pressure-Treated Wood? Pressure-treated wood is widely available and relatively economical. Untreated wood generally rots and/or incurs insect damage within three to five years—sometimes even within one year—depending on its exposure to soil and environmental conditions. Treated wood, on the other hand, is relatively strong and long-lasting and maintains its integrity 10 to 20 times longer than untreated wood. Preservative treatment enables wood to last consistently longer than it otherwise would, thereby conserving trees and other resources. When properly processed and appropriately used, this well-tested product is harmless to humans, plants and nontargeted animals. For this reason, pressure-treated wood is used to construct walkways and viewing platforms in national parks, wildlife sanctuaries and botanical gardens around the world.

What are the Charges Leveled Against Pressure-Treated Wood? Some media reports have questioned the safety of pressure-treated wood, leaving readers with the mistaken impression that treated wood poses a health and environmental hazard. There have been reports in the press of "arsenic-laced lumber" and articles warning that this "popular deck material may pose [a] health threat." Nervous gardeners have been told that a "wood border can poison vegetables," and parents have been advised—ominously—that if they have treated-wood playground equipment, they should "seal it—the children who play on it are ingesting arsenic every time they put their fingers in their mouths after touching the wood or the soil underneath it."

What are the Facts? Misplaced concerns about CCA-treated wood stem largely from a failure to distinguish between the wood

continued on page 11

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Acreage & Small Farm Insights Web Site

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



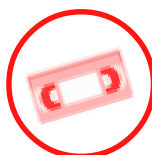
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"Part-time Farming" video

"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.



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)

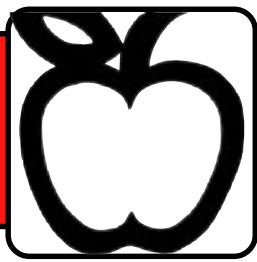
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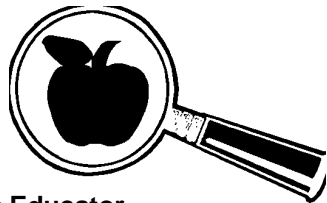
Comments, suggestions, or questions _____



Food & Fitness

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Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: Can I use milk in place of water in cooking?

A: Good question! Not only is it possible, it is also a good idea! Since milk is a rich source of calcium, using milk in place of water is a good way to increase this bone building nutrient in our diets.

Many adolescents and adults fall short of meeting the newly increased recommended calcium intakes. Most of us could benefit from three servings daily from the dairy group; young adults who are still growing could use four servings. Too little calcium is a risk factor for osteoporosis. Low calcium intakes may also be a risk factor for high blood pressure and colon cancer, for some people.

Besides being high in calcium, milk is also rich in protein. Heating milk or combining it with high acid foods can cause the proteins to do funny things. This does not affect the healthfulness of the food, but it can affect the texture, look and consistency. Here are some taste-tested tips from the Dairy Council of Central States for substituting milk for water in recipes.

- Baking mixes including cakes, brownies, muffins.
- Angel food cake mix (use nonfat milk only; you may notice a coarser texture).
- Broth based soups.
- Dry soup mixes.
- Hot cereals including oatmeal and cream of wheat.
- Hot cocoa mixes.
- Spiced tea (steep your tea bag in steaming milk) (AH)

Diet lowers high blood pressure

Hypertension (high blood pressure) is the major risk factor for stroke, a serious health concern in Nebraska. Up to 50 million Americans have hypertension—and 35 percent don't even know it!

The good news is hypertension is easily identified and can be reduced with proper diet and medical care.

An average blood pressure reading is 128/78. The first number is systolic, or when the heart beats. The second number is diastolic, or when the heart rests between beats. The higher the numbers, the harder the heart has to work to pump blood through veins and arteries, and the more at risk a person is for a stroke.

continued on page 11



Alice Henneman, RD, LMNT, Extension Educator

To get one serving (about 300 mg) towards your daily dose of calcium, try this simple, frosty treat from the Dairy Council. Not only does it have a calcium kick, but it also provides two servings of fruit, and only 300 calories. For more simple, calcium packed recipes, send a self-addressed stamped envelope to: Dairy Council of Central States; Attn: Milk Recipes; 8205 F Street; Omaha, NE 68127-1779.

CHOCOHOLIC STRAWBERRY CHILLER

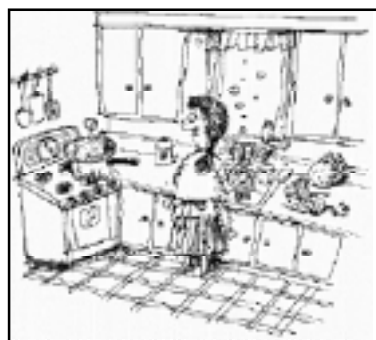
(makes 1 serving)

1 cup VERY COLD 2% chocolate milk
1 cup frozen strawberries
1-2 tablespoons chocolate syrup
Pour chocolate milk into a chilled blender container. Add the frozen strawberries and the chocolate syrup. Cover and blend until smooth. (AH)

The summer food safety check-up

Nutrition Education Program (NEP) staff encourages families to avoid food-borne illness by using safe practices.

After receiving a food safety lesson which included a dish cloth safety lesson, a young WIC mother was concerned because the place she worked did not properly sanitize dish cloths. She changed her procedures for using dirty dish cloths both at home and at her place of employment. She asked for an extra copy of the educational informa-



tion for her employer. The lesson was developed by Alice Henneman, R.D., and taught by Sandy Phillips, nutrition advisor. Here are some basic food safety tips which will help you and your family stay healthy this summer.

Summer days and a meal in the park can be "best friends" for family, friends and food-borne illness. Warm temperatures, time, moisture and food are great for growing bacteria. A food containing bacteria can be harmful and make you sick. Keep bacteria from "spoiling" your fun. Do you...

- Keep bacteria from spreading.**
- Use clean utensils and surfaces
 - Wash hands with soap for 20 seconds
 - Keep meat juices from mixing

Tiny bites total big calories

Alice Henneman
Extension Educator

"I never eat between meals."
"I rarely have dessert."
"Almost everything I eat is low fat."

Do you ever hear (or perhaps say!) these comments, which are often followed by: "But, why am I still gaining weight?"

