

5-1997

The NEBLINE, May 1997

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>

 Part of the [Agriculture Commons](#)

"The NEBLINE, May 1997" (1997). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 153.
<http://digitalcommons.unl.edu/neblines/153>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

May 1997
Vol. X, No. 5

"Helping Nebraskans enhance their lives through research-based education."

earth wellness festival—a blast!

Arlene Hanna & Soni Ericksen
ewf Co-chairs

Kites fluttering in the breeze. A tipi on the horizon! AND — around 2,500 Lancaster County fifth-graders ready to attend **earth wellness festival** and activities that range from playing a water education computer game to learning how to compost with worms.

At **earth wellness festival** on Thursday, March 27, over 80 presenters and 200 volunteers gathered at Southeast Community College to help kids and teachers become better stewards of the earth. Through hands-on activities, participants dug, poked, squeezed, dunked, smelled, and tasted — through imagination and discovery youth experienced science in an exciting way.

In its third year, **earth wellness festival** encourages youth to become aware of personal, community and global impact on the environment. They recognize the relationships and interdependency of land, water, air and living resources and determine steps of action to enrich our environment.

earth wellness festival is making a difference! Ask any Lancaster County fifth-grader who has attended. There are over 10,000 of them. (ALH)



earth wellness festival



THANK YOU
Presenters, Volunteers & Sponsors!!

You are super!
We couldn't have done it without you!

earth wellness festival
steering committee




In this issue...

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County NEBLINE."


 Horticulture —page 2

 Environmental Focus —page 3

 Farm Views —page 4

 Acreage Insights —page 5

 Food & Fitness —page 6

 Family Living —page 7

 4-H & Youth —pages 8-9

 Community Focus —page 10

Festival wins award

earth wellness festival is the proud recipient of a University of Nebraska Institute of Agriculture and Natural Resources Excellence in Team Programming Award for 1996. The award was presented to Extension personnel at April Preview by Dr. Kenneth Bolen, Dean and Director of Extension.

The Excellence in Team Programming Award criteria for selection includes the program outcomes and impact, innovations in planning, the delivery and evaluation of the program and the supporting partnerships and linkages that are evident.

The **earth wellness festival** steering committee represents eleven community educational resource units. They are Cooperative Extension in Lancaster County/UNL, City of Lincoln, The Groundwater Foundation, Lincoln/Lancaster County Health Department, Lincoln Public Schools, Lower Platte South Natural Resources District, Nebraska Game & Parks Commission, Southeast Community College-Lincoln, University of Nebraska Cooperative Extension, University of Nebraska Water Center, and Ventures in Partnerships.

Congratulations **ewf** — for a great program that impacts the whole community. (ALH)

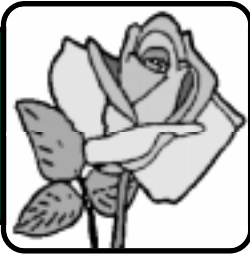


Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

ADDRESS CORRECTION REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska





Horticulture

Be a Better Gardener program gets youth off to a good start

Mary Jane McReynolds
Extension Assistant

Spring is here! Thirty-eight 4-H youth are ready to start their gardens for this year. They are participating in a new program called *Be A Better Gardener*. At the introductory workshop they planted seeds for transplants and made seed tapes. The 4-H youth will keep a journal of their garden records and activities. The gardeners will make weekly entries in their journals about their garden activities and take pictures of their gardens during



the growing season. They will be able to enter this journal as a project at the Lancaster County Fair. Each youth was given a free notebook to keep their journal in

and free seeds to start their gardens.

The 4-H youth are raising vegetable and flower gardens. The gardeners will be conducting evaluations of their garden plants. They will rate what

vegetables and flowers do the best in their gardens. Other educational workshops are planned throughout the gardening season to help the gardeners improve their gardening skills.

Girdling tree roots

One cause of gradual tree decline and death is girdling roots. This occurs when roots begin to grow around the main stem of the tree and cut off or restrict the movement of water, plant nutrients and stored food preserves. Over time, growth of the branches on the side of the plant affected by the girdling will be slowed. As the injury progresses, leaves will become smaller and a lighter green, fewer leaves will be produced, and eventually the branch will begin to die back. Death of the entire tree can occur in five to twenty years. Watering, fertilizing and pruning will do little to correct the problem.

Normal trees have a gentle trunk flare or buttress at their base. Tree trunks that grow straight up from the ground like a telephone pole can be suspected of having girdling roots, as can a trunk with a straight side or concave depression on one side.

Improperly planted trees, especially container-grown, and restricted root space, such as tree pits in urban areas, may result in girdling roots. Lindens, magnolias, pines and maples other than silver maples are more prone to root girdling. (MJM)

Designer greens

"Designer greens" are the up and coming thing for health-conscious Americans. These leafy mixes known as mesclun are not only low in calories and high in nutrition, but also are very tasty.

A comparatively recent import from Provencal France is mesclun, the term for mixes of tender young lettuces and other greens. Purists and those from Provence might argue with our use of the word "mesclun," since our mesclun mixes are not grown in those warm southern fields of France, and also because ours often go beyond the traditional greens. Provencal tradition calls for chervil, arugula, lettuce and endive in precise proportions, but American mescluns may include lettuces, arugula, endives, mustards, purslane, chicory, cresses, parsleys, fennels, escarole and tender wild greens as well. Bibb, Romaine, oakleaf and crisphead lettuces, the four kinds of lettuce, often are all represented in popular mesclun blends.

Mesclun, like lettuce and its other leafy components, will grow best in soil that is rich, loamy and of good loose structure. Soils should be well draining and with a pH that is slightly acid to neutral.

The lettuces and other leafy greens of mesclun are shallow rooted and so will benefit from an inch or so of fine organic fertilizer or compost worked into the top few inches of garden soil before planting. When the seeds have germinated and the true leaves are growing, an additional top or side dressing of finely textured compost or organic fertilizer will encourage vigorous growth.

Mesclun is at its crispy peak when picked early in the morning before it gets hot. Use scissors to harvest mesclun greens, beginning when they are only a couple of inches high and never let it get more than six inches tall. When you do this, the crop will continue to grow. Cut-and-come-again crops like mesclun and leaf lettuces are rare. (DJ)

Garden pets

The petunia has been without a doubt, one of the most popular annual flowers ever to adorn our gardens, porches and patios. Whether edging a flower bed, covering a bare area like a ground cover, spilling out of a container or trailing from a hanging basket—petunias help keep the gardening season at its most colorful from late spring to fall.

If you buy plants at a nursery or garden center, they will undoubtedly be in bloom, so you can see the colors. In addition to flower color, look for bedding plants with clean, green foliage—not dried out or spotted leaves and no powdery mildew evident. The soil should not be water-logged. The plant should have buds as well as flowers.

The best time to plant petunias is in the evening or on a cloudy, breezeless day. Set them

in the ground or in a container at the same level they were growing in the nursery pot. Space plants in the ground according to label instructions. You may want to spread a layer of mulch around the plants, especially the double-flowered ones, to prevent mud from spattering up on the blooms.

The best time to plant petunias is in the evening or on a cloudy, breezeless day.

Petunias don't require a lot of care, but they do benefit from some attention. Fertilize the plants monthly with a balanced fertilizer; double-flowered cultivars need a bit more, perhaps once every two to three weeks.

Because they're quite drought-tolerant, petunias seldom need daily watering other than what they receive with rain; in prolonged periods of drought, however, watch that the soil doesn't get too dry. And, if you're growing the plants in window boxes or other containers—where soil can dry out quickly—check the soil daily in very hot weather and water as needed.

The stems of most petunias have a tendency to stretch out by midsummer and bear fewer flowers, since blooms are formed at the ends of the stems. Prune them back quite severely so they will produce new shoots and more flowers during late summer and fall. The exceptions are milliflora and trailing petunias—they don't need to be pruned at all, which makes them really easy to care for. (DJ)

Over the garden fence

Don Janssen
Extension Educator

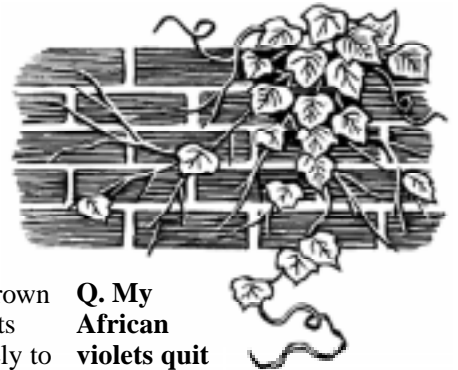
Q. How are determinate tomatoes different from indeterminate ones?

A. Determinate tomatoes are compact plants that tend to flower and set fruit within a short time period—all the fruits generally ripen within a few days. If you want tomatoes in big batches for processing, plant such determinate varieties as Pik Red, Jackpot and Freedom. Indeterminate varieties, such as Jet Star, Burpees Big Boy and Supersonic, blossom and set fruit in clusters that ripen throughout the season. This makes them good providers of tomatoes for fresh eating. Indeterminate varieties generally need staking or some other kind of support. Determinate varieties

do well in cages or can be grown without support, though fruits stay cleaner and are less likely to rot if they are kept up off the ground.

Q. A shade tree in my yard was hit by lightning. The only visible damage is a strip of bark about 2 inches wide that's missing the length of one side of the trunk. Does that mean the tree was not seriously damaged?

A. It's hard to say. A great deal of external damage generally means the tree will not survive. But external damage may look fairly minor, as in your tree, and the tree will still die. It depends on the severity of the shock to its root system when the lightning struck. About all you can do is clean the stripped area of shredded bark and wood, and wait to see whether the tree lives.



Q. My African violets quit blooming during the winter and the leaves curled down and under at the edges and turned very pale. What could be the problem?

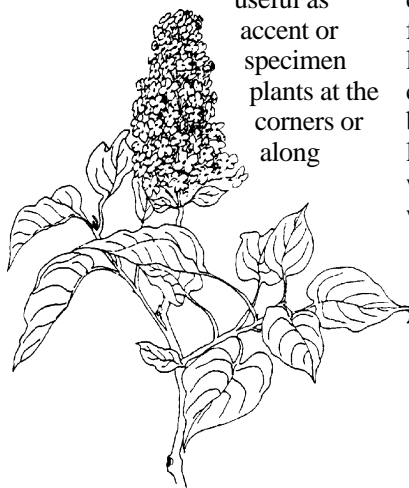
A. It sounds like a combination of low light and cool temperatures. Low light is usually the reason that violets and other flowering houseplants fail to bloom, though chilling can also prevent flowering in plants that are not sensitive to low temperatures. Violets generally perform best when temperatures go no lower than 60 degrees F. Chilling is very likely to occur if plants are grown on a cold window sill, especially if curtains or blinds are drawn at night between the plants and the heated room. (DJ)

Lilacs in the landscape

Lilacs are among the most popular of the deciduous flowering shrubs. They are highly valued for their appearance and fragrant flowers.

Because of their vigorous habit of growth, lilacs are ideal for tall screen plantings, hedges, borders, and in mass plantings for their tremendous display of flowers. Few shrubs can rival lilacs for bloom even under adverse city conditions. They are

useful as accent or specimen plants at the corners or along



houses and buildings. Another desirable landscape feature is their ability to improve year after year if attention to their specific pruning and pest problems are met. Older lilacs display a unique and attractive branching pattern in the winter when the branches are bare. Lilacs are quite hardy in cold climates, but require full sun to flower well.

