

June 2004

The NEBLINE, June 2004

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The NEBLINE[®]

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University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

June 2004
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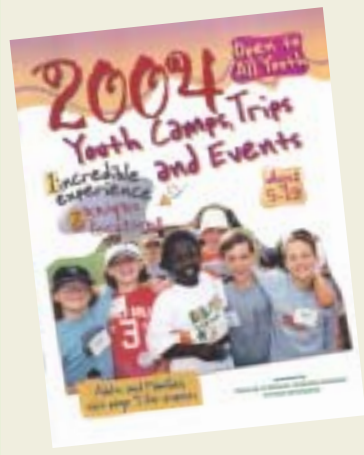
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Better Safe Than Sorry

Lorene Bartos
Extension Educator

How safe are you? June is National Safety Month. This is a time to focus on heightening awareness of important safety issues. Stop — take a look around your home, yard, farm, acreage or apartment — are there places or items that make it unsafe?

Accidents don't just happen out of the blue. They are caused by hazards. A hazard can be anything that has the potential to cause an injury. It is important to keep an eye out for objects or situations that may be a hazard and correct the problem at once.

Heat rash, heat stroke and heat exhaustion can also happen if one overexerts in the heat. One should use sun screen and drink plenty of liquids when working outside or taking part in outdoor activities such as sports, boating or even being a spectator at sports events. It is recommended sun screen should have a Sun Protective Factor (SPF) of a minimum of 15.



Farm Safety

Farm safety during this time of year is especially important. Anyone working with machinery need to exhibit



Everyday in everything one does, safety needs to be top on the list of precautions and considerations. Being prepared for emergencies or disasters and aware of safety precautions will help you keep yourself and others safe.



Safety on the Road

The National Safety Council's theme for 2004 is "Crash-Free June" to draw

attention to behaviors that cause motor vehicle accidents. It is estimated 90 percent of all motor vehicle crashes — about 16.4 million of 18.3 million reported in 2002 were at least in part due to driver behaviors. Speeding, aggressive driving, distracted driving, drinking, drowsy driving, failure to yield the right of way and teenagers driving are the key behaviors contributing to accidents.



Weather Safety

Weather safety is very important. All family members should know the difference between a weather watch and a warning.

A watch is when conditions are right for severe weather. A warning means a tornado, flood, blizzard or severe weather is in your area. Knowing what to do in each situation can save lives and reduce the risk of injury. Have a battery-operated radio and flashlight in a place you can find easily in case the power fails. Lightening is the most frequent weather threat to personal safety during a thunderstorm.



Sun Safety

With warm weather and summer here, more families are spending time outside for work or pleasure. Exposure to sun can cause damage to the skin and skin cancer.

extra precautions especially with power take-offs, etc. Before leaving equipment unattended turn off the equipment, lower hydraulics and remove the key. Always wear appropriate clothing so it doesn't get caught in equipment. Be very careful when little children are around. They can appear out of nowhere. Never carry them on tractors or other equipment.



ATV Safety

ATVs are used frequently on farms and acreages. Correct and safe usage is very important. ATVs are not toys and riding them can be a hazard. Young people under the age of 16 should not operate an adult-sized ATV. From 1985-1989 children under the age of 16 accounted for 40 percent of the injuries from ATVs. Always wear protective equipment. Helmets save lives. Do not ride double on an ATV. Only operate a motorized vehicle that fits you properly.



Personal Safety

Personal safety should be a top priority of all family members. All family members and especially children should know the correct rule when dealing with strangers, answering the phone or door and playing in the yard or parks. Put dead bolt locks on front and back doors and install a peephole in the front door to help add to the security of a home.

Always be alert to the surroundings. It is best to use the "buddy" system when playing, walking, etc. Avoid taking short cuts. Hedges, trees or shrubs should not hide the view of the street.

Family members should know what to do in case of emergency. Post emergency numbers and your address by each telephone. Children should know their address and phone number. Written directions to the home may be helpful in case of emergency.

Safety in the Home

Home accidents rank among the top sources of injuries. Life can't be risk-free, but most household accidents can be prevented. Here is a safety checklist to help you identify and eliminate potential hazards in your home.



- ✓ Have smoke detectors in the hallways near sleeping areas. Test the batteries monthly and replace yearly.
- ✓ Homes should have a carbon monoxide detector.
- ✓ Homes should be equipped with fire extinguishers and a first aid kit.
- ✓ Set the water heater thermostat at 120° F to prevent accidental scalding.
- ✓ Store gasoline, charcoal lighter fluid, pesticides and other poisonous material safely.
- ✓ Every family should have an emergency plan to deal with fire or weather related emergencies.

Preventing Slips and Falls

Falls are the primary cause of home and community unintentional-injury deaths. One third of the unintentional injury deaths among elderly come from falls. Safety precautions helpful for the elderly — but apply to all — include:

- ✓ Keep walkways and steps clear of clutter.
- ✓ Electrical cords should be placed out of the flow of traffic and out from underneath rugs and furniture.
- ✓ Cordless phones eliminate the hazard of the dangling cord. Locate a telephone jack in the bedroom.
- ✓ Always clean up spills immediately.
- ✓ Steps should be in good condition and free of objects.
- ✓ Use non-skid rugs on linoleum, wood or tile floors.
- ✓ Have a non-skid mat or strips on the standing area in the bathtub and shower.
- ✓ Handrails should be sturdy and securely fastened. All steps should have hand rails.
- ✓ Install grab bars on the walls by the bathtub and toilet.
- ✓ Locate light switches at the top and bottom of stairways and at both ends of long hallways.
- ✓ Have sufficient lighting to safely enter your home after dark.
- ✓ Always use a sturdy, stable step ladder or step stool rather than a chair to reach objects in overhead cabinets.
- ✓ Have lever-action handles instead of round knobs on doors.

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Controlling Bagworms

Bagworm eggs hatch in June and young worms will begin to feed on junipers, cedars and arborvitae in eastern Nebraska. Bagworms also occur on various deciduous trees such as flowering crabs, plums, linden and cotoneaster. The large bags attached to the trees now are those left over from last year and are empty, except for the remaining egg masses that will finish hatching. The worms are very tiny, probably 3/8-inch in length or less, and each is contained inside a small protective sack or bag which they construct of silk and plant material. At this stage, the larvae are susceptible to insecticides but after 6 weeks, they will be more difficult to control. Suggested materials are carbaryl (Sevin), permethrin (Eight) and various



Bagworm bags at completion of larval development.

formulations of "Bt", *Bacillus thuringiensis*, (Dipel, Thuricide). Follow label directions and be sure to spray trees and shrubs thoroughly to penetrate foliage. Good coverage is essential if control is to be effective. (MJF)



Garden Guide

Things to do this month

- For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens or fibrous rooted begonias in combination with trailing plants, such as English ivy.
- Remove old flower heads from annual bedding plants to keep them blooming.
- Disbud chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To disbud, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.
- Plant annual flowers in tubs or large containers for the porch or terrace. Make sure there are holes in the container's bottom to provide good drainage.
- Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage the bulbs.
- Watch for and control blackspot and powdery mildew on rose foliage.
- Use bark mulch around young trees to protect them from lawn mower damage.
- Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.
- Mid to late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.
- When you buy container grown nursery stock, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.
- If you do not have much room to landscape, consider using some of the many dwarf varieties available. These are plants that have slow growth and stay small, so there is little pruning maintenance. There are numerous dwarf evergreens, flowering trees and shrubs from which to choose.
- Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the spring vegetables are harvested.
- In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching and watering correctly, planting in well-drained soil and not cultivating deeper than one inch within one foot of the plant. Also avoid the use of high nitrogen fertilizers.
- Continue planting warm-season vegetable crops such as beans, squash and cucumbers.
- The best time to harvest most herbs is just before flowering, when the leaves contain the maximum essential oils.
- Before pouring gasoline into the fuel tank of your lawn mower, garden tiller or other garden equipment, be sure to turn off the engine and allow it to cool for at least five minutes.
- Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.
- Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.
- Leftover vegetable and flower seeds may be stored in a cool dry location to be saved for planting next year.
- Start a gardening notebook. Pay special attention to those plants which withstand drought conditions.
- During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.
- Weed removal is important for a number of reasons. It conserves moisture, conserves nutrients in the soil and helps prevent the spread of disease and insects. (MJF)

Propagation of Shrubs from Softwood Cuttings

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

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

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

When taking cuttings, remove plant material with a sharp knife. Softwood cuttings should be approximately 4 to 6 inches long. Pinch off the leaves

on the lower half of the cutting. Also remove any flowers. Make a fresh cut just below the point where one or two leaves are attached to the stem (node), then dip the base (cut end) of the cutting in a root-promoting compound. Tap off any surplus material.

Cuttings from some shrubs root easily, but others are more difficult. Root-promoting substances increase the percentage of cuttings that root, shorten the period needed for rooting and increase the number of roots per cutting. Root-promoting materials are often available in garden centers and mail-order companies. Most products are in powder form.

To avoid brushing off the powder when inserting the cuttings, make holes in the rooting medium with your finger or a pencil. Insert the cuttings approximately 2 inches deep into the rooting medium. After all the cuttings are inserted, carefully water the medium and let it drain.

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

the cuttings and container.

Once covered, place the cuttings in bright light, but not direct sunlight. Inspect the cuttings daily. Water the rooting medium if it begins to dry. Rooting of most deciduous shrubs should occur in 6 to 8 weeks.

Examine a few cuttings after 4 or 5 weeks. Carefully dig up several cuttings to check on root development. If rooting is poor, place the cuttings back in the medium, water them in, then cover again with a plastic bag. When the cuttings have a well-developed root system, they should be hardened off in preparation for transplanting. Remove the covering but don't allow the cuttings to wilt. Keep the rooting medium moist. After several days, carefully remove the cuttings and transplant them into individual pots with a good potting mix. The young plants can be planted into the ground in a few weeks. Home gardeners may want to grow them in the garden for 1 or 2 years before moving the small shrubs to their permanent site in the landscape.

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

2004 Perennial Plant of the Year

The Perennial Plant Association has named *Athyrium niponicum* 'Pictum' the 2004 Perennial Plant of the Year. This perennial low-maintenance Japanese painted fern is one of the showiest ferns for shade gardens. It is popular due to its hardiness nearly everywhere in the United States, except in the desert and northernmost areas in zone 3. 'Pictum' grows 18-inches tall and as it multiplies can make a clump that is more than two feet wide. 'Pictum' produces 12- to 18-inch fronds that are a soft shade of metallic silver-gray with hints of red and blue. This lovely fern, which prefers partial to full shade, makes an outstanding combination plant for adding color, texture and habit to landscape beds and containers.

Landscape Uses: The magnificent texture and color of the fronds electrify shady areas of the garden and make the fern a wonderful companion for a variety of shade plants. Japanese painted fern provides a nice contrast to other shade-loving perennials such as hosta, bleeding heart, columbine, astilbe



Athyrium niponicum 'Pictum'
(Japanese painted fern)

and coral bells.

Cultivation: This fern needs a well-drained, compost-rich soil and flourishes where moisture and humidity abound. 'Pictum' grows best in part- to full shade. The best frond color results in light shade. The colors are more intense in the spring or in cooler temperatures or in cooler climates. Add two to three inches of compost or peat moss to the beds each spring or fall. This fern is extremely reliable when grown in the

proper environmental conditions. Its colorful foliage should be vibrant from early spring until frost, when it will go dormant and re-emerge with its excellent foliage the next spring.

Propagation: Propagation can be done by spring or fall divisions. It is easy for a homeowner to buy the more colorful and uniform plants in the quantity needed or buy a few and divide the clumps yearly as needed. A well-grown plant can be separated in early spring into three to four divisions and replanted. Fertilize at one-half the rate of other perennials with an organic or time-release fertilizer.

Hardiness: Grows in USDA Hardiness Zones 3-8

Light: Part to full shade. The best frond color results in light shade.

Soil: Japanese painted fern needs well-drained, compost-rich soil.

Uses: The Japanese painted fern makes an outstanding combination plant for adding color, texture and habit to the shade garden. (DJ)

Brighten Your Outdoor Area With Hanging Baskets

Hanging baskets can add color and floral fragrance to many locations. The most common location to find a hanging basket is under an eave on the house or on a porch or balcony. But they can and should be used in many other locations. Baskets can be hung from lamp posts, grape arbors, trees and

glider swings.