To answer that question we often have to zoom in closer and check those "tiny" bites of food we might overlook throughout our day. For instance:

BITE 1: One-fourth cup of orange juice remains in the carton. You might as well finish it, right? CALORIES: 26

BITE 2: Two tablespoons of granola are left in the box. It's hardly worth returning to the cupboard. You add it to your serving of cereal. CALORIES: 64

BITE 3: You add two teaspoons powdered cream substitute in the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste. CALORIES: 20

BITE 4: You take just a small "sample" of the cake in the break room. Well, maybe a

second "sliver" would be O.K. too! CALORIES: 73

BITE 5: Oops! You forgot to ask them to leave the mayo off the hamburger this noon. CALORIES: 100

BITE 6: Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case. CALORIES: 20

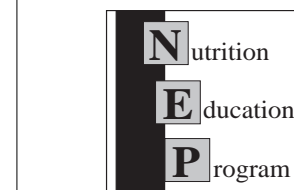
BITE 7: You take a chocolate kiss from the candy jar. You have to crank out a big report this afternoon. This is for medicinal purposes only! CALORIES: 25

BITE 8: A second chocolate kiss from your secretary's candy jar. You finished the report—what better way to celebrate? And besides, it's just a tiny piece of candy. CALORIES: 25

BITE 9: There you are with a handful of peanuts. The gang has gotten together for a quick drink after work to celebrate completing the report. You just order mineral water; but surely a couple tablespoons of nuts can't have many calories. CALORIES: 105

BITE 10: Cheese on cracker at grocery store. After all, it's a small sample. CALORIES: 55

BITE 11: Two tablespoons



Nutrition Education Program

for Limited Resource Families

Mary Abbott, R.D.
Extension Assistant

- with other foods
- Slow the growing time.**
- Change dishrags daily
 - Thaw meats in the refrigerator (or microwave) and cook right away
 - Refrigerate leftover food immediately after meals
- Use proper temperatures to control bacteria.**
- Cook meat completely
 - Keep hot foods hot and cold foods cold
 - Go directly home after buying food and store it properly

macaroni and cheese. You're trying out a new recipe and taste as you cook to get the seasonings just right. CALORIES: 54

BITE 12: One-fourth cup macaroni and cheese. Your new recipe tasted great; however, there's a small amount left over. It hardly seems worth the effort to refrigerate only a fourth cup. You don't want to toss it, so you eat it. CALORIES: 108

THE GRAND TOTAL
"EXTRA" CALORIES: 675

If these extra calories are eaten daily, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites!

Source: This article was printed in Alice Henneman's FoodTalk e-mail newsletter. If you'd like to receive this newsletter, e-mail Alice at cnty5028@unlvm.unl.edu. Past issues of FoodTalk are archived on the Internet at www.ianr.unl.edu/ianr/lanco/family/archives.htm. (AH)



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- 330 Newer Canning Recommendations
- 306 Canning Vegetables Safely
- 817 Using a Boiling Water Bath

and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm>

FREE monthly FoodTalk e-mail newsletter

To be added to the mailing list, e-mail Alice Henneman at cnty5028@unlvm.unl.edu

Diabetes Study Course

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



FCE Notes

June FCE council meeting

The June FCE Council meeting is scheduled for Monday, June 22, 7 p.m. at the Lancaster Extension Education Center. A fun evening is planned with a white elephant silent auction. Search your house and bring that "special junk" for the auction. Delegates to the state convention will report on convention activities. The FCE scholarship will also be awarded. Plan now to attend. (LB)

Health Awareness Day

Health Awareness Day will be held Friday, July 31, 9 a.m. to 4 p.m. at the Lancaster County Fair. This event is sponsored by the FCE Council and Lancaster County Ag Society. Your help is needed for check-in and other activities throughout the day. If you can help please contact Ann Meier, 488-6219, to sign up for a two hour time slot. This is a fun event and great way to meet new people. (LB)

Sizzling Summer Sampler

sponsored by FCE Council

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

Light supper at 6:00 p.m.

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)

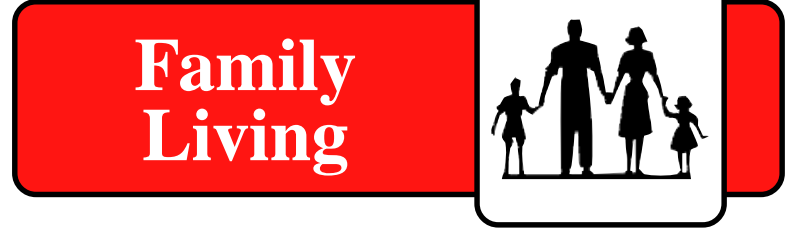
Learnshops:

- "Top 10 Secrets of a Home Baker" by Sharon Davis
- "Preserving Memories" by Cindy Boss
- "Let's Have Another Cup of Tea" by Alice Doane



Keeping Families First at the fair

Is your agency, faith, community, or business interested in letting the community know what you do to support families in our community? If so, be sure to sign up for a free booth at the Keeping Families First event at the Lancaster County Fair, August 1, 10 a.m. to 4 p.m. Let families know what your organization does and at the same time provide a family-fun activity to share with families attending the fair. Contact LaDeane Jha or Karen Whitson at 441-7180 for details or to reserve free booth space. (KW)



Family Living



by Lorene Bartos, Extension Educator

Sponges are often better than pads or cloths for cleaning kitchen and bathroom surfaces. They hold more liquid and distribute the cleaner faster and more evenly over the area being cleaned. A bonus is that they're easy to hold and you can even cut them to fit your own hand size.

Cellulose sponges are great for regular cleaning. Nylon-backed sponges are helpful for tougher jobs where you need a firmer grip.

To avoid transferring soils and germs from heavily soiled areas to lightly soiled ones or to food preparations areas, use different colored sponges to clean different areas of the kitchen and bathroom—countertops, sinks, floors, toilets, etc. Launder sponges frequently to remove soils and germs.

You can use sponges for cleaning and clean, dry cotton cloths for drying and shining surfaces. Cloths made from synthetic fibers, such as polyester, don't absorb water as well as cotton.

Cloths are great for getting into those small, tight areas where only a fingertip can reach. An old toothbrush is also useful for getting into small areas or scrubbing heavily soiled areas, such as the grout between bathroom tiles.