Pruning and spraying to control pest problems are essential for best growth and flowers. The lilac borer can be destructive if not controlled. Oyster shell scale can be a serious problem with all lilacs. The best time to spray is when the scale crawlers appear which is about mid to late May. In late summer the leaves may become covered with powdery mildew especially after rainy spells. This does little harm to the plant.

The best time to prune a lilac is right after it flowers. Pruning consists of removing old flower

clusters and thinning out the oldest branches at ground level to encourage new growth from the base of the plant. Outward spread of lilac shrubs can be controlled by the removal of suckers. The strongest new shoots should be left to take the place of the older stems which will eventually be cut out.

Occasionally it is necessary to renew an older overgrown lilac. Cutting the whole plant down to within six inches of the ground is a drastic means of rejuvenation. However, the plant will survive. The best way to treat old plants is prune out one third of the older stems each year for three consecutive years. In this way the plant can maintain a reasonable height in the landscape and still flower from the remaining wood. By the time the last pruning is completed, replacement wood should be strong enough to support the plant and promote flowering. (MJM)

Free latex paint It's a paint exchange

May 31, 1997 • 9 a.m. to 3 p.m.



Who can bring paint

home owners only*

Bring your excess latex, vinyl, acrylic or water-based paints and stains.

Who can take paint

Painters (professionals and do-it-yourselfers), artists, crafters

Conditions:

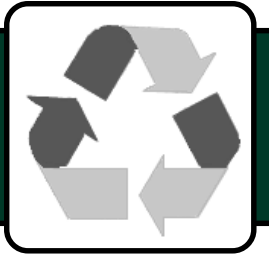
- The material can only be latex (vinyl, acrylic, or water-based).
- The material must mix when stirred, not be lumpy, and not have been frozen.
- The material must be in its original can with the original label intact and readable.
- The can must be at least three-fourths full.

For more details or if you have any questions, call the Lincoln-Lancaster County Health Department at (402) 441-8035.

Bring to:
Lincoln-Lancaster County Health Department,
3140 N Street, South Parking Lot

*Businesses (even private, one-owner businesses) cannot bring excess paint or stain to this exchange, but they can select paint and stain from the materials brought in. (LB)

Environmental Focus



Where have all the honey bees gone?

Take a walk on a bright sunny day to several locations where you might expect to see foraging honeybees. Do you see as many as you did 10 or 20 years ago? It might depend on how far you are from the nearest kept hive. It is a fact that there just aren't as many feral (wild) nests of honeybees as there used to be. What has happened to them all?

Honeybees are very susceptible to mite infestations that almost certainly will kill the entire colony. Feral colonies die off because there are no kind beekeepers to treat the colony when it becomes infested. Many vegetables and fruits need to be pollinated by bees to produce fruit and seed. There is a growing list of local home gardeners who would welcome a colony of bees in their yard/acreage. If you keep bees and need an additional location for a hive, we can find a place for it. Call Barb Ogg, 441-7180. (BPO)

BLUE THUMB program "Giving Water a Hand"

Do you wait a week to fix a leak? That faucet can drip more than 800,000 drops while you're waiting. That's water we can use. It's time to act now! Begin your conservation and protection efforts during National Drinking Water Week, May 4-10—or even before.

The BLUE THUMB Program is affiliated with the American Water Works Association and encourages Americans not only to take action to protect water as a natural resource, but to take personal and public actions on drinking water as a public health resource.

We each make at least 30 decisions a day that affect water. For example, turning the tap on and off and/or choosing to throw bug/weed killers, oven cleaners and other toxins in the trash. Each day there are opportunities to make decisions that conserve and protect water.

Think you can't make a difference? Take a stand for clean water through your actions and through your words. Give drinking water a hand—every day.

For information regarding the BLUE THUMB program, call Arlene at 441-7180. (ALH)

The ups and downs of newsprint recycling

Newspaper recycling programs are in a constant state of highs and lows. In one year alone, old newspapers went from \$20 per ton to an average \$116 per ton. A year later the price was back to \$25 per ton.

Such fluctuations put paper producers into a tailspin. When prices increased in early 1995, paper-making plants decreased the amount of recycled paper and increased the amount of virgin material in their product. The processing, manufacturing and paper purchasers also reacted. For example, publishers decreased print size, margins and white space to reduce paper use.

America's newspapers used 13 percent less newsprint in 1996 than in 1994, according to the National Newspaper Association, to reflect higher costs of paper. Some papers have cut certain news sections from general distribution. For example, in Austin, Minnesota (population 23,000), only 18 percent of readers want and receive the stock market pages. This change saves 500 tons of newsprint per year.

Legislation can also affect demand. Some states require a 25 percent old newspaper content in their newspapers. Others will require 50 percent by the year 2000. Some states have no requirements at all, but use old newspapers voluntarily.

Internationally, if economic conditions continue to improve in less developed countries, the demand for high quality recycled newspaper will also increase because more people read in good times. Many of the countries have a limited virgin fiber supply and will rely heavily on old newspapers—most of which come from the U.S.

Source: *Environmental Echoes*, Wanda Leonard, UNL. (BPO)

Earthworm casts can predict soil health

Did you know that scientists can determine the health and viability of soil in agricultural fields by studying the composition of earthworm fecal matter (casts)? Earthworm casts contain soil, organic matter, microbes and carbon, all of which give clues about the condition of the soil in a field. Because earthworms are the primary consumer of organic material in the soil, they are important in decomposing the previous year's crop residue. Scientists have also found that agricultural fields tilled less had greater populations of earthworms.

Source: *Agricultural Research*, Jan. 1997 (BPO)

Plants deer will not eat

Deer have been a real problem in Lancaster County. According to Cornell University, the following list of plants are less appealing to a deer's hearty appetite. Introduce a few of these plants into your landscape if deer have been a problem in your area. (MJM)

Trees and Shrubs

- barberry
- paper birch
- Russian olive
- Colorado blue spruce
- European white birch
- American bittersweet
- red osier dogwood
- English hawthorn
- European beech
- forsythia
- honey locust
- Chinese juniper
- beautybush
- Norway spruce

Perennial Flowers

- yarrow
- chives
- ornamental onion
- garlic chives
- basket-of-gold
- blue star
- anemone
- wormwood
- butterfly weed
- astilbe
- false indigo
- bergenia
- boltonia
- butterfly bush
- bellflower
- cornflower

- white spruce
- Austrian pine
- mugo pine
- red pine
- Scotch pine
- lilac

- turtlehead
- painted daisy
- shasta daisy
- feverfew
- bugbane
- coreopsis
- sweet william
- pinks
- bleeding heart
- gas plant
- purple cone flower
- joe-pye weed
- queen-of-the-prairie
- geum
- baby's breath
- candytuft
- spike gayfeather
- tiger lily
- perennial blue flax
- ostrich fern
- mint
- beebalm
- daffodil
- evening primrose

continued on page 11

The Antelope Commons Project good for Holmes Lake

Controlling soil erosion on construction sites can be difficult. Sediment from these sites can clog storm drains and damage neighboring property. Sediment in surface water increases water turbidity and reduces the abundance and diversity of aquatic organisms. Ultimately, soil erosion results in silting-in of lakes and reservoirs which reduces their lifespan.

In the last 30 years, the rapid development in the Holmes Lake watershed has resulted in a significant problem with sediment loading. During this time, the sediment loading of Holmes Lake has tripled. As a result, Holmes Lake is rapidly losing its capacity to support fishing and other recreational activities.

Presently there are no regulations that would require developers to submit an erosion and sediment control plan, so it is up to the developers to voluntarily develop and implement such plans.

One developer who has developed and implemented his own erosion and sediment control plan is Richard Speidell. As owner of Nebraska Nurseries, Speidell realized that urban encroachment



on his property would eventually necessitate the relocation of his nursery business and eventual conversion of the existing area into a residential development. His vision for the development included a plan that would minimize impacts on the existing

continued on page 11



Farm Views

Postemergence weed control in alfalfa

Are weeds showing up in your new alfalfa? If they get thick, your alfalfa will suffer, says Bruce Anderson, Extension Forage Specialist.

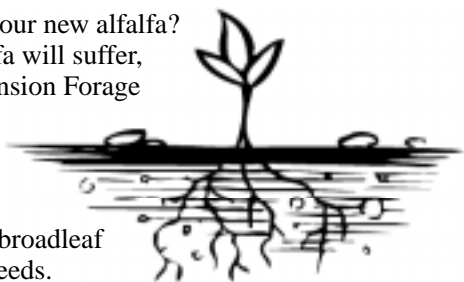
When weeds threaten seedling alfalfa, a common method to control them is mowing. Mowing controls broadleaf weeds better than grassy weeds.

Adjust the mowing height so several leaves will remain on the alfalfa seedlings after clipping, to encourage rapid regrowth of the alfalfa seedlings. Also, do not smother small seedlings with clippings. Mow weeds before they get too tall and produce a large quantity of clippings.

If you would rather spray broadleaf weeds than mow them, use either Buctril, Butyrac, or Butoxone. Buctril, just like in corn, controls most small broadleaf weeds. Some alfalfa injury can occur, though, when air temperature exceeds 80 degrees. If the air temperature exceeds 80 degrees, it might be better to use Butyrac or Butoxone. Both Butyrac and Butoxone control some small broadleaf weeds, but weeds must be less than three inches tall and results still are inconsistent. So, maybe mowing would be better after all.

Mowing is not very effective with grassy weeds, so use Poast Plus herbicide, just like with beans. Alfalfa tolerates Poast Plus very well, but make sure you spray before grasses get 4 inches tall or control will be spotty. And if both broadleaves and grasses are a problem, Pursuit likely is your best choice.

Weeds can slow down growth of your new alfalfa by shading out small seedlings and by competing for moisture. You can prevent these problems by acting quickly. So examine your fields now and control weeds as needed. (WS)



Putting CRP back in production

Putting Conservation Reserve Program land back into production in 1998 will start this year.

Applying herbicides in late summer will control the perennial forage grasses and prepare the land for row crops. Herbicides must be applied to actively growing vegetation to be effective.

The accumulation of residue from perennial forage grasses on CRP land may interfere with a herbicide reaching the target. The residue may be removed by burning, cutting and baling, grazing or shredding four to six weeks before herbicide applications. This allows regrowth to occur before herbicide application.

Some of these operations may influence 1997 program benefits. Consult the Natural Resources Conservation Service for details.

The herbicide must be applied while the plant is actively growing. For warm-season grasses, the application should be made by early September. Cool-season grasses should be treated between September 15 and October 15.

Plowing also is possible but will increase the possibility of erosion. Light tillage by disking or harrowing in the spring may help smooth a rough soil surface and make planting easier.

Contact Lancaster County Extension for a special edition of *Crop Watch* titled "CRP to Crops" (No. 97-4). (WS)

Cleaning can be dangerous

Winter cleaning chores using pressure washers indoors can be poisonous without the right precautions.

Small gasoline engines used to power the washers can produce enough carbon monoxide to kill a person, if used without proper ventilation.

