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The NEBLINE, January 1995

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United contamination and landfill space has led to tightened restrictions on the landfills. Readily and may be a breeding ground for mosquitoes and other vermin. Options are being sought to keep the tires rolling and out of the landfills.

Restriction is the first key step in the waste management process. Extending the life of tires conserves resources and saves money. To make tires last longer, keep them in good repair, replace worn, and maintain proper wheel alignment and tire pressure. Retread worn tires rather than throwing them out. Only 10 percent of automobile and light truck tires are retreaded, although 80 percent of tire usage. Retreading requires less energy, increases the life of tire resources, and uses about 25 percent new material. Ask a tire dealer about retreading options.

Extending the life of tires conserves resources and saves money. To make tires last longer, keep them in good repair, replace worn, and maintain proper wheel alignment and tire pressure. The situation is further complicated by the fact that the feedlot or poultry operation, having a large amount of manure available, may have a very limited amount of land on which to spread it. Because of weather or other influences, finding ideal conditions for spreading manure may be difficult. To these operators, the overriding interest is in disposing of the manure at a reasonable cost rather than considering its economic value for crop production.

Management of waste materials is an expensive and troublesome reality in most confined animal operations whether it be a feedlot, poultry operation, dairy, or even a stable for horses. It uses energy, labor, and machinery. Management options often receive complaints concerning offensive odors associated with waste handling processes. In addition, a growing number of operators are coming under pressure from regulatory agencies to manage their nutrients and prevent them from negatively impacting the environment. As a result, manures are disposed of as a waste in the most expedient and least costly method.

The first consideration should be given to returning manure to the land and using it for crop production. Animal manure, as well as sludge from municipal wastewater treatment plants, can be a valuable source of plant nutrients when applied to cropland as an organic fertilizer. Manure contains numerous nutrients and micronutrients essential to plant growth and deficient soils greatly benefit from the application of manure. Nitrogen is the most valuable constituent of manure and also the most easily lost. The loss occurs through the volatilization of ammonia and through leaching by rainfall. The phosphate content of manure is fairly constant, however, the incorporation of animal manure is an expensive and troublesome activity. The protection from burning rains and evaporation afforded by manure used as top dressing, improves tillage and reduces erosion. These factors help field crop producers remain in compliance with conservation plans and satisfy farm program requirements. (WS)

Balancing animal production and the earth's environment

Warder Shires
Extension Educator

The trend toward more specialized livestock operations in recent years has brought about many changes with respect to the economic value of manure and to the methods used in handling it. Establishing a dollar value for manure based solely on its chemical analysis is no longer valid. Numerous other factors such as location, storage conditions, method and cost of application must be considered in arriving at a true dollar value.

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
Balancing Animal Production...—page 1

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Children, Youth and Families
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Nine Steps to Weight Management—page 7

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A rose is a rose...

If you want to purchase rose cultivars that have a scent, there are some relatively new releases. These scented or fragrant cultivars include: Sweet Surrender, Sheer Bliss and Intrigue. Other older cultivars with pleasing fragrances include: Showbiz, White Lightning, Martins, Mon Cheri, Brandy, French Lace, Shreewood, Broadway and Voodoo.

Recent releases of garden roses have been bred to be harder, withstanding both hot summer weather and cold winters. They also are more disease resistant. Some of the cultivars most notable for these characteristics are Bonica, New Year, Touch of Class, as they begin to open. Keep branches in a cool location at night to double or triple the length of time the flower will last. (DJ)

Winter cherry blossoms?

After the first of January, remove the branches from forsythia, Japanese Flowering Quince, fruit trees, maples or willows. Almost any flowering tree or shrub can be forced indoors.

Branches should be 1½ to 3 feet long. If it is feasible, cut the branches when temperatures are above or near the freezing mark. Place the branches in water in the bucket in a well-lighted location with temperatures around 60°F. Mist flower buds as they begin to open. Keep branches in a cool location at night to double or triple the length of time the flower will last. (DJ)

Horticulture books to consider

Many native and introduced trees, shrubs and flowers are at their most beautiful stage in the spring or in the fall. How often have we seen a particularly beautiful specimen and wished we knew the exact name?

There are a number of field guides to plants and other reference works that can provide answers to those questions. These books can increase our knowledge and appreciation of the world around us. They are available at libraries and bookstores.

Among them are Nebraska Wild Flowers by retired University of Nebraska-Lincoln entomologist Robert Lamomassie; the Roger Tory Peterson Field Guide to Trees and Shrubs; The Field Guide to Trees and Shrubs by Arthur Graves; Perennials—How to Select Grow and Enjoy Them by Pamela Harper; Woody Ornamentals by R.E. Partyka; The Taylor Garden Guides with full-color photos; and The Manual of Woody Landscape Plants by Michael Dirr with black-and-white sketches.

For those who want to dig into something a little deeper, there is The Manual of Cultivated Trees and Shrubs by Alfred Rehder and The Manual of Cultivated Plants by L.H. Bailey.

Making full use of these two books and some others, a very useful key—a sort of road map that helps sort out species one step at a time. In this way you can introduce the reader to the fields of taxonomy—the science of classifying plants and its application—study of organisms’ forms and structures. (DJ)

Plan landscape trees

Shade or flowering trees can be chosen to fulfill many landscape needs. In the landscape, trees are used to frame the front view of a home, offer background for the setting of your house, provide shade, a windbreak and, perhaps most important, provide beauty.

Large shade trees include Kentucky coffee tree, hackberry and sycamore, plus many varieties of ash, oak, linden and maple. These trees may attain a height of 50 feet or more and are primarily used for specimen trees, accent, back-ground materials or windbreaks. Larger flowering trees include tulip tree, Japanese pagoda tree, golden rain tree and larger varieties of crabapple. These can be used as specimen plants, for framing larger homes or as background for smaller homes.

Smaller flowering trees that have a variety of uses include flowering crabapples, flowering plum, mountain ash, magnolia, redbud and lilac.

Even a small lot with very little room can be beautified with the proper choice of ornamental trees. Size, shape, color, flower and fruiting habit, root system, hardiness, and disease susceptibility should all be considered when choosing an ornamental. (MIM)

The first step to drying flowers

August is no time to decide what you should have planted flowers for drying in the spring. Now, while the seed catalogs are coming in and the garden plants are taking shape, is the right time to choose what you’ll plant.

Seed catalogs often group together flowers with similar care and are especially good for drying. Check the listings for likely “everlast- ing” flowers.

In a catalog that lists flowers strictly by species, look for the following: celosia, statice, annual larkspur, marigold, astilbe, baby’s breath, Statice, small, grayish foliage. It reaches heights of nearly four feet tall. The leaves are 1½ inches long and, when crushed, have a sage scent.

Small light blue to lavender flowers are arranged in whorls along the stem and the spikes are often twelve inches or more. Perovskia begins flowering in July and often lasts throughout the fall.

Commonly available cultivars are “Blue Mist,” “Blue Haze,” “Blue Spire” and “Longtie.”

Perovskia grows best in sunny, dry locations and is heat and drought resistant. It can be grown in nearly any soil in a hard freeze environment. This plant does not perform well well watered. It will respond to regular watering. Perovskia should be cut back after new growth begins in the spring. In the landscape, Perovskia makes a good background plant and looks good to the eye when striking next to white or yellow flowering plants. (MIM)

Browsing garden catalogs

The 1995 perennial of the year

The Perennial Plant Association has announced that Perovskia atriplicifolia has been selected as the Perennial Plant of the Year for 1995.

Commonly called Russian Sage, Perovskia has silver stems and small, grayish foliage. It reaches heights of nearly four feet tall. The leaves are 1½ inches long and, when crushed, have a sage scent.

By now you should have received all your garden and flower catalogs from the different mail order companies. This would be a good time to go through the catalogs and see what you are going to raise this year. As you are paging through, make special notes of new varieties that seem interesting and try, days to maturity, size, adaptability to your location and other site characteristics. These notes will avoid surprises or disappointments later on.

