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The NEBLINE®

University of Nebraska Cooperative Extension
Lancaster County

March 1995
Vol. VIII, No. 3

Horticulture ■ Rural Sense ■ Family Living ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

April Nebline will appear in Journal-Star newspapers

Look for the April issue of NEBLINE in the Lincoln Journal and Star newspapers on March 31, 1995. The NEBLINE will appear as a one-time insert to all 85,000+ copies of the Lincoln Journal and Star, encompassing Lincoln and Lancaster County. The Lancaster County Extension Board of Directors wishes to share the NEBLINE's educational information with an expanded audience. Circulation through the local newspaper will provide a cost-effective way for University of Nebraska Cooperative Extension in Lancaster County to reach more households and individuals.

NOTE: WE WILL NOT MAIL THE APRIL NEBLINE TO OUR REGULAR SUBSCRIBERS. HOWEVER, PAID SUBSCRIBERS WILL RECEIVE THEIR REGULARLY MAILED COPY. (DM)

Tossed in space

Did you know that old satellites and shattered rocket parts are orbiting the Earth as space junk?

So far, scientists have found 7,000 large pieces of space junk—from the size of baseballs to the size of school buses—

circling the Earth. And that doesn't include billions of pieces of smaller debris.

Because of the high speed of everything in orbit, even a tiny flake of metal could hit a spacecraft with the force of an exploding hand grenade. So the orbiting junk could destroy a satellite, shuttle or even the future space station.

NASA (National Aeronautics and Space Administration) is planning to redesign spacecraft so they don't litter. But, even if no new junk is dumped, there's still a problem. As larger pieces of space junk collide, they break up and cause even more litter. (ALH)

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.



Agricultural Competitiveness and Profitability

"Burned by the Cost of Fertilizer?"—page 3



Natural Resources and Environmental Management

"Be Watching For These Bugs!"—page 4



Children, Youth and Families

"10,000 Promises for Families"—page 1



Nutrition, Food Safety and Quality

"Consider Cutting Board Safety"—page 6



Strengthening Lancaster County Communities

"Growing One Nebraska"—page 10

10,000 Promises for Families



Lorene Bartos
Extension Educator

The 10,000 PROMISES FOR FAMILIES campaign was organized to create an awareness of the stresses of parenting and to promote community support of parents and families of all cultures. As an International Year of the Family activity, agency committees are asking that the entire community become involved in helping families deal with the many stresses in their lives by making promises to help a family. Through this campaign, it is hoped that businesses, neighborhoods, schools, churches and agencies will increase their awareness of parenting and family stress.

As roles change and more women enter the work force, the stress of balancing work and home increases. When children are involved, parenting challenges are added to the demands. Child care and family activities put more demands on limited time.

The combination of work and family generates a number of stressful experiences and stress spillover is a result. Stress cross-over is created when stress at home is the result of a spouse having a bad day at work.

Stress overload comes from not having enough resources to cope, or from not being able to use them adequately. Burnout can result when stress piles up over time. To cope with the stress and meet the demands of work and family with present resources, the following ideas may be helpful.

1. *Minimize your commute.* Avoid missing out on important waking hours you could spend with your children, your spouse, or use for yourself.

2. *Get household help,* if you can possibly swing it financially.

3. *Shift tasks to the workday.* Shift your errands and other routines to your lunch hour if they can be efficiently accomplished.

4. *Look for shortcuts,* in your meal planning and preparation, when purchasing gifts (buy gift certificates), and by doing several of your tasks in one errand.

5. *Spend time with your kids.*



Be protective of the time available to spend with your children. Don't let your other activities or work get in the way.

6. *Cut down on extra-curriculars* at work and in the community that extend your eight-hour workday.

7. *Get up early in the morning.* Spend some time by yourself. Most people are at their best during early hours.

8. *Couples need time together.* Work out a schedule to make sure your relationship gets the care it deserves.

Communication affects everything that goes on between people. Just taking time to visit or listen to a neighbor, friend or family member could help them. Conflict often occurs when families are stressed. If families can use conflict in a creative and constructive way, it can allow individual expression and growth.

There are several NebGuides and NebFacts available from the Extension office in the area of

parenting and family well-being.

Join others who have already made a promise to help a friend, neighbor or relative. Look around you and see what you can do to help a parent or family have a better day. Send in your PROMISE today.

Help us collect 10,000 PROMISES—To make your promise count, clip-out and send your promise to 10,000 Promises; LCAD; 914 "L" Street, Lincoln, NE 68508.

For fliers or more information on promoting this campaign in your business organization, church, etc., contact Lorene Bartos, Extension Educator, at 441-7180. (LB)

MY PROMISE:

I promise to help a parent or be supportive of a parent in this way:

My name _____

Address _____

City _____ State _____

ZIP _____ Phone _____



Another
International Year
of the Family
activity

Help us collect...

**10,000
PROMISES
for families**

Make your PROMISE count! Please return.

"Helping you put knowledge to work"



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Horticulture

March garden hints



- If weeds occur in bulb beds, do not remove them by cultivation. Pull them by hand so that the bulbs and roots will not be disturbed.
- Some annuals, such as verbenas, snapdragons and petunias take 70 to 90 days to bloom. They should be started indoors in early spring or purchased as greenhouse-grown transplants.
- Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.
- Trees which bleed—such as birch and maple, should not be pruned until after their leaves are fully developed.
- After pussy willow catkins have passed their prime, prune the plants drastically to encourage long branches and large catkins for next year.
- Complete the pruning of shrubs and ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in the spring as soon as they finish flowering.
- Start transplants of tomatoes, peppers and eggplant indoors.
- Don't plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.
- Plan your vegetable garden on a sheet of paper to utilize your space most efficiently. Remember to rotate the vegetables in your garden to reduce insect and disease problems.
- Buy a notebook and use it to keep all of your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date and harvest date. During the growing season, keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning your future gardens.
- Parsley is rich in vitamins A and C. Start some seeds indoors now for transplanting later to a sunny corner of the vegetable garden.
- Pick a permanent spot for herbs in your garden. Many of them will come up year after year.
- If you haven't done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with a rust-inhibitive paint.
- Turn your compost pile.
- Place the birdhouses you built this winter outdoors this month. Birds will begin looking for nesting sites soon. (MJM)

Viburnums in the landscape

Viburnums are an outstanding group of shrubs for use in landscape planting. Among their characteristics: variation in size from 2 to 30 feet, varied growth habits, excellent foliage, striking and fragrant flowers, showy fruit, and interesting winter appearance.

In the landscape, viburnums are effective in many situations. The smaller forms such as Korean spice viburnum (*Viburnum carlesii*) and European cranberry bush viburnum (*Viburnum opulus* 'Compactum') are excellent for planting close to houses and the larger forms, such as wayfaring

tree viburnum (*Viburnum lantana*) and blackhaw viburnum (*Viburnum prunifolium*), provide good specimen and screen plantings. The flowers, primarily white in color, are borne in clusters ranging from a rounded snowball shape to a flat form. The Korean spice viburnum is extremely fragrant.

In the fall, there is ornamental value in the shrubs berries. Of the red fruiting types, linden viburnum (*Viburnum dilatatum*), European cranberry bush viburnum (*Viburnum opulus*) and American cranberry viburnum (*Viburnum trilobum*) are among

the best. Others like arrowwood viburnum (*Viburnum dentatum*) and nannyberry viburnum (*Viburnum lentago*) have blue fruits that are attractive to birds.

Foliage of viburnums is excellent and can have a velvety smooth leaf surface or a glossy leathery appearance. In addition to the aesthetic features, Viburnums are hardy, resistant to serious pests, adaptable to a variety of conditions, and require little pruning. They will grow in either sun or shade; however, flowering and fruiting will be more profuse in a sunny location. (MJM)

Pruning overgrown apple trees



Pruning helps to rejuvenate overgrown, neglected apple trees.

Most overgrown apple trees are too tall and difficult to maintain. You can prune to reduce tree size. This makes pest control and fruit harvest much easier, especially on standard size apple trees which can grow 30 feet tall or more if left unpruned. Even semidwarf apple trees grow 15 to 20 feet high and benefit from proper pruning.

Overgrown apple trees are usually too dense. Prune to thin out the branches. Establishing and maintaining an open branching pattern through pruning improves the tree's productivity by letting in more sunlight. Open trees usually have fewer disease and insect problems as well.

To reduce an overgrown tree's height, remove one or two of the tallest growing limbs. Study the tree's branching pattern carefully

to make sure you remove the branches that will reduce the tree's height. Make the cuts where the limbs join the trunk. If you remove even one major limb, limit any other pruning you do to removing dead and weak branches.

Over pruning can stimulate too much growth and lowers fruit production in the present season and possibly the next season as well. Spread out extensive pruning over two or three years.

If the tree is fairly short but neglected, the first year you should prune out dead wood, watersprouts, suckers and broken or conflicting branches. Conflicting branches cross or rub against each other and create a wound over time. Diseases easily enter through the wound. Look at conflicting branches closely and prune out the weaker of the two branches.

Suckers are long, straight shoots that come out of the ground at the base of the trunk. Suckers grow from the tree's rootstock, the part of the tree that provides the tree's root system. If allowed to

grow, suckers eventually conflict with lower branches.

Also, long and straight watersprouts grow from the trunk and main branches. Like suckers, watersprouts eventually conflict with other branches. Remove suckers and watersprouts several times a year to reduce problems.

The best time to prune all fruit trees is late winter through early spring. Remove dead and broken branches whenever you see them.

Do not leave stubs when you prune. Stubs lead to decay in the remaining branch. Always prune a branch off flush with the branch bark collar. This is the natural swelling that occurs where one branch joins another. Removing the collar makes a larger wound and inhibits the tree's ability to heal. Look at the area where the two branches join, find the collar and prune flush to the collar.

You do not need to paint pruning wounds with tree wound dressing paint. Pruning wounds heal better when left open. When you finish pruning, remove the branches from beneath the tree. (MJM)

Celebrate year of the impatiens



The common names for impatiens, Busy Lizzy and Touch-me-not, give a clue about the latin derivation of the botanical name. The plant is indeed "impatient." When the seed pods are ripe and full, the slightest touch will cause them to burst open and impatiently scatter their seeds to the wind.

Impatiens can be classified into five basic characteristics. They are height and flower size, flower form, flower color, foliage color and New Guinea types. When gardeners look for impatiens, knowing these different characteristics will help them select the best impatiens for their garden.

Plant height and flower size are related. Generally speaking,

the largest plants are capable of producing the largest flower size. There are three plant heights measured as mature plants in the garden. They are dwarf, 8 to 10 inches; medium, reaching 10 to 12 inches tall and the tallest impatiens plants can grow 1 to 2 feet. The mature height of plants depends upon spacing, moisture, available nutrients and sunlight. The flower size ranges from 1 to 2 inches. In warm climates when plants are given adequate moisture and nutrients, impatiens can grow taller than 2 feet. The exception to these two classifications are the New Guinea impatiens from seed. They are treated as a separate class.

Flower form can be single or semidouble to fully double blooms. The fully double flowers look similar to miniature roses. Flower colors range from red to orange, scarlet to rose, carmine, salmon, pink, orchid, violet, white and lavender blue. There are two types of bicolored patterns. The

star pattern is a solid color like red or rose with a white star on the five petals. A new design is the picotee bicolor which is a light color on the bloom interior and a darker color on the edge of the petals. Also new is a dark leaf series of six separate colors and a formula mixture. The dark bronze leaf color contrasts with the bright flower colors.

In 1989, a new class of hybrid impatiens was introduced. This class was a New Guinea type impatiens grown from seed. The variety was "Tango" and it received an All-America Selections Award in 1989. This new class of seed propagated impatiens had many similar qualities to the New Guinea impatiens vegetatively propagated. Both types tolerate more direct sunlight than their cousins, the I. wallerana. Large blooms are common for all New Guinea impatiens, reaching 2 to 3 inches or more. Also, the plant height can be taller than I. wallerana. New Guinea impatiens can reach 10 to 14 inches in the garden. "Tango" is even taller reaching 2 feet when given adequate moisture and nutrients. Since 1989, new varieties of New Guinea impatiens from seed have been introduced including new flower colors and some with variegated foliage. Gardeners may not realize the New Guinea impatiens growing in their garden are from seed. It is not easy to distinguish the vegetatively propagated plants from the seed-grown plants. (DJ)

Onions young and old



The onion is one of the oldest cultivated vegetables in history. The origins of cultivated onions were in central Asia, ranging from Iran to Pakistan and north to Afghanistan.