Most any bedding plant can be used in a hanging basket. Be sure that the sunlight requirements of the plant that is used be the same as the final location of the hanging basket. A basket of sun loving plants put in a shady location will not do very well. Baskets made up with fuchsia,

verbena, petunias, begonias, impatiens, sweet potato vine, lobelia, lantana, sweet alyssum or geraniums are commonly seen.

Hanging baskets require frequent watering. Depending on the weather, the basket will need to be watered once or sometimes twice a day. (MJF)

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



June, the sixth month of the year, brings us halfway through 2004. We see the end of spring and the beginning of summer. We have June brides, June graduates and let's not forget the June bug! This month also brings us more blooming flowers than any other time of the year — especially roses. Let's see what June has to offer us as FCE members.

Emerald and Home Service FCE clubs will host the Council meeting at the Lancaster Extension Education Center on Monday, June 28, 7 p.m. The program will be "Women and Heart Disease" presented by Mary Knabe from BryanLGH. It is an important topic for all of us and merits our attention. Club president and members, please, remember to bring

your Cultural Skills articles. Categories includes hand stitchery, creative writing, poetry, painting, glass and holiday article. We also need to come up with a few ideas for a county lesson to be presented in 2005.

Make sure you reserve Tuesday, July 13 on your calendar for our annual "Sizzling Summer Sampler." We will begin at 6 p.m. with a light scrumptious meal followed by a luscious dessert and two program topics. Kevin Smith will present "Bring in the Blooms" and show us some innovative ways to use flowers. He has taught flower arrangement classes at SCC for many years in addition to managing a local flower shop.

Brenda Danley and cohort Bonnie Evert will present "Colorizing Your Spaces" and give us tips

and trends to update our home decor. These two are a fun duo who are sure to entertain as well as inform. I think you will be sorry if you miss these programs. Tickets are \$10 and we ask you to make reservations by July 7.

Each club is asked to donate at least one theme basket to be raffled that evening. Raffle tickets are \$1 each or 6 for \$5 with all proceeds going to the Scholarship Fund. This is an easy way to raise much needed money to make our scholarship a larger amount.

In the past, this summer evening out has been so much fun and I'm sure you will not want to miss it this year. Bring a neighbor, friend, daughter or daughter-in-law for some "girlie" time and support your FCE organization. Look for reservation details elsewhere on this page. I'll plan to see you then.



Lancaster County Association for Family and Community Education presents

Sizzling Summer Sampler

Tuesday, July 13 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

LEARNSHOPS

"Bring in the Blooms"

Kevin Smith, Southeast Community College
instructor & manager of Flowerama

"Colorizing Your Spaces"

Brenda Danley and Bonnie Evert,
Sutterplace Interiors

Cost \$10

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



by Lorene Bartos, Extension Educator

Water Saving Measures

Fix dripping or leaking faucets

A faucet that drips 1 time each second will waste almost 9 gallons per day (over 3,000 gallons per year).

Fill the dishwasher

The same amount of water is used for a full dishwasher as a half full dishwasher. A standard dishwasher uses 15 gallons.

Select the proper level for each load of laundry

A full cycle at the top level uses 40 gallons per wash.

Check your water meter and bill

Talk to family members about setting water conservation goals for indoor water use.

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning.

They can be ordered by contacting EDPubs, The Department of Education's Publications Distribution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html

Three available publications are:

Helping Your Child Become a Reader: Other than helping your children to grow up healthy and happy, the most important thing you can do for them is to help them develop their reading skills. This booklet offers pointers on how to build the language skills of young children, and includes a list of typical language accomplishments for different age groups,

suggestions for books and resources for children with reading problems or learning disabilities. (In English and Spanish) www.ed.gov/parents/academic/help/reader/index.html

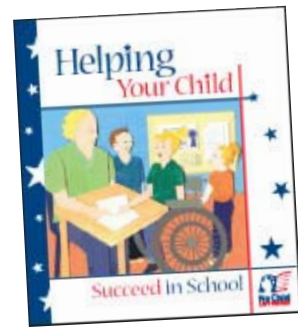
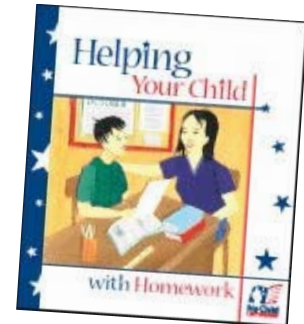
Helping Your Child with Homework: Homework can

help children to develop positive study skills and habits, improve their thinking and memory abilities and encourage them to use time well, learn independently and take responsibility for their work. This booklet helps parents of elementary and junior high school students understand why homework is important and makes suggestions for helping

children complete assignments successfully. (In English and Spanish) www.ed.gov/parents/academic/help/homework/index.html

Helping Your Child Succeed in School: Every child has the power to succeed in school and in life and every parent, family member and caregiver can help. This

booklet provides parents with information, tools and activities they can use in the home to help their child develop the skills critical to academic success. (In English and Spanish) www.ed.gov/parents/academic/help/succeed/index.html. (LB)



What Has Happened to Family Time?

Does it seem you have no family time any more? If so, research will confirm those thoughts. A national study completed six years ago found children had a 12 hour per week decline in the free time they had, their play time had decreased by three hours per week and unstructured outdoor activities fell by 50 percent.

In addition, household conversations dropped by 100 percent between 1981 and 1997. Children spent only 45 minutes per week in conversation with anyone in the family. Family dinners saw a 33 percent decrease; there was a 28 percent decrease in families taking a vacation; and religious participation declined 40 percent in hours per week for children ages 3 to

12 and 24 percent for high school students with weekly religious attendance.

Where is the time going? It is no surprise many of the hours are going to sports. Structured sports has more than doubled. Passive, spectator sports has increased five times. (This includes time children watch their siblings play structured sports.) Studying has also increased by nearly 50 percent.

What is the concern? Several national studies have found regular family meals were the strongest predictor of academic success, avoidance of undesirable behavior and better nutrition than any other factor. Teens have even identified not having enough time with their parents as a top concern.

What does this mean for you? Where are you spending your family time? On a bleacher watching someone play ball? Eating meals together? Talking together? Attending religious activities together? Taking a vacation together?

Take time to assess what your family priorities are. How are you spending your time? Are your children in too many extra-curricular activities? Do you eat meals together, at least once a day? It may be time to say "no" to some good things in order to enjoy the "best" with your family — time together.

Source: "Overscheduled Kids, Underconnected Families: the Research Evidence" by William J. Doherty, Ph.D., University of Minnesota. Written by Jeanette Friesen, UN Extension Educator. (LB)

CHARACTER COUNTS! CORNER

Respect

The essence of respect is to show solemn regard for the worth of people, including oneself. The ethical duty is to treat everyone with respect — not to respect everyone in the sense we hold all people in high esteem or admire them. Our duty to be respectful requires we treat others with courtesy and consideration.

It means we behave according to accepted notions of taste, propriety and decency. It means we honor traditions, customs and beliefs important to others. (LB)



CHARACTER COUNTS! SM

Effect of Increasing Energy Prices on Farming Costs

Question. Diesel prices have increased about \$0.40 per gallon in recent months. What effect will this have on production costs?

Answer. To answer this question, one needs fuel consumption estimates for field operations. If you keep fuel use records for field operations you can easily compute the expected impact of an increase in fuel price. Most folks don't track fuel consumption by enterprise and need to refer to a research-based fuel use estimate to compute the effect a rise in price will have on overall production costs. A good reference for fuel use estimates is the *Minnesota Farm Machinery Economic Cost Estimates for 2003*. Using the fuel consumption estimates presented in the Minnesota publication, the fuel consumption per hour for power units is presented in Table 1 and the fuel consumption per acre for field operations is presented in Table 2.

Note: The fuel use per acre is independent of the width of

Table 1. Increased fuel cost per hour for a \$0.40 increase in diesel price.¹

Power Unit	Estimated fuel, gal/hr	Cost/hr @ \$0.90 /gal	Cost/hr @ \$1.30 /gal	Increased fuel cost, \$/hr
Tractors				
40 HP	1.8	\$1.62	\$2.34	\$0.72
60 HP	2.6	\$2.34	\$3.38	\$1.04
75 HP	3.3	\$2.97	\$4.29	\$1.32
105 HP MFWD	4.6	\$4.14	\$5.98	\$1.84
130 HP MFWD	5.7	\$5.13	\$7.41	\$2.28
160 HP MFWD	7.0	\$6.30	\$9.10	\$2.80
200 HP MFWD	8.8	\$7.92	\$11.44	\$3.52
225 HP MFWD	9.9	\$8.91	\$12.87	\$3.96
260 HP 4WD	11.4	\$10.26	\$14.82	\$4.56
310 HP 4WD	13.6	\$12.24	\$17.68	\$5.44
360 HP 4WD	15.8	\$14.22	\$20.54	\$6.32
425 HP 4WD	18.7	\$16.83	\$24.31	\$7.48
Combines				
190 HP	8.4	\$7.56	\$10.92	\$3.36
220 HP	9.7	\$8.73	\$12.61	\$3.88
275 HP	12.1	\$10.89	\$15.73	\$4.84

the implement being used. If one compared two disks for example, one with a 20 foot width and one with a 30 foot width, the 30 foot disk would require a tractor with 50 percent more

horsepower to pull it, but since one would be covering 50 percent more acres per pass, the fuel use per acre would be the same for either scenario. (TD)

Table 2. Increased fuel cost per acre for a \$0.40 per gallon increase in diesel price.¹

Field Operation	Estimated fuel, gal/acre	Cost/acre @ \$0.90 /gal	Cost/acre @ \$1.30 /gal	Increased fuel cost \$/acre
Tillage				
Field Cultivator	0.33	\$0.30	\$0.43	\$0.13
Tandem Disk	0.47	\$0.42	\$0.61	\$0.19
Tandem Disk (HD)	0.76	\$0.68	\$0.99	\$0.30
Planting Equipment				
Row Crop Planter	0.34	\$0.31	\$0.44	\$0.14
Minimum Till Planter	0.53	\$0.48	\$0.69	\$0.21
Grain Drill	0.49	\$0.44	\$0.64	\$0.20
Presswheel Drill	0.63	\$0.57	\$0.82	\$0.25
No-till Drill	0.81	\$0.73	\$1.05	\$0.32
Crop Maintenance Equipment				
Cultivator	0.46	\$0.41	\$0.60	\$0.18
Rotary Hoe	0.18	\$0.16	\$0.23	\$0.07
Boom Sprayer	0.11	\$0.10	\$0.14	\$0.04
Anhydrous Applicator	0.55	\$0.50	\$0.72	\$0.22
Stalk Shredder	0.74	\$0.67	\$0.96	\$0.30
Harvesting Equipment				
Mower conditioner	0.40	\$0.36	\$0.52	\$0.16
Hay Swather	0.35	\$0.32	\$0.46	\$0.14
Hay Baler PTO (twine)	0.40	\$0.36	\$0.52	\$0.16
Round Baler (1500lb)	0.77	\$0.69	\$1.00	\$0.31
Combine (various heads)	2.00	\$1.80	\$2.60	\$0.80

¹ Fuel consumption information in tables 1 and 2 taken from *Minnesota Farm Machinery Economic Cost Estimates for 2003 FO-6696*, by William Lazarus, University of MN and Roger Selley, University of Nebraska. <http://www.apcc.unl.edu/faculty/wlazarus/MF2003.PDF>

Pesticide Container Recycling

The Nebraska Pesticide Container Recycling program provides a recycling opportunity for plastic from 1- and 2.5-gallon containers. More than 40 inspection/collection sites are available to take your rinsed plastic containers to in Nebraska.



Two pesticide container recycling dates have been established in Lancaster County.

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

- **July 9 — Farmers Cooperative, Waverly**
- **July 23 — Farmers Cooperative, Bennet**

In addition, the Lancaster County Extension office, located at 444 Cherrycreek Road in Lincoln, will accept containers now through Oct. 31 by appointment during business hours. Call 441-7180 for directions.

