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The NEBLINE, June 1994

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Barb Ogg
Asst. Extension Educator

Did you ever wonder why Elmer Fudd is always chasing Bugs Bunny? Elmer's a hunter, homeowner, maybe even a very severe tax payer. Bunny keeps gnawing away at his trees, shrubs, flower bulbs, and garden produce. We certainly know how he likes those carrots.

Bunnies eat plants of the rose family, including apple, black and red raspberries and blackberries. Shade ornamental trees frequently damaged are mountain ash, basswood, red maples, sugar maple, honey locust, ironwood, red and white oak and willow. Sumac, rose, Japanese barberry, dogwood, and some woody members of the pea family are among the shrubs damaged.

If you are trying to establish ornamental trees and shrubs this spring, consider fencing them with welded wire cylinders (1/4" mesh) to protect them from hungry bunnies later in the year. To be effective, the cylinders should be 18-20" above the maximum snow level, several inches away.

Turn to Wabbit's back page

Backyard Farmer
Watch Backyard Farmer, Tuesdays at 8 p.m. on the Nebraska ETV Network, Channel 12 or on Cablevision, Channel 13

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
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Nutrition, Food Safety and Quality
Eat Well—Be Well—page 1

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Eat well—be well

Ali Herneeman
LaDeane Jha
Extension Educators
Ann Marie Moravec
Extension Assistant

Nutrition, food safety and quality are daily concerns for Americans. Skip a meal or two and the importance of wholesome and nourishing food soon becomes evident. As well as affecting your immediate health, a healthy diet can also influence your long-term health. More than $200 billion is spent yearly on treatment of diet-related illnesses, including: heart disease, high blood pressure, cancer, diabetes and obesity— affecting the lives of 100 million Americans.

Nutritious food must also be safe food. Many foodborne illnesses are caused by never being eaten or are often misdiagnosed. Estimates of the actual number of cases of foodborne disease in the U.S. range from 24 million to 81 million. Education of food handlers— at home and in commercial food establishments—is necessary to continue providing the public with a safe food supply.

Nutrition and food safety are a high priority with Cooperative Extension at the national, state and local level. The rest of this article will feature some of the educational programs conducted by staff members and volunteers in these areas. Providing leadership in this area is Alice Henning and LaDeane Jha, Extension Educators, and Ann Marie Moravec, Extension Assistant.

Pyramid Power
Can you learn about a healthy diet and have fun too? Close to one thousand Lancaster County citizens are doing both. Pyramid Power: The Food Guide Game, was created for the purpose of providing an informative and entertaining method for helping people understand and use the new USDA Food Guide Pyramid.

Players mark squares on a game card according to the number of healthy food practices they follow. Pyramid Power creates an awareness of how good nutrition can help make you a winner!

Pyramid Power has been played successfully at health fairs, workshops and community classes, with 4-H and other youth groups; and with various limited resource audiences. Currently, a special Pyramid Power activity is being offered to teach 4-H clubs and independent members about the Food Guide Pyramid. Over 20 businesses have donated prizes to help make this both an educational and fun event for youth.

Pyramid Power has received recognition at both the state and national level. If you'd like more information about getting an adult or youth group involved with Pyramid Power, give us a call.

Food, Nutrition and Food Safety for Child Care Centers
As the percent of families using child care increases, attention must be given to assuring that food handlers in child care settings plan and prepare safe and nutritious meals. Yearly, a nutrition and food safety update is held for child care centers. Child care center directors and cooks are taught the latest information on planning menus with consideration for nutrition needs, variety and cultural patterns of their children. Food handling techniques to prevent food poisoning are also stressed.

At a recent workshop, one activity involved participants covering their hands with a lotion that glowed when held under a special light. They then practiced hand-washing techniques to see how thoroughly they were cleaning their hands.

Healthy Cooking With "Speed Scratch"
Tired of the same old meals for supper—and short of time? "Speed Scratch" cooking may be your answer. This popular class teaches participants how to combine fresh and convenience foods for quick, healthy and cost-conscious meals. Each year, a community class is offered on a contemporary topic involving nutrition and food preparation.

Please turn to Eat Well: page 11

"Helping you put knowledge to work"

University of Nebraska Cooperative Extension in Lancaster County
444 Cherry Creek Road
Lincoln, Nebraska 68528-1507

CAR-R-T SORT
POSTAL PATRON

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska
**Backyard composting**

Listed below are the 1994 yard waste composting demonstrations hosted by University of Nebraska Cooperative Extension in Lancaster County and the City of Lincoln Recycling Office. Each program will feature home composters and where to compost in your landscape and what it takes to be successful.

**Composting Demonstration Sites**

- **Pioneers Park Nature Center**
  - Pioneers Park
  - 1:30-3:00 p.m.
- **University Place Park**
  - 50th & Calhuy
  - 1:30-3:00 p.m.
- **Antelope Park**
  - 2944 Garfield Street
  - 1:30-3:00 p.m.
- **Pioneers Park**
  - 10 a.m. to 12:30 p.m.

**June 11, September 10 and October 8**

**University Place Park**

50th & Calhuy

1:30-3:00 p.m.

June 4, September 3 and October 1

**Antelope Park**

2944 Garfield Street

1:30-3:00 p.m.

June 18, September 17 and October 15

**Control apple maggots now**

The adult apple maggot is a fly similar to the housefly, but smaller. The larvae feed on the fruit and cause the fruit to rot. They then drop to the soil to pupate during the winter months.

The control of the apple maggot must be directed at the adult fly. This control should occur when the time the adults emerge and the time they lay their eggs. Sanitation helps reduce the number of flies. Pick up the fallen apples and dispose of them. Weekly spraying with insecticides such as diazinon or malathion is an effective control. The spray schedule should begin mid to late June and continue through August.

To tell when the flies begin to emerge, coat a red, plastic ball with a sticky substance, such as Tanglefoot. Hang the apple look-a-like in the tree and check it daily. (MJM)

**Storing extra seeds**

Seeds can survive several years when given the proper environment. Although optimum storage life varies among species, most seeds will survive at least two years, with some lasting for centuries. Whether they are leftovers from the seed you purchased, or seeds you have gathered from your own plants, with a little care and thought, it is a simple task to store seeds for use in next year's season.

The only time you need to store seed plants is when you have a large and diverse collection of plants, with a little care and thought. It is a simple task to store seeds for use in next year's season.

The most important moisture content is 70% to 80% relative humidity. Seed stored at a relative humidity of less than 65 percent.

Seed life can be further extended by placing seeds in a sealed container. This reduces the oxygen content and creates a controlled atmosphere. The best containers for seed storage are ziplock plastic bags or glass jars with tigh-tfitting lids. To avoid identification problems, leave seeds in their original packages or envelopes. Containers may be kept in a refrigerator or in an cool, dry, dark, place. (MJM)

**Watch for squash vine borers**

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.

