Lakeview Youth Garden

Mary Jane McReynolds
Extension Assistant

A few years ago T.O. Haas had an idea—to teach youth about where their food comes from, through a hands-on gardening project. Haas decided to act on his vision and teamed-up with Principal Dan Navratil of Lakeview Elementary School. They decided to look into the feasibility of a youth garden program.

Being a long-time Extension supporter, Haas knew the horticulture staff at University of Nebraska Cooperative Extension in Lancaster County could provide valuable insight into the project. And asked for their assistance. The horticulture staff agreed to join in and began developing educational activities for the students. Lancaster County Master Gardeners were also enlisted to share their gardening experience.

It's been five years since T.O. Haas' idea turned into a reality. The Lakeview Youth Garden has been a successful educational program for over 120 fifth- and sixth-graders at the school.

Each year during March, students are told about the garden and encouraged to apply to be a part of the program. They are informed that it is a summer-long commitment. Thirty students are selected to participate.

During the month of April, indoor education begins. Each week the students meet for an hour to learn about gardening. Together, they explore horticulture activities such as: seed germination tests, mini-composting, seed identification, and soil drainage experiments. A workbook is provided for the students to track results.

In May, the students go outside to plant their gardens. Each student has their own garden plot to plant vegetables, herbs and flowers. During the summer the students meet once a week to work in their gardens and participate in fun and educational activities. Projects during the summer include keeping a journal, building a scarecrow, insect identification, seed saving, exhibiting at the Lancaster County Fair, and an open house.

The Lakeview Youth Garden Project has proved to be a great experience for students. They learn gardening skills and responsibility. They provide food for their families. Many of the students bring their younger siblings or friends to the garden to share the experience. When the students finish the program, most of them want to start gardening at home.

1995 Soil & Water Stewardship Week

Fresh, clean water is the lifeline of the universe, and individuals have stewardship responsibility to assure a continuing adequate supply. To emphasize this point, the Lower Platte South Natural Resources District (LPSNRD) and the University of Nebraska Cooperative Extension in Lancaster County are taking part in a national observance known as "Soil and Water Stewardship Week." From April 30 to May 7, more than 3000 conservation agencies will join together to celebrate "The Living Waters," which is the theme for 1995.

The LPSNRD works throughout the year to encourage responsible soil and water conservation practices. Stewardship Week gives the LPSNRD an opportunity to highlight those efforts by providing literature and information assistance to local churches, civic organizations and schools. Bookmarks, resource guides and activity guides, posters and church bulletins displaying the artwork, and themes of Soil and Water Stewardship Week are provided free of charge each year by the LPSNRD.

Ted Werther, Chairperson of the LPSNRD Board of Directors, said water is one of our natural resources that we most often take for granted. "Where water is available, it is too common to consider, where it is not, it is the only thing that matters." Glenn Johnson, LPSNRD Manager, noted that it is often not until the full impact of past errors comes to view that we are reminded that the living waters are dependent upon how well we as individuals care for our environment.

A national effort is underway to help people understand that they are part of a watershed, which can be an area of small streams or a larger river basin. Whatever happens within a watershed ultimately affects the quality of water downstream. Soil and Water Stewardship Week strives to teach a lesson in natural resources conservation that any individual can master.

To obtain materials designed with the 1995 theme, "The Living Waters," contact the Lower Platte South Natural Resources District during business hours at (402) 476-2729.

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 extending Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.

Agricultural Competitiveness and Profitability
"Marketing—Crop Insurance"—page 5

Natural Resources and Environmental Management
"Shop S.M.A.R.T. and Recycle It!"—page 6

Children, Youth and Families
"Teaching Children Safety Rules"—page 9

Nutrition, Food Safety and Quality
"Handwashing Helpers"—page 9

Strengthening Neighborhoods and Communities
"Leadership Development Institute"—page 13
APRIL GARDEN HINTS

- Consider planting flowers which may be dried for winter arrangements. Some of the best to dry are strawflower, statice, celosia, and globe amaranth.
- Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and, although it is sometimes possible to plant them, this would actually be set back and ease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.
- To extend the blooming period of gladiolus, plant early, middle, and late-season selections each week until the middle of June. Choose a sunny location and plant the corms 4-6 inches deep and 6-8 inches apart.
- Scatter annual peggy seeds in flower borders. The fine seeds need no covering. The plants grow rapidly and provide colorful flowers in early summer.
- In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout and start blooming in about 30 days. Too much water and fertilizer promotes excess leaves and few flowers.
- When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12-15 inches apart.
- Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering.
- Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading out around the soil. Do dig a large planting hole, but fill it with the original soil removed from it.
- The last Friday in April is National Arbor Day—plant a tree or support an organization which does.
- Prune spring-blooming shrubs such as forsythia and spirea after they have completed flowering.
- Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn care equipment in preparation for the coming season.
- Put a birdhouse in the garden to attract insect-eating friends.
- Measure the rainfall with a rain gauge posted near the garden so you can tell when the garden needs about one inch of water per week from April to September. (MMJ)

Horticulturists work to ensure heirloom vegetables aren’t history

As you plan your vegetable garden this year, you will probably be impressed with the number of new and improved varieties in the seed catalogs. Plant breeders are constantly at work to develop varieties with improved yield, quality, disease resistance and other desirable traits.

Some people, however, are working to preserve old varieties. Part of the attraction of these heirloom vegetables is simply that they date from years ago. Many of them go back to the settling of the American colonies and came over on the Mayflower, while others were grown by Native Americans before the European settlers arrived.

Another reason to maintain these varieties is to preserve their genetic material for future use. Saving heirloom varieties of corn, beans and other crops keeps their genetic traits available to plant breeders. It also gives gardeners a chance to get a taste of the past.

Some heirloom vegetables include scarlet runner bean, late flat Dutch cabbage and Connecticut field pumpkins, which are often available in seed catalogs.

Multiplying materials provide many benefits for gardens & landscapes

- Mulches offer your garden and landscape many benefits. They cover the soil surface around plants and help hold moisture in the soil. Mulches also moderate soil temperature, reduce soil erosion and compaction, and keep lawn mowers and weed whips away from tree trunks.
- Mulch also prevents some and some disease organisms from splashing up onto leaves, flowers and fruits.

Some of these materials can help with weeds, organic and inorganic. Each has advantages and disadvantages.

Organic mulches are derived from plant and animal wastes. Organic mulches include shredded clippings and sawdust.

Inorganic mulches include a wide variety of stone products, black plastic sheeting and black synthetic fabrics, often called weed barriers. You typically use barriers beneath stone or bark mulch, although you can use them alone as a mulch in vegetable gardens to raise the soil temperature for warm season crops like tomatoes and peppers.

Organic mulches slowly decay over time. While decaying, they add organic material and nutrients to the soil. Organic matter improves drainage in clay soils and holding capacity in sandy soils.

Inorganic mulches do not decay and they do not add anything to the soil. Replenish organic materials each year or two as needed. Stone mulches placed on weed barriers are permanent and do not need to be topped up.

