3-1993

The NEBLINE, March 1993

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Americans are "grazers"

Americans have become a nation of grazers. Many people snack their way through the day, making it a way of life.

Surveys suggest that persons living in the North Central States, including Nebraskans, are among the biggest grazers. In fact, up to one-third of the daily calorie intake may come from snack-like meals.

Trends in snacking indicate that children and adults alike "graze" throughout the day. Women are more prone to snacking than men. As for economic levels, middle-income earners are the best grazers of all.

Snacks don’t need to be empty-calorie foods. They can fill the time it takes for proper choices are made. Recent studies of both high school and university students revealed that snacks may be chosen on the basis of availability rather than preference. Popular snack choices were carbonated beverages, sweets and salty snacks. More wholesome choices, such as fresh fruits, small sandwiches and fruit drinks were preferred.

For students, vending machines with limited choices are often the major contributor of snacks during the day. Fortunately, most students snack later in the day and evening at home where more food choices can be available. It’s a good idea to stock cupboards and refrigerators with a variety of wholesome foods.

The tips below for healthy snacks may help you through the day.

- Choose foods from your normal food plan.
- Use moderate-serving sizes for snacks.
- If you snack, don’t snack: Be aware that you are snacking. Sit down and enjoy the snack.
- Make wholesome snacks, such as fruits, vegetables, low-fat dairy products or small sandwiches available. Minimize desserts, highly salted and fatty snacks, and carbonated beverages.
- Eat only when you are hungry.
- Keep yourself busy to avoid boredom snacking.
- Sit away from the snack table at parties or social gatherings.

(AH)

March is a big month for fire

I am processing the 1992 statistics of the number of fire occurrences for the Southeast Fire Department, and I see that the month of March was a hot month for surface fuel fires (i.e. grass, field, rangeland). This trend exists not only in our area, but statewide as well. In fact, up to one-third of the daily calorie intake may come from snack-like meals.

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**Butterfly gardening: How to attract butterflies to your garden**

If you enjoy the butterflies that visit your flowering plants, you can choose plants that butterflies find attractive. Butterfly gardening involves selecting plants that have nectar, blooms, and leaves that attract butterflies and other pollinators. Some plants that provide nectar include milkweed, butterfly weed, and cascade. Some plants that provide pollen include goldenrod, sunflowers, and zinnias. Other plants that attract butterflies include coneflowers, wildflowers, and ornamental grasses. By planting a variety of plants, you can provide butterflies with a source of food throughout the season.

**For a beautiful landscape include ornamental trees**

Large shade trees include Kentucky coffee tree, hackberry, ginkgo, and oak. These trees are used to frame the front view of a house or building. They are attractive as a backdrop setting of the house, and as a windbreak and probably most important, provide beauty. Large shade trees include Kentucky coffee tree, hackberry, ginkgo, and oak. These trees are used to frame the front view of a house or building. They are attractive as a backdrop setting of the house, and as a windbreak and probably most important, provide beauty.

**Shade or flowering trees can be chosen to fulfill many landscape needs.** In the Midwest, flowering trees that are used to frame the front view of a house or building are attractive as a backdrop setting of the house, and as a windbreak and probably most important, provide beauty. Large shade trees include Kentucky coffee tree, hackberry, ginkgo, and oak. These trees are used to frame the front view of a house or building. They are attractive as a backdrop setting of the house, and as a windbreak and probably most important, provide beauty.

**Perennials continue to grow in popularity**

One of the "in-groups" of plants today are the perennials. The number of perennials that are available is increased dramatically in the last few years. These non-woody plants that live three or more years under local conditions can provide color and interest in the garden or landscape throughout the growing season, if given proper attention. While perennials do not require replanting each year as do annuals, they will require proper care. Planning a perennial garden is important to ensure continued bloom and desired combinations of color and height. The butterflies haven't planted perennial plants previously or haven't succeeded with them, here's a list of perennials adapted to Lancaster County conditions. These perennials have relatively few insect pests, a long blooming season and good resistance to diseases.

- Basket of gold, glorious daisy, perennial candytuft, chrysanthemum, garden phlox, purple and white rockcress, day lily, peony, New England aster, gas plant, iris palm and gallardia.