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

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

Last year, more than 167,000 pounds (83.5 tons) of plastic from pesticide containers were recycled in Nebraska. This plastic is kept separate from regular recycling channels and only goes into environmentally safe uses such as pesticide shipping pallets, agricultural drain tile, parking lot tire bumpers, rail road ties, plastic lumber, etc. (TD)

“Small Scale Animal Feeding” is June Rural Living Clinic

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled “Acreage Insights — Rural Living Clinics” to help acreage owners manage their rural living environment. “Small Scale Animal Feeding” is the sixth in the series, to be held June 24 from 9 to 11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. It will address raising small numbers of meat animals (hogs and beef) being grown for the home freezer.

There is an old story about a farmer who was seen holding a feeder pig, tied to the end of a long pole, up to an oak tree. A passerby stopped and asked the farmer what he was doing. The farmer replied, “I'm feeding my pig acorns.” The passerby replied, “Doesn't that take a lot of time?” and the farmer answered, “What's time to a hog?”

Time may not mean much to a hog, but time does matter when the goal is to produce meat animals on the acreage as an economical alternative to purchasing it at the grocer.

Animals do best when fed a diet that provides the correct balance of energy, protein, vitamins and minerals. Commercial feeding operations recognize the importance of providing balanced diets for their animals. They adjust the ration according to the stage of growth of the animal and they track the prices of alternative feed sources to advantage of the most economical feedstuffs in the ration.

While the small scale producer may not have access to as many feed ingredient choices, it is still important to feed a ration that provides the nutritional needs of the animals in order to optimize the rate of growth and gain and minimize

the cost of the feed.

Seminar participants will be provided references listing daily nutrient and water requirements for swine and beef animals. They will learn to balance rations using a simple calculation technique that only requires a pocket calculator. They also will be shown how to use some public domain computerized spreadsheet programs to compute finishing swine and cattle rations (considering energy and protein only) — these Excel spreadsheets will be provided to participants as part of the take-home materials.

Pre-registration is \$10 per person and must be received three working-days before the program. Late registration is \$15 per person. For more information, visit the Acreage & Small Farm Insights Web site at acreage.unl.edu or call Sarah Browning at (402) 727-2775.

Wheat Plot Tour June 10

Extension will be hosting a wheat variety and disease management plot tour on June 10. Participants are asked to gather at the University of Nebraska field research site just west of 84 Street on Havelock Avenue. Registration starts at 8:30 a.m. Coffee and donuts will be served. The plot tour will begin at 9. There is no registration fee.

Dr. Stephen Baenziger will present variety trials containing over 50 experimental lines and blends in the State Variety Trial. Participants will also see some of the university's Clearfield wheat experimental line evaluation trials plus winter barley and triticale varieties. Dr. John Watkins will discuss ongoing wheat disease management trials. Participants will see 15 treatments in the wheat fungicide plot. Most will be registered products and include BASF's Headline, Bayer's Stratego and Folicur and Syngenta's Tilt, Quadris and Quilt. (TD)

The Nebraska LEAD Program

(LEADERSHIP EDUCATION/ACTION DEVELOPMENT)

The Nebraska LEAD Program is a comprehensive, two-year, statewide, agricultural leadership development program designed to speed up the leadership development process to better prepare the problem solvers, decision-makers and spokespersons for both agriculture and the State of Nebraska. Through monthly, three-day, seminars the program promotes awareness, understanding and involvement in leadership positions at all levels. A national and international study/travel seminar is also a part of the program. Up to 30 individuals are annually selected from across Nebraska. The program is sponsored by the Nebraska Agricultural Leadership Council, Inc. in cooperation with the Institute of Agricultural and Natural Resources of University of Nebraska-Lincoln.

Qualifications

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

Application Deadline

Application deadline is June 15, 2004
Applications may be requested by calling (402) 472-6810

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

LEAD

Nebraska LEAD Program
Nebraska Agricultural Leadership Council, Inc.

UNIVERSITY OF
Nebraska
Lincoln

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

Examine Trees For Insect, Disease Problems

Insects and diseases can be threatening to trees unless a reasonable diagnosis of the problem is made and the proper treatment is selected.

Plant diseases require three things to develop: the presence of a disease agent called a pathogen, susceptibility to that pathogen and environmental factors which can affect both the plant and the pathogen. These factors are subject to variation, depending on the particular plant and pathogen involved.

Non-infectious diseases, which account for 70–90 percent of all plant problems in urban areas, can be caused by nutrient deficiencies, temperature extremes, vandalism, pollutants and fluctuations in moisture. Infectious diseases include fungi, viruses and bacteria. Correct diagnosis of plant disease requires careful examination and systematic elimination of possibilities by following these important steps:

- **Accurately identify the plant.**

Infectious pathogens are mostly plant-specific, so this information can quickly limit the number of suspected diseases.

- **Look for a pattern of abnormality.**

For example, if the affected plants are restricted to a walkway, road or fence, the disorder could be a result of wood preservatives, de-icing salts or other harsh chemicals.

- **Carefully observe the land for**

drainage, history of the property, number of species affected or percentage of injured plants in the area.

- **Examine the roots.** Brown or black roots may signal problems. Brown roots often indicate dry soil conditions or the presence of toxic chemicals. Black roots usually reflect overly wet soil or the presence of root-rotting organisms.

- **Examine the trunk thoroughly for wounds,** as they provide entrances for cankers and wood-rotting organisms. Weather, fire, lawnmowers, rodents and a variety of other environmental or mechanical factors may cause such wounds.

- **Note the position and appearance of affected leaves.** Dead leaves at the top of the tree are usually the result of environmental or mechanical root stress. Twisted or curled leaves may indicate viral infection, insect feeding or exposure to herbicides.

- **Think about current and past management practices.** Sometimes a plant's current problem is actually a result of something that happened much earlier. Changes in grade, the use of pesticides or nearby construction work may all contribute to tree problems.

Insects can cause considerable damage to trees and shrubs. Chewing insects, such as beetles and webworms,

eat plant tissue such as leaves, flowers, buds and twigs. Sucking insects, such as aphids and mealy bugs, insert their beak into plant tissues and cause discoloration and drooping. Boring insects make tunnels in the wood as they eat through it.

The treatment method used for a particular insect problem will depend on the species involved, the extent of the problem and a variety of other factors specific to the situation and local regulations. (DJ)

SOURCE: Christine Meyer, NU/IANR; International Society of Arboriculture brochure, *Insect & Disease Problems*, 1995

Online Resources

UNL Cooperative Extension in Lancaster County
lancaster.unl.edu/hort

- *timely articles*
- *pest updates*
- *University of Nebraska Cooperative Extension resources*

Nebraska Forest Service
www.nfs.unl.edu

- *forest pest and disease management*
- *Nebraska Forest Service and UNL Forestry Publications*

The National Arbor Day Foundation
www.arborday.org

- *online tree ID guide*

Anthracnose: A Sickness in Sycamores

Paula Flynn
*Extension Plant Pathology,
Iowa State University*



Twig dieback caused by sycamore anthracnose.

Wet spring weather can favor fungi. Sycamore trees are one of the most striking victims of these fungi. Usually large and stately, sycamore trees appear as skeletons at this time of year, void of the normal covering of green leaves. Instead, only tufts of brown, wilted leaves are scattered throughout the branches. Diseased leaves eventually fall, leaving a blanket of brown on the ground beneath the tree.

This widespread disease problem of sycamore is called anthracnose. Actually anthracnose is a general plant disease term. There are many different anthracnose diseases that occur on various plants, caused by a number of different fungi.

Fungi that cause anthracnose diseases, tend to thrive when spring conditions are cool and wet for an extended period of time. If these conditions occur when tender leaves are emerging from buds, anthracnose can reach epidemic proportions. Diseased leaves tend to show dark spots or blotches and fall to the ground prematurely.

Anthracnose on sycamore can be especially noticeable because the fungus not only infects the new leaves but also buds, shoots, twigs and branches. Year after year of shoot death can result in tufts of dead twigs throughout the tree. These clusters of dead twigs are referred



Shoot blight and leaf blight caused by sycamore anthracnose. Leaf blight lesions typically extend along the leaf veins.

to as “witches brooms.”

When the sycamore anthracnose fungus invades woody twig and branch tissue, cankers are formed. Cankers are sunken, dead areas that are often elliptical in shape. As these cankers enlarge, twigs and branches may be girdled. Tissue that is girdled or restricted cannot transport water and nutrients. The section of the twig beyond the canker eventually dies.

Unfortunately for the sycamore tree, the fungus survives from year to year in specialized structures in the cankered twigs and diseased shoots. Nestled in the woody tissue, these fungal structures, called pycnidia, are protected from the dry heat of summer and the cold of winter. They lie in wait until wet spring conditions occur. The black, pepper-like pycnidia are small, but can be seen on the dead or dying twigs with the naked eye. The fungus also can survive in the diseased leaves that fall to the ground.

When the cool spring rains occur, these pycnidia release thousands of spores that are whisked away by spring rains and land on newly forming leaves, shoots and twigs of sycamore trees. Some of the infected leaves wilt and turn completely brown, but others only develop dark brown spots along the veins. As the leaf symptoms progress, larger brown blotches, sometimes V-shaped, develop along the leaf vein tissue.

The dramatic symptoms caused by the anthracnose fungus can be alarming if your yard is home to a sycamore tree. Fortunately, anthracnose does not kill sycamore trees. The onset of hot and dry summer conditions squelch the activity of the fungus and uninfected buds of the tree become active, eventually pushing out new flushes of growth.

Because the fungus manages to hang around from year to year, there are some cultural practices that help improve tree vigor. Most are aimed at removing as much diseased leaf and twig tissue as possible to help reduce the amount of fungus that survives to the next season. As feasible, prune out cankered branches or twigs. Unfortunately, the large size of mature sycamore trees make pruning out diseased twigs a fairly unrealistic chore.

Fungicides can be used to protect trees in the spring, but this may not be economical or warranted on large trees. However, fungicide treatments might be desirable in certain situations. Protective fungicides must be first applied at the time of bud swell, with two additional applications at 10-14 day intervals.

Certain fungicides can be injected into sycamore trees and provide protection from this fungus. These products are injected into small holes drilled in the base of infected trees. This is a procedure that

should be done by a certified arborist who has the appropriate equipment.

Finally, if you enjoy sycamore trees and are looking for a substitute with a similar appearance but less vulnerability to this common disease, you might consider the London planetree. Like sycamore, it is a large tree so it is not suited to small lots. It is rated a zone 5 tree, so it may show some twig dieback if winter weather is severe.



Sycamore tree with thin crown caused by anthracnose-induced twig and bud mortality.

Septic Tanks Must Be Pumped By Certified Professionals

As of January 1, 2004, it is illegal for anyone to pump septic tanks, including homeowners pumping their own tank, unless they are certified by the Nebraska Department of Environmental Quality (NDEQ). Homeowner pumping of septic tanks and land-application of the septage has been a common practice in rural Nebraska areas. The new law makes it illegal without proper certification. Septage that is improperly handled and applied can be a public health hazard due to the pathogens it contains, and can be harmful to the environment if pathogens, organic matter, or nutrients enter lakes, streams or groundwater. There are also Federal regulations and recordkeeping requirements for the proper disposal, including land application, of septage.

The Private On-site Wastewater Treatment System Contractors Certification and System Registration Act requires anyone who works on a septic system to apply to NDEQ to become certified to perform the work. The requirement for certification includes pre-installation tasks such as doing a site evaluation, a soil evaluation, or a percolation test. It also covers all aspects of working on a system including designing, installing, inspecting, repairing, or altering. And, it includes pumping and disposal of the septage.

If a homeowner wants to pump a tank, including his or her own, he or she must be certified. To apply for a temporary provisional certificate to pump septic tanks, an individual must submit an application on a form prescribed by NDEQ and pay a \$300 certification application fee to NDEQ. The application must include a signed affidavit certifying the individual has been engaged in the pumping of septic tanks for at least 12 months prior to August 31, 2003. This temporary provisional certificate is valid through December 31, 2005. By then, NDEQ will have a more comprehensive certification program developed which will likely include requirements for continuing education and examination for competency. According to NDEQ staff, individuals pumping a tank without proper certification would be in violation of NDEQ regulations and subject to enforcement action including potential fines.

Hiring a certified professional to pump a septic tank is the best option available for most homeowners. Over 500 individuals throughout the state are currently certified to engage in work related to on-site systems in Nebraska, including over 200 certified to do septic tank pumping. NDEQ has posted a list of certified professionals on their Web site at www.deq.state.ne.us. Contact NDEQ at 471-2186 for additional information regarding the new state regulations. Sharon Skipton at 472-3662 or Jan Hygnstrom at 472-9614 — both of University of Nebraska-Lincoln Cooperative Extension — can help with questions regarding septic systems for rural homeowners.