The best way to begin spraying to prevent loss of this year’s squash and pumpkin plants, since the adults deposit eggs on the growing tips of young stems and leaves. Apply a material toxic to the base of squash or pumpkin plants weekly, starting when the vines begin to run or bush begins to grow. Follow all label directions and precautions when using insecticides. (MJM)

**Gardener’s vacation dream**

No one wants to come home from a three-week vacation to find the garden overrun with weeds. Weeds dry out foliage and other plant tissues. (DJ)

Arranging for a friend to come in and water a few days before you leave. Watch the lawn just before you leave. If you’ll be gone for an extended period, arrange for someone to mow it as often as you would if you were home. Regular mowing keeps the grass healthy. It also gives you time to check the plants for problems. (MJM)

You can get away to find the lawn shaggy, gasping their last breath. For warm-weather, sun-loving plants, dries foliage off quickly and reduces the relative humidity, so disease organisms have less chance to get a foothold.

You can influence air movement around plants by adjusting row spacing and density within the row or by avoiding placement of plants in a dense air space created by a hedgerow or other windbreak. You can also avoid working in the garden when plants are wet, time plants to slow growth time to dry before evening, and control weeds.

Working among wet plants is a good way to spread disease organisms at a time when plants are most susceptible—when the foliage is wet. Watering early in the day, or using trickle irrigation to apply water only to the roots rather than the tops of plants, reduces the amount of time that water is available on plant foliage and so reduces the chance that disease organisms will get established.

**Composting** is not just a matter of aesthetics. Weeds can harbor disease organisms. And, weeds that crowd garden plants can reduce air movement around plants.

Two closely related activities that can help get a handle on plant disease in the garden and landscape are scanning and keeping records.

Scanning is simply looking closely at your plants to see if any problems are present. Logging what occurs, when and under what conditions can reveal patterns. If, for instance, tomatoes, peppers and eggplant planted in the northwest corner of the garden do poorly there, often losing their leaves promptly after leaf spotting, you could surmise that there’s a plant disease-causing organism in that part of the garden that is building up over time.

If you’d then make a note to yourself to plant other crops away from the northwest corner of the garden. To make a map of the garden each year and keep it with your notes on how the garden performed can go a long way toward minimizing problems in future years.

Knowing plants growing vigorously is a good defense against diseases and other problems. Weekly as needed, fertilizing and protecting plants from injury by insects, wildlife and cultivation, for instance, keeps plants growing well and better able to resist disease.

Sometimes disease prevention is closely related to insect control. Bacterial wilt of cucumbers and related crops, for instance, is carried by the cucumber beetle. The only way to control bacterial wilt of cucumbers and related crops is to protect plants against the beetles.

Some gardeners find that for crops that do become diseased, sometimes the only treatment is to remove the infected plants and so prevent the spread of the disease. Remove all diseased plant leaves and other plant tissue at the end of the season to reduce the carryover of certain diseases. This is especially important with crabapple trees, roses and tomatoes. The organisms that cause a number of devastating diseases, such as scab on crabapple, black spot on roses and brown spot on tomato, overwinter on fallen foliage or other plant parts. (DJ)

**Garden Gossip Hotline**

441-7179

**The recipe for plant disease**

For plant diseases to occur in the garden or landscape, three things are necessary: a pathogen (a disease-causing organism, such as a fungus, a virus or a bacterium); a susceptible host; and a conducive environment.

A conducive environment may include conditions that are favorable to the pathogen, unfavorable to the host, or both.

Selecting a proper site at which to plant is one way to control the environmental part of the triangle. For warm-weather, sun-loving crops, for instance, a proper site would be sunny with good soil and adequate air circulation to prevent wet foliage. Insufficient light will slow plant growth and reduce vigor, making plants more susceptible to diseases, particularly root rot.

Air drainage is important because many foliar diseases can get established only when foliage is wet. Air movement around plants dries foliage off quickly and reduces the relative humidity, so disease organisms have less chance to get a foothold.

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Working among wet plants is a good way to spread disease organisms at a time when plants are most susceptible—when the foliage is wet. Watering early in the day, or using trickle irrigation to apply water only to the roots rather than the tops of plants, reduces the amount of time that water is available on plant foliage and so reduces the chance that disease organisms will get established.

Controlling weeds is not just a matter of aesthetics. Weeds can harbor disease organisms. And, weeds that crowd garden plants can reduce air movement around plants.

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Save pesticide containers!

Watch for this trailer at your local cooperative agribusiness this summer. Triple-rinsed or pressure-rinsed, 1- and 2½-gallon, white and yellow plastic pesticide containers will be accepted on Fridays, 8 am - 3 pm as scheduled at participating businesses this summer, and be free of pesticide residue to be accepted at the recycling site. The containers will be shredded by a portable granulator and recycled into new pesticide containers by the National Coalition of Pesticide Manufacturers.

Fifteen recycling sites have been identified in Lancaster, Seward and Cass counties. The 1994 Collection Site Date Location

- Bennet Farmers Co-op Elevator May 20 355 Hackberry, Bennet
- Princeton Elevator May 27 1305 Broad, Princeton
- Firth Cooperative Company June 3 208 W 3rd, Firth
- Wilton Farmers Union Co-op June 10 1621 S 118th, Wilton
- Greenwood Farmers Union Co-op June 17 219 Hwy 6, Greenwood
- Waverly Farmers Cooperative Co. June 24 10741 N 142, Waverly
- Otte Oil & Propane July 1 3425 Davey Rd., Davey
- Blue Valley Cooperative July 8 Tanona
- Blue Valley Cooperative July 15 Beaver Crossing
- Countryside Cooperative July 22 Milford
- Jade Cooperative July 29 Ravina
- Lancaster County Fair August 4 (Thurs.) State Fair Park
- Hayman's Fertilizer August 12 9525 Panama Rd., Holland
- Emerald Farmers Co-op Inc. August 19 Emerald
- Lancaster Extension Conference Center August 26 444 Cherry Creek Road
- Lancaster Extension Conference Center September 2 444 Cherry Creek Road
- Lancaster Extension Conference Center September 9 444 Cherry Creek Road
- Lancaster Extension Conference Center September 16 444 Cherry Creek Road
- Lancaster Extension Conference Center September 23 444 Cherry Creek Road
- Lancaster Extension Conference Center September 30 444 Cherry Creek Road

Select the proper pasture grass for picky horse grazers

Many different types of grasses can successfully be used for horse pastures if properly managed. Most horses can be maintained nutritionally on pastures alone throughout the growing season without the need for additional supplements, if pastures are managed properly. Heavily latching mares and fast growing weanlings have the highest nutritional needs and might require additional protein and minerals, especially for energy, if your pasture is marginal or poor. All other classes of relatively non-active horses should be able to meet their nutritional needs on pasture alone, along with fresh water and trace mineral salt. If you decide your pasture will be utilized primarily as an exercise lot, you need to select grasses that resist heavy traffic and trampling. If your goal is primarily nutritional, you need to select varieties of grasses that are palatable, highly digestible, productive over a long growing season, quick to regrow after grazing, adaptable to climatic extremes and resistant to insects and disease. Certain classes of horses will have higher nutritional needs than others, which may require a legume to fulfill these needs. No single forage plant will normally meet all the nutritional needs of goats, sheep, horses and cattle.

