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Home*A*Syst

Helping you assess environmental risks in and around your home

Don Janssen
Extension Educator

Home*A*Syst is a confidential, self-assessment program **you** can use to evaluate your home and property for pollution and health risks. In every home—large or small, new or old, city or country—there are potential pollution sources that can affect the health of your family, your community or the environment.

Home*A*Syst's eleven chapters cover essential topics that every home resident or owner should understand. Each chapter contains key points, along with tables of assessment questions, to help you understand which risks may apply to your situation. For some topics, this guidebook offers all the information you need to mini-

mize or eliminate a pollution risk. For others, it provides a starting point and helps you locate further information and assistance. Keep in mind that laws and regulations can vary by state, county, city or town. Check with local officials to make sure that your home practices or changes you plan to make comply with the law.

- Chapter 1. Site Assessment
- Chapter 2. Stormwater Management
- Chapter 3. Drinking Water Well Management
- Chapter 4. Household Wastewater
- Chapter 5. Managing Hazardous Household Products
- Chapter 6. Lead In and Around the Home
- Chapter 7. Yard and Garden Care
- Chapter 8. Liquid Fuels
- Chapter 9. Indoor Air Quality
- Chapter 10. Heating and Cooling Systems
- Chapter 11. Managing Household Trash

This guidebook helps you accomplish three important objectives:

1. Identify environmental risks, concerns, or problems in and around your home.
2. Learn about better home and property management and find further information.
3. Take preventive actions to safeguard your health and the environment.

You can do Home*A*Syst risk assessment exercises one at a time or all together—it's up to you. The main idea is to take the time to find out if there are risks to your family's health or pollution threats to your local environment then, where feasible, to take voluntary actions to reduce those risks and prevent problems.

Most homeowners and renters assume their home environment is healthy and safe. But many everyday household activities can threaten your family's health and the environment. Home*A*Syst is designed to help you understand those risks and take action to eliminate them.

Good household management protects your family and community from polluted drinking water, poor air quality and toxic chemicals. Dealing with pollution risks before they become problems will help you avoid cleanup expenses and legal headaches.

Why should you be concerned?

* Did you know that most wells are contaminated by sources within one mile of the well?

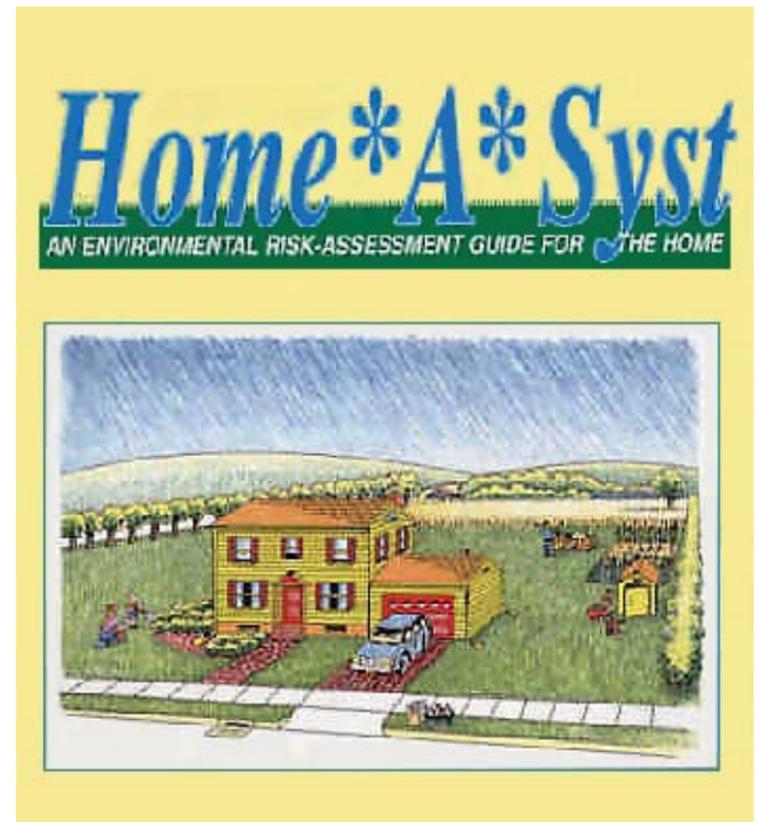
* Did you know that new carpeting and other products can pollute the air inside your home?

* Did you know that periodic pumping of your septic system will save money in the long run?

All homes have potential pollution risks and health hazards. Is your family protected? **Here's how Home*A*Syst works:**
First, evaluate your home. Home*A*Syst takes you step-by-step through a series of worksheets that help you understand potential hazards in and around your home. Chances are, at least some of these problems apply to you.

Second, make an action plan. Home*A*Syst worksheets help you take action to correct potential problems. You can deal with the biggest problems first, as time and money allow.

The first step is yours. You don't need to be an expert to assess pollution risks around your home. Easy-to-use



worksheets with clear instructions and illustrations guide you—every step of the way. Working on your own, you can turn assessments into actions to protect your home and the environment. Most importantly, you decide how to proceed and when to act.

If the Home*A*Syst program interests you and you would like to participate in the program, please telephone the Extension office (441-7180) and ask to have your name and address placed on the Home*A*Syst interest list. Also, let us know which chapter(s) interest you.

A current Home*A*Syst program can be accessed through the world wide web: <http://www.wisc.edu/homeasyst/>. A Nebraska version will be available soon.

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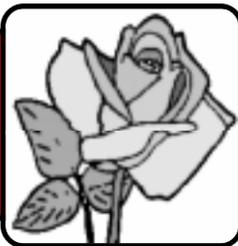
Lancaster County Fair
July 31-August 3 • State Fair Park



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Horticulture

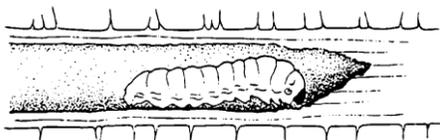
Watch for squash vine borer

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.



Now is the time to begin spraying to prevent loss of this year's squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves.

Apply malathion or dipel to the base of squash or pumpkin plants weekly, beginning when the vines begin to run or bush begins to grow. Follow all label directions and precautions when using insecticides. (MJM)



Summer patch of turfgrass

Summer patch is a persistent and devastating disease of turf. The fungus resides in the soil and when the grass plants become stressed it attacks the leaves, roots and crowns. If summer patch was a problem in the lawn last year, it is likely to occur again this summer. Chemical control is most effective when fungicides are applied as a

preventative rather than curative treatment. Make the first application no later than early May and repeat if needed. Treatment after mid August is usually not needed. Follow these control measures to keep your turf healthy. Keep the turf deeply watered to avoid drought stress. Avoid fertilizing with excess nitrogen in early spring and during the hot

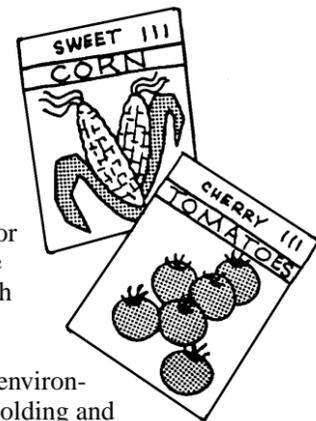
summer months. Reduce compaction of the soil by aerating in early fall or mid spring. Keep the lawn mowed to the recommended height. Since the fungus can easily overwinter in excess thatch, keep the thatch layer to a minimum. If you are considering starting a new lawn, use varieties that offer some resistance to summer patch. (MJM)

Storing extra seeds

Seeds can survive several years when given the proper environment. Although optimum storage life varies among species, most seeds will survive at least two years, with some lasting for centuries. Whether they are leftovers from the seed you purchased, or seeds you have gathered from your own plants, with a little care and thought, it is a simple task to save seeds for use in next year's garden. Unused seeds that keep for at least five years are broccoli, cabbage, cauliflower, cucumber, kohlrabi, lettuce, pumpkin, radish and squash.

The most important storage factor is low moisture content. Most seeds readily absorb water if stored in a damp environment. In a proper planting environment, this would lead to germination and growth. In storage this leads to molding and rot. Store seeds at a relative humidity of less than 65 percent.

Seed life can be further extended by placing seeds in a sealed container. This reduces the oxygen content and creates a controlled atmosphere. The best containers for seed storage are zip-lock plastic bags or glass jars with tight-fitting lids. To avoid identification problems, leave seeds in their original packets or envelopes. Containers may be kept in a refrigerator or in any cool, dark, dry place. (MJM)



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HORTICULTURE

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|-----------------------------------|------------------------------|
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| 112 Euonymous Scale | 263 Herb Gardens |
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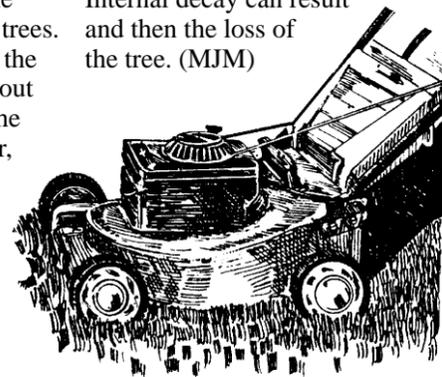
...and more than 400 additional topics.