Alice Henneman, RD, Extension Educator

Enjoy healthy, calcium-rich milk during June, Dairy Month and throughout the year. Here's a quick, cool and easy recipe, courtesy of Jenni Meyer, Dairy Council of Nebraska, to get your day off to a good start. For more dairy recipe ideas, visit the Dairy Council of Nebraska Web site at www.drinkmilk.org or the 3 a Day of Dairy Web site at www.3aday.org. You also can e-mail Jenni at Jenni@DrinkMilk.Org or call 800-279-2643.

Yogurt Breakfast Parfait

(2 servings)

1 cup lowfat vanilla yogurt
1/2 cup granola
1/2 cup fruit sliced (strawberries, blueberries, pineapple or peaches)

To assemble parfait, begin with 1/2 cup yogurt in the bottom of a bowl or tall glass. Add 2 tablespoons of granola and 1/4 cup fruit. Top with 2 tablespoons of cereal.

Turkey isn't just for Thanksgiving. During June, Turkey Lover's Month, enjoy this nutritious, easy-to-fix turkey sandwich made with flour tortillas. This recipe is courtesy of Mary Torell, Nebraska Department of Agriculture, Poultry & Egg Division. For more turkey recipe ideas, visit the Poultry & Egg Division Web site at www.agr.state.ne.us/division/ped/ped.htm or the National Turkey Federation Web site at www.eatturkey.com. You also can e-mail Mary at mtorell2@unl.edu or call 402-472-0752.

Turkey Caesar Wrap

(Servings: 4 wraps)

4 cups romaine lettuce, shredded
2 tablespoons Parmesan cheese, freshly grated
4 green onions, chopped
2 to 3 tablespoons vinegar-based, Caesar salad dressing
4 eight-inch flour tortillas
8 one-ounce turkey slices OR 8 one-ounce pepper-crusted turkey slices
1 medium tomato, chopped
Fresh grated pepper to taste

In a medium bowl, combine lettuce, cheese, green onion and salad dressing. Arrange 1-cup mixture over each of the 4 tortillas. Top each with 2 slices of turkey, tomatoes and pepper to taste. Fold in bottom and top portions. Roll up from side to completely enclose filling.

Chocolate Candy for Dessert: A Tiny Piece Is All It Takes for Health & Pleasure!

There are very few of us that dislike dessert, especially if it contains chocolate! What could be quicker and tastier than a luscious piece of chocolate candy for dessert. Eaten in moderation, chocolate may be good for our health, especially dark chocolate!

Chocolate contains flavonoids, the same substances we hear about in red wine and green tea. These flavonoids may help protect against heart disease. Dark chocolate is higher in flavonoids than other forms of chocolate.

Dark chocolate has a slightly bitter flavor. It may be more appealing to adult taste-buds than to those of children.

It is possible to eat a small piece of chocolate candy (sometimes more!) at the end of a meal and stay under 100 calories. This is fewer calories than we consume from most desserts. A small piece of chocolate may be the only "diet pill" you need.

Web Resources of the Month

June is a month of food celebrations from National Dairy Month to Turkey Lover's Month to Beef Steak Month to Fresh Fruit and Vegetable Month. For tips on using these nutritious foods in recipes, go to www.lancaster.unl.edu/food/ciqlinks.htm#june

Should you use dark metal, shiny lighter-colored metal or glass bakeware? Learn which works best at www.lancaster.unl.edu/food/ciq-pans.htm

Learn tips and recipe ideas to help prepare healthy foods in a hurry by signing up for monthly **Cook It Quick** e-mail messages at lancaster.unl.edu/food/ciqupdat.htm

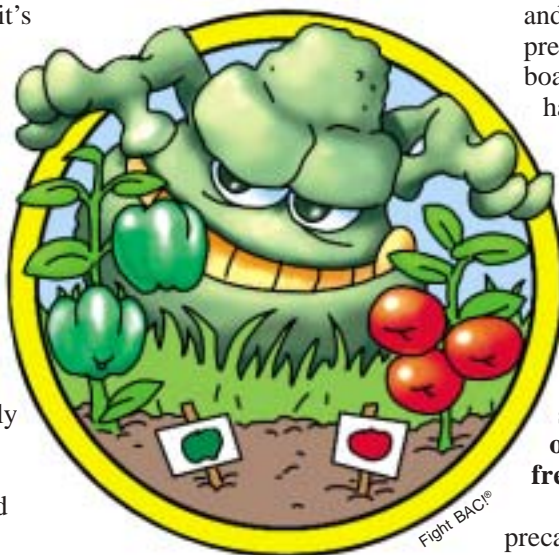


Food Safety and Summer Produce

As with other foods, it's important to handle fruits and vegetables safely to help prevent food-borne illness. It's especially important to follow safe food practices in summer months when temperatures are warmer and bacteria can grow faster. There also is more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities.

Following are some steps from a Food and Drug Administration (FDA) Talk Paper, "FDA Advises Consumers about Fresh Produce Safety," that consumers can take to reduce the risk of food-borne illness from fresh produce:

- **At the store, purchase produce that is not bruised or damaged.** If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- **At home, chill and refrigerate foods.** After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- **Wash hands often.** Hands should be washed with hot soapy water before and after handling fresh produce or raw meat, poultry or seafood, as well as after using the bathroom, changing diapers or handling pets.



- **Wash all fresh fruits and vegetables with cool tap water immediately before eating.** Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
- **Wash surfaces often.** Cutting boards, dishes, utensils and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce or raw meat, poultry or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
- **Don't cross contaminate.** Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry



and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry or seafood. Do not consume ice that has come in contact with fresh produce or other raw products.

- **Use a cooler with ice or use ice gel packs when transporting or storing perishable food outdoors, including cut fresh fruits and vegetables.**

As an extra measure of precaution you may wish to wash pre-packaged salads, especially if you are uncertain about how they were cleaned. Don't assume because a food is pre-packaged it's ready to eat.

Even if you don't eat the peel of a fruit or vegetable — such as melons — it's still important to wash them. Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable. Discard the outer leaves of leafy vegetables before washing them.

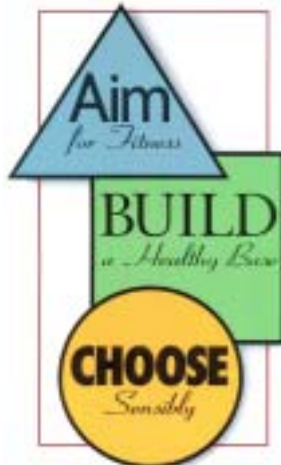
Rinsing fruits and vegetables under running tap water helps remove bacteria. An easy way to wash smaller items such as berries is to place them in a colander and spray them with a kitchen sink sprayer. Gently turn the produce as you spray. As a general rule, wash fruits and vegetables just before using them, not before you store them.

Check for and follow label instructions such as "keep refrigerated" or "use by (date)" on items. This information is frequently found on pre-cut produce at the store. (AH)

ABC's of Good Health

A 3-part series that can change your life!

Presented by UNL Cooperative Extension in Lancaster County Nutrition Education Program



GOOD HEALTH IS AS EASY AS...

Increase your physical activity with a personalized walking program.

Use the Food Guide Pyramid to guide your food choices.

Balance the foods you need and enjoy.

Participants Receive

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation hints
- A cookbook (valued at \$15) after completing the series

WHO MAY ATTEND

- Nutrition Education Program (NEP) participants
- Every Woman Matters (EWM) participants
- Women approximately 40 years of age and up with a low to moderate income
- Friends of eligible women (\$20 fee)

UPCOMING DATES

Wednesdays, June 2, 9, 16 • 6–8 p.m.
 Wednesdays, Aug. 11, 18, 25 • 6–8 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road
 Call 441-7180 to register. Please register at least 1 week before the 1st session.

Clover College

Tue., June 22–Fri., June 25

Lancaster Extension Education Center, 444 Cherrycreek Rd
Open to 4-H & non-4-H youth ages 6–19

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



WORKSHOP DESCRIPTIONS

4-Day Workshops

- #1** Clover Kids Day Camp
Clover Kids will participate in several hands-on activities while learning about animals, food fun, science, the outdoors and more. Refreshments provided for this workshop.
TUE-FRI, JUNE 22-25; 8AM-12:15PM
AGES: 6 & 7 • FEE: \$25
- #2** Rockets...Countdown to Family Fun
3...2...1...blast off! Have you ever wanted to build a rocket and launch it? Come to this workshop and receive a rocket kit and one engine.
TUE-FRI, JUNE 22-25; 8-10AM
AGES: 8-12 • FEE: \$9
INSTRUCTOR: Ron Suing, 4-H volunteer
- #3** Birdhouse or Feeder
Fly in and make a birdhouse or feeder! Learn basic wood-working skills and learn about habitats for backyard animals. All materials will be provided.
TUE-FRI, JUNE 22-25; 12:45-2:45PM
AGES: 8 and up • FEE: \$7
INSTRUCTOR: Shirley Condon, 4-H volunteer

3-Day Workshops

- #4** Fun, Sun Pinata
Make your own fun, sun pinata filled with candy. You will also make a blind fold to be used when breaking your pinata.
WED-FRI, JUNE 23-25; 3-5PM
AGES: 8 and up • FEE: \$12.50
INSTRUCTOR: Cathy Hurdle, 4-H volunteer

2-Day Workshops

- #5** Paper Piecing—What is it?
Use paper to layer and sew fabric into a colorful design. Choose from a heart, boat or birdhouse to create a wall hanging, book bag front or a gift item for someone special. Bring a pencil, ruler, scissors, pins, needle and your sewing machine with white thread.
TUE-WED, JUNE 22-23; 10:15AM-12:15PM
AGES: 10 and up • FEE: \$5
INSTRUCTOR: Diane Spomer, 4-H volunteer
- #6** Design Your Own T-Shirt
Create your own T-shirt design and apply using computer T-shirt transfers! Bring a white or light-colored T-shirt and ideas!
TUE-WED, JUNE 22-23; 12:45-2:45PM
AGES: 10 and up • FEE: \$8
INSTRUCTOR: Vicki Jedlicka, Ext. Publication Assistant
- #7** Antique Automobiles
Build a wood model of an antique automobile and learn more about old cars.
THU-FRI, JUNE 24-25; 12:45-2:45PM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Myron, Barb and Nathan Smith, 4-H volunteers
- #8** Fun & Funky Purse
Make your own one of a kind fun and funky purse. Need to have basic sewing skills. Bring sewing machine, scissors, white thread and pins.
TUE-WED, JUNE 22-23; 3-5PM
AGES: 8 and up • FEE: \$7.50
INSTRUCTOR: Geri Ripa, 4-H volunteer

- #9** Puppets on Parade
Get creative making different kinds of puppets and put on a performance of your own.
THU-FRI, JUNE 24-25; 3-5PM
AGES: 8 and up • FEE: \$7
INSTRUCTOR: Brenda Fiala, Extension Intern

1-Day Workshops

- #10** Simply Stamping
Make a variety of cards and gifts using rubber stamps.
TUE, JUNE 22; 8-10AM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Jessie Brophy, 4-H volunteer
- #11** A Horse Of Course I
Dusty, a gentle quarter horse, will be here to teach grooming and caring of horses. Also create a virtual horse by choosing a breed, color, markings and name for your dream horse.
Note: This workshop is offered twice — see # 13.
TUE, JUNE 22; 10:15AM-12:15PM
AGES: 8 and up • FEE: \$3
INSTRUCTOR: Marty Cruickshank, Ext. Assistant
- #12** Ukrainian Easter Eggs
Learn the art of Easter egg making the Pysanky way — an old art using wax during the dyeing process to make beautiful designs. Pysanky eggs are an easy and fun art to learn.
TUE, JUNE 22; 10:15AM-12:15PM
AGES: 12 and up • FEE: \$4
INSTRUCTOR: Julie Lantis, 4-H volunteer
- #13** A Horse Of Course II
See # 11 for workshop information, fees and ages.
TUE, JUNE 22; 12:45-2:45PM
- #14** Perfect Pies
Practice making perfect pie crusts and learn some decorative techniques.
TUE, JUNE 22; 12:45-2:45PM
AGES: 10 and up • FEE: \$5
INSTRUCTOR: Lorene Bartos, Extension Educator
- #15** Sensational Summertime Crafts
Come and explore your creative side in this summertime arts and crafts hands-on workshop.
TUE, JUNE 22; 3-5PM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Brenda Fiala, Extension Intern