The five-day program is planned with considerable flexibility so participants can attend all five days or as few as one or two, said Genie Deutscher, specialist located at the NU West Central Research and Extension Center in North Platte. The five-day program will be held on the campus of the Nebraska College of Technical Agriculture at Curtis. Topics include in-depth discussions on farm and ranch goals, using computers, range and pasture management, herd health management, economics and marketing, and cow-calf nutrition, genetics and reproduction.

"The college will also include producer panel discussions, hands-on workshops, computer and veterinary labs, feedlot and grazing tours, plus a notebook of reference materials," said the Institute of Agriculture and Natural Resources specialists.

Cow-calf college slated for beef producers, farm and ranch managers

"A cow-calf college designed to assist beef producers and farm and ranch managers in decision making is scheduled for June 7-11," said a University of Nebraska beef cattle specialist.

"The comprehensive cow-calf school will cover the economically important management areas," said Gene Deutscher, specialist located at the NU West Central Research and Extension Center in North Platte. The five-day program will be held on the campus of the Nebraska College of Technical Agriculture at Curtis. Topics include in-depth discussions on farm and ranch goals, using computers, range and pasture management, herd health management, economics and marketing, and cow-calf nutrition, genetics and reproduction.

"The college will also include producer panel discussions, hands-on workshops, computer and veterinary labs, feedlot and grazing tours, plus a notebook of reference materials," said the Institute of Agriculture and Natural Resources specialists.

The program is sponsored jointly by the University of Nebraska Cooperative Extension, Nebraska College of Technical Agriculture and the Nebraska Integrated Resource Management (IRM) program.

"The school is planned with considerable flexibility so participants can attend all five days or as few as one or two," said Deutscher. Meals and lodging will be available.

To obtain a program brochure or for information on costs and registration date, contact University of Nebraska Cooperative Extension in Lancaster County.
Pheasant nesting and alfalfa production clash

Only 31% of all pheasant nests started are successful, and 60 to 90 percent of all hens will produce a successful brood. However, some of these nests have to renest. The unsuccessful nests are 26% abandoned, 34% destroyed by weather, and 9% destroyed by machines.

Unfortunately, alfalfa reaches peak nutritional value just prior to most hens hatching their nests. Since alfalfa is the first, lush, green growth each spring, and other nesting habitat is generally limited, hens concentrate their nests in alfalfa fields. Up to 70% of the nests will be destroyed and 50% of the hens destroyed by the swather. The nests that are not destroyed will suffer heavy predation.

Approximately 3 to 5 percent of producers can find and mow around nests, but the predators have learned that such islands generally do not have food in them. Placing a flashing bar in front of the equipment to scare the hen from the nest does not work. The closer the hen is to hatching her young, the harder it is to make her leave the nest.

Delaying harvest by five to seven days while moving the equipment around may allow more hens to hatch the nests and move the chicks. The economical and environmental benefits of this practice, however, can be significant to the alfalfa producer in many cases. Producers are asked to slow down when they see a hen running a short distance in front of the equipment, mow around the brood, and come back to the island when the field is completely mowed and move along with the blades six inches high.

Renesting physically drains the hen and can limit her ability to build up her ovaries, again start laying in an egg a day, build a nest, and renest 6 eggs. Eggs layed during this period should be larger, smaller and at a disadvantage since the temperatures become hotter and eggs, chicks and hens are stressed.

A hen considers a nest successful if all her nests hatch. Once she sees a chick, her brooding instinct takes over and thoughts of all the work that went into it are vanished. Most eggs hatch from June 16 to 30, after 23 days of incubation. This period can vary from one to two weeks depending on weather. Nebraska research has shown that pheasants hatch sooner in June weather significantly affects peak hatch. Above normal temperatures cause early hatches, while below normal temperatures cause late hatches. Precipitation causes 66% of the variation in hatch peaks, temperature causes 34%.

Pesticide leaching likened to drip coffee

Groundwater and surface water are interrelated. In fact, they are part of the same natural “plumbing” system called the hydrologic cycle.

Water that falls on the earth’s surface as rain or snow runs off into lakes and streams, evaporates, or soaks into the soil. Some of the water that enters the soil is taken up by plants and some goes downward, filling spaces and cracks in the underlying layers of soil, gravel, and rock. The water in these deep, saturated layers is the groundwater.

The water seeps down through the soil can carry with it water soluble nutrients, minerals, and other substances in or on the soil. This “leaching” process is similar to what happens when you make drip coffee. Water drips through the ground coffee leaching caffeine and flavorful compounds into the coffee pot. But unlike making coffee, the leaching of pesticides through the soil is unintentional and the amounts are so small that they can only be detected by sophisticated laboratory analysis of the water.

Whether pesticides that leach into the groundwater pose a hazard to humans or animals depends on the toxicity and concentration of the compounds. Contaminants are generally removed from the water before it is delivered to the consumer. Some pesticides may be found in drinking water at levels that could pose risks to human health. In laboratory tests, several models of new, previously untested submersible wells with brass and bronze components have been found to leach high levels of metals into the water that come in contact with these pumps. The findings of these tests indicate cause for concern to users of such pumps and a need for further research.

Batteries are designed to convert the energy of a chemical reaction into electrical energy. In doing so, some highly toxic and hazardous compounds are used or formed. Batteries are classified according to their composition and are grouped as either a “primary” battery or as a “secondary” battery. Batteries in the secondary group include nickel-cadmium and lead-acid batteries that can be recharged. Batteries that are no longer useful or are improperly disposed of are a risk to human and animal health. Please turn to Batteries: page 10

Submersible pump info

Drinking water from wells using submersible pumps made of brass or bronze may contain lead at levels that could pose risks to human health. In laboratory tests, several models of new, previously untested submersible wells with brass and bronze components have been found to leach high levels of metals into the water that come in contact with these pumps. The findings of these tests indicate cause for concern to users of such pumps and a need for further research.

According to the water purity act, lead testing should be conducted. Improperly handled, a lead test can yield false results. It is recommended that a certified lead testing laboratory be consulted.

If you have questions about the disposal of these items, call the Lincoln-Lancaster Health Dept. at 441-8022. Or for information on dates and locations of collection sites, call the HAZLINE Hotline (recording) at 441-6220. (LB)

Lead-acid batteries banned from landfills

For the most part, we don’t think about the type, shape, number or contents of batteries, nor do we concern ourselves with their disposal. Generally batteries aren’t given much thought until they fail us—missing a once-in-a-lifetime photo opportunity because the camera battery is dead; being left in the dark when the electricity goes off and the flashlight has dead batteries; or missing a most important appointment because the vehicle’s battery doesn’t work.