Mower wounds can kill trees

Injury and infection started by lawn mower wounds can often be the most serious threat to tree health in the home landscape. Most arborists and tree pathologists have been aware of the lawn mower problem for some time. Extensive research has been conducted on the importance of wounds in tree health care. This research has led to significant adjustments in tree care. Lawn mowers cause the most severe injury during periods when tree bark is most likely to slip. This occurs in early spring during leaf emergence and in early fall during leaf drop. If the bark slips, a large wound is produced from even minor injuries.

Most tree injuries occur when mower operators attempt to trim close to tree trunks. This can be prevented by removal of turf around trees and adding mulch or by hand trimming. Care must also be used to avoid harming trees with weed whip trimming machines. They can do a great deal of damage to the bark, particularly on young trees. The site of injury is usually the root buttress, since it flares out from the trunk and gets in the path of the mower. However, injury is also common on shallow roots and along the trunk area. Although large wounds are more serious, repeat small wounds can also mean trouble.

Wounds from lawn mowers are serious enough by themselves, but the wounded tree must also protect itself from pathogens that invade the wound. These microorganisms can often attack the injured bark and invade healthy tissue, greatly enlarging the affected area. Internal decay can result and then the loss of the tree. (MJM)



Replant iris

Probably the most-grown flowering plant in Nebraska is the iris. And it may also rank as the most neglected. Irises become crowded after three to five years, and usually they dwindle in size and appearance.

To correct overcrowding is simple—the irises need to be dug and divided. And now—after they have bloomed—is the best time to do that.

Before digging, cut the leaves to one-third their height. Lift out the whole clump with a spading fork and wash away the soil. Cut the rhizomes (those rootlike underground stems) with a sharp knife. Each division should have at least one fan of leaves and some good roots.

Then replant, allowing space for the plants to multiply. Planting depth should vary with soil type. In sandy soil, the top of the rhizome should be two inches below ground level; in heavy soil, just below ground level. (DJ)

Harvesting

When it comes to home gardening, there's much advice on planting and care, but little is said about harvesting methods. That's unfortunate—both because harvesting is pleasant to talk about and is important to increase production.

Harvesting vegetables as they mature encourages plants to produce more. For example, a cucumber plant will produce about 10 to 12 cucumbers if they are left on the vine after maturing. Pick them for pickles and the plant will produce 40 to 50 cucumbers.

But harvesting vegetable crops, like the rest of gardening chores, requires care. That means disturbing growing plants as little as possible. Hold a portion of the plant in one hand and snip, pinch or cut the fresh produce off with the other.

Removing vegetables with a casual "yank" can rip the stalk or even uproot the entire plant. (DJ)



Recycle your pesticide containers at the Lancaster County Fair!

Lancaster County area crop producers/pesticide users can recycle their rinsed pesticide containers at Ag Hall during the Lancaster County Fair on Friday, August 1. The pesticide containers will be inspected to make sure that they have been properly rinsed and lids and labels are removed. Only white and yellow 1 and 2-1/2 gallon pesticide

containers 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 unacceptable.

Locations in July for recycling pesticide containers include the Greenwood Farmer's Co-op, July 11; Farmer's Co-op of Elmwood, July 18; Firth

Cooperative Company, July 25.

A stationary trailer for recycling is located at the Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln. Bring containers weekdays between 8:00 a.m. and 4:30 p.m. Call ahead (441-7180) to make sure that someone will be available to inspect and collect your containers. (BPO)

Chigger alert!

Don't ruin your recreational outing

Chiggers are the tiny, immature stages of a mite that feed briefly under the skin of vertebrate animals and humans. In Nebraska, they become most active around the fourth of July, and people who camp or picnic in wooded areas in midsummer are likely to experience chigger bites.

Chiggers are picked up from grasses, weeds and bushes in response to movement. They tend to crawl upward and eventually feed where clothing fits snugly against the skin. Most

chigger bites will occur on the legs and ankles of a person who walked or stood in vegetation. A person sitting on the ground will more likely be bitten around the waist and upper legs where underwear elastic is tight against the body. The use of an insect repellent, applied to clothing, offers the best way to prevent chigger bites. Be sure to read and follow label directions when using any type of repellent.

The intense itching is caused by an allergic response your body produces to the fluids the

mite produces during its feeding. By the time you know that you have been bitten by chiggers, the mite has already finished feeding and has dropped off your body to continue its life cycle.

There is no good cure to stop the intense itching of chigger bites. If you can keep from scratching them, they will heal faster.

Reduce chigger populations in your yard by keeping the grass mowed short to reduce humidity. (BPO)

Master Beekeeping/Queen Rearing Workshops: July 31-August 2

Come to a Master Beekeeping or a Queen Rearing Workshop at the Agricultural Research & Development Center near Mead, Nebraska, July 31-August 2. These programs are for experienced beekeepers and will consist of a combination of lectures and hands-on training. Cost of this training is \$70.00.

Master Beekeeping Workshop: The program will provide hands-on training and lectures on all aspects of beekeeping. The workshop is designed to give experienced beekeepers the

knowledge they need to be successful beekeepers. In addition, participants will receive training in pollination and bee biology, internet resources, marketing and presenting beekeeping information to youth and public media. Trainers will include apiarists and scientists from several Midwest states.

Queen Rearing Workshop: Dr. Marla Spivak, University of Minnesota Research and Extension apiculturist, and Mr. Gary Reuter, Research Associate, will conduct the Queen Rearing

Workshop. This workshop will be limited to 20 persons and will include extensive "hands-on" training in all aspects of queen rearing. Participants will receive a manual written by Dr. Spivak and Mr. Reuter.

Enrollment for these workshops is limited so register today! To register, or for more information, contact Dr. Marion Ellis, Department of Entomology, 210 Plant Industries Building, Lincoln, NE 68583-0816, or phone 402-472-8696. (BPO)

Water magic

These water experiments seem like magic, but...they're really science at its best!

Rockin' Raisins

YOU WILL NEED:

- A medium-sized, clear plastic jar with a lid
- Vinegar and baking soda
- Raisins, water and a tablespoon for measuring

DO THESE THINGS:

1. Fill the jar with water.
2. Add 3 tablespoons of vinegar and stir.
3. Add 5 raisins.
4. Add 1 tablespoon baking soda. DO NOT STIR!
5. Watch the raisins dance!

WHY IT WORKS

Vinegar and baking soda mix and form carbon dioxide. Carbon dioxide bubbles stick to the raisins and make them float. When they reach the top of the jar, the bubbles burst and raisins sink. More carbon dioxide bubbles form and the process begins again. Raisins can dance for about one hour. (ALH)

Water scramble

A big wave scrambled the message below! Can you unscramble the letters in each word so it makes sense?

AKEM A IGB PLASHS IN HET ATERW

Good job! (ALH)

The nonstop dropper

YOU WILL NEED:

- A narrow, empty, clear plastic jar or soda bottle with a lid
- An eye dropper and some water

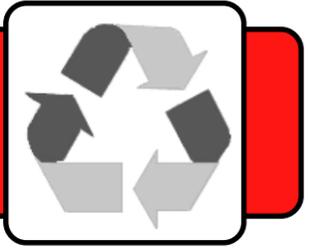
DO THESE THINGS:

1. Fill the bottle with water—about 3/4 full.
2. Place the dropper gently into the bottle. It should float up and down.
3. Screw on the bottle lid tightly.
4. SQUEEZE the bottle. The dropper will sink.
5. RELEASE and the dropper rises.

WHY IT WORKS

When you squeeze the bottle, water is forced into the dropper. The water makes the dropper heavy and so it sinks. When you stop squeezing the bottle, air in the dropper forces the water out and the dropper becomes light enough to float again. (ALH)

Environmental Focus



Every Child Should Have Mud Pies

Every child should have mud pies, grasshoppers, water-bugs, tadpoles, frogs, mud-turtles, elderberries,

wild strawberries, acorns, chestnuts, trees to climb, brooks to wade, waterlilies, woodchucks, bats, bees, butterflies, various animals to pet, hayfields, pinecones, rocks to roll, sand, snakes, huckleberries, and hornets; any child who has been deprived of these has been deprived of the best part of his/her education.



—Luther Burbank (SE)

Sweat! No sweat!

Michael Jordan is playing basketball. He's hot—not only with the ball! Look closely. His face is shiny. Droplets of water are dripping from his brow. Michael is sweating and sweat cools!

Sweat is made of water, salt and tiny amounts of body chemicals. This chemical liquid drips out through our sweat glands and keeps us from getting too hot. Here are some sweaty facts:

- On a hot day, an adult sweats about 1 quart of water.
- Pigs don't sweat. They roll in mud to keep cool.
- During a 23-mile race, a runner generates around 1 gallon of sweat.
- If you were in a desert, you would produce as much as 2.5 gallons of sweat a day.
- Dogs sweat through their paw pads and their mouths.
- Your body has approximately 2.5 million sweat glands. (ALH)

Water patrol checklist

- ✓ Check all pipes and faucets for leaks.
- ✓ Turn off faucet while brushing your teeth and/or washing your hands. By letting the water run, you may waste up to five gallons of water a day.
- ✓ Place a recycled plastic quart container filled with water in your toilet tank. The tank uses less water to work.
- ✓ Do not use your toilet for trash disposal.
- ✓ Take 2-5 minute showers.
- ✓ Fill your dishwasher and washing machine before using them.
- ✓ Keep a bottle of water in the refrigerator for drinking.
- ✓ Sweep your driveway, instead of washing it.
- ✓ If you water your lawn, be careful to water only the grass—not the sidewalk, the street and/or the house. (ALH)

Have you ever seen dead flies clinging to the top of vegetation?