Records show that onions were under cultivation along the banks of the Nile River 5,000 years ago. Onion remains have been found during the era of the Egyptian New Kingdom. Onions were used as funeral offering—for embalming—and either within or attached to mummies. Historians assume the onion was an important vegetable in

the Egyptian diet.

There are five ways to classify onions—basic use, flavor, color, shape of the bulb and day length. The four basic types are "storage onions," "fresh onions," "pearl or mini onions" and "green onions." The differences are fairly obvious except for "storage" and "fresh." The major differences between these two are that "storage onions" have a darker color, thicker skins, a more pungent flavor and are usable for many months of the year since they are better keepers. The flavor of "fresh onions" is milder and sweeter with a lighter color and thin skin. They are not good keepers and are best eaten fresh.

The most famous "fresh onion" is the Bermuda. Originally grown in Bermuda, the origins of this onion are debatable. The original onions could have come from English settlers or from the West Indies brought by natives held in slavery. Wherever it came from, it is the granddaddy of modern "fresh onions" and heavily promoted as "sweet onions."

No discussion of onions is complete without reference to the subject of day length. Many plants are particularly sensitive to the hours of daylight and darkness they receive. Onions are similar to poinsettias and are sensitive to day length. It is critical to understand how they grow.

When onions are first planted, their growth is concentrated on roots and green leaves or tops. When a specific combination of daylight and darkness is reached, bulb formation starts. The tricky part is that each variety needs a particular combination. For instance, a variety that needs many hours of summer light will not perform well in an area that receives fewer hours of light. Onion breeders categorize the day length needs of an onion variety in one of three ways. A "short day" onion is responsive to 11 to 12 hours of daylight; an "intermediate day" onion needs 12 to 14 hours of daylight; and a "long day" onion requires 14 or more hours of light. In the North American summer, southern latitudes have shorter days while northern latitudes have longer ones. This is why Vidalia onions don't grow well in northern latitudes.

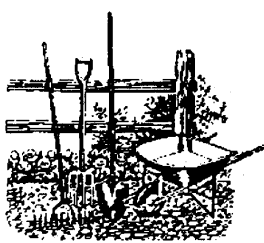
Recommended globe onion cultivars for Lancaster County are: Northern Oak F1, Yellow Sweet Spanish, Copra F1, Southport Red Globe and Hybrid Spartan Banner. (DJ)

More Horticulture News on page 11

GARDEN GOSSIP HOTLINE

Accessible
from any
phone

441-7179



Accessible
from any
phone

441-7179

The Ounce Calibration Method

Pre-season visual checks of application equipment are not adequate for accurate application, nor is the fact that the equipment and nozzle tips are new. A Nebraska survey found only one of three sprayer operators applying pesticides within five percent of their estimated rate. Sprayers may need to be checked to ensure that all nozzles have the correct discharge rate and are applying pesticides uniformly and at the correct pesticide rate. Manufacturer's nozzle catalogs are guidelines, but fine-tuning a sprayer is the operator's responsibility.

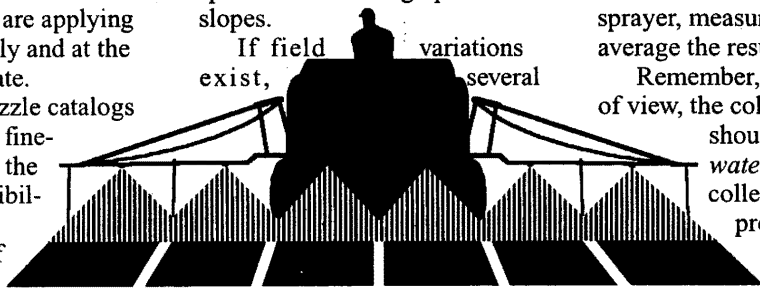
The purpose of any calibration method is to determine the number of gallons of spray solution (both pesticide and carrier) being applied per acre. Subsequently, the solution volume applied per acre can be used to determine the quantity of pesticide to be added in the spray tank.

Ounce Calibration Method

The following method has four steps. *No calculations are required.* Calibration equipment needed includes: a stopwatch, a container to collect nozzle discharge, a tape measure, marking flags and a container graduated in ounces. The procedure is:

Step 1. Select the travel distance according to the nozzle spacing on the sprayer using Table 1 below. Measure the travel distance in a level field. The travel area should be typical of the surface and soil conditions of the area to be sprayed. Many tractors and sprayers will gain or lose in excess of 10% of desired travel speed while moving up and down slopes.

If field variations exist, several



speed check areas may be needed. Remember, the time required to drive the travel distance will give the speed of the sprayer, so the measured distance and timing must be exact.

Step 2. Drive and time the sprayer in seconds at the throttle setting, pressure setting and load used during spraying (spray tank should be 1/2 to full). Engage incorporation equipment (disks, planter, etc.) or other devices used while spraying. Repeat at least three times and average the results. Do not change the gear or throttle setting after you have chosen a spraying speed. A change in ground speed will change the

sprayer application rate and will require recalibration.

Step 3. While in a stationary position, bring the power unit to the proper throttle setting and sprayer to the boom pressure used in Step 2. Catch the nozzle discharge for the time recorded in Step 2. Measure the discharge in ounces with a graduated container. For an accurate assessment of the sprayer, measure all nozzles and average the results.

Remember, from a safety point of view, the collection of discharge should be done *using water only!* Even while collecting water, use proper safety clothing and protection.

Step 4. The measured ounces from a nozzle are equal to gallons per acre that will be applied. Check nozzle discharge uniformity by repeating Steps 3 and 4 for all nozzles. If a single nozzle has a discharge output 10% more or less than the other nozzles, replace it. After adjustment or correction, recalibrate.

Calibrate frequently. The Ounce Calibration Method describes a procedure with minimal calculations in order to evaluate a liquid sprayer. Wallet size plastic cards (EC87-726) outlining this method of sprayer calibration are available through the Extension office. (DV)

Table 1. Calibration Distances and Speeds for Varying Nozzle or Row Spacing

Nozzle or Row Spacing (in)	Calibration Distance (ft)	Time in Seconds for Various Ground Speeds (MPH)*							
		3.0	3.5	4.0	4.5	5.0	6.0	7.0	8.0
40	102	23.2	19.9	17.4	15.5	14.0	12.6	9.9	8.7
38	107	24.3	20.8	18.2	16.2	14.6	12.2	10.4	9.1
36	113	25.7	22.0	19.3	17.1	15.4	12.8	11.0	9.6
34	120	27.3	23.4	20.5	18.2	16.4	13.6	11.7	10.2
32	127	28.9	24.7	21.6	19.2	17.3	14.4	12.4	10.8
30	136	30.9	26.5	23.2	20.6	18.5	15.5	13.2	11.6
28	146	33.2	28.4	24.9	22.1	19.9	16.6	14.2	12.4
24	170	38.6	33.1	29.0	25.8	23.2	19.3	16.6	14.5
22	185	42.0	36.0	31.5	28.0	25.2	21.0	18.0	15.8
20	204	46.4	39.7	34.8	30.9	27.8	23.2	19.9	17.4
18	227	51.6	44.2	38.7	34.4	31.0	25.8	22.1	19.3 +
16	255	58.0	49.7	43.5	38.6	34.8	29.0	24.8	21.7
14	291	66.1	56.7	49.6	44.1	39.7	33.1	28.3	24.8

* 1 MPH = 88 feet per minute

+ Note: for times less than 20 seconds (above the line), improved accuracy can be attained by doubling the collection time (Step 3), and dividing the output collected by two.

Burned by the cost of fertilizer?



Skyrocketing fertilizer costs make for creative ways to reduce this expense. Consider the following:

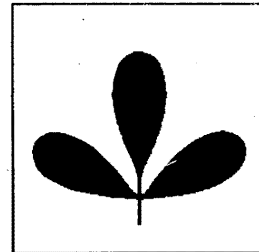
- Check your soil test. Make sure you only apply the amount your soil needs to grow the next

crop.

- Consider increasing the acreage of soybeans.
- Use manure or municipal sewage sludge. The sludge program is in its third year and we are seeing impressive crop yields when sludge is applied according

to soil tests. We are currently working 3 to 6 months ahead, planning delivery in the late spring, summer and fall. You will need a manure spreader, loader and plenty of time to apply this organic fertilizer. To make this deal even sweeter, you will be reimbursed \$.65 per cubic yard after the sludge is applied. If you are interested in this program, call 441-7180. (BPO)

Scout alfalfa fields and plan control methods



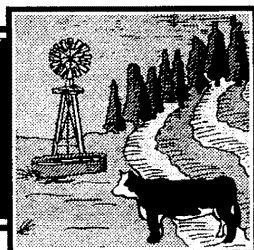
Warm weather spurs the development of winter annual weeds in alfalfa. Downy brome, pennycress and other mustards can be effectively controlled if herbicide treatments are applied now before alfalfa greens up. Often a weed problem isn't recognized until the alfalfa greens up and it is too late for most herbicides. Scout alfalfa fields now and plan control programs accordingly.

The decision to use herbicides for weed control in established alfalfa stands should be based on the degree of the weed infestation, the type of weeds present and, most importantly, the density of the existing alfalfa stand. For treatment to be economical, weed infestations must be severe enough and of species that reduce forage quality, and alfalfa stand density must be high enough to respond to the decreased competition upon weed removal. Herbicide application to thin alfalfa stands severely infested with weeds will increase forage quality but can decrease forage yield. Alfalfa does not spread into open areas, so removing weeds in thin stands often means reinfestation.

Consult the 1995 Nebraska Herbicide Guide (EC95-130-D) for herbicide options and application recommendations. This publication is \$2 and may be purchased at the Extension Office. (WS)

Turn to page 11 for more Rural Sense news

Rural Sense



Smart Farming Workshop:

Integrated Corn Management



Learn how environmental and soil conditions, insects, weeds, and diseases affect corn growth and yield. This will be a unique opportunity to learn how corn (and pests) should be managed.

This workshop will take place March 29, 1995, 8:30 a.m. to 4:30 p.m. Presenters will include Todd Peterson, Alex Martin, Ken Frank, Dave Wysong and Barb Ogg. This will be a workshop for producers, scouts, pesticide applicators and consultants.

The cost of this workshop is \$15 (lunch will be included). Call 441-7180 to register. (BPO)

DRYLAND CROP PRODUCTION EFFICIENCY SEMINAR

LANCASTER EXTENSION CONFERENCE CENTER
444 Cherrycreek Road

Thursday, March 2, 1995 9:00 a.m. to 3:30 p.m.

Topics include:

- dryland farming strategies
- cultural programs influenced by reduced tillage
- use of organic fertilizers
- improving herbicide performance under dryland conditions
- insect management under dryland conditions
- control of shattercane
- commodity boards view on markets
- briefing on the Federal Crop Insurance Reform



Farm Lease Workshop

Lancaster Extension Conference Center

444 Cherrycreek Road • Lincoln

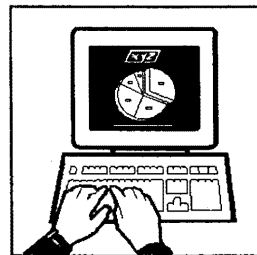
Thursday • March 9 • 1995

7:00 p.m. to 9:30 p.m.

Topics include:

- Selecting the Right Lease for Your Farm
- The Legal Aspects of Farm Leases
- The Personal Side of Landowner/Tenant Relations
- Update on the Federal Crop Insurance Reform
- Workshop Wrap Up

Software aids herbicide selection



crop growth stage, row spacing, method of herbicide applica-

tion and herbicide costs. Field scouting information on plant size, soil moisture and weed species and density are collected and entered. The model then calculates a damage estimate—the expected loss if no weed control measure is employed. The damage estimate calculation draws on many years of research on the effects of weeds on crop yield. This is a critical step in the model because the costs associated with no weed control treatments can later be compared with the economic benefits of

available herbicide and cultivation treatments. Once the damage estimate is computed, the model searches its control efficiency files for effective herbicide treatments. The computer then identifies the most cost effective herbicide treatment and ranks all possible treatments in order of net gain. The program also lists the effectiveness of each treatment on each weed.

Future upgrades will address preemergence weed control and environmental assessment of management strategies.