Don't use a fabric softener when laundering and drying cleaning cloths. The softener leaves a film that can leave cause streaking on the surface being dried. (LB)

Character Counts! day camps

Don't miss out on all the fun this summer! Plan to attend a Character Counts! Day Camp and learn about respect, responsibility, fairness, caring, citizenship and trustworthiness. Practice making good decisions and learn how helpers in our community use character in their jobs. We'll play games, hear stories, make things and have a great time. Camps will be held at various places and times throughout the county. Decide which one fits your schedule and send in the registration. For more information call Brenda Williams, Kathryn Roland, Karen Whitson or LaDeane Jha at 441-7180. (Please note the age restrictions on some camps.)

- June 22 • Denton • Denton Community Park • 12:30-4:00 p.m.
- June 24* • Part of Hickman Summer Rec • City Park • 9-11:30 a.m.
- June 25 • Firth • ages 9-12 • Firth Park • 9-12 a.m.
- July 15 • Bennet • ages 5-8 • Bennet Elementary Gym • 9-12 a.m.
- July 16 • Bennet • ages 9-12 • Bennet Elementary Gym • 9-12 a.m.
- July 20* • Part of Hickman Summer Rec • City Park • 9-11:30 a.m.
- July 21 • Firth • ages 5-8 • Firth Park • 9-12 a.m.
- August 7 • Lincoln • ages 5-8 • State Fair Youth Complex • 9-12 a.m.

The registration fee for all camps except the Hickman Summer Rec Site Program will be \$5.00 and will include materials, a snack and a t-shirt. Since the Hickman site is part of their on-going summer programming, \$5 will not be charged, and youth will not receive a T-shirt. Please register at least one week before the camp.

* It is not necessary to register for the Hickman program.

Wanted: 12-18 year olds to promote character

We need youth, 12 to 18 years old, who are interested in promoting Character Counts! and enhancing their workforce skills. Youth and their parents will be invited to an orientation meeting on June 26, 6 to 7 p.m. to get more information. A training session for the program will then be held June 29, 9 a.m. to 4 p.m. and a work day on June 30, 9 a.m. to 12 p.m. After completing the training, youth will teach what they've learned to younger children in the Lincoln Parks and Recreation Summer Playground program. The youth will also participate in a shadowing and volunteer experience that will allow them to see how the Six Pillars of Character are used in the workplace. A portfolio and resume building workshop will give the youth the opportunity to develop their own resumes and portfolios to use in seeking employment and admission to colleges. Parents and youth will share a lunch after the final workshop on August 5, to recognize the achievements of the youth. Please contact Kathryn Roland or Brenda Williams, 441-7180, if you are interested in this program. (LJ)

Registration

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____

Emergency Phone & Contact _____

Special needs (dietary restrictions, etc.) _____

We will be taking photos at the day camps. Will you allow your child's photo to be taken? Yes No



4-H & Youth

Make new friends, develop leadership skills, and get hands-on experience at

ExpoVisions '98

July 8-10

University of Nebraska-Lincoln

Youth ages 13-19 can experience:

- 39 different hands-on learnshops
- 22 career tours and special programs that allow you to expand your interests and explore opportunities
- Visit the Strategic Air Command (SAC), Museum at Mahoney State Park, moonlight dinner and dance aboard The Belle (A riverboat on the Missouri River)
- Learnshops provide hands-on experience in a specific topic. Career tours will provide opportunities to help you increase future options in the workplace and expand your understanding of what may lie ahead in various fields.

Registration deadline: Friday, June 19 • Cost: \$140 per person • Need not be a 4-H member to attend. For more information, pick-up your ExpoVisions packet from University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507 or contact Tracy at 441-7180. (TK)

A sampling of 1998 learnshops:

- Now Serving! Building and Hosting Web Pages and Interactive Internet Environments
- Service Learning: Making a Difference in Your Community
- The 21st Century: How to Survive and Thrive
- Teamwork Through Movement
- Innertube Water Basketball
- Order in the Court
- How to Succeed in College
- Your Future Job May be International



4-H Bulletin Board

- ✓ Remember to sign up to help at the fair if you are 12 years old or older. We need help on entry day from 4-8 p.m. and on judging day, all day. Call the extension office to sign up! Thanks, in advance, for your help. (LB)
- ✓ Teen Council is Sunday, July 12 at the Schepers' home. Watch your mail for more information. (TK)
- ✓ Lancaster County Fair is July 29-August 2. (LB)
- ✓ There is still time to register for 4-H camp at the Eastern Nebraska 4-H Center. Call the extension office for more information. (TK)
- ✓ Fair books have been mailed. Make sure you have yours and that you refer to it for information about the fair. (LB)
- ✓ A handout on "How to Exhibit at the Fair" is available at the extension office. (TK)
- ✓ Registration forms for county fair are available at the extension office. (TK)

Life skills judging contest

Wednesday, July 15, 1 p.m. (12:45 p.m. registration)

The contest will be divided into junior and senior divisions. 4-H members under 12 years of age as of January 1 of the current year, will judge in the junior division. 4-H members 12 years old and older as of January 1 of the current year will judge in the senior division. Topics and resources for the contest are:

Topic	Resource
Foods and Nutrition	
• Choosing healthy foods	Six Easy Bites
• Reading food labels	
• Cookies	
Home Environment	
• Color	Home Building Blocks
• Cleaning	
Human Development	
• Caring for infants (Feeding, clothing, bathing, etc.)	The Infant
Clothing & Textiles	
• Clothing comparison	Attention Shoppers
• Wardrobe planning	

Intermediate and Senior Division

Foods and Nutrition	
• Choosing healthy foods	Tasty Tidbits
• Cost comparisons	
• Yeast breads	You're the Chef
• Canning	
Home Environment	
• Wall coverings	Design Decisions
• Window treatments	
Human Development	
• Caring for infants (Feeding, clothing, bathing, etc.)	The Infant
Clothing & Textiles	
• Selecting appropriate fabrics for various garments	Challenging Fabrics
• In-home shopping	Shopping in Style
• Comparison shopping for clothing	
• Types of retail stores	

Individuals will answer 5 written questions for each of the four situations, totaling 20 written questions. Also, senior 4-H members will choose 2 of 8 oral questions to answer for a judge. Juniors will choose 1 of 5 oral questions to answer for a judge. (LB)

All animal IDs are due to the extension office by June 15.

