3-1995

The NEBLINE, March 1995

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April Nebline will appear in Journal-Star newspapers

Look for the April issue of Nebline in the Lincoln Journal and Star newspapers on March 31, 1995. The Nebline will appear as a one-time insert to all 85,000+ copies of the Lincoln Journal and Star, encompassing Lincoln and Lancaster County. The Lancaster County Extension Board of Directors wishes to share the Nebline's educational information with an expanded audience. Circulation through the local newspaper will provide a cost-effective way for University of Nebraska Cooperative Extension in Lancaster County to reach more households and individuals.

NOTE: WE WILL NOT MAIL THE APRIL NEBLINE TO OUR REGULAR SUBSCRIBERS. HOWEVER, PAID SUBSCRIBERS WILL RECEIVE THEIR REGULARLY MAILED COPY. (DM)

Tossed in space

(Did you know that old satellites and shattered rocket parts are orbiting the Earth as space junk? So far, scientists have found 7,000 large pieces of space junk—from the size of baseballs to the size of school buses—circling the Earth. And that doesn't include billions of pieces of smaller debris.)

Because of the high speed of everything in orbit, even a tiny flake of metal could hit a spacecraft with the force of an exploding hand grenade. So the orbiting junk could destroy a satellite, shuttle or even the future space station.

NASA (National Aeronautics and Space Administration) is planning to redesign spacecraft so they don't litter. But, even if no new junk is dumped, there's still a problem. As larger pieces of space junk collide, they break up and cause even more litter. (AL)

10,000 Promises for Families

Lorene Bartos
Extension Educator

The 10,000 PROMISES FOR FAMILIES campaign was organized to create an awareness of the stresses of parenting and to promote community support of parents and families of all cultures. As an International Year of the Family activity, agency committees are planning for the entire family to become involved in helping families deal with the many stresses in their lives. Making promises to help a family.

Through this campaign, it is hoped that businesses, neighborhoods, schools, churches and agencies will increase their awareness of parenting and family stress. As roles change and more women enter the work force, the stress of balancing work and home increases. When children are involved, parenting challenges are added to the demands. Child care and family activities put more demands on limited time.

The combination of work and family generates a number of stressful experiences and stress spillover is a result. Stress crosses over is created when stress at home is the result of a spouse having a bad day at work.

Stress overload comes from not having enough resources to cope, or from not being able to use them adequately. Burnout can result when stress piles up over time. To cope with the stress and meet the demands of work and family with present resources, the following ideas may be helpful:

1. Manage your commute. Avoid missing out on important waking hours you could spend with your children, your spouse, or use for yourself.
2. Get household help, if you can possibly swing it financially.
3. Shift tasks to the weekday. Shift your errands and other routines to your lunch hour if they can be efficiently accomplished.
4. Look for shortcuts, in your meal planning and preparation, when purchasing gifts (buy gift certificates), and by doing several of your tasks in one errand.
5. Spend time with your kids.

My Promise:
I promise to help a parent or be supportive in a way this.

Help us collect 10,000 Promises.

Help us collect 10,000 PROMISES for families. Make your Promise count! Please return.

“Helping you put knowledge to work”

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

Non-Profit Organization
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Lincoln, Nebraska

CAR-RT SORT POSTAL PATRON

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

“Burned out by the Cost of Fertilizer?” page 3

Natural Resources and Environmental Management

“Be Watching For These Bugs!” page 4

Children, Youth and Families

“10,000 Promises for Families” page 1

Nutrition, Food Safety and Quality

“Consider Cutting Board Safety” page 6

Strengthening Lancaster County Communities

“Growing One Nebraska” page 10
Horticulture

March garden hints

- If weeds occur in bulb-beds, do not remove them by cultivation. Pull them by hand so that the bulbs and roots will not be disturbed.

- Some annuals, such as verbena, snapdragons and petunias take 70 to 90 days to flower. They should be grown indoors in early spring or purchased as greenhouse-grown transplants.

- Black-eyed susans and blackhaw viburnums

- They are height and flower size, L...-

- Touch will cause them to burst seeds to the wind.

- Generally speaking, plants drastically to encourage long branches and large catkins for pned until after their leaves are fully developed.

- Good time to renew and add variety to your landscape.

- Prune

- herb with a rust-inhibitive paint.

- GARDEN

- Impatiens can be classified

- and Touch­

- give a clue

- latin

- and not realize the New Guinea

- most overgrown apple trees are too large for the garden. You can prune to reduce this height.

- This makes pest control and fruit production lighter on the tree than on the wild form. apple grows 30 feet tall or more. Some of these dwarfs grow about 15 feet tall and high benefit from proper pruning.

- from seed. The propagating

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The Ounce Calibration Method

Pre-season visual checks of application equipment are not adequate for accurate application, nor is the fact that the equipment and nozzle tips are new. A Nebraska survey found only one of three sprayer operators applying pesticides within 10% of their estimated rate. Sprayers may need to be checked to ensure the nozzle tips have the correct discharge rate and are applying pesticides uniformly and at the correct pesticide rate. Manufacturer’s nozzle catalogs are guidelines, but fine-tuning a sprayer is the operator’s responsibility.

The purpose of any calibration method is to determine the number of gallons of spray solution (both pesticide and carrier) being applied per acre. Subsequently, the solution volume applied per acre can be used to determine the quantity of pesticide to be added in the spray tank.

Ounce Calibration Method

The following method has five steps. No calculations are required. Calibration equipment needed includes: a stopwatch, a container to collect nozzle discharge, a tape measure, and a bucket with a known number of gallons graduated in ounces. The procedure is:

1. **Select the travel distance according to the nozzle spacing on the sprayer using Table 1 below. Measure the travel distance in a level field. The travel area should be typical of the surface and soil conditions of the area to be sprayed. Many times sprayers and sprayers will gain or lose in excess of 10% of desired travel speed while making up and down slopes.**

   The table of variations exists so calibrations can be made for as wide a range of conditions as possible. A speed check area may be needed. Remember, the time required to drive the travel distance will give the speed of the sprayer, so the measured distance and timing must be exact.

2. **Drive and time the sprayer in seconds at the throttle setting, pressure setting and load used during spraying (spray tank should be 1/2 full). Engage incorporation equipment (disk, planter, etc.) or other devices used while spraying. Repeat Steps 1 and 2 at least three times and average the results.**

   Do not change the gear or throttle setting after the bucket has chosen the speed. A change in ground speed will change the speed check area(s) may be needed. Remember, the time required to drive the travel distance will give the speed of the sprayer, so the measured distance and timing must be exact.