For more information, contact:

John McNamara
362A Plant Science Building
University of Nebraska
Lincoln, NE 68583-0915
(402) 472-1544



Gourd birdhouses



Try growing your own birdhouses this year. Bottle gourds can be ideal homes for a variety of birds, including wrens, purple martins and chickadees. Besides bringing their cheerful song to your yard, they can eat thousands of insects a day.

Bottle gourds are easy to grow and seeds are available at garden centers or through garden seed catalogs. Let the gourds mature on the vine and pick after the vine dies from light frosts. Bring the

bottle gourds inside and allow them to cure for several months in a cool, dry place until you hear the seeds rattle inside as you shake the gourd. Drill a small front door on the middle of the side of the gourd. Enlarge the hole to 1 inch in diameter for wrens, 1 1/8 inches for chickadees and 2 1/4 inches for purple martins. Also, drill two or three small holes in the bottom of the gourd for drainage. Drill two more holes in the top of the gourd and thread a piece of wire through these holes to hang the birdhouse. (MJM)

EXTRA! EXTRA!

Read & recycle

Make a newspaper bundler

A week's worth of newspapers can stack up fast, but you can recycle those papers. Here's a simple way to get them ready.

1. Find a strong cardboard or wooden box. It should be large enough to hold a flat newspaper or one that is folded in half.

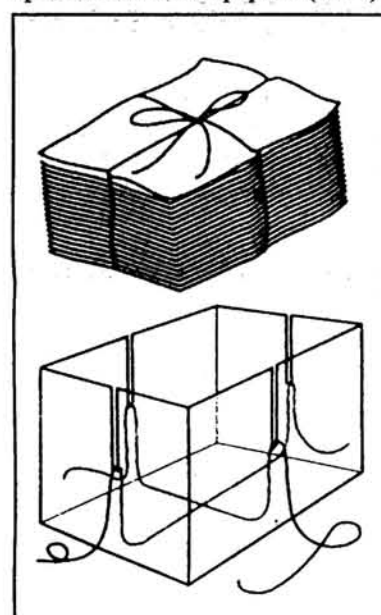
2. In the center of each side, cut a vertical slit about halfway down from the top.

3. Pull a length of string through one slit. Place it along the inside bottom of the box, and pull it up through the slit on the opposite side. The string should be long enough on either side to tie up the stack of newspapers.

4. With another length of string, repeat the process through the other slits.

5. Store newspapers in the box. When they reach the top, tie the

ends of the strings together. Lift up a neat bundle of papers. (ALH)



Bean-bar workers and the Worker Protection Standard (WPS)

Some agricultural producers have learned for the first time the impact that the provisions of WPS has on traditional farm practices. This point was a matter of discussion during private pesticide applicator training sessions held in Lancaster County during the month of January. Farmers who employ part-time or full-time help and may not receive recertification training this year, need to be aware of the basic provisions of the Worker Protection Standard.

On January 1, 1995, the Worker Protection Standard for agricultural pesticides went into effect. Under this standard, farmers who employ non-family members for tasks, like bean-bar spraying, must comply with numerous safety requirements. Treating weeds with herbicides while riding on a bean-bar is a common summer job for many rural youth. Since bean-bars are normally operated during the hot



In the picture on the left, you cannot see where the herbicide dribbled down this bean-bar rider's legs. Under ultraviolet light (right) contamination is highlighted.



days of summer, the riders usually dress according to the weather. This means almost no protective clothing and studies show that virtually all bean-bar riders are contaminated by herbicides within two hours of spraying. Individuals who wear little protective clothing are exposed to the highest level of contamination. Their hands, legs and feet are normally the most contaminated areas (see photo). However, the eyes are also in great risk of injury caused by the chemical. All herbicides presently labeled for bean-bar require full protection clothing and goggles or a face shield for protection of the

eyes. Remember, the label says to wear protective equipment and the label is the law. Under the WPS, a bean-bar rider is considered a "handler." Employers must know the details of the WPS for handlers, such as posting information, providing decontamination areas, emergency assistance, safety training, personal protective equipment, and pesticide handling equipment. Basically, it is up to the employer to ensure that each person who rides a bean-bar fully understands the risks involved with the herbicide being used, how to properly wear the protective equipment provided and what to do if someone in their work group is overcome by exposure to chemicals. Ultimately, it is the responsibility of the employer for compliance of the label instructions and the WPS. More information on WPS is available from UNL Cooperative Extension in Lancaster County. (WLS)

Keep an eye on these bugs

Nebraska's top 10 unfamiliar home insect pests



The warmth of spring increases the activity of animals outdoors, especially those that are cold-blooded like insects, arachnids (spiders, ticks, mites), reptiles and amphibians.

Insect pests that actually live and breed inside the home can be found inside anytime of the year because indoor temperatures are warm.

The following list of insect pests that live and breed inside the home was tabulated from lab data by Jim Kalisch, UNL insect diagnostician. This list does not include spiders because they may not actually be breeding inside the dwelling. (A future NEBLINE article will discuss commonly found spiders, so stay tuned.) This is a biased list because the insects were brought to the lab for identification. Many easily identified insects, like house flies, are rarely brought to the lab because they are so familiar.

It should be mentioned that most of these insects can be easily controlled without the use of an insecticide. Exceptions are

carpenter ants, especially if they are nesting in wall voids and oriental cockroaches (i.e.,

waterbugs). Call the Extension office if you need help identifying any of these pests (441-7180).

Illustrations do not represent actual sizes.



Carpenter ant 1 & 2



Larder Beetle 3



Indian meal moth 4



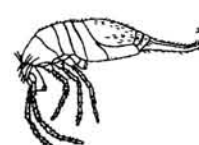
Larger yellow ant 5



Warehouse Beetle 6



Oriental cockroach (waterbug) 7



Springtail 8



Varied carpet beetle 9



Red flour beetle 10

Pest	Quick Identification	Probable Location / Time of infestation	Best Control Methods
1 & 2. Red and Black Carpenter Ant	Large ants, about 1/4 - 2/8" long. May be winged or wingless.	Can be found indoors anytime if nest in structural wood. Active and swarm in late winter, early spring and late summer.	Must locate and destroy the nest. Spraying worker ants is of little value.
3. Larder Beetle*	Oval beetle, dark brown to black with pale yellow six-spotted band on wing cover.	Larvae found in stored food products, especially in cured meats, cheese, hides, dead insect accumulations.	Locate source of infestation. Clean spilled foods and grains. Throw out old, infested stored food in pantry.
4. Indian Meal Moth	Light-colored moths are about 1/2" long. Light colored worm-like larvae may migrate when mature.	Anytime. Adult moths found in kitchen areas after emergence from pupal stage. Larvae are found in processed grain products (crackers, cereal), dried fruits, spices, dogfood, birdseed.	Locate source of infestation and discard. Clean spilled foods.
5. Larger Yellow Ant	Medium-sized wingless worker ants are yellowish. Swarms are darker in color.	Associated with concrete slabs or basement foundations. Swarm in January and February.	This ant lives around cement slabs and in basement foundations. Locate and destroy nest.
6. Warehouse Beetle*	Oval, brownish-black beetle, 1/8" long. Brown, cigar-shaped larva is very hairy.	Larvae found anytime in stored food, seeds of all kinds, dead animal carcasses, cereals, candy, dried spices, fruits, nuts, pasta, dogfood..	Locate source of infestation. Clean spilled foods and grains. Discard infested food.
7. Oriental Cockroach ("waterbugs")	Large, black shiny roach, wingless (female) or short-winged (male).	Most active in spring, but can be found anytime of the year, especially in basements.	Prevent entry, reduce humidity and eliminate source of water and harborage. Insecticides may be needed.
8. Springtails	Very small insects that jump. Often white or gray.	Associated with over-watered potted plants, especially if garden soil is used as potting soil.	Re-pot plants to remove fungi in potting soil. Do not over-water.
9. Varied Carpet Beetle*	oval beetle 1/8" long, with white, yellow, brownish patterns. Larvae are cigar-shaped and hairy.	Larvae found anytime in stored foods, processed foods, spices or natural fabrics (wool, silk) or animal hides. Dried animal and insect carcasses.	Locate source of infestation and discard. Clean natural fibers to reduce attraction.
10. Red Flour Beetle	Small (1/16") rust-colored beetles.	Found anytime in flour, grains or processed foods.	Locate source in infestation and discard.

* Larder beetle, warehouse beetle, and varied carpet beetles belong to the same group of insects, the carpet beetles. Collectively they are very important pests in stored products and natural fibers. (BPO)

Heat pumps need periodic maintenance

If a home is heated with a heat pump, it is important to have it serviced occasionally. While changing filters and lubricating the inside and outside of motors is necessary, the following items also need to be checked during a service call:

- amount of refrigerant charge
- oil level in compressor
- defrost cycling time
- suction and discharge pressures
- safety and lock-out controls
- moisture in sight glass (DJ)

What is S.W.A.P.? Storm Water Awareness Program

Help keep Lincoln's waterways and lakes free from pollution! Volunteers are needed on Saturday, April 29 and September 9, to help stencil fish logos on storm water drains in Lincoln and distribute door hangers to educate Lincoln's citizens about non-point source pollution problems.

Volunteers are asked to commit just three hours of their time in this all-day, city-wide event.

Registered volunteers will receive a SWAP t-shirt! Don't miss out on these excellent opportunities to help keep our aquatic wildlife and the environment healthy!

To volunteer, or for more information about this important project, call Harry Heafer at the Lincoln-Lancaster County Health Department's Clean Community System Program, 441-8035. (BPO)

Is your fifth-grader checking for leaky faucets, putting food coloring in the tank of the toilet, or putting a piece of cardboard covered with petroleum jelly in the garage?

If so, your youngster and his/her classmates may be attending **earth wellness festival** and using activities from the pre-festival learning kit that is in their school. Twenty-two hands-on projects, along with equipment and supplies, were compiled by 16 educators to help students gain basic concepts about land, water, air and living resources.

And when students arrive at **earth wellness festival**, "Dr. Dirt" talks about soils, Rob Zatechka encourages kids to use science in their everyday lives, Matt "Sitting

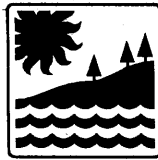
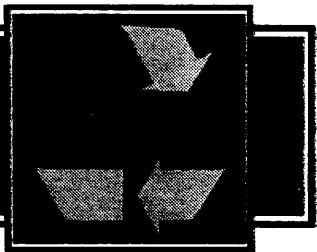


earth wellness festival

Bear" Jones tells Native American stories, and Sky Schultz, better known as "Professor Ooops," teaches science in an unusual, but delightful way. Of course, there are many other presenters—around 80 in fact. Professionals, business people and other community members assist students in recognizing the relationships and interdependence of land, water, air and living resources. They'll help youngsters identify human impact on our planet and determine steps of action to enrich our environment.

So—look for your student's participation in **earth wellness festival**, Friday, March 24. It's a day that provides Lancaster County youth with an exciting, creative, yet quality educational experience.

Environmental Focus



earth wellness festival volunteers needed

Call Arlene or Soni, 441-7180 today!

Master Recycler Composter program

The Lincoln Recycling Office is looking to expand their Master Recycler Composter program. Research shows that people want to recycle and compost but do not have the information they need to be successful. A volunteer Master Recycler Composter would be a resource to the community and to individuals for reducing and recycling wastes, preserving the environment, and prolonging the life of the landfill.

The program involves two phases: three 2-hour sessions where you learn the latest on recycling issues in Lincoln, and 20 hours of volunteer activities in the community. Upon completion of this program, you will be certified as an official Master Recycler Composter. A Master Recycler Composter will have the opportunity to assist with demonstrations, composting and shop S.M.A.R.T. displays, exhibits and answer questions on composting and recycling from the general public.

Workshops will be March 16, 22 and 25, 7 to 9 p.m. Call the Recycling Office, 441-8215, for more information or to register for the next workshop. (LB)

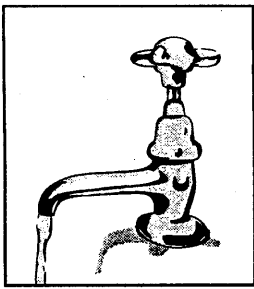
Hot water is taken for granted

By simply opening a faucet, hot water is available in the kitchen, bathroom, and laundry areas of most American homes. Hot water is taken for granted and looked upon as an integral part of the household. Little thought is given to the cost of heating water because its use is constant rather than seasonal, as with a central heating system.