Notice:
No late animal entries will be accepted for the '98 Lancaster County Fair.
Register by July 10!

Fair Fun Day volunteers needed!

When?	Friday, July 31
Where?	Lancaster County Fair
Time?	9:30-11:30 a.m. and/or 1-3 p.m.
Activity?	Leading tours around the fair for kindergarten through 4th grade children Helping with registration, snacks or activities
Who?	Teens or interested adults
Training?	Will be provided the day of the activity

Call 441-7180 to volunteer. You may sign up for all day or for either time slot. Please indicate whether you would like to be a tour guide or other helper. If you have any questions, please contact Kathryn Roland, Fair Fun Day coordinator. (KR)

Mark your calendar!

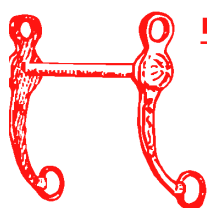
Thursday, June 25 is the date 4-H members can practice for the Life Skills Judging Contest and receive help with their demonstrations. Learn judging techniques and decision making skills for the Life Skills Judging Contest from 1:00-2:30 p.m. At 2:30 p.m., 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Preregistration is not necessary. Contact Tracy if you have any questions. (TK)

Needed: 4-H Ambassadors

4-H members who will be in grades 9-12 in the fall are eligible to apply. Ambassadors will be selected through an application and interview process. Five positions are open. 4-H Ambassadors:

- promote 4-H through PSAs and displays
- serve as master/mistress of ceremonies at events
- develop marketing skills by selling ads for the fair flyer
- provide leadership for 4-H activities

To apply, send a letter on why you would like to be an ambassador and resume of your 4-H, school and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Call Lorene at 441-7180 if you have questions. (LB)



HORSE BITS

Horse hauling

A recent study has shown that if given the choice, most horses will spend more time facing backwards in the float than forwards and some horses have a strong preference for the direction they face during transport (Equine Veterinary Journal, 1994). Another study found that horses traveling backwards in the float appeared to be better able to balance themselves, had fewer impacts on the walls and the back of the float and fewer losses of balance (Applied Animal Behavior Science, 1993).

Cortisol levels in the blood can indicate the degree of stress on the horse and this study found that although cortisol levels were high due to the stress of transport, there was no difference between the forward and backward facing groups. These results would indicate that although some horses may have a preference for facing one way or another in the float, the orientation may not greatly affect the level of stress on the horse. Many horses may prefer to travel backwards because it seems that this orientation makes it easier to maintain balance. The horse may have less risk of injury due to overbalancing. (EK)

County fair contests and interview judging

Lifetime Skills (Home Economics) Judging

Wednesday, July 15, 1 p.m., registration at 12:45 p.m. 4-H members will use their decision making skills in the junior division (8-12 years old) or senior division (12 years old and older as of January 1). See related article for topics and resources.

Demonstrations

The Demonstration Contest is one of the best ways to share your expertise and ideas with others. Demonstrations can be done as an individual or as a team. There will be two demonstration contests: Friday, July 17 at the Lancaster Extension Education Center and Saturday, August 1 at the county fair. See page 9 of the fair book for categories.

Table Setting

Thursday, July 30, 8:30 a.m. in Ag Hall at State Fair Park. This contest gives you a chance to choose a theme category, (holiday, formal, picnic, birthday or casual) plan a menu, centerpiece and place setting to

coordinate with your theme. Each 4-H member will have a 5-minute interview with the judge. A table setting contest booklet and information sheet is available from the office.

Style Revue

Style Revue Judging, Wednesday, July 22, First Lutheran Church, 1551 S 70th Street. 4-H members should sign up for a block of time to be judged by calling the extension office.

Public Show, Wednesday, July 29, 7 p.m. at the 4-H Building Arena, State Fair Park. The public is invited to the Style Revue to see the 4-H members show off their outfits.

Bicycle Safety

Saturday, August 1, 9 a.m., at the county fair. 4-H members do not need to be enrolled in the bicycle project to enter this contest. Check the fair book for contest rules.

Interview Judging

Wednesday, July 29, check pages 5-6 of the fair book for project areas that will have interview judging. Sign up for a

5-minute time lot by calling the extension office. If you have more than one item in a project area, sign up for 5 minutes per item. Talk to the judge about your fair exhibits, share the trials and lessons of your exhibits.

Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills.

Shooting Sports

Must be enrolled in a shooting sports project under the direction of a certified 4-H shooting sports instructor to participate. See page 14 of the fair book for categories and rules.

Horticulture

The 4-H Horticulture Contest is Wednesday, July 15, 10 a.m. Study material for the contest is available at the extension office.

Registration forms for demonstration contests are available at the extension office. Call the office at 441-7180 by July 10 to register for the contests. No preregistration is needed for the Lifetime Skills Contest. (LB/TK)

4-H & Youth



Food booth training

What: A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.

Where: State Fair Park, 4-H Demo Rooms, just south of the 4-H Rock Cafe in the 4-H Youth Complex. (Check fair book map.)

When: Thursday, July 23, 6-8 p.m.

Workshops: Customer Service
Making Change and Taking Orders
Food Safety
Your Responsibilities as a Volunteer

Visit: Food Booths

Bonus: Certificate of Completion and lots of fun (LB)

We need you...

At the 1998 Lancaster County Fair!

Volunteer helpers (ages 12 and over) are needed to: help in information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day, make the fair the best it can be!

Call 441-7180 to sign up.

Thanks, in advance, for all your help! (LB)

Help us... help the community

Our organization can earn 3¢ for each UPC symbol redeemed. Start saving UPC symbols from these select brands:



70th & Van Dorn
483-0044

66th & O
466-8111



17th & Washington
477-1238

27th & Hwy 2
423-9602

63rd & Havelock
464-5804

The money raised from this fundraiser will help support the Lancaster County 4-H Citizenship Washington Focus trip participants. If you would like more information on CWF or the fundraiser, contact Deanna. (DK)

County fair large animal show dates and times

Wednesday, July 29

4-H Animal Check-In (Beef, Sheep, Swine, Angora Goats must be checked-in at this time) 4-8 p.m.

