Nebline changes reflect new Extension priorities

Over the past several years Cooperative Extension has been changing in an attempt to better serve the needs of the public. Changes have been made at the national, state and local levels. Here in Lancaster County, the staff of the University of Nebraska Cooperative Extension went through several strategic planning stages to deal internally with the multitude of changes and to implement the changes into their plan of work.

In an effort to better reflect extension's mission, the Nebraska staff has added, deleted and updated some elements of the Nebline. One major change is the Priority Program Index on the front page. This index will list one article addressing each priority program. The articles will be accentuated by an easy to find icon preceding the text of the articles.

The priority programs are issue-based areas of work that have been identified by Extension as having the highest precedence. The priority programs are driven from the national level and are modified locally to best serve local clientele. (See page 11.) The priority programs for Lancaster County are:

Agricultural Competitiveness and Profitability
Natural Resources and the Environment: Children, Youth and Families; Nutrition, Food Safety and Quality; and Strengthening Lancaster County Communities.

Lancaster County's priority programs are derived from the state and national priority programs, based on the input from the Lancaster County Priority Focus Committee and the "Directions for the Future" workshops. The Priority Focus Committee broke into sub-committees and made recommendations to staff concerning the implementation of the priority programs in Lancaster County.

Other changes for the Nebline include the addition of two new sections, Environmental Focus and Community and Leadership Development. Also, regular section titles have been slightly changed. On-the-Grow is now the Horticulture section. Food, Families and Finance has been changed to Human Resources. The Cloverline is now a bi-monthly and the former Ag Update section has been renamed Rural Sense.

The Nebraska staff welcome any comments you would like to make about these changes or any other Nebline related topic. Send your comments to The Nebline, UNL Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507.

Minimizing groundwater nitrates

Dave Varner
Extension Educator

Many Nebraskans have questions about the impact of nitrate in their drinking water. Nitrate contamination of drinking water is a concern because of its potential affects to the health of humans and livestock. Water quality monitoring shows that groundwater nitrate levels are increasing in some areas of Nebraska.

Nitrogen is a basic part of our environment and is essential for living things. It is the nutrient most used for crop production and turf maintenance. However, excessively ingested concentrations of nitrogen-nitrate can be harmful to the health of both humans and livestock. Humans and livestock may ingest nitrate in the food or water they consume. Nitrate-nitrogen in groundwater may result from point sources of sewage disposal systems and livestock facilities as well as non-point sources of fertilized cropland, lawns and recreational turf or from naturally occurring sources of nitrogen.

Groundwater nitrate contamination problems are frequently blamed on the farm community. The reality is that we all contribute to this problem. Mismanaged waste disposal systems, excessive irrigation of crops and turf, and over application of nitrogen fertilizer sources all add to the problem. Potential contamination is greatly influenced by the local soil types, distance to the water table and fertilizer management.

Nitrogen Management Demonstration Sites

The University of Nebraska Cooperative Extension has been working very closely with Nebraskans to minimize the potential for groundwater nitrate contamination. In our efforts we will focus on the efforts underway in the rural community to reduce the nitrate contamination risk.

For the last four years, extension has placed considerable emphasis on cooperators to help local producers to assess their soil nitrate inventory and recommending nitrogen fertilizer rates for expected yield goals. This program has targeted the users of both commercial nitrogen fertilizer and municipal sewage sludge produced by the City of Lincoln.

Cooperators in the nitrogen management demonstration program take deep soil samples in each field. The cooperators then have the soil samples tested to determine the present quantity and location of nitrogen-nitrogen in the soil profile. This is the only way to know how much nitrogen is present. In dry years soils tend to accumulate nitrogen. In wet years, like the year of 1993, nitrate reserves are usually exhausted.

The University of Nebraska's soil test recommendation is based on the intended crop to be grown, soil type, organic matter content, cropping history and expected yield goal. This recommendation may range from not applying a fertilizer for a given growing season up to a full-rate recommendation requiring approximately one pound of nitrogen per bushel of expected yield.

Project cooperators agree to apply two rates of fertilizer. The rates include the recommended rate and the recommended rate plus 50 pounds. At fall harvest, the replicated strips of the two application rates are weighed and moisture is tested to determine yield differences. Typically, little or no statistically significant difference is detected among the two rates. This indicates that the University's fertilizer recommendations, based on deep soil tests, are sound and useful.

Best Management Practices (BMP)

Local producers also utilize several additional Best Management Practices (BMP) to reduce groundwater nitrate contamination risks. Many applicators have invested in control units that calibrate and meter nitrogen fertilizer to the crop on a consistently accurate basis. More producers defer applying nitrogen in the fall and put it on in the spring to reduce leaching potential.

Chemigation allows irrigators to "spoon feed" nitrogen to their crops in 30 to 50 pound increments. This procedure ensures that only the required quantity of nitrogen is applied each year based on crop and climatic conditions. The newest technology available is the chlorophyll meter which measures the leaf chlorophyll intensity and assists the producer to determine when nitrogen fertilizer is required.

Cooperative extension staff has been working with the City of Lincoln to utilize municipal waste as a nitrogen/phosphorus fertilizer source on feed grain crops. This effort is looking very promising and will provide an environmentally sound use of the waste instead of placing it in the Lincoln/Lancaster County landfill.

What Are The Risks?

A very big question about the groundwater nitrate level is exactly what are the risks? In 1962, the U.S. Public Health Service adopted drinking water standards with 10 mg/L NO3-N (10 ppm) established as the recommended limit of nitrate nitrogen. The Environmental Protection Agency has set the limit to 10 mg/L NO3-N (10 ppm) in order to protect human health. The recommended limit of nitrate nitrogen for livestock is 50 mg/L NO3-N (50 ppm). The Environmental Protection Agency has set the limit to 10 mg/L NO3-N (10 ppm) in order to protect human health. Animals can ingest lower concentrations of nitrates than humans and livestock. Water they consume. Nitrate-nitrogen in groundwater may result from point sources of sewage disposal systems and livestock facilities as well as non-point sources of fertilized cropland, lawns and recreational turf or from naturally occurring sources of nitrogen.
Strawberry plants need winter care mulching

Strawberry plants have already formed their flower buds for next spring. These flower buds cannot stand temperatures below 20 degrees Fahrenheit, so you should consider mulching. Apply any coarse mulch, such as straw, to a depth of three inches. This mulching blanket will help protect the berries through the winter. Snow cover can act as mulch and protect your strawberry crop. You may uncover the plants if there is a warming trend forecasted after you have applied the mulch. (MMJ)

Growing cactus from seed

Growing cacti from seeds is a challenging and rewarding experience. Many cacti that are not easily propagated from cuttings are usually started from seed by commercial growers. Use a fairly porous potting soil to start cactus. Cacti seeds cannot germinate and survive in pure sand. The mixture should be two parts sand, one part peat moss and one part potting soil. This soil mixture should be pasteurized for one hour at 180 degrees Fahrenheit. Seedling should not take place until the soil has been cooled and thoroughly aired.