As you pore through the garden plots, you may want to think about crop rotation. This is important to the home gardener for several reasons—such as reduction in weed, insect and disease problems. The problems can increase if proper rotations are not followed in your garden program. Check the catalogs for guarantees, special package deals, charts and information about disease tolerance, and susceptibility. All of these things can help prevent disappointment as your garden matures.

While you are making out your list, take an extra minute to check the tool and equipment pages. Are you too light, too heavy, or the wrong size for your needs? A good reference guide to help keep the soil around the roots moist at all times. Water with lukewarm water to keep it off the foliage and crown as the plant is very susceptible to crow rot.

Fertilize the plant with a houseplant fertilizer using one-half the strength every two weeks while it is flowering. When new flowers cease to appear and the plant is brown, reduce the frequency and amount of watering and place the pot in a cool, out-of-the-way place. After flowering, let it rest until warm spring weather arrives.

Order your seeds and plants and plan your flower garden now; you’ll have plenty of raw materials for drying later. (DJ)

Arrange houseplants for low light

The low light levels of winter call for some adjustment in the placement of houseplants. Bring houseplants that normally thrive on the north side of the house to east windows, while moving plants from the east to the south. Also, give plants that are usually set on tables away from direct light a short, mid-winter visit to one of your less exposed window sills.

If supplemental lighting is provided, remember that fluorescent tubes lose intensity with age. Change the tubes before they completely burn out to maintain adequate light levels.

If supplemental lighting is being added, your best bet is to go with the industry standard: 48-inch, 40-watt tube with two fluorescent tubes. Spare parts are readily available and high production volume ensures lower costs than for others. Use one cool white and one hot white tube to get a neutral colored light mixture. (DJ)
Forage and livestock management workshop begins January 12

The Nebraska Forage & Grassland Council (NFGC) will hold its annual state conference, Thursday, January 19, 1995. Registration opens at 8:30 a.m. and a full schedule of programs will conclude at 5:00 p.m. A 40-page program will be served at breakfast the following morning during the welcome address and management evaluations of alfalfas and all types of grasslands, including Conservation Reserve Program (CRP) acres. historic rice, rice, and bookkeeping, and contraceptive use, seed, and herbicide use. This early morning will involve three separate presenter panels holding concurrent discussion sessions. Participants will have the option to select and move between these panel discussions. Beginning at 8:30 a.m., the satellite television program “Beefing It Up—Making Forage and Livestock Management Complementary” will be available as an option for NFGC conference participants to attend. This is the second of a three-part series satellite program which is being offered in successive weekly programs at the Lancaster Extension Conference Center. Additional information is available in “Beefing It Up.”

Regulation may be completed by contacting University of Nebraska, 4220 Center Street, Lincoln, NE 68583-0918. The $15 registration fee covers NFGC and the noon meal. An additional $5 is requested from participants not previously registered for the “Beefing It Up” satellite series. Advanced registration for this conference is requested to obtain the noon meal count. Checks should be made payable to the University of Nebraska and may be sent with your registration or presented at the door. (WS)

Nebraska Microcomputer Conference

Don’t forget to check stored grain

Rural Sense

NFGC annual meeting to be held in Lincoln

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Environmental Focus

Environmental-friendly building materials

What building material can be produced with the least impact on the environment?

A. BRICK
B. CONCRETE
C. ALUMINUM
D. STEEL
E. WOOD
F. PLASTIC

The answer is E, Wood. There are environmental impacts associated with producing all of these materials.

Mining operations associated with the production of metals tend to involve a relatively small segment of the landscape, but the impacts of these areas are long-term and very intensive. In addition, there are high energy inputs associated with mining and reduction of metallic ores, and fabrication of metal products.

Similarly, the first step in production of brick and concrete is concentrated, intensive mining to obtain suitable clay or limestone. The firing of brick also consumes significant quantities of energy.

In the manufacture of plastics, the starting point (petroleum oil wells) directly impacts only a small proportion of the earth's surface, but the environmental impact of transporting and refining petroleum is often very high. In addition, the energy inputs associated with petroleum-based materials synthesis is substantial. Finally, it is generally acknowledged that the supply of petroleum is finite.

The gathering of wood or agricultural fiber requires an impact on rather large land areas, although the impact is relatively short-term. Environmental risks associated with transport of these materials are slight, and energy inputs needed in processing and fabrication of products is generally quite low compared to metals, cements, or plastics. Fiber sources are, in addition, readily renewable.

Barb Ogg
Assistant Extension Educator

Pest detective cracks the case of the bogus carpet beetles

Barb Ogg
Assistant Extension Educator

If you have persistent condensation on windows, mold on ceilings and walls, and musty odors, the following information may help you solve these annoying problems.

These winter problems usually occur because the humidity in the house is too high for the cool wall, ceiling and window temperature. These symptoms used to be confined to the basement in warm weather. Now, homeowners who have tight homes face them throughout the house during the winter.

Maintaining the right humidity level in your home during the winter is a balancing act you want to avoid the problems that accompany very low humidity. However, humidity levels too high are also not enough to avoid condensation problems. Housing specialists recommend a relative humidity level between 30 and 40%. A quick rule of thumb says humidity levels are too high if condensation persists on tight, double glazed windows when outside temperature remains above zero. This does not include condensation on windows behind shaded drapes or due to condensation amounts of condensation after showers or cooking.

Open windows are several ways to reduce winter condensation problems. One way is to reduce humidity by opening break, alert, or leaky roofs or plumbing that may be adding moisture to the house. If there are no signs of leaking water, look for ways to cut the moisture generated in your house. A few easy ways to do this are to avoid line-drying clothes indoors, vent clothes dryers outdoors, cover pots and pans while cooking and don't store lots of canned foods indoors.

If you have done all of these and you still have condensation problems during the winter, try ventilating your house. During the winter, ventilation reduces humidity levels quickly. Cold air held in your house is more humid. When it enters the house and warms up, it can hold much more moisture. A lower relative humidity results in evaporation, ventilation exhausts some of the old moisture-laden air.

In existing cases, you can improve ventilation for moderate moisture problems. Fans are more effective if they can crack open a window below or at the opposite corner of the house to provide replacement air for the exhausted air.

Dehumidifiers are not a good solution to excessive winter humidity problems. They consume a lot of energy and residential dehumidifiers are associated with producing all of these materials. Dehumidifiers can condense on cold surfaces even when indoor humidity levels are between 30 to 40%. A simple glazed window is a good example. The temperature on the inside of the window falls below the dew point when outside temperatures drop below 20 degrees even when your thermostat is set at 70 degrees. Moisture in the air next to the window can condense on a window glass. A second layer of glazing prevents condensation until dew point temperatures are reached.

You may also see condensation on poorly insulated sections of walls and on the inside of windows. The moisture between the ceiling and outside walls, the corner between two outside walls and the window wells are often problems spots for condensation. Walls and window wells also present problems. Add insulation to solve these condensation problems, but they do not increase the air circulation to the area. For closets, leave the doors open, in other areas, fans may help force air against problem walls. Finally, you could turn up the thermostat, raise indoor temperatures, but moisture in the air is a lot less expensive than the one suggested by the manufacturer.

Without discussing the competence of this particular pest control technician, the moral of this story is that it never hurts to get a second opinion to make sure that the treatment is appropriate for the specific pest problem. This is especially true when the pest situation is outside your house, a garden, and on the farm. Appropriate treatments are most effective and will save you money. Use and unnecessary exposure to you, your family and the environment. It can also be used to save the "carpet beetle" samples. He also brought the damaged sofa cushion.

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One starling's a darling, but a flock's not!

Like many pests, the starling is not native, but was introduced to North America from Europe. The starling is a stocky, robust, short-tailed bird with iridescent blue-black feathers that shimmer in the sun.

