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The NEBLINE, March 1994

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Creepy cockroaches

Barb Ogg
Assistant Extension Educator

Naturally everybody will agree that cockroaches are pretty disgusting insects, especially when they thrive in our homes. There are over 4000 cockroach species in the world. These four species, the German, brown-banded, oriental (a.k.a. waterbugs), and American cockroaches, are world travelers, living with humans nearly everywhere around the globe. Did you know that cockroaches have been implicated in cases of Salmonella food poisoning? They have also been found to harbor staphylococcus, streptococcus, coliform and other bacterial pathogens.

The main reason that cockroaches harbor and transmit disease pathogens is that roaches live with us and will eat just about anything, including food in our kitchen trash can. After feeding on contaminated food, disease bacteria can remain viable in a roach's digestive system for a month or more. Later, cockroaches contaminate human food or utensils with their feces. It has been shown that Salmonella bacteria survive in cockroach feces for several years. Did you know that many people who are allergic to house dust are also allergic to cockroaches? In homes where there are cockroach infestations, crushed body fragments of roaches become a major constituent of house dust. Some people develop allergies to cockroaches especially after long-term exposure. Some people have asthma that is induced by their allergy to cockroaches. Results of a study have showed that the incidence of allergies to cockroaches is greater in people who live in dwellings that have severe roach infestations.

Because cockroaches are readily transported, need little food, and are prolific, infestations easily get started and, once established, can be difficult to control. Even "clean" households can have roach problems. Apartment buildings are a special problem because roaches move easily between units that are interconnected by pipes and heating ductwork. Insecticide treatments alone may not control these difficult infestations.

Cockroach Control Workshops

Information on page 4

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.

Agricultural Competitiveness and Profitability
Alternative Enterprises—Part III, page 3

Natural Resources and Environmental Management
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New directions guide Cooperative Extension

Today's University of Nebraska Cooperative Extension in Lancaster County has a new direction. This direction is based on a proud heritage of citizen participation and ownership of the program. Cooperative Extension is under the umbrella of the Institute of Agriculture and Natural Resources at the University of Nebraska. Cooperative Extension has a partnership with Lancaster County government and the United States Department of Agriculture. This partnership is growing and changing with the educational needs of both rural and urban citizens.

During 1993 a comprehensive long range planning process was implemented by the Lancaster County Extension Board and staff members. This process involved several hundred citizen volunteers. Program priorities were reviewed and educational program goals and objectives were completed. Educational programs are being conducted in support of this planning process.

Our Mission
The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs.

Guiding Principles
Your Extension Educators and Extension Board Directors have identified the following guiding principles to help guide day-to-day decisions, as well as long range goals.

Programming is compatible with priority initiatives or core programs identified by Cooperative Extension.

Focus is on being progressive, proactive, flexible and educational.

Cooperation and/or collaboration with agencies, organizations, and private and public partnership is considered.

Unnecessary duplication of existing community resources is avoided.

Resources are available for addressing the issue.

Time expended is compatible with anticipated results.

Cultural diversity is considered.

Program Scope
Cooperative Extension in Lancaster County reaches an estimated 56,000 Nebraskans each year with direct educational contacts. The Cooperative Extension 4-H youth programs extend to more than 13,000 youth in Lincoln and Lancaster County. Over 1000 volunteers contributed to our educational programs as master gardeners, master recyclers, FCE and 4-H club leaders and program volunteers. Volunteers annually contribute an estimated $4.8 million of in-kind program support.

Local Priority Program Areas
- Strengthening Lancaster Communities
  - Nutrition, Food Quality and Safety
  - Natural Resources and Environmental Management
  - Children, Youth and Families
  - Agricultural Competitiveness and Profitability

Featured on page 11 of this month's Issue is a chart which illustrates how priority initiatives from national, state, University and Lancaster County result in educational programs. Extension Educators and Extension Assistants wish to express our appreciation to the many fine volunteers serving on program committees. Citizen program committees meet annually to review each of the five priority program areas listed above.

If you would like to volunteer to serve on a program committee, please contact Don Miller, Extension Educator at the Lancaster County Cooperative Extension Office, 441-7180. (DM)
A number of apple cultivars are resistant to cedar apple rust and can be grown in Nebraska. Those highly resistant to the disease are “Empire,” “Liberty,” “Northrup,” “Pippin,” “Red Delicious,” “McIntosh,” “Reinette.” Cultivars moderately resistant to the disease are “Winesap,” “Spur,” “Tartary,” “Grimes Golden” and “Golden Delicious.”

**Testing for germination rate**

Any seeds that have been stored or have been exposed to the winter should be tested for their viability or germination rate. Seeds coming directly from the grower to the gardener usually have a test rate of 80 to 95 percent, meaning 80 to 95 out of 100 seeds will germinate under proper conditions. Rates naturally decline as seeds are stored. By testing them before you plant, you can determine how many seeds you will need to guarantee a certain number of mature plants. To test seeds, place 10 to 20 seeds on a moistened paper towel and cover with a plastic or glass container or another paper towel. The idea is to keep the seeds moist and to protect them from warm, drying drafts. Lift the container or paper towel every day to air the seeds, add water and check for germination.

To ensure a good test wait the average number of days to germination, plus an extra test to get the germination rate in percentage form. If 60 percent, just count the number of seeds germinated, plus the number of days to germination, plus an extra test to get the germination rate in percentage form. If 60 percent, just count the number of seeds germinated, then divide by the number of seeds tested to get the germination rate in percentage form. If 60 percent, just count the number of seeds germinated, then divide by the number of seeds tested to get the germination rate in percentage form. If 60 percent, just count the number of seeds germinated, then divide by the number of seeds tested.
Sprayer/Planter Clinic April 5

Local producers are invited to participate in the Sprayer/Planter Clinic at the Princeton Branch of the Bennetts Corn Co-op on April 5, beginning at 9 a.m. The clinic will be conducted inside a heated building, regardless of sun or cold weather. Producers will receive hands-on experience in how to properly calibrate and fine-tune a field sprayer. Clinic topics will include nozzle size, nozzle tip selection, nozzle tip maintenance, sprayer plumbing recommendations, manufacturer’s specifications, machine speed and more. Paul Jasa, UNL Extension Entomologist, will demonstrate how to make the conventional planter nozzle effective. Paul will discuss cloggers, seals and openers, covering the methods and restrictions involved. The Crop Safety Conservation Service (SCS) and Cooperative Extension will hold a school on this subject at the Firth Community Hall on Tuesday, March 29 from 9 a.m. until late afternoon. The morning session will involve classroom instruction on procedures and requirements to conduct a controlled burn of CRP. In the afternoon, we will hold an actual demonstration burn on a CRP field in Firth (if the weather conditions are favorable). If not, the afternoon will be devoted to discussion of methods for conducting controlled burns on CRP and native grass pastures in this area during previous years.