Cacti seeds may take a few days to a few months to germinate. As plants develop, transplant them from the seed bed to a pot just large enough to contain the root system. Gradually place them in full sun and allow plants to dry between waterings. (MMJ)

Ornamentals trees in the landscape

Shade or flowering trees can be chosen to fulfill many landscape needs. These trees are used to frame the front view of a home, offer background for the setting of the home, provide shade, a windbreak and probably most importantly to provide beauty. Large shade trees include: Kentucky coffee tree, hackberry and ginkgo plus many varieties of ash, oak, linden and maple. These trees may attain a height of 50 feet or more and are primarily used for specimen trees, on acreages, as background materials or windbreaks.

Large flowering trees include: tulip tree, Japanese pagoda tree, golden rain tree and fothergilla varieties of crabapple. These can be used as specimen plants for framing larger homes or the background of smaller homes. Small flowering trees that have a variety of uses include: flowering crabapple, flowering plum, mountain ash, magnolia, redbud and lila.

A smaller lot, with very little ground. Cover the ground. Use video segments and panel discussion to prevent winter injury or possible death. (MMJ)

Aloes fun & easy to grow

The true aloe, or medicine plant, is ideal for people who tend to forget to water their houseplants. The aloe prefers cool daytime temperatures, around 70 degrees Fahrenheit, with a nighttime temperature of 50 to 55 degrees Fahrenheit. Aloes prefer full sun and well-drained soil. They should be kept barely moist as saturated soil conditions will lead to root-rot diseases. Healthy specimens produce spectacular red, yellow or orange blossoms under outdoor conditions. This is unfortunate for the Nebraska indoor gardener, as these blossoms are most often produced in winter when the plants would be indoors. Aloes may be propagated from offsets at the base of older plants. The young plants should be removed and potted in appropriately-sized pots. (MMJ)

Harvesting winter squash

Cut the squash from the vine, leaving three to four inches of the stem on the fruit. Be careful not to bruise the fruit any time during curing and storage. To cure winter squash, set them in a warm, dry location at approximately 75 to 85 degrees Fahrenheit. Do this for two weeks, so the rinds can harden. Winter squash should be stored in a warm, dry location of 50 to 60 degrees Fahrenheit. The squash will keep up to five months. Although acorn squash is a winter squash, it should not be cured or stored in this way. Acorn squash should be kept cool at 32 to 40 degrees Fahrenheit and in a moist storage area. (MMJ)

Winterizing your roses

Hybrid teas, floribundas, grandifloras and climbing roses need protection from low temperatures and rapid temperature changes to prevent winter injury or possible death. Bush-type roses are protected by hilling or mounding soil around the base of the plants. Begin by removing all leaves and other debris from around each plant. Use twins to loosely tie the canes together to prevent excessive whipping of the canes by strong winds. Make small slits a few inches around the canes. Place straw or shredded leaves over the ground for additional protection.

If styrofoam rose cones are used, prune the bushes to allow the cones to be placed over the plants. mound six to eight inches of soil around the base of the plants. Place the cone over the rose, securing it with bricks or other heavy objects. Small holes or slits should be placed in the top of the cones to provide ventilation. Providing winter protection is more difficult for climbing roses. The cones must be removed from the trellis and carefully placed over the ground. Cover the cones with a few inches of soil and mulch or straw. Winter protection is best in place in mid-November; materials should be removed before early growth in the spring. (N.M.)
Are your nitrate levels too high?

If excessive nitrate-nitrogen is present in your water supply, you have the option of making a choice of options: using an alternative water supply or use some type of treatment to remove the nitrate-nitrogen.

Home water treatment equipment for nitrates can be a little confusing. Nitrates can only be removed from drinking water by three methods: distillation, reverse osmosis and ion exchange. Home water treatment equipment using these processes is available from several manufacturers.

The distillation process involves heating the water to boiling and condensing the steam by means of a metal coil. Up to 99 percent of the nitrate-nitrogen can be removed. Merely boiling water will increase rather than decrease the nitrate content.

Pure water is obtained by collecting and condensing the steam generated as the water boils. In the reverse osmosis process, pressure is applied to the water force it to filter through an extremely fine membrane. As the water passes through, the membrane filters out more than 99 percent of the nitrates. Special ion exchange resins are used to exchange chloride ions in the water for sodium ions. A water softener does not remove nitrate-nitrogen.

Income tax rules are always changing and confusing. This year, new provisions of the Budget Reconciliation Act of 1993 and disaster provisions are making the completion of federal income tax forms more challenging.

Budget Reconciliation Act of 1993 and disaster provisions are making the completion of federal income tax forms more challenging. The Department of Agricultural Economics and the Nebraska Farm Business Association are presenting a Satellite Videoconference, Income Tax Management for Ag Producers, to provide guidance in completing this year’s IRS forms. The program will be broadcast Tuesday, November 16, 10 a.m. CST/9 a.m. MT at the Lancaster Extension Center, 444 Cherrycreek Road.

The panel of experts will discuss earned income tax credits, personal casualty losses, business losses, disaster payments and general tax planning considerations. The panel will consist of Gary Bredensteiner, director, Nebraska Farm Business Association, UNL; Esther Guertin, IRS taxpayer educator, Omaha; Jan Mumm, certified public accountant, Creco and Frank Gaines, IRS revenue agent, Lincoln. Viewers will have the opportunity to have their questions answered by the panel during the call-in segments of the program. An on-site tax preparation firm will also be available to answer questions from the audience.

A $10 fee will be charged. Viewers with their own satellite dishes can downlink for the same fee. For more information, call University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (DF)

Costs may outweigh benefits

Evaluate compaction before subsoling

Use of heavy equipment and soil preparation during the wet spring are to blame for the increased incidence of soil compaction in eastern Nebraska this year. Subsoiling is one way to alleviate soil compaction; however, several factors need to be considered before deciding to go with subsoling.

First, determine the severity of any compaction and how deep it extends into the soil. This can be done by “feeling” the soil with a probe, a spade or a cone penetrometer. It is also helpful to dig holes in both compacted and noncompacted areas of the field and examine the soil and plant roots in each. The Extension NebGuide, Identification of Soil Compaction and Its Limitations to Root Growth (G67-831) has more information on this and is available from the University of Nebraska Cooperative Extension.

When properly done, subsoling usually results in increased pore space and infiltration rates and less resistance to root penetration. Unfortunately, this does not always translate into increased crop yields. In fact, corn belt research indicates that there is a yield effect from subsoling.

A recent study in eastern Nebraska showed that the extra cost ($12-$15 per acre) of subsoling required about a 6 bu/ac increase for corn and a 3 bu/ac increase for soybeans over a three-year period (1987-1989) to break even with the extra cost of the treatment. The results of this study suggest that yields may not be expected from subsoling when yields are greater than 125 bu/ac for corn and 30 bu/ac for soybeans.

If it is determined that soil compaction impedes root growth, deep tillage may be of some benefit. Depending on the condition of compaction, a moldboard plow, chisel plow or a subsoiler can be used to break up the compacted layer. The common V-shaped subsoilers loosen the soil to about 20-inch depth and require around 30 PTO-HP per shank. It is recommended to till the soil about 1.5 times deeper than the compacted layer. The best time to subsol is when the soil is dry enough, i.e., in the fall, to shatter and till the soil.