During the winter, the flocks of feathers are very obvious and the males are black in color during the spring breeding season, the beak changes to yellow. Starlings have evolved some redeeming qualities. Orphaned birds that have been raised because they fell from a nest mimic sounds and even learn to talk. In October, a pet starling even flies around in a national bird show in Des Moines. However, for most of us, the nuisance noises of squawks are harsh and unpleasant.

Starlings are extremely social and have the unpleasant habits of congregating and roosting in large numbers. In the fall, starlings move into urban settings and roost overnight in trees, on ledges, lighted signs and other places that provide shelter and warmth. Beneath the roost, large quantities of droppings can accumulate. Besides being offensive to most of our senses, starlings have been known to transmit encephalitis, ornithosis and histoplasmosis.

During the day, the birds fly to areas where grain is readily available like elevators, feed yards and crop fields. Because starlings do not feed where they roost, it can be very challenging to control this pest.

Controlling starlings in urban roosts is most effective when done on a neighborhood or community basis. The winter roost may be the most difficult problem because these birds may return to the same site from November to March.

Exclusion is the only permanent solution which usually involves screening the window, wire, or metal netting. Pruning branches to open up the canopy of the trees may make the trees less suitable for roosting. Remember, these social birds like to congregate with their buddies. Opening the canopy can reduce the number of good perching sites and make them fly off to find a more dense roost. Starlings can be repelled by pyrotechnics, exploding balloons and recorded Starling distress calls, but this isn't a permanent solution.

Fungus gnats: do you have them?

Have you ever noticed tiny, dark, flying insects around your houseplants? They are probably fungus gnats.

Adult fungus gnats are delicate, gray, dark-gray, or black flying-likes insects about 1/8 inch long. They are often seen running over the soil surface of houseplants, especially around certain wet areas. They are also often seen as you water, when they swarm up out of the plant. Fungus gnats are attracted to light and in a severe infestation will swarm over the window. Adult fungus gnats do not damage plant materials but are a nuisance to the homeowner. The immature fungus gnat lives in the soil and are white, translucent larvae with shiny black heads. The larvace feed on any organic matter and can attain a length of about 7/8 inch.

Putting It to the Test

What is the quality of the air that surrounds you? You and your children can test it! Just cut cards from white scrap paper. First, choose several locations to test, such as your backyard, basement, kitchen, nearby park, next to a road, etc. Label each card with its location and spread a layer of clear petroleum jelly on it. Place the card (jelly side out) in place. After a couple of days (or a week), gather the cards and look closely at the accumulation on the jelly. What kind of debris can be observed? Which location produced the most dirt? You might be surprised.

Fungus gnats: do you have them?

Fungus gnats: do you have them?

Filter strips help reduce nonpoint source pollution

Nonpoint source pollution is the contamination of surface water by polluted runoff. Polluted runoff can come from cropland, feedlots, construction sites, streets and parking lots, even lawns and gardens. Sediment is usually the major contaminant in runoff, but plant nutrients (fertilizers), pesticides, bacteria, and other contaminants may also be present in runoff and contribute to the problem.

Vegetative filter strips are areas of grass, shrubs, or trees generally planted adjacent to rivers, streams, lakes or wetlands which trap sediment and reduce the concentrations of other contaminants in the runoff. Vegetative filter strips remove contaminants by decreasing the velocity and volume of the runoff. Decreasing the velocity of the runoff decreases its carrying capacity causing sediment to drop out of suspension and settle in the filter strip. In addition, the higher infiltration rate in the filter strip reduces the total volume of runoff and facilitates the uptake of dissolved nutrients by plants growing in the filter strip.

Vegetative filter strips can remove 70% of the sediment from runoff and have also been shown to be effective in reducing concentrations of nutrients and pesticides in runoff. However, they are not a cure-all and should be used in conjunction with other conservation and management practices such as terracing, contour tillage, residue management and nutrient management. The major costs associated with installing and maintaining filter strips are: taking land out of production, seed, fertilizer, equipment and labor. However, using filter strips for hay production may offset most of these costs. In addition, filter strips can provide improved field access, eliminate the need for end rows and provide food and shelter for wildlife.

The Lower Platte South NRD is currently offering cash incentives to area producers who elect to incorporate filter strips into their operations. The NRD will pay producers $50 per acre per year for filter strips planted adjacent to rivers, streams, lakes and wetlands. The filter strips may range in width from 20 to 66 feet. They can be harvested for hay once each year and grazing is permitted from September through March. In addition, they may qualify for ASCS set aside programs.

For more information about the filter strip program contact Corey Brubaker at University of Nebraska Cooperative Extension in Lancaster County (441-7180) or Paul Zillig at the Lower Platte South NRD (476-7229). (CB)
Catering workshop February 6

CATERING

8:30 a.m. to 5 p.m., at the University of Nebraska - Lincoln East

Winter is a time of colds, sniffles, and flu. It is also hard to find a cure for the most common of all—cabin fever. Some symptoms of prolonged cabin fever include depression, irritability, and stress for both children and adults. Many of these symptoms are attributed to lack of sunshine, confinement, and lack of variety during long, cold, and stormy winter days. The psychological toll creates "cabin fever." Finding sunshine and variety for both children and adults in the midst of winter gloom and confinement is often a daunting task. Both adults and children need to find time to get outside, if only for a few minutes.

Spend a few minutes outdoors, if no matter how cold, can get the blood pumping and brighten spirits. Experts note that lack of sunshine and physical activity increases depression. Sledding, ice skating, snowball fights, a quick walk are healthy and fun outdoor activities that can play by themselves, thereby creating variety in an otherwise dreary winter. Outdoor games and activities can be played alone. Indoor games can be played as a group. Indoor games don't have to be expensive or complicated. Big extra protection and insulation from the cold. Covering the head and hands also increases protection against the cold.

Teaching children new games that they can play by themselves, or with adults, is another way to create variety in an otherwise potentially long afternoon. Some card and board games can be played alone, thus giving adults a much-needed break. Other games can be played as a group. Indoor games can be interesting and fun. Indoor games don't have to be expensive or complicated.

No matter how cold, it is hard to find a cure for the most common of all—cabin fever. Some symptoms of prolonged cabin fever include depression, irritability, and stress for both children and adults. Many of these symptoms are attributed to lack of sunshine, confinement, and lack of variety during long, cold, and stormy winter days. The psychological toll creates "cabin fever." Finding sunshine and variety for both children and adults in the midst of winter gloom and confinement is often a daunting task. Both adults and children need to find time to get outside, if only for a few minutes.

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If your no-wax floor has lost its shine, the luster can be restored. No-wax floors have a clear "wax layer" which coats the floor's color and pattern. This layer reflects light and it's this light that makes a floor look shiny.

If your no-wax floor has lost its shine, the luster can be restored. No-wax floors have a clear "wax layer" which coats the floor's color and pattern. This layer reflects light and it's this light that makes a floor look shiny.

Your floor may have a residue build-up which blocks the light reflections from the floor's surface and makes it look dull. To remove the residue, use a no-rinse floor cleaner and scrub the floor with a floor brush or stiff brush, wipe up the loosened soil with old towel with soap and water, or scrub the floor again. You may need to clean it three or four times to completely remove the residue.

Once the residue is removed, use a floor polish formulated for no-wax floors to restore the shine. (LB)
**EFNEP money management tips**

The holiday season is behind us. For many of you, the bills for the holiday gifts arrive in January. EFNEP advises share these ideas about paying bills on time.

1. Paying bills on time saves you money! By paying bills on or before the due date, late fees and extra finance charges are avoided. Paying bills on time prevents disconnection of utilities or other services, results in the acceptance and reception of goods. Paying bills when they are due protects your credit rating too, so you can obtain credit at lower interest rates. Review your bills. Which ones will you pay additional costs on if you pay them late?

2. An easy to use system is the key to paying bills on time. It's not uncommon for a family to receive ten or more bills every month. Keeping up with due dates is difficult, if not impossible, without a good system for tracking which bills have imposed due dates and how much. Determine how many bills your family normally receives each month. Go through the bills that you currently use to keep up with due dates working?