Most documented cases of carbon monoxide death occurred while cleaning animal confinement facilities. Death occurred when a power washer was used indoors, even though windows and doors were open in some cases.

Symptoms of carbon monoxide poisoning include headaches, sleepiness, nausea, fatigue, dizziness or irregular breathing, but some people may show no signs before collapsing.

Carbon monoxide death occurs through asphyxiation, suffocation caused by too little oxygen and too much carbon monoxide in the blood. Asphyxiation can occur in any building insulated enough that the floor doesn't ice over and the pressure washer operates without freezing.

To be safe, never operate a small gasoline engine inside a closed building. An alternative might be an electric power washer, as long as it is properly grounded. (WS)

The methodology and ramifications of greenbelting all agricultural and horticultural land in Lancaster County

Robin Hendricksen
Chief Deputy Assessor

The continued escalation in selling price of agricultural and horticultural production land (ag-land) in Lancaster County has caused us to embark on the task of "Greenbelting" all such land in the entire county. To be in compliance with ratio standards established by the Nebraska Tax Equalization and Review Commission (TERC) for 1997, we would have to increase our taxable values on ag-land by nearly 15%. This coupled with an already significant tax load on agricultural-related property initiated our discussion and ultimately our decision to implement "Greenbelt" county-wide. Since 1993, this system of special assessment has been in place around the fringe of Lincoln where potential development has pushed some market values in excess of \$15,000 per acre. We have now reached the point where non-ag related influences are apparent in even the most remote areas of Lancaster County.

For the purpose of this discussion, the term "Market Value" will mean the highest price expressed in terms of dollars that a parcel of agricultural land will bring on the open market given informed buyers and sellers and a reasonable length of market exposure. The data utilized to establish this upper-end value will encompass all factors of market influence including but not limited to development potential, availability of utilities and other homesite amenities, proximity to Lincoln or other cities and villages, and recreational potential.

The "Ag-land Value" can be defined as the most probable price expressed in terms of dollars that a parcel of agricultural land will bring in the **agricultural marketplace** given it's capability to generate a net income to the owner, either directly from the production of agricultural and horticultural commodities or indirectly through the leasing or renting of the property for such production. Data utilized in this approach to value will be limited to the following:

- uninfluenced ag-land sales that are being purchased by ag

producers with the sole intent of continued ag production

- analysis of cash rents for agricultural producing land
- current market prices of commodities, cost of production and the production capacity of soils

It is important to note the term **agricultural marketplace** in this definition. The sole intent of this approach is to establish a true "uninfluenced" value which can be applied uniformly to all qualifying ag-land.

Before I embark on the methodology utilized to implement this system, let me briefly explain the philosophy of "Greenbelt." It is a system that involves valuing qualified ag-land in two separate and distinct

...we feel the end result of this process clearly is a benefit to the agricultural community by providing for accurate and stable ag-land values...

manners. For perennial taxation purposes, the land is valued without consideration of outside influences that might stimulate the value to a level greater than that of uninfluenced ag-land. Each year the land is also valued at it's true or ultimate market value considering all stimuli affecting value, no matter what it's origin. If at any time, for any reason, the land becomes disqualified for special assessment, it triggers the recapture of three year's tax calculated on the difference between each year's two assessments, plus 6% interest calculated from January 1 of each of the three years. As long as the land continues to qualify for special assessment, the owner will be taxed on the ag-land valuation and not inflated property values fueled by circumstances beyond his control.

What does all of this mean to ag-land owners in Lancaster County? Well, over the past several years it has meant a steady increase in their assessments. Beginning in 1997, it will bring

about a stabilization of taxable values for qualifying ag-land while adding the burden of recapture upon disqualification. It is important to note that this does not necessarily mean a stabilization of tax, but it does mean that what typically has been a steady and constant increase in the **tax rate and assessments** over the past few years will no longer be compounded by the constant pressure to counteract an artificially low assessment/sales ratio by increasing assessments. This stabilization is a product of the methodology utilized to establish the "Ag-land Value." Under this new methodology, the assessment/sales ratio will be calculated on the market value and any adjustments necessary to compensate for a ratio outside the acceptable range will be made to those values. This is not to say that we will never again see a change in the ag-land values, it is only to say that the influences analyzed to investigate the need for change will be limited to the same criteria as utilized to implement this philosophy. Those being cash rents, production capabilities, costs of production and commodity prices.

It has been my opinion for sometime that there are **no uninfluenced sales** of agricultural land in Lancaster County. Admittedly, there are sales that occur between agricultural buyers and sellers with no intended change in use, but I strongly believe that a prudent buyer or seller of land in this county will at least consider the potential of future development or recreational use. Even if this potential isn't in the mind of the purchaser, it is so prevalent in the overall rural marketplace it seems only reasonable that this influence would enter into the mind of the prudent seller when establishing the asking price.

It is my firm belief that the concept of an "uninfluenced Ag-land Value" in a thriving, growing community like Lancaster County can only be realized by two means. First, the study and analysis of sales of ag-land must be from an area that has no influence from outside or non-ag elements. This means analyzing sales from other counties and only

continued on page 11

Explosions possible when filling gas can in truck bed

Filling a gasoline container inside a plastic-lined pickup truck box may cause injury or even death if a few simple rules are not followed.

Static electricity generated from gasoline flowing into a metal container cannot be grounded on the plastic liner. As the static builds, it can create a spark between the can and the gas nozzle.

To avoid injury, always place gasoline cans on the ground when filling them.

Other tips to remember when handling gasoline:

- Never transport containers inside a car, car trunk or pickup truck cab. If transporting in a closed vehicle cannot be avoided, pur-chase a container made to contain gasoline vapors effectively.

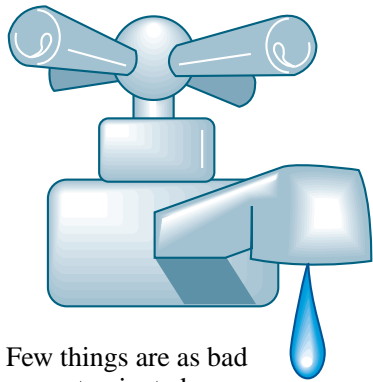
- Don't use gasoline as a cleaning agent.

- When filling containers, keep the nozzle in contact with the container.

- Secure gasoline containers when transporting.

- Avoid overfilling and spilling.

- Always keep open flames, including cigarettes, away from gas or gas vapors. (WS)



Is your drinking water safe?

Few things are as bad as contaminated drinking water. It's dangerous for you and your loved ones, but since it often looks, smells and tastes O.K. it is usually very difficult to tell whether or not the water you are drinking is contaminated. The only way to be absolutely certain is to have your water tested on a regular basis.

Water is called the universal solvent because it dissolves a vast number of substances and what it can't dissolve it often carries in suspension. Because of this characteristic, we use water for just about everything. We wash with it; we flush with it; we mix it with chemicals to spray on fields. Water is used in just about every industrial and domestic process. This means that it's very hard to put anything out of

waters' reach; things we don't want in water get there anyway. If something is poured on the ground, it will eventually end up in the water.

Groundwater is the most common source of drinking water in rural America. It is also the least understood. For many years we assumed that because the water came from the ground it was protected. We now know that groundwater is susceptible to contamination from a variety of sources and we must make a conscious effort to protect it. The burden of pollution prevention belongs to us all.

To help rural home owners protect this valuable natural resource, the Lincoln-Lancaster County Health Department developed a Groundwater and Environmental Pollution Self-Help Checklist. The checklist is patterned after the more detailed Farm-A-Syst and Home-A-Syst programs that will be available through the University of

Nebraska Cooperative Extension later this year.

The checklist consists of two parts. Part I has participants review the location and operation of their water and sewage systems and makes recommendations that will help reduce the risk of pollution to groundwater. Part II reviews the participants' day-to-day activities and actions and makes recommendations that they can immediately start to use to help them protect groundwater and the environment. Key elements of the check list include knowing where your well is located and how it was constructed, knowing the location and function of your wastewater treatment system, and a list of things you can do to help conserve and protect your groundwater.

For more information about the checklist and water testing, contact the Lincoln-Lancaster County Health Department at 441-8027. (SCB)

Establishing native grasses in the landscape

Native plants such as warm season grasses and wildflowers are a wonderful addition to any landscape and are particularly well suited to acreages. They require much less water and maintenance than many of the introduced species and can provide habitat for birds, butterflies and other types of wildlife. If you have been considering using native plants in your landscape, now is the time to plant warm season grasses and wildflowers.

Most prairie plants are adapted to full sunlight and grow well in most soil types. However, there are some plants that will grow in shady areas and some that are better suited for specific soil types or conditions such as wet or sandy soils. Check with your seed dealer or nursery specialist to identify which types of plants are best suited to your site.

Prairie grasses must be planted in a clean, firm seedbed, primarily because success with prairie grasses is dependent on good soil-to-seed contact. Loose soil dries out more quickly than firm soil, and native grasses

should be planted only about one-fourth to one-half inches deep. In most cases, a prairie grass seeding needs little or no fertilizer during establishment, unless it is being established on a disturbed site where the topsoil has been removed or buried. A small amount of phosphorus may be applied prior to planting to encourage root growth and development. Nitrogen should not be applied at planting unless the soil is very deficient in nitrogen. Even small amounts of nitrogen will stimulate weed growth and slow the establishment of the grasses.

Large areas (over one-half acre) are easiest to plant using a native grass drill. Smaller areas can be broadcast seeded by hand. Mixing sand with the seed can help distribute the seed more evenly. After broadcasting, the seed needs to be incorporated to the appropriate depth by raking or harrowing and then the seedbed should be rolled to assure a good soil-to-seed contact.

After seeding, be patient! During the first year of establish-

ment, prairie grasses grow down, not up. The top growth normally amounts to a narrow, pale green, straight leaf until late in the summer and are often difficult to see, even for the experienced grower. It is very important to control weeds during this period of time. Mowing or shredding weeds often the first year is necessary to prevent the seedlings from being choked or smothered. Keep the mower blade as high as possible to avoid injuring the seedlings and mow frequently enough to prevent the weeds from producing seed.

Although prairie grasses and wildflowers are low maintenance, they are not "no maintenance"! Once your stand is established, mowing or shredding can be done in late fall or early spring to eliminate dead material if desired and will usually encourage the vigor of the stand. However, since standing grasses are an attractive addition to the landscape during the fall and winter and provide valuable wildlife habitat, it is generally better to wait until late March or April.

continued on page 12

Acreage Insights



Weed control in new tree plantings

Trees and shrubs add beauty, protection, diversity and value to almost any property and the care they receive during the first few years after planting is critical. Seedling trees require a grass- and weed-free zone to become established. The zone needs to be maintained for the first 3-4 years or longer and should be at least 4 or 5 feet in diameter.

There are three basic methods for controlling weeds in tree plantings: mulches, mechanical methods and chemical methods. Of the three methods, mulching is perhaps the easiest and most environmentally-safe way to accomplish weed control. Mulching also prevents soil erosion, conserves moisture, insulates roots from temperature extremes and can prevent damage from mowers and weed trimmers.

