The NEBLINE, February 1992

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Lancaster County Extension Board of Directors Election

Elections were held in December to choose new members for the Lancaster County Board of Directors. The extension board is a nine-member committee elected each year to represent all citizens of Lancaster County. The extension board directors are responsible for procedures, funding, overall policy direction and employment of county personnel. Board members serve a two-year term.

David Grimes, of Raymond, is a farmer and current director on the Comox Co-op Board of Directors. He was elected to represent the North District.

Kelli Linnig, of Lincoln, an investment analyst at L.E.S., was elected to the board as 4-H Council secretary. She will also serve as 4-H Council secretary. Charles Wilhord, of Roca, an investment manager and real estate appraiser was elected to the County at Large seat.

Carole Doeschot, a farmer from Hickman, was also elected to the board. She will represent the Home Extension Council as their chairperson. Gwen Thorpe, of Lincoln, an one-time registration fee of 7:30 a.m. on March 15 in the County Extension Office.

The educational program will begin at 1:30 p.m. with Alex Star, Nebraska Soybean Program Director. The Star City Area Soybean Association invites Lancaster and adjacent county farmers to attend the educational meeting and consider joining the producer's association.

Many people think that their smoke detectors will let them rest in peace. Sometimes they do, literally! Are there good batteries in your home smoke detector? Do you test your detector at least weekly and replace the batteries at least once a year? Smoke detectors have been credited with saving thousands of lives in both the U.S. and the U.K., but unless your detector is properly tested and maintained, it cannot be expected to protect you and your loved ones from fire and its toxic smoke! Is it a fact that if you have and properly install, test, and maintain a UL listed smoke detector, as well as have a home fire escape plan, your family's chances for survival actually DOUBLE? Give your family the "edge for survival".

To maintain your detector, be sure to:
1. Follow the manufacturer's directions for installing, testing, and maintaining your UL listed detector.
2. Change the detector's batteries at least once a year, and test the detector at least once a week.
3. Never remove a battery or otherwise disable your smoke detector.

To enroll in Master Gardener training sessions, call the University of Nebraska Cooperative Extension in Lancaster County (471-7180) and request an application form. Complete the application, return it to the extension office. Upon acceptance into a training session, you will be notified of the location and time for the classes.

Don't be afraid to apply. Master Gardeners are people who have a special interest in horticulture and are willing to learn. Master Gardeners can be any age. In the past, Master Gardener volunteers ranged between the ages of 17 and 88. By attending the Master Gardener training sessions, you will become more knowledgeable about a wide array of gardening projects. This knowledge will increase your skills as well as enable you to assist the public with gardening questions and problems. (DJ)

471-7179
Accessible from any phone

Help your Smoke Detector Protect You!

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To maintain your detector, be sure to:
1. Follow the manufacturer's directions for installing, testing, and maintaining your UL listed detector.
2. Change the detector's batteries at least once a year, and test the detector at least once a week.
3. Never remove a battery or otherwise disable your smoke detector.

4. Contact your local fire department or the Public Fire Education Division of the Southeast Fire Protection Agency if you have any questions or concerns about smoke detectors or any other fire safety or fire prevention topic.
Plan Now To Make Energy Saving Changes

If high heat bills have you thinking about energy and ways to use it, now is the time to make some energy-related landscape decisions.

The energy-conscious homeowner can use trees, shrubs and other landscape features to cut heating, cooling and snow winds. A winter is a good time to study alternative possibilities for summer shade trees that drop their leaves to allow the sun through in winter. The best position is usually along the south and west sides of your home where you want sunshine in winter and shade in summer. In general, the farther you plant the tree from your home, the larger the tree can be. Conifers, or evergreens, are better suited in the north and west sides of the property to break the force of the cold winter winds. If they are properly placed — in groups at a right angle (90 degrees) to the prevailing wind —they will also funnel cooling summer breezes around your home.

It’s also possible to use hedges and rows of trees as space for fences or add a permanent or temporary landscape features that direct the wind to drop its load of snow where it won’t make more work for your heating system.

When choosing the planting sites for trees and shrubs, be sure to keep in mind that the plants will get bigger with time. Allow room for them to reach their mature width and height without becoming crowded. While plants are young, fill the ground around the bases of the trees with mulch. That will help keep weeds at bay until later.

Plan now and you’ll be ready to plant in early spring, the best time for planting trees and shrubs in home grounds. (DJ)

Guide To Crop Rotation

The best way to prevent plant disease problems in your home garden is to use disease-resistant varieties whenever possible. The key to this is the type of plants that closely related plants don’t follow one another in the same soil.

That’s fine advice, but it doesn’t go quite far enough. It leaves you to find out which crops can follow which ones.

To take some of the de­

serve work out of gardening.