4-H Sheep Weigh-In (North Barn) 4-8 p.m.

Thursday, July 30
Livestock Exhibitor's Breakfast (Demo Mall) 6:30-8 a.m.

4-H Llama Check-In by 11 a.m. All 4-H Animals Must be in Place 11 a.m.

4-H Beef Weigh-In (North Barn) noon

4-H Sheep Show (North Arena) noon

4-H Dairy Cattle Judging Contest (East Aisle of Dairy Barn) 2 p.m.

4-H Dog Check-In (4-H Building Arena) 3 p.m.

4-H Dog Show (4-H Building Arena) 4 p.m.

4-H Llama Show (East Arena) 6 p.m.

Friday, July 31

4-H Feeder Calves in place 7 a.m.

4-H, FFA & Open Class Swine Weigh-In and Scanning (North Barn) 8 a.m.

4-H Dairy Goat Show (4-H Arena) 8 a.m.

4-H Beef Show (West End of East Arena) 8 a.m.

4-H Dairy Cattle Show (East End of East Arena) 8:30 a.m.

4-H Angora Goat Show (4-H Arena) 1 p.m.

4-H Bucket Calf Class Interviews (Livestock Office) afternoon

4-H Bucket Calf Show (4-H Arena) 7 p.m.

Saturday, August 1

4-H Dog Agility Check-In (Coliseum) 7 a.m.

4-H Dog Agility Show (Coliseum) 8 a.m.

4-H FFA Swine Show (North Arena) 8 a.m.

4-H Livestock Judging Contest (North Arena) 3 p.m.

Sunday, August 2

Ship All Swine tba
All 4-H & Open Class Entries Released 4-6 p.m. (DK)

Upcoming 4-H/FFA beef and sheep progress shows

Saturday, June 20

Eastern Nebraska Junior Lamb Show at Saunders County Fairgrounds in Wahoo. For further information, call Dale Kavan at 663-4460.

Republican Valley Progress Show at the fairgrounds in Franklin. For more information, call Dave Rocker at (308) 425-6283.

Saturday, June 27

Southeast Community College Lamb Classic at the Gage County Fairgrounds in Beatrice. For more information, call Mark Goes at (402) 223-2433.

Twin Valley Livestock Exposition, Adams County Fairground in Hastings. For more information, call Duane Lienemann at (402) 756-2451 or 3531. (DK)

4-H Council positions

Starting date September 1, 1998

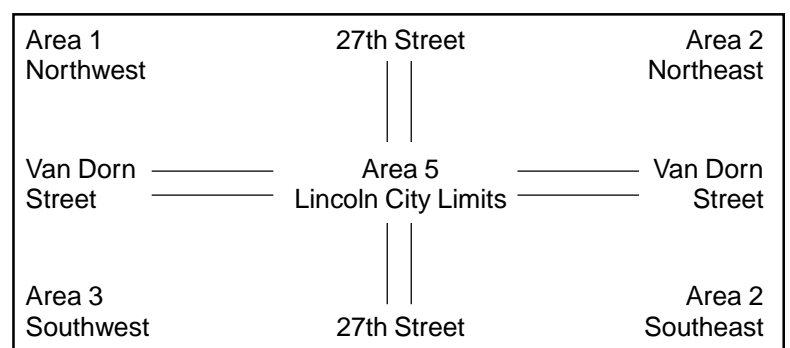
Seeking qualified applicants for 4-H Council youth and adult positions in the following geographic areas:

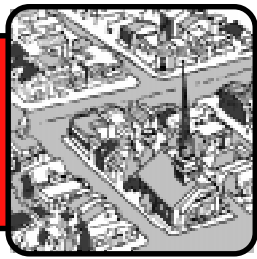
- Northwest—adult
- Northeast—adult & youth
- Southwest—youth
- Southeast—youth
- Lincoln city limits—2 youth
- Lancaster County at large—1 adult

Requirements: Must be concerned with the future of the 4-H program in Lancaster County. Must possess an interest and an understanding of youth and be willing to promote the 4-H program. Applicants must be willing to attend monthly meetings and participate in various committee activities. These are rewarding positions. **SALARY:** Base \$0 with 5% increments annually.

BENEFITS: The gratitude of volunteers, parents and 4-H youth throughout the county. In addition, a name tag and 4-H Council T-shirt are provided.

Interested applicants need to contact Lorene for further information and an application form. (LB)





Community Focus

Interested in information to help youth prepare for careers?

A wealth of information on exploring careers is available from the Nebraska Career Information System, 421 Nebraska Hall, University of Nebraska, Lincoln, NE 68588-0552 (phone 472-2570). An excellent publication entitled, "Exploring Careers A Handbook for Middle School and Junior High Educators" is available at no charge. Content focuses on:

- life skills for success
- self knowledge and career planning
- data, people and things
- skills—transferable/functional
- why people work
- work and lifestyle
- gender roles and career choices (GB)

IQ not the only predictor of success

IQ alone is not the only predictor of success on the job. Researchers are learning that a broader measure of intelligence, one that takes into account personality factors, is necessary to better predict success. Known as "emotional intelligence" studies are concluding that those with congeniality are better networked in the work setting and best positioned to contribute to organizational success.

Key traits that help workers excel are rapport, empathy, cooperation, persuasion and the ability to build consensus among people.

While a high IQ should not be discounted and is crucial for certain occupations, i.e. scientist, EQ is still very important. Within a pool of high-IQ people, those with high emotional intelligence will have a competitive edge. (GB)

Did you know that

The emergency 911 number originated in Lincoln, Nebraska! (GB)

1998 fair books available

1998 Fair books for 4-H, FFA and open class entries are available at the Lancaster County Extension office during business hours. A limited supply of fair books are available at various locations for added convenience call the office to find a location near you.