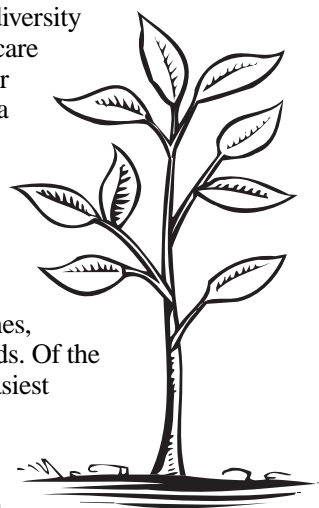
Desirable mulching materials include wood chips, wood shavings, bark, or equivalent materials. Coarse-textured organic mulches are preferred since they tend to aerate the soil and replenish soil nutrients as they decompose. Mulch with a two- to four-inch layer of organic material and replenish as needed.

Caution must be used when applying mulch since a layer greater than four inches thick may provide an excellent habitat for small rodents who can cause considerable tree damage, primarily during the winter months. Heavy mulching can also be a problem in poorly-drained or wet sites where moisture can remain at high levels for extended periods and cause root die back. In addition, heavy mulch layers encourage tree roots to grow up into the mulch material which may dry out during long dry periods, causing the roots to die.

Mechanical weed control, whether with hand tools or machines, can also be very effective. However, it is generally labor intensive and, if machines are used, may injure or destroy some of the trees. In addition, since it often leaves the soil surface unprotected, soil erosion can become a problem when mechanical weed control is used.

Chemical methods, while very effective, require the greatest management skills. Not all herbicides are labeled for all species of trees and application of the wrong herbicide in the wrong amounts may injure the trees or may result in poor weed control. Remember, always read the label before applying herbicides and follow label directions.

Each method of weed control has positive and negative aspects and no one method is necessarily better than another. You must decide which method or methods are most feasible for your situation. However, regardless of which method is chosen, some form of weed control is necessary to insure successful establishment of the trees. (SCB)



Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

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



Acreage & Small Farm Insights Web Site

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



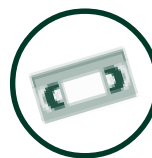
NUFACTS (faxback) Information Center

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



"Part-time Farming" video

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



HELP! Your input is needed.

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

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



Food & Fitness

May is National Egg Month



The month of May is "National Egg Month," and annually, Governor Nelson proclaims May as Egg Month in Nebraska. Take part in the celebration by preparing an egg dish today! For nutrition information on eggs and egg recipes, contact Mary Reiners at the Nebraska Department of Agriculture, Poultry and Egg Division, P.O. Box 830908, Lincoln, Nebraska 68583-0908, 402-472-2051. (AH)

Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

Q: How can I keep cut fruits from turning brown?

A: Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with lemon, orange, or pineapple juice.

Q: Is there any way I can keep bananas from ripening so fast once I bring them home from the store?

A: Keep bananas a couple of days longer by storing them in the refrigerator after they've started to ripen. The outside will turn brown, but they will still be light-colored on the inside.

Q: Should you store fruits washed or unwashed?

A: Wash fruits just before eating to preserve quality longer. Wash with fresh water. Don't use detergent because some residue may remain and detergent isn't intended for human consumption. Before storing fruit, sort through it and remove any decayed or damaged pieces.

Type II diabetes self-study course

If you or someone in your family has Type II diabetes, there's a seven-week self-study course that could help you. University of Nebraska Cooperative Extension has developed a study guide to accompany the book, "Type II Diabetes: Your Healthy Living Guide." You can study at your own pace and in your own home by reading a chapter at a time and answering questions related to the material. Mail-in contacts with the Extension Office will help you monitor your learning progress.

Topics covered in the course include a basic description of Type II diabetes and who is at risk, how to best work with your medical care team, development of food and exercise habits, how to handle diabetes complications, and understanding some of the feelings you may be experiencing with your diabetes. The course is designed to help you

continued on page 11



Healthy Eating

Alice Henneman, RD, LMNT
Extension Educator

Cajun Pork Tenderloin

- 2 tablespoons paprika
- 2 teaspoons each onion powder, garlic powder, cayenne pepper
- 1-1/2 teaspoons ground black pepper
- 1 teaspoon each dry thyme leaves, dried oregano leaves
- 1 1-pound pork tenderloin

Blend spices in small bowl. Rub onto pork (some spices may not stick to pork); let stand 30 minutes. Prepare coals for grilling. Place pork on grill 4 inches from medium-hot coals. Grill 15-20 minutes or until inserted meat thermometer reads 155-160°F, turning occasionally. Serves 4.

Nutrition facts per serving: 158 calories, 5 grams fat, 2 grams saturated fat, 67 milligrams cholesterol, 63 milligrams sodium, 24 grams protein.

For a free copy of recipes for making Lean Meals In Minutes, send a self-addressed, stamped business-size envelope to:

National Pork Producers Council
Lean Meals In Minutes
P.O. Box 10383
Des Moines, IA 50306

(NOTE: Locally, for answers to questions about pork, contact the Nebraska Pork Producers Association at 472-2563.)

Tasty and light

Families learned to stretch their food dollars by using "Share" food packages during the three part "Tasty and Light" classes presented by nutrition advisors in Lancaster County. Each session included food preparation, food safety and food buying techniques.

They liked the hands-on approach to learning how to reduce fat from the family meals. Lenora Fittro, nutrition advisor, emphasized the importance of draining fat from hamburger as participants made hamburger vegetable soup. Charlene Morris, nutrition advisor, shared ways to add flavor through using herbs and spices. Several participants went home and made stir-fry after Nobuko Nyman, nutrition advisor, involved participants in preparing vegetables during her food demonstration. Many commented that they learned new ways to integrate fruits and vegetables into their family diets. They also inventoried foods,

which they have at home, planned a menu and shopping list.

This family focused program included activities for the children who came with their parents. The children enjoyed watching the food demonstrations, listening to books about healthy eating, and coloring pictures of nutritious foods. Of course, the children sampled the food which was prepared.

They ranked the three sessions on a five-point scale (one the lowest and five the highest) as follows: knowledge gained (4.7); usefulness of the information (4.7); and the quality of the presentation (4.7).

Participants also learned that purchasing a SHARE package for \$14, which is valued at \$30, really helps in feeding their families nutritious meals. SHARE (Self-Help And Resource Exchange) is a nonprofit program open to anyone who wishes to participate by giving



Nobuko Nyman (far left), nutrition advisor, demonstrates how to make stir-fry vegetables at the Carol Yoakum Family Resource Center.

Healthy meals sizzle with flavor when cooked on the grill

As summer settles in, Americans rely on backyard barbecues for meal preparation—and for good reason. Grilling adds sizzle to healthful eating and is a fun way to enjoy a variety of foods. Preparing foods on the grill enhances the flavors of garden-fresh produce, as well as the savory taste of lean meat, poultry, and fish.

Preparing lean meat is a breeze on the barbecue

A lowfat cooking method like grilling (or broiling when you

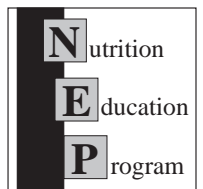
need to take a rain check) is an easy way to trim fat. Lean meats stay lean since, unlike frying, grilling allows fat to drip away as meat cooks. To help keep your outdoor options lean:

- **Start off lean.** Pork loin chops and tenderloin, skinless chicken breasts, lean cuts of beef, and fish are good choices for the grill. When buying any lean cuts of meat, look for the words "loin" or "round" in the name, such as pork tenderloin or beef eye of round.

- **Trim the fat.** Trimming or removing visible fat prior to cooking reduces total fat per serving by nearly 50 percent.

- **Develop an eye for size.** Portion control is just as important as buying and preparing lean. The Food Guide Pyramid recommends 5 to 7 ounces from the meat group each day, which can be eaten as two 3-ounce servings or as one larger portion. A cooked, trimmed 3-ounce serving of meat, fish, or poultry is about the size of a deck of cards.

continued on page 11



Nutrition Education Program

for Limited Resource Families

Maureen Burson,
Extension Educator

two hours of community service. Most of the food included in the current month's package were used during the food demonstrations. At times it took a little creativity. For example, turkey sausage was substituted for chicken for the stir-fry demonstration. Fruit salads were prepared during two of the sessions, since there was an abundance of fruit. Each month's packages contain 13-18 items including 6-11 pounds of meat, 5-8 fresh fruits and vegetables, staple items such as rice, beans, pasta or cereal and a few specialty items.

The Lincoln Housing Authority and Carol Yoakum Family Resource Center co-sponsored this program. They provided funding for the food, the facility and a cookbook for participants attending all three sessions. The Nutrition Education Program staff provided the educational expertise and the printed resource materials. Both organizations were involved in promoting the workshop.

Families who are also a part of the WIC program, received credit toward secondary WIC nutrition education. (MB)



YOUR information center... around the clock

NUFACTS

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

- 356 The Vegetable Group
 - 363 Easy Tips for Eating Less Fat
 - 365 Foods for Athletes
- and many more...*

Nutrition and Food Safety Web Site

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

FREE FoodTalk e-mail newsletter

Subscribe by e-mailing:
TO: listserv@unlvm.unl.edu
SUBJECT: (leave blank)
MESSAGE: subscribe foodtalk

Alice's Analysis



The last day of March which means Valerie, our oldest grandchild is 15 today (boy

how time flies).

The sun is bright this afternoon but I think March is going out like a lion, especially the way the wind sounds. I know spring is here, the tractors and discs are going down the road. I can also see the pickups pulling the anhydrous tanks to the fields. The yards and pastures are taking on a green look. The new lambs and calves can be seen out in the lots and fields.

I got to thinking about what I read in the Six Mile Cookbooks from Independence, Missouri (a collection of pioneer and modern recipes, first printed December 1936). This book had a miscellaneous section and a household hint section. Here are a few hints:

1. Keep the flashlight on the sewing machine and use it to thread the needle. It saves much time and effort.

2. Much labor can be saved by taking towels off the line when almost dry folding them and putting through the wringer. They iron quite smooth.

3. To remove white spots on furniture made by hot dishes, use powdered pumice and linseed oil

applied with a soft cloth then rubbed dry. Always polish with the grain.

4. A pail of water in a freshly painted room will help remove the odor.

5. To keep rice and similar things from boiling over, grease the sides of the cooking pans with butter.

I could just see Miss Florence, the Jackson County Home Extension Agent, giving the Extension lessons on sewing, ironing, cooking or maybe spring cleaning or wood care with all of these hints found in this cookbook. In 1980, they revised this book. This edition was called "A Book of Favorite Recipes." The Household Hints had been replaced by "Quantities to Serve 100 People." There were sections of pictures of six easy steps to a perfect pie and how to convert to the metric system. Haven't cookbooks changed over the years?

We held our March 24 meeting with 21 attending at the Genealogical Library and learned how to discover our ancestors. They have classes for beginners or will help you find information on your ancestors if you have already started.

Sorry to say we have only one entry for the Cultural Arts Contest. Chrystal Johnson of the Waverly Matronettes brought a

beautiful vase she had painted. It was purple and gold. Chrystal had forgotten to bring a cloth on which to set the vase. So she set the vase on the purple "cape" she had gotten in Ireland. It made an outstanding display.

Sorry to say only six pledge sheets have been returned to the Extension office protesting the violence on TV.