Many, many types of batteries are available today. They are comprised of various kinds of materials and are a convenient source of energy that most of us take for granted. Batteries are designed to convert the energy of a chemical reaction into electrical energy. In so doing, some highly toxic and hazardous compounds are used or formed. Batteries are classified according to their composition and are grouped as either a “primary” battery or as a “secondary” battery. Batteries in the secondary group include nickel-cadmium and lead-acid batteries that can be recharged. Batteries that are no longer useful or are improperly disposed of are a risk to human and animal health.

Lead-acid batteries are commonly misused and thrown into landfills. This means that the lead, and sometimes cadmium, is placed into a landfill. Landfills are not designed to handle these toxic substances and they may leach into the groundwater, and then into the soil and plants. Some of the substances may be absorbed by plants and then ingested by livestock and wildlife. The lead and cadmium can also leach into the groundwater and contaminate drinking water sources. Batteries are also a source of metals that can leach into the groundwater and contaminate drinking water sources. Batteries are also a source of metals that can leach into the groundwater and contaminate drinking water sources.

For more information about the lead content of batteries, contact the EPA Safe Drinking Water Hotline at 800-426-4791 or the National Lead Information Center at 800-424-LEAD (3523).

1994 EnviroFair

The 1994 EnviroFair is an event sponsored by University of Nebraska Extension in Lancaster County to promote awareness of local programming in the area of natural resources and environmental issues. A variety of displays and demonstrations by Lancaster County agencies, Extension staff, and volunteers will help make this event one of the highlights of the Lancaster County Fair. Held in cooperation with Health Awareness Day, the 1994 EnviroFair will be Thursdays, August 4, 9 a.m.-7 p.m. in Ag Hall at State Fair Park. (SE)
June community profile—Roca

Our community profile for June is the Village of Roca, located in Saline Township in central Lancaster County.

Location
-12 miles south of Lincoln on Roca Road
-35 miles north of Beatrice
-70 miles southwest of Omaha
-14 miles east of Crete

Population
1980—120
1990—130
1992—131

Transportation
- State Highway 55-F
- Lincoln Municipal Airport 15 miles

City Utilities
Electricity: Norris Public Power
Water: Village water system supported by 2 wells
Sanitation: Lagoon system operated by the village
TV: 6 local channels

Municipal Services
- Village board of trustees
- Village zoning ordinance in effect
- Hickman rural fire department
- County sheriff's department
- Private garbage services through village utilities

Recreation Facilities
- Public ball park and picnic area

Retail Business
- Roca Elevator
- Roca Tavern

Organization Contacts
- Village of Roca
- Mike Oelenschlager, Clerk
- Family & Community Education Club
- Salt Creek Circle

Cornhusker State Games Volkswalk

Are you looking for a fun event which is educational and good for your health? Give the VOLKSWALK at the Cornhusker State Games a try. You will have two opportunities to choose from, a 10 km or 4 km walk. The registration deadline is June 27. The event will be July 16 and 17. The walks will start at Lincoln High School and proceed though central Lincoln. Booklets are available for all walkers to help you learn about the area through which you are walking. Lincoln is a large city, by Nebraska standards, brought together by a series of smaller communities and neighborhoods. Each community has it’s own special history and character. The VOLKSWALK will help you learn about our city.

For more details contact Elaine Havoc at 489-7539 or Rose Quackenbush at 464-6972. Applications are available from the state games office at 471-2544 or can be picked up at various businesses throughout the area.

(DM)

Leaders preferred

1. The boss drives his men; the leader coaches them.
2. The boss depends upon authority; the leader on goodwill.
3. The boss inspires fear; the leader inspires enthusiasm.
4. The boss says "I"; the leader says "we."
5. The boss assigns the tasks; the leader sets the pace.
6. The boss says "Get here on time;" the leader gets them ahead of time.
7. The boss fixes the blame for the breakdown; the leader fixes the breakdown.
8. The boss knows how it is done; the leader shows how.
9. The boss makes work a drudgery; the leader makes it a game.
10. The boss says "Go,"; the leader says "Let's go."

What’s your leadership style?

Have you sat in a meeting becoming more and more hostile because you felt the leader did all the groups thinking? Or have become so frustrated because the leader was so "laid back" no decisions were made?

Authoritarian leaders reserve the "right" to do the group's thinking. They make the plots and decisions for the group. Generally this leader gives instructions with expectations that the group will follow through.

The advantage to this style is that is saves time, especially on routine or straightforward issues. The disadvantage of this style is that group members have no ownership, so they can be highly critical of the leader.

The democratic leader solicits thinking and open discussion on issues by all members. This leader makes the decision only after receiving appropriate input from all the members. The advantages to this style is that the group gains ownership and commitment for decisions and activities. The disadvantages are that it takes time and can divide the group.

The laissez-faire leader is "laid back" and allows group members to "do their thing" and make the decisions. The advantage is that it promotes creativity. The disadvantages are that the leader has no control, morale is usually low and is highly frustrated to organized members.

Think about your leadership style. Which of these best describe you? Perhaps a change in leadership style would help you achieve your goals.

June 1994

Community & Leadership Development

Willing Workers 4-H Club

Willing Workers 4-H Club of Malcolm was not listed in the Community Profile of Malcolm in the April edition of NEBLINE. The Willing Workers leader is Carla Sullivan. This club has been active in youth and community affairs for a long time. Please contact Carla if you would like to join a Malcolm area 4-H club.

A message from Fireman Bill

For most kids in our area summer vacation is finally here! Your friends at the Southeast Fire Department hope that you and your family have a fun, yet safe, summer vacation. Many folks enjoy swimming during these months (myself included). Here are some safety reminders for those who enjoy swimming:

Remember "Feet first-First time." In other words, never dive into an unfamiliar body of water. Waters that appear deep enough to dive into may only be a few feet deep. Some swimmers who have ignored this basic rule have found themselves in bed with a serious spinal cord injury.

Another good rule: use the "buddy system." Each swimmer has a "buddy" who keeps an eye on each other. We use this rule with the fire department during water rescues.

Remember—do not swim right after eating—and never swim in water that is appears to be dangerous or that is deeper than your swimming abilities can handle.

Contact the Lancaster County Chapter of the Red Cross for information on swimming lessons, lifeguard training, and first aid/CPR training. Have a safe summer! (DM)

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

Crisis Home Repairs

for Lancaster County homeowners

For more information, contact Judy Adams, Lancaster County Rural Coordinator, Lincoln Action Program (LAP), 2452 South 11th Street, Lincoln, NE 68502 or call 471-4315.

Small-scale entrepreneurship boosts businesses

Since its inception in 1989, Cooperative Extension's Small-Scale Entrepreneurship program has helped Nebraskans start, expand or better manage their businesses. Team members have had teaching contacts with 4,400 individuals involved in businesses such as bed and breakfast, catering, sewing, craft marketing and others. The FastTrack program for small businesses, funded by US West, is a recent program expansion. Extension specialists offer a 14-week intensive workshop to help entrepreneurs and existing businesses.