Subsequent tillage and wheel traffic can quickly eliminate any benefits from subsoling. Minimize wheel traffic and possibly restrict it to permanent lanes or row middles as in ridge-till. This requires the use of equipment that is able to work behind the planter.

It is commonly said that the best cure for a problem is to prevent it from happening in the first place. It may not be possible to avoid soil compaction altogether, but many measures can be taken to minimize its magnitude.

These measures are described in the NebGuide (G69-496) entitled Management Strategies to Minimize and Reduce Soil Compaction.

To minimize or avoid soil compaction problems:

• Avoid tillage and wheel traffic on wet soils
• Collect subsoling depth from year to year
• Restrict wheel traffic to permanent lanes
• Reduce tillage and wheel traffic as much as possible
• Have lighter vehicles whenever possible
• Build up soil organic matter
• Rotate crops. (DV)

The NEBLINE

November 1993

Production

NSFGPP enrollment opens

Local farmers are invited to join the Nebraska Soybean and Feed Grains Profitability Project (NSFGPP) during November, and early December. The project, which enrolls 22 producers in Otoe and Cass coun-

tries from soybeans, ghans is the goal of panel discussions, production, man-

ning strategies that have achieved in three major com-

munity on records of corn, individuated on-farm

PF]

Crops

Crop pest management update scheduled

The 1993 Crop Pest Manage-

ment Update Conference will be November 30 to December 1 at the Ramada Inn in Kearney. This year’s conference will be designed to provide professional pest managers with the latest information to help them reduce pest losses to the crops of their clients. The intended audience includes crop consultants, farm managers, commercial and aerial applicators, dealers, fieldmen, agronomists specialists and representatives of government agencies that work with crop production.

Contact Dave Varn of 441-7180 for further information or to obtain a program flyer. (DF)

Pricing this year’s silage

This was not a good year for the production of row crops. Grain sorghum yields in Lancaster County are the worst in years and corn is not the greatest. Quality hay also has been lackluster; therefore, more producers are harvesting their corn into choppers vs. silage. Producers with a cattle enterprise can use this feed; however, the silage processor may have to contact cattle producers to sell their product-bringing up the price of the crop. Arriving at fair and equitable prices for silage requires judgment and attention to detail. The amount of grain and the amount of moisture in the silage has a major influence on its feed value. This can increase the accuracy of silage pricing.

The first judgment factor is the quality of the crop as it was taken from the field. When considering the price paid for corn silage: take into account the value of the corn grain in a ton of silage, the quality of the silage, the extra cost of harvesting and hauling the silage. A buyer and seller may agree on establishing a value for corn grain. This is based on the

Please turn to Silage: page 12
Uses for leaves and grass clippings in your garden and landscape

Instead of looking at leaves, grass clippings and other garden debris as waste, recycle them in your yard. You can recycle yard and garden debris right back into your property. Even more, you can recycle it in ways that will benefit plants and the environment.

1. Leave grass clippings on the lawn when you mow. They decay quickly, recycling their nutrients back into the soil. Clippings left on the lawn seldom add to thatch buildup. If you leave clippings on your lawn, they will decompose faster, releasing nutrients back into the soil. However, if you are concerned about thatch buildup, the Nebraska Department of Environmental Quality (NDEQ) recommends that the open dump be covered with at least two feet of soil (sloping in a way that water drains away from the site and not into the perennial grasses on the fill site).

2. If you remove grass clippings when you mow, you can add them to the compost pile, or use them as mulch in the vegetable garden or beneath landscape trees and shrubs. A mulch cover conserves soil moisture, helps keep weeds out, moderates soil temperature, reduces soil compaction, keeps mud from splashing up into plant leaves, fruits and flowers, and provides nutrients while slowly decaying.

3. Dig leaves and grass clippings, along with garden debris, if it isn’t diseased, directly into flowerbeds, vegetable and waterline of a water way; a permit may be required from the Corp of Engineers. The Kearney Regional Office of the Corp of Engineers' phone number is (308) 234-1401.

4. Another exception is the use of tinfoil or ferrous objects or breakout stabilization. Any bank stabilization must be done in accordance with Title 117: Nebraska Surface Water Quality Standards which are applicable to the Federal Government.

5. Please turn to Dumps: page 10

Recycling gets down to business

Today’s business management is all about the waste stream is a mainstream business issue. According to a recent Wall Street Journal-NBC News poll, three out of four registered voters have changed the types of products that they use and buy because of environmental concerns. Along with many consumers and environmentalists, business owners are adopting the "3 Rs" of environmental consciousness: reduce, reuse and recycle. There are many ways to inject more "green" into a business by recycling. Some suggestions include:

- Keep a basket for one-sided turn to Recycling: page 10

3. Chip, tree and shrub prunings to make an excellent mulch material for landscape plants. You can purchase concrete, soil, brick and other inorganic materials for streambank stabilization or are within the high waterline of a water way; a permit may be required from the Corp of Engineers. The Kearney Regional Office of the Corp of Engineers' phone number is (308) 234-1401.

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Turning your hobby into a business

Don Miller
Extension Educator

Have you considered turning your hobby into a home-based business? Many individuals are doing just that, and finding that they can turn it into a profitable family business.

We have a family friend who trains dogs as a hobby. This hobby requires traveling to large dog shows, and purchasing and maintaining show equipment by air is inconvenient. Carrying dog jumps and other show equipment down small aisles can be quite difficult. Other dog handlers admired his equipment and asked him to build them a set. The next thing he knew, he needed two other people to help him make dog show equipment. Of course, the family garage was now too small.

Opportunities like this exist for many home-based craft businesses. A conservative estimate in 1987 placed the number of persons actively producing and marketing crafts at 7,500. Nearly all craft businesses are home-based.

A survey of a Nebraska study of female home-based business owners, who produced textiles and apparel, showed that obtaining additional income and being able to work at home are the main reasons for starting a home-based business. Locating a business in the home was particularly critical for females in rural areas where future employment opportunities and access to child care were limited.

In the Malcolm area, the total number of extra income leads many craft producers to start businesses. However, crafters experience a variety of difficulties in sustaining their businesses. Poor pricing strategies by many craft producers results in low profits. Marketing problems can surface related to supply and demand. In some communities that have a supply of crafts may exceed local consumer demand.

Another problem is the crafters' limited knowledge of a target market. Some people sell all they make, while other people's items remain unsold.

The history of craft production, for the midwestern tourist market, is built upon the foundation of home-based craft producers extending back into our country's history. Initially these crafts served primarily domestic needs, but eventually production was increased to serve outside market demands as well. Examples included: rag rugs, quilts, wooden furniture and tools, stone ware crocks and mugs.

The 19th Century Industrial Revolution changed the picture of home-based craft production. Lower-priced manufactured goods replaced home-produced ones, leading to a decline in domestic production.

By the 1980's, the tourism market for crafts had developed into a dynamic system of exchange of craft products, craft producers, craft retailers, and tourist consumers of crafts. Among other things, craft producers must consider the following when turning a hobby into a home-based business:

- **Profitable Businesses**: Profits for starting a home-based business are limited. Many crafters experience a variety of difficulties in sustaining their businesses. Poor pricing strategies by many craft producers results in low profits. Marketing problems can surface related to supply and demand. In some communities that have a supply of crafts may exceed local consumer demand.