3. **Catch the nozzle discharge for the time recorded in Step 2.**

   The measured ounces from a nozzle area are the desired gallons per acre that will be applied. Check nozzle discharge uniformity by repeating Step 2 for all nozzles. If a single nozzle has a discharge output 10% more or less than the other nozzles, replace it. After adjustment or correction, recalibrate.

4. **Determine frequently.**

   The Ounce Calibration Method describes a procedure with manual calculations in order to evaluate a liquid sprayer. Water size plastic cards (EC87-726) containing the following outline of sprayer calibration are available through the Extension office.

5. **Remember, from a safety point of view, the collection of discharge should be done using water only! Ever while collecting water, use proper safety clothing and gear.**

**Table 1. Calibration Distance and Speeds for Varying Nozzle or Row Spacing**

<table>
<thead>
<tr>
<th>Calibration Distance (in)</th>
<th>Time in Seconds for Various Ground Speeds (MPH)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>0.1</td>
</tr>
<tr>
<td>40</td>
<td>0.2</td>
</tr>
<tr>
<td>50</td>
<td>0.4</td>
</tr>
<tr>
<td>60</td>
<td>0.7</td>
</tr>
<tr>
<td>70</td>
<td>1.0</td>
</tr>
</tbody>
</table>

   * 1 MPh = 88 feet per minute
   * For times less than 30 seconds (above the line), assumed accuracy can be attained by doubling the collection time (Step 3) and dividing the output collected by two.

**Burned by the cost of fertilizer?**

Skyrocketing fertilizer costs make for creative planning and management of this expense. Consider the following:

- **Check your soil test.** Make sure you only apply the amount your soil needs to grow the next crop.
- **Consider increasing the acreage of soybeans.**
- **Use manure or municipal sewage sludge.**
- **Seek help from your local county Extension Office. (WS)**
- **Consult the 1995 Nebraska Herbicide Guide (EC95-130-D) for herbicide options and application recommendations.**

This publication is $2 and may be purchased at the Extension Office. (WS)

Software aids herbicide selection

Nebtech (HERB), a herbicide selection model based on economic thresholds, has been developed at the University of Nebraska. This weed management software tool was originally developed to provide postemergence weed control information on commonly grown crops. Other crops that can be included are corn and soybeans. Nebtech (HERB) runs on IBM and compatible personal computers that reduce forage quality, and alfalfa stand density must be high enough to respond to the decreased competition upon weed removal. Herbicide application to thin alfalfa stands severe problem with weeds will increase forage quality but can decrease forage yield. Alfalfa does not spread into open areas, so removing weeds in thin stands often means restmentation.

The decision to use herbicides for weed control in established alfalfa stands should be based on the degree of weed infestation, the type of weeds present and, most importantly, the density of the existing alfalfa stand. For treatment to be economical, weed infestations must be severe enough. Weed infestations that reduce forage quality, and alfalfa stand density must be high enough to respond to the decreased competition upon weed removal. Herbicide application to thin alfalfa stands severely infested with weeds will increase forage quality but can decrease forage yield. Alfalfa does not spread into open areas, so removing weeds in thin stands often means restmentation.

To use Nebtech (HERB), weeds (by reduced tillage)

**Scout alfalfa fields and plan control methods**

Warm weather spurs the development of winter annual weeds in alfalfa. Downy brome, pennycress and other mustards can be effectively controlled if herbicides treatments are applied before they go to seed. Often a weed problem isn’t recognized until the alfalfa greens up and it is too late for most herbicides. Nebtech (HERB) lists the most effective treatments accordingly.

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Consult the 1995 Nebraska Herbicide Guide (EC95-130-D) for herbicide options and application recommendations. This publication is $2 and may be purchased at the Extension Office. (WS)

**Smart Farming Workshop: Integrated Corn Management**

Learn how environmental and soil conditions, insects, weeds, and diseases affect corn growth and yield. This will be a unique opportunity to learn how corn (and peas) should be managed.

This workshop will take place March 29, 1995, 8:30 a.m. to 4:30 p.m. Presenters will include Todd Peterson, Alex Martin, Ken Frank, Dave Wysong and Jim Ogg. This will be a workshop for producers, scouts, pesticide applicators and consultants.

The cost of this workshop is $15 (lunch will be included). Call 441-7180 to register. (BPO)

**DREYLAND CROP PRODUCTION EFFICIENCY SEMINAR**

**LANCASTER EXTENSION CONFERENCE CENTER**

**444 Cherrycreek Road, Lincoln, Thursday, March 2, 1995 9:00 a.m. to 3:30 p.m.**

Topics include:

- *drying strategies for weeds*
- *cultural programs influenced by reduced tillage*
- *use of organic fertilizers*
- *improving herbicide performance under dryland conditions*
- *insect management under dryland conditions*
- *control of shattercane*
- *commodity boards on markets*
- *briefing on the Federal Crop Insurance Reform*

**Farm Lease Workshop**

**LANCASTER EXTENSION CONFERENCE CENTER**

**444 Cherrycreek Road · Lincoln Thursday March 9, 1995 7:00 p.m. to 9:30 p.m.**

Topics include:

- *Selecting the Right Lease for Your Farm*
- *The Legal Aspects of Farm Leases*
- *The Personal Side of Landowner/tenant Relations*
- *Update on the Federal Crop Insurance Reform*
- *Workshop Wrap Up*
Gourd birdhouses

Try growing your own birdhouses this year. Bottle gourds can be ideal homes for a variety of birds, including wrens, purple martins and chickadees. Besides bringing their cheerful song to your yard, they can eat thousands of insects a day.

Bottle gourds are easy to grow and seeds are available at garden centers or through garden seed catalogs. Let the gourds mature on the vine and pick after the vine dies from light frost. Bring the bottle gourds inside and allow them to cure for several months in a cool, dry place until you hear the seeds rattle inside as you shake the gourd.

Drill a small front door on the middle of the side of the gourd. Enlarge the hole to 1 inch in diameter for wrens, 1 1/8 inches for chickadees and 2 1/4 inches for purple martins. Also, drill two or three small holes in the bottom of the gourd for drainage. Drill two more holes in the top of the gourd and thread a piece of wire through these holes to hang the birdhouse. (MIM)

Bean-bar workers and the Worker Protection Standard (WPS)

Some agricultural workers learned for the first time the impact that provisions of WPS has on traditional farm practices. This point was a matter of discussion during private pesticide application training sessions held in Lancaster County during the month of January. Farmers who employ part-time or full-time help and may not receive recertification training this year, need to be aware of the basic provisions of the Worker Protection Standard.