Use the following guide to crop rotation. Simply keep a chart of your garden plan each year and avoid planting crops in the same space that crops from the same group occupied the year before.

**Selected Disease Groups**

| Group I: the nightshade family | tomatoes, peppers, eggplant and potatoes. |
|--------------------------------|
| Group II: the crucifer family | cabbages, cauliflower, Brussels sprouts, broccoli, Chinese cabbage, collards, kale and kohlrabi |
| Group III: the crucifers | melons, squash, cucumbers and gourds. |

These plant families are the ones most likely to be harmed by disease problems carried over from the soil in vegetable crops. Disease resistance is usually better in crops rotated from one family to another. (DJ)

**Rabbit Resistant Perennials**

Rabbits have been a real problem in Lincoln and Lancaster County. According to Brooklyn Botanical Gardens, the following list of perennial flowers are less appealing to a rabbit’s fearty appetite. Try to introduce a few of these plants into your garden if rabbits have been a problem in your area.

<table>
<thead>
<tr>
<th>Variety</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yarrow</td>
<td>Monspodium</td>
</tr>
<tr>
<td>Wall Indigo</td>
<td>Bellflower</td>
</tr>
<tr>
<td>Foxglove</td>
<td>Snakeroot</td>
</tr>
<tr>
<td>Meadow Sweet</td>
<td>Snapdragon</td>
</tr>
<tr>
<td>Cranberry Geranium</td>
<td>Autumn Cussus</td>
</tr>
<tr>
<td>Narcissus</td>
<td>Daylily</td>
</tr>
<tr>
<td>Lathyrus Ear</td>
<td>Deadly Bane</td>
</tr>
<tr>
<td>Meadow Sage</td>
<td>Hot Red Poker</td>
</tr>
<tr>
<td>Yarrow</td>
<td>Bishop Hats</td>
</tr>
<tr>
<td>Yarrow</td>
<td>Oriental Poppy</td>
</tr>
<tr>
<td>Yarrow</td>
<td>Globe Flower</td>
</tr>
<tr>
<td>Yarrow</td>
<td>Peary</td>
</tr>
</tbody>
</table>

**Strawberry Varieties**

Success in growing strawberries in the home garden requires careful selection of varieties suited to Nebraska.

Not all the varieties in the seed and plant catalogs will perform equally well here. The best are those that originated in a region of the United States with a climate similar to Nebraska’s. Western or Pacific coast varieties likely to be disappointing here.

The perfect strawberry has yet to be invented. To select from available varieties, you need to decide which characteristics are most important to you and which traits you’re willing to compromise on. For instance, if you want a very early maturing strawberry, you may have to sacrifice fruit quality or productivity. To get a high quality fruit for freezing, you may have to do without resistance to some disease.

The following chart lists recommended varieties for Nebraska grouped according to a number of desirable characteristics.

**Questions and Answers**

Q. Does it matter whether I water my houseplants from above or below?

A. With most plants, either method will work fine. Some plants, such as cyclamen and African violets, do not tolerate having water splashed on their foliage or into their crowns. These plants should be watered from below. You should water from above occasionally to flush out salts that may accumulate when you water from below.

Q. How do I know when I’ve added enough water to my houseplant containers?

A. If you are watering from below, all you have to do is keep adding water until the surface of the soil becomes wet. Then you can stop. If you are watering from above, you should stop when the water starts to drain out of the pot.

Q. How do I sterilize soil to grow plants in?

A. Moisten the soil, place it in shallow pans or trays, cover with aluminum foil and bake in a 300 degree oven for about 45 minutes. The soil should remain at 180 degrees for about 30 minutes to kill most of the unwanted organisms. An alternative method is to bake your growing medium is to use a sterile mixture of vermiculite and peat moss.

Q. What is it necessary to clean my house plants?

A. It isn’t absolutely essential — but it will keep smooth-leaved houseplants looking good. Removing the film of dirt that builds up on foliage also makes it easier for plants to breathe. Wipe plants with a soft cloth or gently spray plants with lukewarm water to remove this film. Do not try to wash hairy-leaved plants such as African violets and gloxinia. They won’t tolerate cold water on their foliage, and wiping them may damage the leaves. If they are very dusty, use a soft camel’s hair brush to remove some of the dust. (DJ)

Purchase strawberry plants from a reputable nursery. Buy only virus-free plants. They grow more vigorously and tend to produce larger fruit and greater yields than plants that are not virus-free. They also are better able to produce under adverse conditions. (DJ)
Private Pesticide Applicator Training