Some observers may be asked to be members of the burn team if a controlled burn is undertaken, so please dress accordingly. Wear clothing made of cotton or wool and not nylon. Leather boots and gloves must also be worn. To register, contact the SCS at (402) 441-7180, for additional information. (DV)

No-till into alfalfa residual

Eventually alfalfa stands become unproductive and the land must be rotated to another crop for at least one year before it can be reseeded to alfalfa. The old traditional method of killing the remaining alfalfa plants with a flail ted and, if not properly handled, resulted in alfalfa escapes that competed with the next crop. Plowing is expensive and, sometimes, it is not a economically viable way of killing alfalfa. The more important factor is conservation compliance. If the land is classified as highly-erodible, it is nearly impossible to kill all alfalfa residues and manage them properly. Herbicides are more economical than plowing, very effective and leave the soil less subjected to erosion. This is one situation where we can cut down on chemicals and still get a crop. An economical, consistent alfalfa control treatment combines one 2,4-D + (4-bis /gal.) and 0.5 just Hanve® per acre. If bromegrass or other species is to be controlled, the same 0.5 Hanve® in 2,4-D can be used. Overall, this treatment will cost about $8 per acre compared to $16-$20 per acre for a complete tillage operation. Remember that any tillage will expose the soil to erosion during a wet spring and cause loss of soil moisture if it is a dry spring. (WS)

Follow the ATV rider’s code

Parents who have their children’s safety in mind will not be offended if we say again and again, “safety first.” ATV safety will depend on adult behavior, that is, “safety first” approach for all-terrain vehicle (ATV) riders at all times. The “ATV rider’s code” can be a way for parents, adults and youngsters in readiness to ride an ATV.

Know the owner’s manual. Wear a helmet. Ride off-road only, never on public roads. Carry extra supplies. Always supervise young children. Ride straight — no alcohol or drugs. (DS/DV)

Controlled burn school scheduled by CRP

Landowners and farmers with land enrolled in the Conservation Reserve Program (CRP) are finding that many fields are becoming over­seeded with grasses and other weeds. Many individuals do not know and understand the procedures, residue management and other factors that affect effective no-till management. The Sprayer/Planter Clinic is sponsored by the University of Nebraska Cooperative Extension Service and the Nebraska Cooperative Conservation Program. Contact Dave Varner, 441-7180, for more information. (DV)

Chemigation training

Chemigation training will be in Wilber at the Saline County Cooperative Extension office, March 3 from 1:30 to 3:00 p.m. Individuals interested in applying chemicals through the system must be a certified applicator. To be certified, an individual must attend a training session and pass a written examination. The training is the same for initial certification and recertification. Chemigation users who have completed initial certification will not need to attend another training session to become certified. (DV)

Alternative ag enterprises: part III

Llamas and alpacas have become increasingly popular in North America over the past five to ten years. These two species are South American camelids. They are a one family, camelid, which also contains the Old World camels — the dromedary (one humped) and bactrian (two humped) camel. South American and Old World camels exhibit the herbivore digestive system, but differ from advanced ruminants in stomach morphology, the presence of the salt- and water-secreting glands within the stomach, and the presence of the salt- and water-secreting glands within the stomach. Llamas and alpacas are approximately four feet tall at the withers and have a body weight of 200 pounds. If a newborn weighs less than 15 pounds, it is suspected when the female rejects the male and can be considered a still born. The sexual maturity and progestrone levels or ultrasound evaluation. Llamas are thought to be very efficient users of low-quality feedstuffs. This has probably evolved because of the low pressure applied by the rugged Andes mountain environment and climate. As llamas move through the system must be a certified applicator. To be certified, an individual must attend a training session and pass a written examination. The training is the same for initial certification and recertification. Chemigation users who have completed initial certification will not need to attend another training session to become certified. (DV)

Examine your sprayer now and avoid those costly delays

Wean and tear

Examination of your sprayer can reap rewards in more efficient application and fewer delays for repairs. Consider the following guide and make repairs as identified:

• Check the damage to spray frame, running gear and tank. Drain antifreeze and water and check pressure gauges and strainers for plugged strainers. • Test throttle valves, pressure gauges, hoses and clamps for leaks. Check gaskets and diaphragms. • Store sprayer in a warm area. Storing sprayer in an unheated location can cause damage (humidity, cold weather)

• Replace worn nozzles before the spraying season. Nozzles wear can affect uniformity without visually affecting spray pattern or output appearance, so nozzles should be replaced regularly. Keep extra nozzles on hand to avoid unnecessary downtime. • Calibrate. Make sure nozzle size, flow rate and spray pattern are uniformly distributed. Measure flow rate from each nozzle. Replace any nozzle with a dis­charge rate that differs from the manufacturer’s specifications by more than 10%. If two or three nozzles vary by more than 10 percent, replace all nozzles on the boom. • ■ Safety • Have a supply of fresh water close and clean safety gear, clogged or not. • Keep your eyes open and aware. Wear appropriate protective gear: a long-sleeved shirt, long pants, sturdy waterproof boots, chemical-resistant apron, gloves and goggles or face shield. • Never dump and filling equipment in the basin. Use spray devices and check valves to protect groundwater. (DV)
Environmental Focus

The threat to our waters

Water contained in surface supplies is in direct cases being directly contaminated by water which has been exposed to the atmosphere for a few days. In addition, water which has been contaminated by water pollution is also exposed to the atmosphere. Water pollution from agriculture arises from eroded soil, animal manure, and other pollutants from agrochemicals. By volume, eroded soil is the largest agricultural pollutant of surface and groundwater. Unfortunately, pesticides, nutrients (especially phosphorus and other other nutrients), and animal waste applied to the land can be transported to surface supplies by runoff.

There are many sources of contamination for both surface water. Particularly, any substance that is placed in the air, soil, on the land, below ground, or in surface water, can become a water pollutant. In addition, natural substances, like minerals, soil particles and decaying leaves, can also contaminate surface and ground water.

People can control and manage domestic, agricultural, urban and industrial pollutant sources. Each category can pollute both surface and ground water. Contaminants include a variety of physical, chemical, and biological substances (such as eroded soil, dissolved nutrients and bacteria). However, because the soil can physically filter out and undissolved substances from percolating water, generally only dissolved contaminants and bacteria actually reach ground water supplies. Both dissolved and undissolved substances can reach surface supplies.