- **Tourism Trend**: In a rural area is not necessarily a deterrent to success. Findings from a study of successful craft producers in Iowa indicate that among those who are successful, 50% lived in rural areas with populations under 2,500 and 75% lived in communities under 50,000.

- **Retail-Based Research**: Retail-based research to guide small businesses, but retailers' knowledge of local residents' buying habits cannot be generalized to vacation visitors.

Crafts and other objects purchased during a vacation are often cited by owners as among their most valued possessions. Crafts or other souvenirs are tangible evidence of the travel experience and symbolic reminders of interesting finds at the "Nor" or of experiencing realities of everyday life. Among international travelers, textile crafts are valued as reminders of an "ethnic" shopping experience, of the people and the cultures that are encountered during travel.

The newly-formed Malcolm Business Association recently elected Paul Magee, president, Loretta Asche, vice president, Jo Peterson, secretary; Ilene Fry, treasurer and Carlene Sullivan, publicity director. The Malcolm Business Association conducted a community awareness and organizational development workshop for North- west Community Church. The product and services produced in the Malcolm area were displayed at the Malcolm Business Association meeting. If you would like to see a community goals workshop in your community, contact Don Miller at 441-7180. (DM)

Malcolm forms business association

The newly-formed Malcolm Business Association recently elected Paul Magee, president; Loretta Asche, vice president; Jo Peterson, secretary; Ilene Fry, treasurer and Carlene Sullivan, publicity director. The Malcolm Business Association conducted a community awareness and organizational development workshop for Northwest Community Church. The product and services produced in the Malcolm area were displayed at the Malcolm Business Association meeting. If you would like to see a community goals workshop in your community, contact Don Miller at 441-7180. (DM)

Community development grants

Grants are for the 24-month period beginning October 1, 1993. Grants must be matched on a one-to-one ratio. The maximum grant size will be $100,000 per community. (DM)

Community & Leadership Development

November community profile - Raymond, NE

Each month a rural community in the Lancaster County trade area will be profiled. Community profile information was submitted this summer by each rural community. Our first community to profile is Raymond, Nebraska.

Don Miller
Extension Educator

Population
Year Number of People
1970 190
1980 192
1990 186

Village Utilities
Electricity - Norris Public Power
Water - Municipal Supply
TV - Douglas Cable (10 channels)
V - Local (four channels)

Recreation Facilities
Tennis courts, ball park, picnic and camping plus Branch
Oak Lake recreation areas

Local Organization
Contact
Community Committee
Raymond Woman's Club

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Reducing your stress may help you enjoy the holidays.

Coping with holidays may take extra effort for some people. Holidays can be stressful times. Because so many things need to be done, we often let the pressure of those extra preparations spoil the event.

To reduce the tension, pressure and frustration that may result in stress on holidays, here is some advice:

1. Set priorities - first things first! Ask yourself, "What am I doing that doesn't have to be done?"
2. Don't plan to do more in a day than time and energy will allow.
3. Learn to share responsibilities with other family members, and don't feel guilty about it.
4. Avoid being a perfectionist or a super individual. Holidays should be expected to do everything.
5. Recognize what can be changed and what cannot, and don't worry about the latter.
6. Remember that attitudes and habits are developed day by day, and one hard - often impossible - to change.
7. Be realistic about the demands and expectations you place on yourself and others.
8. Develop a hobby or diversion to get your mind off things that bother you.
9. Allow time for yourself each day, private time to do personal things that are not tied to others or a timetable.
10. Enjoy the holidays in new and creative ways. Let the family fix dinner for you...have fun.

Remember, the holidays are for everyone; so make it special, with love and care, by spending time with your family. It is important to take out all of the stuffing, gravy within 1-2 days, or freeze these foods.

---

**Turkey Basics from USDA**

**BUYING A TURKEY**

- **FROZEN**
  - Buy any time but keep frozen until 1-2 days before cooking.
- **PRE-STUFFED**
  - Buy 1-2 days before cooking. DO NOT buy PRE-STUFFED.

**REFRIGERATED (40°F)**

- Roughly 24 hours per 5 pounds
  - 8 to 12 pounds

**THAWING TIME IN THE REFRIGERATOR (40°F)**

- Roughly 30 minutes per pound
  - 8 to 12 pounds
  - 12 to 16 pounds
  - 16 to 20 pounds
  - 20 to 24 pounds

**THAWING TIME IN COLD WATER**

- Check manufacturer's instructions for the size turkey that will fit into your sink. The instructions will usually be between 1-2 days and 4-5 hours.

**THAWING TIME IN THE MICROWAVE**

- Place turkey breast-side up on a rack in a shallow roasting pan. Insert meat thermometer in thigh. Do not add water. Cover turkey with loose tent of heavy-duty aluminum foil. Remove foil 20-30 minutes before roasting is done.

**TURKEY STUFFING**


**ROASTING A TURKEY**

- **WEIGHT (pounds)**
  - 4 to 8 pounds
  - 8 to 12 pounds
  - 12 to 16 pounds
  - 16 to 20 pounds
  - 20 to 24 pounds

**TEMPERATURE**

- 165°F in thigh
- 180°F in breast

**STORING YOUR LEFTOVERS**

- Leftover turkey and stuffing will keep within 3-4 days; gravy within 1-2 days; or freeze these foods.

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**Selective shopping tips**

To be a selective shopper, you should:
1. Start with a shopping list, and stick to it.
2. Be picky about packaging: Buy recyclable packaging.
3. Avoid over packaged products.
4. Buy in bulk quantities or economy-size packages.
5. Avoid disposables by buying reusable alternatives.
6. Keep a supply of grocery and produce bags in your car for your next shopping trip.
7. Consider whether your purchase really needs to be bagged.

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**Carole’s comments**

As I write this, we are in the middle of the fall harvest season and everyone is very busy. So, I want to thank all of you who are sending your reports for your hard work and are very necessary. The state and national associations need to know what we have done so that they can plan for the future.

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**Human Resources**

**Holiday helplines**

Several toll-free holiday helplines are available this year to answer last-minute holiday preparation questions. Here are the numbers of ones that we've received. (Times have been converted to central standard time.)

For copy of additional toll-free numbers of companies and organizations providing food-related information year round, send a self-addressed, stamped envelope: Food Hotlines: c/o Alice Henneman, UNL Cooperative Extension in Lancaster County; 444 Cherry creek Road; Lincoln, NE 68528-1507.

- **USDA Meat & Poultry Hotline**
  - 1-800-535-4555

- **Expanding hours:** Begin November 1 8 a.m. to 4 p.m. Also available November 20 and 21, weekend prior to Thanksgiving. Thanksgiving Day: 7 a.m. to 1 p.m. Back to regular (9 a.m. to 3 p.m.) hours on December 1.