Farmers who have private applicator training certificates (blue card) that expire in 1992 should plan to attend one of the following training sessions in February. There is no registration fee and pre-registration is not required. These will be the last training sessions offered this spring. (DV)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, February 3</td>
<td>7 p.m.</td>
<td>American Legion Hall, Berne</td>
</tr>
<tr>
<td>Monday, February 9</td>
<td>9 a.m.</td>
<td>Sokol Hall, Crete</td>
</tr>
<tr>
<td>Tuesday, February 4</td>
<td>7 p.m.</td>
<td>Extension Office, Beatrice</td>
</tr>
<tr>
<td>Wednesday, February 5</td>
<td>9 a.m.</td>
<td>Extension Office, Beatrice</td>
</tr>
<tr>
<td>Thursday, February 13</td>
<td>7 p.m.</td>
<td>Lancaster Extension Conference Center</td>
</tr>
<tr>
<td>Friday, February 14</td>
<td>1 p.m.</td>
<td>Lancaster Extension Conference Center</td>
</tr>
<tr>
<td>Saturday, February 15</td>
<td>9 a.m.</td>
<td>Lancaster Extension Conference Center</td>
</tr>
<tr>
<td>Saturday, March 21</td>
<td>9 a.m.</td>
<td>Extension Office, Wilber</td>
</tr>
</tbody>
</table>

Nebraska’s Noxious Weed Law

In 1989 the Nebraska Legislature amended the Nebraska Noxious Weed Control Act, defining and placing specific responsibilities for weed control on landowners, counties, and the state. Each year, noxious weed causes millions of dollars of damage in lost production, lower land values and poisoning of livestock and wildlife. Nebraska currently has six state-designated noxious weeds: musk, plumeless and Canada thistles, leafy spurge, and spotted and dwarf loosestrife.

In addition, individual counties can petition for designation of county noxious weeds, timing, nitrogen and water credits, water nitrogen credits, etc. The water nitrogen credits, etc.

Sludge Soon Available as Fertilizer

A major reconstruction project at Lincoln’s Theresa Street Wastewater Treatment Plant is nearing completion. The project will result in waste water reclamation and nitrogen and water. The nitrogen cycle, mineralization, denitrification and other nitrogen losses.

The amount of land needed annually to utilize the sludge is actually only about 250 acres selected from a base of 500 acres of agricultural cropland.

The City of Lincoln has asked or written to Pheasants Cooperative Extension in Lancaster County to work with farmers in selecting fields most suitable for application of the sludge as a fertilizer. Extension Agent Warder Shanes has been working with educational meetings and information on proper application techniques and how to best utilize it as an organic source of crop nutrients.

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Nitrogen-Management Workshop

Producers interested in learning about water and nitrogen management in crop production should plan to attend the February 11 meeting in Lincoln. The emphasis of the workshop will be to stress the importance of developing a profitable crop while minimizing nitrogen leaching.

Area farmers are invited to attend a “hands-on” planter-drill training session to be held on February 28 at the University of Nebraska Cooperative Extension in Lancaster County. (DV)

More Agricultural News on Pages 7 & 8

Pheasants Forever Announce Banquet/Auction

The Cornhusker Chapter of Pheasants Forever is planning their fifth annual banquet/auction. The banquet will be held on February 27, Ag Hall at State Fair Park. The evening begins at 5:30. Tickets are $35.00, which includes dinner.

To obtain tickets contact Jim Ashenbach at 475-8555 or write to Pheasants Forever, Box 6592, Lincoln, NE 68506. (DV)
Mature moisture problems in homes

Moisture levels inside homes during the winter can become high enough to cause mold and other problems. When outdoor temperatures drop below freezing, moisture inside the home can also become a problem in some locations. Because of this, the control of moisture levels inside a home is especially important during the winter by either adding or eliminating excess moisture.

In tightly sealed homes, air changes per hour are reduced considerably. This can result in moisture building up daily and reaching high levels. It takes only four to six pints of water to raise the relative humidity of a 1000 square foot house from 15 percent to 60 percent. A comfortable level of humidity would be between 25 percent to 35 percent, or mildew grows at 60 degrees F and above 60 percent relative humidity.

The presence of mildew growth during the winter is an immediate sign of excessive moisture. Continuous condensation on windows may be another sign of high humidity, if frost or ice forms on windows, there is certainly excess moisture present. Eliminating moisture vapor condensation is one of the major measures that can reduce indoor moisture. In cases where mildew or dampness is appearing on ceilings or on edges near outside walls (not in just poorly ventilated corners of rooms), there is a possibility that ceiling insulation is not properly installed. Insulation must ex- tend all the way to the top of the wall, both above and below the ceiling, in order to prevent moisture from condensing on the cold ceiling surface. When the insulation is installed, the ceiling should be perfectly flat. This is required both in the upper sections of the room and in the lower sections of the room. In both cases, insulation must be repositioned if the ceiling is not perfectly flat.

Source: Cooperative Extension, Clemson University (EW).

Winter-Time Moisture Problems in Homes

The following is part of a continuing year-long series on health care decisions?