Ann Meier, Donna DeShon, and Joy Kruse, all members of the 49'ers club and myself are the delegates to the June FCE Convention in Sidney, Nebraska.

Yes, it is time to get a group of friends together for the Sizzling Summer Sampler on July 10. Come and enjoy a light supper and program. The learnshop will be presented by Sew Creative, Friedman Micro-waves, Jean Wheelock on Kitchen Cosmetics and Edna Shields on Dry Flowers.

Mark your calendar for June 23, 7 p.m., for the FCE Council meeting. Lynne Camp will be our program speaker on "Habitat for Humanity."

Quote for the month:

"A frisky colt, a fleecy lamb, Blue sky from which warm sunshine spills, Fat maple buds now blushing pink,

And yellow fields of daffodils."

—D.A. Hoover

—Alice Doane, FCE Council Chair

Look for these signs of speech and hearing problems

Speech and language abilities usually develop in predictable ways, but any one of a number of things can interfere with that development. These can include delay in the child's development, hearing loss, emotional problems, lack of language stimulation in the child's environment and neurological conditions. If problems are spotted early, however, children can receive treatment to help prepare them for school. Many children now can be tested as early as age two.

Here are some of the clues to look for that might signal a possible speech, language or hearing problem.

- Is the child aged two or more not talking or only talking when absolutely necessary and not taking part in social conversation?
- Does a child say "huh?" a lot (indicating he/she hasn't heard), or does the child ask to

have things repeated?

- Does the child need to watch your face for visual messages, rather than learning from vocal ones?
- Does a youngster have trouble recognizing where sounds are coming from? By age 1 or 1-1/2 this should not be happening.
- Did the infant babble normally, then suddenly decrease his/her vocalizing after the first six to nine months?
- Does the child indicate an awareness of problems with speaking? "Why is it so hard for me to talk?" or "I can't say that."
- At age three or older, does a child omit the final sounds of words?
- Does the child seem to be behind his/her age group in expressing and understanding language?
- Does the youngster regularly pull on an ear, poke a finger

in an ear or have ear drainage or excessive ear wax? (CAUTION: Ear wax in the ear canal should be removed medically; NEVER with a cotton swab.)

At 2 to 2-1/2 years or older, does a child start repeating words or parts of words more often? Most children repeat sounds as part of learning to speak, and 80 percent of these kids grow out of it. If repeating continues or is accompanied by signs of struggle or unusual breathing, it may indicate a speech problem.

When you suspect a speech or hearing problem schedule a professional evaluation for the child.

Other help is available from community speech and hearing clinics and clinics run by colleges, universities and large hospitals.

Adapted from North Central Regional Publication No. 128f. (LJ)

Parental role in school success

Are high academic achievers more likely to become well-adjusted and productive citizens? *Yes!* A nationwide study of high achievers found that the attitudes, habits and discipline that worked for students in the classroom served them well as adults. This study also confirmed the results of other research and provided solid evidence for something many of us intuitively feel: that parents can play a critical role in our children's success at school. Here

are some other findings:

- **Any child with basic** intellectual endowment can become a high achiever in school. Kids do not have to have a high IQ or a special talent for creativity. School achievement is most likely to happen when parents and teachers work together. Parents are more effective when they guide—instead of push—kids to do well in school.
- **Learning is rooted in** curiosity. Because young kids are

naturally curious, this is a trait parents can help to develop as kids grow older. The sense of curiosity and desire to explore serves to reinforce and strengthen children's later ability to learn.

- **Not all high** academic achievers are early bloomers—especially kids who have had a learning disability or a physical challenge in their early years. Many students who go on to great success in school may have experienced failure along the way.

Family Living



by Lorene Bartos,
Extension Educator

Having problems with your dishwasher—try these hints

To get dishes thoroughly clean in the automatic dishwasher, position items with the soiled side facing the center of the machine so soil can be rinsed away by circulating hot water. Position large bowls, platters or pots so they do not block the flow of water. Place delicate and plastic items on the rack farthest away from the heating or drying element, usually the upper rack. Place spoons, forks and knives in separate compartments of the silverware basket to prevent scratches and other damage. (LB)

Respect—A pillar of character

Rodney Dangerfield isn't the only one who feels he "gets no respect." We hear it frequently and see it even more often. As adults and/or parents we are responsible for teaching our children how to show respect. Respect means showing others they are valued for who they are and not for their possessions or looks. It means treating others the way you want to be treated, never insulting or making fun of others who are different from us.

Respectful people are tolerant, courteous, and accepting. They do what is tasteful and proper in dealing with others. They don't stoop to violence or rudeness.

- ◆ Treat everyone with respect by being courteous and polite.
- ◆ Respect the independence of others.
- ◆ Be kind, appreciative, and accepting of individual differences.
- ◆ Judge people for what they do.
- ◆ Set a good example for your children by treating others with respect.
- ◆ Avoid repeating remarks or jokes that demean other races, religions, ethnicity or looks.
- ◆ Don't take advantage of other people.
- ◆ Refrain from insults, put downs, and harassing others.

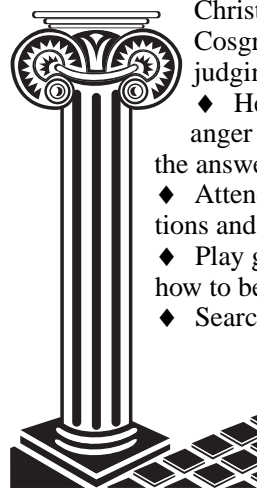
Here are a few activities that teach respect for families with young children:

- ◆ Develop a checklist for daily practice in showing respect. Reward respectful behaviors.
- ◆ Reward children with praise or special prizes for random acts of "respect."
- ◆ Read together stories like the *Ugly Duckling* by Hans

Christian Andersen and *Leo the Lop* by Steven Cosgrove and talk about the importance of not judging others by the way they look.

- ◆ Help children discover acceptable ways to vent anger and frustration. Hitting and rudeness are not the answers.
- ◆ Attend a cultural festival to learn about the traditions and customs of people of other races or religions.
- ◆ Play games like "Simon Says" that teach children how to be polite and treat others with respect.
- ◆ Search your local newspapers for examples of citizens showing respect to others.

To learn more about teaching respect and other lessons in "Character Counts" please contact LaDeane at Lancaster County Extension. (LJ)



- **Children learn through** observation. Seeing parents read inspires kids to read. Seeing parents start and finish activities and work assignments motivates children to do the same. When parents turn off the television set so they can spend time reading a book, they send a powerful message to children.

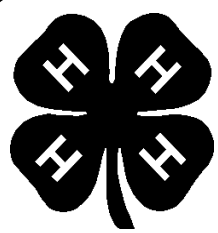
- **Having responsibilities** and doing chores at home helps kids develop skills and work habits that are transferable to the

classroom.

- **Quiet time is important** for learning. Kids need a space of their own (however small) in which to think, study and do homework.

- **Extended families can** form an important support system for high achievers—not only parents but grandparents, aunts, uncles, cousins as well as teachers, coaches, neighbors and friends.

- **Parents of high academic** achievers tend to emphasize



4-H & Youth

4-H rabbit show at Lancaster County Fair



The 1997 4-H Rabbit Show at the Lancaster County Fair promises to be exciting for exhibitors, parents and spectators. The fun gets underway Wednesday, July 30, 4:00-8:00 p.m. when all rabbits and exhibitors check in at the Lancaster Building. Superintendent Gordon Maahs and his committee have planned the following schedule:

Wednesday, July 30—8:00 a.m. in the 4-H Building

- Judging of stationary exhibits

Thursday, July 31—7:00 p.m. in the Lancaster Building

- Pet Class
- Breeder's Choice

Friday, August 1—8:00 a.m. in the Lancaster Building

- Doe and Litter Class
- Market Class
- Breed Class
- Fur Class

Friday, August 1—1:00 p.m. in the Lancaster Building

- Showmanship

Friday, August 1—6:00 p.m. in the Lancaster Building

- Specialty Class-Best Matched Pair
- Dress-up Class

Saturday, August 2—8:00 a.m. in the Lancaster Building

- Rabbit Judging Contest
- Rabbit Quiz Bowl

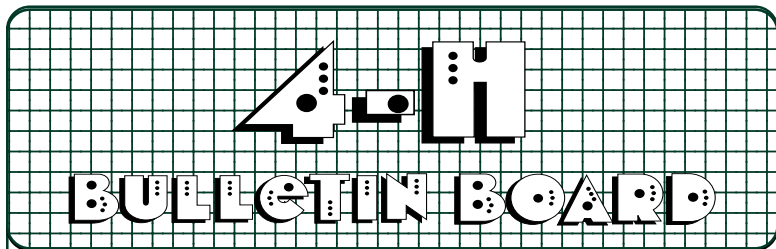
Saturday, August 2—7:00 p.m. in the Lancaster Building

- Presentation of 4-H Rabbit Show Awards

Sunday, August 3—4:00 p.m. in the Lancaster Building

- Dismissal of all rabbits and stationary exhibits

The fair registration deadline for all 4-H rabbit project members is Monday, July 7. Fair books will be available by the middle of May. Please remember that all rabbits must be tattooed before check-in day, Wednesday, July 30. (CB)



- Production Livestock Booster Club and 4-H Council meetings Tuesday, May 6 at 7:00 p.m. (DL)
- 4-H Poultry and Pigeon VIPS Committee meeting Thursday, May 8, 7:00 p.m. All 4-H exhibitors, parents and interested volunteers are encouraged to attend. (CB)
- 4-H Horse VIPS Committee meeting Wednesday, May 14, 7:00 p.m. The Pre-District Planning Committee will hold a short meeting at 6:00 p.m. to cover any items needed for the Pre-District Clinic and Horse Show. (CB)
- 4-H Rabbit VIPS Committee meeting Thursday, May 15, 7:00 p.m. This will be the last planning meeting before the 4-H Rabbit Clinic Tuesday, June 17. (CB)
- 4-H market broiler deadline to order and pay for birds is Friday, May 23. Birds will be delivered June 20. Application forms and contest rules are available at the Extension office. To participate, exhibitors must purchase 25 chicks at \$.60 each. All applications and money must be in by the May 23 deadline. (CB)

Clover College workshop descriptions

The number preceding the description is the class number you will sign up for on the registration sheet.

Four-day workshops

All four-day workshops will be held June 16-19 in Room A at the times following the title.

1. Rockets...Countdown to Family Fun!

8:00-10:00 a.m.
Instructors: Ron Suing and Gene Gillam
How to's on rocket building. How this can be fun for the 4-H member and everyone in the family.

Requirements: Participants are required to purchase their own rockets. The first day will concentrate on the different kinds of rockets, how to's of buying the right rocket and rockets that can be made.

Class Size: 20 maximum
Cost: None

2. Outdoor Education—"The Wild Side"

10:00 a.m.-noon
Instructor: Shirley Condon
Outdoor education exhibit possibilities will be selected from the Tree Identification, Wildlife Conservation, Homes for Wildlife, Bird Behavior and Fishing projects. We will be making bird feeders. Other exhibit ideas will be presented based on the interests expressed by the participants.