On January 1, 1995, the Worker Protection Standard for agricultural pesticides went into effect. Under this standard, farmers who employ nonfamily members for tasks, like bean-bar spraying, must comply with numerous labor requirements. Treating weeds with herbicides while riding on a bean-bar is a common summer job for many rural youth. Since bean-bar workers are normally operated during the hot days of summer, the riders usually dress according to the weather. This means almost no protective clothing and studies show that virtually all bean-bar riders are contaminated by herbicides within two hours of spraying. Individuals who wear little protective clothing are exposed to the highest level of contamination. Their hands, legs and feet are normally the most contaminated areas (see photo).

However, the eyes are also in great risk of injury caused by the chemical. All herbicides presently labeled for bean bar require full protection clothing and goggles or a face shield for protection of the eyes. Remember, the application of pesticides is a hazard to workers. They must wear protective equipment and the label is the law.

Under the WPS, a bean-bar rider is considered a "handler." Employers must know the details of the WPS for handlers, such as posting information, providing decontamination areas, emergency assistance, safety training, personal protective equipment, and pesticide handling equipment. Basically, it is up to the employer to ensure that each person who rides a bean-bar fully understands the risks involved with the herbicide being used, how to properly wear the protective equipment provided and what to do if someone in their work group is overcome by exposure to chemicals. Ultimately, it is the employer who must sign the required certificate of compliance of the label instructions and the WPS. More information on WPS is available from UNE. Cooperative Extension in Lancaster County. (WLS)

Keep an eye on these bugs

Nebraska's top 10 unfamiliar home insect pests

The warmest of springs increases the activity of animals outdoors, especially those that are cold-blooded like insects, arachnids (spiders, ticks, mites), reptiles and amphibians.

Insect pests that actually live and breed inside the home can be found inside anytime of the year because indoor temperatures are warm.

This following list of insect pests that live and breed inside the home was tabulated from lab data by the UNL insect diagnostician. This list does not include spiders because they may not actually be breeding inside the dwelling. (A future Nebraska article will discuss commonly found spiders, so stay tuned.) This is a biased list because the insects were brought to the lab for identification. Many easily identified insects, like house flies, are rarely brought to the lab because they are so familiar.

It should be mentioned that some of these insects can be easily controlled without the use of an insecticide. Exceptions are carpenter ants, especially if they are nesting in wall voids and oriental cockroaches (i.e., waterbugs). Call the Extension office if you need help identifying any of these pests (441-7180).

Heat pumps need periodic maintenance

If a home is heated with a heat pump, it is important to have it serviced occasionally. While changing filters and lubricating the inside and outside of motors is necessary, the following items also need to be checked during a service call:

• amount of refrigerant charge
• oil level in compressor
• suction and discharge pressures
• defrost cycling time
• time on SWAP
• temperature and humidity readouts
• outdoor unit drainages
• noise levels
• service intake
• drain cover and discharge line areas
• control panel

What is S.W.A.P.?

Storm Water Awareness Program

Help keep Lincoln's waterways and lakes free from pollution!Volunteers are needed on Saturday, April 22nd and Saturday, September 9, to help clean fish logos on storm water drains in Lincoln and distribute door hangers to educate Lincoln's citizens about non-point source pollution problems.

Volunteers are asked to commit just three hours of their time in this all-day, city-wide event.

Registration volunteers will receive a SWAP t-shirt! Don't miss out on these excellent opportunities to help keep our aquatic wildlife and the environment healthy!

To volunteer, or for more information about this important project, call Harry Heaster at the Lincoln-Lancaster County Health Department's Clean Community System Program, 441-8035. (BPO)
Bear" Jones tells Native American stories, and Sky Schultz, better known as "Professor Ooops," teaches science in an unusual, but delightful way. Of course, there are many other presenters—around 80 in fact. Professionals, business people and other community members assist students in recognizing the relationships and interdependencies in their environment and living resources. They’ll help youngsters identify human impacts upon the planet and determine steps of action to enrich our environment.

For your student’s participation in earth well-being festival, Friday, March 24. It’s a day to explore the York County with an exciting, creative, yet quality education experience.

earth well-being festival

Hot water is taken for granted

By simply opening a faucet, hot water is available in the kitchen, bathroom and in any part of most American homes. Hot water is taken for granted and looked upon as an essential part of the household. Little thought is given to the cost of heating water because it is also seasonable, as with a central heating system.

The maximum amount of water accounts for 15 percent of your total energy bill. If your utility bills ran $1,000 last year, then you spent approximately $150 to heat water for your home. You can’t do without hot water, but there are several ways to conserve it so that energy requirements and costs will be less.

Hot Water Conservation Tips:

• Wash only full loads of laundry. Use water level or load size devices on your clothes washer.
• Use as low a water temperature as possible for the wash cycle of your clothes washer. Use cold water for all rinse cycles. Presoak heavily soiled clothes before washing.
• Scope dishes before placing them in a dishwasher. If rinsing is necessary, use cold water.
• Try to run your dishwasher only once a day or when fully loaded. Use the shortest cycle that will clean the dishes.
• When washing dishes by hand, fill a pan with hot water for rinsing. Don’t let hot water run continuously.
• A flax resistor can be purchased for as little as $1.50. Easily installed in a shower head, this device reduces the amount of water flowing from the pipe (but not the pressure) from 3 gallons (10 liters) per minute to 1 (11 liters).
• Take quick showers instead of baths; they use up to 50 percent less hot water.
• Don’t let hot water run continuously when you shave. Close the drain after filling the basin with water instead.
• Turn down your water heater thermostat to the manufacturer’s setting if you plan to be away from home for an extended period of time.
• Don’t waste COLD WATER INSTEAD OF HOT YOU SAVE ENERGY AND DOLLARS (DI).

Asbestos: a hazard to health

Asbestos is a very dangerous material. It is a fiber that has been used in thousands of building materials. Because it is resistant to acid, temperature changes, it also does not dissolve, burn or undergo chemical changes. Because asbestos is fireproof, it can withstand fires better than most other materials.