Ground water pollutant sources

A number of sources around the home can contaminate surface and ground water. Fecal waste from both domestic and wild animals and eroded soil are the major contaminants of surface water. Lawn fertilizers and pesticides can be significant contaminants in both surface and ground water.

Water pollution is not only the main element on the earth’s surface, but it is also the key ingredient in our bodies. Staying healthy depends upon keeping all water as clean as possible. Pollution can come back to us in drinking water and presents a danger to fish and other creatures that live in the sea.

Through “Water Riches,” a 4-H school enrichment program, students examine a variety of activities introducing them to the complexities of water and the problems associated with water pollution. Becoming aware of their relationship with water, children, develop a respect for this precious resource and take an active role in conserving and preserving it.

The physical properties of water is only under understanding this magical liquid and the crucial role it plays in our lives.

It takes 11.6 gallons of water to process one chicken!

What do you know about H2O?

How much water does it take to process one pound hamburger?

- About one gallon

How much water does it take to make four new tires?

- 2,072 gallons

How long can a person live without water?

- About one week, depending on the conditions

How much water is used to flush a toilet?

- 2-7 gallons

How much water is used in the average five-minute shower?

- 25-50 gallons

How much of the earth’s water is suitable for drinking?

- 2-7 gallons

How much water does it take to process one barrel of beer?

- 1,580 gallons

How much water does it take to process one can of fruit or vegetables?

- 9.3 gallons (MMH)

Wet and wonderful ... water!

Splash! Splash! Children are naturally drawn to water. In summer, kids of all ages surround the neighborhood sprinkler. Some children spend so much time in the tub that their parents wonder if they are part fish! But enjoying the physical properties of water is only the beginning of a journey toward understanding this magical liquid and the crucial role it plays in our lives.

Of all the natural resources that people take for granted, none is more plentiful — or more fragile — than water. The surface area of the earth’s oceans is much greater than that of land, and the volume of water between the waves and the ocean floor (in places several miles deep) is almost impossible for us to comprehend. Yet, if the earth’s total water supply were represented by a gallon of water, only a few drops would naturally be drinkable. It is possible to melt polar ice or take the salt out of seawater, but managing these processes on a large scale requires massive amounts of energy.

Since the beginning of time, the human population has increased, but the amount of water on the earth has not. It is constantly in motion about the planet. First, the oceans, lakes, and streams evaporate into water vapor, form clouds, and eventually fall back to earth as rain or snow. In winter, we see water freeze into ice and then melt back into water in the spring. We vitally depend on this continuous cycle to provide us with rain to grow our food and give us water to drink.

To keep our planet and its creatures alive and healthy, clean water is essential. A person can live for many weeks without food, but cannot survive without water for more than a few days; it’s that important! We can learn that water is not only the main element on the earth’s surface, but it is also the key ingredient in our bodies. Staying healthy depends upon keeping all water as clean as possible. Pollution can come back to us in drinking water and presents a danger to fish and other creatures that live in the sea.

Through “Water Riches,” a 4-H school enrichment program, students examine a variety of activities introducing them to the complexities of water and the problems associated with water pollution. Becoming aware of their relationship with water, children, develop a respect for this precious resource and take an active role in conserving and preserving it.

Environmental Focus

Cockroach Combat Workshops
A two-part series for persons wanting to learn effective cockroach control methods

March 31 & April 7 7-10 p.m.
Lincoln, NE

April 25 & 27 7-10 p.m.
Omaha, NE

Cockroach Combat Workshops
We invite homeowners, apartment dwellers, condominiums, residential managers, or anyone interesting in learning state-of-the-art control tactics for cockroaches to attend our “Cockroach Combat Workshops” at the Lancaster Extension Conference Center. March 31 and April 7, 7-10 p.m., March 29 and April 7. This two-part series will also be repeated at University of Nebraska Cooperative Extension in Scottsbluff, April 24 and 25. Presenters will include Barb Ogg, University of Nebraska Cooperative Extension in Lancaster County; Dennis Ferraro, University of Nebraska Cooperative Extension in Douglas County; and Clyde Calloway, University of Nebraska Cooperative Extension in Environmental Programs. U.N.L. Dennis and Clyde have practical experience in supervising and training pest control technicians in proper cockroach control techniques. Come and learn from experts! There will be a $15 registration fee for each two-part workshop. For more information or pre-registration materials for these workshops, call 441-7180. (BJR)
March community profile - Bennet

Our community profile for March is the Village of Bennet located in Nemaha township in southeast Lancaster County.

Location
12 miles southeast of Lincoln off Highway 2.
38 miles west of Nebraska City.

Population

Transportation
State Highway 43.
Interstate Carrier: Nebraska Bulk and Transport.
Lincoln Municipal Airport.
Burlington Northern Railroad.

Village Utilities
Lincoln Water.
Water: Lancaster County.

Sanitation:
Lagoon System.

Village Board of Trustees
City zoning ordinance in effect.

City zoning ordinance in effect.

City zoning ordinance in effect.

City zoning ordinance in effect.

Community

Leadership Development

Bennet 4-H traditions

With Bennet, Nebraska as our featured community of the month, we have a great example of 4-H traditions.

The Cornhusker Lassies and Lads 4-H Club was established 58 years ago and is still going strong. A new leader, Sue Elliott, took over in 1993 and the club has 17 members. This club centers around the home economics project areas.

The livestock club, Happy Go Lucky, has been very strong for 51 years. For its 51 years, it also has 51 members. Ron Dowding is the leader and runs a very successful club.

Congratulations to the community of Bennet for supporting two strong 4-H clubs! This kind of support makes for a solid past and a super future! (AMM)

Ensuring repeat business

Customers can be encouraged to come back to your business time and time again in several ways.

First, do a great job. Go the extra mile for each customer. Give people more than they expect. Even if you don’t make much money on the first job, do it so well they will want to pay more the next time.

Deliver on time. Meet deadlines. Don’t promise more than you can deliver. Continuing in ahead of time will be a delightful surprise.

Ask customers if they are satisfied. Let them know that you want to hear any suggestions or complaints. If a problem should develop, do whatever is needed to compensate the customer. Be willing to negotiate, be flexible and understanding even when the customer created the problem.

Work to resolve the problem to everyone’s satisfaction.

Answer phone calls and correspondence promptly. Don’t be concerned if you have to leave a message. It is less important to actually reach the customer than to let the customer know you tried to respond quickly. (AIH)

A message from a Fireman Bill

Many of us, myself included, do the task of spring cleaning in the month of March and April (hence the name “spring cleaning, I guess)! The members of the Southeast Fire Department would like to remind you that good housekeeping, including your spring cleaning, is paramount for good fire prevention. Here are some timely reminders:

A good rule I learned from my mom years ago — if you haven’t used it in six months or don’t anticipate using it soon, get rid of it!