Requirements: All participants must be 8-14 years old.
Class Size: 12 maximum
Cost: \$2.00

3. Americana Door Sampler

12:30-2:30 p.m.
Instructor: Natalie Miles
Participants will have a great time creating a Fourth of July door sampler. They will learn and

practice hand and machine sewing techniques.

Class size: 8 maximum
Cost: \$8.00

Items to bring: a sewing machine, scissors and sewing needle.

Requirements: Participants need to be familiar with their sewing machine and know how to thread it.

4. Strip Quilt

2:30-4:30 p.m.
Instructor: Jan Madsen
Quilting can be easy and fun. Put your imagination into action and design your very own tied quilt. Participants in this session will make their own TV quilt (approximately 50" x 69").

Requirements: 4-H members should be enrolled in Clothing Level I or higher.

Class size: 6 maximum
Cost: \$10.00

Items to bring: 3 fabrics for blocks (2/3 yard of a light color, 1-7/8 yard of medium color, and 2/3 yard of a dark color), 2 fabrics for border (2/3 yard for first border and 1 yard for the second). All should coordinate and be 100% cotton. You will also need 3 yards of backing fabric (an old sheet will work), 3 yards of batting (bonded-roll batting for quilts), a sewing machine and sewing supplies (pins, scissors, etc.), thread that coordinates with your material, 6 strands of embroidery floss in a color that coordinates with your quilt, a curved needle for tying, a 6" x 12" clear plastic ruler would be good.

Please come to class with all material pre-washed.

One-day workshops

All of the one day workshops will be held from 2:30-4:30 p.m.

in Room B

5. Getting Set for the Table Setting Contest

Monday, June 16
Instructor: Deb Gokie
Have a great time learning everything that you need to know to participate in the table setting contest. You will come away with a planned table for the fair.

Class size: 15 maximum
Cost: \$5.00

6. Recycled Picture Frame

Tuesday, June 17
Instructor: Deb Arends
Picture yourself as an Earth friendly person. You will create decorative picture frames out of garbage, that you will be able to enter in the fair in the Celebrate Arts or Recycled projects.

Class size: 6 minimum, 18 maximum
Cost: \$2.00

7. Style Revue Workshop

Wednesday, June 18
Learn how to strut your stuff for the 1997 Style Revue.
Class size: no limit
No Cost

8. Fun in the Kitchen

Thursday, June 19
You will enhance baking techniques, take home some goodies, and get ideas for gifts from the kitchen.
Class size: 15 maximum
Cost: \$2.00

Youth attending workshops that overlap the lunch period may bring a sack lunch. No other food will be available. Transportation for participants is the parent's responsibility.

Refunds are not available. Make checks payable to: Lancaster County Extension and send with registration form. (MF)

Attention sheep exhibitors - location change

Lancaster County Lamb Tagging will be held **Friday, May 30 from 4:00 to 7:00 p.m. and Saturday, May 31 from 8:00 a.m. to 12:00 p.m.** This activity will be held at the **Extension Office, 444 Cherrycreek Road.** It is required that all lambs be weighed and tagged on one of these two days. If you have any questions please feel free to call Deanna at 441-7180. (DL)

Special notice—poultry, pigeon and rabbits

A special meeting will be held Thursday, May 8 at 8:00 p.m. for all fair planning committee members in the poultry, pigeon and rabbit areas of 4-H and open class volunteers. The main agenda item will be to establish a "working" floor plan for the Lancaster Building during the fair. All ideas and suggestions are welcome. If you are unable to attend but wish to provide input, please contact the Extension office. (CB)

Hunter safety education certification training

Hunter education certification training for members will be Friday, May 2, 6:00-9:00 p.m., Saturday, May 3, 8:30 a.m.-noon and Saturday, May 10, 8:30 a.m.-noon at the Game & Parks Building, State Fair Park. Members must attend all three sessions for certification. No preregistration is necessary, for more information, contact Bill Dutton (evenings) at 486-4649. (LB)

Kids, kids, kids

The Canine Companions Dog Club is reorganizing for dog projects, offering all levels of obedience, agility, showmanship and educational programs for kids and their dogs. Kids must be from 9-19 years old. Call Donna Bundy, 466-7724; Pat Guticz, 435-7255; Helen Vance, 467-1026; or Fran Savage, 421-1681. (LB)

Cat Show changes

Attention 4-H cat lovers! The Lancaster County Fair Cat Show will be Sat., Aug. 2 at 9:00 a.m.—check-in at 8:00 a.m. Here are the changes!

- The cat show is in the Farmland Building.
- 4-H cat project members may bring two cats to the show this year—one long hair and one short hair.
- Cat Quiz Bowl is Saturday during the cat show (while the judge computes scores). Anyone not participating in the show, who wishes to participate in the quiz bowl, should contact Belinda Gillam before noon on Saturday, August 2. (ALH)

Clover College Registration

Name _____ Age _____

Parent Name(s) _____

Address _____

City _____ State _____ ZIP Code _____

Daytime Phone Number _____ Home Number _____

4-H Club Name _____

Special Needs _____

Workshops you wish to attend _____

Parent's Signature _____

HORSE BITS

Changes at the county fair

The 4-H horse show held during the Lancaster County Fair will again be held prior to opening day of the 1997 fair. Stalls in barns 10, 7 and 6 will be available beginning at 8:00 a.m., Saturday, July 26. All exhibitors are required to have their horses stabled by 6:00 p.m., Sunday, July 27 and to remain on the grounds until 4:00 p.m., Thursday, July 31.

July 28 beginning at 7:30 a.m.—East Arena

- Open Dressage
- Horse Judging Class (class description in Lot 1 of fair book)
- Hunter Hack
- Hunter/Jumper—new is a “schooling jumper class”

July 29 beginning at 8:00 a.m.—East Arena

- Hunt Seat/Saddle Seat Showmanship
- English Pleasure
- English Equitation
- Working Pleasure
- Physically Challenged Performance Class
- Horsemanship Pairs
- Free Style Drill Teams
- Bareback Equitation—new in '97 for third/ fourth level riders only
- Horse Trail Class

July 30 beginning at 8:00 a.m.—East Arena

- Western Pleasure Ponies
- Western Pleasure
- Western Horsemanship
- Reining
- Western Riding
- Game Classes

July 31 beginning at 8:00 a.m.—location TBA

- Western Showmanship
- Groom & Care—new class description
- Halter—no yearling classes

The fair registration deadline for all 4-H horse project members is Monday, July 7. Fair books should be available by the middle of May. (CB)

Pre-district Clinic and Horse Show

The Lancaster County 4-H Horse VIPS Committee has planned an exciting fun-packed weekend for Saturday, May 31 and Sunday, June 1 (rain dates are June 14 and 15) at the Capitol City Horse and Pony Club Arena.

Saturday will feature a full day of clinics featuring such topics as district rail work, horsemanship patterns, showmanship, trail and hunter hack. A judging clinic will be held following the lunch break. The cost is \$5 for the entire day.

Sunday afternoon starting at 12:30, the planning committee has scheduled a horse show which will be divided into several areas: showmanship, English pleasure/equitation, western pleasure/horsemanship, walk/trot as well as poles and barrels. The cost is \$2 per class which will go toward the trophy fund at the Lancaster County Fair.

For further information, contact your club leader or the Extension office. (CB)

District and horse ID deadlines

Friday, May 23 is the last day that entries will be taken for the 1997 District Horse Shows and 4-H State Horse Expo. Exhibitors are asked to submit entry forms, money, horse IDs and horsemanship level II verification (if needed) to the Extension office.

If you are not planning on exhibiting at the district horse shows, your horse IDs are due no later than Monday, June 2 to the Extension office.

Contact the Extension office if you have questions. (CB)

4-H & Youth



County fair dates

Lancaster County Fair is July 31-August 3

- Thursday, July 17—Demonstrations
 - Wednesday, July 23—Style Revue judging
 - Tuesday, July 29—Static exhibit entries due 4:00-8:00 p.m.
 - Wednesday, July 30—Static exhibits judged
 - Thursday, July 31—Table Setting Contest, 8:30 a.m.
 - Saturday, August 2—Demonstrations
- Watch future issues of the Nebline for a complete calendar and details. Each 4-H family should receive a Lancaster County Fair Book by June 1. A fair packet will be mailed to all 4-H club leaders and members. (LB)

Lancaster County's livestock judging team wins PAK 10 contest

The Lancaster County Livestock Judging team of Jeremy Holthus (Happy Go Lucky club), Jared Brock (Happy Go Lucky), Aaron Naber (Norris FFA) and Anthony Nicely (Happy Go Lucky) won first place in the PAK 10 Livestock Judging Contest.

The PAK 10 Livestock Judging Contest was held March 20 at the Saunders County Fairgrounds. Attending the livestock judging clinic and contest were 136 youth and 55 adults. The clinic taught what to look for when judging different species of livestock. The judge talked the 4-H members through several classes, teaching them how to feel for finish on the animals, how to look for structure and also terminology used to describe the different parts of the animals.

After the clinic, the 4-H members put their new knowledge to use in the contest. The contest was constructed of six classes of livestock, including both a market and breeding class for beef, swine and sheep.

Along with being members of the winning team, Jeremy Holthus was also high scorer of the contest and received first place overall as an individual and Jared Brock received seventh place overall individual. Congratulations go out to all that participated! (DL)

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

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

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

If you'd like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Enroll them with a friend in a 4-H camp. All camps are overnight sessions. Check in and release times are indicated.

FISH CAMP June 10-12

10:00 a.m.-3:00 p.m.

In addition to camping fun, we'll take you to the best fishing site in the area. Bring your own equipment or use ours. You catch 'em, we clean and cook 'em. There is no better way to fish!

OUTDOOR ADVENTURE I & II June 13-16 or June 26-29

10:00 a.m.-3:00 p.m.

For all the adventurers who love the great outdoors and “roughing it.” Adventures may include canoeing down the Platte River with a friend, sleeping a night under the stars and rappelling down a 35 foot wall! Bring a friend to share the adventure.

NIOBRARA I & II

June 17-20 or June 30-July 3

10:00 a.m.-7:00 p.m.

A chance of a lifetime awaits 14 special teens! Spend two days canoeing the beautiful Niobrara, Nebraska's only white water river. Then sleep out under starlit sandhills skies. This will definitely be the best part of your summer!

SUMMER SAFARI June 17-20

10:00 a.m.-3:00 p.m.

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

BOLDLY BOUND June 21-25

10:00 a.m.-3:00 p.m.

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

WET-N-WILD, I, II, & III

June 30-July 2 or July 7-9

10:00 a.m.-3:00 p.m.

The Mahoney State Park pool and giant water slides are waiting for you! A great way to spend three days in the hot summer, keeping cool with a friend in lots of water!

FIRST TIMERS July 5-6

10:00 a.m.-7:00 p.m.

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

BACKSTAGE '97 July 10-13

10:00 a.m.-3:00 p.m.

This is a casting call for all you artists out there! Acting, art, stage make-up and a talent show are all included. Along with all the other camping activities, this is the perfect camp for out-going, fun-loving people.

JUST PLAY IT July 17-19

10:00 a.m.-5:00 p.m.

Old games, new games, and some really weird games! You can spike it, dunk it, kick it, but don't fumble this chance to just play it!

DISCOVERY '97 August 4-6

10:00 a.m.-4:00 p.m.