- #16** Pizza for You
Make your own yummy pizza from scratch and take it home for dinner.
TUES, JUNE 22; 3-5PM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Cathy Hurdle, 4-H volunteer
- #17** Beginners Leather Craft
Learn the three basic steps of tooling leather to make a sampler coaster, key fob or bookmark. No prior experience necessary. Tools provided, please bring your own if you have them.
WED, JUNE 23; 8-10AM
AGE: 9 and up • FEE: \$4
INSTRUCTOR: Jane Dowd, 4-H volunteer
- #18** Getting Set for the Table Setting Contest
It's nearly Table Setting Contest time! Come and learn everything you need to know to participate in the table setting contest. You'll also make a homemade centerpiece.
WED, JUNE 23; 8-10AM
AGES: 8 and up • FEE: \$5

	8:00-10:00	10:15-12:15	12:45-2:45	3:00-5:00
Tuesday	1. CLOVER KIDS 2. ROCKETS 10. SIMPLY STAMPING	1. CLOVER KIDS 12. UKRANIAN EGGS 5. PAPER PIECING 11. HORSE OF COURSE I	3. BIRDHOUSE/FEEDER 14. PERFECT PIES 6. DESIGN T-SHIRT 13. HORSE OF COURSE II	15. SUMMER CRAFTS 16. PIZZA FOR YOU 8. FUN & FUNKY PURSE
Wednesday	1. CLOVER KIDS 2. ROCKETS 18. TABLE SETTING 17. BEGINNING LEATHER	1. CLOVER KIDS 21. MONEY, MONEY 5. PAPER PIECING 20. ADVANCED LEATHER 19. FISHING FUN	3. BIRDHOUSE/FEEDER 22. ANGEL EGGS 6. DESIGN T-SHIRT 23. NAIL ART	4. FUN, SUN PINATA 24. BABYSITTING BASICS 8. FUN & FUNKY PURSE
Thursday	1. CLOVER KIDS 2. ROCKETS 25. BLAST FROM PAST	1. CLOVER KIDS 26. FLORAL FUN 27. STYLE REVUE	3. BIRDHOUSE/FEEDER 28. PATRIOTIC WREATH 7. ANTIQUE AUTOS	4. FUN, SUN PINATA 29. WIND WHIRLEY'S 9. PUPPETS ON PARADE
Friday	1. CLOVER KIDS 2. ROCKETS 30. CRABITAT	1. CLOVER KIDS 32. FACE PAINTING 33. TASTE OF RUSSIA 31. LEAPIN' FROG	3. BIRDHOUSE/FEEDER 34. BURPS & SLURPS 7. ANTIQUE AUTOS	4. FUN, SUN PINATA 35. GARBAGE GETTERS 9. PUPPETS ON PARADE

- #19** Fishing Fun
Hike on over to the “Crawdad Hole.” Bring along your fishing pole, complete with line, hook and bobber for some of’ fashioned fishing fun at a nearby stream. Extra tackle is optional. Bait provided as well as a “wormy snack” for humans.
WED, JUNE 23; 10:15AM-12:15PM
AGES: 9 and up • FEE: \$5
INSTRUCTOR: David Smith, Extension Technologist and Soni Cochran, Extension Associate
- #20** Advanced Leather Craft
Practice the eight steps of leather craft to make a sampler coaster, bookmark or coin purse. Need to have had minimal prior leather work experience. Tools provided, please bring your own if you have them.
WED, JUNE 23; 10:15AM-12:15PM
AGE: 11 and up • FEE: \$4
INSTRUCTOR: Jane Dowd, 4-H volunteer
- #21** Money, Money, Money
Learn the basics of banking and how to spend and save wisely.
WED, JUNE 23; 10:15AM-12:15PM
AGES: 10 and up • FEE: None
INSTRUCTOR: TierOne Bank, Clocktower Branch
- #22** Angel Eggs
Learn how to use boiled eggs to create cute little chicks nestled in green grass. These are very nice prepared for special occasion dinners.
WED, JUNE 23; 12:45-2:45PM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Christian Kucera and Mikala Irons, 4-H volunteers
- #23** Nail Art
Have fun learning how to create different designs on your nails using decals, rhinestones, striping tape and beautiful nail paints. Please come prepared with clean finger and toe nails.
WED, JUNE 23; 12:45-2:45PM
AGES: 8 and up • FEE: \$10
INSTRUCTOR: Jhoni Kucera, 4-H volunteer
- #24** Babysitting Basics
Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys.
WED, JUNE 23; 3-5PM
AGES: 11 and up • FEE: \$5
INSTRUCTOR: Lorene Bartos, Extension Educator

- #25** A Blast from the Past
Take a blast to the past in this hands-on session where you will tie-die masterpieces. Bring a white cotton T-shirt, white cotton socks and any other cotton item you want to snazz up.
THU, JUNE 24; 8-10AM
AGES: 8 and up • FEE: \$2
INSTRUCTOR: Deanna Karmazin, Extension Associate and Rochelle Powers, Extension Intern
- #26** Fantastic Floral Fun
Learn how to make fantastic floral arrangements from a floral arrangement expert. Create a visual symphony of colors, textures and shapes and take home your own fantastic floral arrangement.
THU, JUNE 24; 10:15AM-12:15PM
AGES: 10 and up • FEE: \$15
INSTRUCTOR: Gary Tharnish, Burton Tyrrell's Flowers
- #27** Style Revue
Style Revue will be here soon! Come to this workshop and learn new styling procedures and practice your modeling technique.
THU, JUNE 24; 10:15AM-12:15PM
AGES: 8 and up • FEE: None
- #28** Patriotic Silk Wreath
Learn from a floral arrangement expert how to make your own beautiful, patriotic 4th of July silk flower wreath to take home and use now and in years to come. Bring wire cutters and if you have one, a craft glue gun and glue pan.
THU, JUNE 24; 12:45-2:45PM
AGES: 10 and up • FEE: \$20
INSTRUCTOR: Gary Tharnish, Burton Tyrrell's Flowers
- #29** Wind Whirley's
The fun in this series will whirl you away! Youth in this class will design creative wind art that can be displayed all year!
THU, JUNE 24; 3-5PM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Rochelle Powers, Extension Intern
- #30** Crabitats
Create a fully functional crabitat and learn about the science, nutrition and basic care of hermit crabs. Take home your crabitat, two hermit crabs, feeding and watering shells and food. These Paraurus Berhardus's are crustaceans and are considered a low maintenance pet.
FRIDAY, JUNE 25; 8-10AM
AGES: 8 and up • FEE: \$15

- INSTRUCTOR: Deanna Karmazin, Ext. Associate and Rochelle Powers, Ext. Intern
- #31** Leapin' Frogs
Learn how to make leapin' frogs, paper balloons and more in this fun class that teaches you how to fold paper (origami) into creative designs. Bring one crisp paper bill (any denomination).
FRI, JUNE 25; 10:15AM-12:15PM
AGES: 8 and up • FEE: \$6
INSTRUCTOR: Evan Kucera, 4-H volunteer
- #32** Fabulous Face Painting
Learn how to do fabulous full face painting from face painter extraordinaire, Matilda Belle. Starter paint kits will be available to purchase for an additional \$10.
FRI, JUNE 25; 10:15AM-12:15PM
AGES: 12 and up • FEE: \$10
INSTRUCTOR: Jhoni Kucera a.k.a. Matilda Belle, 4-H volunteer
- #33** Taste of Russia
Discover fun and fascinating facts about Russian culture and participate in hands-on activities.
FRIDAY, JUNE 25; 10:15AM-12:15PM
AGES: 8 and up • FEE: \$5
INSTRUCTOR: Yelena Mitrofanova, Ext. Educator
- #34** Burps and Slurps!
Do you burp and slurp at the table? Do you know which fork is for your salad and can you properly introduce yourself to a stranger? Add a touch of class to your dining techniques and join us for food and fun!
FRI, JUNE 25; 12:45-2:45PM
AGES: 10 and up • FEE: \$5
INSTRUCTOR: Deanna Karmazin, Ext. Associate and Rochelle Powers, Ext. Intern
- #35** Garbage Getters
Learn about the world of worms and how they turn our garbage into healthy food (called vermicompost) for your plants and flowers. Create a worm habitat and take home your very own worm friends.
FRI, JUNE 25; 3-5PM
AGE: 8 and up • FEE: \$8
INSTRUCTOR: Roberta Sandhorst, Master Gardener in-training

CLOVER COLLEGE REGISTRATION FORM

To register, complete the registration form (one person per form) and return with payment (check or money order made payable to Lancaster County Extension). Registrations must be received by June 14. They will be handled on a “first come” basis and will only be accepted upon receipt of fees. Early registration is recommended. Telephone registration not accepted. **All fees are nonrefundable unless a class is filled to capacity or canceled.**

Name _____ Age _____

Parents Name(s) _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Evening Phone _____

Special Needs (allergies, etc.) _____

Workshop(s) # _____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

_____ Title _____ Fee _____

Total _____

I give permission to use my child's name/photograph in publications, news articles, advertisements or Web sites pertaining to 4-H. yes no

Parent/Guardian Signature: _____ Date: _____

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

LANCASTER COUNTY FAIR 4-H/FFA NEWS

Livestock Affidavits Due June 15

All 4-H/FFA livestock affidavits are due to the extension office by June 15. (DK)

Animal Entries Due July 9

All County and State Fair animal entries must be post-marked or in the extension office by Friday, July 9 at 4:30 p.m. NO LATE ENTRIES WILL BE ACCEPTED.

Presentations Contest

To keep pace with technology, there are several changes for this year's Presentations (formerly Demonstrations) contest. The classes will change from subject matter to method of presentation. Method of presentations include 1) demonstration using LCD, slide, video or overhead projector; 2) demonstration using posters; 3) multimedia demonstration.

You choose which presentation contest date works for you: July 16, beginning at 1 p.m. or Aug. 7, beginning at 8 a.m. (Note: the second Presentation Contest is Aug. 7 — it was previously advertised to be held Aug. 2)

New Premium Payout Policy

Premium payouts to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 8, 9 a.m.–5 p.m. at the Lancaster Event Center Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums. EXHIBITORS WHO HAVE EARNED PREMIUMS ARE HIGHLY ENCOURAGED TO PICK UP CASH PREMIUM PAYOUTS DURING THE FAIR.

Premium checks will be issued by the Lancaster Agricultural Society to exhibitors who do not pick up cash premium payouts during the fair. Checks will be mailed to 4-H club leaders or FFA chapter advisors for distribution to their respective club or chapter members. Premium checks will be mailed directly to independent 4-H members. It is requested that all checks be cashed within 60 days following the fair. Adherence to this request will be highly appreciated.

No changes or corrections will be made on premium amounts after 60 days.

Note: In 2005, no checks will be issued — cash payouts only.

We hope you appreciate the opportunity for more timely and convenient cash premium payouts!

—Ron Snover, president of Lancaster County Agriculture Society and Fair Manager

4-H Night at Saltdogs June 18

This year, 4-H night at the Lincoln Saltdogs Baseball is Friday, June 18.

The Saltdogs play against the Winnipeg Goldeyes. Game starts at 7:05 p.m. in Haymarket Park (located near 6th & Charleston streets)

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

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

- 4-H'ers will parade onto the field prior to the game
- Free "Discover 4-H, Discover You" temporary tattoos
- Lancaster County 4-H'er Grace Farley will sing the National Anthem
- 4-H Alum Ron Dowding will help throw the first pitch



Wear your 4-H garb!

Tickets for 4-H'ers on Sale May 3–June 15

Lancaster County 4-H will be selling June 18th Saltdogs tickets to 4-H'ers, families & friends May 3– June 15. **To buy your tickets, stop by the UNL Lancaster County Extension office, 444 Cherrycreek Road, Suite A, Lincoln.**

Tickets are \$5 per person for general admission/grass berm seating.