Before burning your trash outside of Lincoln (it is illegal in Lin­coln!), please, please, please... check with your area fire department for ad­vice, or call us at the Public Fire Education Division of Southeast Fire at 466-2911. This includes both barrel burning, and open burning — which requires (per state law) a burn permit from the Fire Chief of your area department.

So... since spring is here, let’s get those brooms going, and remem­ber that good housekeeping means good fire prevention.

—Bill Montz, Jr., Fire Prevention/Public Relations Southeast Fire Department

(DM)

Building Community Leadership

— A Series of Three Workshops —

7-9 p.m. • Wednesdays • March 16, 23 and 30
Denton Community Building • Denton, Nebraska

Advanced Registration Required: $15
Due to: March 11
Limited to 25 participants

Program Leaders
Dr. Eimer Miller, Associate Director Center for Leadership Development.
Don Miller, Extension Educator in Community Leadership Development.

Who Should Attend
Village Board Members.
Planning Committee Members.
Service Club Members.
Community Leaders.
Organization Leaders.
Individuals wishing to learn more about community involvement and leadership.

Sponsored by Denton Village Board and UNL Cooperative Extension in Lancaster County.
The past year has been a year of change, in many ways, for the Nebraska Association for Family and Community Education. The mission of this organization, "strengthening individuals and families through community action," has not changed, but there have been changes in how we do this.

I would like to share with you the thoughts of Harriet Steenson, past president of NEFCE, in explaining these changes, which have brought many questions.

NEFCE is a separate, volunteer, adult, educational organization. It is not Cooperative Extension. NEFCE is one of several clientele groups with whom Cooperative Extension works.

NEFCE has a working partnership with Cooperative Extension. Cooperative Extension provides educational materials for NEFCE; NEFCE provides a vehicle or method (through NEFCE members in clubs) for research-based education to reach families and communities. NEFCE and Cooperative Extension work together in mutually beneficial advisory and consulting roles.

NEFCE's members are responsible for the "business" of the organization. Cooperative Extension educators are responsible for educational programs.

NEFCE is funded by membership fees (dues). Recently, elected NEFCE representatives voted to increase state and national membership fees. Cooperative Extension was not part of the decision making process regarding the dues increase.

Membership fees (dues) do not pay for the development, printing or any of the lesson materials distributed as leader training or study kits. Nor do NEFCE membership fees pay any part of the salaries of Cooperative Extension educators.

NEFCE's national organization is the base for the local NEFCE group. Each need the other to present a strong, united voice speaking for today's families.

This is a concise and direct explanation to the partnership we have with Cooperative Extension. I hope it answers any questions you may have had.

—Roberta Neuburn, Chair

Recipe Contest

Turkey Lovers' Recipe Contest

Youth 12 to 18 are encouraged to enter the 1994 National Turkey Federation's "Turkey Lovers' Recipe Contest for Teens." To enter, teen contestants must submit an original recipe to serve four to eight using at least one pound of fresh or fully-cooked turkey meat. Recipes must be printed or typed on an 8 1/2 x 11 inch paper and should include grand address, telephone number, age, and year of school. Entrants may submit more than one recipe, but each entry must be on a separate sheet. All entries must be postmarked by April 1, 1994.

Cash prizes of $1,000; $750; and $500 will be awarded to the top three Counties that have the highest percent of membership gain during 1993-1994. An award will be presented at the 1994 State Convention. (RN)

FCE scholarships available

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County. A $125 scholarship is available, program(s) to be considered are on a competitive basis to an Nebraska FCE member planning to take courses leading to an academic degree, vocational training or a handcrafted toy. Please contact the Cooperative Extension in Lancaster County.

A $125 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in a home economics degree program. This is open to full-time students who will be beginning their sophomore, junior or senior year in college in the fall of 1994. Applications are due April 1, 1994.

A $500 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in a home economics degree program. This is open to full-time students who will be beginning their sophomore, junior or senior year in college in the fall of 1994. Applications are due April 1, 1994.

A $2,000 scholarship is available to a student who is the son or daughter of a Nebraska FCE member. The $2,000 scholarship is available on a competitive basis. (RN)

Heritage Arts Contest

Have you handcrafted something recently? FCE does have a Heritage Contest. Last year we had only one entry. Now, we know there are many talented people in FCE clubs, so let's have more entries this year. The categories emphasized this year are: rug making, spinning and weaving, or a handcrafted toy. Please contact the Cooperative Extension office for entry blanks or for more information. Lucile Heisnek is our Heritage Arts Committee chair and she can be reached at 826-3726. (RN)

The American family, today and in the future

Is the American family in a significantly weaker institution than it was just 30 years ago, as many believe? To fully understand what's happening to the family, several key issues must be taken into account.

Marital breakup. America now has the highest family dissolution rate in the world, with the possible exception of Sweden. About 50 percent of today's children will spend a significant portion of their childhood in one-parent homes. For the first time in history, many children will be brought up on par with marriage as an experience of adult life. Half of today's children will have at least one divorced parent.

Changing values. During the last 30 years, our society has stressed individual goals over institutional or group loyalty. Today, greater value is placed on the importance of freedom, autonomy, self-expression and self-actualization. Formerly, that emphasis was on people working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, working and loving, 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Tropical Carrots
Pineapple instead of butter or margarine gives cooked car­rots a tropical flair and keeps the calories and sodium down. 4 servings, about 1/2 cup each Per serving: Calories 45
Total fat — trace
Saturated fatty acids — trace
Cholesterol — 0
Sodium — 20 milligrams
2 cups carrots, sliced
2 tablespoons water
1/2 cup crushed pineapple, juice pack, undrained
For garnish — parsley, chopped
To prepare:
Mix carrots and water in microwave dish; cover. Micro­wave on high power for 8 minutes; stir once during cooking. Add crushed pineapple; mix well. Cover and cook 4 minutes longer. Let stand 2 minutes. To serve, garnish with parsley.
Note: To cook on top of stove, mix carrots and 1/2 cup water in heavy saucepan. Cover and cook over low heat until carrots are tender, about 15 minutes. Stir in pineapple and heat to serving temperature.
Source: Home and Garden Bulletin Number 253-3, “Main­tain Healthy Weight.” (AH)

Healthy Eating

“Sewing as a Business”

Are you the person in your area who people hire to create that special dress or window treatment? If so, how do you wonder how organized, profitable and professional you really are? This course, “Sewing as a Business,” will help you to answer the questions and others.
Conference presenters will be Dr. Rose Marie Tondl, UN-L clothing specialist and Carol Thayer, UN-L small scale entre­pre­neurship specialist.

