If the world were a village . . .

If the world were a village of 1,000 people, it would include:

- 584 Asians
- 124 Africans
- 95 East and West Europeans
- 84 Latin Americans
- 55 People from states of the former Soviet Union
- 52 North Americans
- 6 Australians and New Zealanders

The people of the village would have considerable difficulty in communicating since:

- 165 people speak Mandarin
- 86 English
- 83 Hindi/Urdu
- 64 Spanish
- 58 Russian
- 37 Arabic

The other half of the villagers speak languages such as Bengali, Portuguese, Indonesian, Japanese, German, French as well as 200 others.

One-third of the 1,000 people in the world village are children and only 60 are over the age of 65. Only half the children are immunized against preventable infectious diseases.

Only one-third of the people in the village have access to safe drinking water. (Adapted from an article, "Value Earth" by Donella H. Meadows.)

Lincoln, Nebraska is not yet a reflection of our world village, but the face of our city and county are changing. In 1992, over 450 children in the Lincoln Public Schools spoke a first language other than English and 23 different nationalities were represented in our classrooms. An influx of refugees particularly from the republics of the former Soviet Union and from Vietnam have forever changed the make-up of our city. There are now sections of Lincoln in which restaurants, grocery stores, video stores and churches reflect a different culture.

In the 1990 census, minorities represented less than six percent of Lincoln’s population, but their numbers have increased 36 percent since 1980. Nearly one-third of newcomers to Lincoln in the past decade are from minority populations.

University of Nebraska Cooperative Extension is Lancaster County is actively involved with community groups who are trying to meet the needs of our changing society. We have taken an active role in the community outreach, Lenora has been visiting the family for about six months. When asked what she had made to her family, Elsa replied, “Lots of things. I’ve learned about healthy foods to eat, fats in foods and have learned the importance of storing foods properly to prevent spoilage and waste.” She further stated that she practices almost all of the things Lenora has taught her. The children have learned about healthy snacks, the food pyramid, and how to track down germs and know that the next time Lenora knocks on their door, she will have more fun and ideas for them. (LJ)
Flowers display, home landscaping demonstrations and children’s activities are scheduled for the Nebraska Turf and Ornamental Open House. This event will be September 18, 9 a.m. – 4 p.m. The Nebraska John Seaton Anderson Turf Research Facility near Mead, Nebraska will host the event.

The open house will feature displays of chrysanthemums, annual and perennial ornamentals, as well as, water-conserving flowers. The event will include demonstrations on user-friendly composting, new methods of planting trees and shrubs, and how to divide overgrown perennial flowers.

Leafmining borers may attack irises

If iris leaves appear wilted, discolored or partly dead in midsummer, the cause could be iris borers. Infestation by iris borers often appears quite suddenly, and entire beds can be massively damaged. Bacillus soft rot of the rhizomes frequently accompanies the injury by other wounds. Iris borers occur throughout the Great Plains. This is the most damaging insect pest attacking all types of iris. The larvae are white. They tunnel into leaves in late April to early May as they complete their migration into the leaf of the weed. Some species have a water-soaked appearance. Iris borers are most active in the heat of the day and when the soil is dry, the leaf is the best time for general treatment with 2,4-D. When the weeds are present, use a pre-emergent herbicide. When the weeds are growing well, apply dibutyl or wood alcohol (rubbing alcohol) or household bleach. This will bury the seeds and other weed seeds in the soil surface. Digging or cutting may not be an effective means of control depending on the time of year and depth of cutting. Shallow cutting does not result in good dandelion kill. Cutting in the fall does not kill a large percentage of the dandelions even when cut five inches below the soil surface. Dandelions that are cut and do not die produce numerous plants from the original plant and actually increase the weed problem.

The John Seaton Anderson Turf Research Facility is located at the NEU Agricultural Research and Development Center, about 25 miles north of Lincoln, near Mead. The center is operated by the Institute of Agriculture and Natural Resources. (For directions to the Anderson Turf Research Facility, see map on page 14. (DJ))

Harvesting sunflower seeds

The sunflower is an attractive garden flower and also a food source for birds or a snack for people. Sunflowers can be harvested as soon as the buds are dry and brown. At this time, the inner rows of seeds are ripe, but need drying. To harvest, cut off the heads with one foot of the stalk attached. Tie the stalks together and hang the heads in an airy, dry place. The heads are lightly weighed. To enjoy roasted seeds, place them on a baking sheet and roast at 200 degrees Fahrenheit for 10 to 15 minutes. For salted seeds, soak the seeds overnight in a salt solution then drain and wait to one quart of water. Later, drain the seeds and place them on a baking sheet. Roast at 350 degrees Fahrenheit for 30 to 40 minutes. Stir the seeds several times during the roasting process. (MM)

Storing sweet potatoes

“Festival of Color” Open House

Flowers display, home landscaping demonstrations and children’s activities are scheduled for the Nebraska Turf and Ornamental Open House. This event will be September 18, 9 a.m. – 4 p.m. The Nebraska John Seaton Anderson Turf Research Facility near Mead, Nebraska will host the event.

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Dandelion control in the home lawn

The dandelion is the most common weed of Lancaster County lawns. It is a cool season perennial, with thick, fleshy taproots that are often branched and can give rise to new shoots. The yellow flowers occur from early spring to late fall, but are most prevalent in April and early May. Seeding may occur throughout the spring and summer and are often abundant in the fall. The dandelion is one of the easiest broadleaf weeds to control with herbicides, many popular home herbicides, control the soil surface. Digging or cutting may not be an effective means of control depending on the time of year and depth of cutting. Shallow cutting does not result in good dandelion kill. Cutting in the fall does not kill a large percentage of the dandelions even when cut five inches below the soil surface. Dandelions that are cut and do not die produce numerous plants from the original plant and actually increase the weed problem.

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dândalos más comunes en los jardines domésticos en Nebraska. Esto sucede después de una temporada de verano seca. Los dand los no causan daño en el césped, pero pueden ser un problema para los jardineros. (DJ)

Harvesting sunflower seeds

El girasol es una planta de floración que se cultiva para sus semillas, que son consumidas como alimento. Las semillas se pueden recoger cuando las flores son de color dorado y las hojas son de color verde. Los dand los no son cultivados por su floración, sino por sus semillas. (DJ)

Storing sweet potatoes

Las patatas dulces son una planta que se cultiva por su fruto, las patatas dulces. Las patatas dulces se pueden conservar durante varios meses si se mantienen en un entorno seco y fresco. (DJ)

Planting lilies

La floración de los líquenes es ideal porque hace que los jardines queden atractivos durante todo el año. (DJ)
Free slop offered to area farmers

We are looking for suitable fields for slop application in the fall or winter. If you are interested, sludge is also high in phosphorus, equipment to spread it. Convenient manure spreaders will work for sludge application because much of the water has been squeezed out of the material. For more information about this program, contact Barb Ogg at the Lancaster County Extension office, phone 441-7180. (BPO)

What can be done with scabby wheat?

Incidents of wheat scab have been reported from Lancaster County wheat producers. The recent wet, humid weather encouraged the pathogen, Devecia falcata, to infect, in the form of spores or conidia, the greenish-yellow heart-shaped flowers on top of the stem. Canada thistle, Russian thistle, and goldenrod are some of the weeds that may cause wheat scab. Infected wheat is not just a problem for organic farmers, but for all producers. To control volunteer wheat and prevent scabby wheat from spreading, keep your fields clean. Sow resistant or tolerant wheat varieties. Be careful when choosing herbicides at this time of the year. Generally, chemical controls are not a practical solution, so cultural practices are only means to prevent serious losses. To reduce Hessian fly fall infestations:

1. Control volunteer wheat
2. Plant resistant or tolerant wheat varieties.
3. Plant after the fly-safe date. In Lancaster County, this date is September 27/28.