When you apply a 2- to 4-inch layer of organic mulch, you do not need a plastic or fabric weed barrier mat beneath the mulches to control weeds. To provide adequate weed control, stone mulches need a weed barrier. Unfortunately, mulches applied over weed barrier mats often shift over time, especially on slopes. In addition, organic matter that builds up over weed barrier mats creates the perfect growing conditions for weedy plants.

Organic mulches are usually less expensive than inorganic mulches. You can often get inexpensive or free loads of wood chips from tree services and local utilities. You can also use yard waste materials, such as grass clippings and leaves as mulch around landscape plants and in the garden. You can also use compost as mulch.

Although stone mulches are more expensive, if properly used, you do not have to replenish them. Place stone mulch over weed barriers. This prevents stone from mixing with the soil below. Stone mulch come in many colors and sizes. Avoid using white stone mulches, especially limestone and marble chips, because they can adversely affect soil pH. White stone mulch also reflects heat and detracts from the rest of the landscape.

Remember—leaves, twigs and other organic matter may collect in stone mulch. You will need to clean out the material or live with the looks. (DJ)

Master gardeners volunteer

Mary Jane McMurry
Extension Assistant

"This is the master gardener. How can I help you?" Answering horticulture questions for the public is just one way the Lancaster County Master Gardeners fulfill their training obligations. Training for this year just ended in March. Thirty-three new and previous master gardeners are eager to start assisting the Cooperative Extension Horticulture staff with their projects for the year.

Fourty hours of training was completed through video and live presenter instruction. Areas of training for this year included insects, plant diseases, houseplants, vegetables, wildlife, wildflowers and landscape care.

Master gardeners fulfill their 40 hours of volunteer time by selecting activities from a list of available programs. Many master gardeners enjoy working with youth activities so they volunteer at the Lancaster County Fair or Lakeview Youth Garden.

Composting has become an important way to eliminate unwanted organic matter. Some master gardeners attend further training before they become composters. They then manage the compost sites located in Lincoln and provide training to the public. Last year, 34 Lancaster County Master Gardeners logged over 900 hours of volunteer time for 12 different program areas. With training now completed, we're all looking forward to another successful year.

When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12-15 inches apart.

Three compost sites located in Lancaster County and previous master gardeners are available to help you. If you want it to cross with some­

when the garden needs about one inch of water per week from April to September. (MMJ)
Looking for Mr. Goodplant

Generally, bedding plants are divided into three, four or six sections, each containing one or more growing plants. Larger, plastic, "flats" hold 12 to 24 packs. Packs are often individually priced a little higher than whole flats; so, if you are so inclined, taking a pocket calculator with you when shopping can help you quickly determine prices and number of plants quickly.

Unless you are buying a plant variety that is supposed to have blue, purple, rose or gray color. An indication that the plants have been stressed in some way. Changing weather, growing plants should be avoided, as well as any sign of pests such as spider webs or small insects crawling over the plants. Be picky. After all, it is going to be your garden.

No doubt your immediate impulse will be to buy the packs or flats that have the most blooms on them. Retailers know this and encourage their suppliers to give them "lots of color." But you are about to become a savvy shopper and learn why you want to avoid that temptation.

For the best success in your garden, you want to select plants without any blooms and even without buds! Why? Because once the plants are transplanted to a new location, they need a little time to establish themselves. It is something like moving to a new house or arranging a room of furniture—until you get used to it, just are not as productive as you were before. The "energy" a plant spends on producing blooms takes away some of the "energy" it could be spending on establishing itself in your garden, and so, the process takes a little longer. As a shopper, you want plants that will spend their immediate energy on developing a strong start, so they can get busy producing blooms in your garden.

Should you totally ignore those plants in bloom? Of course not—there are your "samples" of what you can expect in your garden. Pick out those you want and carefully read the labels. Then, find packs or flats of the same plants without blooms and buy those. You will probably have an easier time finding them, because all the other shoppers will be buying the ones in bloom and ignoring those that are mostly green. (DJ)

In attempts to get closer to nature, more and more people are planting bird gardens. No, they're not places to grow birds. Rather, they are gardens filled with plants attractive to birds. More people today are planting bird gardens as a hobby to watch these feathered friends in their own backyards. In addition, planting bird gardens can be rewarding. (MJM)

Reduce landscape maintenance

Keep these time saving pointers in mind when designing and caring for your yard.

• Apply a generous layer of mulch around plants to keep weeds down and reduce water use.

• Use the right tool for the job. The proper tool, in good condition, can make a tiresome chore easier.

• Keep up with the yard maintenance by doing a little bit at a time. Fifteen or 20 minutes a day can take up the whole afternoon of yard work done once a week.

• Do not struggle to raise sparse, thin turfgrass under mature shade trees. Surround the trees with beds of shade loving plants. (DJ)

Spring neighborhood composting workshops

Sponsored by the University of Nebraska Cooperative Extension in Lancaster County and City of Lincoln Recycling Office

Easterday Recreation Center 6130 Adams Street Tuesday, April 11, 7:00-8:00 p.m.

Irving Recreation Center 2010 Van Dorn Street Wednesday, April 19, 7:00-8:00 p.m.

Belmont Community Center 3335 North 12th Street Thursday, April 27, 7:00-8:00 p.m.

Horticulture

1995 Spring Affair

Plan to attend this year’s Spring Affair to be held Saturday, April 22, 9 a.m. to 4 p.m. at Nebraska State Fair Park in Lincoln. This year the program will focus on gardens in transition. There will be 12 different workshops to attend and a plant sale that includes over 200 perennials, herbs and wildflowers. Plant experts will be available to answer questions and there will be garden demonstrations, commercial and organizational displays.

Spring Affair is sponsored by the Nebraska statewide Arboretum, Nebraska State Fair and the University of Nebraska Botanical Garden and Arboretum.

This year plant a bird garden

When buying roses at the local garden center, have you ever wondered about the little green and white tag with the letter AARS? These letters stand for All-American Rose Selections. Roses bearing that insignia have undergone two years of comparison with other new varieties, as well as previously introduced ones, and have proven superior. This selection process helps the consumer decide which of the many new varieties available each year should do well.

In 1938, the rose producers and introducers in the country decided that an independent body should be set up to judge new roses. AARS was established by AARS for awarding the roses. AARS members and publicly announced through the news media. (MIM)

All-American Rose Selections

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The most successful site to grow a plant is outdoors. Replanted rosebushes can be replaced before the blooms are gone. The most successful site to grow a plant is outdoors. Replanted rosebushes can be replaced before the blooms are gone. (MIM)

Easter lily post-holiday care

If you received an Easter lily this year, you can save the lily bulb and plant it outdoors. Spring flowering bulbs that are forced—such as narcissus and hyacinths—are often discarded after flowering. Easter lilies can be replanted after the blooms are gone.