EFNEP helps manage resources

T拿下anne Jha
Extension Educator

Two lessons on Resource Management have been introduced in the new EFNEP (Expanded Food and Nutrition Education Program) curriculum. They are meant to help families get the most out of their money by managing their time, skills, and knowledge as well as their money.
Family Resource Management is the process of evaluating a family’s resources and planning the use of those resources to meet the family’s goals and needs. Following the plan helps the family meet needs, define and meet goals, and create a sense of accomplishment and satisfac­tion.
Most families experience a resource gap. Families have a resource gap when there is a difference between what they have, what they want to have, and the money available to purchase what they want. In order to fill a resource gap it is necessary for a family to have a spending plan or budget. As part of that process, it is helpful to acquire skills in setting short-term as well as long-term goals for managing resources.
The difference between needs and wants is often hard to distin­guish and varies from family to family. Understanding the differ­ence is crucial, however to making wise spending decisions. Needs are those things families must have to survive such as: food, clothing, water and shelter. Wants are extras that make life nicer but doing without will not cause serious harm. The difference between newer clothes, eating out, a new car, vacations, jewelry and all extras.
Some expenses are fixed and remain the same each month. The family has little control over these expenses, which include rent, loan payments, and utilities. Other expenses are variable such as: food, clothing, recreation, and gas for the car. It is logical to work on control­ing spending that can be changed.
EFNEP nutrition advisors work with homemakers to develop individual spending plans. They encourage strategies that will stretch resources and make money last all month. If you would like to have an EFNEP nutrition advisor visit you or know of someone who would benefit from the new EFNEP curriculum, please call Local Extension Office or fill in the registration form. (AH)

Thirsty? Choose a better beverage

When you’re thirsty, what do you reach for? Take a look at the chart below and see how some popular options compare. For about the same number of calories, 1 cup of lowfat (1 percent) milk provides protein as well as about one-third the calcium and one-half the riboflavin you need daily. On the other hand, juice supplies more than the daily need for vitamin C. One cup of cola provides calories and not much else. And don’t forget water. It’s calorie-free as well as cost-free!

1 cup (8 fluid ounces) Cola Lowfat Milk (1%) Orange Juice
Calories 107 105 110
Protein 0 9 2
Vitamin C (milligrams) 0 2 97
Riboflavin (milligrams) 0 .42 .04
Calcium (milligrams) 7 313 22

55 Alive/Mature Driver Course

If your driver’s license expires in 1994, and you are 50 years of age or older, you are urged to enroll in the 55 Alive — Mature Driver Course. In this course, you will review driving rules and take the license renewal test. 55 Alive is offered Tuesday, March 29 and Wednesday, March 30, 10 a.m. to 2 p.m. Cy Miller, certified instruc­tor, will be in charge of the class. To register, please call LaDeane at the Cooperative Extension Office (441-7180). (LJ)

Egg safety at Easter and all year round

Why is egg safety a concern?
Eggs can be part of a healthy diet. However, they are highly perishable, not meat, poultry and fish. To be safe, they must be properly refrigerated and cooked.

What part of the egg carries the bacteria?
Researchers say the salmonella bacteria are usually in the yolk or yellow. But they can’t rule out its presence in egg whites. So every­one should wash their hands after handling raw eggs or undercooked egg yolks, whites or products containing them.
What can you do at home?
Proper refrigeration, cooking and handling should solve most “egg” problems. You can continue to enjoy eggs and egg-rich foods if you follow these safe handling guidelines:

To be egg-safe:
•Easter eggs — Cooking removes the eggshell’s natural coating, protective coating, so hard-boiled eggs are more susceptible to bacteria than fresh shell eggs.

Refrigerate Eggs immedi­ately after purchase and before using. Don’t leave them unrefrigerated over two hours during the hunt extras.

After each of your “business” trips, your EFNEP nutrition advisor has found your eggs, refrigerate the eggs again. They should keep about a week.

Avoid eating raw eggs or foods that contain them. This includes “brown” foods made with raw eggs, Caesar salad, Hollands­ian sauce, and any other foods like ice cream or eggnog made from recipes in which the raw egg ingredients are not cooked.

Refrigerating eggs — Take eggs straight home to the refrigera­tor. A home refrigerator should be kept at 40°F. Store them in the grocery carton in the coldest part of the refrigerator. Don’t wash eggs. You’ll remove a protective coating applied at the packing plant.

How long will eggs keep in the refrigerator? Use raw shell eggs within three to five weeks. Hard­cooked eggs will keep one week. Use leftover yolks and whites within four days.

Eggs cracked on the way home? Break them into a clean container, cover tightly and keep refrigerated for use within two days.

Handling eggs — Wash hands, utensils, equipment and work areas with hot, soapy water before and after contact with eggs and egg-rich foods.

Avoid keeping eggs out of the refrigerator over two hours. Serve cooked eggs and egg-rich foods immediately after cooking, or refrigerate at once for later use. Use within three or four days.

Leftovers of amounts of egg-rich foods into small containers for quick cooling.

Cooking times
•Fixed eggs — two to three minutes each, four minutes in a covered pan.
•Scrambled eggs — should be cooked until firm throughout.
•Poached eggs — Cook five minutes over boiling water.

Safest egg recipes
Use recipes for Caesar salad, Hollands­ian sauce, homemade mayonnaise, and any other uncooked egg-based causes by using commercial pasteurized eggs.

Egg mixtures are safe if they reach 160°F, so you can make eggnog, ice cream and soft custards from fresh eggs if you start with a cooled base. Use a thermometer or heat gently until the mixture coats a metal spoon.

For more information on eggs and the safe handling of other perishable foods, call USDA’s Meat and Poultry Hotline 1-800-535-4555, 8 a.m. to 3 p.m. weekdays.
Source: Food News for Consumers (AH)

Early dating inappropriate for most young people

Dating too early can impede development of important social skills — and lead to undesirable outcomes for young people and their families.
When children begin dating at age 10 or 11 — as some do — they haven’t had time yet to learn the social skills they get from being with other people. Because they haven’t learned how to act in a variety of situations, they imitate what they see on TV or what they see older people doing. This superficial behavior doesn’t honestly express the self. Young people need to interact with a wide variety of people, rather than just one or two. Early dating tends to isolate kids from those who are not dating, and that can be most of the other kids. When kids start dating too early, their friendships suffer. Close friends are forfeited to the dating.

Please turn to Dating: page 10

Human Resources

Bake and Take Days March 25-26

The Nebraska Wheat Board is again sponsoring Bake and Take Days to promote wheat products. This annual event is an excellent opportunity to home-bake products with friends, neighbors, shut-ins and the elderly. The Nebraska Wheat Board stresses the sharing and caring aspect of Bake and Take, and emphasizes the time spent with recipients is as important as the gift itself.