The heating of water accounts for 15 percent of your total energy bill. If your utility bills ran \$1,000 last year, that means you spent approximately \$150 to heat water for your home. You can't do without hot water, but there are several ways to conserve it so that energy requirements and costs will be less.

Hot Water Conservation Tips:

- Wash only full loads of laundry. Use water level or load size devices on your clothes washer.
- Use as low a water temperature as possible for the wash cycle of your clothes washer. Use cold water for all rinse cycles. Presoak



heavily soiled clothes before washing. • Scrape dishes before placing them in a dishwasher. If rinsing is necessary, use cold water.

• Try to run your dishwasher only once a day or when fully loaded. Use the shortest cycle that will clean the dishes.

• When washing dishes by hand, fill a pan with hot water for rinsing. Don't let hot water run continuously.

• A flow restrictor can be purchased for as little as \$1.50. Easily installed in a shower head, this device reduces the amount of water flowing from the pipe (but not the pressure) from 5 gallons (19 liters) per minute to 3 (11 liters).

• Take quick showers instead of baths; they use up to 50 percent less hot water.

• Don't let hot water run continuously when you shave. Close the drain and fill the basin with water instead.

• Turn down your water heater thermostat to a minimum setting if you plan to be away from home for an extended period of time.

• EVERY TIME YOU USE COLD WATER INSTEAD OF HOT YOU SAVE ENERGY AND DOLLARS. (DJ)

Asbestos: a hazard to health

Asbestos is a general term referring to a group of fibrous minerals that has been used in thousands of products because it is resistant to acid, temperature changes and is flexible. Because asbestos does not evaporate, dissolve, burn or undergo chemical changes, it also does not degrade.

After increased awareness of the adverse health effects associated with asbestos, the manufacture of asbestos-containing products has declined, but its uses were once widespread. Uses in houses have included duct insulation, fire protection panels; furnace insulating pads, sheet vinyl or floor tiles, shingles, and textured acoustical ceiling.

The primary route of asbestos entry into the body is through inhalation with a significant proportion of inhaled asbestos fibers being retained in the lungs. No deaths due to acute exposure are known, but delayed death due to asbestosis and cancer can occur after long-term exposure to the material.

Indoor air can become contaminated with fibers released from asbestos-containing building material that is damaged or crumbling. Intact asbestos should be left undisturbed.

According to the National Emissions Standards for Hazard-

ous Air Pollutants (NESHAP), a federal regulation, commercial contractors that remove asbestos from buildings must be licensed and their workers must be trained to remove asbestos properly and wear appropriate protective equipment to ensure their health. Consult the yellow pages (*Asbestos Removal*) for companies trained to remove asbestos properly. Homeowners should be extremely cautious before trying to undertake repair or removal of asbestos-containing materials because they may be exposed if asbestos fibers become airborne. Contact the State Health Department for information on asbestos removal.

How do homeowners know if they have asbestos? Check the yellow pages (*Asbestos Consultants and Testing*) for companies that will analyze samples; these tests should cost \$25-\$50.

What should homeowners do

with asbestos-containing materials? Because homeowners are exempt from NESHAP regulations, they can take asbestos-containing demolition materials to the North Bluff landfill, an approved landfill, for disposal. All asbestos-containing materials must be containerized, either in duct-tape sealed boxes or in taped bundles or bags of heavy 6-mil plastic. To dispose of asbestos in the landfill, homeowners will need a "dump slip" permit, obtainable at the County Health Department. At the North Bluff Landfill, asbestos is accepted on Wednesdays only (weather permitting) and homeowners must call the landfill (441-8102), 24 hours in advance. For more information, contact the Nebraska State Health Department (471-2541), Lincoln/Lancaster Health Department (441-8034) and the landfill (441-8102). (BPO)

Far-out-envirofacts



Oil spills pollute. Getting rid of the ooze can cost billions of dollars and take years. Now scientists in Texas have come up with a fast weapon—tiny glass beads. (Each bead is about the diameter of a human hair.) The beads are coated with a chemical. Oil quickly combines with the coating, then sunlight causes a chemical reaction that breaks down the oil, making it less harmful. Consequently, oil-eating bacteria can more easily digest it.

• You've finished your burger and all you have left is the wrapper. But there's no trash can in sight. No problem: Just eat the wrapper. You can't do that now, but you may be able to soon. Researchers in Oregon and Louisiana are working on food packaging materials that taste good. Easy-to-eat wrappers have been made from soybeans, corn, flour, plant fiber, and a substance found in crab shells. One day we may be able to eat our plates! (ALH)

Conservation check list for home



Where do you rate in energy conservation? Several years ago everyone was concerned with the energy crunch. As time passes, the concern has lessened even though it is still a very important issue.

Use this condensed checklist and see how many you can answer "YES" to.

Do you:

- Have weather stripping and/or caulking around windows and door frames?

- Have tightfitting doors, storms and windows?
- Have vents, windows or fans in your attic that provide circulation?
- Have yearly maintenance on your furnace by professionals?
- Drain water heater monthly to remove sediments?
- Watch the use of hot water?
- Maximize the size of laundry loads?
- Clean lint filter on dryer regularly?

- Have clothes dryer properly vented?
- Keep thermostat set to the coolest indoor temperature at which you are comfortable?
- Open window shades or draperies on sunny days in the winter to let the sun into the house?
- Maintain forced air system?
- Keep attached garage door closed?

How did you do? Try to change the NO answers to YES and help save the environment. (LB)

Wetland actualities

• Wetlands are naturally occurring, environmentally important areas on the landscape where the water table is usually at or near the surface, or the land is covered by shallow water. They support, or are capable of supporting, hydrophytic (water loving) vegetation and are often referred to as bogs, swamps or marshes.

• Wetlands generally occur in conjunction with aquatic systems such as streams or lakes, but they can also occur in small depressional areas on uplands.

• Wetlands play a significant role in protecting water quality by storing nutrients, trapping sediment and reducing shoreline erosion. They are also effective in removing many other contaminants from surface water including pesticides and other organic pollutants.

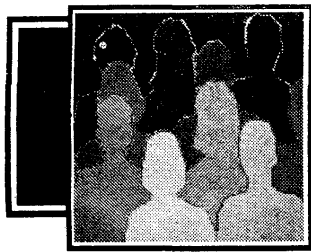
• Wetlands reduce the impact of flooding by storing and slowly releasing flood waters.

• Wetlands provide habitat for a wide variety of plants and animals including many exotic and endangered species such as the whooping crane.

• It is estimated that there were 221 million acres of wetlands in the United States in the late 1700's. By 1990, more than 117 million acres (53%) had been destroyed or modified for other uses.

• Constructed wetlands are wetlands that are created by modifying the natural drainage of an area in such a way that it is capable of supporting hydrophytic vegetation.

• Constructed wetlands are used to protect waterbodies from excess sediment, nutrients and pesticides. They can also be used to treat runoff and wastewater from urban areas, livestock production facilities, failing septic systems, landfills and agricultural lands by taking advantage of the natural biological activities of aquatic plants to remove as many organic pollutants as possible from the wastewater. (CB)



Family Living

Roberta's remarks



Early springtime wishes to each of you!

An apology is in order. It was my intention to include the program agenda for 1995 last month—sorry! So, please mark your calendar for the remainder of the year. Our March 27 meeting will again be held at 1:00 p.m. The program will be "Container Gardening" presented by Don Janssen, Extension Educator.

On June 26, we will meet at 7:00 p.m. Dr. Connie LaBarr, Director of Consumer Information for the Soybean Board, will be presenting a very informative and entertaining program. Our final council meeting for the year is September 25 at 7:00 p.m. Kathy Neiswanger, a massage therapist, will be speaking on the benefits of massage therapy. Do plan to attend. Each club should have a representative present; however, anyone is welcome! Bring a guest, if you like!

At our March meeting, we will be selecting delegates for our State Convention to be held in Broken Bow, June 7-9. Lancaster County is allowed five delegates including the county chair. If you haven't attended before and would like to, you certainly can nominate yourself as a delegate. Our selection process is very informal! Many attend, not as delegates, but just because it is so much fun, very educational and a really nice break. It's a great way to learn more about our organization.

Your club president has received a list of lesson categories for 1995. We need your suggestions for possible lessons. The categories are: FAMILY—focusing on children and television; ENVIRONMENT—focusing on recycling and "trees"; LITERACY—focusing on family, school and women's health literacy; LEADERSHIP—focusing on the development of personal growth and family community leadership. Suggestions are due by April 1 and may be sent to my home address as indicated on the list.

S. S. S. is coming soon! See you all in March.

—Roberta Newburn, FCE Council Chair

Consider cutting board safety



Which is better, wooden or plastic cutting boards? Some 500 consumers have

called the USDA's Meat and Poultry Hotline with this question since one study suggested that wooden cutting boards were better. Recent research has confirmed the conventional belief that plastic is safer than wood for cutting meat and poultry.

Avoid cross-contamination: The Meat and Poultry Hotline recommends that consumers use plastic or glass surfaces for cutting raw meat and poultry. However, wooden cutting boards used *exclusively* for raw meat and poultry are acceptable. Use a different board for cutting other foods such as produce and bread. This will prevent bacteria from a meat or poultry product from contaminating another food.

Wash all cutting boards thoroughly: To keep all cutting boards clean, the hotline recommends washing them with hot, soapy water after each use; then rinse and air dry or pat dry with fresh paper towels. Non-porous acrylic, plastic or glass boards and solid wood boards can be washed in an automatic dishwasher (laminated boards may crack and split).

Sanitize cutting boards occasionally: Both wooden and plastic cutting boards can be sanitized with a solution of two teaspoons liquid chlorine bleach

per quart of water. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse and air dry or pat dry with fresh paper towels.

Replace battered cutting boards: Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves they should be discarded.

Studies support recommendations: One much publicized study reported that wooden boards had antimicrobial qualities while plastic cutting boards trapped bacteria.

However, recent studies by the Food and Drug Administrations Center for Food Safety and Applied Nutrition found that microorganisms became trapped in wood surfaces and were difficult to dislodge by rinsing. Once trapped, bacteria survive in a dormant stage for long periods of time. The next time the cutting board is used, these bacteria could contaminate other foods, potentially causing foodborne illness. On the other hand, the study found

that microorganisms were easily washed off plastic surfaces.

The U. S. Department of Agriculture's Eastern Regional Research Center also compared wooden and plastic cutting boards for differences in the way bacteria attach to them. Beef chuck

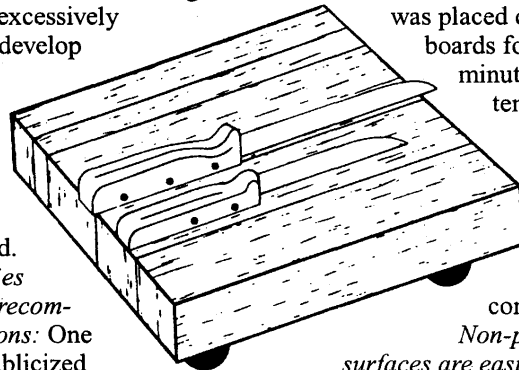
was placed on the cutting boards for up to 90 minutes at room temperature.

Bacterial levels were higher on wooden boards regardless of contact time.

Non-porous surfaces are easier to clean:

The USDA researchers also studied how easily bacteria can be removed from cutting boards. After they were inoculated with bacteria, the cutting boards were cleaned in different ways. The researchers found that washing by all the methods they used removed virtually all the bacteria on both types of boards, but results were more reliable with the plastic.

Source: Susan Conley, Director, USDA Meat and Poultry Hotline. Consumers and the media may call USDA's Meat and Poultry Hotline at 1-800-5535-4555. (AH)



Food tips for the frugal

Frugal cooks are looking to get the most value from their foods. The answers to two questions that our office received recently may benefit you also.

Q. Is there any way to revitalize popcorn that won't pop?

A. For popcorn to pop, there must be moisture in the kernel that expands upon heating causing the kernel to explode. If popcorn has been stored for a long time or in an open container it may have become too dry to pop.

To revive it, fill a quart jar with popcorn and add one tablespoon water and shake well to distribute. Close tightly and keep the jar in the refrigerator. When all the moisture is absorbed, try popping again. In the future, store popcorn in the refrigerator in a tightly closed container.