**Hedges make good snow fences**

An ornamental hedge can increase or decrease your snow removal chores. Hedges -- whether evergreen or deciduous -- are very efficient snow fences. An ornamental hedge is one of your spring planting projects, check the snow fence section when you choose an ornamental hedge. (MJM)

**Prayer plant folds its leaves**

Prayer plants are so named because they have a rather unique habit of folding their leaves up at night. The leaves of the prayer plant are its most striking feature. Often they are spotted with dark green spots on a light green background. Some varieties have pronounced red veins. Main use is that of specimen plants placed around the home to brighten dark corners. Maintain temperatures between 65 to 75 degrees Fahrenheit. Keep the soil in the pot moderately moist. A range of low to high light levels is tolerated by the prayer plant, but for best growth 50 percent relative humidity is required. Fertilize them every three to four months with a standard houseplant fertilizer. If these conditions are not met, prayer plants should thrive. (MJM)

**Time for annual spring garden “clean-up”**

The start of another growing season has been signalled by the recent return of warmer weather. Many, waiting out the long winter soon will be rewarded by the sight of swelling leaf and flower buds. Some people may have failed to perform the annual "clean-up" of garden tools and plant debris from the garden and around trees and shrubs. If this was not taken care of last October or November, it should definitely be done before the end of March. Many plant disease-causing bacteria and fungi survive the winter in the plant debris left in the garden and under trees and shrubs. If this could serve as an initial source of infection this spring. Removal of plant debris and weeds in and around plantings, garden beds and the collection of fallen leaves from under trees and shrubs will reduce carry-over of many plant diseases from year-to-year and often prevent early infection. Clean-up measures in the garden vary according to the plants grown. They may include pulling the entire plant, removing above ground parts or filling under cut debris. The natural decomposition of cut plant residues will be accepted by the plant population or shredded. Leaves that have accumulated under trees and

**Ashes OK for soil**

The winter cold caused many people to burn large amounts of firewood in their stoves and fireplaces. In the wake of the bitter weather, many households are left with little wood and lots of ashes. Wood ashes can be helpful when applied to soils, but you have to be careful.

As wood burns, the wood mineral content remains in the ashes. Most ashes contain considerable calcium and phosphorus and some sulfur and magnesium. Because of their high calcium content, wood ashes are alkaline and have the same effect as lime in raising the soil pH. There is evidence they also help improve soil structure. Wood ashes can cause problems in soils unless they are used moderately. Often wood ashes are more beneficial on acidic soils and are primarily used for ashes. Firewood in their stoves and fireplaces. People to burn large amounts of wood in their stoves and fireplaces. Large shade trees include Kentucky coffee tree, hackberry, ginkgo, and oak. These trees are used to frame the front view of a house or building. They are attractive as a backdrop setting of the house, and as a windbreak and probably most important, provide beauty. Large shade trees include Kentucky coffee tree, hackberry, ginkgo, and oak. These trees are used to frame the front view of a house or building. They are attractive as a backdrop setting of the house, and as a windbreak and probably most important, provide beauty.

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What's in the water?

Here's your chance to find out! During the month of March, the University of Nebraska Cooperative Extension in Lancaster County will be conducting a domestic water testing campaign. The Nebraska Health Department will bill each participant after the test is completed. The cost is $14.60.

Water testing kits will be available at the following times and locations during March.

Pick-up locations:
March 1 through March 8 8 a.m. to 4:30 p.m. (Monday-Friday) Lancaster Extension Center Conference Center 444 Cherry Creek Road, Lincoln

March 1 through March 5 8 a.m. to 4:30 p.m. Lancaster County Agricultural Stabilization & Conservation Office 6030 S 58th, Suite A, Lincoln (Trade Center)

March 5 - 9 a.m. to noon Parker's Steakhouse, Denmark (Eastern Nebraska Agricultural Production Days)

Drop-off locations:
March 8, 22 & 29 - 8 to 10 a.m. Lancaster Extension Conference Center 444 Cherry Creek Road, Lincoln

Lancaster County Agricultural Stabilization & Conservation Office 6030 S 58th, Suite A, Lincoln (Trade Center)

Participants in the domestic water testing campaign will receive a pocket test kit, indicating what the results of their water test mean in relation to the Environmental Protection Agency's primary drinking water standards.

Where nitrates or bacteria are present, additional educational opportunities will be provided. The 462-6866 or (414) 288-7070.

To obtain additional information about the Campaign, contact Dave Varner, extension agent, agriculture at (402) 441-7180. (DV)

Eastern Nebraska Agricultural Production Days

"Targeting current issues in your area"

March 1st - Weston (Prairie Star)
March 5th - Denton (Parker's Steakhouse)
March 15 - Papio/Missouri River CARD Headquarters (Chalco Hills Recreation Area)
March 18 - Waterloo (Golden Harvest - Robinson Seed Company)

Topics
Water Quality
Denton
Papio/Missouri River CARD
Chalco Hills Recreation Area
Golden Harvest - Robinson Seed Company

Time: 9 a.m. to 12 noon
(8:30 a.m. Coffee & Rolls)

Grain spoiling

Farms beware... grain is spoiling. But why? This is the question local producers should be asking themselves until their grain is Delivered for sale.

Grain that is at 18 percent moisture or less should be aerated within 5 to 10 degrees). Following this guideline will minimize moisture migration and prevent grain freezing or heating. Grain condition should be checked weekly!

When spring arrives and temperature averages 45 degrees Fahrenheit, producers should gradually begin to warm grain. At this point the fan should run continuously until the grain is dried to the desired moisture content.