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

4-H Presentations Workshop June 15

There will be a Presentations (formerly Demonstrations) workshop on Tuesday, June 15, 1:30 p.m. at the Lancaster Extension Education Center. (Note: this is the correct date — it was previously advertised to be held June 17.) Attend this workshop to learn more about this year's changes and how to prepare for the contest. If your presentation is prepared, present it and receive help, if needed. (TK)

Tractor Operator's Contest June 25

The 2004 Nebraska 4-H and FFA Tractor Operator's Contest will take place Friday, June 25 at the Nebraska Tractor Test Laboratory on UNL's East Campus. Participants take a written exam, identify tractor parts, conduct a farm tractor safety inspection and drive. For more information, contact Deanna at 441-7180 or go to 4h.unl.edu/kids.

Dog Club Wish List

The 4-H dog club is trying to build their own agility equipment for training. Your support would be greatly appreciated to help them achieve this goal. The club needs the following supplies: PVC pipes, PVC U-joints, flatbed trailer, tarp, 2 x 4 boards, nails and paint. Donations of any of these supplies or money is greatly appreciated! (DK)

Premier Animal Science Events (PASE) June 28–29

The 4-H Premier Animal Science Events (PASE) will take place June 28 and 29 at the Animal Science building on UNL East Campus. If you are interested in attending any PASE workshops or being on any Lancaster County livestock or meat judging teams, please contact Deanna at 441-7180 by June 1. For the PASE schedule and rules go to the UNL animal science Web site at citnews.unl.edu/pase. (DK)

Volunteers Needed for FCS Life Challenge

Nebraska 4-H needs volunteers to help make the FCS 4-H Life Challenge a success! The event will be held June 28 and 29 on UNL East Campus. Please contact Kristin Warner at 472-9008 or kwarn2@unl.edu if you are willing to volunteer or judge on either one or both days.

Junior Life Challenge Contest July 8

Mark your calendars to attend the Junior FCS Life Challenge contest for 4-H'ers 8–11 years old (need not be enrolled in a Family and Consumer Science project). The contest will be held July 8, 1:30 p.m. at the Lancaster Extension Education Center. Stop by the office to pick up a packet to help you prepare for the contest. (TK)

Check It Out — "4-H Discovery Bags" at Bennett Martin

Beginning June 1, two "4-H Discovery Bags" will be available at the Bennett Martin Public Library. The bags are a compilation of 4-H project books, library books and other resources.

The "4-H Discovery Bag for Arts & Crafts" is a one-stop solution for your "Celebrate Art" and "Art in Your Future" project needs. Includes ideas for easy projects that only look complicated.

The "4-H Discovery Bag for Wildlife" makes wildlife and conservation projects fun and easy. The bag includes information on birds, wildlife and fish.

Anyone with a Lincoln City Library card may check the "4-H Discovery" bags out for three weeks at a time. 4-H'ers and non-4-H'ers alike will find these resources helpful and fun!

Regional Volunteer Forum Nov. 11–14

Information is now available for this year's North Central Regional Volunteer Forum. This year's forum will be Nov. 11–14 in Indianapolis, Indiana. Share ideas with other volunteers, share experiences, challenges and successes. Early bird full time registration is \$200 and is due Sept. 15. Please contact the office to receive additional information. A limited number of scholarships are available from the 4-H Council. (TK)

June

Cheryl Landon

Lancaster County 4-H is proud to announce Cheryl Landon as winner of June's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Cheryl has been a volunteer with the Rock Creek Ranchers for 20 years. She is currently project leader for beef, bucket calf and livestock judging. She was club leader for four years. Cheryl has been superintendent or assistant superintendent for 4-H Bucket Calf at the Lancaster County Fair since the project started 13 years ago.

4-H'er Amanda Peterson nominated Cheryl, "For the help in being the bucket calf superintendent and the continuous help with the Rock Creek Ranchers. She is always very positive to all of us kids."

Cheryl says, "I enjoy working with young people and see how they sparkle working with their projects. My favorite experience was working with Janice Halling and helping to get the Bucket Calf project off the ground. This project really connected livestock with those on acreages."

In addition to volunteering for 4-H, Cheryl volunteers at the State Fair in the FFA Beef department and keeps scorebook for Waverly High School basketball games.

She is a paraeducator at Waverly High School and lives in Greenwood with her husband Bill. Their children — Andrew, Daniel and Steven — are former members of the Rock Creek Ranchers.

Cheryl says most people might not know that when she was a 4-H member, she was the last person at the Nebraska State Fair to show a grand champion steer which was auctioned off.

Congratulations to Cheryl! Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the extension office or online at lancaster.unl.edu/4h. Nominations of co-volunteers welcome.

**Rabbits-R-Us Participate in Community Activity with Learning Group for the Deaf**

Erin Dresser
Reporter, Rabbits-R-Us 4-H Club

Rabbits-R-Us 4-H club participated in a community activity with the Lincoln Learning Group for the Deaf. The 4-H club and learning group met jointly for lunch. Each 4-H club member stood before the group and introduced him/herself. Each member presented his/her bunnies and discussed points about each bunny. Each Learning Group for the Deaf member introduced him/herself and

described his/her particular interests.

The 4-H club members experienced using an interpreter when communicating with a person who is hard of hearing or deaf. A demonstration in the proper use of an interpreter and communicating with a person who is hard of hearing or deaf was presented. The conversations and presentations were interpreted throughout the activity.

4-H members learned how to finger spell and practiced several phrases for communicating using American Sign Lan-

guage. American Sign Language phrases were practiced which described the projects for the 4-H members.

The community activity developed an understanding about the respective clubs, about each other, and communicating with persons who are hard of hearing or deaf. Sara Morton, Rabbits-R-Us 4-H club leader, facilitated discussion and presentation for the 4-H club members. Nancy Brt and Sandra Dresser coordinated the activity. Nancy Brt served as the interpreter for the activity.

Norris Teacher Wins Winter Racing Series, Looks Forward To Summer Competition

Vanessa Cole
Voice News

This article was originally published in the April 22, 2004 Voice News. Reprinted with permission.

Justy Hagan is president of the 4-H Horse VIPS Committee and horse superintendent for this year's Lancaster County Fair.

One Norris Middle School teacher is leading multiple lives. She's a wife, a mother, a teacher, a 4-H leader and just in case that wasn't enough, she's a barrel racer, too.

This winter, Justy Hagan won the MidWest Barrel Association's barrel racing series. Justy said, "The organization boasts about 60 members, and their competitions are held in Columbus or Fremont from October to May." A membership fee is required as well as an entry fee each time you run.

The winner is chosen on the most money won for the season. This isn't the first competition for Justy, and she has worked hard to get to this level.

Justy has been competing in rodeos for a long time. She grew up on a farm north of North Platte. Her mom, Carroll Hill, still lives in North Platte, but her dad, Melvin, passed away three years ago.

"I have always worked with horses and rodeoed. I always wanted a horse of Asher's quality, and I have waited a long time for this." Justy participated in high school rodeos where she went to the National High School Finals representing Nebraska. She and her sister were the first all-girl team in the state to rope



Justy Hagan and her horse Asher, enjoy the saddle she won as the MidWest Barrel Association's winter barrel racing series' champion.

together. They ended up fifth in the state and just missed nationals by a few points. At Kearney State College, Justy said she "had a lot of fun and made a lot of friends" while participating in rodeos.

She learned a lot about rodeos by learning from her mistakes and reading books on barrel racing by Martha Josey and Sharon Camarillo. She also said she has a lot of friends who are always willing to help her and give her advice.

Four years ago, Justy finally connected with a horse she thinks will give her some good races. Asher Magbars Moon is a Quarter horse that stands 16 hands, one inch tall.

"I have spent a lot of time with Asher the last four years," Justy reflected. "He has been one of my major projects. We trust and respect each other and

rely on each other."

Justy bought Asher as a five year old and has done all of his training. "During the training process we usually ride or practice barrels at least three times a week along with extensive traveling to get him conditioned."

Justy said when she won the winter series competition, she was very proud of her horse. "We have been working long and hard to get this far," she said. "I think we will have a good summer this year because he is running so well."

Justy said she competes in rodeos all summer. She belongs to the Midstates Rodeo Association, the Nebraska Rodeo Association, the Iowa Rodeo Association and the National Barrel Horse Association.

see HORSE LEADER on page 11

4-H'ERS IN THE NEWS

4-H'ers Among Winners of Mayor's Poster Contest, Arbor Day Poster Contest

4-H member Carmen Claesson (age 11) won this year's poster contest sponsored by the Mayor's Water Conservation Task Force with her entry "Native Plants Need Less Water." Her artwork will be displayed on a StarTran busboard



(L-R) City of Lincoln Mayor Coleen Seng, Shalom Parker and Carmen Claesson.

for one to two months and on a Lamar Outdoor Advertising billboard for one year. She also won a bicycle and bicycle helmet. Carmen says she got her love of flowers from 4-H. Shalom Parker (age 11), also a 4-H'er, tied for 7th place with her entry "Save a Drop, Don't let it Drip!" All winners will have their artwork on bookmarks distributed at city and school libraries.

Carmen is also the 2004 state winner in the Arbor Day poster contest. She won a \$100 savings bond and planted a tree with the governor on the state capitol grounds on Arbor Day. She attributes her interest in trees to the 4-H Forestry project. She is also the district winner in the Nebraska Dental Association's poster contest and won \$25.

4-H'ers Among Youth Receiving President's Volunteer Service Award

The President's Volunteer Service Award, an initiative of the President's Council on Service and Civic Participation, honors America's volunteers and encourages even more Americans to get involved. At the Ventures in Partnerships Spring Awards Celebration, 274 students were honored for providing valuable volunteer services to the Lincoln community. 4-H'ers receiving the President's Student Service Awards for 2003 were:

Bronze Pin (youth ages 4-14 who volunteered 50-74 hours and youth ages 15-18 who volunteered 100-174 hours) — Gideon Badeer, Ian Badeer, Noelle Badeer, Preston Badeer, Alyssa Fiala, Ashley Dreyer, Elizabeth Herrick, Kelsey Latshaw, Dalton Malcolm, Laura Olson, Claire Reichenbach

Silver Pin (youth ages 4-14 who volunteered 75-99 hours and youth ages 15-18 who volunteered 175-249 hours) — Laura Cassel, Taryn Overton

Gold Pin (youth ages 4-14 who volunteered 100 or more hours and youth ages 15-18 who volunteered 250 or more hours) — Francis Anderson, Natalie Anderson, Sean Badeer, Karen Clinch, Shannon Drake, Grace Farley, Cameron Freeman, Terra Garay, Stuart Kujath, Brad Morgan, Nicole Pedersen, Athena Rockwell, Hannah Spencer, Katy Steffen

4-H clubs, 4-H camps, Eastern NE 4-H Center, Kiwanis (Karnival), Clover College, Lancaster County Fair, State Fair and Super Shamrocks were among the organizations benefiting from youth volunteer services.

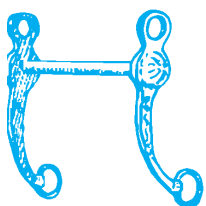
Gov. Johanns Honors 4-H'er as Points of Light Youth Award Recipient

In April, Gov. Mike Johanns presented the Governor's Points of Light Awards at a proclamation ceremony at the State Capitol. The awards are presented quarterly in recognition of volunteers who give their time, talent and energy to help Nebraskans build stronger communities. In the youth category, the Governor's Points of Light Award



(L-R) Gov. Mike Johanns and Grace Farley

recipient was Grace Farley (age 13) who is in her ninth year as a 4-H member. During the past year, Farley has given more than 100 volunteer hours to 4-H sponsored community service activities and other community service, including a newspaper recycling project, participation in the 4-H Can Fight Hunger food drive, staffing a food booth at the county fair, working with the Kiwanis Karnival, making scarves for the People's City Mission, making toys for donation to Toys for Tots and donating children books for the Tabitha day care program. Grace said, "What many see as community service, I see as more than that. It's fun! I would like to thank 4-H for the many opportunities to learn and serve. I know I am just one of many who gives their time to the community."