Food labels carry two types of information that can help you make wise food choices. Nutrition information: list and nutritional analysis.

Ingredient list: Ingredients are listed on a product by weight, from most to least. Ingredient lists do not show the amount of any ingredient, but they do show the relative amount of each. For example, if vegetable oil is listed first, it has more fat than any other ingredient.

Nutritional Panel: Many labels have a nutrition panel that gives the number of servings in the package, the number of calories in a serving and the number of calories from fat. You can use this information to figure out the number of total calories in a serving. The number of calories in a gram of fat; multiply grams of fat by nine to get the number of fat calories. To determine the percent of the total fat calories, divide fat calories by total calories; multiply by 100.

Nutritional Panel

<table>
<thead>
<tr>
<th>Nutritional information per serving</th>
<th>Serves per container</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size: 8 oz.</td>
<td>2/3 cup</td>
<td>130</td>
<td>9</td>
<td>3</td>
<td>340 mg</td>
</tr>
<tr>
<td>Serving per container: 3/4 cup</td>
<td>3/4 cup</td>
<td>200</td>
<td>14</td>
<td>8</td>
<td>430 mg</td>
</tr>
</tbody>
</table>

In general:

- Foods with more than 30 percent of the total calories coming from fat are considered high-fat foods.
- Foods with less than 30 percent of the total calories coming from fat are considered low-fat foods.
- Foods that contain high- and low-fat foods. In this list, many foods that have more than 30 percent of the calories as fat also have multiple important nutrients. The key is balancing these nutrients.

When you see the following words on the label, beware ...

- Low-calorie, Low sodium, Low sodium and fat, Low saturated fat, Low cholesterol, and Low cholesterol that are not the same thing! While a food may contain little or no cholesterol, it can still have a high amount of fat (above a certain cholesterol level). Cholesterol is found in only foods of animal origin. Grains, fruits and vegetables (because they're plant derivatives) do not have cholesterol.

Challenge: Read the nutrition panel on the food label illustrated below, then fill in the following blocks.

- How many calories are in a serving?
- How much fat is in a serving?
- How much sodium is in a serving?
- How much cholesterol is in a serving?

Nutritional Information Per Serving

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
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<td>2 cups</td>
<td>200</td>
<td>14</td>
<td>8</td>
<td>430 mg</td>
</tr>
</tbody>
</table>

EFNEP Reaches Out To Teens

EFNEP, an extension program geared to providing nutrition education to both youth and adults, has worked closely with the Youth Service System (YSS) in Lincoln and Lancaster County for the past several years. An EFNEP advisor, Nobuko Nyoman makes visits to three of their sites and provides a variety of activities, all meant to enhance the abilities of these youth to make wise food choices and feed themselves and their families even better.

Nobuko, however, has consistently maintained a very positive attitude and, the service concern and love she feels for the teens with the works that is reflected in the number of them who consider her a favorite with Nobuko who says that the boys would be interested in cooking and to love the results of their efforts. Boys at the group home facing states and receive long term residents, care, case management and training in independent living skills. Learning how to cook, shop, choose food wisely and budget are all skills that Nobuko integrates into their lives. The girls’ home is similar to the boys’ home and at both places Nobuko strives to use the foods that they currently have available in creating his meals. Jeff Hanse is the assistant program director in charge of these two homes.

Working with teens is a challenge, working with teens who have faced difficult problems may be considered an even bigger challenge. Nobuko, however, has consistently maintained a very positive attitude and, the service concern and love she feels for the teens with the works that is reflected in the number of them who consider her a favorite with Nobuko who says that the boys would be interested in cooking and to love the results of their efforts. Boys at the group home facing states and receive long term residents, care, case management and training in independent living skills. Learning how to cook, shop, choose food wisely and budget are all skills that Nobuko integrates into their lives. The girls’ home is similar to the boys’ home and at both places Nobuko strives to use the foods that they currently have available in creating his meals. Jeff Hanse is the assistant program director in charge of these two homes.

The Side of the Paycheck: Fringe Benefits

For every $100 employees receive in direct salary or wages, they can expect employers to add an additional $40 to cover fringe benefits—health insurance, vacations, etc.

Job seekers should keep in mind their “hidden paycheck” benefits. They are an important part of the actual compensation from a job and the programs or fringe benefits employees should be seeking when evaluating job offers.

One of the most common fringe benefit is health insurance. Some of the most common fringe benefits are listed below.