The primary route of asbestos entry into the body is through inhalation with a significant proportion of inhaled asbestos fibers being retained in the lungs. No deaths due to acute exposure are known, but delayed death due to asbestosis and cancer can occur after long-term exposure to the material.

Air Pollutants (NESHAP), a federal regulation, commercial contractors that remove asbestos from buildings must keep records of the amount of asbestos and their workers must be trained to remove asbestos properly and wear appropriate and properly equipped to ensure their health. Consult the yellow pages (Asbestos Removal) for trained individuals. Homeowners trained to remove asbestos properly. Homeowners should be extremely cautious before trying to undertake repair or removal of asbestos-containing materials because they may be exposed if asbestos fibers become airborne. Consult the Indoor Air Health D

Wetland actualities

Wetlands are naturally occurring, environmentally important areas on the landscape where the water table is usually at or near the surface, or the land is covered by shallow water. They are also effective in removing many organic contaminants from surface water including pesticides and other organic pollutants.

Wetlands generally occur in conjunction with aquatic systems such as streams or lakes, but they can also occur in small depressional areas on uplands. Wetlands provide habitat for a wide variety of plants and animals including many exotic and endangered species such as the whooping crane. It is estimated that there were 221 million acres of wetlands in the United States in the late 1700's. By 1990, more than 117 million acres (53%) had been destroyed or modified for other uses.

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Consider cutting board safety

Which is better, wooden or plastic cutting boards? Some 500 consumers have called the USDA's Meat and Poultry Hotline with this question since one study suggested that wooden cutting boards are better. Recent research has confirmed the conventional belief that plastic is a more sanitary good for cutting meat and poultry. Avoid cross-contamination: The Meat and Poultry Hotline recommends that consumers use plastic or glass surfaces for cutting raw meat and poultry. However, wooden cutting boards used exclusively for raw meat and poultry are acceptable. Use a different board for cutting other foods such as produce and bread. This will prevent bacteria from a meat or poultry product from contaminating another food. Wash all cutting boards thoroughly: To keep all cutting boards clean, the hotline recommends washing them with hot, soapy water after each use; then rinse and air dry or pat dry with fresh paper towels. Non-porous acrylic, plastic or glass boards and solid wood boards can be washed in an automatic dishwasher (laminated boards may crack and chip). Sanitize cutting boards occasionally: Both wooden and plastic cutting boards can be sanitized with a solution of two teaspoons liquid chlorine bleach per quart of water. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse and air dry or pat dry with fresh paper towels. Replace battered cutting boards: Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves or cracks, they should be discarded. Studies recommend: One much publicized study reported that wooden boards had antimicrobial qualities while plastic cutting boards trapped bacteria. However, recent studies by the Food and Drug Administration Center for Food Safety and Applied Nutrition found that microorganisms became trapped in plastic surfaces and were difficult to dislodge by rinsing. Once trapped, bacteria survive in a dormant stage for long periods of time. The next time the cutting board is used, these bacteria could contaminate other food, potentially causing foodborne illness. On the other hand, the study found that microorganisms were easily washed away with wooden boards. The U.S. Department of Agriculture's Eastern Regional Research Center also compared wooden and plastic cutting boards for differences in the way bacteria attach to them. Beef chuck was placed on the cutting boards for up to 90 minutes at room temperature. Bacterial levels were higher on wooden boards regardless of contact time. Non-porous surfaces are easier to clean. The researchers also studied how easily bacteria can be removed from cutting boards. After they were inoculated with bacteria, the cutting boards were cleaned in different ways. The researchers found that washing by all the methods they used removed virtually all the bacteria on both wooden and plastic boards, but results were more reliable with the plastic.

Source: Susan Conley, Director, Meat and Poultry Hotline. Consumers and the media may call USDA's Meat and Poultry hotline at 1-800-553-5455. (AH)

Food tips for the frugal

Frugal cooks are looking to get the most value from their foods. The answers to two questions that our office received recently may benefit you also.

Q: Is there any way to revitalize popcorn that won't pop?

A: For popcorn to pop, there must be moisture in the kernel that expands upon heating causing the kernel to explode. If popcorn has been stored for a long time or in an open container it may have become too dry to pop. To revile it, fill a quart jar with popcorn and add one tablespoon water and shake well to distribute. Close tightly and keep the jar in the refrigerator. When all the moisture is absorbed, try popping again. In the future, store popcorn in the refrigerator in a tightly closed container. How can you tell if a certain type of potato will be better for baking or boiling?

A: When in doubt about the cooking quality of potatoes, you might try this test offered by the University of North Carolina Cooperative Extension Service. Place a potato in a brine solution made by dissolving 1/2 cup of salt in 1 1/2 cups of water. If a potato sinks to the bottom, it has a high solids content and will be mealy when cooked. Meaty potatoes are good for baking, mashing and for fries. Potatoes that float in the brine are lower in solids and are waxy in texture when cooked. The waxy texture is best for potato salad, boiled potatoes and scalloped potatoes. (AH)

Healthy Eating

Be Eggstra Careful

Eating eggs can be dangerous if you aren't careful. It is important to always cook eggs completely before eating them. Any cooked eggs, whether boiled or poached, that are cold and held at room temperature for several hours should be tossed if left at room temperature more than two hours. One means that recipes containing raw or undercooked eggs should be avoided and tasing cooked dough that contains raw eggs can make you sick. Usually, reform that has been cooked will stay fresh and safe for seven days in the refrigerator.

Peanut Butter French Toast

6 slices bread
1/2 cup peanut butter
2 eggs, beaten
1/2 cup milk
2 tablespoons butter or margarine
dash of salt
Make four peanut butter sandwiches and cut in half. Melt butter or margarine in a large skillet. Beat eggs in large bowl. Stir in milk and salt. Dip each sandwich half in egg mixture, being careful not to let it stick. Brown in melted butter over medium heat. Turn over when one side is well browned and egg is well set. Brown other side. Top with cinnamon and sugar. Makes four servings.

Source: University Extension, University of Missouri-Columbia. (AH)

Literacy Links Program

Wanted: Volunteers to link up with children
Who: FCE members and others who enjoy children
What: One-on-one interaction with school-age children through reading experiences
When: Beginning by April, 1995
Where: Schools in your area
Why: Personal satisfaction and development, community service, share skills
Time: You may spend one hour or more per week depending on your schedule
For more information on linking up with students, contact FCE Literacy Link Chair, Jean Wheelock, 796-2511.