Temperature, so it is even more important than ever that growers report the first few days of testing, the seed are placed in a seed test box. For further information, contact the University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (BPO/DE)

Plan to plant wheat after fly-safe date

Now’s the time to begin battling the Hessian fly with preventative measures. Generally, chemical controls are not a practical solution, so cultural practices are only means to prevent serious losses. To reduce Hessian fly fall infestations:

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Grasshoppers: late summer pest

There have been reports of large numbers of grasshopper nymphs in Nebraska, especially in the Panhandle counties. We have also received some reports of high grasshopper numbers in Lancaster County.

In the fall of the year, adult grasshoppers lay eggs in the soil. If the soil becomes dry, the eggs hatch in the spring into small grasshopper nymphs. When the grasshoppers emerge, they are much more vulnerable to infestations of grasshoppers, because the seedlings are so small and the grasshoppers are large and eat so much foliage. Some wheat growers may choose to treat border areas or entire fields with planting-time insecticides to protect emerging seedlings from the grasshopper threat.

In pasture and range situations, there is generally plenty of grass and grain marketing linkages. Last year over 350 women attended the Kearney Holiday Inn, focuses on teaching financial management, marketing, and personal management skills to farm and ranch women.

This year’s workshop topics include marketing, weather, income tax management, management concerns, ASCS information, estate planning, and livestock and grain marketing linkages. Last year over 350 women attended the conference. Cost is $50 per person which includes lodging and meals, breaks, workshop materials and the registration fee. For more information, contact the Extension office for fee. (BPO)

More educational agencies, associations, and organizations will participate in Earthbound! The Nebraska Institute of Agriculture and Natural Resources will have displays and activities covering many environmental issues. Some of the themes will be Waste Management - Back to Earth, Living Wild Resources, Efficient Plant Materials, Composting, Nitrogen Management, Aquaculture and Educating Youth About Our Environment.

The Lancaster county extension staff will be demonstrating local educational programs promoting environmental responsibility throughout the State Fair. Take a few minutes during your State Fair visit and come to "Earthbound!" (DV)
Nebraska Association for Family and Community Education News

Carole’s comments

Where did the summer go? The county fair is over and we are gearing up for the next big event. Health Awareness Day was another big success. Over 1300 adults and children came to the Ag Hall to learn more about nutrition and health. Thank you to Bernice Wagner for all the work she did in contacting groups to participate and then getting volunteers to help. She made a lot of calls and her hard work made it a success. Thank you, Bernice. It is time once again to reorganize our clubs. Just a new reminder. Our new name is “Lancaster County Association for Family and Community Education” or “Lancaster FCE.” You might say you are going to FCE Club instead of extension club. Our dues have gone up to $7.00 this year. One reason the dues were raised was because of the loss of membership. Our dues pay for convention costs, meetings, scholarships and grants, and individual liability insurance. We will also be collecting Friendship Coins. Officer election for local clubs will be held this month. Roberta Newburn, who will be our county chair next year is asking for election for local clubs. Let’s put new interest and vitality into our clubs because of the loss of membership.

The NEBLINE

The Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) responds to hunger in Lancaster County.

The Food Bank of Lincoln recently reported to and common hunger myths with the following information about Hunger in Lancaster County.

Myth 1: Hunger is not a problem in Lancaster County.
Fact: Approximately 20% of the population qualifies for food stamp assistance. If we extrapolate that to the county, that is 703 individuals in the county who are hungry. These are food insecure families. (LB)

Myth 2: The only hungry people are those who are poor.
Fact: Most people who qualify for food stamp assistance receive them. (LB)

Myth 3: Federal food assistance programs are a waste of taxpayers’ money.
Fact: A household of three with one wage earner working 40 hours per week at minimum wage is 24 percent below the Federally established poverty line. (LB)

Myth 4: Most county residents qualify for federal food assistance recipient.
Fact: Approximately 34 percent of the eligible food stamp recipients in Lancaster County do not receive them. Thirty percent of low income, pregnant women and children do not receive food stamps. (LB)

Myth 5: Hunger is a temporary condition.
Fact: We have established poverty line. (LB)

Myth 6: Private food programs are a waste of taxpayers’ money.
Fact: The average food stamp recipient in Lancaster County spends $175 per month, leaving a gap of $334 or 14% of their income. (LB)

Myth 7: Federal food assistance programs are a waste of taxpayers’ money.
Fact: The WIC program saves over $4 in health care for every $1 spent. In 1992, the food stamp program issued $9,007,023 worth of food stamps. Using a multiplier of $95 billion established by the University of Texas, approximately $45,035,115 revolved within the Lancaster County economy, that otherwise would not be available.

Myth 8: Hungry people don’t know where to get help.
Fact: According to a Bureau of Labor Statistics study, food stamp recipients are less likely to waste food or delay meals due to cost constraints.

Myth 9: It doesn’t hurt to go to bed hungry once in a while.
Fact: Poor maternal and infant nutrition affect an infant’s birth weight, brain growth, and overall health. Everyone, regardless of age, is more lethargic and less resistant to illness when malnourished. Hunger also has a devastating emotional impact.

Myth 10: There is nothing I can do to eliminate hunger in my community.
Fact: Both individuals and organizations can help. (LB)

The Expanded Food and Nutrition Education Program

More Food, Families, & Finance news

"Make It With Wool Contest"

Make It With Wool Contest information is now available at the extension office. The district contest will be held October 2, 1993 in Seward, NE. Deadline for entries is September 18, 1993. (LB)
Any community worth living in...

BY DON HUTCHENS
NEBRASKA CORN BOARD EXECUTIVE DIRECTOR

I've always wanted to share my concern about the urban and rural distinction of this topic further apart. I have to confess, though, I can't be entirely objective. I feel strongly about my community. I feel equally as strong about the risks that exist. We need to continue to drive a wedge between these two groups of Nebraskans. Differences have always existed, but recent issues like taxes have brought out a renewed turf battle that can severely damage the total economic and human output of this state. Taxes are higher in urban than in rural, and the economic and sociological changes are taking place. Agriculture in Nebraska has evolved through a sort of metamorphosis. It's difficult to consider the heritage, we fail to consider the future. I sense agriculture feels threatened by the modern way of doing things. I have to admit, with the influx of new ideas, that I feel threatened. I feel as though I have to adapt or be left behind.

Any community worth living in...
Environmental stewardship

The Lincoln-Lancaster County Health Department’s Environmental Stewardship Division believes that with your choice to live in Lancaster County come certain responsibilities. Among these responsibilities is “environmental stewardship” of water, land and air resources. These three resources are essential to life itself.

Good environmental stewardship requires that you recognize your personal role in protecting the environment. As a landowner, environmental stewardship will also protect the long term investment you have made in your property.

Groundwater is a precious resource in Lancaster County. Contamination and over-use of groundwater are vital health and environmental concerns and represent poor environmental stewardship. Furthermore, in many instances, the quantity of water available from an aquifer serving private wells is limited. Lincoln-Lancaster County Health Department’s Environmental Health Division staff have created the suggestions listed below, which if followed, will directly protect our groundwater resource, and either directly or indirectly protect our land and air resources.

Wells

Wells that are no longer used should be properly “abandoned”. Unused wells or poorly designed older wells can lead to severe groundwater contamination and may pose a safety hazard for children or pets. For more information on how to properly abandon a well or on how to inspect your existing well’s condition, call the Lincoln-Lancaster County Health Department at 441-8022.