The most successful site to grow an Easter lily outdoors. Replanted lilies is not recommended since the blooms would be small and inferior to the initial crop. You can plant the Easter lily outdoors after the danger of frost is past. Select a sunny site with well-drained soil. Set the top of the bulb 6 inches below the soil surface. Do not remove the flower stalk until it dries, then cut it off at the soil surface. The lily will likely rebloom the first year in September and thereafter in early summer. After the soil surface freezes in the fall, mulch the soil and do not remove the mulch until new growth occurs in the spring. (MIM)

Add hanging baskets

Hanging baskets can add color and floral fragrance to many locations. The most common location to find a hanging basket is under an eave on the house, on a porch or a balcony. However, they can also be used to enhance many of the other places water can be hung from lamp posts, grape arbors, trees and glider swings. Most any bedding plant can be used in a hanging basket. Be sure to meet the water requirement for that plant that is used as the same as the final location of the hanging basket. A basket of sun-loving plants put in a shady location will not do very well. Baskets made up with perennials, begonias, dwarf marigolds, dianthus, alyssum or geraniums are commonly seen. (MIM)

Hanging baskets require frequent watering. Depending on the weather, the basket will need to be watered once or twice a day.
Minimizing ground water nitrates and the risks

Many Nebraska residents have questions about the impact of nitrates in their drinking water. Nitrates constitute a concern because of its potential affects to human and livestock health. Water quality monitoring shows that ground water nitrate levels are increasing in some areas of Nebraska.

Nitrate is a basic part of our environment and is essential for living things. It is the nutrient that is most used for crop production and turf maintenance. However, excessively ingesting concentrations of nitrate-nitrogen can be hazardous to the health of both humans and livestock.

Questions about nitrate contamination problems are frequently blamed on the farm community. In reality, nitrate contamination problems are frequently blamed on the farm community. Mismanaged sewage disposal systems, excessive irrigation of crops and turf, over application of nitrogen fertilizer sources, and naturally occurring sources all add to the problem. The potential for contamination is greatly influenced by local soil types, distance to the water table, application timing and fertilizer management.

Nitrogen Management
Department of Agronomy and
The University of Nebraska Cooperative Extension has been working very closely with the Nebraska residents to minimize the potential for ground water nitrate contamination. For the last four years, Cooperative Extension has placed considerable emphasis on cooperating with local producers to assess their soil nitrate inventory and recommending nitrogen application rates for expected yield goals. The program has targeted users of both commercial nitrogen fertilizer and municipal biosolids produced by the City of Lincoln. Cooperatives in the nitrogen management demonstration program take soil samples in each field. The cooperators then have the soil samples tested to determine the present quantity and location of nitrate-nitrogen in the soil profile. This is the only way to know how much nitrogen is present. In dry years, soils tend to accumulate nitrogen. In wet years, like the year of 1993 and 1994, nitrate reserves are usually exhausted.

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

Best Management Practices (BMPs)
Local producers also utilize several additional BMPs to reduce ground water nitrate contamination risks. Many applicators have invested in electronic controller units that calibrate and meter nitrogen fertilizer to the crop on a consistently accurate basis. More producers, even when applying nitrogen in the fall and put on in the spring to reduce leaching potential, are adopting this newest technology available is the chlorophyll meter that measures the leaf chlorophyll intensity and assists the farmer to determine when to "spoon feed" nitrogen to their crops in 30 to 50 pound increments. This procedure ensures that only the required quantity of nitrogen is applied each year based on crop and climatic conditions. The newest technology available is the chlorophyll meter which measures the leaf chlorophyll intensity and assists the farmer to determine when to "spoon feed" nitrogen to their crops in 30 to 50 pound increments. This procedure ensures that only the required quantity of nitrogen is applied each year based on crop and climatic conditions.

Lincoln/Lancaster County farmers and agribusiness representatives discuss progress of a management demonstration near Princeton.

What are the Risks? A very big question about the ground water nitrate level is exactly what are the risks? The Environmental Protection Agency's (EPA) standard for nitrate in drinking water is 10 ppm (parts per million). The 10 ppm standard was established in 1962 for the protection of infant health and was based on the best knowledge available. Subsequent reviews of the standard have not resulted in any changes. There is recognition that it is difficult to establish an exact level at which nitrogen concentrations in water are safe or unsafe. The standard has been established as a point at which no health hazards to the individual are expected. The newest technology available is the chlorophyll meter which measures the leaf chlorophyll intensity and assists the farmer to determine when to "spoon feed" nitrogen to their crops in 30 to 50 pound increments. This procedure ensures that only the required quantity of nitrogen is applied each year based on crop and climatic conditions.

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Marketing — Crop Insurance

Area rural lenders recently teamed up with the University of Nebraska Cooperative Extension to train farm producers about the new Federal Crop Insurance Reform and commodity marketing strategies through a program called “Practical Ag Marketing—Reduce Your Risk!” Participants studied strategies to reduce the inevitable agricultural production weather risks while optimizing pricing opportunities using various marketing tools.

Crop insurance is now required by producers who wish to participate and is covered by insurance companies servicing the primary crops. Individuals who participated in this workshop learned how various levels of insurance coverage, coupled with different marketing strategies, would impact their net farm income.

Lancaster County area dryland crop producers bear substantial weather risks year after year. Crop insurance can remove some of these risks and perhaps allow a producer to justify a portion of their crop even before it is harvested. Producers who can sell their commodities at times of peak demand (i.e., spring and summer) will typically be paid a premium for their product. Selling their commodity at harvest, when supply is ample and demand is low, usually means a below average price. (D.V.)

Small-scale farms growing in the county

Small-scale farms are increasing in Lancaster County. The average farm size reported in the 1992 Census of Agriculture for Nebraska was 83 acres; while the average for Lancaster County was 180 acres. Fifty-seven percent of Lancaster County’s 1,359 operators farm less than 180 acres. Forty-eight percent of Lancaster County’s operators indicate that their principal occupation is non-farm related; while statewide, 26% of farm operators indicate the same.

In small-scale farming situations, the farm often is not the primary source of family income. Rent paid from these farms is based on the basis of traditional farming or guidance with non-traditional agricultural enterprises.

To assist those in a convenient and timely manner, a five-part videotape series production is underway. This series will address the following areas:

• Farm Management
• Specialty/Alternative Enterprises
• Environmental Insights
• Haylands and Pastures
• Livestock

Each 15-minute tape is designed to give the viewer a summary of recommended Best Management Practices (BMP) and identifies additional information resources. This series of tapes will be available in the near future. Watch The NEBLINE for further information. (D.V.)

Control weeds and insects with proper crop rotation

In the winter, radio listeners and television viewers across the Midwest are warned of toxic advertising from chemical companies promoting their pesticides. Whether we farm or not, we hear and remember these commercials. What to do?

What to plant on your acreage

Cost of Establishment. No statement is more true than when it comes to pesticides. Some people feel that you “get exactly what you pay for!” It is tempting to use the least costly. This can be a mistake if, years from now, the vegetation is of low value or the sustainability is weakened to low quality seed. It may be wiser to do the planting for a year in order to develop the desired vegetation than to end up with a poor stand of grass or legumes.