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

ME & MY PAL August 8-10

10:00 a.m.-3:00 p.m.

Here's an opportunity! You know how your parents and other adults are always teaching you stuff? Well, at this camp you're the teacher! Come out for a day of fun and adventure. The next day your adult pal comes out and you get to share your experiences with them! (Also in May and October—call 332-4496 for details.)

Cancellation Fee \$10.00

1997 4-H CAMP REGISTRATION FORM

Please Print

Camper's Name _____

M/F _____ Birthdate _____

Address _____

City, State _____ County _____

ZIP _____ Parent's Name _____

Phone No. _____ Work No. _____

Allergies _____

Special Medications _____

Last Tetanus Shot _____

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

Parent/Guardian Signature _____

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

I want to room with* _____

(*Registrations must come in together.)

Check camp(s) you are registering for:

June 10-12	Fish Camp	_____	\$76
June 13-16	Outdoor Adventure I	_____	\$90
June 17-20	Niobrara I (Teens)	_____	\$160
June 17-20	Summer Safari	_____	\$90
June 21-25	Boldly Bound	_____	\$105
June 26-29	Outdoor Adventure II	_____	\$90
June 30-July 2	Wet-N-Wild I	_____	\$76
June 30-July 3	Niobrara II (Teens)	_____	\$160
July 5-6	First Timers	_____	\$50
July 7-9	Wet-N-Wild II	_____	\$76
July 10-13	Backstage '97	_____	\$90
July 14-16	Wet-N-Wild II	_____	\$76
July 17-19	Just Play It	_____	\$76
August 4-6	Discovery '97	_____	\$76
August 8-10	Me & My Pal	_____	\$76
	Donation	_____	
	Total Enclosed	_____	

Since many camps will be filled before the scheduled date, we cannot guarantee space for walk-ins or last minute registrations. Fee is required with registration. Please make checks payable to Eastern Nebraska 4-H Center and mail to the Center at 21520 W Hwy 31, Gretna, NE 68028.

Community Focus

Farm/home plat maps and directory available

The Lancaster County Extension Office has Farm & Home Plat & Directory copies available for purchase. The directories list rural residents alphabetically by last names, followed by mailing address, precinct and section and telephone number. Land owners are also listed alphabetically and followed by name of the precinct and section number. The directories are published by Farm and Home Publishers, Ltd. of Belmond, Iowa. Price for the directory is \$17.00 and available at the reception desk during office hours. (GB)

Excellence in Team Programming Awards

Three University of Nebraska Cooperative Extension teams were honored for outstanding effort Wednesday, April 9, during the organization's annual conference.

The **earth wellness festival**, NUFACTS and ServSafe Food Safety programs received Excellence in Team Programming Awards from Extension Dean Ken Bolen. "We were pleased to recognize these outstanding Extension staff for developing these innovative Extension programs," Bolen said.

earth wellness festival is now in its third year. The festival fosters year-round opportunities for students and teachers to link environmental issues with a science-based curriculum. Schools receive pre-festival learning kits in October, with curriculum and material for more than 20 activities. More than 10,000 Lancaster County fifth-graders have participated in the educational activities. (Read more about **earth wellness festival** and its award on the front page.)

NUFACTS extends Cooperative Extension's capabilities, using telephone technology to make educational information available via pre-recorded voice messages or fax documents 24 hours a day. More than 50 Extension educators and specialists contributed scripts and information to the project. In one three-month period last year, the system handled 5,326 calls, with 7,875 NUFACTS messages accessed.

More than 1,100 restaurant managers and food service workers for schools, hospitals, day care centers, nursing homes and senior centers have completed the ServSafe Food Safety program, which seeks to ensure proper food safety and sanitary practices in commercial establishments. Twenty-three Extension educators and eight sanitarians were trained in the program, and deliver the ServSafe course across the state.

Congratulations to Lancaster County Extension staff for their outstanding leadership in all three programming award areas. (GB)

Season change brings severe weather safety concerns

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

MYTHS: Lincoln is immune from tornadoes because (1) it's in a bowl or valley; (2) the big ridge to the southwest and west separating us from the Blue River valley will divert storms around us; (3) an old Indian legend says this is a valley of peace and tranquility, safe from violent weather. **Not true!** Terrain has no effect on tornado movement or duration on the ground. The funnel is the "tip of the iceberg"; where and how the tornado moves is determined by what's going on in the ten-mile-high storm cell and the entire storm system. Since 1950, at least 30 tornadoes have touched down in Lancaster County; nine of them within the Lincoln city limits. Fortunately, most of the county's tornadoes have been small, but the biggest was an F-4, and it **was in** the City of Lincoln.

"AVERAGES" ARE PROBLEMS: Most tornadoes come out of the southwest and move toward the northeast. **Most** occur in Nebraska between early April and mid-August, with peak

activity in May and June. **Most** develop in the late afternoon and evening. **But...**tornadoes can and do occur at any time of the year, any time of the day or night, and move in any direction. In Lancaster County, since 1983, the number of tornado watches per year has varied from one to nine, with the earliest coming in the first week of March, the latest in mid-November. One more thing: 7 out of 8 funnels that start down out of the clouds pull back up without making contact with the ground. **But** there have been cases of two or more funnels on the ground at the same time from the same storm cell.

DANGER SIGNS: Tornadoes almost always develop in the trailing edge of the storm cell, dropping out of a formation called a **wall cloud**. A wall cloud is an isolated lowering of the cloud base, a "bubble" from one to three miles in diameter. If you can see rotation in and around a wall cloud, the situation is dangerous.

DOWN BURSTS: Wall clouds sometimes emit a narrow, near-vertical shaft of high-velocity wind called a down burst. Down burst speeds can exceed 100 mph. When this wind shaft hits the earth, it turns and moves along the surface, initially at speeds up to 85 mph, and doing as much tree and building damage as a small tornado.

RADAR: Even the latest Doppler radars do not pick up **all** tornadoes, nor can they indicate whether a funnel is on the ground. **The only way** to know a tornado is on or near the ground and therefore a threat to lives and property is for someone to **see it** and **report it**. Trained spotters are

essential in any effective severe weather warning system. **SPOTTERS' NETWORK:** There are more than 200 trained weather spotters in Lancaster County. The basic group includes members of the Lincoln Amateur Radio Club, E-Team, REACT and County Sheriff's Deputies, who staff up to 37 fixed positions throughout the county. They are in radio communication with the Weather Service and the City/County Emergency Operating Center. Some rural volunteer firefighters also spot around their own communities and report by radio. Patrolling Lincoln Police officers are also trained.

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

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

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

WARNING SIGNALS: A continuous, steady tone from the CD warning sirens for at least three minutes plus broadcast warnings by area radio and TV stations, and Lincoln CableVision. **Note:** There is no all clear signal on the sirens; the "all clear" will be broadcast by the radio and TV stations.

continued on page 12

Nebraska Learn & Serve Conference

The first Nebraska Learn & Serve Conference was held in early March, providing the unique opportunity for youth involved in service learning projects (projects which are both educational and community service oriented) to come together to share and celebrate their accomplishments. Several groups from Lancaster County attended.

Bryan Center high school science students created a display about their project, "4-H SERIES: Ridges to Rivers," in which they lead hands-on science activities related to watersheds in local elementary science classrooms. Their project will be continuing and expanding into the areas of horticulture and chemistry in the coming year.

The Teens Growing Into the Future (T.G.I.F.) group from Goodrich Junior High created a display and presented a workshop in which participants learned how to make their own recycled paper. The group also shared this past year's accomplishments which included "Environmental Fun Day" (a neighborhood event that highlighted hands-on environmental activities and games), setting up recycling centers in West Lincoln Elementary, and helping out with "Kids' Day" (a summer program for elementary age youth) at the West Lincoln Family Resource Center. Their plans for the coming year include hosting a "Teen Hang Out Night" weekly at the West Lincoln Family Resource Center, encouraging local businesses to recycle, another "Environmental Fun" event in conjunction with West Lincoln Elementary's Fun Fair on May 2, and a neighborhood clean-up and picnic celebration in June.

The Star City Llama 4-H Club also created a display, at which they played a tape of their participation in the Star City Parade. They also presented a workshop describing llama care and trust/humane treatment issues, showmanship, and their trip to a local nursing home where residents experienced a unique form of pet therapy. Workshop participants got a real treat when they were able to pet and feed the loveable creatures; even an obstacle demonstration was staged with the kids as the obstacles! Next year's plans include competition in the Lancaster County Fair and Nebraska State Fair, visiting a classroom of disabled children and another nursing home.

Congratulations Learn & Serve participants! You're **making a difference** in your community! (TB)



◀ Star City Llama 4-H Club's workshop



▲ Teens Growing Into the Future's workshop



▲ Bryan Center science students with their display

Methodology and ramifications of greenbelting

continued from page 4

then from remote areas where sale prices for homesites and development are not present or show no discernible influence. Secondly, and most feasible for local assessors, establishing a value based on the capability of land to produce and maintain a viable income stream, either through cash rents or production of agricultural commodities. When analysis is confined to the philosophy of income production, a true non-influenced value can be established. This is the approach that we have selected for Lancaster County.

The first step in establishing a value by this approach involved the estimation of a production capability factor for each of the 57 soil types present in Lancaster County. A production capability was established for corn, milo, wheat, beans and alfalfa for each soil type. Then each capability was weighted by its relation to the total production of those commodities as reported for Lancaster County. This allowed us to give recognition to the local patterns and decisions of crop rotation. In addition, we considered historic and current commodity prices and price supports, as well as cost of production for each of those commodities to estimate a "net income per bushel" for each commodity. Once the "net income per bushel" was established we simply had to multiply by the weighted capability of each soil type to arrive at a "net income per acre" for each soil type. The next step was to establish what we felt was a reasonable capitalization rate to compute a "value per acre" for each of the soil types. To estimate a rate that would not

include outside or "non-ag" influences on it we settled on a capitalization rate established by the band of investment method. This method adds a rate for return on an investment to rates for liquidity, investment management and property tax. To establish what we felt was a reasonable rate we looked at current "safe" rates such as rates on passbook savings accounts, certificates of deposit, money market accounts, etc., added a modest amount for liquidity and management, and finally an effective tax rate. At this point we were able to establish a "value per acre" for each soil type. Once we reached this step in the process we were able to utilize the Property Tax Division's current soil conversion to convert each soil type into one of the eight Land Valuation Groups (LVGs). We then weighted each soil value within each LVG by their respective number of acres to arrive at a weighted value for each of the eight LVGs. This process was completed for each of the three major ag-land areas in Lancaster County. The remaining two ag-land areas are interpolation areas designed to feather or blend the change in values from one major area to another.

Agri-business continues to be a substantial asset to Lancaster County and we feel the end result of this process clearly is a benefit to the agricultural community by providing for accurate and stable ag-land values while also providing for partial collection of lost revenue when property becomes disqualified. We truly believe that the implementation of this methodology is beneficial to taxpayers of Lancaster County.



Healthy meals sizzle when cooked on the grill

continued from page 6

• **Rub it on.** Try experimenting with rubs and marinades. Rubs are blends of dried herbs and spices that flavor the exterior of meat as it cooks. Marinades, made with herbs, spices, and an acidic liquid like wine vinegar or lemon juice, enhance the flavor of meats.