Water Conservation

If you are building a new home, or plan to remodel an older home, have water saving fixtures installed. This benefits the sewage system and conserves water.

You will be starting a new lawn, use drought tolerant grasses, such as buffalo grass. When planting trees and shrubs, choose native varieties which are drought resistant. Water during evening hours and try to avoid watering on windy days. For more information, contact University of Nebraska Cooperative Extension in Lancaster County at 441-7180.

Septic Systems

Have your septic tank pumped by a licensed pumper at least once every two years. This will help you operate properly and reduce the likelihood of groundwater contamination. Do not drive cars, trucks, or equipment over your septic tank or its drain field. This could possibly crush your septic tank and make your drain field inoperable.

Maintain a grass or herb ground cover over the drain field. Placing small evergreens bushes or trees along the drain field is also helpful. Do not pour cleaners, waste oil, and other chemicals, including root

Please turn to Chemicals: page 12
Many factors involved when considering a move to the country

The Lincoln-Lancaster County Health Department’s Environmental Health Division serves the rural areas of Lancaster County. For example, you should recognize that essential services, water, sewer, and garbage disposal differ substantially from areas to established cities and villages. Staff from Lincoln-Lancaster County Health Department’s Environmental Health Division have devised the suggestions below to help protect you from unexpected surprises and to make your move to the rural Lancaster County enjoyable.

Water Supply

Determine the source of water supply for the property. Many areas of Lancaster County do not have access to a public water system. If the property is served by a private well(s), find out if the well is registered with the Lincoln-Lancaster County Department of Health. If the water has been tested within the past year for contaminants, including bacteria and organic chemicals. If not, have the water tested for each of these two main groups of contaminants before purchasing the property.

The slow or passive method takes three to nine months, while the fast or active method can create compost in a few weeks to two months. In the slow method, material may be enclosed any time and turning can help, but is not required. Finished compost is removed from the bottom when new materials being added on top. Structures that allow frequent, easy turning are essential to the fast method. The materials for this method need not be restricted to larger amounts inos of frequent additions of small amounts. Therefore, the total mass of materials need not be confined until there is enough to properly fill the unit.

In the case of mixing of materials used in composting, it is ideal for activity of various types of microorganisms depending on carbon (C) and nitrogen (N), it is essential to maintain the correct ratio. A C/N ratio of around 25 is ideal for activity of various types of microorganisms in the compost. This can be maintained by balancing the materials in the compost. Green materials (fresh grass clippings and kitchen scraps) are high in water content and relatively high in nitrogen. Brown materials (leaves and straw) are high in carbon and relatively low in nitrogen. These materials can be placed in layers only two to three inches deep and mixed with the dry materials. A general guideline is to use 1/3 green material and 2/3 dry material.

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Building or remodeling? Construction permits required

Are you building a new home or remodeling an old one? Are you building a garage or deck? Are you installing new plumbing, water or electrical outlets/switches? Are you altering and repairing building elements such as sheeting or rafters are involved?

What about fences? Putting up a fence does not require a permit, however some conditions apply:
- maximum height allowed is 6′4″.
- you are required to find your lot stakes (the property corner), the fence must be erected on your property.
- if erected on a corner lot adjacent to an intersection or along a driveway, you must get prior approval from Traffic Engineering Division. Call 441-7745 for information on specific requirements.

What types of projects require construction permits?
- In general, all construction, alteration and repair of building in Lancaster County require construction permits. Details are contained elsewhere in this article, but some examples of projects requiring permits are: garages, decks, sheds, additions, garages, general remodeling, fireplaces, room additions, woodstoves, solar collector-outlet/switches, plumbing, fences, swimming pools, etc.

Where do I get permits?
- At the Building and Safety Department Office, Room B-144 (first floor) of the County-City Building, 555 S 10. If you’re having a contractor do your work, the contractor can obtain the necessary permits. You should check to make sure the contractor has done so.

Preparation for obtaining permits
- Determine your lot size (based on the county does not provide this service).
- Locate the proposed work site from the lot (property) lines and record existing buildings.
- When planning a drawing of existing buildings, proposed construction, lot lines and measurements.
- Bring all information to the Building and Safety Department.
- Check for underground utilities prior to excavating by calling 477-0541.

Additions and general remodeling such as new rooms or finishing attics and basements:
1. Determine the value of some or more per year, unless that aceage falls in a flood plain area. Any development in a flood plain area requires a permit regardless of the value of the development.

For more information on construction permits and related fees, contact the Lancaster County Building Division in the Building and Safety Department, Room B-144, County-City Building Room B-144, 555 S 10, Lincoln, Nebraska 68508, or call 441-7521.

Acreage taxation information

Owning an acreage can have both benefits and drawbacks when it comes to assessment and taxes. There are many state guidelines that affect acreage owners. These guidelines are dependent on the number of acres owned, additional acres leased/farmed, and the income earned from the acres.

For more information, call 441-7531 if you are unsure of the guidelines. Otherwise, contact the assessor’s office located on the first floor of the County/City Building, 555 S 10, Lincoln, NE 68508.

Checking protective covenants

This information to the Register of Deeds, located in the basement of the County/City Building, 555 S 10, during business hours. The staff will be happy to help you.

Zoning provides for orderly growth of county

Both Lincoln and Lancaster County have zoned the lands within their jurisdictions to provide for orderly growth, and to avoid displaced, non-compatible uses. The laws regulating dealing with agricultural operations are found in the “AG” and “AGR” districts.

“AG” Agricultural District (20 acres or more):
- This district is intended for agricultural use and is intended to encourage a vigorous agricultural industry throughout the county and to preserve and protect agricultural production by limiting urban sprawl as typified by urban or acreage development.
- Permitted uses—A building or structure may be permitted for the following purposes:
  - a) Agriculture, except commercial
  - b) Breeching, raising, management and sale of far-bearing animals and poultry
  - c) Dog breeding establishments and kennels
  - d) Stables and riding academies

Permitted special uses—A building or premises may be used for the following purposes if a special permit for such has been obtained:
- a) Veterinary facilities
- b) Sale barns
- c) Garden centers
- d) Commercial sale or storage of fuel and fuels products
- e) Pet cemeteries
- f) Gas stations
- g) Compactor distillation and storage of fuel and fuels products produced in whole or in part from agricultural products raised within the county.

“AGR” Agricultural Residential District (5-20 acres):
- This district is intended to provide for a vigorous agricultural industry integrated with low-density, rural residential development in selected portions of the county.
- Generally, these districts are located near urban areas, villages or existing rural non-farm activities within reasonable check of fire protection, relatively close to roads, and in areas of the county where ownership of land is already in small parcels.
- Permitted uses—A building or premises may be permitted for the following purposes:
  - a) Agriculture, except confined feeding facility or feedlot or poultry
  - b) Sales barns or yards
  - c) Stables or riding academies

Permitted conditional uses—A building or premises may be used for the following purposes in the “AGR” districts in conformance with the conditions prescribed herein:
- a) Peremitted: minimum area shall be five (5) acres
- b) Roadside stands for the purchase or seasonal sale of produce:
  - 1) Such roadside stands shall be permitted in a required yard; however, no roadside stand shall be permitted in a right-of-way, nor closer than thirty (30) feet to the edge of the traveled roadway;
  - 2) Such roadside stands shall not be operated for more than one hundred eighty (180) days in any one year.
- c) If you have questions concerning zoning regulations, please contact the County Planning Department at 441-7491.