Q. How can you tell if a certain type of potato will be better for baking or boiling?

A. When in doubt about the cooking quality of potatoes, you might try this test offered by the University of North Carolina Cooperative Extension Service. Place a potato in a brine solution made by dissolving 1/2 cup of salt in 5 1/2 cups of water. If a potato sinks to the bottom, it has a high solids content and will be mealy when cooked. Mealy potatoes are good for baking, mashing and for fries.

Potatoes that float in the brine are lower in solids and are waxy in texture when cooked. The waxy texture is best for potato salad, boiled potatoes and scalloped potatoes. (AH)



Nebraska Association for Family & Community Education

FCE Leader Training

"Positive Effects of Television on Families" is the topic of the leader training lesson scheduled for Tuesday, March 28 at 1 or 7 p.m.

Not all the effects of television are negative. Television has introduced many new experiences to which families otherwise would not have access. It provides opportunities to explore foreign cultures, observe important events, view exciting sports events, and learn about a wide variety of subjects. Television can introduce children to such skills as problem solving, reading, spelling, and mathematics.

Suggestions for enhancing the positive effects of television and for improving family communication in a televised world will be a part of this lesson. Television viewing patterns and ideas for getting control of the family use of television will be included.

Susan Williams, Saunders County Extension Educator, will present this lesson. Anyone interested is invited to attend. Non-FCE members are asked to preregister. (LB)

FCE Club Night at the Lincoln Community Playhouse—Wednesday, June 14, 1995

The play will be *La Cage Aux Folles*. FCE club scholarships will be awarded just prior to the 8 p.m. performance.

Ticket Order Deadline Extended: Club members wishing to order tickets should get their requests in the mail by March 10. Ticket price is \$8.50. To order tickets send your check, made payable to Sharon Knight, along with a SASE to: Sharon Knight, 703 "C" Street, Lincoln, NE 68502.

As of February 10 we have sold only about 50 tickets. In order to continue the "special" FCE Club Night at the playhouse, in the future, we need to sell at least another 150 tickets. Encourage your members and guests to get their ticket requests in. (LB)

Literacy Links Program

Wanted: Volunteers to link up with children

Who: FCE members and others who enjoy children

What: One-on-one interaction with school-age children through reading experiences

When: Beginning by April, 1995

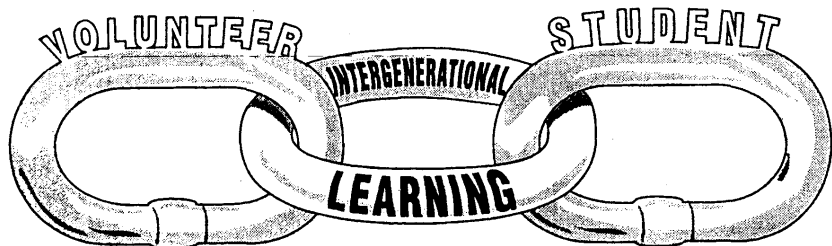
Where: Schools in your area

Why: Personal satisfaction and development, community service, share skills

Time: You may spend one hour or more per week depending on your schedule

For more information on linking up with students, contact FCE Literacy

Link Chair, Jean Wheelock, 796-2511.



Healthy Eating



Be Eggstra Careful

Eating eggs can be dangerous if you aren't careful. It is important to always cook eggs completely before eating them. Any cooked eggs, whether in their shell or not, should be tossed if left at room temperature more than two hours.

That means that recipes containing raw or undercooked eggs should be avoided and tasting cookie dough that contains raw eggs can make you sick.

Finally, remember that hard-cooked eggs will stay fresh and safe for seven days in the refrigerator.

Peanut Butter French Toast

8 slices bread
1/2 cup peanut butter
2 eggs, beaten
1 cup milk
2 tablespoons butter or margarine
dash of salt

Make four peanut butter sandwiches and cut in half. Melt butter or margarine in a large skillet. Beat eggs in large bowl. Stir in milk and salt. Dip each sandwich half in egg mixture, being careful not to let it soak. Brown in melted butter over medium heat. Turn over when one side is well browned and egg is well set. Brown other side. Top with cinnamon and sugar. Makes four servings.

Source: University Extension, University of Missouri-Columbia. (AH)

EFNEP and 4-H sponsor youth nutrition program in Lincoln

School-aged children throughout Lincoln experience hands-on nutrition education sponsored by the Expanded Food and Nutrition Education Program and 4-H. Over 500 youth are currently participating in the three-part series, "Eating Right For Breakfast, Lunch and Supper."

In the first lesson, "Start Your Engines," children develop an understanding of the importance of a morning meal. They learn that by planning ahead, you don't need to skip breakfast. "Munchable Lunchables," the second lesson, demonstrates the importance of selecting foods from all of the five food groups. Children learn the functions and sources of protein, vitamins A and C, iron, carbohydrates, B vitamins and calcium. The final lesson, "Super Suppers," helps students plan a nutritious and delicious supper which is low in fat, sugar and salt.

Nutrition advisors enjoy the 20% of their Expanded Food and Nutrition Program appointment which is devoted to serving youth. The enthusiasm and energy level of school-aged children adds to self-satisfaction which comes from

being a part of the learning process.

Cooperating agencies include the Belmont Community Center, Belmont Recreation Center, Malone Community Center,

Northeast Family Resource Center, Willard Community Center and twelve Lincoln Parks and Recreation Before and After School Program sites. (MB)



Malone Center school-aged children select healthy foods with the guidance of nutrition advisor Nobuko Nyman.

Teens: do you really know them?

LaDeane Jha
Extension Educator

Has it been awhile since you had the opportunity to get to know a teenager? Do some of the things you read in the paper or see on T.V. frighten you about teens? Are you put off by the way teens dress or the way they look? Have you ever heard yourself say something like, "Why don't they get a decent haircut and wear clothes that fit?"

We all need to ask ourselves what kind of a message we are conveying by the things said to youth and the ways in which we react to them. Do we reinforce negative self-images and stereotypes or do we affirm each teen's uniqueness and talents. Negative media makes it all too easy to ignore the fact that most teens are fantastic, productive young people with abilities that are absolutely astounding. After spending more

than a usual amount of time with 4-H teens this month I was reminded, once again, of how refreshing their outlook can be, how much energy they can bring to a project and how capable they are of doing outstanding work. They are interested in community service, they care about one another, they can be tender and patient with younger youth, they can teach, they can sing, they can play wild and funny games and they can lead. They give wonderful advice and they are full of enthusiasm and energy. Given the chance, there is nothing they can't accomplish.

Perhaps it would be worthwhile for every adult to get to spend time interacting with teens. Much of the pessimism we hear about the future would quickly be dispelled. Question negative assumptions you might have. Speak in positive terms about

teens you know. Look around you for things that teens do that are positive and worthwhile—you'll be amazed. Then, take a few minutes to acknowledge and praise what you see. Look beyond hairstyles that may be strange to you and get to know what's really happening in the life of that teen. You may be surprised. Most teens are committed to making their schools, their communities and their world a better place.

Tell them you recognize their contributions. They will appreciate the positive reinforcement.

Can't part with dessert?

March is National Nutrition Month. Satisfy your sweet tooth by trying some of these sweet ideas that are lower in fat and calories:

- A fruit crisp such as apple or peach made with a topping that calls for rolled oats in place of flour and half as much sugar and fat as an old-fashioned fruit crisp recipe.
- Single crust pie rather than double crust, or try graham cracker crust made with less fat. Crumb topping is usually high in calories, so don't use it in place of crust.
- Hot fruit compote - Cook fruits such as berries, peaches, and apples in a small amount of water or unsweetened fruit juice. Flavor with cinnamon and add about two teaspoons of sugar per cup of fruit if the fruit is tart. Cook the fruits until barely tender.
- A fruit bread in place of a layer cake with frosting. (Use part whole-wheat flour and less salt, sugar, and fat.)
- Lemon sorbet topped with unsweetened sliced strawberries or blueberries. (AH)

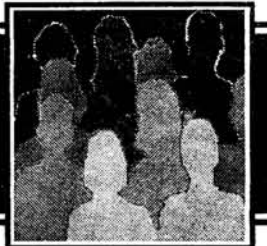
Family Community Leadership

Become involved in making decisions that affect you and your community

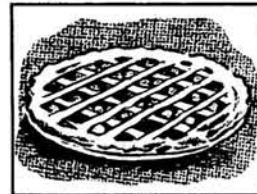


For more information, contact your local Cooperative Extension Office

Family Living



Bake and Take Days March 24-25



Bake and Take Days, sponsored by the Nebraska Wheat Board, provides the perfect opportunity to take a freshly baked wheat food to your neighbor, a friend, a relative or someone you may want to cheer. "Sharing and caring" is the emphasis of this annual event, and the time spent

with the recipient is as important as the gift itself.

Stickers and pamphlets will be available at the Extension office after March 1 for organizations and individuals to include with their baked product. Please stop by and pick up the amount you need.

In addition to your baked product, include a visit and a bit of laughter and you will have created a memorable moment for someone special. This is a great community service project for 4-H and FCE clubs. (LB)

Food, nutrition and food safety workshop for child care centers

Child care center staff can learn more about nutrition and food safety issues for children by attending Food, Nutrition and Food Safety Update '95 for Child Care Centers. This two-session workshop will be held April 5 and 12, 1 to 3 p.m.

The workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County; Lincoln/Lancaster County Health Department and Nebraska Department of Education Nutrition Services. Participants will learn more about such food service concerns as shigella, E. coli, and the hantavirus; the "why's" and "how's" of setting up a safe food service operation; techniques for safe food handling; making mealtimes enjoyable and planning meals and snacks for children.

Preregistration is required by Wednesday, March 29. Call 441-7180 for a registration form or more information. The workshop fee is \$10. (AH)

55 Alive — Mature Driver Course

If your driver's license expires in 1995 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, April 18 and Wednesday, April 19, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

How much sodium do you need?

You need sodium in your diet, but far less than most Americans consume. In its recently published Recommended Dietary Allowances, the National Academy of Sciences suggests 500 milligrams of sodium a day as a safe minimum intake (less than 1/4 teaspoon salt). The average American consumes in the range of 4,000 to 6,000 milligrams of sodium a day.

Because everyone is different, the exact amount of sodium

people should consume is not known. Some health authorities suggest that healthy adults try to limit the amount of sodium they consume to 2,400 milligrams a day.

If you remember that one level teaspoon of salt provides 2,325 milligrams of sodium, you'll be able to estimate the amount of sodium you add to foods when you're cooking and seasoning at the table.



1 TEASPOON
1 teaspoon salt contains 2,325 mg sodium



1/2 TEASPOON
1/2 teaspoon salt contains 1,160 mg sodium



1/4 TEASPOON
1/4 teaspoon salt contains 580 mg sodium

TAKE THE SHAKER TEST

How much salt do you add to your food? Try this test:

Cover a plate with wax paper or foil. Salt the plate as you would if it contained food. Collect the salt and measure it. Every 1 1/4 teaspoon amounts to about 500 mg of sodium.



Clothes drying

A blocked lint screen on a dryer interferes with efficient clothes drying. The lint restricts air flow and extends drying time. Excessive lint build-up can also raise dryer temperatures resulting in automatic shutdown and overdrying of the clothes.