- **Butterball Turkey Talk-Line**
  - 1-800-323-4848

- **Reynolds Turkey Information Line**
  - 1-800-745-4999

- **November 1 - November 24, Monday through Friday, 8 a.m. to 8 p.m.**
- **November 20 - 21, Weekend prior to Thanksgiving, 8 a.m. to 6 p.m.**
- **November 25, Thanksgiving Day, 6 a.m. to 6 p.m.**
- **November 26 - December 23, Monday through Friday, 8 a.m. to 8 p.m.**

- **For general holiday baking tips:**
  - Land O'Lakes Holiday Bakedline
  - 1-800-782-9660

- **November 1 - December 24, 24 hours, 6 a.m. to 6 p.m.**

- **Home economists will answer holiday baking questions.**

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**The Nebraska Land O’Lakes**

November 1993

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**Storing leftover turkey**

So far, so good. You bought the kind of turkey you wanted because you read the label. You thawed it properly and cooked it according to the directions. Now, what do you do with the leftovers?

Handling cooked turkey incorrectly can result in food poisoning. Think of the post-cooking stage as a countdown when you take the turkey out of the oven. From that time, you have approximately 2 hours left to serve it. If you refrigerate or freeze the leftovers - the turkey, stuffing, gravy, and leftovers - the latter can spoil quickly. So, use these guidelines:

1. Keep a supply of grocery and produce bags in your car for your next shopping trip.
2. Consider whether your purchase really needs to be bagged.
3. Avoid disposables by buying reusable alternatives.
4. Buy a supply of grocery and produce bags in your car for your next shopping trip.
5. Consider whether your purchase really needs to be bagged.

---

**Buy recyclable packaging.**

- Buy bulk quantities or economy-size packages.
- Avoid over packaged products.
- Buy in bulk quantities or economy-size packages.
- Avoid disposables by buying reusable alternatives.
- Keep a supply of grocery and produce bags in your car for your next shopping trip.
- Consider whether your purchase really needs to be bagged.

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**Selective shopping tips**

To be a selective shopper, you should:
1. Start with a shopping list, and stick to it.
2. Be picky about packaging: Buy recyclable packaging.
3. Avoid overpackaged products.
4. Buy bulk quantities or economy-size packages.
5. Avoid disposables by buying reusable alternatives.
6. Keep a supply of grocery and produce bags in your car for your next shopping trip.
7. Consider whether your purchase really needs to be bagged.

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**Christmas gifts needed**

- There is always a need for helping the less fortunate, especially around the holiday season.

Elliot School Headstart program is in need of over 300 gifts for three and four year olds. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc. are needed.

If gifts are wrapped, please indicate what you did with the wrapping paper ($3 recommended), and if the gift is for a boy or girl. Gifts are needed by December 1.

For more information contact Lorene Bartos, extension educator at 441-7180. This is an excellent community service project for FCE and 4-H clubs. Individuals may also participate.

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EFNEP teaches the importance of eating right for two

We now know better. Seventy changes include:

- Higher birth weight for babies born too small (less than 5 pounds at birth).
- Improved chances of having a healthy baby.

EFNEP is a government program that helps economically disadvantaged families teach their children to eat healthier. Parents who participate in EFNEP can learn how to prepare healthy meals on a limited budget.

To help a developing baby get the nutrients and energy it needs to grow, the mother needs to eat a healthy, well-balanced diet of foods that contain adequate amounts of protein, vitamins, and minerals. To protect against scurvy, the doctor regularly during pregnancy. It's important to see your doctor regularly during pregnancy. It's important to see your doctor regularly during pregnancy.

- Never place your child in a bathtub or sink while you are away from the water.
- Supervise children in the bathtub. Young children can turn water on and off by themselves.
- Prevention tips for boiling water:
  - Never boil water if it is cloudy or cloudy.
  - Never boil water for longer than 10 minutes.
  - Never boil water if it is cloudy or cloudy.
- Prevention tips for choking:
  - Any object less than 1.25 inches in diameter is unsafe for children under three years of age.
  - The most common choking hazards include: hot dogs, candy, nuts, grapes, coins, beads, jacks and small balls.

Nebro Kids Association of Family and Community Education thrust for 1994 is literacy

Statistics on literacy of adults in the United States are very alarming. A national survey conducted by the government indicates 50% of the people in the United States have limited literacy skills. Seventeen million of the United States do not have enough skills to use a calculator to add two numbers or read directions. Start now to help your part to encourage reading and increase literacy skills in your community.

How to be happy

- Give something away (no strings attached).
- Laugh often (it's life's lubricant).
- Look intently into the face of a baby (and marvel).
- Spend time with the young (your experience is priceless).
- Pray (so you don't lose your way).

Plan as though you will live forever (you will enjoy life more).

How to remove grease

- Place the paper pattern on a dry ironing surface. Unravel the garment, smooth and pin to the pattern. Dry away from sunlight and direct heat.
- Soak for three to five minutes. Squeeze gently; do not twist, wring, scrub or agitate. Rinse twice in clean, warm water. Gently squeeze out excess moisture. Roll the garment between two towels; let it rest for a few minutes. Place the paper pattern on a dry ironing surface. Unravel the garment, smooth and pin to the pattern. Dry away from sunlight and direct heat.
- Soak for three to five minutes. Squeeze gently; do not twist, wring, scrub or agitate. Rinse twice in clean, warm water. Gently squeeze out excess moisture. Roll the garment between two towels; let it rest for a few minutes. Place the paper pattern on a dry ironing surface. Unravel the garment, smooth and pin to the pattern. Dry away from sunlight and direct heat.

How to care for woolens

- Clean wool garments regularly, following the care label instructions. Garments marked "dry clean" should be taken to a professional dry cleaner. For washable wool, use warm water, cold water and mild detergent. Never use chlorine bleach. For those marked "hand wash," use a gentle detergent and a non-clinical bleach, if necessary. Tumble dry on a low setting or line dry on a shaped hanger. For washable woolens, stroke the directions by using a pinning or inconspicuous spot. To treat stained clothing, sponge the area with water. Rinse the stain with cold water and add a small amount of liquid laundry detergent. Rinse. Let the stain dry, then brush and sponge with soap and water.
Take time to vote for 4-H Council

In 4-H, life skills are learned by participating in projects, workshops, demonstrations and by serving in leadership roles throughout the 4-H program and beyond. We look forward to the examples and contributions of the other adult role models.

The 4-H Council is responsible for providing educational opportu­nities that will enhance the develop­ment of today's youth. In order to truly "make the best better," it is important to focus on more than the showmanship rewards and objectives of the 4-H program. The 4-H Council makes a difference by providing learning experiences in a climate that helps young people become the best they can be.

The 4-H Council consists of an equal number of youth and adults who share the leadership roles within the council. Members of the council are expected to regularly attend 4-H meetings, represent community needs and concerns to extension staff, follow through on committee project plans, and provide leadership roles.

Voter Declarations: I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.