Statutory Benefits

These are required by law of all employers and include Social Security (for retirement and later), worker’s compensation (in case of injury at work), and unemployment insurance (to be used in case of a layoff). The other one is Social Security, which takes 7.65 percent of your salary, also known as FICA taxes, to be used in case of disability or later. Time Off With Pay — Paid holidays average nine days for most employers — are another benefit offered by many employers, including the week off between Christmas and New Year’s Day. Almost all employers also provide paid vacations, generally starting with two weeks for the first few years and often build up to 15 or 20 years of employment. Around a third of all employers offer unpaid maternity leave, but only three percent continue salary during the first three months of maternity leave. Pension Plans — Retirement programs are offered by large employers to supplement your Social Security benefits. Money paid by employers, generally paid in full when you retire, is not taxed to you until you retire. Health Insurance — Employers covered by the Federal Employee Health Benefits program coverage, generally paid in full when you retire, is not taxed to you until one or two year’s salary in the case of the premiums. Some plans pay all expenses, others pay a percentage of unusual or catastrophic bills.

Life Insurance — Most large employers supplement Social Security and provide life insurance coverage, generally paid in full when you retire, is not taxed to you until one or two year’s salary in the case of the premiums.

— Other large employers offer other expenses for employees taking college courses, particularly if they support job assignments. Some organizations help with child care expenses. Around one-sixth of major employers offer some type of plan to help employees to benefit financially from the firm has a good year.

Cafeine Plans — These are flexible benefits plans which allow employees to choose among the choices among options offered. Employees choose how much care they need, and the important current vacation time is. Many don’t need health care, and some have already covered. Choices and options may not be limited by any selection by employees is possible.

Source: Nebraska Occupa- tion Information Coordinating Committee, Nebraska Department of Labor. (AH)
February is Potato Lover's Month

Boiled, baked or fried — potatoes are one of our most popular vegetables. According to the United States Department of Agriculture, the average American consumes about 150 pounds of potatoes per year, or 32 pounds per person. A potato is a tuber, and the skin is not edible. It is usually cooked before it is eaten, although the flesh can be used raw in salads and soups, or as an ingredient in snacks and desserts.

Selecting Potatoes

- Choose firm potatoes with a smooth skin, free from cuts, growth cracks, bruises and decay. If the skin is affected, but green portions contain the alkaloid which can be toxic to some people.
- Potatoes store best at 45°F to 50°F, in a dark, well-ventilated area. Refrigerator storage will extend the life of potatoes, but make sure the starch in potatoes to convert to sugar, resulting in a sweet taste. However, if you take potatoes from the refrigerator and leave them at room temperature for a day or two, the sugar will reconvert to starch.

The following recipe was adapted from Jane Bonny's Good Food Book published in 1983 by W. W. Norton, New York, Company and London.

Stuffed Baked Potatoes

4 large baked potatoes
1 cup milk, warmed
1 cup part-skin ricotta or low-fat cottage cheese
2 small garlic cloves, crushed
1/8 teaspoon garlic powder
1/8 teaspoon black pepper
1 cup chopped broccoli or spinach
1/4 cup grated Parmesan, divided

Cut each baked potato in half lengthwise and carefully scoop out flesh without tearing the skin. Reserve the skins.

In medium bowl, mash the potatoes with warm milk. Add the ricotta, garlic, salt, and pepper and mix well. Stir in broccoli or spinach and the remaining Parmesan cheese.

Rebake the potatoes in 350 degree oven or in the microwave until piping hot. (EW)

Extension Club Lesson on Household Waste Management

Leader training on "Household Waste Management For Your Health and Environment" will be offered on Thursday, February 24th, at 9 a.m. and repeated at 3 p.m. and 7 p.m. at 7 p.m.

Participants will examine characteristics of potentially hazardous household waste items, batteries and yard waste. Although few options exist for disposing of hazardous waste items, individuals may take the amount they produce.

Representatives of community groups are welcome to attend at no charge, but registration is required and there is a $10 fee per individual. There is no registration fee. Non-extension club members are welcome to attend at the County Extension Office, 471-7180, for the House- hold Waste Management program.

Casseroles for Quick, Nutritious Meals

A program featuring easy, low-calorie casseroles will be presented by Extension Agent Ellen West on Monday, February 24th at 1:30 to 2:30 and repeated 5 to 6:30 p.m.

Keep yourself focused on the work. The home environ- ment can encourage the work environment to lengthen awareness away from the task. There is a dog to walk, garage to clean, papers to read or yard to mow. Getting side-tracked is very easy. To avoid this, design a work environment that helps and not hinders you. It is important to work and store the needed supplies, tools, and equipment in a systematic and logical arrangement. When interrupted, make it easy to return to the project after the interruption. Make sure you are able to return to the project as soon as possible. As long as you do not let the interruption lose focus, you will pick up where you left off and can quickly return to task when you are free. If you respond to verbal interruptions with "see me later," these interruptions will be mini- mized. A simple visual system can be devised. A sign on the work room door that says "I'm in the bathroom" or that offers a sign that says "Out" means its work time and interruptions are not appreciated. When interrupted, get back into the work area as soon as possible. Make sure you understand that interruptions will occur, and you will need to return to the project at some point.