Stickers and pamphlets will be available at the Extension office after March 1 for organizations and individuals to include with their baked product. Please call to pick up the amount needed for your group.

In addition to your baked product, please include a little hug, a ten minute visit and a bit of laughter and you will have created a memorable moment for a special person. This is a great community service project for 4-H and FCE clubs. (LB)

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EDUCATION

LIVE AND LEARN

55 Alive/Mature Driver Course

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Teen Council is a big hit!

The Lancaster County Teen Council has a lot to be proud of. They have a diverse group of well-rounded leaders, have fun, and have increased their membership.

Recently, the Teen Council sponsored its annual 5th and 6th grade Lock-In, which was a true success! The group wanted to use different activities this year. A program was sponsored by the Nebraska Genetics Program, using an entire curriculum of new and futuristic topics to do. The group decided to use SPACES and won a national award for their achievements.

I am very proud of the Teen Council. The leadership skills they have are excellent. For a group of young adults, they certainly are a book as leaders for tomorrow!

Interested in becoming a member of Teen Council? Come to our next meeting Sunday, March 13, 3-5 p.m. You'll be glad you did!

—Ann Marie Moravec

4-H Bulletin Board

Leaders — Monday, March 7 at 7 p.m. on CableVision Channel 21, 4-H Leader Training Part II. Please watch or come to the meeting for fun and educational ideas!

Teen Council — Sunday, March 13, 9 a.m.-noon. We're starting something new!

Parents and youth — Saturday, March 12 from 9 a.m.-noon in the Auditorium. Send in your applications by March 8 if you're going to be out of this world!

Ambassador applications are now being accepted until Wednesday, March 10. Applications are available at the Cooperative Extension office, 111 Chenoweth Road. Use your 4-H skills for you — for Lancaster County — for 4-H (AMM)

4-H's prepare for county speech contest

A few leaders are beginning to ask their club members to give a speech at one of the regular 4-H club meetings. This makes the next step, giving a speech at the county contest, a little easier.

4-H members planning to give a speech this year in the Lancaster County 4-H Speech Contest Friday, March 18, should call University of Nebraska Cooperative Extension in Lancaster County by March 7, with their name, speech or PSA title, 4-H age (as of January 1, 1994), and their preference of either the 6 or 7 p.m. session (sessions are limited).

We encourage the use of note cards; but visual aids are not allowed in this case.

The novice division (8 and 9 year olds) will talk two minutes or less on any 4-H related topic. It works best for them to talk about something they enjoy.

The junior division (10 and 11 year olds) will talk for two to three minutes on a 4-H experience, project, or activity that they enjoy talking about.

The intermediate division (12 and 13 year olds) will talk for three to five minutes and are encouraged to talk about a 4-H project or activity that they would like others to participate in.

The senior division (14 to 19 year olds) will talk for five to eight minutes on a topic related to 4-H, for example, how 4-H has helped them acquire accomplishments or the importance of 4-H in their life.

One change for this year is that the PSA division will be open to all ages. Those giving PSAs will need to bring their own tapes or recorders. If they are using background music, they will need to bring their own tape player available. PSAs will be either 30 or 60 seconds long. You should also inform the audience is the purpose of the PSA. (DIS)

Nebraska 4-H Action Team

The Nebraska 4-H Action Team is a group of 4-H youth who present information on the 4-H program to the public. They serve as the spokesperson for the Nebraska 4-H Cooperative Extension in Lancaster County.

4-H members age 16-19 are eligible for team membership.

Duties

Attend the 4-H Action Team training held during Expo Visions in Lincoln in July (Must attend to be on the team.)

Make presentations about 4-H as requested by 4-H specialists and University of Nebraska Cooperative Extension in Lancaster County staff.

Promote 4-H throughout the year, especially during National 4-H Week in October.

Make donor relations contacts as requested by staff.

Participate in Unicameral visit in January or February.

4-H bucket calf project

The 4-H bucket calf project involves baby calves born between January 1 and June 1, 1994, and 4-H members ages 8-13. It is judged 25% on record books, 25% on dairy articles, 15% on the animals health and 25% on the exhibitor’s animal handling skills. The animals should be washed, brushed or combed, but should not be clipped.

Crooked calves, dairy calves, and beef calves are shown in this class.

March is a good time to buy calves. We encourage buying calves privately. We can help direct you to some dairies that would be willing to sell calves for this project.

Dairy calves actually have the ability to reach market weight at a younger age than most beef breeds. They also have a high degree of marbling with little outside fat covering. The bucket calf project is one of the most educational projects that you can make money on or provide high quality meat for your table.

The cost of a bucket calf is around $200, and low-cost housing can be built for less than $100.

Attention all cat lovers

Paws & Claws Cat Club is still meeting at the Lancaster Extension Office during the second Thursday of each month at 7 p.m. So, what's new? The members, new leadership, new cats, and new cat books. So "paws" for awhile and come to Paws & Claws. (ALH)

Youth tractor operator safety course offered

A tractor operator safety course for youth ages 13-15 will be offered evenings from 6:30-9:00, March 10, 17, 24, with a final session Wednesday evening, March 30. The first class, March 10, will be held at Seward Implement Co., Seward. The second class, March 17, will be at Bennington Grain Co., and Sprague Community College. The March 30 final session will be at the Seward County Fairgrounds. Cost is $5 per participant.

The teen safety training course provides experiential learning of mechanical controls, safe tractor operation, safety awareness and safety checking of selected agricultural machines.

Youth will drive tractors and handle machinery at each session. The course qualifies youth for a permit to operate a tractor. Youth who are at least 15 years of age, and have the required permit, are eligible to participate. The course is based on the Nebraska Tractor Operation Safety Certificate Program.

Teen Council members at the 4-H Lock In. The group won a national award for their SPACES program.

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The teen safety training course provides experiential learning of mechanical controls, safe tractor operation, safety awareness and safety checking of selected agricultural machines. Youth will drive tractors and handle machinery at each session. The course qualifies youth for a permit to operate a tractor. Youth who have the required permit are certified for a Federal Occupational and Safety Health (OSHA) employment permit. To qualify for the permit, youth are required to attend all sessions and pass a written and driving proficiency test.

Teen Council members at the 4-H Lock In. The group won a national award for their SPACES program.