NEBLINE RBBS

(402) 441-7149

Free access to Extension information
300-2400 baud 24 hours a day
**Human Resources**

**Robert’s remarks**

It was good to see so many of you at our Playhouse Night. According to the state manager, we were a great audience. That is very important to the cast! Your response, as a responsive audience makes a difference in their performance. From the sounds of laughter, it was clear everyone enjoyed themselves.

Julie Gropp, a senior in home economics at UNL, was the winner of the S275 scholarship and her award was presented at the Playhouse Night.

The Environmental Poster Contest was a great success. The posters were judged by Jimmi Anne Brandt, chair of the Environmental Committee (Northeast Achievers), Betty Smith (Yankee Hill); and Bertha Widdle (Adventurers). The winners are: First Place—Carrie Ames, Eagle Elementary; Second Place—Ashley Willey Eagle Elementary; and Third Place—Ryan Johnson, Hamlow Elementary. Waverly. Each student participating will be given a certificate of thanks.

In the Creative Writing Contest, Jennifer Slattery, Cathedral of the Rosen Christ Elementary School, is the First Place winner and Audrey Katz, also of Cathedral, is the Second Place winner. All winners have been awarded their prizes.

Our next Council meeting is June 20 at 7 p.m. at the Lancaster Extension Conference Center. Program for the evening will be Independent Study of Continuing Studies of UNL (high school, college, TV and independent study). Assistant Director James Scalley, Lancaster, will be presenting the program. Please come! Have a great summer and think positive about FCE!—Robert Newburn, Chair FCE Council

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**Food safety questions and answers**

Q: When my family goes on a picnic, I pack a cold picnic lunch, but we usually don’t eat for several hours. Are there precautions I should take to prevent foodborne illness?

A: Pack food in a cooler with ice or ice packs. Only pack foods which have been chilled at a temperature or at below 40°F—do not use the cooler to chill room temperature foods. When finished serving cold foods, promptly return them to the cooler. If you plan to cook meat, poultry or fish on a grill while picnicking, pack carefully to prevent leakage, and take along baby wipes or moistened towelettes to wash up with after handling the raw foods. A spray bottle filled with clean water and soap is another alternative—this works well for hands as well as surfaces.

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**Healthy Eating**

**Festive Spinach Dip**

10-ounce package frozen chopped spinach
1 cup yogurt, plain, low-fat
1/3 cup salad dressing, mayonnaise-type, (reduced calorie)
1/4 cup onion, finely chopped
2 tablespoons parsley flakes
1/2 teaspoon pepper
1/2 teaspoon rosemary leaves

**To prepare:**
1. Thaw spinach—drain well. Chop finer, if necessary.
2. Mix all ingredients. Cover and chill well.

**About 2 1/2 cups**

<table>
<thead>
<tr>
<th>Per tablespoon</th>
<th>Calories</th>
<th>Total fat</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,400</td>
<td>120</td>
<td>10</td>
<td>1,640</td>
<td>110</td>
<td>25</td>
</tr>
</tbody>
</table>

**Rabbit Ears Radio begins Sunday June 5**

Hosted by ac­tor Mel Gibson, Rabbit Ears Ra­dio kicks off Sun­day, June 5 at 6 p.m. with “Peter Bell” as told by Robin Williams (blending music by Ry Cooder). Celebrity readers each week in­clude such cinema superstars as Jack Nicholson, Denzel Wash­ington, Holly Hunter, Meryl Streep and Morgan Freeman. The musical talents of Bobby McFerrin, Loo Kotte, Bradford Marsalis, the Chieftains and George Winston are also fea­tured on the Nebraska Public Radio Network. (LB)
Healthy self-praise reinforces positive attitude in kids

Praising kids is an excellent way to reinforce positive behavior and self-praise is something they should learn and practice.

Encouraging kids to give themselves praise can help promote a positive self-concept. Self-praise supports the idea that you are in charge and that you can feel good about yourself. As an added benefit, it frees you from depending on others for evaluation and compliments.

On the surface, self-praise may seem a lot like bragging, but there are extremely significant differences. Self-praise often focuses more on comparing how you have done against your own past performance of a taskcant differences. Self-praise often can help your child improve their performance of a task.

In the practice. If you fear your child might have done against your own past light.”

At the heart of bragging, on the surface, self-praise shows an added benefit, it frees you from needing extra energy to boost their self-esteem.

There are many benefits to children develop or strengthen social skills. Encouraging kids to praise themselves can be hard work.

If you work on this important task, don’t forget to praise yourself as you improve on your own skills. Source: Deb Hal!, Ph.D., 4-H Youth Specialist, NUEARN (LJ)

Bulimics vicious circle: binge, purge, guilt

One psychological eating disorder for which few overt physical and additional psychological and behavioral problems.

Bone growth may also reinforce unrealistic standards of body images. In addition, women often see themselves heavier than they are.

Bulimics often are aware that their eating pattern is abnormal—although their weight may be normal—so binging and purging episodes are often followed by depression and guilt.

Bulimics are adolescents and females, although a few males have been affected. On some college campuses, where bulimia has followed an almost59,700,000, as many as one of five persons have been involved with bulimia.

Bulimics are aware that their eating pattern is abnormal—although their weight may be normal—so binging and purging episodes are often followed by depression and guilt.

However, the awareness that they are not eating properly generally makes bulimics willing candidates for treatment, if they become aware of their anorexia nervosa that may interfere with eating and growth. However, up to one-half of individuals suffering from anorexia nervosa may also use binge/purge practices.

Bulimics go on eating binges of 1,000 to 5,000 calories—a whole cake at a single setting, for example—then purge themselves with laxatives, diuretics or by self-induced vomiting. Individuals affected with this disorder frequently are discouraged with their figure or have other feelings of inadequacy, personality disturbances and low self-esteem. Society’s and fashion’s inclination toward thinness may also reinforce unrealistic standards of body images. In addition, women often see themselves heavier than they are.

Bulimics often are perfectionistic and assess their self-worth in relation to a set standard of accomplishment. Their focus on failure diminishes their self-worth and prevents them from enjoying accomplishments.

Bulimics can cause many physical and additional psychological and behavioral problems. Dehydration and irregular heartbeat can result from taxing the body. Erosion of the throat lining and severe tooth decay may stem from self-induced vomiting. Overuse of laxatives may result in constipation, diarrhea and eventual colon damage. Bulimia also can lead to depression and isolation, a preoccupation with shopping, or drug and alcohol abuse. Bulimics are adolescence females, although a few males have been affected. On some college campuses, where bulimia has followed an almost59,700,000, as many as one of five persons have been involved with bulimia.

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Calling all 4-H clubs!

Here is a chance for you to do your part in seeing that 4-H Council can continue to provide scholarships for graduating seniors, recognize 4-H achievements, promote leader training opportunities, provide support to project areas and leadership development skills in both youth and adults.