3. Keep a list of all your bills. Beside each one, write down the amount and date due. A system for paying bills begins with a list of all household bills, including the due date and amount due. For each bill, you can note the outstanding balance. 4. Make a list of bills to pay for each payday. Begin by deciding how far in advance you will plan. The farther ahead you plan, the easier it is to identify problems, and the more time you will have to solve them. For each payday of the planning period, use a separate piece of paper and note the date on the top of each one.

5. Decide which bills which will be paid on the check, and add that bill to the “TO DO” list for that payday. Use the “TO DO” list on make sure bills are paid on time.

6. Some people use the juggling card method. Fill out an index card or envelope for each bill. Include on the card or envelope the name and amount due. Arrange the cards in order of importance. On payday, start with the top of the list. If you miss a card or money run out.

7. Sometimes late payments can’t be avoided. Unexpected emergencies often mean there is not enough money to pay every bill on time. If you must pay late, it’s very important to decide which bills to let go. A wrong decision can be expensive and go against your family spending for many months.

8. Sometimes late payments can’t be helped. Different businesses have different policies for payments received after the due date. Late fees are imposed on bills until the funds are not toward their due dates. In some cases, no action is taken until the bill is paid 90 days past due. Sometimes, a late charge is added when the payment is made in late. Some companies assess a late charge for each day the payment is late after the due date. The extra interest charges may accrue. It’s also possible for a service to be discontinued after being suspended.

9. When you must pay late, contact the company before they call you. This demonstrates that you responsible and committed to paying your bills. Tell the company representative how much you will pay, when the amount will be paid, and when the payment will be sent. You may need to compromise to reach an agreement, but be clear with the company. Keep your promise and send the payment as agreed.

Source: Michael Rupured, Extension Specialist in Family Financial Education, Kent State University. (MB)

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**Nine steps to weight management**

The following information can help each and every adult to have less time to make sure their life circumstances are different from our own.

1. **Exercise**—When you do regular exercise, energy can be used for the activity rather than stored as fat. Research has found that moderate physical activity produces beneficial benefits. Walking, bicycling, and light jogging are exercise that prepare the heart and lungs more efficiently. Activities that strengthen muscles help build and maintain lean body mass which produces a lean, trim look.

2. Positive self talk encourages positive thinking and positive actions.

3. Set goals—Charting a course for yourself by defining the direction in which you will head to success in many phases of life. Set small, achievable goals. Work hard on one or two goals at a time. Once achieved, move to the next step. Goals that require you to take action are best.

4. Exercise—When you do exercise regularly, you may want to go to work or do your shopping increases activity, exercise, lunch hours or after an evening meal. If you’ve been a non-exerciser, then start gently and slowly. “No pain, no gain” doesn’t apply here. It’s important that you enjoy your own activity, and store energy. High carbohydrate diet will satisfy energy needs with less chance of excess fat storage. High fat diets, on the other hand, lead to excess energy that is stored as fat.

5. Avoid processed foods. Limit use of high fat spreads, and dry soups. Since nutritionists have encouraged low fat diets for several years now, there are many cookbooks, magazines, and other sources that will help you prepare foods the low fat way.

6. **Watch portion sizes**—There are so many delicious foods but sometimes the amount you eat can weigh you down. Controlling portion sizes of a food is a step we often forget.

7. **Assess your own healthy weight**—Too much emphasis has often been placed on focusing on a certain weight category or wearing a certain clothing size. Society’s misplaced emphasis on thinness has encouraged some people to use super-natural efforts to maintain extreme low body weights.

8. **Reduce or eliminate**—There are so many delicious foods but sometimes the amount you eat can weigh you down. Controlling portion sizes of a food is a step we often forget. Next time you eat, check your serving sizes. If your serving sizes are consistently larger than standard servings, take that into account when planning your meals.

9. **Coke and water**—There are so many delicious foods but sometimes the amount you eat can weigh you down. Controlling portion sizes of a food is a step we often forget. Next time you eat, check your serving sizes. If your serving sizes are consistently larger than standard servings, take that into account when planning your meals.

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**Healthy Eating**

Here’s an easy snack you can make with your children on a cold winter’s day.

**Pretty Posies** (Makes 10)

1 (10 biscuit) package ready-to-bake buttermilk biscuits

1. Set oven according to directions on biscuit package.

2. To make posies, use kitchen scissors to make cuts around the edge of each biscuit, being careful to leave about a 3-inch diameter circle in the center. Place on an ungreased cookie sheet.

3. Press thumb deeply into center of each biscuit. Spoon scant 1/3 teaspoon jam into each thumb print. Serve warm.

Source: Cooking With Kids, by Alice Henneman, Extension Educator (AIH)

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**Cooking with kids**

Here are some general guidelines for cooking with children. Use your judgement in deciding whether appropriate for your child. You may need to help with some tasks.

**Supervision is the key.**

**Two-year-olds:**

- Cook these foods under adult supervision.
- Use a small amount of fat and sugar.
- Spoon feed your one-year-old until they can sit securely in a high chair.
- Make sure all sharp edges are removed before giving to young children.
- Do not give honey to infants.

**Five-year-olds:**

- Use supervision while cooking.
- Use a small amount of fat and sugar.
- Allow young children to cut their food into bite-size pieces.
- Young children can help select, measure, and stir ingredients.
- Young children can help serve and set the table.

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**Recipe: Buttermilk Biscuits**

**Ingredients:**

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup shortening
- 1 cup buttermilk

**Instructions:**

1. Preheat oven to 450°F. Spray a cookie sheet with cooking spray.

2. In a large bowl, combine flour, baking powder, sugar, salt, and baking soda. Cut in shortening until mixture resembles coarse crumbs.

3. Stir in buttermilk just until mixture is dry. Plop mixture onto a floured surface and knead 3 times.

4. Roll out dough 1/4 inch thick.

5. Cut into desired shapes with a floured biscuit cutter.

6. Place biscuits, bottom-side up, on the baking sheet.

7. Bake at 450°F for 15 minutes or until golden brown.

8. Serve hot.

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**Shop S.M.A.R.T.**

**Save Money And Reduce Trash**

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**Human Resources**

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**Please turn to Page 11 for more Human Resources news**
**4-H & Youth**

**4-H Bulletin Board**

Attention all 4-H members and leaders: 4-H Leader Training Part II on January 23 is a special event. This program will feature examples by 4-H members of a speech, demonstration, table setting, style rave, and song contest entry. Remember to watch CableVision Channel 21 at 7:00 p.m. for this super program. A tape will be available at the office for those who do not receive this channel.

Send in your 4-H Lock-In registration by Friday, January 20! Don't be locked out!

Camp staff applications are due by January 15! Applications are available at the office.

There will be no Teen Council meeting this month due to 4-H Lock-In.

Send in your registration for State 4-H Leader Forum as soon as possible. Call LaDeane or Ann Marie for more information. (AMM)

The 1995 Lancaster County 4-H Speech Workshop will be held Friday, February 10, 7:00 p.m. The featured speaker will be former 4-H member, Carol Turner, from radio station KQXX. She will also help intermediate and senior speakers with their individual speeches. Mark your calendar and don't miss this exciting learning opportunity!

Canine Companions 4-H Dog Club will again hold training classes for their members Saturday afternoons in January and February.