Notes:
- Feeding facilities
- Any feeding facilities and feedlots require a special permit on both “AG” and “AGR” designated districts. Additional requirements of the prehearing notice period of 30 days and the hearing notice period of 14 days are not considered a captive or a group of feedlot facility or feedlot, thus a special permit is not necessary.
- Dog kennels
- Any dog kennels are not regulated in the county unless there are three or more dogs (six months and over) living on the premises.
Nebraska Community Improvement Program

For over 30 years, Nebraska communities have been involved in a program that helps them preserve historical sites, begin new opportunities, work together in constructing projects, and attract shoppers, new businesses, and tourist opportunities. Nebraska villages, towns, cities, and counties have cooperated to fund projects that allow citizens to create tourist attractions, develop downtown areas, and improve health care facilities. The University of Nebraska Community Improvement Program (NCIP) fosters community opportunities. This program allows community leaders to make the best use of available human and physical resources.

Leadership

Community members can acquire leadership skills through technical assistance provided through the NCIP process, workshops, and quarterly NCIP newsletter. These tools help organize and recruit volunteers, decision making, goal setting, and identifying and utilizing resources for the completion of community projects. Leadership qualities are nurtured and developed as groups of community members work together and successfully complete improvement projects.

Recognition

At the annual NCIP Recognition Day, community leaders are awarded cash prizes, plaques, and certificates honoring outstanding achievements in community and economic development.

Benefits of participating in NCIP

Our community will become more vital and active through leadership development, increased community-wide involvement, better and resources with citizens from other communities, who are experienced in everyday problems that you are.

Who can participate?

Any Nebraska community or county with a population of 50,000 or less may participate in the NCIP program. The program encourages communities to develop a neighborhood community coordinator or committees that may perform a variety of services.

- Identifying initiating, and accomplishing development projects
- Coordinating the efforts of existing organizations in initiating and completing development projects
- Promoting community pride and recognition
- Recording improvement achievements
- Providing a forum for communication of new ideas, concerns, and goals for the community

For more information, contact Julie Hendricks (program coordinator) at the Nebraska Community Development, 411-1699.

Community opportunities

Are you a community leader or concerned citizen? Would you like to become involved? Help shape the future of your community or support and acknowledge those who contribute to your local area. Joining a local organization or association is a great way to become involved. Meet new people, or get to know more friends and families even better. Find out what other communities are doing with their time. For more information, or to express an interest in the following organizations, contact the following: (All existing organizations are not included)

Bennett

Bennet Builders c/o Don Kuhn
415 Garden
Bennet, NE 68337 (402) 782-2100
Bennett

Day

Lincoln, NE 68522
477-7664

Firth

American Legion Post & Auxiliary #851 John Rozzell
620 West A
Firth, NE 68358 (402) 791-5570

Firth

American Legion c/o Don Kuhn
P.O. Box 152
Firth, NE 68358 (402) 791-5327

Hickman

Hickman Chamber of Commerce c/o Jim Hrouda
117 Broomwell
Hickman, NE 68372 (402) 792-2085 or (402) 792-2411

Kiewitz c/o Jim Hrouda
Knob Hill
Hickman, NE 68372 (402) 792-2085 or (402) 792-2411

Malcolm

Malcolm Business Association c/o Paul Magee
P.O. Box 38
Malcolm, NE 68402 (402) 796-2154

Malcolm Youth Sports Association c/o Mike Cook
RFD
Pleasant Dale, NE 68463 (402) 796-2182

Raymond

Raymond c/o Glenda Tichota
B. J. Bures 172C
Raymond, NE 68428 (402) 785-7465

Roca

Roca c/o William Perdue
Roca, NE 68430 (402) 423-1027

Sprague

Sprague Extension Club c/o Roberta Newburn
P.O. Box 205
Sprague, NE 68371 (402) 786-5236

Waverly

Waverly Chamber of Commerce c/o Ragan Backhaus
10341 North 142nd
Waverly, NE 68462 (402) 786-5236

Waverly Jaycees c/o Gary or Sue Root
Waverly, NE 68462 (402) 786-5236

School districts “optioning”

If you live outside the Lincoln city limits, you are required to attend public school in the district in which you live. To have your child(ren) attend a district outside of the district in which you live, you must either pay tuition or “option” to the desired school district. Optioning requires approval of both school districts. Those students in grades 9-12 are normally required to attend high school where their K-8 district has affiliated. To attend another high school you must use the option method described here or request a “land transfer.” A land transfer differs from the option method in that it...

Young

People living in a farm, town, or on an acreage can become involved in a variety of 4-H projects. These projects include horse, poultry, rabbit, rabbits, cats, dogs, sheep, swine, gardening, food preservation, food preparation, clothing, electrical engineering, and many more. For more information, contact the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherryreek Road, Lincoln, NE 68526-1490, 477-1400.
Eliminating opportunity is the first step to preventing a criminal act

Rape, robbery, purse snatching, mugging—no one wants to be the victim. But if you know who is likely to be the victim, you can think about the possibility, but there is no need to be tormented by it. Crimes of violence are not as random as one might think. In other words, you’re much more likely to have your property stolen than your life threatened.

Most crimes are crimes of opportunity. Someone is looking for a purse or a wallet, so they look in a window or purse. It is not coincidental that a purse hanging out of a window or purse is often the one that is grabbed.

The Lincoln Interfaith Council publishes an annual directory of clergy, congregations and religious resources as a community service. This directory is available at several locations, including the Lincoln Interfaith Council office (or $6, if you wouldn’t be able to afford it). You can also find the directory in the yellow pages in the LTT telephone book. Within each publica­tion, directories of clergy and religious groups are listed by denomination and faith community.

The Lincoln Interfaith Council is an outreach arm of 61 congregations and nine affiliated organizations representing various religious communities in Lincoln and Lancaster County who are supporting members, and several more who participate in one or more of its programs, services and ministries.

The Lincoln Interfaith Council has as its stated purpose: The Lincoln Interfaith Council is an organization of religious communities in the Lincoln area which seek to provide spiritual and ethical leadership as well as to serve as a forum for concern about issues of common concern.

The Lincoln Interfaith Council performs many functions in the community. It is recognized by many other organizations as a legitimate agency with full authority to speak on the behalf of the community. It is known as a legitimate source of information on community issues.

The Lincoln Interfaith Council has an established directory of clergy, congregations and religious resources which comprise its membership seek to realize that potentiality more fully.

It aims to do together that which alone would not be possible, that is proper stewardship — and it makes connections with the community.

The Lincoln Interfaith Council carries on ministries in the following areas:

Center for Spiritual Growth

In partnership with Southeast Community College, the Council offers an annual Center for Spiritual Growth which seeks to nurture that spiritual growth not readily available in local congregations. The Center for Spiritual Growth offers a spring and a fall semester, usually commencing in the first week of February. Instructors are affiliated with various denominations and faith traditions, as well as non-religious and other professional leaders in our area.

Media ministry

Saturday evening’s FAITH REPORT is seen in prime-time following the six o’clock evening newscast on KTVQ, TV-15, and heard Sundays on KRNU Radio (90.3 FM) at 5-7 p.m. and Tuesdays on KZMU Radio (93.5 FM) at 4 p.m. The Lincoln Interfaith Council has its own official international newsletter, Interfaith News. In addition to publishing a bi-monthly newsletter and hosting media events, the Council also provides technical assistance and serves as fiscal manager for the Day Watch Ministry.

Religious awards programs for youth

Youth who are members of the Boy Scouts/Girl Scouts/Campfire/4-H may receive recognition for their service to their community. This recognition can be given for work with religious organizations or to encourage congregations to be supportive of these important youth programs as part of LIC’s anti-gang/anti-drug efforts.

Jail chaplaincy

Campus Minister for Congregational Life serves as Jail’s Chaplain at the Lincoln/ Lancaster County Jail. He provides pastoral counseling, and makes appropriate referrals for inmates seeking assistance from another faith tradition.