Name: ____________________________
Address: __________________________
City: ____________________________ Zip Code: ________
(Signature will be separated from ballot by election clerk)

1994 Official Lancaster County 4-H Ballot

Biographical information on candidates listed below

Lincoln Youth—vote for one

☐ Tim Byrne
☐ Tara Kruce
☐ Russell Princ
☐ Aaron Scheper
☐ Robin Stearley

Lincoln Adult—vote for two

☐ Carolyn Baily
☐ Penny Carrioto
☐ Kit Dimon
☐ Suzanne Kruce
☐ Kris Miller
☐ Pam Stearley

Lincoln Youth—vote for one

☐ Tim Byrne
☐ Tara Kruce
☐ Russell Princ
☐ Aaron Scheper
☐ Robin Stearley

Lincoln Adult—vote for two

☐ Carolyn Baily
☐ Penny Carrioto
☐ Kit Dimon
☐ Suzanne Kruce
☐ Kris Miller
☐ Pam Stearley

Southwest Youth—vote for one

☐ Mike Gropp
☐ Jayme Grundman

Southwest Adult—vote for one

☐ Deb Reddish
☐ Gwen Thorpe

Biographical information

Tim Byrne—17 years old, Lincoln East High School, active on 4-H horse VIPS, 4-H Ambassador and current 4-H Youth Council member, Nebraska Quarter Horse Youth Association, Lancaster County Health Department volunteer.

Sarah Scheper—8 years old, 4-H member, 16 years old, honors roll student, has participated in water polo, swim team, president of Teen Council and Lancaster County 4-H Shooting Sports Club, junior leader, various VIPS committees, member of state vegetable judging team, chaperon for band in 1993, member of Southgate Methodist Church.

Carolyn Baily—11 year 4-H project & organizational leader, county-wide dog club, superintendent and co-supersintendent at fair, AKS judge at county fairs, Comhusker Kennel Club—organizational work, Luthersham Church member.

Penny Carrioto—8 year 4-H leader, 4-H Club fund raising, Rock Cafe for 4-H fund raising, former Sunday school teacher (20 years), teaching head start.

Kit Dimon—11 years of 4-H involvement, county fair judging contest—superintendent & secretary, horse VIPS chair, western show superintendent, Junior League, Art Association, Heritage Room at library fund raising chair, UNL Art & Science Board, Lincoln Public Schools Foundation board member, UNP Parent Advisory Board, Nebraska Art Association, garden club, Nebraska State Arboretum, Lincoln Friends of University.

Suzanne Kruce—7 year 4-H club parent, 6 year VIPS member, 5 year assistant superintendent at fair, FFA member, Sunday school teacher for 4 years, colorleader for Girl Scouts for 11 years, 9 years 4-H scout youth, Lincoln Northeast Rocket Boosters, committee leader for fund-raised, lived on Indian reservation for 6 years and had a multi-cultural day camp, wildlife rescue for 3 years, ARSIA Rabbit Club—3 years.

Kris Miller—2 year 4-H leader, Make-A-Wish Foundation, Lincoln General Auxiliary, member of Westminister Presbyterian Church, parent sponsor for varsity baseball, two children in high school.

Pam Stearley—7 year 4-H leader, cat VIPS committee for 2 years, music contest VIPS committee, assistant superintendent for table setting contest, judge assistant for county and state fairs, Altar Society, crafts committee, Holiday Fair.

Kala Ball—7 year 4-H member, 16 years old, FFA, VICA, art club, 4-H club leader for 5 years, Teen Council, Lancaster County Shooting Sports Club for 2 years (secretary this year), Clean-A-Mile, Kiwans Karnival, CCD for 9 years and 3 years CCD stocking, church choir, church band for 3 years, caroling with choir.

Analis Prior—8 year 4-H member, 16 years old, CWRF trip - 1993, 4-H Ambassador swim team, Northeast Rocket Band, select girls choir, speech team, houses these Japanese students many times, junior leader, has led own club, helped with practice only if properly complete, with modeling day, youth group, teen volunteer at St. Elizabeth Hospital.

Southwest Youth—vote for one

☐ Mike Gropp
☐ Jayme Grundman

Southwest Adult—vote for one

☐ Deb Reddish
☐ Gwen Thorpe

Mike Gropp—7 year 4-H member, 15 years old, band, jazz band, Junior high choir & swing choir, FFA (treasurer), Colt Conference with FFA, rifle & trap - 3 years CWRF 1993, 4-H club officer, St. John’s Luther- L Yah.

Jayme Grundman—7 year 4-H member, 16 years old, vice president speech & drama club, Mock Trial, school plays, choir, 1 art plays, treasurer of junior class, club officer for 5 years, CWRF 1993, State Speech Contestant - 1993, helped with Kiwans Karnival, county & state fairs, helped with ice cream social, church youth group, taught bible school for 3 years.

Deb Reddish—6 year 4-H project leader, helped at Kiwans Karnival, county fair, Clean-A-Mile, wrestling booster, coach, 4-H ambassador, school fundraising for school activities, secretary on school board, church youth group, 4-H club officer, weekend booster, school volunteer.

Thank you
Aaron Schepers and his family wish to thank everyone for all the cards, thoughtful gifts and prayers extended to Aaron after his accident this summer. His recovery has been slow, but we see great progress. He will be leaving the Madonna Rehabilitation Hospital soon and returning home. We are looking forward to this move. A tutor from Lincoln Public Schools has been helping Aaron with his school work. He has a full schedule plus daily therapy. He has been up walking short distances in 30-40 feet with the assistance of a wide-base cane.

Attention: all 4-H leaders

Once again, 4-H clubs are reorganizing and new groups are forming for Fall. As a 4-H leader, you need to keep up to date on all kinds of information. We are here to help!!

Leader training is available throughout the fall and winter. Leader training is not only for “new” leaders, but any leader who wants to review what they do and ask questions. Leaders are very relaxed and most helpful to everyone involved. Listed below are the training dates and times:

Part 1:
* Tuesday, November 30, 9:00 a.m. and 7:30 p.m.
* Tuesday, February 22, 1994, 9:00 a.m. and 7:30 p.m.

Part 2:
* Monday, January 10, 1994, 9:00 a.m. and 7:30 p.m.
* Monday, March 7, 1994, 9:00 a.m. and 7:30 p.m.

Part 3:
* Thursday, May 19, 1994, 9:00 a.m. and 7:30 p.m.

All meetings are held at the Lancaster Extension Conference Center. Write the extension office for further details on how you can watch leader training on CableVision. For further information, please call the extension office. (AMM)

The story about Everybody, Somebody, Anybody and Nobody

“This is the story about four people, Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody thought Somebody would do it. Anybody could have done it but Nobody did it. Somebody was not just as good as Everybody’s job, Everybody knew Anybody could do it but Nobody realized that Everybody wouldn’t do it. So Everybody blamed Somebody when actually Nobody asked Anybody.”

How many times do we run into this problem? Things don’t get done because no one wants the responsibility. But being a responsible teen leads to being a good teen leader. In 4-H, we have a number of leaders, besides club leaders. Teens who make the time and effort to help younger 4-H members utilize their abilities are on the right track.

The 4-H program offers many opportunities for teens to explore and develop leadership skills. By being a junior leader in your 4-H club, you will serve as a leader for young 4-H members. As a camp counselor, you will not only meet new people from across our extension district, but also teach and help your 4-H members enjoy the camping experience. Teen Council provides many opportunities for teen leaders to help build and promote the 4-H program while investing quality time in their own skills. As a 4-H Ambassador, you will be a “public relations” staff of the 4-H program in Lancaster County. The 4-H Council also has teen members who hold officers’ positions and help to make various decisions. There are many ways to be a leader—not only at the county level, but the state and national level too. If you want to be a “somebody” that can be a leader, call the extension office for more information. (AMM)

4-H Projects

Have you taken the time to check out the 4-H engineering and mechanics project areas lately? They just may have some of the most interesting practical projects that 4-H has to offer.