4-H dog training classes in obedience, showmanship and agility, sponsored by the Rompin Rovers 4-H Club and the Greater Lincoln Obedience Club, will be held every Sunday 3:30-5:00 p.m. at the Greater Lincoln Obedience Club Training Facility, 4910 N 57th Street. These classes are open to all Lancaster County 4-H members. For more information, contact Melody Jensen, 764-9544 (leave message) or Donna Bandy, 472-2535. (DS)

Attention 4-H Horse Club members: Is your club involved in community activities? If you need some ideas on areas in the community your club can help with, watch the Horse Bits section of the Semline or contact your club leader. (CB)

**Ways to praise your child**

| Wow | Way to go | Super | You're special | Outstanding | Excellent | Great | Good | Near | Well done | Remarkable | I knew you could do it | I'm proud of you | Fantastic | Superstar | The work | Looking good | You're on top of it | You're incredible | Brave | You're fantastic | Hurray for you | Beautiful | Now you're flying | You're catching on | Now you've got it | You're on target | You're on your way | Nice | Good job | How smart | That's incredible | You're unique | Good for you | Hot dog | Dynamite | You're beautiful | Like you | You're a winner | Remarkable job | How smart | Nothing can stop | You now | Beautiful work | Spectacular | Fantastic job | Hip, hip, hurray | Great discovery | You're spectacular | Bingo | Magnificent | Marvelous | Terrific | Phenomenal | Superb | Super | Important | You're important | You're sensational | Exceptional | You're a real trooper | You are responsible | You are exciting | What an imagination | What a great listener | Outstanding | You mean a lot to me | You are fun | You tried hard | You care | You're a good friend | You make me happy | I trust you | You're important | I respect you | Awesome | You made my day | I love you |

**ATTENTION NIGHT OWLS!**

**LANCASTER COUNTY 4-H LOCK-IN**

**January 27-28** 8 p.m. to 8 a.m.
Lancaster Extension Conference Center

Come be a part of an all night LOCK-IN for 5th and 6th graders. Games, movies, snacks, crafts and breakfast will be provided. Meet new friends and have fun.

**Cost: $10 per person**

Sign up now or be LOCKED-OUT!

Presented by Lancaster County 4-H Teen Council
Sponsored by University of Nebraska Cooperative Extension in Lancaster County

**4-H Lock-In Registration**
(Registration due by January 20, 1995)

Name_________________________ Age________ 0 Male 0 Female
Address__________________________ Phone__________________________
City_________________________ State____________ ZIP code___________

Name of friend also attending ________________________________

Please make check payable to Lancaster County Teen Council and return with registration to: University of Nebraska Cooperative Extension in Lancaster County 444 Cherrycreek Road • Lincoln, NE 68528-1507 • 441-7180

**Nebraska 4-H Volunteer newsletter subscriptions available**

The Nebraska 4-H Volunteer newsletter is designed to provide ideas and motivation to 4-H leaders on 4-H programming across Nebraska. Volunteers are kept up to date with current happenings through the State 4-H Office. "It Worked for Us" and "Volunteers in Action" sections, volunteers are linked with other volunteers from across the state. Youth development and organizational information also helps support 4-H club programming. The Nebraska 4-H Volunteer is currently published four times a year by volunteers for volunteers. Cost is $4 per subscription.

Subscriptions are due in the State 4-H Office not later than January 13, 1995. Send subscription information to: Nebraska State 4-H Office, 14 Agriculture Hall, University of Nebraska-Lincoln, Lincoln, NE 68583-0706. (LJ)

**HORSE BITS**

**Horse VIPS**

The January 4-H Horse VIPS meeting is scheduled for Wednesday, January 11, 1995, 7:30 p.m. All current 4-H leaders are encouraged to attend. This year, the horse VIPS committee is asking that each 4-H club have a junior leader and that each junior leader is encouraged to attend the monthly 4-H Horse VIP's meetings. Anyone interested in working with youth and horse related activities is also encouraged to attend.

4-H Horse Clubs

Attention... all 4-H horse clubs—Is your club involved in community activities either related or not related to horses? Starting in the February Neblne, we will begin to report on 4-H horse clubs involved in community activities. If you need some ideas on areas in the community your club can help with, watch the Horse Bits section of the Neblne or contact you club leader. (CB)

**COOPERATIVE EXTENSION SYSTEM**
4-H key leaders are here!

New for 1995 is the Lancaster County 4-H Key Leader Program! The program is basically a support system for leaders and parents involved in designated 4-H activities. A clover cluster is a section of Lincoln and Lancaster County and all clubs in that particular section are put in the same cluster. There are two key leaders in each cluster which have been trained and are very knowledgeable about the 4-H program, General 4-H questions, group meetings, a consultant list, and meeting new people are all part of the key leader program. This month, all 4-H leaders will be receiving a letter from their key leaders informing them of their clover cluster meeting. The meeting will be held in your area around the first of February for everyone! Be sure to watch for this special invitation and plan to attend your clover cluster meeting! If you have any questions about the key leader program, call University of Nebraska Cooperative Extension in Lancaster County (AMM).

National 4-H grants available

The following is a brief list of grant opportunities. For more information, please ask for a packet from the office.

**Homemade Jam and Jelly Making Projects**
$200 to $1000 available to 4-H clubs, counties and states to support innovative homemade jam and jelly making projects. Ages 9-18.

**Involving the Disabled $1000 for outstanding work with the disabled.** Projects should focus on increasing acceptance and participation of persons with disabilities in the community and in 4-H work.

Sewing Promotion

Grant for motivational sewing education programs for youth 5-9 or 10-19 years of age. Up to one-third of the grant may be used to purchase sewing equipment.

Youth in Action: Youth Service Activity Grants of $500 to $1000 will be awarded to youth groups who are engaged in volunteer and/or service projects. Grants require youth teams to educate other young people and children on ways to model community service.

Be among the 4-H leaders in Columbus

The New World Inn in Columbus will be the site of the Nebraska National 4-H grants available and adults to take action about opportunities for young people. The 4-H Council is a part of the key leader program. The grants allows the National 4-H Council to make a direct impact on the "grass roots" level where the 4-H action is. All proposals are due to the National 4-H Council by March 1, 1995 and grant recipients will be announced in May 1995.

State 4-H Leader's Forum

**January 20 & 21, 1995**

Columbus, NE
New World Inn

This forum is for anyone interested in 4-H or already involved in the 4-H program.

New information will be presented to 4-H leaders.

Interested in attending?

Please drop off or mail to: University of Nebraska Cooperative Extension in Lancaster County
444 Cherry creek Road, Lincoln, NE 68528-1507

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<td>123 Main St.</td>
<td>Columbus</td>
<td>NE</td>
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<td>Jane Smith</td>
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Announcing Cloverbuds: A 4-H program for 5- to 7-year-olds

All youth in Lancaster County between the ages of 5 and 7 are now eligible to become members of our 4-H program, Cloverbuds. Cloverbuds is a new 4-H organization for children in this age group. Cloverbuds takes many of its organizational roots from the 4-H program, but is specifically designed with the developmental needs of 5- and 7-year-olds in mind.

Providing opportunities for 5- to 7-year-old children to learn life skills, build self-esteem, and develop a sense of belonging in a safe group setting is the basic philosophy behind the Cloverbud movement. The program is non-competitive and success-oriented. It emphasizes hands-on learning, projects that leaders and parents help support, and cooperative learning experiences.

Guidelines

A child must have turned 5 and be no older than 7 by January 1 of the current year. The age limit corresponds with the minimum age limit for the regular 4-H program.

A Cloverbud club should have five to seven members.

There are no particular requirements for the number of meetings held each year, each club should decide what is best for their group.

All parents or another designated adult must participate with their child. Each club will have an organizational leader, but each parent is asked to help with, and attend meetings. Family participation strengthens families, supports the development of the child, and produces a learning environment conducive to positive self-image in the Cloverbud child.

Clubs may be formed with only Cloverbud age youth or an organization of a club may decide to have a Cloverbud group as part of their club.

The curriculum for Cloverbud clubs will be wide ranging and exploratory. No one particular activity will be emphasized. This should be a time of exploring a wide range of possible interest areas.

Fair

Cloverbud youth will have the opportunity to be involved in the Lancaster County Fair. However, their involvement will be totally non-competitive. Cloverbuds can show off what they have learned through the year. Each child may bring one stationary exhibit and/or one animal exhibit. They will have an opportunity to talk to a judge about what they have brought and the project they are putting on display. Projects may include activities done at regular club meetings, something made as a result of a topic discussed during a meeting or even a poster about a favorite part.