Individuals who successfully work from their homes develop the ability to handle interruptions and deep concentration. They are more successful in handling interruptions. They are less likely to delay their tasks. They are less likely to be distracted by external events. They are not so interested in the task at hand that everything else seems to disappear. They enjoy what they do...their work comes alive. Even when they take a break, their subconscious minds are working on the project with a new idea or a fresh approach. (Ali)
**4-H Bulletin Board**

All youth 12 years old and older are invited to attend Teen Council meetings. The February meeting will be Sunday, February 9 at 9 a.m. Come and join the fun!

An Algebra Sitter course is being offered by St. Elizabeth’s Community Health Center Saturday, March 7, 7 a.m. - 2 p.m. Participants will learn how to play with children, responsibilities of a baby-sitter, first aid, fire and home safety. For registration and fees, contact 486-7046. Members taking “The Sitter” project might want to consider this.

Rocky member’s and other interested 4-H’ers. The 1992 Aviation Art Contest is something you might like to try! Drawings of “My Favorite Air Sport” need to be submitted by March 30 to the Nebraska Department of Aeronautics. Size and other requirements along with certification of authenticity which must accompany entries, are available from Marilee at the extension office.

1992 camp brochures are available in the office if you want to decide on your summer camp plans early.

**New Leaders**

New leader orientation Part I will be presented Tuesday, February 18 at 9 a.m. and 7 p.m. The 4-H Center office, 489-2803; Gwen Thorne, secretary, 423-8403; and Maryt Minchow, treasurer, 782-7885. Members are Ron Snover, Stacey Nelson, Russell Parrott, Joel Reddish, Carrie Honshaw, Tim Byrne, Jim Tucker, and Deb Brandt. Dick will serve as Fairboard representative on behalf of the 4-H Council. Gwen will represent 4-H Council on the Extension Board (MHB).

**4-H Shooting Sports Program Takes Aim**

Over 60 4-H leaders, volunteers, parents and youth attended the county-wide shooting sports club organizational meeting at the Lancaster Extension Conference Center on January 6. The meeting agenda focused on inventoring the needs and resources available among those present. Lancaster County area resources available which could support the shooting sports program were also discussed.

Participants set the third Monday of each month as their regular meeting date with the meeting beginning at 7 p.m. The first 15 minutes of each meeting will be used to transmit the 4-H club general business agenda. A 45 minute presentation on one aspect of shooting sports of interest to all club members will follow. During the second hour of the meeting members will break into special interest groups to conduct activities and training in those areas. Special interest groups include BB/pellet, trapshooting, archery, small bore rifle, and field events. The first regular meeting will be Monday, February 16, 1992, at the Extension Conference Center. The general leader, Ron Snover, will serve as chair. The meeting time is from 7-9 p.m., contact Dr. Dave Varner at the extension office at 471-8023 for more information.

The Bag-A-Thon can be a great community service project. More environmental activities to celebrate Arbor Day and Earth Day are planned by the Clean Community System including distribution of seedlings and wildflower seeds, clothes collections, and more (MK).

**Photography Workshop**

A workshop on 4-H photography will be given by Kay Jergens on February 3, in Waverly. The workshop will be held at the Lancaster County Bank meeting room. The meeting is scheduled for 9 a.m. to 4 p.m. The workshop is sponsored by the state of Nebraska and is a free workshop. (MK)

**The Meeting Will Now Come to Order**

Would you like help to make your job as a club officer easier? If so, plan to attend 4-H officer training, Saturday, February 22 at 2 p.m. All club officers will be covered as well as meet and receive ideas and recommendations. All club members, parents, and leaders are invited to attend. (MK)

**Chicks!**

Baby chicks will be hatching around February 11, March 17, and May 12 as a result of the 4-H School Enrichment Embryology Project. We could have many as 125 chicks. If you are a 4-H’er or wish to receive free chicks for use in a project, please call Arlene Hanna at 471-7180 to make arrangements.

**4-H News continues on page 7**

**Kiwanis Karnival - April 4**

The 1992 Kiwanis Karnival is scheduled for Saturday, April 4, at the Lancaster Extension Conference Center; all 4-H families are invited to attend. This event is sponsored by the Lincoln Center Kiwanis Club. Families attend according to club names. Clubs L-Z will attend from 6-7:30 p.m. and clubs A-K will attend from 7:30-9 p.m. The first 2 hours of the Karnival are operated by their clubs. If your club would like to have a booth, call University of Nebraska Cooperative Extension in Lancaster County to reserve your table space.