Ecumenical & interfaith events

LIC sponsors and co-sponsors occasional ecumenical and interfaith events in order to foster cooperation among religious communities so that our community can celebrate its rich heritage and... get to know one another... and be challenged to serve as people of faith. Some of the events include:

- Week of Prayer for Christian Unity observance

- Interfaith Passover Seder celebration

- Holocaust Memorial observance

- Mayor’s Interfaith Prayer Breakfast

- Lincoln Public Schools Back-to-School Fall

- New clergy orientation

- CROP Walk for Hunger

- U.N.I.C.E.F. Drive

- National Children’s Sabbath observance

- Festival of Faith

Inaugurated in 1992 to celebrate 40 years of ecumenical/interfaith cooperation, the Festival of Faith has become a bi-annual event which offers opportunities for persons of different faith traditions to exhibit their observations via display booths, ethnic food fair, music, dance and celebration. Held in the Edith Denis Sports Center, the next Festival of Faith will be Saturday October 15, 1994 — with the theme of “We Are The Children Of The World.” For information about how you can participate, contact the LIC Office.

Lincoln urban ministries

Via the Urban Ministries Division of the Lincoln Interfaith Council, the Council maintains a variety of human rights and social justice endeavors. Regular AIDS healing workshops; the Festival of Faith has become a bi-annual event which offers opportunities for persons of different faith traditions to exhibit their observance via display booths, ethnic food fair, music, dance and celebration.
Road maintenance responsibility a major concern

City of Lincoln-Lancaster County employment

Application Process

Job Line-441-7736

24-Hour Jobline—Seven days a week

A separate application and supplemental questionnaire is required for each position for which you specifically apply. Applications submitted to the general file and not for a specific position will be kept on active file for six months. When you wish to be considered for one specific position after an open recruitment period, you can activate your application by calling this office at 402-441-7596 (TDD 402-441-7597). A general file application can be used only once.

If you plan to apply for more than one position, please be prepared for you to photocopy the application at the time of visit, check each position on the available list for the position and the signature/date areas blank. You can complete those areas when you submit a separate application. The supplemental questionnaires may also be photocopied.

The Lancaster County Employment Office does not conduct personal interviews for position vacancies.

Neighborhood health stations

Eight rural area neighborhood health stations serve citizens of all ages with a variety of health needs, ranging from an elderly person with a serious health condition to an infant needing a polio vaccine. Health stations in Nebraska include the screening of childhood (diabetes, high blood pressure, anemia, allergies) immunizations, health education, and growth and development evaluation of infants and young children. Through neighborhood health stations, Lancaster County citizens have access to affordable health services.

Health Stations—Rural Areas

Bennet

Bennet Community Church
335 Monroe
2nd Thursday
12:30 - 3:30 p.m.

Denton

Denton School House
3rd Wednesday
9:00 - 11:00 a.m.

Firth

Firth Community Hall
3rd Wednesday
9:00 - 12:00 noon

Hickman

Hickman Presbyterian Church
1st Wednesday
9:00 - 12:00 noon

Raymond

Raymond Women's Club
4th Wednesday
2:00 - 4:00 p.m.

Sprague

Sprague Community Church
3rd Friday
10:00 - 12:00 noon

Waverly

Waverly City Hall
1410 Lincoln St.
2nd Thursday
2:00 - 4:00 p.m.

Husker Hall

University of Nebraska at

Health Services

The City and Regional Employment Department provides information on area state and local health care centers and recreation centers available throughout the county. Lincoln is well-equipped with recreation services to provide quality family fun. Information can be obtained at 2740 "A" Street or by calling 441-7847.

WILDLIFE

Game and Parks Commission releases farm pond information

Since Nebraska is currently not stocking channel catfish, these fish can be purchased from a private fish culturist for stocking in private ponds if desired by the pond owner. The fish are stocked in combination with large-mouth bass and bluegill, it is recommended that fingerlings (two to three inches) be stocked in the fall at the first year at a rate of 100-150 per acre. If channel catfish only are stocked, the stocking rate should be 200-300 fingerlings per acre across all areas. Fish are available at the Nebraska Game and Parks Commission, 2200 N 33 in Lincoln, or by calling 471-0641.

Private farm pond stocking policy—warm water habitat

To receive fish from the Nebraska Game and Parks Commission or stocking privately owned ponds, the pond owner is not obligated to give permission to anyone to fish on the pond, but can deny fishermen access to any pond which requires crossing his land. The pond owner cannot charge a fee to fish the pond and the pond must meet the following minimum requirements: it must be one-half surface acre or larger; it must be at least ten feet deep over one-quarter of the surface area; at the time of stocking, there must be no other fish present with the exception of recently stocked channel catfish; and a 12-inch to 14-inch minimal water clarity of eight inches since high turbidity makes it nearly impossible to determine an accurate size of fish. Fencing to exclude livestock from the pond perimeter must also be in place. Legal signs will be given to the landowner at the time he picks up his fish which must be posted at the entrance to the pond. If the pond owner feels that this is a pond stocked by the Nebraska Game and Parks Commission and fishing is by permission only. If this requirement is not observed, there will be no future stocking by the state. A valid Nebraska fishing license is required of every person 16 years old or older who fishes these ponds, as well as, compliance with current state fish regulations.

When ponds are stocked, a news release will be provided to the media identifying ponds and a filing listing will be available in each district across the state. Applications must be received by the Nebraska Game and Parks Commission no later than June 15 in order to be considered for stocking during that calendar year. The fish provided by the Nebraska Game and Parks Commission for the stocking of private ponds will be available only after all needs of the state's public waters have been supplied. Applications for fish will be processed on a first-come, first-served basis as long as fish are available. When fish are available, the fish must be one-half surface acre and larger. Fish should be purchased at a rate of at least 500 large-mouth bass and 500 bluegill per surface acre up to a maximum of 500 large-mouth bass (five-acre rate). Owners of ponds larger than five surface acres will be informed that the fish stocked will be stocked at a rate of 100 per surface acre. If the property owner files a complaint with the Sheriff's Department, the pet owner will be given one warning. If the pet owner continues to violate the law the second complaint is filed, a court fine will be assessed.

Runes

All dogs and cats are required to have a rabies vaccination. Vaccinations must be given by a licensed veterinary professional. Rabies vaccinations must be taken every year and three months. Booster vaccines should be given triennially.

Dangerous Dogs

State statute prohibits the ownership of dangerous dogs unless the owner is properly certified. Failure to comply with state statutes is a violation of the dangerous dog laws.

Loose Livestock

Livestock straying off their property are the responsibility of the owner. In the event of damage to crops or fences of another property owner, the livestock owner may be required to pay for damages. If livestock cause a traffic accident and the injured party files a personal suit against the animal owner, negligence (faulty fencing, etc.) must be proven. If you see livestock on the roadway and the owner cannot be located, the Sheriff's Department should be contacted.

Wildlife/Exotic Animals

Federal laws and state statutes regulate ownership of certain wild species. Nebraska prohibits the ownership of bears, wolves, skunks, coyotes, bobcats, tigers, cheetahs, leopards, jaguars, African lions and others. Permission must be granted by the Nebraska Game and Parks Commission for the possession of any exotic species. If you believe you have such an animal, contact the Nebraska Game and Parks Commission for more information. Zoning restrictions may apply.

Neglect

Most livestock and pet owners take very good care of their animals. However, in the case of neglect, the Sheriff's Department becomes involved. Animal neglect is subject to criminal charges, and these charges can be filed for extreme neglect in regards to food, water, shelter, nutrition, physical abuse and diseases.