Animals may be exhibited. Cloverbuds can show off what they have learned through the year. Each child may bring one stationary exhibit and/or one animal exhibit. They will have an opportunity to talk to a judge about what they have brought and the project they are putting on display. Projects may include activities done at regular club meetings, something made as a result of a topic discussed during a meeting or even a poster about a favorite part.

Resources

Each leader will receive a Cloverbud Leader Handbook that outlines the general philosophy and requirements for a Cloverbud club. It also gives a brief summary of the resource material available.

Several leader resource books (Cloverbud) are also available for use by Cloverbud leaders and parents. It is suggested that leaders and parents take the opportunity to visit these activities from these notes. Ask Cloverbud club meetings. General topics include: personal growth and development, survival skills (cooking, nutrition, sewing, home economics—textile and design, home economics-foods, expressive arts, general agriculture), conservation of natural resources, volunteer and club management and youth development.

Nine tours of facilities in the Columbus area are offered and Joan Burney will be a keynote speaker. The Lancaster County 4-H Council has limited funds available for those who attend. Contact the office for an application, more information or a scholarship application.

State 4-H Leaders Forum

**January 20 & 21, 1995**

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New World Inn

This forum is for anyone interested in 4-H or already involved in the 4-H program.

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Hatching chicks in the classroom

This year, around 3,300 young people will participate in Embryology, a 4-H school enrichment project. The first session begins in January, the second in February and the last session in Embryology is in April. The projects will be very successful! It enables children from urban as well as rural areas to take the opportunity to learn about animal care, develop a sense of responsibility and expectancy. Students are involved from the moment the fertile eggs are delivered to the care and feeding of peeping chicks. Another reason for the popularity of the chick-hatching project is its simplicity. The two items needed for a successful hatch are a functioning incubator to maintain proper temperatures, humidity levels and ventilation and fresh, fertile eggs. Once the incubator has been calibrated and the eggs placed inside, the project is under way.

Many teachers who participate in the 4-H chick-hatching project remark on the improved classroom behavior of students. Baby chicks will be hatching in the second week of February 14, March 20 and May 8 as a result of the 4-H School Enrichment Grant. This year, Joan Burney will be a keynote speaker. Call Dave at 441-7180 to arrange your pick-up of free chicks. (ALH)
Clearly communicating your ideas to others

Most of us at some time have trouble communicating our ideas to others. Most personal communication takes place face-to-face or one-on-one. When you must speak in front of a large group or at a community meeting, clear communication becomes more important. Dr. Elmer Miller, IANR Leadership Center, recently shared some communication tips with community leaders.

Dr. Miller identified major communication problems and suggested ways to improve your communication. The most important part of improving your communication is being an active listener. Barriers to communication include not understanding the problem and miscommunication. Differences in values, attitudes and temperament between two individuals may lead to poor communication. Sometimes we communicate, not through verbal means, but with nonverbal communication.

Misunderstandings happen through confused inferences, implications, and facts. Not thinking before talking or jumping to decisions too quickly and failure to listen can be major communication problems. Here are some important tips which will improve your communications. Be brief, simple and direct. Speak clearly and be considerate of the other person. Respect the person with whom you are communicating as an individual. Identify a person's strengths and create a climate for trust. The same principles are true when working with groups.

Most importantly, be an active listener. Identifying a person's strengths and creating a climate for trust will improve your communication.


calling all extension volunteers

4-H leaders (organizational and project), VIPS committee members, 4-H Council members, FCE club leaders and members, advisory groups, key leaders, Associates, Teen Council, 4-H youth, and anyone else who might be interested are invited to participate in a Volunteer Leadership Workshop to be held on January 31, 1995, 7 to 9 p.m.

Who should you attend? Well, if you are interested in any aspect of fire prevention and safety, we want you. Many important jobs lie ahead that we anticipate you will do:

- Learn new ideas for making meetings fun, effective, and productive.
- Acquire skills in both preventing and resolving conflicts within groups.
- Find out how things work in the Extension office and what you can expect from educators and assistants to help you in doing your job.
- Understand how 4-H Council works with Extension staff and with the Fairboard.
- Get to know other Extension volunteers and have a chance to share ideas and expertise.

You will be informed of choices you can make and how to carry them out. We value your contributions to Extension and want to support you in as many ways as possible. Your attendance at this workshop will give you the opportunity to add to your already exceptional abilities to serve others in our community.

Please make an effort to mail in the attached registration or call 441-7180 to register for the workshop. Everyone who attends will be given a packet of helpful information.

extension volunteers

name:

phone number (home) (work)

send to: UN-L Cooperative Extension in Lancaster County

444 Cherry creek Road • Lincoln, Nebraska • 68528-1507

a safety message from fireline bill

Well, 1995 has arrived, and if you’re like me, it’s time to resolve your New Year’s resolutions. Here’s a few ideas for resolutions that I’ll bet easier than redecorating your house or losing weight, and will have a lasting impact. This year, resolve to:

Test your smoke detector once a week and change the battery at least annually, or whenever the low-battery warning indicates the need to do so.

Make your address numbers visible on your home plainly visible from the street or road you live on. This is important so that we can find you in case of an emergency. (Sure makes pizza deliveries a lot easier, too, I’m told.)

Review or develop a home fire escape plan for your household, and practice it at least every three months.

You may have problems with fire prevention or safety. Our number is 466-2911.

All of us at Southeast Fire, along with the Southeast Fire Auxiliary want to wish you and your family a Happy (and FIRE SAFE) New Year’s.

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

leadership education program

A leadership education program for community development and the empowerment of the individual has been planned to assist local residents in developing leadership skills to build strong communities. This program is sponsored by the City of Lincoln, Urban Development Community Development Division in cooperation with the University of Nebraska Cooperative Extension in Lancaster County.

The Nature of Leadership, Phase I, is scheduled for Mondays, January 23, 20, February 6 and 13, 7 to 10 p.m. at the Downtown Senior Center, 1005 S 10th Street. A reception for those completing Phase I will be held on Wednesday, February 15. The following workshops will be: Session II—“Foundations” Session II—“Personality Differences” Session III—“Building Relationships within Teams” Session IV—“Conflict Resolution and Renewal”

This four-week training is especially helpful for persons involved in neighborhood organizations. Cost is $25 and payable at the first session. If you are interested contact Wynn Hjerrstjord, Urban Development Department, 441-7606, for an application flyer. Participation is limited to 30 and applications are due January 18.

Extension Educators LaDeane Jha, Lorene Bartos and Mark McCaskill and Private Consultant Michelle Hummel-McCaslin, will present the training.

This is an excellent opportunity to develop leaders at the “grass roots” level. Call now and learn how to be a partner in your neighborhood and/or community. (LB)

partnerships for community youth development: a new emphasis from the National 4-H Council

Research reveals that our young people—the future workers, parents and leaders of our society—face challenges and dangerous obstacles, making the building of strong communities more complex than ever before. Young people must deal with violence, crime, substance abuse and suicide as well as the tragic waste of their creative talents and skills as a result of the neglect or ineffective intervention of public and private institutions. Since responses of the past no longer effectively impact these emerging realities, the National 4-H Council has committed to a major transformation and embraced a new mission.

Partnerships for community youth development that value and involve youth in solving issues related to their families and society are vital to this mission. As a national organization, the 4-H Council is providing technical assistance and training, and collaborating in research and resource development. Local units are working with other youth-serving organizations and corporate and private partners to address this new mission.

A community youth development model that effectively works with youth, their families and their communities is the basis for the new emphasis in 4-H. This approach recognizes that young people’s problems and needs are shared by the community as a whole.

The belief that “it takes an entire village to raise a child,” and that we must tap our partners in creating and maintaining their community environments is the key.

Work is now underway to build on the existing strengths and structures of the 4-H program while developing new systems and areas of work to implement the new mission. Look for information in upcoming issues of Nebline on how 4-H will implement their new community youth development mission.