Maintenance. Weeds and brush often invade grass, legumes or cover crop plantings that are incorrectly managed. If uncontrolled, subsequent use may be reduced or improved productivity and crop correction action. In addition, weed seeds may spread from Hickman, Cent Creek, Valley Bank, Valparaiso, and the University of Nebraska Cooperative Extension.

Local farmers calculated their risks at two recent “Practical Ag Marketing—Reduce Your Risk!” workshops sponsored by First State Bank, Hickman, Oak Creek, Valley Bank, Valparaiso, and the University of Nebraska Cooperative Extension.

Corn rootworm larvae only survive on the roots of corn. Crop rotation is the most environmentally-sound control practice. Suggest that the use of pesticides is an environmentally-sound agronomic practice. It’s important to remember, however, that the most environmentally-sound agronomic practice for weed and insect control is a thoughtful crop rotation. In most cases, the use of a pesticide can be completely eliminated with a proper rotation sequence.

For example, the use of soil insecticides for corn rootworm control is unnecessary if corn is rotated with another crop, including sorghum or soybeans. If, for some reason, corn must be planted in the same field repeatedly, studies have shown that, about half the time, the density of beetles is so low that there will not be significant damage to the corn roots the following year. Smart farmers are now scouting these corn fields to reduce the insecticide cost and eliminate the hazards associated with handling them.

So why are we inundated with commercials? Obviously, to sell the product! Whether we need it or not. More than a decade ago, concern University of Illinois entomologists suggested that manufacturers and sales representatives often used “worst-case” data and biased averaged to sell high-long term soil rootworm insecticides. Their concerns are still valid today.

Growers are encouraged to evaluate pest management options carefully. Crop rotation is just one of many cultural practices that are important to an environmentally sound integrated pest management (IPM) program. While pesticides can be a very valuable tool in agriculture, they must be used by prescription and as part of an IPM program. For more information on controlling weeds and insects through crop rotation, contact the Extension office, 441-7180. (BPO)

Planning grass for wildlife areas

When initiating a grass-land management plan for wildlife areas, you must first determine which types of grasses would increase the wildlife potential of that area. While topography and soil types are important, the main concern is what types of grass may already be present in the area, the arrangement and composition of that grassland, and what wildlife species the management will be designed to.

In southeast Nebraska, our three main species of gamebirds are ruffed grouse, Bobwhite quails and prairie chickens. Although many of these birds’ feeding requirements overlap, each bird is dependent on certain vegetation types or areas. Therefore, requirements must be taken into account to ensure that the grasses planted will benefit a specific species of wildlife.

The most common warm-season grass mixtures suited for our area, consists of big bluestem, Indiangrass, little bluestem, side-oats grama and switchgrass. This mixture serves as nesting, loafing, roosting and heavy winter cover. To provide nesting and brood rearing areas, this warm-season mixture should also include some cool-season grass/legume mixtures of orchard grass, wheatgrass, red clover and alfalfa. When establishing or managing grass plantings, weed control is an item that may require several annual applications of herbicides. It is important to control non-desirable vegetation from the beginning of the establishment.

In most cases, an integrated approach is effective. This includes control of weeds through mowing and shredding. From a wildlife standpoint, some of the early weedy annuals such as foxtail, ragweed and sunflower create a very desirable type of habitat for provide diversity which is essential to wildlife production. (WS)
**Environmental Focus**

**Lincoln municipal sludge fertilizes crops**

Have you ever noticed the three white, egg-shaped storage tanks south of Cornhusker Highway at the Salt Creek bridge west of 27th Street? These storage tanks, built in 1997, catch wastewater from the Theresa Street Wastewater Treatment Plant in such a way that the organic material (i.e., sludge) can be applied to soil as fertilizer. This can endanger the environment, including the soil and waterways, animals and plants. The beneficial application of sludge to cropland is the very best end-use of this material. It is also more economical than other disposal methods, such as burning.

Theresa Street Wastewater Treatment Plant in egg-shaped storage tanks. Lincoln has a second wastewater treatment facility, the Northeast Treatment Plant on North 70th Street. This farm has designated crop land (the Sludge Injection Farm) adjacent to the processing facility. After liquid sludge is injected into the soil, corn or soybeans are planted. The University of Nebraska Cooperative Extension specialists prevent over-application of fertilizer.

The Sludge Land Application Program is a partnership between the City of Lincoln, Lancaster County Cooperative Extension and area farmers. Each of these groups has a specific role in this program. The quality of the municipal sludge is assured by the city. Lancaster County Extension personnel evaluate and approve application sites and determine appropriate application rates. Cooperating farmers apply the sludge using sound environmental practices. The selection of suitable fields is based on fertility needs, topography and community surroundings. After deep soil samples are analyzed to determine residual fertilizer levels, recommendations are given and are based on the nutrient needs of the next crop. Proper application rates prevent over-application of fertilizer.

Lincoln has a second wastewater treatment facility, the Northeast Treatment Plant on North 70th Street. This farm has designated crop land (the Sludge Injection Farm) adjacent to the processing facility. After liquid sludge is injected into the soil, corn or soybeans are planted. Scientific studies to verify application rates and nutrient uptake by plants are needed so long-term research plots on this farm are being planned. The University of Nebraska Cooperative Extension specialists and educators are currently coordinating research efforts with the UNL Agronomy Farm.

In some communities, municipal sludge is still being disposed of in landfills and incinerators. In the past, sewage sludge has even been dumped in the ocean, a very unsound environmental practice. As more and more improvements are made in sewage quality, sewage sludge becomes a greater resource to be recycled and returned to the environment. The application of sludge improves soil quality, plant productivity and reduces dependence on inorganic fertilizers.

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**Bug alert: watch for termites, ants and clover mites**

**Termites and Ants.** Warm spring temperatures increase the activities of termites and ants. Swarming, a behavior that serves to expand the territory of these insects, commonly occurs in the spring. Swarming termites and ants develop wings to fly to infest new areas. Some individuals die during this process, but others become reproductively mature, although only part of the colony flies to exploit new resources. The main concern for homeowners is when winged ants or termites are found inside the home structure because this event may indicate that the home is infested. What should you do if you see winged ants or termites? First, it is essential that the insect is correctly identified. Winged ants and winged termites look similar, but ants have "elbowed" antennae and are thinner than termites (see diagram). Most people breathe a sigh of relief if their swarming pest is an ant. However, not all ants respond to the same chemical treatments, so even if you have swarmed ants, it is a good idea to consult a pest control specialist.

**Clover Mites.** Warm temperatures also warm up tiny reddish-brown mites that have been dormant since last fall. Clover mites invade homes in large numbers through the tiniest cracks, especially on the south sides of buildings. These mites cause much concern to homeowners, but they do little damage inside the home. They will not damage most house plants. Because they are so small, you may not notice them. Clover mites are most common in the spring, but they can be a problem all year.