4-H Shorts

Chicks

Baby chicks will be hatching at the Pro-Tech Training Center on March 14-18 and May 2-6 as a result of the 4-H school enrichment project. Please call Arlene at 441-7180 to arrange your pick-up of free chicks. (ALH)

Camp staff in training

Applications are due to University of Nebraska Cooperative Extension in Lancaster County by April 1. For more information, contact University of Nebraska Cooperative Extension in Lancaster County (LJ). Applications are due to University of Nebraska Cooperative Extension in Lancaster County by April 1. For more information, contact University of Nebraska Cooperative Extension in Lancaster County (LJ). The judge for this year’s show will be John Neary from Arlington, NE. (DIS)

Wheat winnings

The Nebraska Wheat Heart Organization sponsors an award for the top individual or team demonstration. The objectives are to develop knowledge of the necessity of wheat products in the diet; to acquire the skill and knowledge level involved in the baking of quick breads, breads, cookies, and use of pasta. To encourage the study of the production, processing, use of wheat and wheat products.

So, take a look at all the fun, tasty uses for wheat and wheat products. It’s never too early to start planning for your demonstration! Call University of Nebraska Cooperative Extension in Lancaster County for more information. (AMM)
Growing Up Female

Growing Up Female, a mother-daughter retreat is being scheduled for April 23 and 24, at the Eastern Nebraska 4-H Center in Gretna. This retreat is an opportunity for mothers and their 11-17 year old daughters to spend a special time together learning effective parenting skills, decision making skills, and building self-esteem. There will also be opportunities to learn more about sexuality, techniques to deal with peer pressure, and discussions about the importance of individual family values.

The cost per pair is $65 which includes meals, snacks, and lodging. Registration is limited, so it is suggested that you register as early as possible. The retreat has been very successful in the past.

For more information, contact University of Nebraska Cooperative Extension in Lincoln County. We would like to encourage other female caregivers to attend, such as stepmothers or grandmothers. Everyone can benefit from this weekend of learning and relationship building.

A Cornucopia experience

4-H members involved in horticulture projects are encouraged to participate in the Cornucopia Gardening Award program. There are two categories to choose from, vegetable or flower. Twice during the growing season the garden will be judged on planting design, cultural practices, pest control, garden knowledge, and gardening records.

There is a junior division (9-12 years old) and a senior division (13-19 years old) in each of the two categories. Four awards will be presented at the end of the gardening season at the Lancaster County Fair. All participants will receive ribbons.

Pick up competition rules and entry blanks at University of Nebraska Cooperative Extension in Lancaster County. All competing cornucopia gardens should preregister by May 1 (M). 

4-H Life skill #3 equals information

We are now to the third life skill that 4-H teaches: acquiring, analyzing, and using information. Just like the other life skills, this is something you use everyday. Whether it is looking at store advertisements for the best buy, or something you use everyday.

One idea 4-H teaches this in many of its project areas. A super example is working with information. In reviewing the life skills we have already highlighted, communication, problem solving, and decision making, acquiring, analyzing and using information clearly fits in. In next month, the life skill we’ll be managing resources. Seems to me, 4-H teaches the life skills we all need! (AMM)
Horticulture News continued

Get your seed off to a fast start

When you purchase flower and vegetable seed from the garden store, generally no special seed treatment is required to obtain germination. But if a thistle tree and shrub seed must be scarified and/or stratified to germinate. Even a few perennial garden flowers may require special treatment.

Several different pregermination treatments are used. Some of these are designed to weaken, inhibit or develop promoters while others modify a hard seed coat.

When you purchase seed, the pregermination requirements will be noted on the package, or consult a reference book in your library such as Plant Propagation Principles and Practices. 4th edition, by Hartmann and Kester, published by Prentice Hall.

Place moist seeds that require cold stratification—like hibiscus cranberry, in a plastic bag along with a material that will hold moisture. This material could be sharp sand, peat moss, sphagnum moss, or a mixture of sharp sand and peat. Thoroughly moisten the material and then allow it to drain before adding it to the bag.

Free water in the bag will cause the seed to rot. One-fourth of the capacity of the bag should be filled with the appropriate media. Close the bag with a twist-tie and place the bag in the refrigerator (40 degrees F) for the required number of weeks.

Some seeds, such as witch hazel, require a warm stratification treatment before they are placed in the refrigerator. Expose seed in the plastic bag assembled as above in an area where daytime temperatures are 85 degrees F. and night temperatures are 65 degrees F. for several months.

Seeds with hard seed coats require scarification. One can

scarify seeds mechanically by nicking the seed coat with a sharp knife or by using sandpaper. Another method is to soak the seed in water for about 24 to 48 hours. (DJ)

Adorn your landscape with ornamentals

Shade or flowering trees can be chosen to fulfill many landscape needs. In the landscape, these trees are used to frame the front view of a house, offer background for the setting of your house, provide shade, a windbreak and, probably the most important, provide beauty. Look for the special plants, for framing larger homes or background of smaller homes.

Smaller flowering trees that may attain a height of 50 feet or more and are primarily used for specimen trees, accentuates, background materials or windbreaks. Larger flowering trees include: tulip tree, Japanese pagoda tree, golden rain tree and the larger varieties of crapabbe. These can be used in special plants, for framing larger homes or background of smaller homes.

Start early and attack musk thistle invasion

The plentiful moisture and cool temperatures the past two years woke up many musk thistles,eds that were lying dormant in the ground. Landowners found thistles in new locations and in larger numbers.

This spring may even be worse. The adequate moisture that will germinate many new seedlings this spring and there is a plentiful supply of rosettes that have overwintered. Look for these plants are controlled, the supply of seeds in the soil will be considerably reduced.

The very adequate soil moisture for growth will be needed. Scour your fields for overwintering rosettes and apply a herbicide that will provide residual control that will also take care of the spring germinating seedlings. You need to know where your thistle is so that you can take advantage of any good spray days that occur.

Incorporate musk thistle control as to begin early. Scour your fields for overwintering rosettes and apply a herbicide that will provide residual control that will also take care of the spring germinating seedlings. You need to know where your thistle is so that you can take advantage of any good spray days that occur.

Scour your fields for overwintering rosettes and apply a herbicide that will provide residual control that will also take care of the spring germinating seedlings. You need to know where your thistle is so that you can take advantage of any good spray days that occur.

Increase pasture productivity

Fertilization of improved pastures is one way to increase productivity, but several factors should be considered first.

Most important is whether the extra grass is needed. If grass is produced while the grass, then fertilization can pay. Another factor is the amount of soil moisture available. For grass to use fertilizer at the full rates, the subsoil profile should be full going into the growing season. If the subsoil is dry, rates should be cut. Alfalfa growers have alfalfa fields with musk thistle infestations should consider breaking them up and planting them to a row crop. The first cutting could be made early and then the row crop nulled into the alfalfa. Check with the Soil Conservation Service office for appropriate amount of phosphorus per inch of annual precipitation. Warm-season grasses contains many nitrogen-fixing legumes.