If producers plan to hold grain into the summer, one warming zone per month should be added. When the grain until the grain mass is uniformly warmed to about 60 degrees Fahrenheit, producers should cool enough to slow insect activity, yet warm enough to minimize condensation on grain. Producers need to be used to control localized heating in the bin. Fans should be operated continuously for each successive warm zone.

Chairpersons include...
Keith Gieweon, extension agent, Saunders County Bank, Bruning County, extension agent, Sarpy County Waite, extension agent, Knox County, varner, extension agent, Lancaster County

Sponsored by the University of Nebraska Cooperative Extension Metro Programming Unit including Douglas, Lancaster, Sarpy and Saunders counties

Soysbeans to be talk of Town Hall Meetings

Soysbeans will be the talk of the town when the United Soybean Board (USB) discusses issues related to the National Soybean Checkoff to thousands of producers through Town Hall Meetings, conducted via satellite teleconferences.

A soybean Town Hall Meeting will be held on Monday, March 1, 7 p.m., and another meeting using the same format will be held Tuesday, March 2, at 9 a.m. The 775 extension offices, community colleges and state universities in 28 soybean-producing states. Locally, the teleconferences will be held at the Lancaster Extension Conference Center, 444 Cherry Creek Road in Lincoln.

The teleconferences will help inform soybean producers learn how checkoff dollars are managed, who makes decisions, how programs are determined and how "checkoff" benefits producers. Updates on producer-funded soy oil, production research projects and changes in European and Asian marketing strategies will be provided. The meetings will also include a soybean market analysis and strategy recommendations for the upcoming year.

United Soybean Board members as well as university and industry professionals will participate in a panel discussion to address key issues. The Town Hall Meeting format will allow producers at any site to participate regarding any topic concerning the National Soybean Checkoff Program through a toll-free phone number direct to the panel.

More details and specific locations can be obtained by calling Renea Troeller at 1-800-462-6466 or (414) 674-0412. You may also contact Dave Varner, extension agent, agriculture at 441-7180. (DV)

Chrematization begins

Producers seeking initial certification or recertification should plan to attend the chrematization training the day prior to the march 1993

Training will take place in Wilber on March 9, at the saline County Extension Office (821-2151) and on March 4, at the Dodge County Extension Office (552-6851). Producers are encouraged to contact the host site extension offices to obtain application forms and study materials prior to the training dates. Those who are most willing are asked to bring their training notebooks they received four years ago. Notebooks will be updated with new materials at the session. All participants are encouraged to bring a calculator to the training to assist with the written examination. (DV)

"Hands-on" no-till planter clinic

Area farmers are invited to participate in a "hands-on" planter clinic designed to show participants how to adjust their equipment for conservation tillage requirements.

The clinic is set for Friday, March 19, 9 a.m. at Art Althouse's farm. Art's place is 1 mile south of capital Implement (near Hwy 90) 1/2 mile on 134th Street.

The clinic is designed to show how many planters, if equipped with liquid fertilizer hoppers, function quite well in no-till environments. In fact, the most popular no-till planters are also the most popular surface planters.

Other topics will include seed furrow openers, coulters, row closing devices, seed covering and proper equipment adjustment. No-till drill requirements and adjustments will also be discussed, if equipment is available.

The planter clinic is sponsored by the Star City Area Soybean Association and the University of Nebraska Cooperative Extension in Lancaster County (DV).

Tree and grass management in the rural setting

A workshop designed for acreage owners and farmers will be held Monday, March 22 from 7-9:30 p.m. Discussions will be on the selection, planting, and management of trees and grasses on farmland and Acres. The control of noxious weeds will also be a topic of discussion.

Presentations will be made by Rich Lodde, extension forester, Ward Shires, extension-agriculture and Superintendent [Parker's Steakhouse] and Control Authority.

There will be no cost for this workshop. (WS)

Watch out for wireworms!

Q. I've been growning no-till sorghum in a couple of my fields for seven years now. Last year it seemed like all these fields had wireworms and my stand wasn't so good this year. What should I do again in these fields? Should I use a planter-box treatment or an in-season insecticide?

A. Wireworms are the larvae of medium-sized beetles commonly known as click beetles. These larvae damage germinating seeds, seedlings and roots of corn, sorghum and wheat. They live from two to six years in the same soil, so if you had a problem field last year, you may again have wireworm damage in these fields. There may be wireworm problems when corn or sorghum follow grassy pastures because adult beetles deposit their eggs in the soil of grassy areas. Corn, sorghum and wheat are all susceptible to wireworm damage, therefore, we may also see problems when these crops are grown continually in the same field. After a period of feeding in the spring, wireworms migrate deep in the soil to pass through the hot summer months. Wireworms seem to increase with cool and wet soil conditions in the spring. Maybe the cool conditions delay wireworm movement deeper in the soil, or maybe the increased damage is related to slower germination and growth of seeds. Both factors are probably at work.