We receive many questions from the public. This one came via e-mail.

Q. We have seen numerous small dead flies clinging to the top of grasses and shrubs. What are they and why have they died this way? Is there any cause to be concerned about this? Sincerely, Dan

A. Dan, I don't know exactly what flies these are. There are hundreds and hundreds (even thousands) of small flies and to identify them by species, a fly taxonomist must be able to locate hairs and bristles that distinguish fly species. I am the first to admit that I have no aptitude or inclination to do this kind of entomological work.

I can explain why they are dead, though. There is a disease that kills the flies, but before dying, they crawl to the top of vegetation. They continue to cling to vegetation even after they die. This oddity allows the disease pathogen to be dispersed better than if the dead insect is laying on the ground. Because diseases of insects, like human diseases, run in cycles, there could be an "outbreak" of the disease and you might see many dead flies. But this disease is specific to insects, and there is no cause for concern. This is a completely benign problem, except to the flies. —Barb Ogg, cnty9001@unlvm.unl.edu (BPO)



Farm Views

UNL to conduct hands-on Diagnostic Clinics in July

On July 21-22 and July 24-25, UNL crop scientists and Extension specialists will be conducting hands-on training for agribusiness professionals and crop producers. These clinics will be at the Agricultural Research and Development Center (ARDC), near Mead, Nebraska. According to Barb Ogg, UNL Extension Educator and one of the clinic organizers, "Crops have been planted and treated to show many types of plant injury to help participants become more skilled diagnosing problems in the field." At these clinics, participants will gain hands-on training to help with management decisions. The 1997 Crop Management & Diagnostic Clinics will include discussions of:

- transgenic crops/demonstrations of insect and herbicide resistant varieties
- no-till equipment adjustment for maximum performance
- fertilizer type, placement and timing demonstrations
- diagnosing stressed plants
- In-field methods to assess soil quality factors (soil pH, salinity, nitrates)
- In-field methods to determine soil moisture for irrigation scheduling
- insect-damaged plants and sampling methods
- herbicide injury symptoms and mode of action/resistance management
- manure spreader calibration
- identification of Gray Leaf Spot and Sclerotinia Stem Rot

The cost of each two-day clinic is \$225 (\$250 at the door).

Preregistration ends one week before the start of the clinic. Each clinic is strictly limited to 60 participants to allow small groups and plenty of interaction with presenters. Participants will receive training, lunches, breaks and a reference notebook. For more information, contact Barb Ogg, Lancaster County Extension Office (441-7180). (BPO)



At the 1996 diagnostic clinic, John Witkowski, Extension Entomologist, NEREC, Concord, and two clinic participants examined a corn plant for evidence of European corn borer injury. 75% of this year's clinic will be new presentations—not covered at last year's clinic.

Wheel traffic reduces alfalfa yield

Alfalfa fields experience lots of traffic each year. Every time you harvest a field of alfalfa, swathers, rakes, tractors, balers and other equipment drive over nearly every plant one or more times. During an entire year, some plants are driven on over 10 times.

All this traffic has to cause damage, but how much? While data is sketchy, the few studies that have been conducted reveal similar results. In general, plants driven on at cutting time or shortly after cutting, but before regrowth, survive just as long as plants that are not driven on. But yield at next cutting usually is reduced five to ten percent.

It sounds as if driving on alfalfa fields has only a small effect. But, the same research also tested driving on alfalfa seven days after cutting, when regrowth shoots had started to grow. Survival of these plants was less than plants that had not been driven on and yield at next harvest was reduced by 25 percent. It also noted that driving over the same plants a second or third time the same day caused about the same change in survival or yield as driving over them once.

This emphasizes the benefit of removing bales from hay fields as quickly as possible after cutting. It also suggests that adjusting equipment so more wheels trail one another, or that following the same trail when removing bales or stacks can reduce damage.

Alfalfa fields must be driven on during harvest, but you can lessen damage by controlling where, when and how often you drive on the field. (WS)

Dealing with summer pasture shortages

"Prepare for a summer pasture shortage," was the warning made by Bruce Anderson, Extension Forage Specialist, last May. He predicted low pasture production this summer based on less than normal growth of pasture grasses during the month of May and it appears that prediction is accurate. When growth is lost in May, it never seems to make it up later in the year. This is especially true with cool season grasses like brome, bluegrass and wheatgrass. This year, the grasses stopped leaf growth and formed seedheads ahead of their normal time. Warm season grasses and alfalfa aren't much better. Early growth was slow due to abnormally cool soil temperatures and lack of moisture. Plus, alfalfa was hit hard with a couple of late freezes. As

a result, Anderson has suggested a higher acre to animal ratio for this grazing season to provide adequate feed. This would mean either reducing the size of your herd or finding additional

The middle of July is a scary time to discover a shortage of feed.

sources of feed. Attempting to stretch your existing grass supply is not the answer. Overgrazing will only hurt in the long run because it will result in a reduction of the forage stand and open up the field to an invasion by weeds and trees.

Now is the time to pay particular attention to pasture

management by rotational grazing. When possible, leave more growth than usual behind when moving to new pasture. When moisture is available, grasses will regrow rapidly after moderate grazing in which one half or less of the leaf surface is eaten. The leaves help plants harvest more sunlight energy to hasten regrowth, so the pasture will be ready to graze again much sooner than if it had been grazed very short. Another reason to leave extra growth behind is the increased competition this provides to weeds. Late June and early July is the time many weeds start growing rapidly. Extra growth left behind and the faster regrowth of grass will reduce this weed invasion. The final reason to leave extra growth behind is to improve

continued on page 11

Planning tips for noxious weed control in CRP contracts

Landowners that had their applications approved for the Conservation Reserve Program are working with the Natural Resources Conservation Service in developing plans for the CRP contracts which begin October 1, 1997. Many applicants have indicated that they will be planting legumes on some of their acres. Following are some tips on general noxious weed control and considerations if legumes are going to be planted on the CRP land.

- Aggressively treat noxious weed infestations prior to seeding or interseeding.
- Map areas of noxious weed infestations. Mark these areas on your plan map. Canada thistle and leafy spurge will recur from roots and seed. Musk and plumeless thistle and knapweeds will recur from seed and overwintering of fall germinated plants.
- Avoid tillage or seeding through noxious weed infestations as much as possible.

Tillage may cause germination of seeds and the spread of the infestations to other areas by the transported seed or root parts of Canada thistle and leafy spurge. **Noxious weed control and legumes considerations**

- Avoid planting legumes in known noxious weed infestations.
- If it is decided to seed legumes in an infested area, aggressively treat the noxious weed infestations prior to seeding.

continued on page 11

Staying safe on the way up

What goes up must come down according to the laws of gravity. However, ladder safety controls the speed of return to earth and prevents injury.

Before using a ladder, check for cracked, split rails, broken or missing rungs and loose joints.

Defects on painted wooden ladders may be especially difficult to see. Varnishing wooden ladders will protect them without hiding defects. Non-slip materials should be applied to the rungs.

Never carry extension ladders alone or leave upright ladders unattended.

Place the ladder against a vertical surface so the climber

can stand erect and grasp a rung with elbows straight and arms parallel to the ground. A ladder too far from vertical can break or slip down the side of the building. A ladder too close to vertical may tip backwards while in use.

Make sure shoes are clean and free of debris before stepping onto any ladder. Carry any tools on a belt or in a pocket. Larger tools should be pulled up on a rope after the ascent.

Place feet as close to the rails as possible. Two feet and one hand or both hands and one foot should always be in contact with the ladder for stability. Never stand on the top two steps of an extension ladder or on the

tool platform of a stepladder.

Wear a safety harness, install handrails and rest platforms when working on fixed ladders.

More than one person should never be on any ladder at the same time. Keep others from working directly under the ladder to avoid injury from falling objects. Never use a metal ladder near electrical wiring.

Store ladders in a dry place away from children. Store straight and extension wooden ladders flat to avoid warping.

Since 1969, one Nebraskan has died in a ladder accident, falling 65 feet from a grain bin ladder. *Source: Dave Morgan, safety engineer, NU/IANR. (WS)*

Variety key to avoiding resistant weed growth

Between 1968 and 1990, 84 species of herbicide-resistant weeds were confirmed in the United States.

In Nebraska, three weeds resistant to ALS inhibitors have been confirmed since 1990. They are kochia, shattercane and waterhemp.

ALS herbicides kill the plant by blocking synthesis of three amino acids required for plant growth. ALS resistance is carried in pollen and is spread by wind.

Kochia, also known as fireweed, is a bushy, six-foot annual found across the state. Once planted as an ornamental, its ascending branches attach to a central stem. Leaves are up to 2.5 inches long, narrow and linear. Kochia reproduces through seeds which mature in September and October.

Shattercane grows in most parts of the state but is dominant in south and central Nebraska. Once a forage sorghum resem-

bling that crop, it reproduces by seeds and may grow up to 12 feet tall.

Waterhemp is an annual that grows throughout the state. Plants are four to six feet tall, with a smooth, branched stem. Male and female flowers are found on different plants.