Grab-and-go grilling

Summer produce offers bold flavors and colors to meals and is perfect for grilling. Season chopped vegetables, such as zucchini, bell peppers, and eggplant with basil, parsley, onion, and garlic. Wrap veggies in foil coated with cooking spray and grill for 10 to 15 minutes. Balance your meal by serving refreshing low-fat frozen yogurt with grilled apple, peach or pear halves.

Secrets for superior sizzle

Barbecuing is simple if you know your way around the grill. Here are some basic tips for grilling perfect meals:

• **Patience pays.** Start grilling when coals are ash-colored and glowing. For gas and electric grills, ignite and cover for 5 to 10 minutes before grilling.

• **Cook it right.** Small cuts of meat, such as thin pork chops (3/4 inch thick) and tenderloin, and cubed meat for kabobs, should be cooked directly over the heat source and turned as needed for even cooking. A one-pound pork tenderloin is done in about 20

minutes (when the temperature reaches 155°F). Let stand 5 minutes before carving; temperature will rise to 160°F.

Thick chops and larger cuts, like loin roasts, should be cooked over indirect heat. By banking coals around the edge of the fire grate and centering a drip pan in the middle, you can create an indirect source of heat. Simply place the meat on the grill over the pan, cover, and roast.

• **Lean meals in minutes.** Most foods cook fast on the grill, but don't overcook or foods will be dry and tough. Burgers made with lean meat or turkey are done in about 10 minutes, or when their juices run clear. Pork chops, chicken breasts and fish steaks are ready in less than 15 minutes.

Just remember, when meat and poultry juices run clear or when fish flakes easily, it's done. For a moist, juicy chop, look for a hint of pink in the center. A meat thermometer will register 160°F and the meat will give slightly when touched with tongs. Be sure to check the "Healthy Eating" section for a grilled pork recipe.

Source: American Dietetic Association Foundation (ADAF). Reproduction of this information is permitted for educational purposes by ADAF. Reproduction for sales purposes is not authorized. (AH)

Antelope Commons

continued from page 3

landscape by leaving more than 40% of the area open, most of which lies along Antelope Creek.

Speidell approached the NRD for assistance in implementing his plan which included the construction of four wetland cells within the Antelope Creek channel. The depths and shape of each wetland pond were calculated to maximize their efficiency for trapping sediment and removing other pollutants. The uppermost pond is a trap that will be dredged when it fills with sediment. The perimeter of the other ponds includes a shelf of wetland vegetation to aid in the removal of nutrients and other contaminants. Since the project was located just upstream of Holmes Lake, the NRD was able to obtain grants from EPA and the Nebraska Environmental Trust to help fund it.

One of the most notable characteristics of this project is that all of the work was put in place BEFORE any ground was moved for residential development. The project preserved the integrity of the land and enhanced the natural beauty of the area. New homeowners in the development will be able to enjoy the Antelope Commons Wetlands from their own backyards and the area will remain an open space for all residents to share and visit. In addition, a portion of the area will eventually be open to the public.

With a little determination, Speidell's vision for the Antelope Commons Project became a reality. The voluntary efforts of this local developer should be applauded. The success of this project may change the way future developments are approached in Lincoln and the surrounding area.

The Antelope Commons Wetland Project is a key element of the Salt Valley Clean Lakes Project, a cooperative effort of the Lower Platte South NRD, University of Nebraska Cooperative Extension, Nebraska Department of Environmental Quality and U.S. Environmental Protection Agency to improve water quality in area lakes. It was completed in early 1996 and is being monitored by the Nebraska Department of Environmental Quality. Data has shown a significant reduction in sediment loading and bacterial contamination to Holmes Lake. The Antelope Commons Project is an example of how the public and private sectors can work together to solve environmental problems. Working together we CAN make a difference. (SCB)



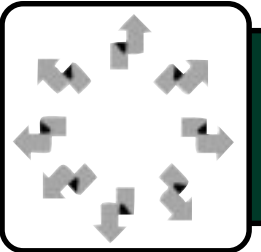
Type II diabetes course

continued from page 6

become a better health consumer as you work with your medical care team in the treatment of your diabetes. It will not replace your medical care.

For a brochure giving more information about the course, contact the University of Nebraska Cooperative Extension in Lancaster County at 441-7180. There's a \$30 fee for participation in the course to cover the cost of the book (\$20), related educational materials and postage. (AH)

Miscellaneous



Plants deer will not eat

continued from page 3

- oregano
- cinnamon fern
- interrupted fern
- Oriental poppy
- ribbon grass
- balloon flower
- Jacob's-ladder
- cinquefoil
- primrose
- pulmonaria
- buttercup
- rhubarb
- sage
- soapwort
- scilla
- goldenrod
- lamb's ear
- tansy
- veronica
- vinca
- yucca

Annual Flowers

- ageratum
- snapdragon
- wax begonia
- dahlia
- foxglove
- blanket flower
- heliotrope
- polka dot plant
- morning glory
- lobelia
- four o'clock
- forget me not
- sweet basil
- annual poppy
- geranium
- parsley
- blue salvia
- dusty miller
- marigold
- verbena

University of Nebraska

COOPERATIVE EXTENSION

"Helping you put knowledge to work."

Information Center

Fast, Convenient, Accessible—24 hours a day, 7 days a week

1-800-832-5441
441-7188 in the Lincoln area

To listen to a NUFACTS message, call the number above on a touch-tone phone, then enter a three-digit number listed below.

Call 441-7180 to receive a brochure with all the NUFACTS message topics.

HORTICULTURE

- | | |
|--------------------------------|----------------------------------|
| 112 Euonymous Scale | 173 Rose Fertilizing |
| 114 Mulches | 182 Seeding a Lawn |
| 125 Needle Blight of Pines | 185 Sodding a Lawn |
| 126 Pine Sawfly | 186 Bluegrass Billbugs |
| 130 New Trees and Shrubs Care | 188 Lawn Renovation |
| 131 Pine Tip Blight | 190 Tall Fescue Lawn Care |
| 135 Tree and Shrub Fertilizing | 191 Kentucky Bluegrass Lawn Care |
| 136 No Tree Topping | 199 Fertilizing Lawns |
| 150 Perennials in Landscape | 210 Amaryllis |
| 154 Wildflowers | 232 Everbearing Raspberries |
| 161 Fuchsia | 233 Raspberry Anthracnose |
| 162 Ferns | 237 Strawberries |
| 167 Hostas | 260 Carrots |
| 169 Clematis | 261 Rhubarb |
| 172 Climbing Roses | 263 Herb Gardens |

...and more than 400 additional topics.

University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Interested in being the 1997 Nebraska Dairy Princess?

If you are single and between the ages of 18-25 with a desire to meet new people and promote the dairy industry, this could be a great opportunity for you!

For an application and further information contact:
Linda Meyer • Rt. 1, Box 43 • Hallam, NE 68368-9518
402-826-5693

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

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



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE

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

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



Extension Calendar

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

- May 2**
Hunter Education Certification Training
—Game & Parks Building, State Fair Park 6:00-9:00 p.m.
- May 3**
Hunter Education Certification Training
—Game & Parks Building, State Fair Park 8:30 a.m.- noon
- May 6**
Production Livestock Booster Club Meeting 7:00 p.m.
4-H Council Meeting 7:00 p.m.
- May 8**
4-H Poultry and Pigeon VIPS Committee Meeting 7:00 p.m.
- May 10**
Hunter Education Certification Training
—Game & Parks Building, State Fair Park 8:30 a.m.- noon
- May 14**
4-H Horse VIPS Committee Meeting 7:00 p.m.
- May 15**
4-H Rabbit VIPS Committee Meeting 7:00 p.m.
- May 23**
4-H Market Broiler Deadline
District Horse Shows and 4-H State Horse Expo Entries Due
- May 30**
4-H Lamb Tagging 4:00-7:00 p.m.
- May 31**
4-H Lamb Tagging 8:00 a.m.-12:00 p.m.
- May 31 & June 1**
Pre-District Clinic and Horse Show—Capitol City Horse and Pony Club Arena
- June 2**
4-H Horse IDs Due

PHONE NUMBERS:

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



Nebline Feedback

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

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

Name _____

Address _____

City _____ Zip _____

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

Comments _____

Story Idea(s) _____

Return to:

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

Establishing native grasses
continued from page 5

Weed control is also important for maintaining a good stand of native grasses. Although a well-established stand should compete well with most weeds, care should be taken to eliminate undesirable plants before they become a problem. Mowing is generally an effective method for controlling weeds, especially if wildflowers are included in the stand. Otherwise, spot applications of herbicides might be necessary to control weed problems.

Fertilization of native grasses is usually not necessary unless you regularly remove or harvest the standing vegetation. In those situations, it's a good idea to have your soil tested on a regular basis and to apply the fertilizer in the late spring according to soil test recommendations. (SCB)



Parental role in school success
continued from page 7

children's accomplishments, not merely their good grades. They encourage their children's learning for learning's sake—not to show off their children's abilities. They are not strongly influenced by what other parents may think or do.

Source: **Parents' key role in children's success at school** by Arline L. Bronzaft, Ph.D.-Work & Family Life Balancing Job and Personal Responsibilities, October 1996, Vol.10, No.10. (LJ)

Severe weather safety concerns
continued from page 10

THREE BASIC RULES FOR FINDING TORNADO SHELTER IN A BUILDING:

1. Get as far away as possible from **all** outside walls and windows. Move to the center portions of the building (interior rooms, interior hallways).

2. Move to the lowest possible level in the building; below ground is preferable. In a multi-story building, be sure to clear the top floor entirely (the roof may go).

3. Make a small target of yourself and **protect your head!**

DOS & DON'TS:

Do
• Plan ahead during a **tornado watch** so you'll know what to do and where to go for shelter if a **tornado warning** is issued.

• Listen to the major local radio stations during a **watch** for up-to-date information on the approaching storm.

• Take a battery powered radio and flashlight with you to shelter so you (1) can know when

it's all clear; and (2) have light if the power fails.

• Go to an interior bathroom in a house without a basement, if one is available. If not, an interior room or hall is best.

• Use chair cushions, pillows, folded blankets, folded coats, hard hats, football or motorcycle helmets to protect your head. More than 90% of all serious tornado injuries are head injuries inflicted by flying debris.

Don't

• Open windows or doors; it doesn't help and can make things worse.

• Automatically go to the **southwest** corner of a basement.

• Try to drive away from an approaching tornado; instead, seek shelter in a nearby building, a ditch or under a bridge.

• Go outside when a **warning** is issued; instead, take shelter!

For more information, call Lincoln/Lancaster County Emergency Services/Civil Defense at 441-7441. (GB)

Educate yourself about Nebraska's natural resources

Teachers, educators, families and individuals interested in discovering Nebraska's natural resources may want to check out the seventh annual Nebraska Environment Education Association Conference June 27-29, 1997 at Niobrara State Park.

The conference will provide an opportunity to educate through discovery, hands-on exploration and minds-on inquiry. This year's theme is Dynamic Duos: Rivers and History. For more information, call Syd Hime at 476-2729 or Peggy Hunt at 441-8709. (GB)