Bites and Attacks

All animal bites and attacks occurring in Lancaster County should be reported to the Capital Humane Society or Lancaster County Sheriff's Office. In Lincoln, they should be reported to Animal Control.

Dead Animal Removal

Owners are responsible for the removal of dead animal carcasses on their property. Most livestock are accepted by rendering companies. They will provide free and prompt removal of fallen dead stock, they are:

Midland By-Products, Inc.
426 E. 11th St.
Creston, Nebraska 68021-7249

Wahbo By-Products
RFD 1
Wahbo, Nebraska 68947-2475
What can rural residents do to promote the safe use of fertilizers and pesticides?

1. Crop land should have periodic soil testing to insure against over-application of fertilizer. For a small fee, the UNL Plant and Soil Analytical Laboratory analyzes soil samples taken from fields. There will also be similar services provided.

2. When faced with a pest problem, use the least toxic pest control method available. A good home gardener, an excellent reference is “Common Sense Pest Control”, by Olkowski et al. (1992).

3. Apply pesticides according to the label direction using care to reduce hazards to non-target organisms. To prevent “drift”, pesticides should only be applied during calm conditions; usually early morning is best. If you believe that you need training on how to apply pesticides in a safe manner, take the pesticide applicator training. This would provide useful information, even if you plan not to use the pesticides for general use. Study packets are available from the Lancaster County Extension office.

4. Store pesticides and other hazardous materials in carefully locked cabinets, out of the reach of children and pets. Do not store chemicals in containers other than the original ones. If the pesticide is not used, keep the label with the pesticide container for further reference. Refer to Nebraska Department of Agriculture (1-800-362-2007) for information on pesticide storage and safety.

5. Do not dump hazardous materials down the septic system or in or near “point” water bodies. If you have unwanted household hazardous compounds (pesticides or other hazardous materials), bring them to the hazardous waste collection days sponsored by the Department of Health and Lancaster County Health Department each year. For more information, contact the Lincoln/Lancaster County Health Department at 441-8022.

6. Seal any wells that are not being used or are in poor condition. The Natural Resources District (NRD) has a cost-share program that will help defray the cost of well plugging. Refer to Nebraska 92-87 for technical information on well plugging. The extension office has well-plugging demonstrations in the summer to explain this procedure. Contact the extension office for more information.

7. Comply with, and understand, the Worker Protection Standard for agricultural pesticides (WPS). WPS is a federal regulation designed to protect farm workers from pesticide poisoning. WPS will take effect April 15, 1994. When farmers use products that require WPS compliance, they must comply with specific label requirements regarding worker protection. Special personal protective equipment for workers and pesticide handlers. When workers are exposed to pesticides in crop fields, especially those that are potted with a warning. (BFO)
4-H council nominations due September 15

It is time to nominate persons to represent you on the 1993-94 Lancaster County 4-H Council. All 4-H members, in at least ninth grade, and leaders, are eligible to hold a position on the council and are encouraged to submit nominations. Each position is held for two years and members may be elected no more than two terms.

Seven new members will be elected this year to fill the positions of the following members who will complete a two year term.

Area 1: Russell Parrott - youth
Area 2: Stacy Nelson - youth
Area 3: Joel Reddish - youth
Area 4: Jim Tucker - adult
Deb Brandt - adult
Tim Byrne - youth

Determining the educational needs of youth and deciding how to deliver programs to meet those needs is the purpose of the volunteers who serve on the 4-H Council. The council is also responsible for determining 4-H policies, establishing and appointing planning committees and finding resources to support 4-H programs. Typically, there are nine meetings throughout the year.

All 4-H volunteers and 4-H members in ninth grade or older will be eligible to vote. Members will represent the areas of Lancaster County as indicated on the following map. Nominations are due by September 15 (LJ).


Fair’s over... now what?

“Don’t” or “can’t,” “shouldn’t,” “wouldn’t” or “can’t do” have time to stay that late, you do sacrifice and give your time freely to help. Although we say...”don’t,” “can’t,” “won’t” and “shouldn’t,” those negatives change into positives and make us better people that the 4-H extension staff does prior to the fair is hard, but the real dedication and top performance comes from you, the volunteers!! As we look back on the county fair, we truly see that without your help we couldn’t pull it off.

The superintendents and assistants are great and know what needs to be done. The people who just “stop by” to see if we need help are also “lifesavers.”

Even though there are times when you “don’t want to work in the food booth anymore,” or “don’t have time to stay that late,” you do sacrifice and give your time freely to help. Although we say “don’t,” “can’t,” “won’t” and “shouldn’t,” those negatives change into positives and make us better people and the 4-H program even better.

The 4-H motto is “to make the best better.” With the volunteers we have and the new people wanting to help, we are on the right track! Thank you all for your help and volunteered time at the county fair. You are the reason the 4-H program has become what it is and what it will be!

Dear volunteers,

The 1993 Lancaster County Fair is over and was a definite success!! The work that the 4-H extension staff does prior to the fair is hard, but the real dedication and top performance comes from you, the volunteers!! As we look back on the county fair, we truly see that without your help we couldn’t pull it off.

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The 4-H motto is “to make the best better.” With the volunteers we have and the new people wanting to help, we are on the right track! Thank you all for your help and volunteered time at the county fair. You are the reason the 4-H program has become what it is and what it will be!

Sincerely,

LaDeane, Dave, Arlene & Ann Marie

4-H Council Nominations

I nominate the following for consideration by the 4-H Council Nominations Committee:

Area 1 (Northwest): Adult: ____________________
Area 2 (Northeast): Adult: ____________________
Area 3 (Southeast): Youth: ____________________
Area 5 (Lincoln): Youth: ____________________

Nominated by: ____________________________

County fair horse awards

Kelley Hervert top 4-H horse exhibitor
The 1993 Wilhelmsen Fischer Witterschneck Memorial Trophy goes to the individual gaining the most points from pre-selected premium events at the county fair. The showmanship class is mandatory. The top honor this year went to Kelley Hervert, daughter of Lyle and Valerie Hervert of Lincoln. Kelley received five purple ribbons and one blue ribbon in her premium classes. She also won one championship trophy for the individual gaining the most points from pre-selected premium events. She was champion of the senior division of the Competitive Horse Show. She is a member of the Rocky Mountain Riders. Rhonda Adams is her 4-H leader.

Kim Caha and Kala Ball win all-around trail awards
Awards were given by Mr. and Mrs. Richard Confer to the 4-H members belonging to the Freedom Rider’s 4-H Club. Kim Caha, an all-around winner in 1992 provided a repeat performance in 1993 by winning the championship trophy in elementary trail and reserve champion in the Competitive Trail division. Her parents are Mark and Deb Caha of Ceresco. Kala Ball, daughter of Thomas and Janet Ball of Ceresco received the reserve champion plaque as runner-up champion in these two events. She was champion of the senior division of the Competitive Trail Ride and received a blue ribbon in Senior Trail. Kim Caha and Kala Ball win all-around trail awards.