The key to preventing herbicide-resistant weed development is to reduce the selection pressure for the evolution of resistance.

continued on page 11

Handling and disposal of solid waste

Living on a few acres puts added responsibility on how waste materials are handled. Many of the conveniences associated with waste removal and recycling in urban settings are not always available in the country. In the past, rural residents took care of their own waste by putting it in a dump site on their property. This practice has been outlawed in Nebraska and heavy fines can be incurred if anyone is found with an open dump site. Location of local licensed dump sites and available services as well as recycling will be imperative for acreage and rural residents.

Recycling

Plastics—The plastic industry has responded to the problem of recycling by developing a series of cryptic markers, commonly seen on the bottom of plastic containers. Separate plastics accordingly.

Glass and Metals—Glass, steel (or "tin") and aluminum are easy to recognize and recycle. However, not all glass is recyclable. Glass found in light



Household Toxic Materials—Items such as poisons, paints, oil, solvents, automotive fluids, cleaners, herbicides and many others must not be dumped into the garbage. The best thing to do is use what you buy, buy only what you need.

Household and Vehicle Batteries—Dry cell batteries contribute about 88 percent of the total mercury and 50 percent of the cadmium in the municipal solid waste stream. Recycle waste batteries if possible.

Household Appliances and Tires—According to the Nebraska Integrated Solid Waste Management Act, "land disposal of discarded household appliances, such as refrigera-

tors, freezers, washers, dryers, stoves, furnaces, and water heaters, shall be prohibited."

Tires are restricted from landfills as they are not easily compacted, do not decompose readily, consume space and, due to the hollow shape, trap air or other gases in the tires.

Open Burning—An increasing number of wildfires resulting from careless open burning has prompted regulations of this activity. Persons who wish to do some open burning must secure a burning permit from the fire chief who has jurisdiction in their area. Burning trash in an approved incinerator or burning barrel with a safety top screen is not classified as open burning; therefore, no permit is required for this activity. (DJ)



bulbs, cookware and windows is not recyclable because ceramics are added to the glass when it is made. Recycling this type of glass would introduce impurities into the recycling process.

Paper—Most types of paper can be recycled. Newspapers have been recycled profitably for decades.

Compost—Food and yard scraps placed in a special bin are converted into a valuable garden soil amendment in a matter of weeks. Com-posting can easily reduce, by half, the volume of yard waste and kitchen vegetable waste a household sends to a landfill.

Quiz

- 1 Is a burning permit required for open burning on private property?
- 2 Are open dump sites on private property banned and is open dumping punishable in most counties?
- 3 Is the best thing to do with household toxics to use what you buy, and buy only what you need?

(If you answered NO to any of these questions you need to contact the State Health Department or your local health department for local waste management regulations)

HELP! Your input is needed.

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

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

Acreage Insights



Buying an acreage

Buying an acreage in Lancaster County is a significant investment. Whether you are purchasing an existing home on an acreage or purchasing the land to build on, plan to pay a premium price for the privilege of living in the country. Before you buy, however, you need to consider whether or not you can afford the country lifestyle. Living on an acreage generally costs more than living in the city and requires better planning and time management. Not only does the care and maintenance of an acreage require a significant commitment of time and energy, it also takes longer to get work, school or the grocery store. In addition, the increased reliance on the automobile results in greater transportation costs.

If you are purchasing an existing home on an acreage, local realtors recommend that you make the contract contingent upon a satisfactory well and water test and the wastewater treatment system passing inspection. Most conventional loans and all FHA and VA loans require the Lincoln-Lancaster County Health Department to approve the installation and location of both the individual sewage disposal system and water supply.

If you are purchasing land to build on some of the most important considerations are access to roads and utilities, the availability of a safe and adequate water supply, and the suitability of the site for the construction of an adequate wastewater treatment system. Most realtors recommend that the purchase contract should be contingent upon an acceptable well test and a percolation test. A building permit will not be issued without a well test and percolation test.

In short, if you are considering buying an acreage doing a little homework before hand would be time well spent. (SCB)



Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

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



Acreage & Small Farm Insights Web Site

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



NUFACTS (faxback) Information Center

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



"Part-time Farming" video

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





Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

Q: How can you tell if a container is safe to use in the microwave?

A: Not all dinnerware and utensils are safe for microwave use, according to Julie Albrecht, Ph.D., UNL Extension Food Specialist. To safety check, place a cup of water in the microwave next to an empty dish and heat. If the dish or plate stays cool, it's safe, advises Albrecht. If it gets warm, don't use it. Utensils that are glass, ceramic and labeled for microwave use are OK to use.

Q: Are there any foods considered safe to can by the "open-kettle method?"

A: According to "So Easy to Preserve," a nationally recognized book on canning by the University of Georgia Cooperative Extension, the "open-kettle method" is now considered unsafe. In this method, foods were heated in a kettle, then poured into jars and a lid was placed on the jar. No processing was done. With this method there was often spoilage, because bacteria, yeasts and molds that contaminated the food when the jars were filled were not killed by further processing. The growth of these microorganisms, in addition to spoiling the food, often caused any lids that did seal to later become unsealed. This method resulted in a very real danger of botulism—which can be fatal. (AH)

Watch for nutrient drug interaction in older adults

Prescription and over-the-counter drug use by the elderly is significant and on the increase. Older adults take an average of four different types of medications per day. While they can improve health and the quality of life, some of them also can affect the nutrient needs of the older adult.

Nutrient Absorption. Medications can affect the absorption of some nutrients as well as appetite. It is important that older adults carefully read the warning labels on their medications. Some medications require that they be taken with food (i.e. aspirin or ibuprofen); others must be taken on an empty stomach (i.e., antibiotics). Some cannot be taken with certain foods, such as juice or milk (i.e. tetracycline and milk); and some need to be taken with plenty of water (i.e. most cholesterol-lowering drugs).

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Alice Henneman, RD, LMNT
Extension Educator

Shell Pasta Salad with Veggies

(Makes 6 one-cup servings)

You can serve this with a purchased lowfat dressing or try this mustard vinaigrette: In a jar, combine 2 tablespoons apple cider vinegar, 2 tablespoons vegetable oil (such as olive), 1/4 cup orange juice, 2 teaspoons mustard, 1 tablespoon grated Parmesan cheese, 1 teaspoon garlic powder, 1 teaspoon dried oregano, and 1/4 teaspoon salt. Shake to blend.

- 10 ounces of small shell pasta, cooked and chilled
- 1 sweet green pepper, diced
- 1 sweet red pepper, diced
- 1 cup of cucumber, diced
- 2 medium carrots, diced
- 1 rib of celery, diced
- 1 small red onion, diced
- 5 radishes, diced
- 1/4 cup lowfat cottage cheese (optional)
- 1 7-ounce can of tuna, packed in water (optional)

1. In a large pot of water, cook pasta until firm-tender (al dente). Drain and rinse under cold water; chill.
2. Dice all vegetables and add to pasta. Add cottage cheese or tuna (optional). Dress with lowfat dressing. Serve.

Nutrients per 1-cup serving: 254 calories, 8 grams protein, 4 grams fat, 1 milligram cholesterol, 757 RE vitamin A, 40 milligrams vitamin C, 26 milligrams sodium and 4 grams dietary fiber.

Source of recipe: Food, Family & Fun, USDA Food & Consumer Service Department. (AH)

Lincoln/Lancaster County Food and Hunger Coalition

Safe, affordable, and nutritious food for limited resource families are a vital link in health prevention. The Lincoln/Lancaster County Food and Hunger Coalition provides a network for agencies and individuals to address food security issues in our community. Each meeting includes time for member agencies to share resources and challenges. This forum gives us an opportunity to better serve the nutritional needs of local families. The coalition annually compiles statistics addressing how many citizens access programs designed to combat hunger. These statistics are shared with community decision makers. This gives them information about the importance of the issues as decisions are made about funding priorities. The coalition also provides leadership for compiling information to support limited

resource families in accessing food and nutrition education. In past years, a video featuring services provided by member agencies was produced and aired on cable television. This video provided all socioeconomic groups information about the importance of food security in health prevention.

Member agencies include: the Asian Community and Cultural Center, Catholic Social Services, Malone Center, Food Bank of Lincoln, FoodNet, Good Neighbor Center, Indian Center/Commodity Foods, Lincoln Action Program, Health and Human Services/Food Stamps, Peoples City Mission, The Salvation Army, Family Resource Centers/SHARE, Summer Food Program - Health Department, Senior Centers, Matt Talbot Kitchen, Meals on Wheels/Tabitha, The Gathering Place, and WIC - Department of Health. Currently, Marcia Wallen, Family



Nutrition Education Program
for Limited Resource Families

Maureen Burson,
Extension Educator

Service WIC, and Maureen Burson, Nutrition Education Program, serve as co-chairs. Dr. Norm Leach, Lincoln Interfaith Council serves as secretary/treasurer.

For more information about forming a local Food and Hunger Coalition or a copy of the 1997 Lancaster County Food and Hunger Statistical contact Maureen Burson. (MB)

Practice food safety at summer picnics!

Avoid having your picnic plans fizzle on the 4th of July! Follow these summer food safety tips from Julie Albrecht, UNL Extension Food Specialist and the U.S. Department of Agriculture.

Menu Planning:

- Plan to take only the amounts of food that you'll use on a picnic.
- With a cooler and ice, most foods are safe for short periods. If a cooler is not an option, take uncut fruits and vegetables, canned or dried meats or fish, dry cereal, bread, peanut butter, or crackers.
- Salads with *store-bought* mayonnaise are safe, if kept cold.
- Avoid creamy or custard foods.