For pastures, recommended rates vary according to location and type of grass planted. Cool-season grasses such as bromegrass and orchard grass can use from three to four pounds of nitrogen per inch of annual precipitation. Warmer-season grasses such as switchgrass and big bluestem use less nitrogen, about two to three pounds per inch of annual precipitation.

Timing is also critical. Both cool-season and warm-season pastures should be fertilized after spring growth has begun. That will be late March to early April for cool-season grasses and late May for warm-season grasses. Fertilizing warm-season pastures too early will encourage the growth of weeds and cool-season competitors such as smooth broomgrass and Kentucky bluegrass.

Family and Human Resources News continued

Date from page 6

Dating relationship. Children involved in dating spend more time on looking attractive than on sports or other common culture. They can simply lose out on the process of “growing up.”

Premature sexual involvement often results from these early starts on dating behavior. Statistics show that people involved in early sex have more trouble with sexual relationships later on. Kids who begin experiencing early sexual activity are also more likely to confront an unintended pregnancy.

No youngster should be allowed to go out on dates before age 12, and then only group dates until at least age 14.

University of Nebraska-Lincoln family life specialist Herb Lintgen says this: "Children are not

mutating any faster than they did 20 years ago. Statistics on unintended pregnancies, drug and alcohol abuse, and venereal disease totally negate that thinking.”

There is no evidence to support the claim that people become more sophisticated at an earlier age than a generation ago,” he continued. “Yet they are exposed to sexual imagery in advertising and all the sex and violence in the media that they are not prepared to cope with. Parents shouldn’t compound the effects of that imagery by allowing their children to get involved in dating relationships before they’ve formed their own individual personalities. (LI)
Agricultural and Natural Resource Development

GOAL 1: Enhance the capacity of local communities to identify and address local priorities and long range issues.

High Priority Objectives:
- Increase public awareness about the importance of agricultural education and training.
- Provide educational programs that encourage the development of leadership skills.
- Provide assistance to agricultural businesses to increase their productivity.

GOAL 2: Develop and establish partnerships to address environmental issues.

High Priority Objectives:
- Improve the safety of food production and handling.
- Increase public awareness about the benefits of sustainable food production.
- Provide information on food safety and quality.

GOAL 3: Provide information to promote healthy eating and lifestyle choices.

High Priority Objectives:
- Increase public awareness about the importance of physical activity.
- Provide information on the benefits of exercise.
- Increase public awareness about the importance of regular medical checkups.

State Level Program Priorities

Institute of Agriculture and Natural Resources (IANR) Action Plan

GOAL 1: Provide agricultural and natural resource development services to local communities.

High Priority Objectives:
- Increase public awareness about the importance of agricultural education and training.
- Provide educational programs that encourage the development of leadership skills.
- Provide assistance to agricultural businesses to increase their productivity.

GOAL 2: Develop and establish partnerships to address environmental issues.

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- Increase public awareness about the importance of physical activity.
- Provide information on the benefits of exercise.
- Increase public awareness about the importance of regular medical checkups.
### Extension Calendar

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>March 1</td>
<td>Nebraska Swine Records Training Meeting — Ceresco Community Center, Ceresco</td>
<td>1:30 p.m.</td>
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<tr>
<td>March 3</td>
<td>Chemigation Training — Saline County Extension office, Wilber</td>
<td>1:00-4:00 p.m.</td>
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<td>March 4</td>
<td>Chemigation Training — Dodge County Extension office, Fremont</td>
<td>9:30 a.m.-12:30 p.m.</td>
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<td>March 5</td>
<td>Showing to Win Horse Clinic</td>
<td>9:00 a.m.</td>
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<td>March 7</td>
<td>Sign-up Deadline for Speech Contest</td>
<td>10:00 a.m.-4:00 p.m.</td>
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<td>March 9</td>
<td>Horse VIPS Meeting</td>
<td>7:30 p.m.</td>
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<tr>
<td>March 10</td>
<td>Tractor Operator Safety Class — John Deere, Seward</td>
<td>6:30 p.m.</td>
</tr>
<tr>
<td>March 12</td>
<td>&quot;Hands On-Heads On&quot;</td>
<td>9:00 a.m.-noon</td>
</tr>
<tr>
<td>March 13</td>
<td>Teen Council</td>
<td>3:00-5:00 p.m.</td>
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<tr>
<td>March 14</td>
<td>Interviews for 4-H Ambassadors</td>
<td></td>
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<tr>
<td>March 15</td>
<td>ExpExpsions Leadership Applications Due</td>
<td></td>
</tr>
<tr>
<td>March 16-23</td>
<td>Building Community Leadership-3 nights, Denton Community Building</td>
<td>7:00-9:00 p.m.</td>
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<tr>
<td>March 17</td>
<td>Tractor Operator Safety Class — Milford</td>
<td></td>
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<tr>
<td>March 21</td>
<td>PAK 10 Livestock Judging Contest — Ak-Sar-Ben Livestock Arena, Omaha</td>
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<tr>
<td>March 18</td>
<td>4-H Speech Contest</td>
<td>6 &amp; 7 p.m.</td>
</tr>
<tr>
<td>March 19</td>
<td>“Dare to Try” — Eastern NE 4-H Camp, Gretna</td>
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<tr>
<td>March 21</td>
<td>Lancaster County 4-H Shooting Sports Club Meeting</td>
<td>7:00 p.m.</td>
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<tr>
<td>March 22</td>
<td>Tractor Operator Safety Class — Marion</td>
<td>6:30 p.m.</td>
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<tr>
<td>March 25-26</td>
<td>Bake and Take Days</td>
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<tr>
<td>March 29</td>
<td>CRP Controlled Burn School — Firth Community Hall</td>
<td>9:00 a.m.-late afternoon</td>
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<tr>
<td>March 30</td>
<td>FCE Leader Training Lesson “Water: Use it Wisely in the Landscape”</td>
<td>1:00 or 7:00 p.m.</td>
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<tr>
<td>March 30</td>
<td>55 Alive Mature Driver Course</td>
<td>10:00 a.m.-2:30 p.m.</td>
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<tr>
<td>March 31</td>
<td>4-H Turkey Project Entries Due</td>
<td>7:00-10:00 p.m.</td>
</tr>
<tr>
<td>April 1</td>
<td>Market Brief/ID’s for State Fair, Ak-Sar-Ben, and American Royal Due</td>
<td>10:00 a.m.-2:30 p.m.</td>
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<tr>
<td></td>
<td>Camp Counselor and 4-H Action Team Applications Due</td>
<td></td>
</tr>
</tbody>
</table>