HORSE BITS

Pre-Districts May 22

The pre-district horse show will be held on Saturday, May 22 at the Capital City Arena. Rich and Katie Fortner have graciously agreed to judge and will also do a mini clinic on showmanship during the lunch break. There will be two age divisions, 11-14 and 15-18. Eleven year olds have been included this year so they will have a chance to see what it will be like for them next year! The show will start at 9 a.m. and should be over around 2 p.m. For the showbill and more information check the web at lancaster.unl.edu/4h/news.htm or call Marty at 441-7180. (MC)

Horse ID's Due June 1

Horse ID sheets are due in the 4-H office on June 1. Late ID sheets will not be accepted. Please take the time to fill them out completely and thoroughly. Be sure to draw your horse's markings on the picture as accurately as you can. Also, be sure and indicate the horse's color on the drawing. (MC)

Lancaster County 4-H Horse News

To keep current on 4-H Horse news, events and forms, go to lancaster.unl.edu/4h/news.htm and check under Lancaster County 4-H Horse News.

You can access incentive forms, county fair forms, horse show showbills, upcoming horse events and much more! (MC)

Cornhusker State Games Equestrian Events

June 23 is registration deadline for Equestrian events at the 20th Anniversary Cornhusker State Games July 10-18. New this year is team penning! Equestrian events will take place at the Youth Arena, State Fair Park, Lincoln.

Schedule is:

- Saturday, July 10 — Hunter/Jumper
- Sunday, July 11 — Dressage
- Saturday, July 17 — Team Penning
- Sunday, July 18 — Western

For detailed information and registration, go to www.cornhuskerstategames.com or call: 1-800-30-games. (MC)

EXTENSION HIGHLIGHTS

Branson Recognized for 30 Years of Service to Lancaster County

Pam Branson, part of the support staff for UNL Cooperative Extension, was recently recognized at the annual County Employee Service Awards Luncheon for 30 years of service. County employees were recognized for milestone anniversaries of 10, 15, 20, 25, 30 and 45 years. Honorees received gift certificates to "Shop Lincoln" (redeemable at more than 200 merchants) in an amount commensurate with years of service.



(L-R) Pam Branson and Ray Stevens, chairman of Lancaster County Board of Commissioners

There was also a recognition ceremony during the County Commissioner's meeting. Chairman Ray Stevens thanked the employees for their years of loyal service to Lancaster County.

Pam says she has seen lots of changes during her 30 years. She started as support staff for the 4-H program and then supported the Agriculture/Horticulture areas. Currently she assists with the areas of Environment of the Home, Nutrition & Food Safety, Community & Leadership and Family & Community Education clubs. "The best part of working with Extension is the people — both the staff and the public," Pam says. "I really enjoy working at the County Fair and seeing the accomplishments of the youth."

Extension thanks Pam for her many — and continuing — contributions!

Hanna To Retire After 14 Years with 4-H

Extension Associate Arlene Hanna will retire in June after 14 years at UNL Cooperative Extension in Lancaster County. The public is invited to a retirement reception in her honor on Thursday, May 27, 4-6 p.m. at the Lancaster Extension Education Center.

Arlene's major responsibilities have been the 4-H School Enrichment science program and small animal 4-H projects.

More than 58 Lancaster County schools participate in 4-H School Enrichment projects which include Embryology, Garbology, Blue Sky Below My Feet, Vermicomposting and 4-H Water Riches. Embryology and Garbology are core subjects in the Lincoln Public Schools science program. Arlene led development of the Garbology curriculum and assisted with the Embryology curriculum. She also spearheaded the creation of **earth wellness festival (ewf)** (a collaboration of 11 community partners) and its yearlong school curriculum — and served as co-chair for nine of its 10 years.

Lois Mayo, science curriculum specialist at Lincoln Public Schools, says, "Arlene Hanna has made a tremendous impact on the science curriculum at LPS and more importantly, the education of students. This year alone, Arlene impacted over 7,500 students. Arlene gets things done and is a team player. She always puts students first. She is one of a kind!"

In 2003, Arlene received Ventures in Partnerships' (VIP) highest honor — a "Continuing Service Award." In 2001, VIP presented Arlene with a "Pioneer Award." In 1997, Arlene received the "Distinguished Extension Assistant" award from Nebraska Cooperative Extension Association.



Arlene Hanna explains vermicomposting (composting with worms) to second graders at Prescott Elementary.

NWT Members Identify Quality Indicators of Good Neighborhoods

Neighborhood associations in Lincoln neighborhoods adjacent to the university, as well as other interested associations, send their president or representative to the monthly Neighbors Working Together (NWT) meetings. NWT is an outreach program designed to connect UNL with community members. During these meetings neighbors share upcoming events, successes, concerns and issues they deal with in their neighborhoods.

The last NWT meeting was held April 3 at Elliot School. Participants developed a list of quality indicators of good neighborhoods. Indicators are small bits of information that reflects large system; indicators give people a sense of a bigger picture. The term indicator is derived from the Latin verb *indicare*, meaning "to point out or proclaim." Through the brainstorming process the following indicators were generated:

- Deterioration of older neighborhoods
- Small town atmosphere
- Respect for other property
- Safe environment
- Connectivity of neighborhoods
- Neighborhood spirit/enthusiasm
- Community identity
- Outreach programs/information sharing (meetings, newsletters, etc.)
- Strong relationships with city government, schools, churches, businesses, etc.
- Building partnership with Lincoln Urban Development department
- Leadership development
- Diversity
- Citizenship

This was the first meeting addressing the issue of quality indicators of good neighborhoods. The process is in its initial stage. However, the process of developing indicators is just as important as the indicators themselves. By convincing community members

to consider how to measure the overall well-being of neighborhoods, neighborhoods are stimulated to create new visions of the future, develop new working relationships across the boundaries, and define their assets and opportunities in new ways.

NWT is one of four projects in the Community Outreach Partnership Centers (COPC) program, a federally funded grant through the U.S. Department of Housing & Urban Development. The major focus of NWT is building leadership capacity, particularly through neighborhood associations. The most important outcome is not only information sharing, but also forming of friendships and partnerships. For more information about NWT, contact Project Director Dan Wheeler at 472-4749 or dwheeler1@unl.edu. (YM)

Lincoln/Lancaster County Preparedness Fair June 12

The Lincoln/Lancaster County Preparedness Fair will be held June 12, 10 a.m.-1 p.m. at the Church of Jesus Christ of Latter-Day Saints, 3000 Old Cheney Road in Lincoln. The event is free and open to the public.

"We live in a different world than we did before September 11, 2001," says Joe M. Allbaugh, director of the Federal Emergency Management Agency (FEMA). "We are more aware of our vulnerabilities, more appreciative of our freedoms and more understanding that we

have a personal responsibility for the safety of our families, our neighbors and our nation.

"We know disaster preparedness works. We can take action now that will help protect our families, reduce the impact an emergency has on our lives and deal with the chaos if an incident occurs near us. We know disaster can strike at any time. We all have a personal responsibility to be ready."

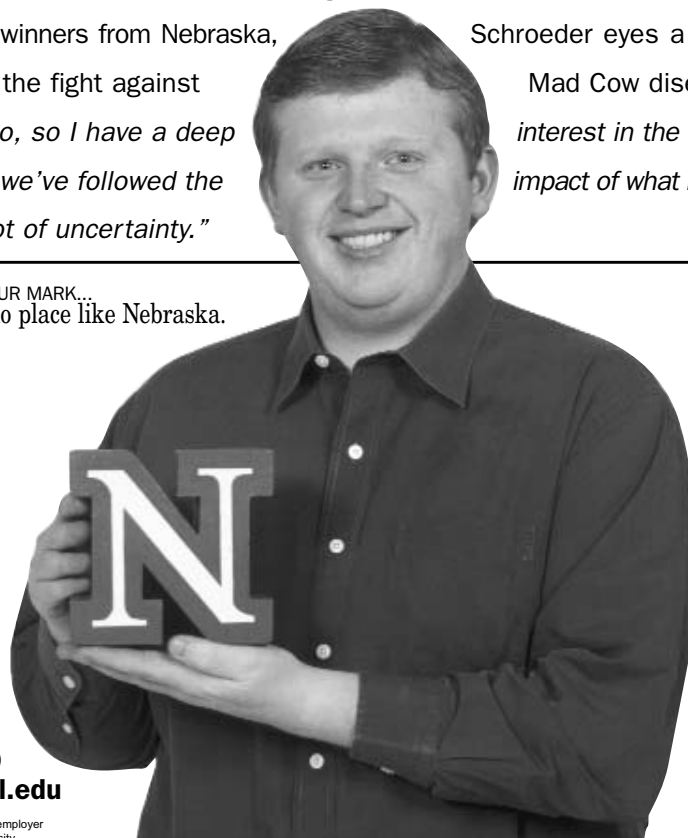
You will learn what governmental agencies and local organizations can and will do during emergency situations, as

well as, what you personally can do to be prepared and lessen the impact on your family and friends should a disaster strike. Information will be available regarding local resources that can help you become more personally prepared. You can also learn what happens with services such as banking, food supplies, animal control and insurance when a disaster hits. Participants will also learn how to assemble a 72 hour emergency kit and long term food, water and fuel storage. (LB)

This Nebraska student fights for homeland security on the food science front.

DAVID LEE SCHROEDER of West Point, Nebraska, a food science and technology and agribusiness double major at the University of Nebraska-Lincoln, was one of just 101 students nationally to receive a prestigious Homeland Security Scholarship. One of two scholarship winners from Nebraska, Schroeder eyes a possible internship focused on the fight against Mad Cow disease. "I am a cattle producer too, so I have a deep interest in the (Mad Cow) situation. In classes, we've followed the impact of what happened in Canada. There's a lot of uncertainty."

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Lincoln

Pick Up a Lancaster County Fair Book

The Lancaster County Fair (held Aug. 4-8 at the Lancaster Event Center) invites YOU to enter an exhibit or participate in a contest! The 2004 Fair Book includes all the information needed. Open Class exhibits and contests are open to ages 6 and up. Fair Books are available at the Lancaster Event Center, the extension office, Lincoln libraries, village banks & post offices and other locations. It is also available online at www.lancastereventcenter.com/fair.html and at lancaster.unl.edu/4h/Fair.

EXTENSION CALENDAR

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

MAY

- 22 Acreage Insights: Rural Living Clinics — "Vertebrate Pests" 9–11 a.m.
- 22 Pre-District Horse Show, *Capital City Arena* 9 a.m.
- 27 Retirement Reception for Arlene Hanna 4–6 p.m.
- 29 EquiRiders 4-H Club Horse Show, *Capital City Arena* 8 a.m.

JUNE

- 1 4-H Council Meeting 7 p.m.
- 1 4-H Horse County Fair Identifications Due
- 2 ABC's of Good Health (part 1 of 3) 6–8 p.m.
- 9 ABC's of Good Health (part 2 of 3) 6–8 p.m.
- 10 Wheat Plot Tour, *UNL field research site west of 84th on Havelock* .8:30 a.m.
- 11 Extension Board Meeting 8 a.m.
- 11 County Fair 4-H/FFA Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/Dairy/ Rabbits Identifications Due
- 12 Salt Creek Wranglers 4-H Silver Dollar Series #3, *Wranglers Grounds* . 8 a.m.
- 13 Dine Out for 4-H/CWF, *Don & Millie's, 5200 S. 56th Street* . . . 11 a.m.–4 p.m.
- 14–17 District 4-H Horse Shows, East (Fairbury, Elkhorn, Oakland, Albion)
- 15 4-H/FFA County Fair Livestock Affidavits Due
- 15 4-H Presentations Workshop 1:30 p.m.
- 16 ABC's of Good Health (part 3 of 3) 6–8 p.m.
- 18 4-H Night at Saltdogs Baseball, *Haymarket Park* 7:05 p.m.
- 19 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* 8:30 a.m.
- 21–24 District 4-H Horse Shows, West (O'Neill, Hemmingford, Grant, Broken Bow)
- 22–25 4-H Clover College
- 25 4-H & FFA Tractor Operators Contest, *UNL East Campus*
- 26 Acreage Insights: Rural Living Clinics — "Small Scale Animal Production" 9–11 a.m.
- 28–29 4-H PASE/Life Challenge, *UNL East Campus*

HORSE LEADER

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"We usually go to two to three rodeos every weekend," she said. "I also do Barrel Bashes in Nebraska, Iowa, Missouri, Kansas and Minnesota."

Justy and Asher will start off the summer with a Barrel Bash in Sherburn, Minnesota, the second weekend of May. The rodeo season will begin toward the end of May.

She will also be helping her son, Ryan, a 16 year old sophomore at Norris, try to qualify for the state horse show in barrels on Asher.