In the Kitchen:

- Clean preparation is essential.
- Marinate foods in the refrigerator.
- Don't thaw meat and poultry on the counter.

Packing It Up:

- Start with cold food—pack right from the refrigerator.
- Always use an insulated cooler. Include a cold source in the cooler. Use ice or gel freezer pack.
- Take along disposable washcloths.
- Plan to keep hot foods hot with a thermos or insulated dish.
- Use a thermos to keep chilled soups or milk cold.

Take Care with Your Cooler:

- Put the ice chest in the passenger area of the car. It's much cooler than the trunk in the summertime.

- Keep the cooler in the shade at the picnic. Keep the lid on; avoid repeated openings.

At the Picnic:

- Keep food cold until cooking on the grill.
- Cook completely at the picnic site, no partial or precooking ahead.
- Cook meat and poultry until the juices have no trace of pink or cloudiness when you cut into the meat. Fish flakes with a fork when it's done.
- Use a fresh plate for serving cooked food; avoid putting cooked meat on the plate that held the raw meat.
- In hot weather, food should never sit out for over an hour. Serve smaller portions so food does not stay out of the cooler too long.

Handling Leftovers:

- Place leftover food inside the cooler fast!
- If there is still ice in the cooler when you get home, and the food didn't sit out at the picnic, the food should be okay to save. (AH)



YOUR information center... around the clock

NUFACTS

NUFACTS offers fast, convenient, accessible information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

- 356 Using a Boiling Water Bath
- 363 Keeping Canned Fruit from Floating
- 365 Safe Equipment for Making Pickles

and many more...

Nutrition and Food Safety Web Site

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

FREE FoodTalk e-mail newsletter

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Alice's Analysis

Alice Doane
FCE Council Chair



As I sit here on this nice rainy afternoon, I am experiencing a new form of

writing (dictation). I usually write this analysis in longhand, but due to a rotator cuff operation on my right shoulder, I'm dictating this to my unprofessional secretary, Ted.

We have taken in all of the graduations and retirement parties for the month of May and enjoyed having as our guests, students of the first grade from Hamlow in Waverly; fourth graders and

special ed students from Everett School in Lincoln; and the Walnut Hill sixth graders from Omaha. The students were here to visit the farm.

The thank you letters, pictures and artwork we received from the students indicated the differences each group saw, or the impression they got due to their age and level of education. The first graders were impressed with the attic in the barn (hay loft), the cats, dogs and giving the lambs a bottle of milk. The Everett students enjoyed the shearing of the sheep and one student was very impressed to find out that sheep and cows did not have upper teeth in front. His artwork indicated

this by drawing the mouth of a sheep. They also enjoyed a picnic on the lawn with no fear of bugs, ants or dogs being around them. They enjoyed swinging on the tire swing. The teachers also took their turns. The Omaha group also ate on the lawn but many were concerned about sanitation. Many wanted to sit on blankets, chairs or on the bus. However, they enjoyed running and creating a motion of energy. They did stop to witness the shearing of the sheep. The major problem was the lack of time to give a better tour to a group of 60. This was a little large for a good educational experience. All teachers appreciated the effort and the

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Character Counts! Caring

Caring people are bright spots in a sometimes grim world where crime, anger, fear, and loneliness have pushed even well-meaning people into isolation. Instead of making social visits, children and adults spend their time in front of the television or computer. Many feel overwhelmed by the needs around them and have built invisible walls, blocking their vision of other people's problems and focusing on themselves.

Caring people:

- are kind and generous
- show compassion, help others in need
- express gratitude
- are charitable and forgive others
- do good deeds without expecting rewards
- think how their words or actions will affect others before doing something

Caring people are not:

- selfish and self-centered
- mean or cruel to others

- insensitive to others' feelings & needs

Learning to care about others is part of growing up. Selfish motives and actions are childish actions. Selfless concern for others is a sign of maturity.

Self-centered people tend to treat others simply as instruments of their own needs and rarely feel an obligation to be honest, loyal, fair, or respectful.

Caring people have progressed from inward-focused

"me" behavior to outward-focused "we" behavior.

The Golden Rule

"Do unto others as you would have them do unto you" is a model that encourages youth to maximize the good and minimize the harm done to others. You can add another teaching dimension by asking, "How would you feel, if others treated you in this manner?"

Caring vs Duty

Caring requires us to be as

continued on page 11

Learn more about Character Counts! and become trained in the curriculum by attending the adult Character Counts! workshop on July 15, 1997, 8:30 a.m.-12:00 p.m. Call LaDeane at 441-7180 for registration information.

SIZZLING Summer Sampler

Thursday, July 10, 1997 • 6 to 9 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road

Learnshops:

- Machine Embroidery ...** presented by Lori Pavey and Jean Holman of Sew Creative
- Fun Kitchen Toy** presented by Lori Buchmann of Friedman Microwaves
- Kitchen Cosmetics** presented by Jean Wheelock
- Drying Flowers** presented by Edna Shields

Send \$7.50 payable to Lancaster County FCE Council to:
Joy Kruse • 850 Adams Street
Lincoln, NE 65821

Reservations must be received by July 3.

1997 Health Awareness Day

Friday, August 1
9 a.m. - 4:30 p.m.

Agriculture Hall
State Fair Park

Activities for adults & children – Free admission

Health & safety booths representing various agencies.

Special feature: The Nebraska Lions Foundation Mobile Screening Unit will be on location and will offer tests of:

- ♥ Blood Pressure
- ♥ Blood Sugar
- ♥ Visual Acuity
- ♥ Glaucoma
- ♥ Hearing

Sponsored by Lancaster County Association for Family and Community Education & Lancaster County Agricultural Society. (LB)

Family Living

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

Summer activities and spots or stains go together. Follow these tips for more effective stain removal.

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

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

Treat the spot immediately! The sooner you attack a spot or stain, the easier it is to remove. Get into the habit of checking freshly washed wet clothes for stains that didn't wash away. Instead of drying them, pretreat the stains and wash them again. Drying can permanently set some stains. (LB)

Keeping families first

It is important for families to acknowledge their strengths and growth potential and for communities to acknowledge and reinforce positive models for strengthening family life. There is evidence that the quality of family life influences the mental and emotional well-being of individuals. One study identifies six qualities that strengthen and contribute to the well-being of families.

Time together. Sharing mealtimes, recreation, and creating intentional efforts to provide structure and enjoyment to family members builds memories and creates structure.

Good communication skills. Increased time together helps family members develop and practice communication skills. Listening and showing respect for one another are especially important.

Commitment to family. This is reflected in the amount of time family members spend together. Family members should show personal initiative and responsibility to enhance the quality of their family relationships.

Togetherness that improves problem-solving abilities. Family unification during a crisis gives emotional support and helps provide perspectives for coping with situations in constructive ways.

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Keeping Families First at the Fair

August 2, 1997
10:00 a.m. to 4:00 p.m.

Ag Hall Building • State Fair Park

Watch the August NEBLINE for further information on booths, special visitors, entertainment, and family fun activities. Contact LaDeane or Karen at 441-7180.

KEEPING FAMILIES F.I.R.S.T

University of Nebraska Cooperative Extension

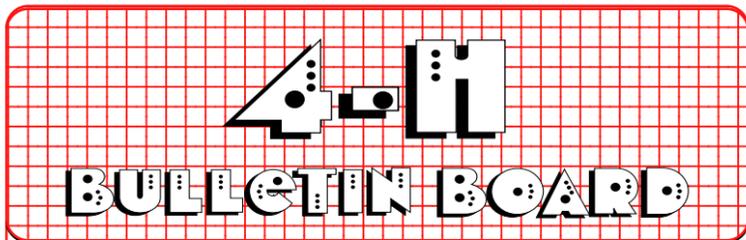
FCE volunteers needed

FCE members are needed to help serve as hostesses or at the registration table for Health Awareness Day. Two-hour shifts are available from 9 a.m. to 4:30 p.m. on Friday, August 1. Call Helen McMahon at 466-2557 to volunteer. (LB)



4-H & Youth

County fair contests and interview judging



- ⇒ All animal entries for the Lancaster County Fair are DUE to the Extension office by Monday, July 7. (CB)
- ⇒ All 4-H members exhibiting at the Lancaster County Fair are invited to attend a workshop on how to exhibit flowers and vegetables. The workshop is Wednesday, July 9, 2:00 p.m. (MJM)
- ⇒ All stationary exhibits for rabbit and poultry exhibits should be taken to the second floor of the 4-H Building, Tues., July 29. (CB)
- ⇒ 4-H rabbit, poultry and pigeon exhibitors check in their animals at the Lancaster Building Wed., July 30, 4:00-8:00 p.m. All animals must remain on the grounds until 4:00 p.m., Sun., August 3. (CB)
- ⇒ 4-H Clover Kids or other youth ages 5-8! Put August 7, 1:00-4:00 p.m. on your calendar. We're having a 4-H Clover Kids Character Counts! Daycamp and you're all invited. Watch for registration in the August NEBLINE, at the fair or through your 4-H leader. Contact LaDeane, Soni or Jackie at 441-7180 if you have questions. (LJ)
- ⇒ Remember to sign up to help at the fair if you are 12 years old or older. We need help on entry day from 4:00-8:00 p.m. and on judging day, all day. Call the Extension office to sign up! Thanks for your help in advance! (LB)
- ⇒ Make sure you have all information and a completed entry tag attached to each exhibit you bring to the fair. Reading the entire lot section of the fair book helps you understand what is needed for a complete exhibit. Preregistration forms are due by Mon., July 7. (LB)
- ⇒ Dog entries for county fair must have vaccination record attached to the entry form. (DL)
- ⇒ Lancaster County Fair is July 31-August 3. (LB)

Lifetime Skills (Home Economics) Judging

Wednesday, July 16, 1:00 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). 1997 contest topics include Storage & Safety, Table Manners & Settings, Nutrition Decisions, Color & Color Schemes, Advertising Information and Where to Shop (Retail, Recycle, In-Home). Resources—foods projects, Home Building Blocks, Design Decisions, clothing projects, Shopping in Style.