Use bait stations to assess levels of wireworms before planting. This procedure takes a little time, but the bait will attract wireworms if they are in the vicinity. Bait stations should be set up two to four weeks before the planned planting date (i.e., early April), and placed randomly throughout the field because sometimes wireworms are found in areas within fields. Try to use at least ten patient per field. To do this, you will need a garden spade, wheat or corn seed that is unsprayed with a fungicide, 18" squares of black and transparent plastic (garbage can liners/plastic drop cloths from local Community Control Tags or stakes to mark the bait stations.

To set up bait stations, follow these instructions:

1. Please turn to Wireworm: page 6

For more Agricultural news turn to Page 6
March is national nutrition month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the National Center for Nutrition and Dietetics of the American Dietetic Association and its Foundation (ADAFA). The ongoing theme for National Nutrition Month, EAT RIGHT AMERICA, is a call to action that challenges Americans to change their eating habits. For 1993, the EAT RIGHT AMERICA campaign will focus on the U.S. Department of Agriculture’s new Food Guide Pyramid.

Here’s a copy of the Food Guide Pyramid from ADAFA materials and a word search activity called “Name the Food Pyramid.” Some foods can also be nutritious. If you’d like further information on the Food Guide Pyramid, send a self-addressed, stamped envelope to: Pyramid, c/o Alice Henneman; University of Nebraska Cooperative Extension, 444 Cherryrock Road, Lincoln, NE 68528-1507.

Please turn to Pyramid: page 7

Home Extension News
Alice Henneman, Extension Agent
Home Economics
Lorene Bartos
Extension Assistant

Upcoming Programs
All programs, meals and materials are free at the University of Nebraska Cooperative Extension, 444 Cherryrock Road, Lincoln. Call 441-7180 for reservations.

Saturday Savings Series
Classes to help you save more for your money
March 27 - Retirement Income and Expense Planning: How Much is Enough?
April 17 - Cut Clutter - Increase Cash Flow: Easy Home Filing Systems
Time: 9 a.m. to noon
Fee: Per class - $4/person or $6/couple sharing materials
To register: call 441-7180.

Once-A-Month Cooking
Using the once-a-month cooking plan, you can reduce mealtime stress with your own ahead-of-time-prepared main dishes.
Time: Monday, April 19, 7 - 9 p.m.
Fee: $12
To register: Advance reservation and payment of class fees by April 13.

Update '93
Food, Nutrition and Safety for Child Care Centers
Four hours of educational credit, approved by the Nebraska Department of Social Services and the Nebraska Department of Education, for child care center directors and cooks.
Time: 2-part class, Wednesdays, April 21 & 28, 1 - 3 p.m.
Fee: $20, includes lunch
To register: Advance registration and payment of fees by April 14. Call 441-7180 for a registration form or more information.

Craft Marketing Workshop*
Millions of Americans make beautiful and useful handmade objects...but it takes experience and know-how to go from hobbyist to profitable business person. This workshop can help you learn what it takes to develop a successful crafts business.
Time: Saturday, April 24, 9:30 a.m. - 3:30 p.m.
Fee: $20, includes lunch
To register: Advance registration and payment of fees by April 16. Call 441-7180 for a registration form or more information.

* More information on these workshops in related stories in this NEBRILNE, (AH)

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Please turn to Pyramid: page 7

Home Extension Club News
Carole’s comments
It was great to see so many of you at the January council meeting. I hope you felt as I did, that the State Council’s Department put on an excellent program. Some clubs are having them do programs for their meetings. Personal safety and awareness is a timely topic.

Make plans now to attend the next council meeting March 29 at 7 p.m. The program is on “Music Therapy. What Is It?” by Crystal Sorensen, who should be interesting. The March meeting is when we pick the delegates for the convention in June. Delegates expenses are paid by the council. Please bring your cultural art entries to this meeting.

March of Lorene’s and my time right now is spent on preparations for the convention. Lancaster County is responsible for registration. It is our duty to put the information packages together. These are given to everyone who attends the convention. We are looking for companies who are willing to give us paper pads, pens or pencils. If you have any ideas let us know.

Carole Dueschot, Home Extension Council Chair

"The Environment: It's Ours to Protect" poster contest
Who can participate?
Any third, fourth or fifth grade in the State of Nebraska. The project is a contest and must be done by an individual. The Environment Committee of the Nebraska Council of Home Extension Clubs, Inc.

• Entries are due for judging at the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherryrock Road, by April 15. The winning entry will be submitted for judging in the state contest at the Nebraska Council of Home Extension Clubs Convention in June.

• The place of the winner in the state contest.

• What size should the poster be?

• Posters should be prepared on 12" x 18" paper (white or colored) or recycled/renewed paper. Pencil, crayon, paint or magic markers may be used.