Robert's remarks

Early springtime wishes to each of you!
An apology is in order. It was my intention to include the agenda from the March 27 meeting, but a misunderstanding occurred. The program will be “Container Gardening” presented by Don Jansen, Extension Educator. On June 26, we will meet at 7:00 p.m. Dr. Connie Labarr, Director of Consumer Information for the Soybean Board, will be presenting a very informative and entertaining program. Our final council meeting for the year is September 25 at 7:00 p.m. Kathy Nesswanger, a massage therapist, will be speaking on the benefits of massage therapy. Do plan to attend. Each club should have a representative present; however, anyone is welcome! Bring a guest, if you like!
At our March meeting, we will be selecting delegates for our State Convention to be held in Broken Bow, June 7-9. Lancaster County is allowed five delegates including the county chair. If you haven't attended before and would like to, you certainly can nominate yourself as a delegate. Our selection process is very informal! Many attend, not as delegates, but just because it is so much fun, very educational and a really nice break. It's a great way focusing on the development of personal growth and family community leadership. Suggestions are due by April 1 and may be sent to my home address as indicated on the list. S. S. S. S. S. S. is coming soon! See you all in March.

Roberta Newburn, FCE Council Chair

Nebraska Association for Family & Community Education

FCE Leader Training

“Positive Effects of Television on Families” is the topic of the leader training session scheduled for Tuesday, March 28 at 1 or 7 p.m.
Not all the effects of television are negative. Television has introduced many new experiences to families otherwise would not have access. It provides opportunities to explore foreign cultures, observe important events, view exciting sports events, and learn about a wide variety of subjects. Television can introduce children to such skills as problem solving, reading, spelling, and mathematics. Suggestions for enhancing the positive effects of television and for improving family communication in a televised world will be a part of this lesson. Television viewing patterns and ideas for getting control of the family use of television will be included.

Susan Williams, Saunders County Extension Educator, will present this lesson. Anyone interested is invited to attend. Non-FCE members are asked to preregister. (LB)

FCE Club Night at the Lincoln Community Playhouse—Wednesday, June 14, 1995
The play will be Le Cagou des Fyles. FCE club scholarships will be awarded just prior to the 8 p.m. performance.

Ticket Order Deadline Extended: Club members wishing to order tickets should get their requests in to the mail by March 10. Include a check or money order for $8.50. To order tickets send your check, made payable to Sharon Knight, along with a SASE to: Sharon Knight, 703 “C” Street, Lincoln, NE 68502.
As of February 10 we have sold only 50 tickets. In order to continue the “special” FCE Club Night at the playhouse, in the future, we need to sell at least another 150 tickets. Encourage your members and guests to get their ticket requests in. (LB)
EFNEP and 4-H sponsor youth nutrition program in Lincoln

School-aged children throughout Lincoln experience hands-on nutrition education sponsored by the Expanded Food and Nutrition Education Program and 4-H. Over 500 youth are currently participating in the three-part series, “Eating Right For Breakfast, Lunch and Supper.”

In the first lesson, “Start Your Engines,” children develop an understanding of the importance of a morning meal. They learn that by planning ahead, you don’t need to skip breakfast. “Munchable Lunchables,” the second lesson, demonstrates the importance of selecting foods from all of the five food groups. Children learn the functions and sources of protein, vitamins A and C, iron, carbohy­drates, and calcium.

The final lesson, “Super Suppers,” helps students plan a nutritious and delicious supper which is low in fat, sugar and salt.

Nutrition advisors enjoy the 20% of their Expanded Food and Nutrition Program appointment which is devoted to serving youth. Through this expanded level of school-aged children adds to self-satisfaction which comes from being a part of the learning process.

Cooperating agencies include the Belmont Community Center, Belmont Recreation Center, Malone Community Center, Northeast Family Resource Center, Willard Community Center and twelve Lincoln Parks and Recreation Before and After School Program sites. (MB)

Teens: do you really know them?

LaDeane Jha
Extension Educator

Has it been awhile since you had the chance to really get to know a teenager? Do some of the things you read in the paper or see on TV frighten you about teens? Are you put off by the way teens dress or the way they look? Have you ever heard yourself say something like, “Why don’t they get a decent haircut and wear clothes that fit?”

Do we need to ask ourselves what kind of a message we are conveying by the things said to youth and the ways in which we react to them? Do we reinforce negative self-images and stereo­types or do we affirm each teen’s uniqueness and talents. Negative media makes it all too easy to ignore the fact that most teens are fantastic, productive young people with abilities that are absolutely astounding. After spending more

than a usual amount of time with 4-H teens this month I was reminded, once again, of how refreshing their outlook can be, how much energy they can bring to a project and how capable they are of doing outstanding work. They are interested in community service, they care about one another, they can be tender and patient with younger youth, they can teach, they can sing, they can play wild and funny games and they can lead. They give wonderful advice and they are full of enthusiasm and energy. Given the chance, there is nothing they can’t accomplish.

Perhaps it would be worthwhile for every adult to get to spend time interacting with teens. Much of the pessimism we hear about the future would quickly be dispelled. Question negative assumptions you might have. Speak in positive terms about teens you know. Look around you for things that teens do that are positive and worthwhile—you’ll be amazed. Then, take a few minutes to acknowledge and praise what you see. Look beyond hairstyles that may be strange to you and get to know what’s really happening in the life of that teen. You may be surprised. Most teens are committed to making their schools, their communities and their world a better place. Tell them you recognize their contributions. They will appreciate the positive reinforcement.

How much sodium do you need?

You need sodium in your diet, but far less than most Americans consume. In its recently published Recommended Dietary Allow­ances, the National Academy of Sciences suggests 500 milligrams of sodium a day as a safe mini­mum (less than 1/4 teaspoon salt). The average American consumes in the range of 4,000 to 6,000 milligrams of sodium a day.

Because everyone is different, the exact amount of sodium people should consume is not known. Some health authorities suggest that healthy adults try to limit the amount of sodium they consume to 2,400 milligrams a day.

If you remember that one level teaspoon of salt contains 2,325 milligrams of sodium, you’ll be able to estimate the amount of sodium you add to foods when you’re cooking and seasoning at the table.

Clothes drying

A blocked lint screen on a dryer interferes with efficient clothes drying. The lint restricts air flow and extends drying. Exces­sive lint build-up can also raise dryer temperatures resulting in automatic shutdown and overheating of the clothes.