Electricity and small engines are two that come to mind. How many of you don’t use electricity or gasoline engines. Not very many, I’m sure.

The 4-H electricity project starts out at a very basic level with Unit I. Unit II Magnetism becomes more involved and applicable with Unit III Working With Electricity.

Stop in and check it out!! (DS)

What: State 4-H Leaders Forum When: January 28 & 29, 1994 Where: Grand Island, NE Who: You—anyone interested and involved in the 4-H program Why: To provide new and educational information to 4-H leaders

Please send to University of Nebraska Cooperative Extension in Lancaster County 444 Cherryvíc Road, Lincoln, NE 68528-1507

Name
Address
Phone
Club
Years in 4H

Special interests in program

Contests and awards

Listed below are various scholarships and contest information.

The Nebraska Fair Managers Association has two $500 scholarships for 4-H’ers. (one boy and one girl). Deadline is December 10, 1993.


Outdoor Writers Association of America is sponsoring a youth writing competition. This contest is open to all 4-Hers and open outdoors oriented. Poem or essay of any length. Deadline is January 31, 1994.

For more information, please contact LaDeane or Ann Marie at the extension office. (AMM)

4-H & Youth news

Julie Ruth will appear on KMTV Lancaster County 4-H member Julie Ruth will be interviewed on Omaha’s KMTV Saturday, November 6. A member of the Kiddin Around 4-H Club, Julie will talk about her goat project. Tune in channel 7. A Warren Nichols Farm Report. (LJ)

Changes in 1994 fair schedule

Now is your chance to make suggestions for the 1994 county fair schedule to be held Wednesday, August 10 through Saturday, August 13. The fair is being held at the NE State Fairgrounds from 8:00 a.m. to 10:00 p.m. on a look for Julie on the weekly segment, 4-H Spotlight. (DS)

It is proposed that 4-H youth have the option of participating in the demonstration contest July 19 (prior to the fair) or, if they prefer, Saturday, August 13 (during the fair).

- Move the dog quiz bowl to Thursday.
- Move 4-H Style Revue from Wednesday to Thursday night.
- Add a 4-H beef show on Wednesday at 6 p.m.
- Move table quiz bowl and rabbit judging to Wednesday at 6 p.m.
- Split the beef show. Show 4-H meat and beef and feeder calves starting on Saturday, August 19. 4-H beef show to start at 8 a.m. on Friday.
- Include a PeeWee animal class show on Saturday at 1 p.m.

If you have suggestions or comments, please put the writing and send to: LaDeane Jha, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherryvíc Road, Lincoln, NE 68528-1507. (LJ)

Thanks to Gooch companies

Yum! Yum! The fragrance of freshly baked bread fills the halls of elementary schools in Lancaster County. Through the 4-H enrichment project, Wheat Science, students are learning about wheat—how it’s grown, how it’s harvested. Most products are made from wheat and how nutritious it is. And—bread makes bread from scratch.

Last week, Kosoh fifth-graders talked about, “I learned that wheat does not die in the winter and that there are many kinds of wheat. I didn’t know that they added extra nutrients to the flour,” said Brandon Marschman.

Zach Jones exclaimed, “I liked making bread. I liked kneading the dough and watching it rise. The yeast does the most amazing thing,” I learned that there are three parts in a kernel of wheat,” explained Erin Wright.

Katie Cronin indicated that “I would not know of how to make bread if I didn’t come here to bake bread with us.”

LaTasha Campbell exclaimed, “I liked learning about how many things wheat can do.”

Angie Fields added, “It was fun, we learned a lot about bread again. I didn’t know that you put hot water instead of warm water, it would kill the yeast.”

“What I learned about wheat is that the wheat goes to sleep in the winter but always comes back to life in the spring.”

One more thing that I learned about wheat was that wheat has three different parts. One more thing that I learned that there is more than two different kinds of bread,” explained Stephanie Marrell.

Kay Kirkland indicated, “oil makes the bread moist and that you can’t put hot water in the yeast or the yeast will die, and that the salt gives taste to the bread. It was fun kneading the dough. My bread turned out perfect. It wasn’t hard and it tasted good.”

Lauren added, “My family liked it too. Now there’s only two slices left. I’m gonna’ have to make it again.”

Can you imagine living without lasagna, cinnamon rolls, or pancakes? Through the 4-H Wheat Science project, these students learned how wheat goes from the complete process of growing wheat, to the final product of making bread. (AMM)

For more information, please turn to page 11

for more

4-H and Youth news

November 1993 The NEBLINE Page 9
**Environmental Focus News continued**

**Controlling the meadow mouse**

Mice kill or severely irritate trees and shrubs by girdling roots and stripping bark back when other food is scarce, usually in late winter. The rodents burrow in snow and may damage trees as high as the snow accumulates.

Signs of damage may appear at the base and on the roots and lower branches of a plant. Mice prefer young, tender vegetation, so it is usually the damage to older trees, but sometimes severely damage the exposed roots of older fruit trees under snow or grass cover.

Begin watching for signs of troublesome mouse populations in early autumn. Look for nests and runways in various ways your business is using resources and reduce waste. For example, car pools for employees. Reduce corrugated shipping boxes. Stamp a notice on the box to let customers know why they are receiving recycled boxes.

Let customers know about the various ways your business is working to improve the world in which they live. Choose appropriate products, they will appreciate in transformation at least one customer will greatly benefit.

Although these ideas are suggested for businesses, many are very adaptable to everyday life at home. Remember: REDUCE, REUSE and RECYCLE. (LB)

**Recycling**

Printed paper and use the back for scrap before recycling it. Install a two-sided copier.

Encourage the use of ceramic coffee mugs in place of styrofoam.

Put a business logo on the cups for free advertising.

Equip clean-up air pollution, install a bike rack and help arrange cars for employees.

Substitute shredded paper or popcorn for styrofoam packaging.

Reuse corrugated shipping boxes. Stamp a notice on the box to let customers know why they are receiving recycled boxes.

Let customers know about the various ways your business is working to improve the world in which they live. Choose appropriate products, they will appreciate in transformation at least one customer will greatly benefit.

Although these ideas are suggested for businesses, many are very adaptable to everyday life at home. Remember: REDUCE, REUSE and RECYCLE. (LB)

**Dump**

Water Act. The Corp of Engineers may issue a burn permit from the local fire chief, or at least one customer will greatly benefit.

When natural controls are inadequate, artificial methods must be used to control mouse population outbreaks. A number of methods may be used in concert to achieve pleasant days when mice are most active for trapping and baiting. Control activities are ineffective after snow has covered the ground.

Follow one or more of these procedures to protect trees and shrubs:

**Habitat Destruction**

Keep grass mowed and maintain grass-free areas around trees and shrubs to destroy runways, nests and hiding places.

**Mouse Guards**

Wrap a strip of 1/4-inch wire mesh (hardware cloth) around the base of fruit and ornamental trees. Adjacently overlapped, a 1/4-inch wide strip will make a 2-inch 23 inches in diameter for young trees. Remove the hardware cloth 2-3 inches into the ground. It should extend 18-20 inches above ground level. Use higher guards where snow will be deep and the height of lower limbs permits.