**Homeowners' termite control workshop**

Did you know that Nebraska homeowners spend more than $1 million each year for termite treatments? Professional treatment is a major expense for a homeowner and may complicate the sale of a home. Why do it cost so much? Treatment costs from different pest control companies often differ by $100 or more. Why are the bids different? How can you make sure that the pest control company will be treating your home properly to prevent it from re-infestation? Come to the Lincoln Extension Conference Center (444 Cherry Creek Road, Lincoln) April 27, 7-9 p.m. in this two-hour Termite Control Workshop for Homeowners, we will teach you how a proper treatment should be done and how to estimate what the cost should be.

**Get rid of robins and birds**

Robins are flocking to the area. The spring is announced by the song of the male robin, usually heard from a high perch. Once a pair of robins selects a territory, the breeder instinct is the nest in place. Robins construct a cup-shaped nest made of grasses, small twigs, strips of cloth, hair and string. The inner surface of the nest is reinforced with mud. The female incubates the three or four blue eggs for 12 to 14 days. Robins usually raise two or three broods each breeding season. During the hotter summer months, they prefer to make nests in the higher branches of deciduous trees. The moisture evaporating from the large leaves helps to cool the female while she sits on the nest. During the cooler months the nest is usually lower in the branches of evergreen trees or shrubs. Although robins do not use birdhouses and only seldom visit bird feeders, they can be encouraged to nest in your garden. Sometimes robins can be persuaded to accept nesting shelves. A nesting shelf can be made from three boards nailed together to form the floor, back and roof of a house about 6 inches by 8 inches high. Mount it on the side of your house under over-hanging eaves or in a shaded spot. A wire covered wall is especially attractive.

Do not be discouraged if your efforts are not immediately discovered. Patient and you will be rewarded by a busy family to share your garden. (MBM)

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**Shop S.M.A.R.T. and Recycle It!**

**Shop S.M.A.R.T.(Save Money and Reduce Trash)**

The Recycle It! program increases the awareness of items that can be recycled through channel talkers on grocery shelves. Signs on grocery shelves the next time you are shopping. Visiting the Shop the Shop S.M.A.R.T. displays in local grocery stores. Two-hour-long days are designated days are available at a store in your area. If you are interested in helping spread the word on precycling and recycling, call Lorene Bartos, Extension Educator at 441-7180. (LB)

**Getting robins to stick around**

The first robin of the year is a sure sign that spring is here. By offering them a little encourage- The Recycle It! signs on grocery shelves the next time you are shopping. Visiting the Shop the Shop S.M.A.R.T. displays in local grocery stores. Two-hour-long days are designated days are available at a store in your area. If you are interested in helping spread the word on precycling and recycling, call Lorene Bartos, Extension Educator at 441-7180. (LB)

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**Ferraro, and Shripat Kamble, UNL termite specialist. These presenters have extensive experience in insect pest management in the home environment. There will be a similar workshop on May 11 (7-9 p.m.) in Omaha, at the Douglas County Extension Office.

There will be a $5 fee for this workshop that will include easy-to-understand reference materials. For more information about this program, call 441-7180. (BPO)
The protection of Holmes Lake

Corey Brubaker
Extension Educator

Holmes Lake and the associated park and golf course is one of the most visible and heavily used recreational areas in Lancaster County. The 123-acre lake was built in 1962 by the U.S. Army Corps of Engineers to control flooding along Antelope Creek and to aid in construction, most of the land within the Holmes Lake drainage basin has been developed for agricultural or urban land use. This shift in land use and the increase in Lincoln’s population has increased the recreational and aesthetic value of the lake and the need to protect and maintain it.

Holmes Lake was one of five areas identified in 1990 water quality study conducted by the Lower Platte South Natural Resources District (LPSNRD) in cooperation with the U.S. Environmental Protection Agency (USEPA) and the Nebraska Department of Environmental Quality (NDEQ). The study found that these lakes were being significantly affected by non-point source pollution. As a result, the LPSNRD and NDEQ identified the watersheds above these five lakes as priority areas for reducing non-point source pollutants.

Non-point source pollution is the contamination of water by pollutants from multiple sources. Polluted runoff can come from agricultural fields, feedlots, construction sites, streets, lawns, gardens, and gardens. Sediment is usually a major contaminant in runoff, but plant nutrients (fertilizers), pesticides, bacteria, and other contaminants may also be present in runoff and contribute to the problem. The major non-point source pollutants found in Holmes Lake are sediment and plant nutrients. However, levels of fecal coliforms and nutrients in excess of state standards for water quality have also been found in the lake during the past several years.

Several projects have been initiated by various public agencies and private groups to address the water quality problems in Holmes Lake. These include educational programs to increase public awareness, water quality monitoring projects, and programs to provide financial assistance to developers and landowners within the watershed to point source pollution. The primary focus of the project is to develop and promote techniques that will protect or enhance water quality. To finance the construction of the project, the LPSNRD received a grant from USEPA and another form the Nebraska Environmental Trust.

A portion of the USEPA grant will be used to purchase plant materials for the wetland and adjacent riparian areas and to develop educational programs to enhance water quality issues within the watershed. A public access area will be incorporated into the design of the wetland area to provide individuals with an opportunity to observe and learn about aquatic habitats.

The Antelope Commons project is an excellent example of the public/private partnerships that will be necessary in the future to protect our natural resources. Working together we can make a difference. (CB)

Native Nebraskan returns to yards

The "thirteen-liner" is Nebraska’s most common ground squirrel. It is most often seen during the day around cemeteries, golf courses, parks, yards and other open areas with closely mowed vegetation. It prefers mowed grassy areas and avoids tall vegetation.

Thirteen-lined ground squirrels emerge from hibernation in late March or early April. One litter of seven to ten young is usually produced in May each year. The young leave the burrows at six weeks of age.

Drip irrigation can greatly reduce the amount of water you need to apply to your landscape. Properly installed and managed, drip irrigation can save 60 percent of all water used in garden care.

Drip irrigation is a slow process. Watering technique which supplies water directly over a plant’s root system. Drip systems may be on the soil surface or buried. Run-off and evaporation are eliminated because the water application rate can be controlled to the point that it flows at a rate at which the soil can absorb it. Less water needs to be applied with a drip system because it is only applied where it is needed over the plant roots. Areas between rows in a garden or plants in a landscape bed remain dry. This not only saves water but

Conserve water with drip irrigation

Drip irrigation systems are hoses with a series of small plastic tubes. These are available in most stores selling garden supplies, but do not come with drip irrigation system kits. These tubes are made of plastic that the water flows through the tubes. The tubes are subject to clogging by mineral deposits if excessively hard water is used.

Another form of drip irrigation involves the use of "soaker" hoses. These are hoses with a series of small hoses in them. They can be stretched along a row of plants in a garden or around plants in a landscape bed. These hoses have several advantages over the "spaghetti" tube system. They are readily available in most stores selling garden supplies, rabbits do not frequently chew on them, and they do not clog as the "spaghetti" tubes. With a drip irrigation system soil moisture can be carefully regulated. Plants do not have to endure dry periods or water-logged conditions. This can result in healthier, faster growing plants. (DD)
Homemaker expands knowledge of nutrition with help of EFNEP

Expanded Food and Nutrition Education Program (EFNEP) homemaker, Connie Belt, takes great pride in her children’s nutrition knowledge. She quickly pointed to the secrets of the refrigerator hanging on her daughter’s refrigerator which her eight-year-old daughter, Missy, had merely removed my children’s art from the refrigerator every month to make room for more, but this one’s a keeper. Missy seems to like it daily to make sure the family is eating nutritional meals,” she comments.