To prevent lint buildup, clean the lint screen after every load. This can be done easily with a used fabric softener sheet. The sheet attracts lint, making it easy to remove. (LB)
County fair dates and schedule

Mark your calendars and start preparing your exhibits! The 1995 Lancaster County Fair will officially open at 11:00 a.m., Wednesday, August 2 and end on Sunday, August 6. These official dates, however, are not inclusive of all that happens at the fair. For example, horse shows begin Monday, July 31 prior to the opening of the fair and several events such as shooting sports contests, horse shows, home economics, style revues, and horticulture judging and one such horse judging contest. The horse judging contest take place in the two weeks prior to the fair. Check the fair book for dates of these events. The year this fair will continue on into Sunday to accommodate another day of the rodeo. However, 4-H exhibits will be released, as usual, at 4:00 p.m. on Saturday, August 5. Some of the changes made in the schedule include:

- An earlier starting time (3:00 p.m.) on Wednesday, August 2 for the 4-H Sheep Show.
- The Kiddy Tractor Pull will start at 6:00 p.m., Tuesday, August 1 (A later starting time.)
- The 4-H Goat Show will be moved from Friday to Thursday, August 3, 8:00 a.m.
- Dairy Goat Judging will be Wednesday, August 2, 3:00 p.m.
- 4-H Goat Quiz Bowl will be Friday, August 4, 3:00 p.m.
- The Long and Short Hair Cat Show will begin on this year. Cat show check-in and vet check will be from 8:00-8:45 a.m., Saturday, August 5. The 4-H Cat Show begins at 9:00 a.m.
- Big Wheel Race moved to Ag Hall at 10:00 a.m., Saturday, August 5.

The complete schedule for the fair will now be finalized and it is possible that there will be other changes. We'll keep you informed as those changes become known to us. See other articles on the 4-H page for project changes and specific show information.

Fair change---home economics

This can be made at home by using a half sheet of 8 1/2" x 11" paper and answering the questions out of the fair book.

Decorate Your Duds
This year there will be no access to the fair book. These changes are: 1) embalished garment and 2) original design garment and 3) constructed garment.

Knitting and Crocheting 4-H members in the middle and advanced units are able to exhibit a clothing g home environment item. Therefore, they can make afghans, doilies, etc.

Foods and Nutrition
Foods for the Future I is still available for this year. Manuals are not available at the office; this project has been taken off the shelf and will be replaced with something else next year.

Many of the Foods for the Future I and II exhibits should be placed in.ziplock bags instead of jars. Please read the fair book to make sure your exhibits are properly displayed.

Breads from bread machines will not be allowed in foods this year.

Home Environment
Design. All Around You has been replaced with Middle Unit Home Environment. The exhibits range from furniture, background accessories, wall accessories and surface accessories. Please read the fair book for these classes.

Explore Your Heritage
Additional classes have been added to this project in your 1995 fair book.

Club Banners
Club booths are no longer exhibits for the county fair. Club Banners have taken their place and should be 3 feet by 6 feet in a two-dimensional form. Further criteria and rules have been established and is still available at the office. The deadline for submitting a banner is the same as for a booth, call by Monday, July 17. Photography
The themes for this year are "Give Me Five"—or imagine, be creative and depict something about Nebraska and "Basically Blue"—use imagination, be creative, depict something about Nebraska and blue must be the prominent color.

There are some other minor changes with the fair classes, please call the fair superintendents or key leader if you have specific questions. Always remember to read the fair book carefully!

(MMM)

Fair book will have new look

The 4-H staff has attempted to make the 1995 Lancaster County Fair book more user-friendly this year. As a result, several lot numbers have been changed and the format of some of the general information is different. We are excited about the new look and we will be asking each VIPS committee and superintendent to look at their particular section to make sure we have not forgotten something important or overlooked the obvious as we have worked with the book. Everyone enrolled in 4-H can look forward to receiving their copy by the latest part of May. If you do not receive a fair book, contact the Extension office after the first of June. (LJ)

4-H Dog Project Seminar
March 21, 1995 7:00-8:30 p.m.
Lancaster Extension Conference Center

Veterinarian Dr. Fran Savage will discuss heartworm disease and its effect on the 4-H Dog project. If you have questions it may be a very good discussion of responsible ownership. Come and learn more about this fast changing project. We need members, and information that is covered could give you a quiz book questions.

We invite all 4-H members and anyone interested in the 4-H Dog Project to attend. (DS)
Turning a dream into reality

Pastor Alberta Clark-Johnson is a woman who sets a goal and does everything she can to achieve that goal. After attending the Nebraska Annual Conference in 1989, she was appointed to an all white rural farm community in Cedar Hill, Nebraska. There was nothing she would have liked more than for the urban children to see a farm and its surroundings. This was one thing that did not happen, but Alberta still had that dream. As part of her new appointment to the Urban Ethnic Minority Mission, Alberta has started to come true. Through cooperation between Faith United Methodist Church and the Lancaster County 4-H Program, a 4-H club has been started and many exciting activities have taken place. First of all, 10 children were able to see what farm life was all about when Mr. and Mrs. Marvin Hall in Prairie Home, NE invited them out to their farm. They were able to ride in the combine, touch the crops and get their hands dirty.

The 4-H club is being led by Alberta, EFNEP Nutrition Advisor Charlene Rollins, Kris Leska and other volunteers through the church. Kris Leska is a UNL Extension Educator and the Lancaster County Urban Ethnic Minority Mission.

SERIES training scheduled March 18

Race snakes, participate in a small circus, and pit your nail against others in contests of strength. Play Oh, Deer, make your own paper, blow up balloons with chemicals and experience an earthquake. March 18 of this year will become part of an exciting new 4-H science project call SERIES (Science Experiences, Resources, Environments in Informal Education Settings).

The all-day training Saturday, March 18 will be held at the Ag Pavilion in Seward and teen youth (eighth grade and up) and adult coaches are encouraged to join the fun. Training will be offered in seven different subject areas: Beyond Duck and Cover: earthquakes; Chemicals Are Us: reactions; It Came From Planted Earth: seeds and soils; Recycle/Reuse: recycling; What’s Bugging You?: pests; Oak, Woodland, Wildlife: woodland; From Ridges to Rivers: watershed.

Those who are trained will be asked to teach what they have learned to younger children in school, at clubs, day camps and even at places like the Children’s Museum. Cost of the event is $10 per person and includes lunch and a T-shirt. For an application or more information, please contact LaDeane. We will make travel arrangements for youth attending from Lancaster County (LJ).