To prevent lint buildup, clean the lint screen after every load. This can be done easily with a used fabric softener sheet. The sheet attracts lint, making it easy to remove. (LB)



4-H & Youth

4-H Bulletin Board

- Teen Council meeting is scheduled for Sunday, March 12, 3-5 p.m.
- Ambassador applications are due March 1, interviews are scheduled for Monday, March 13. Ann Marie can answer any questions. (AMM)
- Leader training is scheduled for Monday, March 27! Tune in to CableVision Channel 21 for training on the new food label. Alice Henneman and Maureen Burson will provide ideas and information on using the new food label with your 4-H club. Be sure to mark your calendar. (AMM)
- Kiwanis Karnival is scheduled for Saturday, April 22 at the Lancaster Building, State Fair Park. Clubs interested in sponsoring a booth must call by April 1 to reserve a space. (AMM)
- 4-H Night with the Omaha Racers! All 4-H members and families are invited to the Sunday, March 5 Omaha Racers game against Tri-City Chinook! The game begins at 6:35 p.m. at the Ak-Sar-Ben Coliseum. Tickets are \$8 and \$5, you are able to attend the pre-game Chalk Talk with Coach T. More information can be found in your club mailbox.
- Camp counselor applications are due April 1. Applications are available at the office. (AMM)
- The 1995 North Central Regional 4-H Leaders Forum will be held in Minneapolis, MN, November 9-12. Registration fee is \$175 (includes all sessions and meals). Put the dates on your calendar and start saving. This is a wonderful opportunity to recharge your 4-H leader battery. (LJ)
- 4-H summer camp bulletins have been distributed to 4-H families. If you have not received your copy, pick one up at the office. A full schedule of camping activities will be published in the April NEBLINE. (LJ)

County fair dates and schedule

Mark your calendars and start preparing your exhibits! The 1995 Lancaster County Fair will officially open at 11:00 a.m., Wednesday, August 2 and end on Sunday, August 6. These official dates, however, are not inclusive of all that happens at the fair. For example, 4-H horse shows begin Monday, July 31 prior to the opening of the fair and several events such as shooting sports contests, home economics, style revue, and horiculture judging and one session of the demonstration contest take place in the two weeks prior to the fair. Check the fair book for dates and places. This year the fair will continue on

into Sunday to accommodate another day of the rodeo. However, 4-H exhibits will be released, as usual, at 4:00 p.m. on Saturday, August 5.

Some of the changes made in the schedule include:

- An earlier starting time (3:00 p.m., Wednesday, August 2) for the 4-H Sheep Show.
- The Kiddy Tractor Pull will start at 6:00 p.m., Tuesday, August 3. (A later starting time.)
- The 4-H Goat Show has been moved from Friday to Thursday, August 3, 8:00 a.m.
- Dairy Goat Judging will be Wednesday, August 2, 3:00 p.m.
- 4-H Goat Quiz Bowl will be

Friday, August 4, 3:00 p.m.

• The Long and Short Hair Cat Shows will be combined this year. Cat show check-in and vet check will be from 8:00-8:45 a.m., Saturday, August 5. The 4-H Cat Show begins at 9:00 a.m.

• Big Wheel Race moved to Ag Hall at 10:00 a.m., Saturday, August 5.

The complete schedule for the fair has not been finalized and it is possible that there will be other changes. We'll keep you informed as those changes become known to us. See other articles on the 4-H page for project changes and specific show information. (LJ)

Fair changes — home economics

Demonstration Contest

The demonstration contest will again be available on two separate occasions, Monday, July 17 at the Lancaster Extension Conference Center and Saturday, August 5 at the county fair. If you sign up to give your demonstration on the 17th, you must demonstrate that day. There will be no switching days allowed this year.

The Turkey Barbecue, Egg Preparation, and Beef Ambassador Contests have been added to the 1995 Lancaster County Fair. Special rules and regulations for the contests are available from the office. These contests will only be held on Saturday during the fair.

Child Development

There are fewer questions to answer for supplemental information for all exhibits this year. Please watch the fair book for this information.

Clothing

All exhibits must have an information card attached to the exhibit.

This can be made at home by using a half sheet of 8½" x 11" paper and answering the questions out of the fair book.

Decorate Your Duds

This year there will be no accessory class. The three classes are: 1) embellished garment, 2) original design garment and 3) constructed garment.

Knitting and Crocheting

4-H members enrolled in the middle and advanced units are able to exhibit a clothing or home environment item. Therefore, they can make afghans, doilies, etc.

Foods and Nutrition

Foods for the Future I is still available for this year. Manuals are not available at the office, this project has been taken off the shelf and will be replaced with something else next year.

Many of the Foods for the Future I and II exhibits should be placed in ziplock bags instead of jars. Please read the fair book to make sure your exhibits are properly displayed.

Breads from bread machines will not be allowed in foods this year.

Home Environment

Design All Around You has been replaced with Middle Unit Home

Environment. The exhibits range from furniture, background accessories, wall accessories and surface accessories. Please read the fair book for these classes.

Explore Your Heritage

Additional classes have been added to this project, please note in your 1995 fair book.

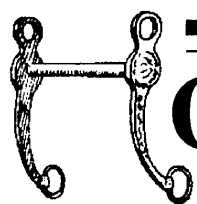
Club Banners

Club booths are no longer exhibits for the county fair. Club Banners have taken their place and should be 3 feet by 6 feet in a two-dimensional form. Further criteria and explanation of the banner is available at the office. The deadline for submitting a banner is the same as for a booth, call by Monday, July 17.

Photography

The themes for this year are "Give Me Five"—use imagination, be creative and depict something about Nebraska and "Basically Blue"—use imagination, be creative, depict something about Nebraska and blue must be the prominent color.

There are some other minor changes with the fair classes, please call the office or your key leader if you have specific questions. Always remember to read the fair book carefully! (AMM)



HORSE BITS

Fair Book Changes

The 4-H staff is working hard to prepare a reader friendly county fair book and under the 4-H horse program ALL information will be found in Lot 14—Horse; with the exception of judging. The horse judging class numbers are now listed in the Lot 1—Contests section.

Below are changes for 1995 that affect horse exhibitors:

- All horse entry forms are due by July 10. All entry forms submitted after that date are subject to the 4-H Council late fee charge.
- Classes of 20 or more exhibitors may be split at the discretion of the show superintendent.
- Horses will be checked in Sunday, July 30, 5:00-8:00 p.m., and Monday, July 31, 9:00 a.m.-8:00 p.m. Horses and exhibitors are to be checked in by club leaders; independent members should check in with the horse show office in the coliseum. All horses will be stabled in the pony barn and the draft horse barn. Horses are expected to be stabled by 10:00 a.m., Tuesday, August 1. Check out will be conducted by appropriate club leaders and/or designated superintendents, and must be

completed, with clean stalls, by 10:00 a.m., Friday, August 4. The pony barn and draft horse barn will be open at 3:00 p.m., Sunday, July 30.

• For the horse judging contest, required attire is a white T-shirt with no emblem except 4-H or a 4-H T-shirt. All exhibitors participating in the horse judging contest are strongly urged to attend the judging clinic to be held prior to the horse judging contest.

• For horse and pony halter show exhibitors—refer to page 19 of the green book for general regulations and instructions on tack and attire. Refer to requirements for western, hunter and saddle type classes on pages 13-18 of the green book. Tack and exhibitor attire that complies with the appointment requirements must be appropriate for the style of horse being exhibited.

• Under SAFETY CONSIDERATIONS: the horse VIPS committee's designated representative(s) have the authority to rule on all matters and may withhold premium money and/or dismissal from the show for inappropriate behavior.

• Herdsmanship judging begins Monday at 12:00 p.m. and will conclude Friday at 10:00 a.m.

Lancaster County Fair Horse Schedule:

Sunday, July 23 • Trail horse competition

Wednesday, July 26 • 4-H horse county pre-fair briefing

Sunday, July 30 • Barns unlocked at 3:00 p.m., horse check in

Monday, July 31 • Horse check in, dressage classes, English showmanship, jumper classes

Tuesday, August 1 • English flat classes, judging clinic and contest, special interest activities

Wednesday, August 2 • Groom & care, western showmanship, halter, horse trail, western riding

Thursday, August 3 • Western horse classes, game classes

Tuesday, August 8 • Achievement and awards night

4-H Horse Clinic

Lancaster County 4-H Horse VIPS is presenting a horse clinic on Saturday, March 4, 1995, starting at 8:30 a.m. at the Lancaster Extension Conference Center.

Topics include: "nutrition and first aid for horses," and "what the judge looks for in the show ring."

Sign-up tables for Judging, Hippology, Horse Bowl Teams, as well as Show Swap Shop will be available. For more information call University of Nebraska Cooperative Extension in Lancaster County, 441-71180.

Fair book will have new look

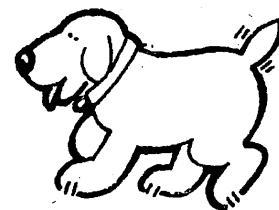
The 4-H staff has attempted to make the 1995 Lancaster County Fair Book more user-friendly this year. As a result, several lot numbers have been changed and the format of some of the general information is different. We are excited about the new look and will be asking each VIPS committee and superintendent to take a look at their particular section to make sure we have not forgotten something important or overlooked the obvious as we have worked with the book. Everyone enrolled in 4-H can look forward to receiving their copy by the latter part of May. If you do not receive a fair book, contact the Extension office after the first of June. (LJ)

4-H Dog Project Seminar

March 21, 1995
7:00-8:30 p.m.

Lancaster Extension Conference Center

New!



Veterinarian Dr. Fran Savage will discuss heartworm disease and parasite control. There will also be a discussion of responsible ownership. Come and learn more about dogs, meet other 4-H members, and information that is covered could give you answers to quiz bowl questions.

We invite all 4-H members and anyone interested in the 4-H Dog Project to attend. (DS)

Turning a dream into reality

Pastor Alberta Clark-Johnson is a woman who sets a goal and does everything she can to achieve that goal. After the Nebraska Annual Conference in 1989, she was appointed to an all white rural farm community in Cedar Hill, Nebraska. There was nothing she would have liked more than for the urban children to see a farm and its surroundings. This was one thing that did not happen, but Alberta still had that dream. As part of her new appointment to the Urban Ethnic Minority Mission, Alberta's dream has started to come true. Through cooperation between Faith United Methodist Church and the Lancaster County 4-H Program, a 4-H club has been started and many exciting activities have taken place. First of all, 10 children were able to see what farm life was all about when Mr. and Mrs. Marvin Hall in Prairie Home, NE invited them out to their farm. They were able to ride in the combine, touch the crops and get their hands dirty.

The 4-H club is being led by Alberta, EFNEP Nutrition Advisor Charlene Rollins, Kris Leska and other volunteers through the church. Kris Leska is a UNL

student taking part in a leadership development course and is excited to work with the program. Many exciting plans have been made for the 4-H club and we expect to see great things! This project is

enabling 4-H to reach out to more diverse audiences, further collaboration with other groups and best of all ... made Alberta's dream come true! The best of luck to this special 4-H club! (AMM)



Alberta Clark-Johnson with her 4-H club members. Urban children were able to see milo being harvested at a farm last fall.

SERIES training scheduled March 18

Race snails, participate in a snail circus, and pit your snail against others in contests of strength. Play *Oh, Deer*, make your own paper, blow up balloons with chemicals and experience an earthquake. March 18 is your chance to become part of an exciting new 4-H science project call SERIES (Science Experiences, Resources in Informal Education Settings). The all-day training Saturday, March 18 will be held at the Ag Pavilion in Seward and teen youth

(eighth grade and up) and adult coaches are encouraged to join the fun. Training will be offered in seven different subject areas:

- Beyond Duck and Cover: earthquakes
- Chemicals Are Us: reactions
- It Came From Planted Earth: seeds and soils
- Recycle/Reuse: recycling
- What's Bugging You?: pests
- Oak, Woodland, Wildlife: woodland
- From Ridges to Rivers: watershed

watershed

Those who are trained will be asked to teach what they have learned to younger children in school, at clubs, day camps and even at places like the Children's Museum. Cost of the event is \$10 per person and includes lunch and a T-shirt. For an application or more information, please contact LaDeane. We will make travel arrangements for youth attending from Lancaster County. (LJ)

Speech contest March 17

Every day, the average person spends 70% of their time communicating, in some form, with other people. But, did you ever feel like what you were trying to say didn't make sense? Maybe it seemed like no one understood what you were trying to say, or maybe they didn't hear you.

As a 4-H member, you have a great opportunity to learn how to speak up and be heard.

Plan now to attend the Lancaster County 4-H Speech Contest on March 17, 6:30 p.m. at the Lancaster Extension Conference Center, either as a participant or an observer. Why not make it a club goal and try to get all of your club members to participate in this event? If speech writing isn't your interest, maybe you would like to try your hand at writing a radio commercial advertising 4-H or a specific 4-H event. These 45-second Public Service Announcements are a great way to begin organizing presentations and can be a fun way to show your creativity.

Your participation will make the 1995 Lancaster County 4-H Speech Contest the best! See you there! (Jan Madsen, Speech VIPS member)

Be a part of the Nebraska 4-H Action Team

Any 4-H member age 16 to 19 is eligible to become a member of the Nebraska 4-H Action Team. This is a group of 4-H youth who present information on 4-H in Nebraska to the public. Those chosen for the team are expected to attend training during ExpoVisions in Lincoln, June 7-9, to make presentations about 4-H as requested by 4-H specialists and Cooperative Extension staff in the counties, to promote 4-H throughout the year, especially during National 4-H Week in October, make donor relations contacts as requested by the staff and to participate in a Unicameral visit in January or February.