Suggestions for posters:
Trees, trees, trees - and water resources. (LB)

Salads, salads, salads—
Home extension club leader training
The Nutritious and Creative Salads training lesson will be given Thursday, March 25, 1, or 7 p.m. Lorene Bartos, extension assistant, consumer and family resources, will present the training. Participants will learn to identify and design salads that will fit their nutritional needs and lifestyles. Emphasis will be placed on salads as a way of including vegetables in the diet, in creative and attractive ways. Those attending should bring ideas for an original salad that will be designed by the group. Anyone interested in learning more about salads is invited to attend. Non-extension club members should call 441-7180 to preregister so materials will be available. (LB)

Retirement planning workshop scheduled
Planning for the financial side of retirement means considering both income and expenses. Learn how to determine how much of your income you’ll need to enjoy your retirement years by attending this workshop.

March 27, 10:30 a.m. to noon

At this workshop, you’ll do a time value of money exercise allowing you to translate your goals into dollars and cents.

Retirement Income and Expense Planning: How Much is Enough?
April 27, 10:30 a.m. to noon

Fee: $4 per person or $6 per couple sharing materials.

Suggested topics to be covered:
- Food, clothing, shelter, transportation, medical care, and age of household furniture, equipment and other large-ticket items around the house. 
- Social security and the basic social security benefit. 
- Other income sources and how they might be used.
- Retirement expenses to be considered when planning your income expenditures such as food and shelter. 
- Income and expenses and the state and federal tax implications.
- Professional consultation and tax planning.
- Retirement income that will be considered for distribution. 
- Income sources that are different from the retirement income sources.
- Retirement expenses that will be discussed so participants can decide if they need to provide for more or less diversity.

Learn how to market your craft
In recent years, an increasing number of men and women have turned their craft hobbies into successful small businesses. They take advantage of market research to explore marketing options, the tourism connection, rules and regulations, customer relations, displaying crafts and craft demonstration. For more information or a registration form, contact the extension office (441-7180). Fee is $12.

For more Home Ec news turn to Page 7

THE NEBRILNE
March 1993

For more Home Ec news turn to Page 7
Chicks! Chicks! Chicks!

Hy-line baby chicks will be hatching around Mon., Nov. 19 and Mon., Nov. 26 at 4-H School Enrollment Project.

There may be as many as 1,200 chicks!

If you wish to receive free chicks, please call Arlene at 411-7180 to make arrangements for pick up. They will be available on or near the above mentioned dates.

Cornucopia—a growing experience

4-H members involved in horticulture projects are encouraged to participate in the Cornucopia Gardening Award program. The growing season will be judged and evaluated on planting design, cultural practices, pest control, gardening knowledge and gardening record keeping.

There will be two categories to choose from, Vegetable or Flower. Twice during the growing season, the judging will be held.

More information, call Mary Jane.(ALH)

4-H Beef Project makes area changes

This year’s cow/calf class will include a two-year-old class and an aged class. Each 4-H club will continue to have the Lincoln County born and raised class. The top two will be operated by 4-H clubs. If your club has not operated this project in the past, please contact your local extension office.

Dairy goat health clinic

Dr. John Cermyn, DVM from Crete will be presenting a clinic pertaining to health care of goats on Sat. Nov. 20, 1993, from 9 a.m.-4 p.m. at the Saline County extension office meeting room at 306 W 3rd, Wilber. The Nebraska Dairy Goat Association is sponsoring the meeting which will be open to the general public. 4-H members taking the dairy goat project are highly encouraged to attend. More information available at Betty Pecka, 821-2434. (DS)

The Nebraska 4-H Horse Clinic

The annual Nebraska 4-H Horse Clinic is scheduled for Saturday, April 10 at the Saunders County Fairgrounds indoor arena in Wahoo. Schedule of events will be included in the April issue of the NEBLINE.

New 4-H Horse Guide

The revised issue of the Nebraska 4-H Horse Show and Judging Guide was published in 1992, but, not in time for last year’s county fair. However, the Lancaster County Fair Premium Book is specific. It reflects several changes to the guide (commonly known as the “Green Book”). Most 4-H members and leaders already have a copy of the latest edition; however, members who are interested in the new “Green Book” should check with their leaders. (WLS)

Mother-daughter retreat

Invest in a valuable relationship

A mother-daughter retreat, entitled “Growing Up Female,” is scheduled for Saturday, April 25 at the Eastern Nebraska 4-H Center, Gretna. This is a valuable opportunity for mothers and their 11 to 13 year old daughters to spend a day together learning effective communication skills, decision-making skills and building self-esteem. There will also be opportunities to learn more about sexuality, techniques to deal with peer 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 that you register as early as possible,” says Maureen Burnam, extension agent, 4-H. “This retreat has been a great success in the past.”