A community youth development model that effectively works with youth, their families and their communities is the basis for the new emphasis in 4-H. This approach recognizes that young people’s problems and needs are shared by the community as a whole.

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buy recycled conference

The Third Annual Tri-State (Iowa, Nebraska and South Dakota) Buy Recycled Conference and Product Show has been set for March 28 & 29, 1995, in South Sioux City, Nebraska. This event is being jointly sponsored by:

- Environmental Protection Agency—Region VII
- Nebraska Department of Environmental Quality
- Nebraska State Recycling Association
- South Dakota State Waste Management Association
- South Dakota Department of Natural Resources
- Iowa Recycling Association
- Iowa Society of Waste Operators
- Recycling Coalition of South Dakota
- Solid Waste Association of North America—NE Chapter

Keynote speakers scheduled include:

- Marty Forman, Forman Metal and PolyAnna Technologies; who will speak on “Recycling Doesn’t Cost, It Pays” and “Where to Find Answers to Recycling Problems” and
- Richard Keller of the U.S. Conference of Mayors, who will present a “Buy Recycled Training Program”

This year’s conference is centered around the U.S. conference of Mayors Buy Recycled Training Program and will enable participants to receive continuing education unit credits by both the National Institute of Government Purchasing and the National Association of Purchasing Managers.

Persons interested in attending or who have a display booth should contact Lori Villim, South Sioux City Convention & Visitors Bureau, 2700 Dakota Avenue, South Sioux City, NE 68776 or phone 402-494-1307.

buy recycled conference

department: Community & Leadership Development

January 1995

family community leadership

Become involved in making decisions that affect you and your community

for more information, contact your local Cooperative Extension Office.
Talk

1. Don’t feel obliged to judge everything your teen says. Retain the mutual right to simply disagree.
2. Never try to reason with someone who is upset, it is futile.
3. Don’t try to talk teens out of their feelings. They have the right to be hurt, angry, disappointed, just as you do.

Help teens learn from experience. No matter how hard we try to teach and supervise our teenagers, they may still act in ways that frighten us. Sometimes dealing with the consequences of their own actions inspires sensible behavior more effectively than any lecture.

Source: Herbert G. Lieg, Ph.D. and Pat Steffens, Ph.D., Extension Family Life Specialists (LB)

Weight

is equal to or greater than your hip measurement, trim your weight.

Complete a behavior inventory—One of the most useful steps in managing weight is to complete a behavior inventory. Check your habits for snacking, eating in response to hunger, and preparing foods.

Snacks can be a part of your daily food plan as long as they need to be planned carefully. Snack choices make a big difference in fat intake if you select high fat snacks.

Determine how hungry you are when you eat. Delay eating if you are not really hungry.

Lifelong weight management may depend on your cooking habits. Note what you are eating and adjust your cooking habits if it leads to higher fat foods. Ask yourself if there are other things you need to do as you develop a fat-free diet.

Source: Linda Boeckner, Extension Nutrition Specialist (AH)

1995 4-H Calendar

January

4-4 H Council Meeting, 7:00 p.m.
7 Canine Companions Dog Training, 1:00 p.m.
9 Extension Board Meeting, 7:00 p.m.
9 Shooting Sports Club Meeting, 7:00 p.m.
10 Speech Workshop, 7:00 p.m.
11 Horse VIPS Meeting, 7:30 p.m.
14 Canine Companions Dog Training, 1:00 p.m.
15 Canine Companions Dog Training, 1:00 p.m.
15 Teen Council Meeting, 3:00-5:00 p.m.
16 New Leader Orientation-Part II, 9:30 a.m. & 7 p.m.
17 Star City Rabbit Raisers Club Meeting, 7:00 p.m.
19 Fair Board Meeting, 7:30 p.m.
21 Canine Companions Dog Training, 1:00 p.m.
21-22 Nebraska 4-H Leaders State Forum—Columbus
27 Cloverbud VIPS Meeting, 3:30 p.m.
27-28 4-H Lock-In, 8:00 p.m.-8:00 a.m.
28 Canine Companions Dog Training, 1:00 p.m.
31 Extension Volunteer Workshop, 7:00-9:00 a.m.

February

2 EPU 4-H Council Training—Eastern NE 4-H Camp
4 Clovered Leader Training, 1:00 a.m.-12:00 a.m.
4 Canine Companions Dog Training, 1:30 p.m.
4-4 H Cattle Weigh Day
7 4-H Council Meeting, 7:00 p.m.
8 4-H Horse Council Training—Eastern NE 4-H Ctr, 6 p.m.
8 Horse VIPS Meeting, 7:30 p.m.
10 Speech Workshop, 7:00 p.m.
11 Canine Companions Dog Training, 1:00 p.m.
11 Teen Council Meeting, 3:00-5:00 p.m.
13 Extension Board Meeting, 7:00 p.m.
13 Shooting Sports Club Meeting, 7:00 p.m.
16 Fair Board Meeting, 7:30 p.m.
18 Canine Companions Dog Training, 1:00 p.m.
21 Star City Rabbit Raisers Meeting, 7:00 p.m.
25 Canine Companions Dog Training, 1:00 p.m.
27 New Leader Orientation-Part I, 9:30 a.m. & 7 p.m.

March

1 4-H Ambassador Applications Due
1-6 “Dare to Try” Eastern NE 4-H Camp
6 Speech Contest Sign-up Deadline
9 4-H Council Meeting, 7:00 p.m.
6 Horse VIPS Meeting, 7:30 p.m.
12 Teen Council Meeting, 3:00-5:00 p.m.
13 Extension Board Meeting, 7:00 p.m.
13 New Leader Orientation-Part II, 9:30 a.m. & 7 p.m.
15 Shooting Sports Club Meeting, 7:00 p.m.
15 ExpoVisions Leadership Team Applications Due
15-4 H Camp Staff In-Training Applications Due
16 Fair Board Meeting, 7:30 p.m.
17 County Speech Contest, 6:00 p.m. & 7:00 p.m.
21 Star City Rabbit Raisers Meeting, 7:00 p.m.
24 Earth Wellness Festival—SCL, Lincoln
31 Turkey Project Entries Due
tha PAK 10 Livestock Judging Contest

April

1 Market Beef ID’s for State Fair & Ak-Sar-Ben Due
1 Camp Counselor Applications Due
1 4-H Teen Council Applications Due
1 Kiwanis Karnival—Lancaster Bldg, State Fair Park
2-8 National 4-H Conference
11 4-H Council Meeting, 7:00 p.m.
9 Teen Council Meeting, 3:00-5:00 p.m.
10 Extension Board Meeting, 7:30 p.m.
10 Shooting Sports Club Meeting, 7:00 p.m.
12 Horse VIPS Meeting, 7:30 p.m.
15 Performance Swine Weigh Day, 9:00 a.m.-noon
18 Star City Rabbit Raisers Meeting, 7:00 p.m.
19 Dare to Try, 1-6 p.m.—Eastern NE 4-H Camp
21 Fair Board Meeting, 7:30 p.m.
22-23 Growing Up Female Retreat—4-H Camp

May

1 Camp Counselor Applications Due for Halsey
2 Cornyscopia Gardening Award Entry Due
3 4-H Council Meeting, 7:00 p.m.
4 Livestock Booster Club Meeting, 8:00 p.m.
6 Small Animal Workshop, 1:00-4:00 p.m.
8 Extension Board Meeting, 7:30 p.m.
8 Shooting Sports Club Meeting, 7:00 p.m.
10 Horse VIPS Meeting, 7:30 p.m.
15 “How to Exhibit” Leader Training, 9:30 a.m./7 p.m.
16 Star City Rabbit Raisers Meeting, 7:00 p.m.
18 Fair Board Meeting, 7:30 p.m.
22 ExpoVisions Applications Due
22 Horse ID Deadline Date
25 District & State Horse Entries Due