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: Thursday, July 17 at the Lancaster Extension Education Center and Saturday, August 2 at the county fair. See page 9 of the fair book for categories.

Table Setting

Thursday, July 31, 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 23, 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, Friday, August 1, 7:00 p.m. at the coliseum at 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 2, 9:00 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 30, check page 7 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 learnings 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 16, 10:00 a.m. Study material for the contest is available at the Extension office.

Registration forms for the demonstration contest are available at the Extension office. Call the office at 441-7180 by July 7 to register for the contests. No preregistration is needed for the Lifetime Skills Contest. (LB)

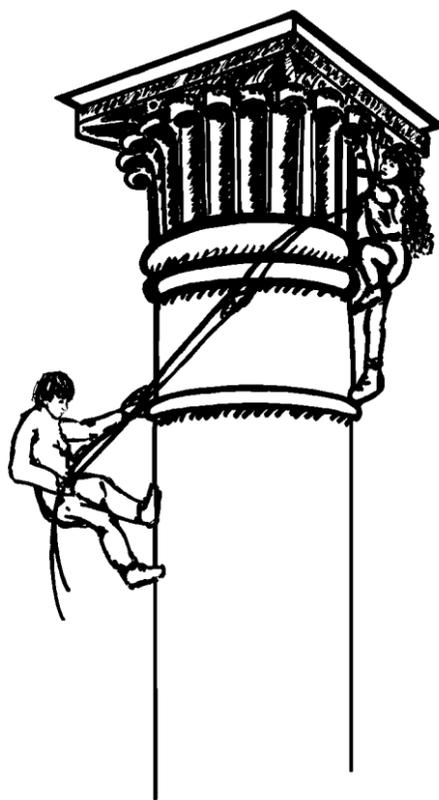
Character Counts! Teen Funshop

For middle school and high school students

Friday, July 18

8:45 a.m.-3:30 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road



Character Counts is...

- about the Six Pillars of Character:
 - trustworthiness
 - fairness
 - caring
 - respect
 - responsibility
 - citizenship
- about making good decisions.

So why come?

- Learn the importance of the Six Pillars of Character in your life
- Learn to use a dynamite curriculum
- Learn to model the Six Pillars of Character
- Become part of a Character Counts! teaching team
- Become a member of the new Character Counts! teen advisory council

Registration

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Organization/Club (if applicable) _____

Registration fee of \$10.00 per person must be enclosed with registration. Make check(s) payable to Cooperative Extension. Fee includes T-shirt, lunch, snacks, support materials. Scholarships available. For more information, contact LaDeane Jha or Jackie Gloystein at 441-7180.

Registration deadline is **Friday, July 11.**

Return registration form and fee to:
University of Nebraska Cooperative Extension
in Lancaster County
LaDeane Jha
444 Cherrycreek Road
Lincoln, NE 68528-1507

This registration form may be reproduced as needed.

4-H Council positions

Starting date September 1, 1997

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

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

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

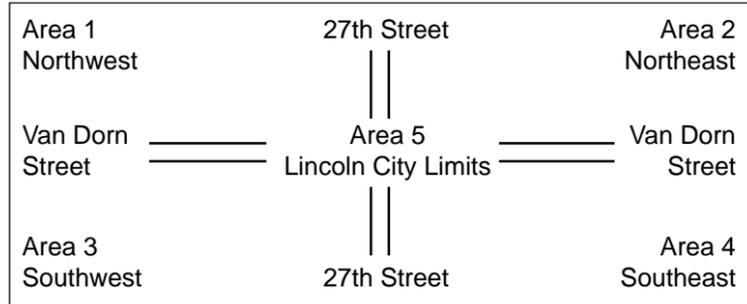
4-H program. Applicant must be willing to attend monthly meetings and participate in various committee activities. This is a rewarding position.

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)



4-H & Youth



NEEDED! Fair Fun Day volunteers

- When:** Friday, August 1
- Where:** Lancaster County Fair
- Time:** 9:30-11:30 a.m., 1:00-3:00 p.m.
- What:** Leading tours of the fair for kindergarten-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 and you may choose to be a tour guide or other helper. If you have questions, contact LaDeane at 441-7180. (LJ)

It's 4-H camp time

So what are your favorite things to do? Fish, canoe or swim? Pretend you're a rock climber or zoo keeper? Have you ever wanted to be an actor or sports star? Well, here is your chance! Pick the 4-H camp that interests you the most and bring a friend. You don't have to be in 4-H to go. You're in for a great time! Every camp includes a water slide, campfire, crafts and hilarious camp games. So what are you waiting for? Sign up today...don't miss out on the fun. (DL)



4-H Horse District and State Shows

Congratulations and good luck to all of the Lancaster County 4-H horse youth that achieved the state finals in Grand Island, July 13-17 at Fonner Park. If you have not received a confirmation letter, schedule and map from me, please contact Cindy immediately at 441-7180. Results from district and state shows will be published in the August NEBLINE. Again, good luck! (CB)



All 4-H horse exhibitors, parents and club leaders are to attend the pre-fair briefing Monday, July 21, 7:00 p.m. at the 4-H Youth Arena. Stall assignments and dressage ride times will be handed out. It is very important that ALL exhibitors attend.

The 4-H horse show at the fair begins at 7:30 a.m., Monday, July 28 and ends at 4:00 p.m., Thursday, July 31. All horses must be on the grounds by 8:00 p.m., Sunday, July 27. Exhibitors and horses will be checked in Sunday, July 27, 4:00-8:00 p.m. in the demo complex area.

The 4-H Horse Recognition Banquet will be Tuesday, August 5, 6:00-8:30 p.m. at the Lancaster Extension Education Center. Look for sign-up sheets for volunteers and food. (CB)

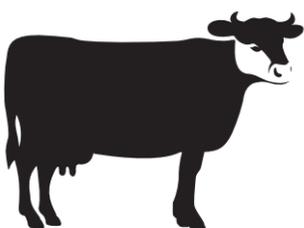
Ten Commandments for Show Ring Parents

1. Thou shall know the rules
2. Thou shall allow your children to do their project themselves
3. Thou shall be supportive and involved
4. Thou shall allow your children to participate in as many shows as possible
5. Thou shall provide proper equipment
6. Thou shall keep your attitude in check on show day
7. Thou shall not be a show ring sideline director
8. Thou shall not complain about the judge
9. Thou shall not disparage the competition
10. Thou shall honor your child

Published at the annual American Youth Horse Council Symposium in April. (CB)

4-H sheep and beef show

What a way to prepare for fair! The 11th Annual Papio Valley 4-H Sheep and Beef Show is Saturday, July 5 at the Sarpy County Fairgrounds in Springfield, Nebraska. The show consists of showmanship, market and breeding classes and a bucket calf contest. 4-H Clover Kids are welcome to exhibit a lamb in showmanship. For more information call Monte Stauffer at (402) 593-2172 or Deanna at 441-6768. (DL)



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: Tuesday, July 15, 6:00-8:00 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)

SERIES for Youth Science Teams

Tuesday, July 8

8:00 a.m.-4:30 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road

For anyone grades 8-12.

Call the Extension office for a brochure and registration form. Registration fee is \$10 per person which includes T-shirt, lunch and snack.

If you have questions, call LaDeane at 441-7180.



Community Focus

Lincoln rates high as manufacturing community

According to *Industry Week Magazine*, Lincoln ranks in the top one-third of U.S. metropolitan areas for having a positive manufacturing climate and manufacturing performance. Between 1990-1994 Lincoln was one of the only 49 metropolitan areas in the country to experience a growth rate of 10% or more in manufacturing employment.

Industry Week decided to rank the 315 metropolitan areas in relation to one another considering actual performance by industry outcomes measured by productivity, specialization in manufacturing and manufacturing growth.

Lincoln ranked 98th among the 310 metropolitan areas for which data was available. Other cities that Lincoln is compared to include:

Sioux Falls, SD - 59	Cedar Rapids, IA - 91
Colorado Springs, CO - 107	Topeka, KS - 130
Kansas City, MO - 157	Wichita, KS - 158
Omaha, NE - 175	Des Moines, IA - 197
Columbia, MO - 209	Rochester, MN - 309

The actual comparative measures used by *Industry Week* are:

- Manufacturing metropolitan gross product per manufacturing employee.
- Manufacturing sectors share to total MSA employment.
- Three-year percent growth of manufacturing employment.
- Three-year percent change in income from manufacturing.
- Population
- Three-year percent change in population.
- Total work age population.
- Total employment.
- Value of total shipments per employee.
- Manufacturing value added per production worker.
- Total costs of capital expenditures per employee.
- Total cost of materials per employee
- Total payroll per employee.
- Average hourly wage per production worker.