Speech contest March 17

Every day, the average person spends 70% of their time communicating, in some form, with other people. But, did you ever feel like what you were trying to say didn’t make sense? Maybe it seemed like no one understood what you were trying to say, or maybe they didn’t hear you.

As a 4-H member, you have a great opportunity to learn how to speak up and be heard.

Plan now to attend the Lancaster County 4-H Speech Contest on March 17, 6:30 p.m. at the Lancaster Extension Conference Center, either as a participant or an observer. Why not make it a club goal and try to get all of your club members to participate in this event? If speech writing isn’t your interest, maybe you would like to try your hand at writing a radio commercial advertising 4-H or a specific 4-H event. Those 45-second announcements are a great way to begin organizing presentations and can be a fun way to show your creativity.

Your participation will make the 1995 Lancaster County 4-H Speech Contest the best! See you there! (Jan Madson, Speech VIP member)

Be a part of the Nebraska 4-H Action Team

Any 4-H member age 16 to 19 is eligible to become a member of the Nebraska 4-H Action Team. This is a group of 4-H youth who present information on 4-H in Nebraska to the public. Those chosen for the team are expected to attend training during Expo/Visions in Lincoln, June 7-8, and to participate in the 4-H Action Team Conference. Those 4-H members who have shown interest in this opportunity are asked to submit an application.

Applications for the 4-H Action Team are due in the office by April 5. For more information, contact LaDeane or Ann Marie. (LJ)

Free baby chicks

Baby chicks will be hatching around March 20 and May 8 as a result of the 4-H school enrichment project. For free chicks, call Dave Swarts, 441-7180. (ALH)

Tractor operator safety course offered

A tractor operator safety course for youth ages 13-15 will be offered Thursday evenings from 6:30-9:00 p.m., March 9, 16, 23, with a final session Thursday evening, March 30. The first class, March 9, will be held at Seward Implement, E. HWy 34, Seward. The second class, March 16, will be at Bentzinger Grain & Equipment Company, Martell. The March 23 class will be conducted at John Deere Pre-tech Training Center, Southeast Community College, Milford.

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

Youth will drive tractors and handle machinery at each session. The course qualifies youth for a permit to operate a tractor. Youth with the permit are certified for a Federal Occupational & Safety Health Act (OSHA) employment permit. To qualify for the permit, youth are required to attend all sessions and pass a written and driving proficiency test.

Sponsors for the tractor operator safety course are University of Nebraska Cooperative Extension in Lancaster County and University of Nebraska Cooperative Extension in Seward County. Register by calling University of Nebraska Cooperative Extension in Lancaster County, 441-7180 or in Seward County, 643-2981. (DS)

Invest in a Valuable Relationship

Give the gift of time...

Speech VIPS

Youth's Future

Youth's Employment Permit

Top 20

Eastern Nebraska 4-H Center in Gretna

A retreat designed for 11-13 year old girls & female parent

April 22-23, 1995

Eastern Nebraska

4-H Center in Gretna
Growing one Nebraska

Governor Ben Nelson recently outlined a multi-point plan to help improve the state’s ability to compete for new and expanding businesses. In a global economy and market place the rules for conducting government business have changed. The following is a brief outline of the programs which may be considered by the Nebraska Legislature:

**New Jobs Training Act LB277** provides greater training incentives for new business expansion and recruitment projects that build job opportunities with higher than average wages and benefits.

**Small Business Development Act LB725** training. One to increase tax credit for small businesses, allowing new opportunities in all of Nebraska. Emphasis is on particular in small towns and rural areas.

**"Throwback" Sales Elimination Act LB190** provided a route out-of-state by sales by making the state’s method of calculating business tax more consistent with other states.

**Governor’s Seed Fund LB245** would establish a

government’s discretionary fund allowing communities to offer additional incentives for business expansion or relocation and for worker recruitment. The Nebraska Economic Development Commission will act as advisor to the fund.

**Partnerships For Economic Development Act LB144** would create matching fund opportunities for regional economic development initiative. The act would also encourage economic development activities at the local level.

**Nebraska’s Benefits Marketing Plan**

The concept would build Nebraska’s image and aggressively market the state’s competitive new businesses to new business prospects and new employees in targeted skill areas.

**Ensuring the Competitiveness of Nebraska Workers**

Streamline existing programs and create a Labor and Training Quality Council.

**Nebraska Science and Technology Initiative**

Encourage statewide development strategy, increase business investment, state-of-art technology through challenge grants.

Publicity helps groups achieve goals

Good publicity is an invaluable tool for groups to achieve their goals. It builds support for a larger group. The goals of publicity are twofold:

1. To provide communication for members and others about programs or activities. To inform people and to promote interest in the group's actions.

2. To provide a good image of your group, and foster a positive attitude about your organization by the general public. This develops an understanding and good will which leads to more support for the group's actions and activities.

Before you can start, you need to have some ideas about the group and its members; a list of mass media resources, the know-how to use them; and a publicity plan.

Publicity done well makes a strong statement about your group. Which way do you want your group's image shaped by the general public?

Author: Natalie M. Snyder, Senior Project Associate, Agricultural Economics and Rural Sociology, Penn State University

A message from Fireman Bill

March is statistically a hot month for range and grass fires in Nebraska. This is due to the long winter dormancy, the dead and dry vegetation from the winter combined with low humidity, and the fact that many rural residents are doing their "spring cleaning"—stump and stubble burning and brush piles burning. Many only need to recall the grass and range fires in Colorado and California to know the catastrophic results of these fires. Your friends at Southeast Fire offer the following timely reminder to help you prevent a grass or range fire:

Outside of Lincoln, it is illegal to burn trash in a burning barrel or with a topscreen. (We recommend a top screen with a grid no larger than 6x6 inches.) For areas outside of Lancaster County, please check with your local fire authority before burning.

Any open burning (burning not controlled by a burn barrel with topscreen) requires a burning permit from your local fire chief or his designee. Please, please remember to "check with the chief" before you burn. It is a misdemeanor to burn without a permit, and I'm sure you've got better things to do than spend a day in court. Burn permit violations can nor be waved, to not mention if the fire gets away and does property damage or worse (this will definitely ruin your day).

Do not burn if it is extremely windy or has been dry for several days.