June

1 4-H Project Registration Deadline
2 Staff In-Training (4-H VIPS Training)—4 H Camp
3 Lamb Tagging Day, 9:00 a.m.-noon
3-5 Camp Counselor Training—Gretna
6-8 Fish Camp
6 4-H Council Meeting, 7:00 p.m.
7-9 ExpoVisions
9-12 Outdoor Skills Camp I
11 Teen Council Meeting, 3:00-5:00 p.m.
12 Extension Board Meeting, 7:30 p.m.
12 Practice Home Economics Judging, 1:00 p.m.
13-16 Niobrara Camp
13-16 Summer Safari I Camp
14 Horse VIPS Meeting, 7:30 p.m.
15 Beef Breeding Heifers, Dairy Cattle, Dairy Goats, Sheep & Swine ID’s Deadline Date
15 Canoe Trip Applications Due
15 Lamb Tagging Day, 4:00-6:00 p.m.
15 Fair Board Meeting, 7:30 p.m.
17-21 Boldly Bound Camp
20 Star City Rabbit Raisers Meeting, 7:00 p.m.
21 Practice Demonstration Workshop, 1:00 p.m.
22-25 Outdoor Skills II Camp
23-28 Wet-A-Wild I Camp
27-30 Niobrara II Camp
29-July 2 Backstage Camp
tha Ak-Sar-Ben-Bruner Entries Due

July

1 Scholarship Applications Due (State & National)
1 Star City Rabbit Raisers Meeting, 7:00 p.m.
6-8 Nebraska 4-H ExpoVisions
9 Teen Council Meeting, 3:00-5:00 p.m.
9 Teen Council Meeting, 3:00-5:00 p.m.
10 Practice Style Revue, 1:00 p.m.
10 Extension Board Meeting, 7:30 p.m.
10 County Fair Horse Entries Due
10-13 State Horse Exposition, Grand Island
11-4 H Council Meeting, 7:00 p.m.
11 Livestock Booster Club Meeting, 8:00 p.m.
11-13 Weta-A-Wild II Camp
12 PAK 10 Tree Planting—Douglas County Office
13 Demonstration Contest
14-16 Sports Camp
17 4-H Horse Council Training
21-25 Ak-Sar-Ben-4 H Livestock Exposition

August

1 County Fair Entry Day-Stationary Exhibits, 4-8 p.m.
2-5 Lancaster County Fair
5 Ak-Sar-Ben Entries Deadline Date
13-15 Dismal River Canoe Weekend
14 Extension Board Meeting, 7:30 p.m.
23 Nebraska State Fair
tha Horse Activities

September

4-4 H Council Meeting, 7:00 p.m.
10 Teen Council Meeting, 3:00-5:00 p.m.
11 Extension Board Meeting, 7:30 p.m.
13 Horse VIPS Meeting, 7:30 p.m.
18-24 Extension Board Meeting, 7:30 p.m.
19 Fair Board Meeting, 7:30 p.m.
20-25 Ak-Sar-Ben-4 H Livestock Exposition

October

1 Chris Clover Awards Book Due to Leaders
1 County Award Books & Scholarship Applications Due
17-20 National 4-H Week
4-4 H Council Meeting, 7:00 p.m.
6 Livestock Booster Club Meeting, 7:30 p.m.
8 Teen Council Meeting, 3:00-5:00 p.m.
10-11 Extension Board Meeting, 7:30 p.m.
11 Horse VIPS Meeting, 7:30 p.m.
19 Fair Board Meeting, 7:30 p.m.

November

4-4 H Achievement Program, 7:00 p.m.
7 Livestock Booster Club Meeting, 7:30 p.m.
8 Horse VIPS Meeting, 7:30 p.m.
9-12 North Central Regional Leaders Forum—Bloomington, MN
12 Teen Council Meeting, 3:00-5:00 p.m.
13 Extension Board Meeting, 7:00 p.m.
14-18 4-H Membership Updates Due
16 Fair Board Meeting, 7:00 p.m.

December

4-4 H Honors Banquet
10 Teen Council Meeting, 3:00-5:00 p.m.
11 Extension Board Meeting, 7:00 p.m.

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

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OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

January 3
4-H Council Meeting.......................... 7:00 p.m.

January 4
Crop Protection Clinic ....................... 8:30 a.m.-3:30 p.m.

January 5
Ethical Leadership FCE Leader Training ................................................................. 1:00 or 7:00 p.m.

January 7
Canine Companions 4-H Club Dog Training ............................................................. 1:00 p.m.

January 9
Extension Board Meeting ..................... 7:00 p.m.
4-H Shooting Sports Club Meeting ................................................................. 7:00 p.m.

January 10
4-H Speech VIPS Meeting .................... 7:00 p.m.

January 11
4-H State Beef Conference—Community Building, Tecumseh ................................ 3:00-8:00 p.m.
4-H Horse VIPS Meeting ................. 7:30 p.m.

January 13
Intensive Grazing Workshop—4-H Building, State Fair Park, Lincoln ............ 10:00 a.m.-4:00 p.m.

January 14
Canine Companions 4-H Club Dog Training ............................................................. 1:00 p.m.

January 15
4-H Camp Staff Application Due ............................................................................ 3:00-5:00 p.m.
4-H Teen Council Meeting ..................... 3:00-5:00 p.m.

January 16
New Leader Orientation-Part II ............... 9:30 a.m. or 7:00 p.m.

January 17
Star City Rabbit raisers 4-H Club Meeting ............................................................ 7:00 p.m.

January 19
Nebraska Forage & Grassland Council Conference .............................................. 8:30 a.m.-5:00 p.m.
Forage and Livestock Management Workshop .................................................. 3:00-5:00 p.m.
Fair Board Meeting ............................... 7:30 p.m.

January 21
Canine Companions 4-H Club Dog Training ............................................................. 1:00 p.m.

January 22
Nebraska 4-H Leaders State Forum—Columbus .....................................................

January 23
FCE Council Meeting .......................... 1:00 p.m.
4-H Leader Training Part II ............... 7:30 p.m.

January 24
The 90's Home... and Into the 21st Century, FCE Leader Training ............................ 7:00 or 7:00 p.m.

January 26
Forage and Livestock Management Workshop .................................................. 3:00-5:00 p.m.
Private Applicator Pesticide Training ................................................................. 7:00-10:00 p.m.

January 27
Private Applicator Pesticide Training ................................................................. 1:00-4:00 p.m.
4-H Cloverleaf VIPS Meeting ................................................................. 3:30 p.m.

January 28
4-H Lock-In ....................................... 8:00 p.m.-10:00 p.m.

January 28
Private Applicator Pesticide Training ................................................................. 1:00-12:00 p.m.
Canine Companions 4-H Club Dog Training ............................................................. 1:00 p.m.

January 31
Commercial Applicator Pesticide Training (Recertification)—Nebraska Center .... 8:30 a.m.-4:00 p.m.
Extension Volunteer Workshop .................. 7:00-9:00 p.m.

February 2
EPU 4-H Council Training—Eastern NE 4-H Camp

February 4
4-H Cloverleaf Leader Training ................................................................. 10:00 a.m.-12:00 p.m.
Canine Companions 4-H Club Dog Training ............................................................. 1:00 p.m.

February 7
The Business of Catering Workshop—UNL East Campus Union ......................... 8:30 a.m.-5:00 p.m.

February 8
4-H Council Meeting .................................................. 7:00 p.m.

February 8
Nebraska Microcomputer Conference—Kearney Ramada Inn ......................... 1:00-5:00 p.m.
4-H Council Training—Eastern NE 4-H Center .......................... 6:00 p.m.
4-H Horse VIPS Meeting ................................................................. 7:30 p.m.

February 9
Nebraska Microcomputer Conference—Kearney Ramada Inn ......................... 9:00 a.m.-4:00 p.m.

February 10
4-H Speech Workshop .................................................. 7:00 p.m.

February 11
Canine Companions 4-H Club Dog Training ............................................................. 1:00 p.m.