Source: April 7, 1997 *Industry Week Magazine* (GB)

Everybody loves llamas!

Recently, Krystal McClure, Wesley McClure and Rebecca Armstrong of the Star City Llama 4-H Club brought their llamas to meet some very special disabled children at Eagle Elementary in Eagle, NE. Along with learning some interesting facts about llamas—including when and if they spit—the children had the rare opportunity to interact with the large, exotic animals close-up. Even those in wheelchairs were able to pet and feed the llamas; one child could hardly stop kissing and hugging them. Their visit to Eagle was followed by a visit to Community Care of Waverly, where nursing home residents had a chance to pet and even walk the animal. Who knew a llama could make so many people happy? (TB)



Nebraska's new residents study nears completion

The study was designed to answer the following questions about Nebraska's new residents:

1. What is the basic socioeconomic and demographic profile of Nebraska's new residents and how does this profile compare to existing residents?
2. What are the factors motivating those individuals who move to Nebraska?
3. How satisfied are these individuals once they are in Nebraska?
4. What are the employment and workforce characteristics of Nebraska's new residents, including the role information age technologies may be playing?

Most of the data needed to help answer these research questions came from a mail survey of persons who had moved to Nebraska since 1990. More than 55 percent of those receiving surveys returned the questionnaire. Data has now been tabulated from the 864 useable questionnaires. Our preliminary analysis includes the following findings:

- Nebraska's new residents tend to be younger and better educated in comparison to Nebraska's existing population.
- Forty-one percent of Nebraska's new residents came from Nebraska's six adjoining states, and an additional 19% were from California, Texas or Arizona.
- Many of Nebraska's new residents had connections or ties of various types with Nebraska before moving to the state. For example, 41% had lived in Nebraska on some other occasion, 35% had parents and/or grandparents living in Nebraska, and an additional 26% had parents and/or grandparents who

had previously lived in Nebraska.

- Important "pull factors" that were at work in attracting the new residents to Nebraska were "to be close to relatives," "looking for a safer place to live," and "the quality of local grade/high schools."

- The four most frequently cited reasons for leaving the previous state of residence were "fear of crime," "unsafe place to live," "high cost living and "urban congestion."

- Nebraska's new residents seemed to be generally pleased with their decision to move to Nebraska. Seventy percent said they would move to Nebraska if they had it to do over again; 90% said the existing local residents made them feel welcome when they arrived; and most found their Nebraska neighbors to be friendly, trusting and supportive.

- Many information-age technologies were available in the respondents' homes. For example, 98% had a touch tone telephone, 95% had a VCR player, 81% had an answering machine, 77% had cable television and 55% had a personal computer. These technologies were somewhat more common among new residents in Nebraska's six metropolitan counties (Cass, Dakota, Douglas, Lancaster, Sarpy and Washington), than among those residing in Nebraska's 87 non-metropolitan counties.

- Seven percent of the respondents and 4% of their spouses/partners considered themselves to be "telecommuter."

- New residents locating in non-metropolitan counties were much more dissatisfied than their metropolitan counterparts with public services and amenities,

including their lack of availability. Those services most frequently singled out for concern by non-metropolitan respondents were public transportation, head start, mental health services, day care, nursing home care, senior centers, basic medical care, entertainment, streets and highways, local government and housing.

Results from this study can be useful for a number of purposes. For example, Nebraska has a very low unemployment rate and "worker shortages" are a very real problem in many areas of the state. This study suggests that worker recruitment strategies might be most effective if targeted to surrounding states and to those out-of-staters who already have some connections or ties to Nebraska (e.g., to previous residents or to those who have relatives already living in Nebraska).

Additionally, this study indicates that those who are coming to Nebraska from other states have an age and education profile that will enable them to make an important and long-lasting contribution to the state's economy and quality-of-life. Conversely, Nebraska offers certain attributes (e.g., a safe place to live and quality schools) that appear to be appealing to newcomers. And, once these newcomers locate here, Nebraskans apparently make them feel welcome and wanted.

All things considered, the dynamics associated with new residents moving to Nebraska appear to be a "win-win" situation—both for the newcomers and existing residents.

Source: Cornhusker Economics, IANR, Department of Agricultural Economics. (GB)

What's cookin' at local elementary schools? 4-H SERIES!

For the past few months, Bryan Center science students have been visiting some local elementary schools with hands-on science activities offered in *4-H SERIES: It Came From Planted Earth* (horticultural education), *Ridges to Rivers* (watershed education), and *Chemicals Are Us* (chemistry education). The lessons, led by the Bryan students, teach elementary youth about the scientific processes (observing, communicating, comparing, organizing, relating, inferring and applying) through hands-on activities that encourage exploration and critical thinking. For instance, in the *It Came From Planted Earth* lesson, youth learn how agricultural products become food products by making butter out of cream, and wheat flour from wheat berries, which they then use to make muffins. The cross-age teaching environment itself is beneficial to both sides—the Bryan teen teachers have gained

leadership skills, cooperative skills, confidence and a fuller understanding of the science they teach, while the elementary students have learned about the scientific process, the application of science principles in the real world, and have had the opportunity to interact with positive teen role models. Under the guidance of Susie Larson and Linda

Wilson (Bryan science teachers), so far the Bryan students have visited 5th grade classrooms at Prescott, Elliott, Everett, McPhee, Randolph and Saratoga, as well as a middle school classroom of disabled students at Pound. They will be continuing the program throughout this school year, and tentatively next year as well. (TB)



Variety key to avoiding resistant weed growth

continued from page 4

Factors contributing to the development of resistance to herbicides include:

- using herbicides with a single target site and mode of action
- using herbicides with high activity, long residual life and with activity on a broad range of species
- growing the same crop on the same land year after year
- using the same herbicide each year as the primary means of weed control

Resistance can appear in three to five years of continuously using certain herbicides. Every case of poor weed control isn't caused by resistance. However, weeds may be resistant if they don't respond after two

treatments to a herbicide that was previously effective.

Variation in cropping practices or herbicide programs, including cultivation, reduces selection pressures and decreases chances of resistance.

Herbicide diversification must be based on mode of action rather than trade name. Once resistance to a herbicide develops, other herbicides with the same mode of action are ineffective. Mode of action isn't stated on the herbicide container, but can be found in the Herbicide Guide published annually by the University of Nebraska and available at Cooperative Extension Offices for \$2.00. *Source: Alex Martin, Ph.D., weeds specialist, NU/IANR (WS)*



Planning tips for oxious weed control in CRP contracts

continued from page 4

• Remember if legumes are planted in a noxious weed infestation, it will make noxious weed control difficult, expensive and labor intensive.

Control options in legumes

- Plateau at the labeled rate of 4 oz. may be broadcast over legumes.
- May be effective with musk and plumeless thistle and knapweed in the rosette stage in early spring and in the fall.
- Apply both in the spring and fall for Canada thistle and leafy spurge.
- Individual plants of all noxious weeds can be spot treated with the appropriate herbicide for the targeted plant.
- Individual plants of musk and plumeless thistle and knapweeds could be dug or pulled.
- Mowing is not a satisfactory control option
- Mowing will prevent seeding of Canada thistle and leafy spurge, but will not kill the plants or

prevent the spread of the roots.

- Mowing will delay seeding of musk and plumeless thistle and knapweeds, but will not stop the plants from further flowering and seed production.
- Biological control provides supplemental control but is not satisfactory control by itself.

The following steps should be followed each year to assure satisfactory noxious weed control:

- Scout for noxious weeds and provide control in the spring and fall.
 - Look for noxious weeds in areas where they have been found in the past.
 - Scout and treat for noxious weeds after a prescribed burn.
 - Always make follow-up inspections after each control effort for escaped plants.
- Source: Russell Shultz, Superintendent, Noxious Weed Control*



Character Counts! Caring

continued from page 7

considerate, kind, compassionate, and generous as our duties and responsibilities permit. Sometimes responsibility and caring conflict. That's when love has to be tough. Sometimes, really caring requires difficult decisions that are unpleasant for a stakeholder initially, but best for him or her in the long run.

Ten Activities to Teach Caring:

1. Having pets is an excellent way to teach both caring and responsibility.
2. Have children make a list of people they care about and who care about them. List ways people show they care about each other.
3. Have children list caring behaviors they observe and send thank you letters.
4. Have children list caring things they can do for their families, friends and/or classmates. Compile these into "Caring Coupon Books," add a

colorful cover and give as presents.

5. Make up "caring prescriptions" for those who are sad, lonely, ill, hungry, cold, frightened, etc.

6. Create weekly calendars listing caring things to do in the home, school, community, and environment. Give stars and some other agreed upon reward for accomplishing the set goals.

7. Let children help sort through their unused toys and clothes they have outgrown. Include them in deciding which charity to give them.

8. Play a game of "Caring Charades" showing caring behaviors.

9. Create puppet shows illustrating the difference between caring and uncaring behavior.

10. Have children collect food for the homeless or clothing for victims of fires, floods, etc. (LJ)

Summer pasture shortages

continued from page 4

animal nutrition. When stems are left behind, which is less desirable feed, and animals are moved frequently into fresh, high quality pasture, rates of gain increase and performance improves.