Jake Hoppe receives TrailBlitz award
The TrailBlitz Awards are presented annually to 4-H members who have won county awards and whose birth dates fall between January 1975 and December 31, 1979. (AMM)

I “Dare You” awards are due October 1. Nominations may be submitted by 4-H leaders, parents or members. Applications are available at the extension office. (AMM)

National 4-H Week is September 3-9. This is a great week to promote 4-H to friends and the community. (AMM)

County awards are due October 1 and guidelines are available from the extension office. (AMM)

Scholarships for college are due October 1. Contact Ann Marie for more details. (AMM)

Teen Council—Sunday, September 19 at 2:30 p.m. is our next meeting. Anyone interested is welcome to attend!! (AMM)

4-H recruiters are needed! We need you to help promote the 4-H program. Recruiters help organize 4-H clubs and give new leaders a hand. Contact Ann Marie for details about training and more information. (AMM)

The 1993 North Central Regional 4-H Leaders Forum is scheduled for November 11-14 in Sioux Falls, South Dakota. If you would like to be part of the Lancaster County team, register by September 8. Call LaDeane for more information. (LJ)

What: 4-H Open House
When: Monday, September 20, 6:30-8:00 p.m.
Where: Lancaster County Extension Office
444 Cherry creek Rd.
Who: You—Adults and Children (8 years & older)
Why: To learn more about the 4-H program

I’m interested in 4-H!

Are you interested in becoming a 4-H volunteer? Check your interest:
- Clip Leaders
- Project Assistants
- Helping a 4-Her at home
- Attending meetings
- Helping at 4-H events
- Planning and organizing events
- Recruiting new members

4-H—For Youth—For America FOR YOU!—4-H

District 4-H Awards - Due October 1 for all 4-H’ers who have won county awards and whose birth date falls between January 1975 and December 31, 1979. (AMM)

“Dare You” awards are due October 1. Nominations may be submitted by 4-H leaders, parents or members. Applications are available at the extension office. (AMM)

National 4-H Week is September 3-9. This is a great week to promote 4-H to friends and the community. (AMM)

County awards are due October 1 and guidelines are available from the extension office. (AMM)

Scholarships for college are due October 1. Contact Ann Marie for more details. (AMM)

Growing Up Female will be held October 9-10 at the Eastern Nebraska 4-H Center. Contact LaDeane for more details. (LJ)

Teen Council—Sunday, September 19 at 2:30 p.m. is our next meeting. Anyone interested is welcome to attend!! (AMM)

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Lilies

add loose soil fortified with compost to the bottom of the hole until you reach the proper planting depth. Place the bulb in the hole and cover with three to four inches of soil. Space bulbs 12 inches apart. Once established, lilies will bloom for years with little attention.

**GARDEN GOSSIP HOTLINE**

441-7179
Accessible from any phone

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**From Page 2**

For color from June to September, be sure to plant a mixture of early, mid and late blooming varieties. Early varieties usually produce flowers from June until the first part of July. Mid-season lilies bloom during July and August. In August and September, late-season lilies begin to upstage their fading cousins. For maximum color impact, plant at least three bulbs of each variety together. (DJ)

**Poison Ivy**

Chemical herbicides such as products containing 2,4-D can be used to control poison ivy. Mix the herbicide according to label instructions and thoroughly wet the leaves, stems, shoots and bark of the plants. For best results, spray soon after maximum leaf development in the spring. Spray early in the morning when there is little wind to prevent drift problems. Redressing may be necessary. (MIM)

**Harvesting safety basics**

Good weather and daylight hours always seem to be at a premium when you face other natures in top condition. Planned maintenance and skilled equipment operation can minimize downtime and reduce the potential for injury during harvesting. Begin with a review of the harvesting machinery operator's manual. Manuals will explain the "how and when" to operate and maintain the machinery in a safe, efficient manner. Here's a checklist of key factors most commonly associated with harvesting injuries.

**The human factor**

Knowledge, alertness and hazard awareness are essential to safe completion of harvest. Long hours are admirable, but fatigue and drowsiness frequently contribute to injuries. Recognize when you have "had enough" and turn the operation over to someone else. Don't rely on stimulants to keep you going. Drugs and alcohol work against keen awareness. Take periodic breaks to relieve monotony.

**Universal equipment cautions:**

1. Equipment should be made "harvest-ready" in the off-season. Give yourself lead time to get replacement parts and get machinery into safe, efficient operating condition.

2. All routine maintenance should be carried out on schedule. Evening fuel fill and lubrication ready the equipment for the next day and prevent condensation and corrosion.

3. All guards and shields should be secured before equipment is started.

4. Securely block hydraulically-raised equipment before anyone starts working under or around the machine.

5. Never attempt to clear clogged equipment by hand while power is engaged. Shut off the power before leaving the driver's seat. The brain can't relay messages quickly enough for you to let go of a clogged machine if the machine suddenly clears itself.

6. Powered equipment should carry a fire extinguisher. Fire is a hazard particularly during corn harvest.

7. Children don't belong around harvest equipment. Too many tragedies occur when youth are in the path of equipment and the operator's vision is obstructed. Remember: No seat - No rider!! No exceptions. (DS)

**Learn to manage stress for increased farm safety**

Farming is one of the ten most stressful occupations, according to a recent study. Yet, most farmers love farming and wouldn't trade it for any other job. In spite of the hassles, farmers must be doing something right to manage stress.

**Common stressors**

Farming has many ongoing situations that can cause stress such as large debt loads, presence of government regulations, interest rates or lack of control over the weather. Farmers face daily hassles including machinery breakdowns, long work hours, weather delays, livestock programs, unexpected interruptions, crop yield uncertainty and disagreements with family members in the operation. No event or situation by itself is stressful; it is usually cumulative.

**What we know about stress**

1. Negative events are more likely to cause stress.
2. Uncontrollable or unpredictable events are stressful.
3. Ambiguous events are often stressful when it isn't clear what the problem is or how to cope.

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**Horticulture news continued**

**From Page 2**

Department of Horticulture

'A FESTIVAL OF COLOR'

Lawn and Garden Open House Saturday, September 18, 1993 9:00am-4:00 pm

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**Department of Horticulture**

'Fertilizer' for any other job. In spite of the... 4:00

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**Agriculture news continued**

**Herbicide tips for establishing alfalfa**

Late August is a popular time for seeding alfalfa. With fall seeding, minimum annual weed pressures are not usually a problem. However, don't rely on "field pennycress and other winter annuals can be a problem, especially with favorable precipitation.

During the first full establishment year, weed problems typically are annual broadleaves and grasses such as downy brome, common lambsquarters, pigweed, foxtail and velvetleaf. These are usually not found after the first year if a good stand of alfalfa is established. Herbicides, along with good cultural practices, will control many weed seedlings before they limit the forage quality of the alfalfa.

If the fields selected for seeding had a previous crop that was destroyed, you must account for the herbicides used for the previous crop. Do not seed alfalfa into fields treated this year with the following herbicides: 1) Triazines such as Atrazine and Bladex, 2) Sulfonamides such as Classic, Preview, Lorox Plus and 3) Imidazolinones such as Scepter, Pursuit, Accent and Beacon. Always be sure to read and follow label directions for use and understand rotational guidelines prior to herbicide use.

Once the field for the seeding has been selected, prepare a weed-free seedbed that will promote rapid growth of alfalfa seedlings. Normally, weed pressures will not justify a herbicide treatment at planting time. When the alfalfa has reached the seeding stage (at least two trifoliate leaves), apply Pestic Plus for downy brome before these grasses reach four inches in height. Buctric and 2,4-DB (Buctric) can be used for field pennycress and other broadleaves in seeding alfalfa before they reach three inches in height. Broadleaf herbicides such as Loxone/Scencon cannot be used until the alfalfa is established for one year or more. (DV)

**Flowing grain entrapment cost lives yearly**

It takes only two or three seconds to become trapped in flowing grain. Within another ten seconds, you can be completely submerged. Innocent-looking grain storage bins have provided settings for hundreds of deaths and entrapments across North America. The simple way to avoid this tragedy - never enter a grain bin while the unloading auger or suction tube is running.