The Lancaster County Fair "Celebrating Our Heritage" will be held July 29 to August 2, 1998. Any resident of Lancaster County may exhibit in open class. The due date for open class entries is Monday, July 13th. (GB)

Bryan students win Governor's Service Award

Science students at Bryan Learning Center earned the Governor's Service Award for Outstanding Service-Learning Program for their efforts in the 4-H SERIES program, "Discovering Strengths: Teens as Community Resources". The program trains Bryan students in scientific process, basic scientific concepts regarding horticulture and chemistry, and teaching strategies so that they can teach hands-on science experiments to elementary-age youth. Last year alone, the Bryan students worked with over 1,400 kids, visited 28 classrooms, hosted a session at **earth wellness festival**, and hosted activity booths at the Lancaster County Fair and Nebraska State Fair. They have also spoken at the governor's mansion about their project, presented at the Nebraska Learn & Serve Conference, and most recently, presented at the 1998 National Service-Learning Conference in Minneapolis, MN. The program is a collaborative effort of Bryan Learning Center and University of Nebraska Cooperative Extension in Lancaster County, and is funded by a Learn & Serve grant through Southeast Research and Extension Center from the Nebraska Volunteer Service Commission. (TB)

What do employers expect of me as an employee?

They expect me to:

- Come to work everyday...on time.
- Make smart decisions.
- Follow directions.
- Concentrate on my work and care about the quality of my work.
- Read, write and calculate well.
- Recognize problems and find solutions.
- Finish a job when I'm supposed to without sacrificing quality.
- Be honest and dependable.
- Take the lead and work hard.
- Communicate well and get along with other people...especially customers.
- Dress properly and practice good grooming.
- Be cooperative.
- Have a positive attitude.

Ventures in Partnerships and School to Work as cooperative initiatives of the Lincoln Public Schools, the City of Lincoln,

Lincoln Education Association and the Lincoln business community has created a poster titled, "What do Employers Expect of Me?" The posters have also been translated into Spanish, Arabic, Russian and Vietnamese. The poster communicates an important message for the future job success of students and overall well being and productivity of our community.

Ventures in Partnerships was created by Lincoln Public Schools, Lincoln Chamber of Commerce and the Lincoln Education Association. Its mission is to work together to enhance education and build a stronger community. VIP has been very successful and beneficial to Lincoln. For example, the 1996-1997 school year brought in more than 30,000 volunteer hours. Volunteers dedicate their time through a business or community

organization. Over two million dollars worth of human resources, in-kind resources and financial resources were contributed as well. Barbara Hopkins, Ph.D., has been the partnership director of Ventures in Partnerships since its inception in 1987. Gary C. Bergman, extension educator unit leader, is a member of the VIP steering committee with numerous other business, school and organization representatives.

School-to-Work of Lincoln is a state grant from the Nebraska Department of Economic Development. The dollars originated from the federal government. The purpose is to develop experiential learning for all students. Key words are "Career Cluster", "building a system" of relating school activities to the world of work, "infusion" into the curriculum, "character education" and "non-traditional workers". (GB)

Nebraska Network 21 (NN21)

What will Nebraska's communities, educational institutions, and programs of study look like in the year 2020? What is the ideal vision of food systems and food systems education in Nebraska for the 21st century? With support of the W.K. Kellogg Foundation and with leadership from the University of Nebraska, a process is in place to discover and create the vision.

Since Nebraska Network 21 is relatively new, questions about the project are the usual case. Here are some of the most frequently asked questions.

What is Nebraska Network 21?

Nebraska Network 21 (NN21) is a group of people working together to creatively meet the learning needs of Nebraskans in the 21st century.

We recognize that change is constant in our lives, and we want to provide Nebraskans with learning skills and knowledge to thrive in the midst of it. Our focus is on keeping education dynamic, in tune with the times, and available to Nebraskans.

Why change?

Education is vital in all our lives. NN21 is working to help education in Nebraska thrive in the changes the years ahead will bring. We want to provide leadership in managing and directing change, rather than passively reacting to change.

Organizations that cling to outmoded priorities and practices often falter in times of dynamic change. Sometimes they disappear. Those that learn, modify, and adapt are more likely to survive.

NN21 wants to help education in Nebraska not only survive, but thrive in the years ahead.

How did NN21 come into being?

In 1994 the W.K. Kellogg Foundation offered grants to stimulate long-term planning, innovative thinking, and new partnerships among higher education, business, and communities.

Nebraska is one of 13 land-grant initiatives Kellogg funded across the country, with the original intent of improving food systems education. Since then,

partnerships to provide our children and grandchildren a better life because of work we do now. Participants are:

From education

- University of Nebraska
- State colleges • Community colleges • K-12 schools
- Private universities and colleges

From communities

- Business and industry
- Organizations • Agencies
- Foundations • Government

What is the vision for 2020?

NN21 builds its vision on discussions that took place across Nebraska in 1994-95. More than 800 Nebraskans talked about their future, and this vision is what drives NN21 action teams now.

In the year 2020 Nebraskans see themselves as lifelong learners who are part of a network of *communities of learning*. These learners will have access to affordable educational opportunities no matter where they live.

How will NN21 bring about change?

NN21 has formed action teams and demonstration projects to bring about change by creating opportunities for dialogue, experimentation, and action. For example, Mead Public Schools are implementing a biotechnology program with the help of UNL faculty in order to improve science education for students. Other school districts are watching these efforts with an eye toward replicating this program.

How can I get involved?

We need forward-looking individuals who are not afraid of change. For more information, or to participate, contact Ellen Russell, NN21 director, (402) 472-2758; e-mail erussell@unlinfo.unl.edu. (GB)



Nebraska Network 21

Kellogg envisions further-reaching change in the nation's land-grant universities.

Is the Kellogg Commission connected to NN21?

Yes. The W.K. Kellogg Foundation established a commission of 25 land-grant university presidents and chief executive officers. This commission supports the change efforts and recommendations being made in NN21 and in similar initiatives funded by Kellogg across the United States.

What is NN21's purpose?

NN21's purpose is to bring together education and communities to find creative ways to meet the learning needs of Nebraskans in the year 2020.

Where do you obtain your funding?

The W.K. Kellogg Foundation has funded the University of Nebraska-Lincoln in Phase II with \$1.5 million until March 2001.

Who's involved in NN21?

NN21 focuses on building

Wildwood Lake Watershed Project nearing completion

continued from front page

improvements was \$87,215 and Phase 1 of the channel stabilization project cost approximately \$54,000. The LPSNRD recently received a grant from the Nebraska Environmental Trust to complete the channel stabilization project, construct a water and sediment control basin on a small drainage adjacent to the lake and to do some maintenance on the in-lake sediment and nutrient trap.