For more information, contact the extension office at 441-7180. (ALH)

Performance swine weigh-in date set

4-H youth planning to participate in the Lancaster County Fair Performance Swine Class should weigh their pigs on Saturday, April 17, 9 a.m. to 4 p.m. Weigh-in will take place behind the Lancaster Extension Conference Center.

Each 4-H member will have the opportunity to weigh up to 10 pigs. Pigs that are 100 lbs. and under will not be weighed. Contact Ron Stover, 782-2976, swine supervisor, 411-7180, extension agent, for further details.

Kiwians Carnival - April 17

The 1993 Kiwians Carnival is scheduled for Saturday, April 17, at the Lancaster Extension Conference Center. All 4-H families are invited to attend this event which is sponsored by the Lincoln County Kiwians Club. Families attending according to club names. Clubs A-K will attend from 6:00-7:00 p.m. and clubs L-Z will attend from 7:30-9:00 p.m. Twenty-five carnival booths will be operated by 4-H clubs. If your club would like to have a booth, call the extension office. Booth new members are required to attend the first-time, first-serve basis.

Bingo will be available for adults. Any parent or legal guardian helping with the carnival should contact Lorene at 441-7180.

Don’t forget your club has a chance to be named Best Booth at the Carnival plans and booth ideas will be finalized at this time. (ALH)

For more 4-H news

Page 6

The Cloverbrier

4-H News and Events

Maureen Burson

Extension Agent, 4-H

Arlene Hansen

Dave Swarts

Extension Assistants, 4-H

4-H Bulletin Board

Speech and Radio Broadcast Contest - 4-H members planning to give a speech or radio style public service announcement at the 1993 Lancaster County Fair Contest should call the extension office with their name, speech title, age (as of January 1) and preferred session time (6, 7, or 8 p.m.). Members will be notified of reserved session time. Deadline is March 9, phone 441-7180. There is a video available for check-out featuring three 1992 novice age 4-H speakers available at the office. (DS)

If you are a new 4-H leader or parent and have questions concerning 4-H, New Leader Orientation-Part II is for you. A session will be held at 7 p.m. on Tuesday, March 9. This session will cover using project leaders, junior/leaders, parents, awards, activities and safety. You may attend Part II even if you haven’t attended Part I. (LB)

Anyone who wants to learn sheep shearing should attend the Nebraska Sheep Shearing School March 11 and 12 at the Research and Development Center Sheep Unit in Mead. This is $22 and applications are due by March 5. To get an application or for more information, call Dave Swarts at 441-7180. (DS)

The 1993 PAK-10 (Quad-County) Livestock Judging Contest will be held on Thursday, March 4 at the Ak-Sar-Ben. This is a larger livestock judging contest open to adults and youth. You are encouraged to go as a club or a family for a very competitive event. (DS)

4-H Dairy Judging Contest is April 17, 9 a.m. (DS)

Now is the time to start looking for calves for the bucket calf project. If you need help finding one, ask Dave Swarts at the extension office for assistance! (DS)

Community service opportunities: Bake and Take Days, March 16 & 27. People’s City Mission needs sewing notions. See related article on bottom of page 6. (LB)

Turkeys - anyone wishing to participate in the 1993 Lancaster County Market Turkey Contest must complete the required application form and return it with a check made out to University of Nebraska Cooperative Extension in Lancaster County. Forms must be received by Wednesday, March 31 in order to reserve the 10 turkey pouls arriving the week of April 7. (DS)

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For more 4-H news

Page 6
Grain danger: please handle with care!

Increased storage capacities, larger and faster handling capaci­ties, and the addition contribute to many potentially hazardous situations during the harvest and storage season.

Suffocation, resulting from grain drowning, is probably one of the most common forms of death in and around grain bins. The typical, round, flat-bottomed grain bin draws grain from the top center and forms a vertical cone when a cavity develops under the crusted surface. A rope with a knot, a chain or pipe hanging from the roof peak can provide alternative escape routes. 

If a person becomes submerged in grain, begin rescue operations as many feet as possible. Efforts to dig out a buried victim from inside the bin have generally proven fruitless due to the nature of grain to back flow. If the person is totally covered, turn their body around. Duct tape and move some air into the bin to assist the submerged victim. 

Grain flow can cover them quickly, before anyone realizes a grain avalanches.

Always be cautious when working with crusted, spoiled grain. This grain can result in respiratory difficulties, crusting and grain avalanches.

Weed and feed kills musk thistle

A pre-season pasture treatment of fertilizer and herbicide offers multiple benefits for forage growth and livestock control. According to an article in the Kansas Wallace Farmer, a growing number of Kansas farmers have found that a late winter “weed-and-feed” pasture treatment helps them control musk thistle effectively and boosts grain production.

During the slow period of late February or early March, these farmers apply Tordon 22K, an herbicide containing 2,4-D, to control musk thistle and other weeds on pastures that have been sprayed since the last harvest.