The middle of July is a scary time to discover a shortage of feed. To provide livestock adequate rations this summer, consider some alternative and/or supplemental feeds. There aren't many good choices to plant in July if more forage is needed for livestock. Length of growing season, insects, dry soils and herbicide carryover can all restrict options. However, one option is to seed a summer annual into wheat or oat stubble immediately after harvest. With a little luck and a midsummer shower, there might be some late summer grazing on millet, sorghum-sudan or even soybeans. Green chop is another possible emergency feed source. Contact the Extension office for additional information concerning these alternatives. (WS)



Alice's Analysis

continued from page 7

children saw first hand some farm life experiences.

By the time you read this analysis, the State FCE meeting will have been held in Sidney, June 10-12. I hope we come back with some good information, such as the future of State FCE.

I hope you have all marked your calendar for the Sizzling Summer Sampler on July 10. Bring a group of friends and enjoy a light supper (country talk). We will have four outstanding learning workshops. These workshops will be presented by Sew Creative with Lori Pavey and Jean Holman presenting "Machine Embroidery"; Friedman Microwaves with Lori Buchmann presenting "Fun Kitchen Toy"; Jean Wheelock presenting "Kitchen Cosmetics"; and Edna Shields presenting "Drying Flowers." Supper will be served at 6:30 p.m. and the program will begin at 7 p.m. Registration cost will be \$7.50. Mail your reservation and check to Joy Kruse, 850 Adams Street, Lincoln, NE 68521 (phone: 476-2818) by July 3.

If you are not an FCE club but would like to do an activity as a community service, volunteer to help at the Health Awareness Day at the Lancaster County Fair—Friday, August 1. Contact Lorene, 441-7180, for more information.

Thought for the month:

"Growth"

by Rita Catherine Davis

A little seed- a little care;

Some sun, some rain

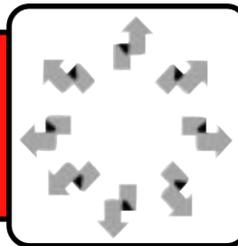
a flower there.

A little deed a love to share;

Some smiles, some tears,

a friendship rare.

Miscellaneous



Watch for nutrient drug interaction in older adults

continued from page 6

Altered Nutrient Needs. Another problem is that some medications can cause an increased need for some nutrients. For example, depending on the diuretics, medications can cause an increased loss of potassium, magnesium, calcium and/or sodium.

Treating Constipation. Avoid taking laxatives, fiber pills, mineral oil and similar products unless doctor recommended. Eat a diet rich in fiber, drink plenty of fluids and be physically active to help avoid constipation.

Importance of Water. Water becomes one of the most important nutrients for the elderly taking medications. Medications must be diluted in order to work properly. As one grows older, the sense of thirst diminishes. Older adults need to drink fluids even when they aren't thirsty—at least 2 liters (about 8 cups) per day. One suggestion is to fill a 2-liter water bottle in the morning and make sure it's completely gone at the end of the day. However, people with renal problems should check with their doctors on the amount of water to drink daily.

The following tips can help achieve the full benefits of both food and medicine:

1. Talk to your doctor or pharmacist about all medications being taken including over-the-counter drugs and nutrition supplements.
2. Take medication as directed.
3. Read the warning labels and other instructions on the medication bottle.
4. Drink plenty of fluids.
5. Avoid any nutrient/drug interactions.
6. Eat a healthy and well balanced diet. Follow the Food Guide Pyramid.
7. With each checkup, review your medication plan with your doctor to ensure it's still right for you. Ask if there are any foods or nutrients about which to be concerned.

Source: Wanda Koszewski, Ph.D., Nutrition Specialist, NU/IANR (AH)



Keeping families first

continued from page 7

Spiritual well-being. Participation in religious rituals and community service helps family members be more patient, forgiving, and supportive of one another and others in their communities..

Expressing appreciation. Giving positive affirmations to family members builds them up psychologically and helps family members realize their personal strengths.

University of Nebraska Cooperative Extension is committed to strengthening family life through a variety of programs and services. Character Counts! is one program that helps children address issues of personal character such as: trust, fairness, caring, respect, responsibility, and citizenship. Another effort to improve family life is being made through the "Keeping Families First" campaign that focuses on building communities where families are valued. For more information contact LaDeane or Karen at 441-7180. (KW)



What to do on a hot summer day? Visit the Nebraska State Museum!

The Nebraska State Museum in Morrill Hall is the largest Natural History museum in Nebraska. Over 10 million objects and specimens make up the museum collections, and for every item on public display, there are 1,000 specimens in the research collection. Morrill Hall is located at 14th and U Streets.

Museum hours are 9:30 a.m.- 4:30 p.m., Monday through Saturday and 1:30-4:30 p.m., Sunday. Some exhibits are closed on Mondays and home football game Saturdays. A \$2 donation is requested. For more information, call 472-2642. (BPO)

Your help is needed!

The Extension office will once again be involved in the County Food Bank Drive. The Food Bank Drive is scheduled for the week of July 7-18. You can help us support this effort by helping fill the collection drums located at the Extension office. We are open 8:00 a.m. to 4:30 p.m., Monday through Friday.

Last year our office collected 80 pounds and \$16. This year's goal is 250 pounds. Please help us reach our goal by bringing non-perishable food donations to our office. (DL)

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.

- Lorene Bartos**, Extension Educator
- Cindy Blome**, Youth Extension Aide
- Tina Brown**, Americorps Vista Volunteer
- Corey Brubaker**, Extension Educator
- Maureen Burson**, Extension Educator
- Brenda Corder**, Publication & Resource Assistant
- Soni Ericksen**, Extension Assistant
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- LaDeane Jha**, Extension Educator
- Deanna Lieneman**, Extension Assistant
- Mary Jane McReynolds**, Extension Assistant
- Barb Ogg**, Extension Educator
- Warder Shires**, Extension Educator
- Jim Wies**, Extension Assistant



Extension Calendar

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

- July 1**
4-H Council Meeting 7:00 p.m.
- July 5**
11th Annual Papio Valley 4-H Sheep and Beef Show—*Sarpy County Fairgrounds*
- July 7**
All Animal Entries for Lancaster County Fair Due
Large Animal Advisory Committee Meeting 7:00 p.m.
- July 8**
ExpoVisions SERIES training 8:00 a.m.-4:30 p.m.
- July 9**
How to Show Horticulture Exhibits at the Fair 2:00 p.m.
- July 9-11**
ExpoVisions '97—*Lincoln*
- July 10**
Sizzling Summer Sampler 6:00 p.m.
- July 11**
Pesticide Container Recycling
—*Greenwood Farmer's Cooperative, Greenwood* 9:00 a.m.-3:00 p.m.
- July 13**
Teen Council Meeting 3:00-5:00 p.m.
- July 13-17**
4-H State Horse Expo—*Grand Island*
- July 14**
CWF Meeting—*State Capitol*
Extension Board Meeting 7:30 p.m.
- July 15**
4-H Food Booth Training—*State Fair Park* 6:30 p.m.
Adult Character Counts! Workshop 8:30 a.m.-12:00 p.m.
- July 16**
Lifetime Skills Contest 1:00 p.m.
- July 17**
4-H Demonstration Contest
Fair Board Meeting 7:00 p.m.
- July 18**
Pesticide Container Recycling
—*Farmers Co-op Association of Elmwood, Elmwood* 9:00 a.m.- 3:00 p.m.
Character Counts! Teen Funshop 8:45 a.m.-3:30 p.m.
- July 21-22**
1997 Crop Management & Diagnostic Clinic—*ARDC, near Mead*
- July 22**
PAK 10 Tree & Shrub I.D. Contest—*Fremont County Fair*
- July 23**
Style Revue Judging—*First Lutheran Church*
Fair Superintendent Meeting 7:00 p.m.
- July 24**
PAK 10 Tractor Driving Contest—*Fremont County Fair*
- July 24-25**
1997 Crop Management & Diagnostic Clinic—*ARDC, near Mead*
- July 25**
Pesticide Container Recycling—*Firth Cooperative Company, Firth* 9:00 a.m.-3:00 p.m.
- July 29**
Entry Day for Lancaster County Fair Static Exhibits—*State Fair Park* 4:00-8:00 p.m.
- July 30**
County Fair Judging Day for Static Exhibits—*State Fair Park*
County Fair Animal Check-in—*State Fair Park* 4:00-8:00 p.m.
- July 31-August 3**
Lancaster County Fair—*State Fair Park*
- July 31-August 2**
Master Beekeeping/Queen Rearing Workshops—*ARDC, near Mead*
- August 1**
Health Awareness Day—*Lancaster County Fair, State Fair Park* 9:00 a.m.-4:30 p.m.
Pesticide Container Recycling
—*Lancaster County Fair, Ag Hall, State Fair Park* 9:00 a.m.-3:00 p.m.
- August 2**
Keeping Families First at the Fair—*Lancaster County Fair, State Fair Park*

Phone numbers:

- Office (leave message after hours)** 441-7180
- After hours** 441-7170
- FAX** 441-7148
- COMPOSTING HOTLINE** 441-7139
- NUFACTS INFORMATION CENTER** 441-7188

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



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Story Idea(s) _____

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

Lancaster Chorus needs singers

Interested in singing with the Lancaster Chorus? Please contact Norma Lemke at 782-8773 or Bea Kleis at 489-3902. Practices will begin on September 5 at the Lancaster Extension Education Center.