We strongly encourage every 4-H member, parent, and adult volunteer to work in one of our three food booths for at least one shift during the fair. Proceeds from the food booths are the major source of funding for the 4-H Council. Because our food booths are so successful, we do not need to continually raise funds.

There will be at least one food booth operating from Monday, August 1, through Saturday, August 6. On several days all three will be going strong from early morning to late evening. The work force needed to staff all of these times is enormous. We need your help!

The three booths are:
- The 4-H Feed Bag located in the Coliseum. Adult help is particularly needed at this site on Friday, August 5 and Saturday, August 6 during the rodeo.
- The Snack Shack located in the 4-H Building.
- The Rock Cafe located in the center of the 4-H Youth Complex.

Organized clubs and independent members should have received sign-up sheets in the fair packet. Please send them in as soon as possible. We appreciate your help and congratulate you on your willingness to work with us to “Make the Best Better.” If you need additional sign-up sheets, please call the office, 441-7180, and ask for LaDeane (LJ).

**Group squashes resistant to change**

We’ve all heard the “killer phrases” of group interaction. Phrases like “It won’t work,” “We’ve already done it this way,” “We tried that before and it was right or wrong.” We checked this out a number of years ago and this is the way it was and still is.

If people feel their suggestions and ideas will be squashed or put down, they will soon stop making them. This leads to sterile meetings, stale organizations, and no change. It takes a strong individual to keep making suggestions in a group where a squasher is permitted to dominate. Suggestions are the seeds of future success. They provide the stepping stones for future change. Without change a group or organization will die. The trouble with suggestions is that it is easy to ridicule them. It is more comfortable to do it as “we always have” than to think of change. As a group leader, your responsibility is to take special note and show special warmth when suggestions are made. It is also your responsibility to discourage squashing. If you don’t, your group will stop functioning and begin rubber stamping status quo.

Encourage suggestions and growth by picking up on the best part of a suggestion. Get other committee members to help build the idea into something that might work. (AMM)

**Home Economics Judging Contest information**

The 1994 Home Economics Judging Contest is set for Thursday, July 14, 1:00 p.m. The contest is broken into three divisions: Junior (11 years old and under), Senior (12 years old and over), and General (all ages). Registration begins at 12:30 p.m. Topics for the contest include:

- **Junior division:** Basic sewing techniques, food labels, art elements and design principles, clothing care, babysitting, and Food Guide Pyramid.
- **Senior division:** Meal management, interfacing, new food label, consumer clothing purchases, child development—infant and toddler, art elements and design principles, and balancing a checkbook.
- **General division:** Waste management, water quality, flowers, forestry, wildlife, and posters.

A workshop will be held Thursday, June 16, 1:00 p.m. This contest is a super way to develop decision making skills and have fun too! Call University of Nebraska Cooperative Extension in Lancaster County if you have any questions. (AMM)

**Attention!**

Rural 4-H Club Members

"Winning With Safety"

Your chance to win great prizes by being safe!

The Lincoln-Lancaster County Health Department in cooperation with the University of Nebraska Cooperative Extension in Lancaster County wants you to have a fun and safe summer.

By participating in "Winning With Safety" you will be performing many traffic safety behaviors and earning points that will qualify you for a grand prize drawing.

"Winning With Safety" is scheduled for June 20-July 10. For more information, call 441-8845.

**Cooperative Extension System**
Call for help!
The Lancaster County Fair is right around the corner (two months to be exact)! We need your talents, time, and desire to help fun!

Please consider these options:
1. Helping write comments for a judge will give you a better understanding of what the judge looks for. (Tuesday, August 2)
2. Giving assistance to superintendents in the areas to help get things organized. (Monday, August 1 and Tuesday, August 2)
3. Give tours of the fair to daycare youth for Fair Fun Day. (Thursday, August 4)
4. Help at any contest, information booth, or county fair can only run efficiently by having the help we need.

Thanks for you help in the past and in the future! (AMM)

4-H Horticulture home study available

A home study manual is available to 4-H members interested in preparing for the 4-H Horticulture Contest. This manual will help you prepare for the plant identification portion of the 4-H Horticulture contest, July 14. At the end of each section there is a practice quiz that you send back to University of Nebraska Cooperative Extension in Lancaster County so we can monitor your progress. If you are interested in participating in this home study program, please contact Mary June. (MIM)

Attention 4-H gardeners!
The 4-H Pre-fair Vegetable and Flower show will be June 30, 1-4 p.m. 4-H members planning to exhibit at the Lancaster County Fair can only enter one exhibit of either a flower or vegetable, to the pre-fair show. Follow the rules outlined in the fair book for exhibiting. Ribbons will be given to each exhibit and an overall best of show exhibit will be recognized.

While the exhibits are being judged, a workshop will be presented to prepare individuals for the county fair and horticulture contest scheduled for July 14. (MIM)

Competitive Trail Riding

The following clarifications should be noted by all 4-H members wishing to participate in the Competitive Trail Ride Event at the 1994 Lancaster County Fair.

1. All riders must ride in one of the four “Trail Blitz” rides held May 21, June 11, June 26 and July 16, to receive refresher training and proficiency of the horse and rider.

2. First year riders must attend the 4-H Horse Competitive Trail Training Workshop scheduled for 7:00 a.m. - 1:00 p.m. at the Lancaster Extension Conference Center.

The locations of the Trail Blitz rides are listed in the May issue of the N.E.B.L.I.N.E. Contact Joyce Jansen, 476-8984 or Warder Shires, 441-7180 for details.

Pre-District Warm-Up

This two-day training activity will be held June 11 & 12 at the Wranglers Arena located one mile south of Pioneers Park on Coddington Ave. Advanced registration is not required and younger 4-H members are encouraged to attend even if not old enough for districts. The registration fee is $3 per person, with no limit on the number of event you choose to participate.

Training sessions on Saturday, June 11 will begin at 10:00 a.m. with English pleasure and equitation classes. The afternoon sessions will begin at 1:00 p.m. with western pleasure and Delight riding classes. Instruction will be given to each rider on the trail pattern as required at district qualification shows. Riding in groups according to ribbon designations will also follow the trail pattern. The number of districts shows, Group riding sessions will be divided into junior and senior age groups.

Training sessions on Sunday, June 12 will include: Reining Patterns at 1:00 p.m., Pole Bending at 1:00 p.m., and Barrel Racing at 3:00 p.m.

4-H animal ownership affidavits due

All 4-H beef, sheep, dairy, swine, and goats must be tagged, ear notched, tattooed and/or identified. Affidavits must be on file at University of Nebraska Cooperative Extension in Lancaster County by June 15 to be eligible for this year's 4-H shows.

Sheep:
1. Final tagging day—Wednesday, June 15, 4-6 p.m.—sheep area—State Fair Park (or by appointment).
2. Each exhibitor may tag 20 lambs at $5 each.
3. All market lambs and commercial breeding ewes must be tagged.