While there is still some work to be done in the Wildwood Lake Watershed, a great deal has been accomplished through the cooperative efforts of the landowners, Cooperative Extension, Lower Platte South NRD, Nebraska Department of Environmental Quality, USDA-Farm Service Agency and Natural Resources Conservation Service, and the US Environmental Protection Agency. Although the project would not have been possible without the financial and technical support of the governmental agencies



Extension Educator Corey Brubaker (left) visits with landowner/cooperator Lloyd Ang about the Wildwood Lake watershed project. The cooperation and involvement of the individual landowners in the watershed was crucial to the project's success.

involved, its success ultimately depended on the cooperation and involvement of the individual landowners in the watershed. Because of their efforts, Wild-

wood Lake will continue to be one of the best outdoor recreation areas in Lancaster County for many years to come. (SCB)



Facts about CCA-pressure treated wood

continued from page 5

that has been treated and the preservative itself. Public fears about the components of CCA—chromated copper arsenate—center principally on arsenic, but the small amounts of arsenic that leach from CCA-treated woods pose a negligible risk to humans.

In solution, CCA is a potentially hazardous material; it can be applied only by certified operators in facilities regulated by the Environmental Protection Agency (EPA) and other agencies. But wood that has been treated with CCA is not classified as hazardous. In the course of pressure treatment, CCA “fixes” to wood in a way that makes the chemical insoluble and leach resistant. There are few limitations to the use of CCA-treated wood, and it can be disposed of as ordinary trash.

During an eight-year investigation, the Environmental Protection Agency examined CCA itself, the wood-treatment process, the use and handling of the finished product and alternatives to the use of CCA. None of the EPA’s investigations produced any findings showing increased risks of cancer or other toxic effects on humans handling CCA treated wood. In 1985 the EPA concluded that the benefits of CCA-treated wood far out

weighed any risks. The agency established modest use precautions, which the treating industry agreed to disseminate in a voluntary consumer-awareness program.

Furthermore, since the EPA’s original review, additional published studies have addressed people’s concerns over CCA-treated wood, particularly in the areas of exposure of children on playground structures and the contamination of fruits and vegetables. These studies have concluded that CCA-treated wood is safe.

Actual exposure levels to arsenic in CCA are minuscule. In 1990, the health sciences staff of the Consumer Product Safety Commission (CPSC) measured dislodgeable arsenics in eight samples of CCA-treated wood. In five of the samples, the amount was undetectable. Two other samples yielded small quantities of arsenic. The eighth sample, which yielded the greatest amount of arsenic, was rough-sawn lumber—a material classified by the wood treatment industry as not acceptable for playground equipment. A CPSC official concluded that “...the amounts were much below the level that makes a difference to health. I have no problem telling

consumers it’s safe.”

Plants grown in soil touched by CCA-treated wood have the same minuscule exposure levels. For decades, CCA-treated wood has been used commercially near crops in the form of tomato stakes, vineyard supports, banana props and mushroom trays. No problems have ever been recorded to indicate that the preservative migrates into plants and causes any health effects.

The Bottom Line. The substantial benefits of CCA-treated wood should not be overshadowed by unfounded scare tactics. Treated wood offers substantial benefits to consumers and poses no known health hazard. Critics who claim that treated wood threatens health have no scientific evidence to support their charges. (Adapted from “Safe, Long-Lasting Pressure Treated Wood,” by Craig E. Shuler and Patrick J. Pellicane in cooperation with Garrey Carruthers, in *Priorities for Long Life and Good Health*, Vol. 7, No. 3, 1995, and distributed via the American Council on Science and Health’s web site) Larry D. Schulze, UNL Extension Pesticide Coordinator (BPO)



Glow little glowworm, glimmer, glimmer...

continued from page 3

sensitive method to detect the presence of ATP. Biochemical supply houses sell firefly “tails” (abdomens) to biochemical labs for use in assays.

To increase the number of fireflies in your backyard:

1. Cut down or eliminate using insecticides or other chemicals on your lawn.

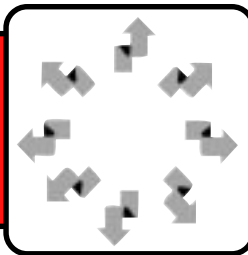
2. Reduce “extra lighting” on your property at night, because this light will interfere with firefly flashing patterns and make it harder for fireflies to locate mates. Light interference also occurs on clear nights when the moon is full.

3. Also, low overhanging trees, tall grass or similar

vegetation will give adult fireflies a place to rest during the day and remain cool.

While these tips may not guarantee you success in attracting fireflies to your yard, they may certainly improve the odds.

Miscellaneous



Pruning hedges

continued from page 2

Evergreen nursery stock for hedging need not be as small as deciduous material and should not be cut back when planted. Trim lightly after a year or two. Start shaping as the individual plants merge into a continuous hedge. Do not trim too closely because many needle bearing evergreens do not easily generate, or may not generate at all, new growth from old wood.

Hedges are often shaped with flat tops and vertical sides; however, this unnatural shape is seldom successful. As far as the plant is concerned, the best shape is a natural form, with a rounded or slightly pointed top and with sides slanting to a wide base.

After plants have been initially pruned to include low branching, maintain by trimming the top narrower than the bottom so that sunlight can reach all of the plant leaves.

These questions often arise: How often should a hedge be trimmed? When should I trim? Answers depend to some extent on how formal an appearance is desired. In general, trim before the growth exceeds one foot. Hedges of slow growing plants such as boxwood need to be trimmed sooner. Excessive untrimmed growth will kill lower leaves and pull the hedge out of shape. Trimming frequency depends on the kind of shrub, season and desired neatness.

What can be done with an overgrown, bare bottomed and misshapen hedge? If it is deciduous, the answer is fairly simple. In spring before leaves appear, prune to one foot below desired height. Then carefully trim for the next few years to give it the desired shape and fullness. Occasionally, hedge plants may have declined too much to recover from this treatment, making it necessary to replace them or cut them off one foot from the ground.

Rejuvenating evergreen hedges is more difficult. As a rule, evergreens cannot stand the severe pruning described above. Arborvitae and yew are exceptions. Other evergreen hedges may have to be replaced.