Connie Belt, (right) an EFNEP homemaker, takes a lesson on “Fats & Cholesterol” from Charlene Morris.

Learning for better living (Para una vida mejor)

A series of easy-to-read bilingual family well-being handouts are available in English and Spanish. The 53-page fact sheet series includes the basics of nutrition and health, food safety, family finances and well-being, child development and consumer issues. Contact UNL Cooperative Extension in Lancaster County for specific information. Call 441-7180. (MB)

Butter Me Up! Mature Driver Course April 18 and 19

If your driver’s license expires in 1995 and you are 50 years of age or older, you are urged to enroll in the 55 Alive — Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, April 18 and Wednesday, April 19, 10 A.M. to 2:30 P.M. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is $8.

Connie Belt, (left) an EFNEP homemaker, takes a lesson on “Fats & Cholesterol” from Charlene Morris.

Was it the flu or could it be foodborne illness?

Foodborne illness is often mistaken for the flu. Many of the symptoms can be the same—headache, diarrhea, upset stomach. New strains of bacteria, hurried lifestyles, and changing food patterns pose new food safety risks. The Food Safety and Inspection Service estimates that over six million Americans have foodborne infections in an average year.

You often can’t see, smell or taste potentially harmful bacteria in foods. The best way to increase your food safety IQ is to learn more about how to keep food safe. Take the following quiz to test your knowledge of desirable food safety practices.

TRUE OR FALSE?

1) Methadon is pink in the center. Cooking is safe from bacteria.

FALSE. Ground meat is handled a lot more than chicken or fish. A meat thermometer reads 160°F. It’s also desirable to cook thinner cuts of red meat until they are brown or grey inside. Thicker cuts, such as roasts and steaks—whose insides are less likely to come in contact with bacteria—are more safely served while still slightly pink in the middle.

Cook poultry to 160°F or until juices run clear. Fish flakes with a fork when it’s done.

2) Leftover foods should be cooled rapidly by placing them into...

Please turn to Illness: page 14
Teaching children safety “rules”

LaDeane Jha
Extension Educator

Do your children know how to handle strangers at the door, respond to telephone calls, find shelter during a storm, or escape from a fire? Has your family talked about routines for children who might be left alone at home? Are emergency numbers be?

Jay noted that a lot of discussion among members of my club are staying home alone and I think both parents and youth should brush up on procedures that will make those times safe. Some of my club members are nearing baby-sitting age and I think they need to know how to handle situations at home before going somewhere else. Gary and Marty have worked together to share expertise in their two joint meetings, family activities and numerous demonstrations have already generated much positive response to the project.

The Sehn’s said that the project has made kids think, has led youth to ask other questions and has brought out good general discussion. They added that since it covers everyday living skills no one is left out and it is easy to encourage participation among those who may not be as verbal. Club members and their families are looking forward to future meetings on kitchen, personal and farm safety.

When asked how farm safety was relevant to his club members who live in Lincoln, Gary responded, “All eight of the 6th grade boys in my club spend significant amounts of time on a farm with grandparents or other relatives. Information about safety hazards on the farm is even more vital to urban youth who have not had experience on the farm.”

Both Gary and Marty felt that this worthwhile project fit well with their other 4-H projects which have included, rocketry, entomology, sewing, cooking, and child care and are looking forward to helping club members prepare home alone kits to take to the county fair in August.

Cooperative Extension educators and health department personnel are currently developing four videos on kitchen safety, personal safety, recreational safety and outdoor safety as part of a joint project emphasizing safety at home. These videos will be available to groups by the fall of 1995 and it is anticipated that the “On Your Own in Rural America” project will be adapted to an urban audience during the next year. (LJ)

Gary Sehn with his children Kevin and Kelly after their 4-H meeting featuring a visit from the fire department.

How do I get it out?

Stain removal is a problem common to everyone. From the ink stains on the shirt pocket to blood or candle wax stains—the question is, “How do I get it out?”

Some keys to stain removal include:
• Treat stains while fresh.
• Know the stain.
• Know the fiber content of the fabric.
• Test stain removal on a hidden part of garment before treating the stain.
• Age cumulative effect.
• Work from the wrong side of the fabric, forcing the stain out, not in.
• Give cleaning agents time to work.

The following stain removal instructions and techniques use normal laundry products and readily available stain removal agents.

Ink, Ball Point Pen, Felt Tip Marker (CAUTION) May be set by water.

Sponge with dry-cloth immediately until all bleeding stops. Follow same procedure using alcohol. If stain remains, apply damp. Launder.

Candle Wax
Scrape excess from fabric with dull knife. Sponge with dry-

Please turn to Stains: page 14

Handwashing helps

What’s the single most important means of preventing the spread of infection? You’re correct if you answered “handwashing.”

Handwashing removes personal germs as well as those picked up from other sources. Proper handwashing helps protect you and helps prevent the spread of bacteria to others.

Wash hands prior to handling food or utensils, during food preparation, after sneezing, coughing or blowing one’s nose, going to the bathroom, playing outside and playing with pets.

Follow these four steps for getting hands clean:

1. Wet your hands with warm, running water.
2. Add soap and rub your hands together to make a soapy lather. Do this away from running water so that you don’t wash the soap away. Wash the front and back of your hands, between your fingers and under your nails. Count to 20, and then you’re done.
3. Rinse your hands well under warm running water. Let the water run back into the sink, not down your elbows.
4. Dry your hands thoroughly with a clean towel.

For more information about materials and resources to help teach handwashing to groups and individuals, contact Alice Hennenman at 441-7180. (AH)

Links with agencies multiplies Extension’s educational impact

Cooperative Extension links with other agencies and organizations to develop and deliver quality programs efficiently. Combining technical expertise and financial resources has provided Extension members throughout the county. Here are some examples:

• Expanded Food & Nutrition Education Program (EFNEP) teams up with Lincoln Parks & Recreation Before & After School Program to teach nutrition education to approximately 350 youth annually.
• ServSafe workshops are offered to food service staff in cooperation with the local and state health departments, Nebraska Restaurant Association, University of Nebraska Extension specialists’ and private industry. The ServSafe workshop provides up-to-date information on food microbiology, sanitary food handling and storage, personal health and hygiene, HACCP food safety program, pest control and safety procedures.
• 4-H cooperates and collaborates with community agencies who have an interest in programming that targets families and youth. As such 4-H has an active role in the Family Resource Centers, are involved in various programs of the Consortium for Children and Youth, interact with other youth serving agencies such as Girl Scouts, Boy Scouts and Big Brother/Big Sister.
• Approximately 125 Family and Community Education leaders were taught five educational lessons. Upon completion of the training, they delivered Extension educational programs to FCE club members throughout the county.
• Lincoln Housing Authority and Lancaster County provide funding for an EFNEP nutrition advisor who provides nutrition education to limited resource families.
• Child care center staff receive a yearly update on food, nutrition and food safety through ongoing programs offered by Cooperative Extension. Co-sponsors of these programs include Nutrition Services, Nebraska Department of Education and the Lincoln/Lancaster County Health Department.
• 4-H works with Lincoln Public Schools to support a 4-H club of students with English as a second language.
• EFNEP nutrition advisors coordinate nutrition education programs with a diversity of agencies such as Lincoln Action Program, Department of Social Services, Food Stamps Program, Women Infant & Children (WIC), Family Resource Centers, Catholic Social Services, Lincoln/Lancaster County Health Department, Commodity Foods Program, Hispanic Center, Boys & Girls Club, Boys & Girls Group Homes. Agency personnel provide meeting space, supplies, and most important, an audience.
• WorkSafe nutrition and food safety programs are provided in cooperation with WorkWell, Inc., the Capital Worksite Wellness Council, Lincoln/Lancaster County Health Department.
• Six 4-H school enrichment projects are provided to children in Lincoln/Lancaster County as a result of cooperation from civic and businesses.
• 4-H leaders receive training from experienced 4-H volunteers in neighborhood “Clover Clusters.” These key leaders are an important link between the paid and volunteer 4-H staff.
• 4-H leaders receive leader training in cooperation of their homes as a result of cooperative efforts with cable television. (MB)
4-H Bulletin Board

Kwintis Karnival is right around the corner! April 22 at the Lancaster Building, State Fair Park. All 4-H families are invited to attend this fun-filled family event 6:00-8:00 p.m. Prizes and refreshments will be available. Bring your family to this first event! If your club is interested in sponsoring a booth, call Ann Marie ASAP. (AMM)

Tenn Council meeting will be Sunday, April 9, 3:00-5:00 p.m. We will be assembling Kwintis Karnival prize boxes. (AMM)

Camp Counselor applications for State 4-H Camp in Halsey are due May 1. Call the office for more information. (AMM)

Plan to attend ExpoVisions June 7-9 at UNL city campus. Registration packets are available at the office and due by May 19. Any youth ages 13-19 are eligible to attend this exciting three-day workshop! Meet new friends, learn more about yourself and explore what UNL has to offer at ExpoVisions! (AMM)

"How To Exhibit" leader training is scheduled for May 15, 9:30 a.m. and 7:00 p.m. The evening meeting will be televised live on CableVision Channel 21. Please be sure to watch and find out everything you need to know about exhibiting at the 1995 Lancaster County Fair. (AMM)

4-H horse VIPS meeting, Wednesday, April 12, 7:30 p.m. Club leaders, junior leaders, club members and parents are always welcome and encouraged to attend. (CB)

Lancaster Carriage Driving Association Clinic, Sunday, April 9 and Monday, April 10, 8:00 a.m.-7:00 p.m., 4-H Youth Complex, State Fair Park. Information can be obtained by calling Marjany McIntyre, 781-2474. (CB)

Upcoming clinic: Sunday, May 7, 8:00 a.m.-5:00 p.m., Western Horsemanship, 4-H Youth Complex, State Fair Park. Watch for flyer. (CB)

Wahoo clinic, Saturday and Sunday, May 13 and 14, Wahoo Fairground. Leaders, watch for flyer (CB)

District and state horse entries are due to the office no later than Monday, May 22. Horse ID's must accompany all entries. (CB)

Horse exhibitors participating in the county fair only are to have horse ID forms turned in to the office no later than Thursday, June 1. (CB)

4-H Bulletin Board

Give the gift of time

University of Nebraska

_ $65 per pair registration fee enclosed.

Invest in a Valuable Relationship

Give the gift of time ...

Young or old, give 4-H a try

In today's information society, the basic skills learned in school are not the only skills that youth need to survive. 4-H can help fill in the gaps. By its nature, 4-H is geared toward "hands-on" learning—learning through participatory methods of decision making and communication skills, creative thinking, and a lifelong love of learning.

Projects such as public speaking and demonstrations are prime examples of how 4-H helps young children gain confidence, overactive children control themselves, and all children gain a knowledge of the powerful effects of speaking to a crowd.

Learning in 4-H is diverse. From wise decision making with the consumer judging project to recordkeeping, 4-H members learn skills that are helpful and relevant in today's society. Creativity, marketing skills, and group decision making are learned by designing and building promotional booths, posters or projects that are entered in the annual county and state fairs.

Most importantly, however, 4-H is a safe, structured environment for fun. Young people today need creative outlets for their energy and 4-H offers just that. By making learning fun, 4-H instills in youth the decision making and communication skills, creativity, and love of learning that makes them productive members of society.

For information about forming a 4-H club, joining a 4-H club or becoming a 4-H volunteer, call the 4-H office at 441-7180 or send in the following form.

I'm interested in 4-H.

Name __________________________ City __________________________

Zip __________________________ Phone number __________________________

School area __________________________

I would like to:

☐ Join a 4-H club

☐ Form a 4-H club

☐ Know more about being an independent 4-H member

☐ Volunteer in the 4-H program

Return to: 4-H University of Nebraska Cooperative Extension in Lancaster County • 444 Cherrycrest Road • Lincoln, NE 68528

4-H ... more than you ever imagined

In the late 1800's and early 1900's, rural school principals and superintendents were interested in applying practical concepts to the reading, writing and arithmetic they were teaching rural youth. At the same time, the agricultural colleges and experiment stations were accumulating a body of scientific knowledge that would improve the farmer's productivity and living standards. Unfortunately, farmers showed little interest in adopting the "book farming" methods of college professors. So, the professors considered teaching the farmers' children these improved agricultural methods. Through much work by E.C. Bishop, a teacher, by 1900 it was time to put an organizational structure behind these inspirations. Therefore, Boys and Girls Clubs were formed which later became 4-H.

Since 4-H has started in an agricultural sector, many 4-H clubs were found in rural areas of the country. But times changed and so did 4-H. Many people seem to think that 4-H is cows and cooking, but here in Lancaster County we would beg to differ. Yes, we have traditional 4-H clubs that do cooking, sewing and livestock. But these are not only found in the rural parts of our county. They are right here in the heart of Lincoln. These families meet together, take a variety of projects and work together as a group. But as time goes on, sometimes they are a change.

Within the last year, some very unique 4-H clubs have started. English as a Second Language classes have formed at Elliott School. Seventeen 4-H members meet every Monday to learn cooking skills and food safety practices. This year, the group is taking on many more exciting cultural experiences with the help of a wonderful volunteer leader, Debbie Wright. The youth really enjoy this after-school club and

Please turn to Imagine: page 14

4-H llama club forms

Growing Up Female

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

April 22-23, 1995

Eastern Nebraska 4-H Center in Gretna

Saturday: Registration 8:30-9:00 a.m.

Sunday: Concludes 3:30 p.m.

Cost: $65 per pair—includes meals, snacks and lodging. A few scholarships are available for limited resource participants.