Bigger Carnival—Wednesday through Saturday
Kids Day—Saturday
EnviroFair—Thursday
Plus—all the activities you look forward to each year.

Garden Gossip Hotline

441-7179

Lancaster County Fair Cat Show: changes and additions

• Short hair show check-in and veterinarian check 7:30-8:15 a.m.
• Long hair show check-in and veterinarian check 12:30-1:15 p.m.
• Short hair show begins 8:30 a.m.
• Long hair show begins 1:30 p.m.
•Parents will not be permitted in cat cage area.
• 1604 Educational poster and/or educational display on any topic relating to the health, care, environment and history of cats (do not include actual animals).
• Cat Quiz Bowl is Wednesday, August 3, 6:00 p.m. in Demonstration Room D. The Cat Quiz Bowl is a competitive contest for 4-H members. Points are awarded for correctly answering questions about cats. Resource materials for the quiz bowl questions are the cat project manuals. Copies of possible questions can be obtained at University of Nebraska Cooperative Extension in Lancaster County. (ALH)
European Corn Borer (ECB).

First generation ECB can cause significant yield loss and quality loss to sweet corn and popcorn in Nebraska. Proper insect management tactics after scouting information can prevent economic losses. First generation ECB adults prefer to lay their eggs on large plants, so early planted corn is more susceptible to first generation ECB damage.

The European corn borer is more active in late May or early June. On warm, calm, humid evenings in June, female moths fly from grassy areas into cornfields to lay masses of 15 to 25 eggs near the middle of the underside of leaves. The female moths are attracted to the tallest corn; larval survival will be poor in corn having an extended leaf height of less than 17 inches. Larvae hatch and eat through the unrolled corn leaf, resulting in a typical shot-hole appearance.

Plan to scout all corn fields for a two to four-week period following peak moth flight, usually in mid-June to mid-July of Nebraska. To determine whether to treat for corn borers, survey fields for plants showing leaf damage according to the number of live larvae present. Check at least 25 plants in each of four areas of a field (100 plants total). Record the percentage of plants with shot-hole damage. Unroll two or more damaged whorls at each site and record the number of live larvae per damaged plant. This will give you an estimate of the maximum number of borers that might survive to enter the stalk.

To determine whether to treat for corn borers, survey fields for plants showing leaf damage and count the number of live larvae present. Check at least 25 plants in each of four areas of a field (100 plants total). Record the percentage of plants with shot-hole damage. Unroll two or more damaged whorls at each site and record the number of live larvae per damaged plant. This will give you an estimate of the maximum number of borers that might survive to enter the stalk.

Use the following worksheet to estimate the potential yield loss and the yield loss that are preventable if an insecticide is used. You will also need to estimate the treatment costs.

- Treatment will be effective only if borers are still feeding in the whorl. After larval borers have exited the stalk, treatment will not be effective.

Based on research data, the best control is achieved with methods that provide the best penetration into the whorl where the corn borer larva is feeding. Usually, granular formulations or applications through sprinkler irrigation systems are most effective. Refer to EC 94-124, “Insect Management Guide for Nebraska Corn and Sorghum” for a list of registered insecticides, rates and restrictions. Because of changes in insecticide recommendations, this management guide was revised this year by UNL Cooperative Extension Entomologists (BPO).

**Management worksheet for first generation corn borer**

<table>
<thead>
<tr>
<th>Example field</th>
<th>Your estimates</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Yield potential for this field</td>
<td>bu/a</td>
</tr>
<tr>
<td>2. Number of larvae/plant = average live larvae/plant x average percent infestation</td>
<td>(4 larvae X 50% infestation) =</td>
</tr>
<tr>
<td>3. Potential yield loss (2 larvae/plant X 5% loss/larva = 10% loss in yield, 10% X</td>
<td>125 Bu = 12.5 Bu loss/(A)</td>
</tr>
<tr>
<td>4. Dollar loss/(A) (12.5 Bu/A X $2.00 per</td>
<td>$25.00</td>
</tr>
<tr>
<td>5. Preventable loss (if chemical is 75% effective)</td>
<td>$18.75</td>
</tr>
<tr>
<td>6. Chemical (8.00/A and application costs</td>
<td>$12.00</td>
</tr>
<tr>
<td>7. Compare preventable loss ($18.75/A) with treatment cost ($25.00)</td>
<td>$12.00</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$6.75</td>
</tr>
<tr>
<td>8. If preventable loss (No. 5) exceeds total cost of treatment (No. 6), you may benefit from an insecticide application for first generation corn borer.</td>
<td></td>
</tr>
</tbody>
</table>

**Leach**

One mile. Because the movement of groundwater is slow and difficult to predict, substances that enter the groundwater in one location can unexpectedly turn up years later in different locations. It is not easy to purify groundwater that has become contaminated. Treatment of groundwater with filters on domestic taps, for example, can be expensive and is not always entirely successful. The best option is to keep hazardous substances out of groundwater in the first place.

The only sure way to avoid contaminating groundwater with pesticides is not to use them. On the other hand, applying a pesticide should not be viewed as the only possible solution to a pest problem. Pest control methods should be selected to achieve effective, practical, economical and environmentally sound control. The last of these considerations is as important as the first three, and protecting groundwater is an important part of environmentally sound pest management.

**Soybean postemergence weed control**

- **Assure**, Fusilade, Fusinon, PostPlus, and Select have excellent crop safety; soybean injury is not a concern with these herbicides. Treat annual grasses before they tiller. Tiller often occurs before the time grasses are four inches tall. Grasses treated after tillering usually recover and regrow from the crown. Combining broadleaf herbicides with these materials often results in reduced grass control, particularly yellow foxtail.

- Volunteer corn and shattercane are susceptible to these herbicides. Good control can be achieved in plants up to 18 inches tall. Recently, a label was approved for a combination of Scepter + 2,4-D. Scepter A/S for volunteer corn control.

- Spray additives are available with these herbicides. Additives include crop oil concentrate, nonionic surfactants and ammonium sulfate. Each herbicide has specific additive requirements and should be used as labeled.

- Scepter controls cocklebur, pigweed, and sunflower. Pursuit is effective against most annual broadleaf weeds and many grasses, especially shattercane.

- The weed spectrum of Co and Reflex is similar to Blazer, except it is more effective against pigweed and has less soil persistence than Classic. Blazer and Reflex also contain certain broadleaf weeds when a nitrogen solution is used as an additive.

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**From page 3**

- If preventable loss (No. 5) exceeds total cost of treatment (No. 6), you may benefit from an insecticide application for first generation corn borer.

**From page 4**

- WHEN pesticides are used, the pesticide label is the critical link between the extensive testing of the pesticide before it is registered for use and its actual use in the field. If label directions are followed meticulously and irrigation schedules are well-planned and followed, the pesticide label is the critical link between the extensive testing of the pesticide before it is registered for use and its actual use in the field.