**Points to ponder:**

1. Entrapment in a flowing grain column

Grain flows in a funnel-shaped path to the unloading auger. Grain behaves very much like a water whirlpool with the center of the vertical column flowing downward at close to the rate of the unloading auger. The rate of flow is so great that escape is impossible. Once engulfed in a grain flow, the victim is rapidly drawn downward toward the bin floor.

2. Entrapment in grain transport vehicles

Most victims to entrapments and suffocations occurring in high capacity grain transport equipment are under 16 years of age. Victims are either buried during loading from combine or storage, or drawn into the flow of grain during unloading of the grain box. Don't allow youngsters to enter grain transport equipment.

Other flowing grain entrapments that are more likely to occur later in the storage season are:

a. Collapse of horizontal crusted grain surfaces
b. Collapse of vertical crusted grain surfaces

Spilled or caked grains can stand almost vertically. As grain is removed from the base, the potential for avalanche increases.

c. Succion equipment hazards

Avalanche baring can occur when the victim attempts to empty a bin from the inside with conventional suction equipment. Suction should only be permitted from the exterior. (DS)

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**NEB LINE**

(402) 441-7149
Accessible from any phone

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**To Order Merchandising Information**

441-7149
Accessible from any phone

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**Water Tower**

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**John Seaton Anderson Turf Facility**

To Omaha

4th Street

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**The John Seaton Anderson Turf Research Facility**

Mead, NE
Keeping germs out of food is the focus of a lesson taught by Sondra Phillips at Southeast Community College’s Day Care.

Nobuko Nyman, another EFNEP nutrition advisor, uses children as interpreters in several of the homes she visits as she helps parents with limited language skills learn to use unfamiliar appliances and foods. She is also able to help them identify places where they can buy foods familiar to them because of her expertise in Asian cooking.

As Lincoln changes, so will Cooperative Extension. We will continue to provide education for all people in our community and as we do so we will in turn acquire new skills, new friends and new sensitivities to those who are different. (LJ)

Drained crushed pineapple

Family &Community

September 1993

Food, Families & Finance News continued

Village

role in the Refugee Education Development Coalition and are making materials available in both Spanish and Vietnamese in the Extension Food and Nutrition Education Program (EFNEP). EFNEP nutrition advisors, Charlene Rollins and Sondra Phillips, meet twice monthly at the Good Neighbor Center with a virtual kaleidoscope of nationalities. Using lots of body language and smiles, they show recent arrivals to Lincoln, how to prepare foods that they receive at the center and try to introduce some of them to “American style” food. It has been a challenge for extension to learn all they can about various dietary beliefs at the center.

At the Malone Center, youth eagerly work with Lenora Fittro on a game meant to give them more information about choosing snacks and to introduce them to healthy foods. For example, at the center, youth are able to ease the frustrations people feel when faced with foods that are strange to them. Through food demonstrations, in-home visits, group meetings and targeted information, EFNEP plays a vital educational role in the community. A recent study by the Community Human Services Council on emergency food needs, pointed to the continued need for addressing these issues because of the increasing number of families not being able to afford food. The efforts of EFNEP, more families are likely to have the skills needed to feed their families better and fewer families are likely to be hungry. (LJ)

C判定 clean at college

A crash course in laundry 101

“Freshman initiation” takes on a whole new meaning the first time one is faced with the chore of dirty clothes...and mom and the family washing machine are far away. For the uninitiated, The Soap and Detergent Association offers some tips to insure clean results.

Begin by sorting the laundry according to color. Generally, this means three loads; one for whites, one for pastels and medium colors, and one for brights and darks. Dark laundry will take more soap than pastels. Only dark laundry should be loaded into the washing machine, and pastels and brights should be run separately. Next, to avoid soil pick-up from the water wash, use a heavy, separate load of each color. Never mix colors of dirty clothes...and mom and the family washing machine are far away.

For optimum results, some additional soaps may be required. Loosely knit garments, as well as delicate items, should be washed separately on the machine’s gentle cycle. Fuzzy items, such as sweatshirts, chenille robes, flannels and new towels, may shed lint. Keep them separated from corduroy, and permanent press garments, which easily attract lint.

Finally, consider the weight of the load. One that is too heavy, or does not have a good mix of small and large items, will not agitate properly. A balanced, freely moving load means cleaner clothes.

Before adding bleach, read the label for specific instructions and fabric suitability. If there is any question, test first for colorfastness in an inconspicuous area by following the label’s instructions. For best results, bleach and stains should be treated immediately. Don’t wait for wash day! Rub fresh stains with a stick-type stain remover, then set aside for washing - even as much as a week later. Use a clean sponge to spot clean the stain before washing. Check the clean, wet clothes. If the stain remains, pretreat and wash again. Be aware that drying can permanently set some stains. Because the colors might fade or run, avoid using bleach or prewash soil and stain removers on neon and fluorescent colors.

Sources: Cleanliness Facts, September/October 1992. (LB)

Horse Bits

Trail rides are designed to prepare riders for competition in trail riding. Jake Hoppe, son of Fred and Barb Hoppe of Lincoln received this special one. One Lake Boys Riders, Mountain Riders, Wildfire Riders, and Rock Creek Ranchers. (WS)

Horse racing winners

Herdsmanship is the ability of exhibitors to display their animals, and equipment in an clean and organized manner. The 1993 Horse Herdsmanship contest provided close competition between 4-H horse clubs. The champion 4-H Horse Club was the Rockin’ Rangers 4-H Club. Katie Fortner is the club leader. (LB)

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Stress

4. Long lasting problems are more dangerous than short term ones. When stress continues to build over time, it is harder to handle.

5. People experience and react to stress in different ways. High levels of stress can affect several areas of people’s lives. Stress can show itself in physical or emotional symptoms. Behavior changes can be reactions to stress. In most people, stress affects their relationships with others.

6. Farm operators vary in the amount of stress they experience.

Manage stress

A. Recognize the symptoms.
B. Eat right. Breakfast is important, as are breaks and snacks mid-morning and mid-afternoon.
C. Take time to talk, especially to family and a close friend.
D. Do something relaxing everyday, even if only for a few minutes.
E. Do aerobic exercise at least three times a week to get the heart pumping. It will lower stress. (DV/DAC)

Spurge

weed. Multiple applications (other than high rates of Tordon) must be made for good control. Tordon use for perennial weeds is limited to non-crop areas. Ally at .1 ounce and Curtail at two-four pints also can be used for Canada thistle control.

Leafy spurge

Leafy spurge is a persistent, deep-rooted perennial which reproduces by seeds and roots. Leafy spurge is found primarily in unseeded land and a particular problem in forages and pastures. A well-planned program must be followed to obtain adequate control. Optimal control in the fall will occur in September, when leafy spurge plants are developing new fall regrowth.

Herbicides for controlling leafy spurge in grassland are 2,4-D LV enter at two quarts/acre, one quart 2,4-D amine + one pint of Tordon 22K, or Tordon 22K at two-four quarts/acre. Tordon 22K is much more effective than 2,4,4D against leafy spurge. In addition, fall treatments to actively growing plants will provide better control than spring treatments.

Musk thistle

Musk thistle is primarily a biennial, but may act as a winter annual, or less frequently, as an annual. Apply herbicides to control musk thistle after October 1. Options include Tordon 22K at six-eight fluid ounces, 2,4-D + Banvel at 1.0 quart + .5 pint, Ally at .3 fluid ounce, Curtail at two pints, and 2,4-D at 1.5 to 2.0 quarts/acre. These herbicides will be most effective when the musk thistle is actively growing prior to a hard freeze. Tordon 22K is the best treatment when conditions are cool and dry.

For further information on herbicide use, consult EC 93-130, “1993 Guide for Herbicide Use in Nebraska”. This publication costs $2 and is available at the extension office. (BPO)