After 10-14 days, dig up the stations and count the number of wireworms at each station. If you find an average of one or more wireworms per bait station, use an in-furrow application of a labelled soil insecticide, plus a planter-box seed treatment. If wireworms are present in only part of the field, it may be possible to treat only the infested portion. For specific insecticide recommendations, refer to EC-92-1599, "Insect Management Guide for Nebraska Corn and Sorghum." Additional information on seed treatments may be found in Nebraska Guide 91-1823, "Insecticidal Treatment of Seedlings of Field Crops" (no charge). Both publications are available from the extension office.

Record books? Who cares?

Tax forms, money management, family budgeting, business analysis, record books — Nobody's favorites, but all are important.

4-H projects should be fun, but 4-H members should also learn as much as possible while taking each project. Record keeping is an important part of each project. If the record books are not completed and turned in to leaders, then the project is not complete.

Animal record books should begin at the beginning of the project year and should be as accurate as possible.

4-H and FHA general rule number 1, page six of county premium list:

* Program monies will be issued from the Lancaster County Agricultural Association Treasurer to the 4-H club leader or FHA chapter advisor. Premiums will be distributed to the members upon completion of the project and records to the satisfaction of the leader or chapter advisor. (DS)

Pesticide records required

According to USDA sources, recordkeeping by private applicators of restricted use pesticides will be in effect for the 1993 growing season. A 30 day period of the Final Rule is published in the Federal Register.

If a private applicator keeps the records identified by the asterisks shown on the recordkeeping forms, he/she will be in compliance. The form is available at the extension office. (DV)
The University of Nebraska Cooperative Extension in Lancaster County, in cooperation with its federal partner, the U.S. Department of Agriculture (USDA) is on-site. Programs include targeted audiences, professional groups, expanded food and nutrition education, youth meetings, leader training lessons, and nutrition and food safety education to consumers and professionals.

Answers
1. False - People need the same nutrients throughout life. What changes is the amount of each nutrient needed.
2. False - No pill can substitute for a good diet. If your diet has too much fat, sugar, or sodium, or too little fiber, no pill will correct it. And if your diet lacks the nutrients you need, no pill will provide them as well as foods do.
3. True - Both enriched and whole-grain products are important sources of starch, thiamin, riboflavin, niacin, and iron, but whole grains are better sources of folacin, vitamin B-6, magnesium, zinc, and fiber.
4. False - All seasoned salts contain sodium. Garlic and onion powder (not salt) provide flavor without added sodium.
5. False - The amount of fat in a tablespoon of butter, margarine, or mayonnaise is about the same 11 grams of fat/tablespoon.
6. False - Though honey and brown sugar contain traces of some vitamins and minerals, the amounts of these nutrients in such foods are too small to be important in the overall diet.
7. False - Many commercially prepared condiments are high in sodium. Other examples include catsup, barbecue sauce, Worcestershire sauce, steak sauce, bouillon, and chilli sauce. Condiments lower in sodium include fresh lemon and garlic, vinegar and oil, herbs, and spices.
8. False - Fruits, vegetables and grains contain no cholesterol. Cholesterol is found only in foods of animal origin.
9. True - Also, unlike milk, soft drinks contain only traces of carbohydrates. Milk is a good source of calcium, riboflavin, and protein.
10. False - Starchy foods such as potatoes and bread are not as high in calories as many people think. A slice of bread has about 70 calories. One-half cup of baked potato is about 110 calories. Bread and potatoes are sources of essential nutrients and fiber with only a modest number of calories. Fats added to these foods increase calories.
11. False - All whole-wheat bread is brown, but not all brown bread is whole-wheat. By law, bread that is labeled whole-wheat must be made of 100 percent whole-wheat flour. Whole wheat bread may be made from varying amounts of enriched white flour and whole-wheat flour. The type of flour listed first on the ingredient label is present in the largest amount. Sometimes a color label is dark color is provided by caramel coloring which is also listed on the label.
12. True - One ounce of part-skim milk mozzarella cheese has 5 grams of fat; 1 ounce of natural cheddar cheese and 1 ounce of processed American cheese each have 9 grams of fat.
13. False - Being overweight results from taking in more calories than are used, regardless of the calorie source. However, large intakes of sugar in a diet that contains too many total calories may lead to overweight.
14. False - Foods have more than twice the calories of proteins or carbohydrates. Fats have 9 calories per gram. Proteins and carbohydrates have 4 calories per gram.
15. False - Taste is not a good indicator of sodium content. Heavily salted foods do not always taste salty and salt is not the only source of sodium. (LJ)

How We Can Help You
The University of Nebraska Cooperative Extension in Lancaster County, in cooperation with its federal partner, the U.S. Department of Agriculture (USDA) is in a unique position to deliver research-based nutrition and food safety education to consumers and professionals.