What tools should be used to trim hedges? The traditional pair of scissor action hedge shears is still the best tool. It cuts much better and closer than some electric trimmers which often break and tear twigs. Hand shears can be used on any type of hedge, while electric trimmers do poorly on large leaved and wiry twigged varieties and sometimes jam on thick twigs.

Hand pruners are useful in removing a few stray branches and are essential if an informal look is desired. Large, individual branches can be removed with loppers or a pruning saw. Chain saws are not recommended for use on hedges. (DJ)



Diet lowers high blood pressure

continued from page 6

Typical ways to reduce high blood pressure include reducing salt and alcohol intakes, losing weight and quitting smoking. Recently, a new approach that includes eating a diet rich in fruits, vegetables, low-fat dairy products and reduced saturated fat has been identified as one more step to reducing high blood pressure.

When eaten for eight weeks, the following dietary plan significantly lowered both systolic and diastolic pressures in persons with mild hypertension, according to a National Heart, Lung and Blood Institute study. The title of the study was DASH—“Dietary Approaches to Stop Hypertension.”

The DASH diet includes these daily servings: 7-8 servings of grains and grain products; 4-5 servings of vegetables; 4-5 servings of fruits; 2-3 servings of low-fat or nonfat dairy foods; 2 or less servings of lean meats, poultry and fish; and one-half serving of nuts and legumes.

The study results suggest that diligent adherence to this diet could have the same effect of lowering blood pressure as do some hypertensive medications. For more details, check the DASH World Wide Web site at dash.bwh.harvard.edu.

Source: Linda Boeckner, Ph.D., R.D., nutrition specialist, NU/IANR (AH)



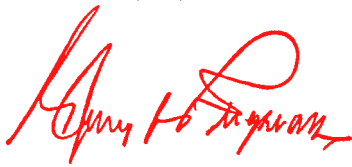
4-Hers win environmental awards

Congratulations to the West Lincoln Wildcats 4-H Club for earning the 1998 Environmental Award for Clean-Up/Beautification and to Teens Growing into the Future (TGIF) for earning the 1998 Environmental Award for Environmental Education from Keep Lincoln & Lancaster County Beautiful of the Lincoln-Lancaster County Health Department! The West Lincoln Wildcats 4-H Club earned the award for their efforts in planting and maintaining a butterfly garden at the entrance of their school, West Lincoln Elementary. TGIF earned the award for hosting a neighborhood clean-up which encouraged West Lincoln residents to recycle and become aware of environmental issues. (TB)

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 Karmazin, Extension Assistant
- Mary Jane McReynolds, Extension Assistant
- Barb Ogg, Extension Educator
- Warder Shires, Extension Educator
- David Smith, Extension Technologist
- Jim Wies, Extension Assistant
- Barb Yllescas, Extension Assistant



Extension Calendar

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

- June 18**
4-H Rabbit VIPS Committee Meeting 7:00 p.m.
District Horse Show—*Weeping Water*
- June 19**
Niobrara Horse Show—*Valentine*
ExpoVisions Registration Due
- June 22**
4-H Cat Workshop 7:00 p.m.
FCE Council Meeting 7:00 p.m.
- June 23**
4-H Production Livestock Booster Club Meeting 7:30 p.m.
- June 25**
Practice Life Skills Judging/Demonstration Workshop 1:00 p.m.
- June 26**
Character Counts! Workforce Skills 6:00-7:00 p.m.
- July 2**
PAK 10 Poultry Judging Clinic—*Saline County*
- July 7**
4-H Horticulture Contest Practice 2:00-4:00 p.m.
4-H Council Meeting 7:00 p.m.
- July 8**
4-H Horse VIPS Meeting 7:00 p.m.
- July 8-10**
ExpoVisions '98—*Lincoln*
- July 9**
Sizzling Summer Sampler 6:00-9:00 p.m.
- July 10**
All 4-H Animal Entries for the Lancaster County Fair Due
—NO LATE ENTRIES ACCEPTED
- July 12**
4-H Teen Council 3:00-5:00 p.m.
- July 12-16**
4-H State Horse Exposition—*Grand Island*
- July 13**
CWF Meeting 7:00 p.m.
Extension Board Meeting 7:30 p.m.
UNL Crop Management & Diagnostic Clinic—*ARDC, near Mead* 8:30 a.m.-5:00 p.m.
Soil Fertility & Soil and Water Management topics. Call 402-624-8000 for information.
- July 14**
Large Animal Advisory Committee Meeting 7:00 p.m.
UNL Crop Management & Diagnostic Clinic—*ARDC, near Mead* 8:30 a.m.-5:00 p.m.
Pest Management and Crop Production topics. Call 402-624-8000 for information.
- July 15**
4-H Horticulture, Grass & Weed I.D. Contests 10:00 a.m.-noon
Lifetime Skills Judging Contest 1:00 p.m.
UNL Crop Management & Diagnostic Clinic—*ARDC, near Mead* 8:30 a.m.-5:00 p.m.
One-day clinic. Call 402-624-8000 for information.
- July 16**
Fair Board Meeting 7:00 p.m.
UNL Crop Management & Diagnostic Clinic—*ARDC, near Mead* 8:30 a.m.-5:00 p.m.
Pest Management and Crop Production topics. Call 402-624-8000 for information.
- July 17**
4-H Demonstration Contest 1:00 p.m.
UNL Crop Management & Diagnostic Clinic—*ARDC, near Mead* 8:30 a.m.-5:00 p.m.
Soil Fertility & Soil and Water Management topics. Call 402-624-8000 for information.

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- After hours 441-7170
- FAX 441-7148
- COMPOSTING HOTLINE 441-7139
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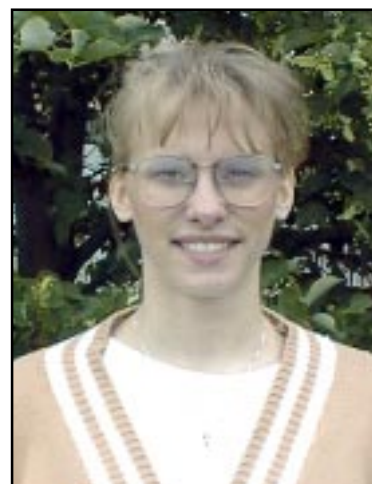
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