- **Carefully followed, problems of groundwater contamination by pesticides will be minimized.** (D3)
**A healthy body weight for a healthy life**

To figure your healthy body weight:

1. Take your height in inches (ex. 5’8” = 68”)
   - For the first 60 inches, figure 100 lbs. if female; 106 lbs. if male.
   - For each inch in height over 60” add 5 lbs. for females; 6 lbs. for males.

2. For a 68” person:
   - 100 lbs. + (5 lbs. x 3.5 inches) = 140 lbs. for females; 144 lbs. for males.

Now figure your own optimum weight:

- 100 lbs. + (5 lbs. x inches) lbs. for female
- 106 lbs. + (6 lbs. x inches) lbs. for male (AH)

**Anorexia nervosa fulfills need to control**

Anorexia nervosa is a disease characterized by willful self-starvation. Individuals affected with anorexia nervosa have an extreme fear of fatness and a distorted body image, which overpowers the inherent need for food. This disease may affect one in 100 young people, mostly females age 12-18. They typically have perfectionist tendencies and high achievement goals. Their attitudes are usually compounded by a poor or distorted self-image. The individual may come from a highly controlled family environment. One theory is that the anorexia’s control of food represents a way to gain control in life. Anorexics generally either severely restrict food intake or allow eating binges, then purge and further deprive themselves of food. They also may exercise excessively to use up calories. This behavior can cause a skeletal appearance, amenorrhea leading to fertility problems, wasted muscles, decreased heart rate, low blood pressure, stomach pains, hallucinations and—if left untreated—death. The causes of anorexia nervosa are unknown, but contributing factors may include puberty or stressful situations such as moving, a new environment or family tensions. Society’s emphasis on thinness may also play a role.

**Anorexia nervosa may be diagnosed by these factors:**

1. Refusal to maintain body weight above 85 percent of the recommended weight for age and height.
2. Fear that fatness will result from loss of eating control.
3. Amenorrhea (no menstrual cycle).

Treating anorexia is difficult because of denial. This is a severe disorder for which professional care is necessary. If you know of someone who exhibits this behavior, begin seeking help for them by contacting a physician. If anorexia is diagnosed after a thorough physical examination, the individual should work with a team comprised of a medical doctor, registered nurse, psychologist, registered dietician or social worker, and family members or other significant persons. In addition, hospitalization may be necessary.

**Sources**

BMI, BMI, BMI

**Family Community Leadership**

Become involved in making decisions that affect you and your community

**Human Resources News continued**
Vacation

Wabbits

from the trunk, and buried 2-3" deep in the soil.

In the spring, rabbits also feed on garden plants of all kinds, causing frustration to serious gardeners. There are some repellents on the market which discourage rabbit browsing, but these repellents are not designed to be used on plants or plant parts destined for human consumption. This means that another method will be needed in the garden. Putting up a garden fence is the best and most effective way to protect a garden or berry patch from rabbits. A fence of two-foot tall chicken wire with the bottom tight to the ground or buried a few inches will do the trick. Be sure the mesh is one inch or smaller so that young rabbits will not be able to go through it. A more substantial fence of welded wire or chain link will also keep pets and children out of the garden, and can be used to trellis vine crops. The lower two feet should be covered with smaller mesh wire. Establishing appropriate fencing should protect your plants from a hungry Bugs Bunny (and all his relatives) providing years of relief from market which discourage rabbit browsing, but these repellents are not effective in the garden. The job of reclaiming it from them when you get back won't be totally manageable. Annual flowers like zinnias, snapdragons, pansies, large marigolds, cosmos and petunias are more likely to be blooming when you get home if you remove faded flowers and seedpods before you leave. Established landscape plants will do very nicely without you, but newly planted trees, shrubs and vines may need watering if the weather turns dry. If you value those vulnerable plants, arrange for your lawn mower or plant sitter to irrigate them. (DI)

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controlling insects, subduing weeds as much as possible, and mulching. Mulching will conserve soil moisture and discourage annual weeds. Setting back weeds and insects will slow down their takeover of the garden so the job of reclaiming it from them when you get back won't be totally manageable. Annual flowers like zinnias, snapdragons, pansies, large marigolds, cosmos and petunias are more likely to be blooming when you get home if you remove faded flowers and seedpods before you leave.

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June 1
4-H Project Registration Deadline

June 2
Staff In Training (SIT)—4-H Camp

June 3-5
Camp Counselor Training—Gree

June 4
Composting Demonstration—University Place Park... 1:30-3:00 p.m.
4-H Competitive Trail Training Workshop... 7:00 p.m.

June 6-8
Fish Camp—Gree

June 7
4-H Council Meeting... 7:00 p.m.

June 8-9
4-H Horse VIPs Meeting... 7:30 p.m.
PAK 10 Poultry Judging Clinic and Contest (bring lunch and a pencil) —Annual Science, UNL... 10:00 a.m.

June 9
Paws & Claws 4-H Cat Club Meeting... 7:00 p.m.
4-H Ambassadors Meeting... 7:00 p.m.

June 9-12
Outdoor Skills I Camp—Gree

June 10
Pick up-4-H Broiler Chicks

June 11
12th Annual Marshall County Kanus Dog Show—Marysville, KS... 9:00 a.m.
Composting Demonstration—Pioneers Park Nature Center... 1:30-3:00 p.m.

June 11-12
4-H Horse Pre-District Warm-up—Wanglers Arena

June 12
Teen Council Meeting... 3:00-5:00 p.m.

June 12-15
Niobrara Camp—Gree

June 13-16
Summer Safari I Camp—Gree

June 15
Bro Brooding Heifers, Dairy Calf, Dairy Goats, Sheep, and Swine ID's Deadline Date
Cause Trip Applications Due
Final Lamb Tagging Day—State Fair Park... 4:00-6:00 p.m.

June 16
Fair Board Meeting... 7:00 p.m.
Practice Home Economics Judging... 1:00 p.m.

June 17-21
Boldly Bound Camp—Gree

June 18
Composting Demonstration—Enclave Park... 1:30-3:00 p.m.

June 21
Star City Rabbit Raisers Meeting... 7:00 p.m.
Practice Demonstration Workshop... 1:00 p.m.
Table Setting Workshop... 3:00-4:00 p.m.

June 22-24
We-O-Wild Camp—Gree
PAK 10 Horse Judging Contest—Silla Hills... 6:30 p.m. (registration)

June 25-28
Outdoor Skills II Camp—Gree

June 26-29
Niobrara II Camp—Gree

June 29-July 1
Sports Camp—Gree

Wabbits

Weed your garden, it usually isn't hard for someone willing to harvest it for you. Picking cucumbers, squash, tomatoes and eggplants as they're ready will keep and rotting produce that may the garden fairly free of over-ripe annual weeds. Setting back weeds and insects will slow down their takeover of the garden so the job of reclaiming it from them when you get back won't be totally manageable. Annual flowers like zinnias, snapdragons, pansies, large marigolds, cosmos and petunias are more likely to be blooming when you get home if you remove faded flowers and seedpods before you leave.

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