For More Information
For more information about these programs, materials and activities call (402) 471-7180.

Check with the following staff for specific program areas:

General Nutrition and Food Safety Alice Henneman, M.S., R.D., extension agent, home economics
Expanded Food and Nutrition Program (EFNEP) LaDene Jha, M.A., extension agent, home economics
For more information about these programs, materials and activities call (402) 471-7180.
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(402) 441-7149
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Free access to extension information!

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**The NEBBLE**

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

**Mark D. Hendricks**
Extension Assistant, Computing and Communication

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Time of Workshop/Program:
Number of registrations: at $ each.
Payment enclosed:

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**Extension Calendar**

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

- **March 1**
  - Eastern Nebraska Agricultural Production Days - Ponderosa Bar, Weston 9 a.m.-noon
  - 1993 National Soybean Checkoff Town Hall Meeting 7 p.m.
  - 4-H scholarship applications due to state 4-H office

- **March 2**
  - 1993 National Soybean Checkoff Town Hall Meeting 9 a.m.
  - Chemigation Training - Dodge County Extension Office, Fremont 1 p.m.

- **March 5**
  - Eastern Nebraska Agricultural Production Days - Parker’s Steakhouse, Denton 9 a.m.-noon
  - Sheep shearing school applications due

- **March 6**
  - Capitol Park Producers Market Hog Show - Syracuse 9 a.m.-noon
  - Hands-On, Heads-On 4-H Learning Fun 9 a.m.-noon

- **March 7**
  - Horseback Riding at ‘93 - East Campus, UN-L 9 a.m.-5 p.m.

- **March 8**
  - Sample collection sites open - Lancaster Extension Conference Center & County A.S.C.S. Office (sample must be delivered in bottles provided) 8-10 a.m.
  - Critter Sitters 4-H Club Meeting 7 p.m.

- **March 9**
  - Chemigation Training - County Extension Office, Wilber 1 p.m.
  - 4-H Sheep VIP’s Meeting 7.30 p.m.
  - New Leader Orientation Part II 7 p.m.

- **March 10**
  - Triumph of Ag Farm Show - Civic Auditorium, Omaha 9 a.m.-noon

- **March 11 & 12**
  - Nebraska Sheep Shooting School - Mead 8:30 a.m.
  - Paws & Claws Cat Club Meeting 7 p.m.

- **March 13**
  - Final 4-H Beef Welsh-in 3-6 p.m.
  - State 4-H BH Gun Tournament - Fairgrounds, Ogallalla 8 a.m.
  - Dairy Goat Clinic - Saline County 1-3 p.m.

- **March 14**
  - Teen Council Meeting 2:30 p.m.

- **March 15**
  - Eastern Nebraska Agricultural Production Days - Pappio/Missouri River Natural Resource District Headquarters, Chalco Hills Recreation Area 9 a.m.-noon
  - 4-H Shooting Sports Meeting 7-9 p.m.

- **March 16**
  - Star City Rabbit Raisers Meeting 7 p.m.

- **March 18**
  - Eastern Nebraska Agricultural Production Days 9 a.m.-noon
  - PAK-IO 8-10 a.m.
  - Shearing school applications due
  - Conservation No-till Planter Clinic 9 a.m.
  - County A.S.C.S. Office (sample must be delivered in bottles provided) 8-10 a.m.
  - Critter Sitters 4-H Club Meeting 7 p.m.

- **March 22**
  - Meeting for clubs having booths at the Kiwanis Carnival 7 p.m.
  - Bake and Take Days 7 p.m.

- **March 23**
  - Eastern Nebraska Agricultural Production Days 9 a.m.-noon
  - PONDEROSA 6 p.m.
  - Conservation No-till Planter Clinic 9 a.m.
  - 1 mile south of Capital Implement (Highway 6) 11 a.m.
  - Lancaster County 4-H Speech Contest 6 p.m.

- **March 27**
  - Water sample collection sites open - Lancaster Extension Conference Center & County A.S.C.S. Office (sample must be delivered in bottles provided) 8-10 a.m.
  - Critter Sitters 4-H Club Meeting 7 p.m.

- **March 31**
  - Extension Office, Conference Center 8-10 a.m.
  - Cultural Art Entries Due 7 p.m.

- **April 1**
  - 4-H Turkey Project Enrollment Deadline
  - 4-H Market Beef ID Deadline
  - Camp counselor Applications Due

- **April 3-4**
  - 4-H Shooting Sports Training Camp - Halsey 4-H Camp 5 p.m.
  - Friday through 1 p.m.

- **April 6**
  - Growing Up Female Registration Deadline

- **April 7**
  - 4-H Turkey pups to arrive this week

- **April 10**
  - PAK-10 Dairy Judging Contest - Hillsgroup, Washington County
  - Eastern Nebraska 4-H Horse Clinic - Wahoo

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