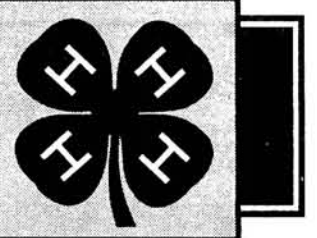
Necessary skills for Action Team include:

- ability to communicate and relate to people
- knowledge of 4-H and it's programs
- ability to be assertive and poised in a variety of social situations
- ability to work cooperatively with the team
- conversational ability with other teens, younger 4-H members and adults

ability to set priorities and accept responsibility
Russell Parrott, a Lancaster County 4-H member currently attending the University of Nebraska, is a current member of this prestigious group.

Application for the 4-H Action Team are due in the office by April 3. For more information, contact LaDeane or Ann Marie. (LJ)

4-H & Youth



Free baby chicks

Baby chicks will be hatching around March 20 and May 8 as a result of the 4-H school enrichment embryology project. For free chicks, call Dave Swarts, 441-7180. (ALH)



Tractor operator safety course offered

A tractor operator safety course for youth ages 13-15 will be offered Thursday evenings from 6:30-9:00 p.m., March 9, 16, 23, with a final session Thursday evening, March 30. The first class, March 9, will be held at Seward Implement, E. Hwy 34, Seward. The second class, March 16, will be at Bentzinger Grain & Equipment Company, Martell. The March 23 class will be conducted at John Deere Pro-Tech Training Center, Southeast Community College, Milford. The March 30 final session will be at the Seward County Fairground, Seward. Cost is \$5 per participant.

The ten-hour safety training course provides experiential learning of mechanical controls, safe tractor operation, safety awareness and safety checking of selected agricultural machines.

Youth will drive tractors and handle machinery at each session. The course qualifies youth for a permit to operate a tractor. Youth with the permit are certified for a Federal Occupational & Safety Health Act (OSHA) employment permit. To qualify for the permit, youth are required to attend all sessions and pass a written and driving proficiency test.

Sponsors for the tractor operator safety course are University of Nebraska Cooperative Extension in Lancaster County and University of Nebraska Cooperative Extension in Seward County.

Register by calling University of Nebraska Cooperative Extension in Lancaster County, 441-7180 or in Seward County, 643-2981. (DS)

Invest in a Valuable Relationship

Give the gift of time ...



Growing Up Female

A retreat designed for 11-13 year old girls & female parent

April 22-23, 1995

Eastern Nebraska 4-H Center in Gretna

Saturday: Registration 8:30-9:00 a.m.
Sunday: Concludes 3:30 p.m.

Registration is limited. Send your application early.

Cost: \$65 per pair—includes meals, snacks and lodging. A few scholarships are available for limited resource participants.

Bring: Comfortable, casual clothes, tennis shoes (optional), bedding, towels and toiletries.



To ensure enrollment return registration form by April 7.

\$65 per pair registration fee enclosed.
(Make check payable to: University of Nebraska Cooperative Extension)

Return to:
University of Nebraska
Cooperative Extension in Sarpy County
1210 Golden Gate Drive
Papillion, NE 68046

Youth's name (first and last)

Grade

County

Adult's name (first and last)

Adult's address

Phone



Community & Leadership Development

Neighborhood Leadership Development Institute

Being a valuable part of a neighborhood—or any group—takes a variety of skills. Dealing with group makeup and building relationships within the group are essential for successful teamwork.

Fourteen people participated in Neighborhood Leadership Development Institute's Phase I—"The Nature of Leadership" during February. In Session 1, participants examined relationships, looked at values and



Neighborhood Leadership Development Institute participants Vera Mae Lutz (left) and Teresa Larson (right) review the Myers-Briggs Type Indicator with Instructor LaDeane Jha.

principles of effective leaders and followers. Session 2 helped develop insights on how individual characteristics contribute to a team and the importance of appreciating each other's differences and special gifts. Participants took the Myers-Briggs Type Indicator and after receiving results, compared the test results to their own selections of a type. Comparing and sharing of types and characteristics helps one understand how and why people act and respond as they do. Session 3 explored the dynamics of relationships and experienced building relationships within teams. Session 4 found participants creating winning solutions instead of weighty problems. During this session techniques were given for removing internal barriers affecting relationships. Time management as a key for becoming effective individuals and leader-follower relationships put the total program into perspective for participants to use in their community. Participants comments included, "Always involve all as much as possible," "Exercises," and "Allows you to think and share ideas in a small group." The four-week session climaxed with a reception sponsored by the City of Lincoln.

This program is a cooperative effort between the City of Lincoln, Urban Development Department and Cooperative Extension. Instructors for the sessions were program developers Mark McCaslin, Extension Educator—Otoe County, Michelle McCaslin, Private Consultant, and LaDeane Jha and Lorene Bartos, Extension Educators—Lancaster County. Participants will have the opportunity to take part in Phase II to further develop team-building and leadership skills. For more information on upcoming sessions contact Wynn Hjermstad, Urban Development Department, 441-8211. (LB)

Public Invitation

Lancaster County Extension Board Meeting

Second Monday of the month, 7 p.m.
444 Cherrycreek Road, Lincoln, NE

Agenda available for review 8 a.m.-4:30 p.m., Monday-Friday

Growing one Nebraska



Governor Ben Nelson recently outlined a multi-point plan to help improve the state's ability to compete for new and expanding businesses. In a global economy and market place the rules for conducting government business have changed. The following is a brief outline of the programs which may be considered by the Nebraska Legislature:

New Jobs Training Act
LB277 provides greater training incentives for business expansion and recruitment projects that build job opportunities with higher than average wages and benefits.

Small Business Development Act
LB272's major point is to increase tax credit for small businesses, allowing new opportunities in all of Nebraska's communities and in particular in small towns and rural areas.

"Throwback" Sales Elimination Act
LB559 would promote Nebraska out-of-state sales by making the state's method of calculating business income tax more consistent with other states.

Governor's Seed Fund
LB245 would establish a

governor's discretionary fund allowing communities to offer additional incentives for business expansion or relocation and for worker recruitment. The Nebraska Economic Development Commission will act as advisor to the fund.

Partnerships For Economic Development Act
LB144 would create matching fund opportunities for regional economic development initiative. The act would also encourage economic development activities at the local level.

Nebraska's Benefits Marketing Campaign
The concept would build Nebraska's image and aggressively market the state's combined benefits to new business prospects and new employees in targeted skill areas.

Ensuring the Competitiveness of Nebraska Workers
Streamline existing programs and create a Labor and Training Quality Council.

Nebraska Science and Technology Initiative
Encourage statewide development strategy, increase business investment in state-of-the-art technology through challenge grants.

International Trade Initiative
Increase marketing contacts with prime international business opportunities.

Reestablish State Film Office
Enhance Nebraska's major film successes.

Great Plains Rural Development Commission
Commission support would allow collaboration with other states and ensure strong federal funding support addressing the unique challenges of the Great Plains States.

Midwest Governors' Association 1995 Farm Bill Recommendations
Promotes work with Congress to implement policy objectives which include conservation programs, free and fair trade and to ensure a fair and supportive Farm Bill in Congress.

For more information on the statewide plan for Economic and Human Resource Development, contact Maxine Moul, Director, Nebraska Department of Economic Development, 301 Centennial Mall South, P.O. Box 94666, Lincoln, NE 68509-4666. Phone numbers are: 1-800-426-6505 or 1-402-471-3111. (DM)

Publicity helps groups achieve goals

Good publicity is an invaluable tool for groups to use to achieve group goals, gain group support and increase group commitment. The goals of publicity are twofold:

1. To provide communication for members and others about programs or activities. To inform people and to promote interest in the group's actions.
2. To provide a good image of your group and foster a positive attitude about your organization by the general public. This

develops an understanding and good will which leads to more support for the group's actions and activities.

Before you can start, you need to have information about the group and its members; a list of mass media resources, the know-how to use them; and a publicity plan.

Publicity done well makes a statement about your group. Publicity done poorly or not well planned also makes a strong

statement about your group. Which way do you want your group's image shaped by the general public?

Author: Natalie M. Snyder, Senior Project Associate, Agricultural Economics and Rural Sociology, Penn State University

A message from Fireman Bill

March is statistically a hot month for range and grass fires in Nebraska. This is due to the warming temperatures, the dead and dry vegetation from the winter combined with low humidity, and the fact that many rural residents are doing their "spring cleaning"—stump and stubble burning and trash burning. One only needs to recall the grass and range fires in Colorado and California to know the catastrophic results of these fires. Your friends at Southeast Fire offer the following timely reminders to help you prevent a grass or range fire:

Outside of Lincoln, it is legal to burn trash in a burning barrel with a topscreen. (We recommend a top screen with a grid no larger than 1/2 inch.) For areas outside of Lancaster County, please check

with local fire authorities before burning.

Any open burning (burning not contained by a burn barrel with topscreen) requires a burning permit from your local fire chief or his/her designee. Please, please remember to "check with the chief" before you burn. It is a misdemeanor to burn without a permit, and I'm sure you've got better things to do than spend a day in court. Burn permit violations can not be waived, not to mention if the fire gets away and does property damage or worse (this will definitely ruin your day).

Do not burn if it is extremely windy or has been dry for several days.

We recommend burning at least 100 yards from buildings (the further, the better). Also, keep a charged garden hose at the ready ... just in case!

Please feel free to contact us at 466-2911 if you have questions about burning or fire prevention. Remember ... fire prevention is self-protection.

Source: Bill Montz, Jr., Fire Prevention/Public Relations Southeast Fire Department (DM)

The Great Red Spot on Jupiter is a never ending storm that spans twice the area of Earth.

An anteater sticks its tongue in and out 100 times per minute to slurp up its food. (ALH)

PLAN YOUR ESCAPE A Fire Can Happen to Anyone at Anytime...



- Install smoke detectors outside every bedroom and on every level of your home. Test them monthly and replace the batteries at least once a year.
- Know two ways out of every room.
- Practice crawling low, to avoid smoke and heat.
- Feel doors with the back of your hand before opening them. If hot, use your second way out.
- Identify an outside meeting place, and never return to a burning building for any reason.



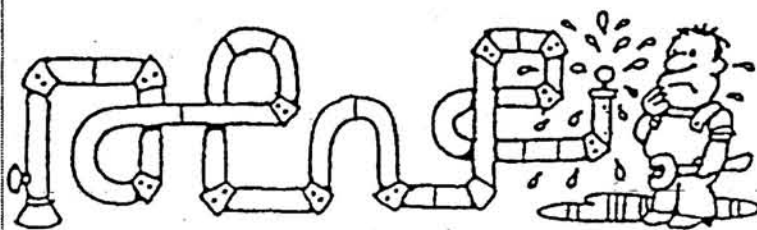
Grants or low interest loans are available to low and moderate income rural Lancaster County residents to make repairs to owner occupied homes.

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

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

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

Crisis Home Repairs

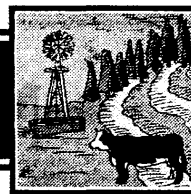


for Lancaster County homeowners

For more information, contact Judy Adams, Lancaster County Rural Coordinator, Lincoln Action Program (LAP), 2202 South 11th Street, Lincoln, NE 68502, or call 471-4515.



Rural Sense News *continued*



Pursuit® — a new alfalfa herbicide

Have you ever seeded a new field of alfalfa, only to have it overtaken by weeds? Well, help is now available from a familiar herbicide recently cleared for use on alfalfa.

Alfalfa seedlings grow very slowly. If weeds start growing along with the alfalfa seedlings, the weeds usually out compete the alfalfa. The result is a thinner, less productive stand, at best! Sometimes the seeding is a total loss.

We do have some good rescue treatment herbicides, like Poast Plus®, Buctril® and 2,4-DB. However, each of these herbicides only works on a narrow type of weed, such as only on grasses or only on broadleaf weeds. When your problem was both grasses and broadleaf weeds, you were out of luck. Until now.