"Hopefully they will do well at state in July," Justy said.

Ryan is an experienced barrel racer. "Last year," Justy said, "Ryan took Asher and another horse to the Youth World Barrel Race in Jackson, Mississippi through the National Barrel Horse Association."

Justy spends a lot of time riding and training horses with Ryan, but she also helps other riders in the area. She gives riding lessons, trains horses and is the president of the Horse VIPS 4-H club and will be superintendent for the Lancaster County Fair in Lincoln this year.

Besides Ryan, Justy and her husband, Lynn, have a son JD, who works for the county correction office in Lincoln.

The busy Justy admitted it is challenging to balance everything in her life. "I don't have a lot of free time," she said.

But ever since a nine-year-old girl on a farm by North Platte started riding and training horses, she has looked forward to this point in her life. "I've always wanted a horse of Asher's quality," she said, "and I have waited a long time for this." So don't look for Justy and her horse to slow down anytime soon.

Can You Guess It?

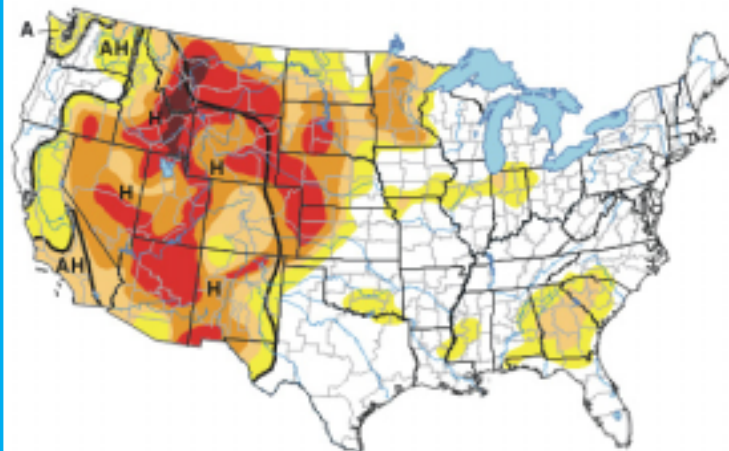


Did you guess it? Find out at lancaster.unl.edu

Did you guess it from the May NEBLINE? The answer was a healthy, fresh garden salad.

Latest U.S. Drought Monitor Map

As of May 11, Lancaster County was not in drought conditions.



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

Source: National Drought Mitigation Center, University of Nebraska

The NEBLINE



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

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Protect Yourself, Family and Pets from Rabies

Rabies is a viral disease usually transmitted through a bite from an infected animal. Only warm blooded mammals can carry this disease. Every year there are cases reported where a wild animal looks or acts sick. If the animal has rabies, death will usually occur within a few days after these symptoms begin. The rabies virus infects the central nervous system which changes the animal's behavior. Some animals become aggressive; others seem to be confused or in a stupor.

Rabies is an acute, progressive, incurable, viral encephalitis and human death is even possible. A 25-year old, healthy man in Northern Virginia died of rabies last year. Take steps to protect yourself, your family and your pets.

Pets

To protect pet dogs, cats and ferrets, owners should make sure their rabies vaccinations are current. State law requires that all dogs and cats be vaccinated for rabies. Horse owners should also contact their equine veterinarians about vaccinations. Keep pet rodents inside your house. If possible, supervise your pets when they are outside.

If your pet has been exposed to a rabid animal and its vaccination is current, it will need a rabies booster shot immediately and will be allowed to be quarantined at home for 30 days. It can be expensive if your pet is not vaccinated — unvaccinated pets must be quarantined at a veterinary clinic for six months at the owner's expense.

People

Protect yourself and your family by leaving wildlife alone. Teach children to never pick up or touch wild animals even though some may appear friendly.

Rabies can affect the lives of people dramatically. Last August in Martell, a goat died and was submitted for rabies testing. It came back positive. Family members and friends who were in contact with the goat were advised to contact their physicians immediately.

In 2003, an interesting case of rabies in New York involved a guinea pig. The owner took it outside for fresh air and allowed it to roam free. The guinea pig was bitten by a raccoon and a few days later the guinea pig bit its owner. After contacting the local health authorities, the owner was advised to have the animal tested for rabies. Tests came back positive. The owner immediately started post exposure prophylaxis (shots). All of this occurred in just over one month. If the owner had not contacted the local health authorities and reported the pet's possible exposure to the raccoon, there would have been a totally different outcome.

Although rabies exposure is rare, don't be unaware of the consequences of exposure. Rabies is a serious disease. If a bite occurs, report it. Provide details, even if they don't sound important. It could save your life. (BPO)

Source: Kris Johnson, Educational Officer, Animal Control.

Be Aware of, Report Unusual Animal Behavior

Because of the high incidence of rabies in skunks, be aware of unusual skunk behavior. A skunk is normally a nocturnal animal, so activity during the daytime is abnormal behavior.

If you see a skunk that exhibits unusual behavior in the Lincoln area, call Animal Control at 441-7900. Animal Control will attempt to capture the skunk and test it for rabies.

If you live in the country, contact your local health department, veterinarian or local law enforcement

agency for assistance. If you need to capture or put down an animal, do not damage the head because it is brain tissue that is tested. Destroying the head will make it impossible to test the animal. The animal (or just the head) will need to be kept cold (refrigerated) prior to being sent to the laboratory for testing.

If an animal comes back positive for rabies, the victim will be required to seek medical attention immediately.

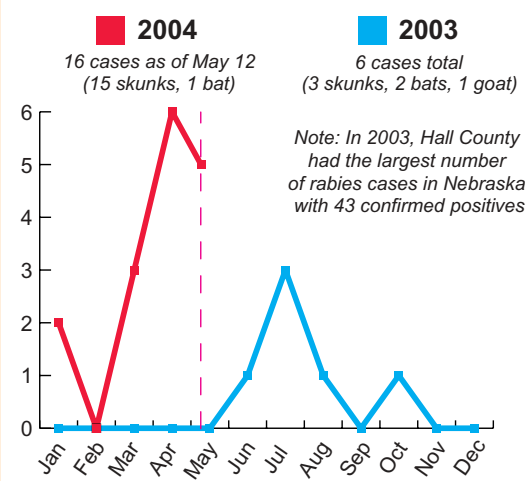
So Far This Year, Lancaster County Has Tripled 2003 Total Rabies Cases

In 2003, there were 98 cases of confirmed rabies in Nebraska, which was the third highest ever on record. Positive animals included seven cats, three dogs, five cows, three horses, one goat, five foxes, five bats and 69 skunks.

This year it appears the numbers will be about the same or maybe even higher. As of May 12, there have been 59 rabies cases in Nebraska (one cat, one dog, nine cows, two horses, one bat and 45 skunks).

Some experts theorize rabies is cyclical, with flare-ups occurring every 20 years or so.

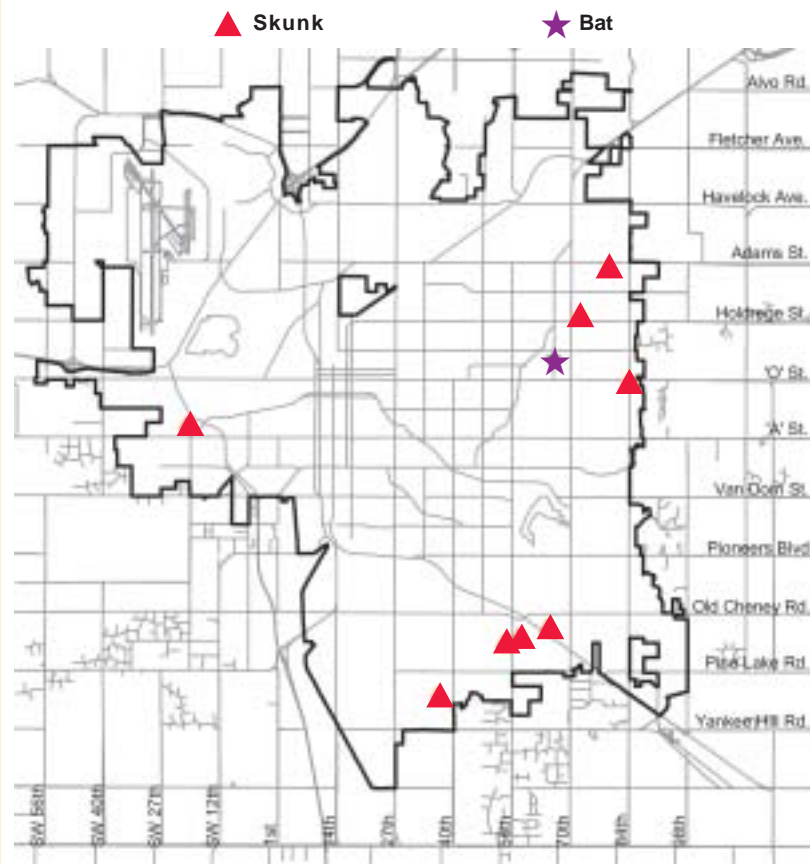
Lancaster County Animal Rabies Positive Cases



Animals Tested Positive for Rabies in Lincoln

(as of April 14)

Two skunks have been found in Hallam and Hickman



Carpet Beetles: Pantry and Clothing Pests

Over the last few weeks, a number of people have brought adult carpet beetles to the extension office for identification. These beetles include the Warehouse and Varied Carpet Beetles. They are probably the most common carpet beetles seen in homes in the U.S. Carpet beetles belong to the insect family Dermestidae and are also called dermestids.

These beetles are tiny — 1/10 to 1/8-inch long. The upper surface has scales that are variously colored and give the beetles a distinctive pattern on their back.

The larvae does not look at all like the adult. It is reddish-brown, cigar-shaped, and covered with hairs.

Scientists think carpet beetles evolved to feed on animal hair, fur, hide and, in the balance of nature, help decompose dead animals. They are one of the only insect groups that can digest keratin, the protein found in hair. Many carpet beetles species also feed on flour and spices. At the extension office, we keep several



Varied Carpet Beetle larvae



Warehouse Carpet Beetle adult

different species of carpet beetles in a sealed glass jar of dry dog food and Cheerios.

Dermestids can do considerable damage to woolen fabrics, rugs, fur, silk, leather and hide, hair, insect collections and taxidermist's stuffed animals. These infestations may come from sources not easy to find. Hidden reservoirs for dermestids are bird, rodent, old bee and wasp nests, where dermestid larvae feed on hair, feathers and/or dead insects.

Nearly every home can have carpet beetles. They are so tiny they can enter through screen windows. They aren't much of an economic problem as a pantry pest, but they chew pinholes in woolen clothing and can ruin expensive suits and blazers.

Prevention is the best way to keep carpet beetles from becoming established in the home. The best tool is a good vacuum cleaner. Clean rooms often enough to prevent the accumulation of hair, lint and other carpet beetle fodder. This is especially important in households that have indoor pets.

Close attention should be given to carpets (especially under furniture), rugs, draperies, upholstered furniture, closets (especially where woolens and furs are stored), heat ducts, corners, cracks, baseboards, moldings and other hard-to-reach areas. Open containers of dried foodstuff and pet food should be regularly inspected for signs of carpet beetles and discarded if contaminated.

Protect woolens, especially during the summertime when these beetles are most active. Dry clean woolen clothing before storage in air-tight containers. Use paradichlorobenzene moth crystals that are placed between two pieces of paper and layered into the articles being stored. (BPO)

Got Bugs? Use Sticky Traps

Because insect pests are more active during the warmer months, insects are more likely to be found inside the home this time of year.

Rather than routinely using sprays to control insects that might not even be a problem, consider using glue boards to determine the level of bugs and types of pests in your house.

The best glue boards are simply a flat piece of cardboard covered by a sticky substance. These are found in home improvement and hardware stores. Glue boards made for rodent control work well for insect pests and spiders.

Place glue boards in basements, under the kitchen sink, in corners of rooms and other places that are dark, because insects and spiders often head for dark locations.

Once the glue board has caught insects or spiders, have them identified so you can take the most appropriate action. Contrary to popular opinion, there is no one general pest control tactic that works on all insect pests and spiders.

We are glad to identify insects on glue boards at no cost to you. Bring your glue boards to the extension office; it is best to call ahead (441-7180) to make sure someone will be at the office who can help you. (BPO)