We recommend burning at least 100 yards from buildings (the further, the better). Also, keep a closed garden hose at the ready — just in case!

Please feel free to contact us at 466-2911 if you have questions about burning or fire prevention. Remember ... fire prevention is self-protection.

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

The Great Red Spot on Jupiter is a never ending storm that spans twice the area of Earth.

An antestick stirs its tongue in and out 100 times per minute to slurp up its food. (ALIH)
Avoid the most common garden mistakes

With the planting season just around the corner, many gardeners will be bringing plants home from nurseries and garden centers. Most plants will adapt to the mild condition changes of gardens; but, the more mistakes that are made, the harder it will be for plants to survive. One or more of the following mistakes when selecting, planting or caring for new plants may cause dissatisfaction with the outcome.

One mistake may be buying the wrong plant. The problem is usually not the plant itself, but the location of the plant in your garden or landscape. All too often gardeners purchase plants because they are attractive or unusual, not because the plant has a chance to survive under the conditions of the garden. A similar problem occurs when the plant grows too large for a landscape design.

Sometimes gardeners forget to water plants. New plants need a thorough watering after planting. The first watering will settle the soil and remove any air pockets, which often reduce root expansion into the backfill soil. A heavy first watering will also assure plenty of water for the new roots that begin to grow from the root ball.

Often the hole for the new plant is too small. Many gardeners will make a planting hole just large enough for the root ball. Even if these plants are given optimum care, they seldom grow properly. A hole up to three times wider than the root ball for the new plant is too small. Many gardeners will make a planting hole up to three times wider than the root ball for the new plant is too small. Many gardeners will make a planting hole, plant it and then add more soil to the top of the plant.

By avoiding these common mistakes, you can get your new plants off to a successful start this year. (MM)

• The paper from offices, schools, and homes that gets tossed each year could build a 12-foot-high wall stretching from Los Angeles to New York. About 40 percent of the paper gets recycled.

• Nearly half of all plastic soft drink bottles produced in the United States in one year are recycled. The amount of plastic that is recycled equals nearly 429 million pounds—the weight of about 12 million elephants.

• The garbage thrown away each year in the United States could fill enough ten-ton garbage trucks to reach each halfway to the moon. That’s 120,000 miles away.

• One in five plastic bottles gets recycled into other products, such as underwear and plastic lumber.

• Aluminum corruged, or laid flat, is easy to flatten vertically, very slowly. Unless it is recycled, the soda can you throw away today may be around 500 years from now.

• The energy saved by recycling one aluminum can instead of making a new one would power a TV set for over three hours. More than 63 billion cans in the United States are recycled in a year.

• There are about two billion used tires on the United States roads. Ideas for ways to recycle and reuse them include making rubber hoses, car bumpers, shoes, soles and heels, and adding them to road asphalt.

• Glass containers can be recycled indefinitely. In the United States, nearly one third of them are recycled into new containers for food, beverages, cosmetics and medicines. Some recycled glass is made into "glassphalt," a material for building roads. (ALH)

Try it! Test your toilet for wasteful water leaks. Put a few drops of food coloring in the tank. Do not flush! Check the toilet bowl after 15 minutes. If you see color, you have a leak.

To turn off your television, use the power switch on the set instead of the remote control. A television turned "off" by remote control continues to receive a low level of electricity. (ALH)
Extension Calendar

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

March 1
4-H Ambassador Application Due

March 2
Dyeland Crop Production Efficiency Seminar ........................................ 9:00 a.m.-3:30 p.m.

March 4
Agr Econ Owner Workshop—Douglas County Extension Office, Omaha ........................................ 9:00 a.m.-3:30 p.m.
Capital Pork Producers Show—Syracuse

March 5
4-H Night with the Omaha Racers-Omaha ............................................. 6:35 p.m.

March 6
4-H Speech Contest Sign-up Deadline

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

March 8
4-H Horse VIPS Meeting ........................................................................... 7:30 p.m.

March 9
Farm Lease Workshop .................................................................................. 7:00-9:30 p.m.
Tractor Operator Safety Course—Seward Implement, E. Highway 34, Seward ............................................................................. 6:30-9:00 p.m.

March 12
4-H Teen Council Meeting ...................................................................... 7:00-9:00 p.m.

March 13
Extension Board Meeting ........................................................................... 7:00 p.m.
4-H New Leader Orientation/Part II ................................................................. 9:15 a.m.-11:00 a.m.
4-H Shooting Sports Club Meeting ................................................................ 7:00 p.m.
4-H Ambassador Interviews

March 15
ExpoVisions Leadership Team Applications Due
4-H Camp Staff In Training Applications Due

March 16
Fair Board Meeting ..................................................................................... 7:30 p.m.
Tractor Operator Safety Course—Bostinger Grain & Equipment Company, Marathon ............................................................................. 6:30-9:00 p.m.

March 17
Lancaster County 4-H Speech Contest ............................................................................. 7:00 and 9:00 p.m.

March 18
SERIES Training—Ag Publications, Seward

March 21
Star City Rabbit Raisers 4-H Club Meeting .................................................. 7:00 p.m.
4-H Dog Project Seminar ............................................................................ 7:00 p.m.

March 23
Tractor Operator Safety Course—John Duvie Pre-Tech Training Center, Southeast Community College, Milford ............................................................................. 6:30-9:00 p.m.

March 24
Earth wellness-festival—Southeast Community College, Lincoln

March 25 & 26
Bake & Take Days

March 25
PAK-10 Livestock Judging Contest—Brownmore ............................................................................. 8:30 a.m.-3:00 p.m.

March 27
FCE Council Meeting .................................................................................. 1:00 p.m.
4-H Leader Training—Cabinet-Union County 21 ........................................... 7:00 p.m.

March 28
FCE Leader Training—"Positive Effects of Televison on Family" ............................................................................. 1:00-3:00 p.m.

March 29
Integrated Pest Management Workshop ............................................................................. 9:00 a.m.-2:30 p.m.

March 30
Tractor Operator Safety Course—Seward County Extension, Seward ............................................................................. 6:30-9:00 p.m.

March 31
4-H Turkey Project Orders Due

April 1
Star City Rabbit Raisers Youth Show—State Fair Park, Lincoln
Kiwanis Raisers booth applications due
4-H Camp Counselor applications due

April 3
4-H Action Team applications due

April 5
Food, Nutrition and Food Safety Update '95 for Child Care Centers ............................................................................. 1:00-3:00 p.m.