**Rabbit Clinic and Judging Contest Set**

Rabbit Clinic and Judging Contest are set for Saturday, April 29, 1992. 4-H’ers enrolled in the rabbit project who wish to evaluate rabbits, will need to attend the Rabbit Clinic to be held at University of Nebraska Cooperative Extension in Lancaster County. The day will be packed with activities beginning with workshops on handling and inspection of rabbits, subsequent demonstrations, rabbit evaluation and management, and more. After lunch, 4-H’ers will judge four classes of rabbits and give oral reasons for the judging. Pictures of awards will be closed at the afternoon. If you’re interested in more information, contact Dave Swarts. (DS)

**Invest in a Valuable Relationship**

A mother-daughter retreat, entitled “Growing Up Female,” is scheduled for April 25 and 26, 1992 at the Eastern Nebraska 4-H Center, Gretna.

This retreat is an opportunity for mothers and their 11- to 13-year-old daughters to spend a special time together learning effective communications skills, decision-making skills and building self-esteem. There will also be opportunities to learn more about solving personal problems, discussing pressure and discussions on the importance of individual family values.

The cost per pair is $50, which includes meals, snacks and lodging. Scholarships are available for limited resource participants. Registration is limited, so we suggest that you register as early as possible. For more information, contact Maureen Bunson, extension agent, 4-H. “This retreat has been a great success in the past.”

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For more information, contact Maureen Bunson at the University of Nebraska Cooperative Extension in Lancaster County, 471-7180. “We would like to encourage other female caregivers to attend, such as stepmothers or grandmothers since they can benefit from this weekend of learning and relationship-building.”

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**4-H Council Officer’s Elected**

The 1992 4-H Council member are engaged to serve the over 9,300 4-H members and 750 leaders in Lancaster County. These are responsible for providing leadership for program planning, policy making, resource development, and overall governance of the 4-H program. The 4-H Council meets the first Tuesday of each month at the Lancaster Extension Conference Center, 7:30 p.m. and welcome your input.

Newly elected officers and phone numbers are: Dick Parrott, president, 471-6814; Krista Vance, vice-president, 489-2803; Gwen Thorne, secretary, 423-8403; and Marty Minchow, treasurer, 782-7885.

Members are Ron Snover, Stacey Nelson, Russell Parrott, Joel Reddish, Carrie Honshaw, Tim Byrne, Jim Tucker, and Deb Brandt. Dick will serve as Fairboard representative on behalf of the 4-H Council. Gwen will represent 4-H Council on the Extension Board (MHB).

The cost per pair is $60, which includes meals, snacks and lodging. Scholarships are available for limited resource participants. Registration is limited, so we suggest that you register as early as possible. For more information, contact Maureen Bunson, extension agent, 4-H. “This retreat has been a great success in the past.”

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**Coming Attractions**

Qinto-4-H Nebraska Style at the 1992 4-H Leader Training Day Saturday, March 21, 9 a.m. - 3 p.m. Cost: $5 before March 21, $10 at the door.

Parent and junior leaders, you’ll want to mark this day on the calendar. Join us for valuable training in several areas. In the morning, everyone will attend sessions on “How to Talk So Kids Will Listen” and “Volunteering in Community Service.” After lunch (which includes a Q-123 birthday cake for Nebraska) workshop sessions will be held including, foods, small animals, photography, Decorate Your Duds (clothing), horticulture, engineering and environmental awareness. This is a day you will not wish to miss. Registration forms and brochures will be available at University of Nebraska Cooperative Extension in Lancaster County the first week of February. Call 471-7180 for more information. (MK)
Knapweeds Declared Noxious

Spotted and diffuse knapweeds were designated as noxious weeds in Nebraska in October 1991. Nearly 3,000 acres spread across 10 counties in the Panhandle, Antelope, and Sarpy counties, are infected. Spotted knapweed is the most aggressive and widespread of the two and poses the greatest threat to pastures and rangelands.

Both plants are biennial or short-lived perennial forbs growing to about 2 feet in height. Seedlings usually emerge in the spring and overwinter as rosettes and resume growth in April. In June, the slender, many-branched stems elongate, producing simple flowers at the tips.

The two weeds are difficult to tell apart until flowering. Spotted knapweed has showy pink-purple flowers and dark tipped bracts below the blossoms. Diffuse knapweed has creamy white flowers.

The weeds not only cause significant reductions of grassland productivity, but also increase soil erosion. That is because chemicals released by the plant prevent the growth of other plants, thus baring the soil.

The seed is primarily spread by human activity. Seeds often are transported by vehicles and establish and spread from roadsides. Prevention is the best control measure. Learn to identify the plants and control them as soon as they are discovered.

Chemical control also is effective. Tordon 22K at one pint per acre will provide control for one to three years. Rosettes can be controlled for one year with 2,4-D amine. Repeat applications may be required for several years until the soil seed is exhausted.