Pursuit® herbicide has just been cleared for use on seedling alfalfa. This is the first post-emerge herbicide for alfalfa with activity on both broadleaves and grasses. Of course, not all weeds are controlled by Pursuit; but pigweed, sunflower, ragweed, velvetleaf, mustards, nightshade, cocklebur, foxtail, shattercane, barnyard grass and crab grass all can be controlled using Pursuit.

Pursuit is not cheap however. A single treatment usually will cost between \$15 and \$25 per acre. It often is less expensive to use good, sanitary establishment procedures and/or pre-plant incorporated herbicides when seeding alfalfa into potentially weedy soils. If weed escapes threaten your expensive new seedling, the \$15 to \$25 can be worth it. As with any herbicide, be sure to follow label directions when using Pursuit. Used correctly, it is a good new tool for alfalfa growers. (WS)

Adjust practices to control compaction

Deep tillage is being used more to eliminate soil compaction. While it can be effective in reducing severe compaction for a single growing season, practices throughout the year determine whether the benefits will last.

Fewer trips over the field, controlled wheel traffic, rotation with grass or alfalfa, staying off wet soil and reducing tillage are among the best options to reduce compaction.

Some soils are naturally compacted and deep tillage will have little long-term benefit. Also, the \$12 to \$15 per acres cost of deep tillage usually will not pay as an annual operation in these cases. (DV)

Beef herd reproductive management

As calving season winds down, producers need to pay particular attention to the nutrition and well-being of their livestock.

Now is the time to feed high quality hay and focus on giving cows the protein and energy they need. Cows will eat 2.2 to 2.5 percent of their body weight in dry matter. For example, a mature cow weighing 1,100 pounds probably will eat 28 to 32 pounds per day, depending on the moisture content of the hay.

It also is a good idea to separate first-calf heifers from mature heifers. First-calf heifers have higher protein and energy requirements than mature cows, so they need high quality hay and possibly 3 to 4 pounds of grain daily, depending on the hay's quality.

Producers need to give special attention not only to the bulls purchased this year, but also the bulls used last year.

Producers should focus on getting their bulls more athletic instead of achieving high gains. Bulls need to be kept on feed, but slowed down so that their gain is about two pounds a day; whereas earlier they were gaining 3 to 3.5 pounds a day. Bulls gaining 2 pounds per day and weighing 1,100 to 1,200 pounds would need about 8 pounds of grain and about 18 pounds dry matter from hay or corn silage.

Bulls also may need about 1 pound of 32 percent protein supplement to meet protein needs. Proper nutrition is important because events now will affect sperm cells produced and delivered by that bull 60 days later.

Protection from the weather is vital to prevent bulls from becoming frostbitten on the scrotum, which would affect their semen-producing ability or render them sterile. If you are concerned about your bulls' reproductive health, consider having a veterinarian give them a breeding soundness exam.

Bulls should also be kept in a place where they can get exercise, taking care to avoid injury or improper mixing of younger bulls with older bulls.

Do not leave yearling bulls out for more than 60 days. Bring them in and get them gaining early in the fall after their first season of use. Pay close attention to their feet, eyes and general health. If you help that bull make it through his first winter after use, he will be a better breeding bull as a two-year-old and many years thereafter. (WS)



Horticulture News *continued*



Avoid the most common garden mistakes

With the planting season just around the corner, many gardeners will be bringing plants home from nurseries and garden centers. Most plants will adapt to the mild condition changes of gardens; but, the more mistakes that are made, the harder it will be for plants to survive. One or more of the following mistakes when selecting, planting or caring for new plants may cause dissatisfaction with the outcome.

One mistake may be buying the wrong plant. The problem is usually not the plant itself, but the location of the plant in your garden or landscape. All too often gardeners purchase plants because they are attractive or unusual, not because the plant has a chance to survive under the conditions of the garden. A similar problem occurs when the plant grows too large for a landscape design.

Sometimes gardeners forget to water plants. Newly set plants need a thorough watering after planting. The first watering will settle the soil and remove any air pockets, which often reduce root expansion into the backfill soil. A heavy first watering will also assure plenty of water for the new roots that begin to grow from the root ball.

Often the hole for the new plant is too small. Many gardeners will make a planting hole just large enough for the root ball. Even if these plants are given optimum care, they seldom grow properly. A hole up to three times wider than the root system is best. It is not recommended to add soil amendments like sand or peat moss. Break up the native soil and return it to the hole.

By avoiding these common mistakes, you can get your new plants off to a successful start this year. (MJM)

Annual vines in the landscape

Annual flowering vines are useful for many locations around the yard. They add new interest to the landscape when grown on a fence, arbor or trellis. They grow rapidly to form an attractive mass of foliage and flowers.

Annual vines climb by twining around a support or by clinging with tendrils. They may be used to provide shade along a porch, give new charm to a fence or add color and new appeal to the side of a garage. A wooden lattice, woven wire fencing or string is all that is needed.

Morning glory is one of the most colorful vines you can plant. Brilliant flowers are available in white and shades of blue and red. The flowers are 4 to 5 inches across and are borne freely on vines which may grow as tall as 12 to 15 feet. Morning glories grow best in well-drained soil in a warm, sunny location. Avoid rich soil and excessive fertilization which produces vigorous vines with few flowers. Soaking the seeds in water overnight will speed germination. Be careful when choosing a location for morning glory vines. The plants self-sow readily and you will get volunteers the following year.

Vine-forming nasturtium cultivars grow 4 to 5 feet tall. They bloom profusely, producing fragrant flowers in shades of red and yellow. The plants perform best in well-drained soil of average or low fertility. In rich soil, they will produce mostly leaves and few flowers.

Scarlet runner bean is an edible ornamental suitable for trellising. It has rosy scarlet flowers atop long twining vines. The pods are ornamental and can be shelled for cooking purposes.

Gourds have rather inconspicuous flowers, but produce colorful fruit which are ornamental on the vine during late summer. The fruit may be dried for fall and winter arrangements in the home. (MJM)

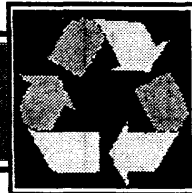
Scented geraniums

Among the most fragrant of all the plants in the herb garden are the scented geraniums. These tender, shrubby plants grow 2 to 4 feet. Scents are released by hot sun on the leaves or by touching them. Foliages come in a variety of forms—small, delicate fernlike leaves or large rounded ones, in many shades of green, some with variegations. The flowers of most are small, but colorful, in shades of rose or lavender.

The numerous varieties include the scents of almond, apple, apricot, cinnamon, coconut, grapefruit, lemon, lime, peppermint, rose and strawberry.

Give the scented geraniums the advantage of full sun. They enjoy light, well-drained soil that stays slightly dry. However, if they are too dry, they will shed their lower leaves. Plants in containers need one-half strength fertilizer every two weeks when flowering; monthly during the rest of the year.

Although many scented geraniums have a tendency to get leggy, pinching the growing tips will help train the plants to grow bushier and fuller. (MJM)



Environmental Focus news *continued*

Recycling information

- The paper from offices, schools and homes that gets trashed each year could build a 12-foot-high wall stretching from Los Angeles to New York. About 40 percent of the paper gets recycled.

- Nearly half of all plastic soft drink bottles produced in the United States in one year are recycled. The amount that is recycled weighs nearly 429 million pounds—the weight of about 43 thousand elephants.

- The garbage thrown away each year in the United States could fill enough ten-ton garbage trucks to reach halfway to the moon. That's 120,000 miles away.

- One in five plastic bottles gets recycled into other

products, such as underwear and plastic lumber.

- Aluminum corrodes, or wears away, very slowly. Unless it gets recycled, the soda can you throw away today may be around 500 years from now.

- The energy saved by recycling one aluminum can instead of making a new one could run your television for three hours. More than 63 billion cans in the United States are recycled in a year.

- There are about two billion used tires in the United States. Ideas for ways to reuse and recycle them include making soaker hoses, car bumpers, shoe soles and heels, and adding them to road asphalt.

- Glass containers can be

recycled indefinitely. In the United States, nearly one-third of them are recycled into new containers for food, beverages, cosmetics and medicines. Some recycled glass is made into "glasphalt," a material for building roads. (ALH)

Try it!

Test your toilet for wasteful water leaks. Put a few drops of food coloring in the tank. Do not flush! Check the toilet bowl after 15 minutes. If you see color, you have a leak!

To turn off your television, use the power switch on the set instead of the remote control. A television turned "off" by remote control continues to receive a low level of electricity. (ALH)

The NEBLINE
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Lancaster County

THE NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media & Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

Don D. Miller

Don D. Miller
Extension Educator, Lancaster County

Mark D. Hendricks

Mark D. Hendricks
Extension Assistant, Computing and Communications

Jeffrey D. Gaskins

Jeffrey D. Gaskins
Extension Assistant, Media & Marketing

Notice!
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference 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. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in THE NEBLINE contact the source listed in the article.

Contributing staff:	Don Janssen , Extension Educator
Lorene Bartos , Extension Educator	LaDeane Jha , Extension Educator
Corey Brubaker , Extension Educator	Mary Jane McReynolds , Extension Assistant
Maureen Burson , Extension Educator	Don D. Miller , Extension Educator
Soni Ericksen , Extension Assistant	Ann Marie Moravec , Extension Assistant
Jeff Gaskins , Extension Assistant	Barb Ogg , Extension Educator
Arlene Hanna , Extension Assistant	Warder Shires , Extension Educator
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Return to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, Nebraska
68528-1507

PHONE NUMBERS:

Office (leave message after hours) 441-7180
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Extension Calendar

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

March 1	4-H Ambassador Application Due
March 2	Dryland Crop Production Efficiency Seminar.....9:00 a.m.-3:30 p.m.
March 4	Acreage Owner Workshop— <i>Douglas County Extension Office, Omaha</i>9:00 a.m.-3:30 p.m. Capital Pork Producers Show— <i>Syracuse</i>
March 5	4-H Night with the Omaha Racers-Omaha.....6:35 p.m.
March 6	4-H Speech Contest Sign-up Deadline
March 7	4-H Council Meeting.....7:00 p.m.
March 8	4-H Horse VIPs Meeting.....7:30 p.m.
March 9	Farm Lease Workshop.....7:00-9:30 p.m. Tractor Operator Safety Course— <i>Seward Implement, E. Highway 34, Seward</i>6:30-9:00 p.m.
March 12	4-H Teen Council Meeting.....3:00-5:00 p.m.
March 13	Extension Board Meeting.....7:00 p.m. 4-H New Leader Orientation-Part II.....9:30 a.m. or 7:00 p.m. 4-H Shooting Sports Club Meeting.....7:00 p.m. 4-H Ambassador Interviews
March 15	ExpoVisions Leadership Team Applications Due 4-H Camp Staff In Training Applications Due
March 16	Fair Board Meeting.....7:30 p.m. Tractor Operator Safety Course— <i>Bentzinger Grain & Equipment Company, Martell</i>6:30-9:00 p.m.
March 17	Lancaster County 4-H Speech Contest.....6:00 and 7:00 p.m.
March 18	SERIES Training— <i>Ag Pavilion, Seward</i>
March 21	Star City Rabbit Raisers 4-H Club Meeting.....7:00 p.m. 4-H Dog Project Seminar.....7:00 p.m.
March 23	Tractor Operator Safety Course <i>John Deere Pro-Tech Training Center, Southeast Community College, Milford</i>6:30-9:00 p.m.
March 24	earth wellness-festival— <i>Southeast Community College, Lincoln</i>
March 24 & 25	Bake & Take Days
March 25	PAK-10 Livestock Judging Contest— <i>Wahoo</i>8:30 a.m.-3:00 p.m.
March 27	FCE Council Meeting.....1:00 p.m. 4-H Leader Training— <i>CableVision Channel 21</i>7:00 p.m.
March 28	FCE Leader Training—“Positive Effects of Television on Families”.....1:00 or 7:00 p.m.
March 29	Integrated Corn Management Workshop.....8:30 a.m.-4:30 p.m.
March 30	Tractor Operator Safety Course— <i>Seward County Fairgrounds, Seward</i>6:30-9:00 p.m.
March 31	4-H Turkey Project Orders Due
April 1	Star City Rabbit Raisers Youth Show— <i>State Fair Park, Lincoln</i> Kiwanis Karnival booth applications due 4-H Camp Counselor applications due
April 3	4-H Action Team applications due
April 5	Food, Nutrition and Food Safety Update '95 for Child Care Centers.....1:00-3:00 p.m.