Wire mesh mouse guards last 5 years or more, but you should examine them every year.

Center gardens and nurseries serve several types of tree wraps and metal guards that can be wrapped around tree trunks and branches. A commercial wrap or metal guard should be applied every growing season. Wire mesh wraps should be removed each growing season. Tree wraps keep bark moist, encouraging the growth of tree bark. Remove the tree wrap if you notice the tree wrap is burning or is damaged.

Keep grass mowed and maintain grass-free areas around trees and shrubs to destroy runways, nests and hiding places.

**Repellents**

Chemical repellents help repel mice from around yards and orchards. Don't rely on repellents alone, though, because when food is scarce mice will even eat repellent-treated bark. I recommend using repellents in combination with other control procedures, such as mouse guards or "spot" baiting. (DJ)

**Millipedes begin the invasion!**

For the past several weeks many homeowners have been seeing an influx of elongated brown to black "worms" (about one to one and one half inches long) that have many legs. These are millipedes. Some people mistake them for worms. Millipedes have many legs, are not covered in moisture, do not coil up when disturbed. These are similar to the behavior exhibited by some brown, yolk-colored insects. Millipedes usually live in moist places where they feed on organic matter. In the fall, they may become a nuisance because they migrate away from feeding areas and into houses. Because they crawl along the ground, they are usually restricted to lower floors and basements. Once inside the home, they usually die due to desiccation, although in moist basements, they can survive longer.

Millipedes live in organic matter: leaves, mulch, piles of wood or mulch; they are especially fond of wood chip mulch. Removing the organic debris or mulch materials near your home will help reduce the potential for invading millipedes. This is also the environment that breeds crickets, another pest that invades the home during the fall. The safest and most environmentally sound way to control millipedes in the house is to step on them and vacuum or sweep them up.

Outdoors, you may wish to treat a 10-15 foot strip around the house perimeter with an insecticide, making sure to treat the exterior baseboards, window frames, and doorsills. Wettably powdered (WP) formulations are very effective because they leave a thin film of insecticide on the substrate after the liquid carrier is dry. This film attaches to the body of these arthropods as they crawl across it. People and pets should stay off wet insecticides, but can safely walk in the yard once the insecticide is dry. Always read the insecticide label, and be sure to use it appropriately. (BPO)

**Bread and cereals hunt**

Find these words: Oats Rolls Wheat Cereal Corn Noodle Rice Spaghetti Rye Enriched Bun Iron Bread Pep (AH)

Who's the richest man in the world? The baker, he's got all the dough he kneads and lots of bread.

**4-H Gas Engine Project**

Your teenage driver is coming down the highway, a red dash light comes on. Now what? It's only five more miles, so they drive on home. Your repair bill? Twelve hundred dollars!

Everyone should have a basic knowledge about gasoline engines. After all, we work with them almost every day.

Why not use the 4-H small engines project to help your youngster gain this valuable knowledge? What better way to grow closer to your child and help them learn about gasoline engines at the same time. So, dig up old lawnmowers, stop in, pick up a 4-H small engines manual and get started. (DS)

**Horse Bits**

Ak-Sar-Ben horse show

Melody Nielsen and her horse, Top Talent, were champions in the advanced English pleasure class at the Ak-Sar-Ben Horse Show held in Omaha, September 22-24. Receiving reserve champion honors in the advanced English equestrian class was Alyson Young on her horse Rebel Bug. Jannell Colton was awarded the reserve champion plaque in junior English equestrian on her horse Pete.

Also on receiving recognition were Tabitha Athey who received a third place purple ribbon in junior western pleasure and Courtney Fortner who received a third place purple ribbon in junior western pleasure.

**Bread and cereals hunt**

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**NEBRASKA RBSB**

(402) 441-7149

300-2400 baud

24 hours a day

Free access to extension information!
Nitrates

Protection Agency (EPA) since has adopted this standard as a maximum contaminant level (MCL) for public water systems. The 10 ppm standard was established in 1962 for the protection of infant health and was based on the best knowledge available. Subsequent reviews of the standards have not resulted in any change. There is recognition that it is difficult to establish an exact level at which nitrogen concentrations in water are safe or unsafe. The standard has been established as a point at which water should be considered a potential health hazard, especially for infants. Infants under six months of age are at risk of a potential health hazard condition known as methemoglobinemia or "blue baby syndrome" in which the blood lacks the ability to carry sufficient oxygen to the individual body cells. Pregnant women are also encouraged to drink water that contains less than 10 ppm nitrate-nitrogen due to reports of potential birth defects when exposed to high nitrate water. This may also happen in older individuals who genetically have impaired enzyme systems for the reduction of methemoglobin.

Healthy adults can tolerate higher levels of nitrate-nitrogen

with little or no adverse health effects. These adults may be able to drink water with nitrate-nitrogen concentrations considerably higher than the 10 ppm nitrate-nitrogen standard with no acute side-effects. However, little is known about the possible long-term chronic effects of drinking high nitrate content water.

One More Time

As we wrap up this discussion about minimizing groundwater nitrates let's remember the following points:

- Many people contribute to the potential risk of groundwater nitrate contamination. Remember to calibrate fertilizer application equipment, closely monitor waterings/irrigations and maintain waste disposal systems properly. We all need to be sensitive to the environment and how we can reduce this risk.
- The 10 mg/l NO3-N (ppm) standard is a primary concern to infants less than six months of age, pregnant women and older individuals who genetically have impaired enzyme systems. If your water exceeds the standard, it is advisable to use an alternate source of water for consumption or install water treatment equipment.
- If you are a healthy adult with older children and your water test indicates a level of nitrate-nitrogen above 10 ppm and only your family will be drinking it, consult your family physician for a medical recommendation.
- All drinking water sources should be tested for the presence of both nitrate and bacteriological contamination. The presence of both may indicate poor well location or construction and possible contamination from surface drainage, feed lots or sewage systems.
- Nitrate can be removed from drinking water by three methods: distillation, reverse osmosis, and ion exchange. Note: carbon adsorption filters and mechanical filters of various types do not remove nitrate nitrogen. (See the Water Treatment Equipment article in the Rural Sense section.)
- Water test kits may be obtained through several laboratories across the state. Locally, the Nebraska Health Department will test water for bacteria and nitrates. Call them at 471-2122 to obtain a test kit and cost information.

Silage

price at a local elevator during a specific period. Multiply that price by the amount of grain to figure out the price per ton of the silage. Arriving at the price to charge for silage, as feed, involves at least two additional costs: the cost of filling and removing it from the silo and the storage costs, including an allowance for the storage structure and silo losses. Note that the filling and removing costs will vary with the type of storage. Additional costs may also occur with final delivery. Weather-damaged silage, such as we find this year, has had its growth stopped at a very immature stage. The yield of grain is usually less than half the normal amount. This silage may have 80 percent or less the feed value of high grain corn silage. Forage sorghum, with comparative high grain yield, usually has 80 to 90 percent the value of corn silage per unit of dry matter. Sudan, Sudan-sorghum crosses or sorghum varieties, with low grain yields, may have 65 to 80 percent the feed value of corn silage.