Spotted knapweed was designated as a noxious weed because it is invasive and poses a threat to agricultural land. It can spread rapidly and displace native plants.

More Agricultural News on Page 8.

Bucket Calf Project

A bucket calf is a baby calf that is being, or has been, fed milk from a bottle or bucket. The calf may be male or female, beef or dairy, or a crossbred.

Lancaster County has a 4-H bucket calf project for 4-H'ers up to age 14. The calves must be born between January 1 and June 1 of the current year. They should be at least three months old by fair time.

The bucket calf classes will be judged on the following criteria:

1. Record books (25%)
   - All exhibitors must present their record books to the superintendent at check-in.
2. Interviews (25%)
   - The judge will score each exhibitor on their knowledge and experience with the project.
3. Animal health (25%)
   - The judge will score each project animal on health, appearance and thriftiness.
4. Show evaluation (25%)
   - The show judge will score each exhibitor on their animal handling skills in the arena. Animals must be washed and combed but not clipped. Show sticks are optional.

These will be divided according to the age of the exhibitor. There will also be a pewee section.

This is a very good project for young 4-H'ers that are interested in learning skills such as basic record keeping, health care and nutritional management of young cattle.

The bucket calf project is well suited to those that live in small groupings because the calves are small and can be housed in 4’ x 8’ calf hutches with a 4’ x 8’ wire panel pen. When the calves outgrow their housing, they can be marketed to a finishing operation. Bucket calves may also be purchased at a much lower price than a beef or dairy project animal.

Lindsay Wittstruck, her 1991 bucket calf

Bucket Calf Project

4-H News continued

1992 Lancaster County Tentative Horse Events Calendar

Lancaster County Horse VIPS 2nd Tuesday of each month

February
1 Horse Clinic, Grooming for Success in the Show Ring
4 Judgeship workshop
10 4-H Speech workshop
22 AQHA clinic, Western Riding, Trail, Basic Horsemanship, Training Techniques for Young Horses, Correcting the Problem Horse, Animal Science Complex
March
7 Horse clinic, Conditioning the Competitive Trail Horse
14-15 Reining clinic at UNL, Bob Loomis & Doug Miltholland, Animal Science Complex
20 4-H county speech contest
April
4 4-H district speech contest
11 Wahoo clinic for beginning ropers & district horse speech & demonstration contest, Wahoo
25-26 4-H Horse clinic, (Kathy Anderson), State Fair Park
May
25 District & state entries due
June
1 Horse scholarship applications due
10-12 Port Robinson Horse Camp, Crawford
14 Pre-district horse show
18 District horse show, Crete
23 Quad County horse judging contest, Elkhorn, 6:30 p.m.
July
13-16 Fonner Park 4-H Horse Exposition, Grand Island
25-26 4-H Horse clinic, (Kathy Anderson), State Fair Park
August
4 Lancaster County Fair, State Fair Park
September
23-25 AK-SAR-BEN

What Will Happen To the Farm When You're Gone?

It may not be what you want if you haven’t planned your estate. This Farm/Ranch Landowners Satellite Videoconference will provide a path to answer your questions on estate taxation, social security, wills and trusts and other key factors in estate planning.

Estate Planning for Agricultural Landowners Satellite Videoconference

You are invited to be a part of the Satellite Videoconference planned for March 12, 2002, from 2 to 6 p.m. (CDT). The program will be held at 30 locations around the state, including

Ft. Robinson Horse Camp, Crawford
Crawford
Milletland, Pasco
St. Paul
Juliette, 6:30 p.m.

March 12, 1992
2 - 4 pm

Estate Planning for Agricultural Landowners

A Farm/Ranch Landowners Update

A University of Nebraska Satellite Videoconference

You can begin to lay out your estate plans as you follow two generations of a family through their real-life process of planning their family’s estate.

1. See how they identify goals for their retirement and long-term objectives for the farm.
2. Take note as they realistically consider whether the farm should be kept in the family.
3. Watch as they recognize the factors other than taxes that affect their estate planning.
4. Register for this FREE satellite program and receive satellite information by calling toll free 800-733-7665. If you plan to view this program on a private satellite dish. There’s no need to register if you are attending one of the viewing sites listed on this flier. There is no fee for the program.
5. Produced by the University of Nebraska and Iowa State University Cooperative Extension Services, funded by the American Society of Farm Managers and Rural Appraisers and the Extension Service, United States Department of Agriculture.

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Neblines labeled for seed treatment are available as dusts, wettable powders, and wettable suspensions. It is usually better to have the seed treated by a commercial seed producer. Some seed producers will treat a small quantity of seed for a nominal fee. When using planter-box formulations, it's important to stir carefully to get complete coverage.

A number of fungicides are available and used in the corn and soybean rotations. Information on their effectiveness against various diseases is important to corn and soybean producers.