Bring: Comfortable, casual clothes, tennis shoes (optional), bedding, towels and toiletries.

Here’s your chance to be part of the first 4-H llama club in Lancaster County! An informational meeting Thursday, April 13, at 7 p.m. will give people the opportunity to learn more about being part of the llama club.

The 4-H llama season will begin in May and end after the Nebraska State Fair. Meetings will be once or twice a month on a weekend afternoon. The club will participate in the Lancaster County 4-H Llama Show at the county fair and the Nebraska State Fair Llama Show. The project book includes the following topics: history, types, conformation, behavior, shelter, diet, general health and maintenance, training, grooming, and showmanship. Lots of learning!

But I don't own a llama! We understand that most 4-H members don't have a llama at home. Arrangements are being made to adopt young llamas from local breeders for the 4-H llama season. They will be housed at the leader's farm so they will be available for the 4-H meetings. At the first meeting, 4-H members will halter the llama they choose to adopt and will have their picture taken for their project book.

Llama 101: Llamas come in all colors and a variety of patterns. The life span is 15-25 years. An adult weighs 250-400 pounds, is 36-47 inches at the shoulder and 5-6 feet tall at the head. The average pregnancy is 156 days and the baby, known as a cria, weighs 20-35 pounds.

Please turn to Llama: page 14

4-H llama club forms

Krystal McClure poses with her llama at State Fair Park.

Invest in a Valuable Relationship

Give the gift of time ...

To reserve enrollment forms, registration fee or call April 1, 441-7180.

Yes, I would like to: (check all that apply)

☐ Join a 4-H club

☐ Form a 4-H club

☐ Know more about being an independent 4-H member

☐ Volunteer in the 4-H program

Return to: 4-H University of Nebraska Cooperative Extension in Lancaster County • 444 Cherrycrest Road • Lincoln, NE 68528

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Please turn to Llama: page 14

4-H llama club forms

Krystal McClure poses with her llama at State Fair Park.
April 1995
The NEBLINE
Page 11

4-H School Enrichment Programs educate students

School Year 93-94
Garbology 2,573 students
Embryology 6,426 students
Blue Sky Below My Feet 1,457 students
Water Riches 1,602 students
Wheat Science 1,482 students
Grow Your Own 254 students
Total 13,794 students

Youngsters at Hill Elementary make bread as a culmination of the 4-H School Enrichment Wheat Science program. Students learn the importance of wheat—from growing it to making the final product.

Campus Encounters of the Clothing Kind
Are you interested in learning more about textiles, designing clothing or the career opportunities in the Apparel and Textile Design field? Do you know how to use a serger and understand the latest design technology? Then Campus Encounters of the Clothing Kind is for you!

The event is scheduled for June 21-23 at UNL East Campus. 4-H members who are 14-18 years old and have completed Clothing Level II are eligible to apply. The approximate cost of the event is $80-$85 and an application form must be filled out and submitted by April 14. The event includes lodgings, meals and supply costs. A total of 20 4-H members will be selected to attend.

Are you interested in this opportunity, please call Ann Marie. (AMM)

Lifetime skills contest topics

The 1995 Lifetime Skills Judging Contest topics have been selected and are as follows:

Nutrition—cooking meals and planning meals—MEALS project
Clothing—reading labels, determine size and care symbols—Children's Wear
Home Safety—Citizen Safety Human Development—teenage peer pressure—resources TBA
Art/Design Materials—Celebrity Art Project and NebGuide GM 1211-A pocket pets
Photography—Photography 1 and 2

The judging contest is an excellent way to develop skills in recognizing quality and differences in entries. The contest is scheduled for Monday, July 10, 1:00 P.M. A judging workshop will be held on Monday, June 12, at 1:00 P.M. 4-H members are welcome to attend and actually go through similar questions and learn more about the contest. The judging contest will be held at 10:00 A.M. on the same day.

Practice style revue will be from 3:00-4:30 P.M.
A change has been made where only junior and senior divisions are available. We have added a general topic to each division.

If you are a 4-H member who has already taken (Junior) 1 year olds to camp.
4-H members who have older members may also attend. 4-H members who have completed Clothing Level II are eligible to apply. The approximate cost of the event is $80-$85 and an application form must be filled out and submitted by April 14. The event includes lodgings, meals and supply costs. A total of 20 4-H members will be selected to attend.

"I Care About My Horses" program

In 1993, the Lancaster County 4-H Horse VIPS Education Committee introduced the "I Care About My Horses" program to the 4-H horse membership. The Lancaster County 4-H Horse Program has the highest number of participating youth in the state.

Developed in 1990 by the Western Colorado Castle Women's Council, the "I Care About My Horses" program was designed to help 4-H youth respond to a positive attitude toward animal rights. As part of the "I Care About My Horses" program, students learned important care and feeding practices, pest control, gardening knowledge and gardening records.

There is a junior division (9-12 years old) and a senior division (13-19 years old) in each of the two categories. Pick up competition rules and entry blanks at the Extension office. All competing gardens need to be preregistered by May 1. (MM)

Cornucopia, a growing experience

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

Brandon Lehr and Brandy Emal, Brownell Elementary, discover the world of science and space technology. Using Blue 4-H camp allows you to be a part of a lifetime experience. 4-H camp at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that educate students about Nebraska's wildlife. Archery, campfires, and the challenge of Nebraska's weather.

There are several 4-H camps at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that allow you to be a part of a lifetime experience. 4-H camp allows you to be a part of a lifetime experience. 4-H camp allows you to be a part of a lifetime experience.

Whether you're an inexperienced fisherperson or a school group outings are planned so each participant and volunteer of any age may attend.

Other 1995 4-H programs may include:
Outdoor Skills I & II: June 13-15, 1995 or June 20-22, 1995 10:00 a.m.-2:00 p.m.
Skill in the 4-H program allows you to be a part of a lifetime experience. 4-H camp allows you to be a part of a lifetime experience.

The 1995 4-H Camp Registration Form is available from your County Extension Office or at your local 4-H Office.

CANCELLATION FEE $10

Since many camps will be filled before the scheduled date, we cannot guarantee space for those on late registration. Please return completed 4-H Camp Registration Form to your County Extension Office or local 4-H Office as soon as possible.

April 1995
The NEBLINE
Page 11

"I Care About My Horses" program

In 1993, the Lancaster County 4-H Horse VIPS Education Committee introduced the "I Care About My Horses" program to the 4-H horse membership. The Lancaster County 4-H Horse Program has the highest number of participating youth in the state.

Developed in 1990 by the Western Colorado Castle Women's Council, the "I Care About My Horses" program was designed to help 4-H youth respond to a positive attitude toward animal rights. As part of the "I Care About My Horses" program, students learned important care and feeding practices, pest control, gardening knowledge and gardening records.

There is a junior division (9-12 years old) and a senior division (13-19 years old) in each of the two categories. Pick up competition rules and entry blanks at the Extension office. All competing gardens need to be preregistered by May 1. (MM)

Take a friend—make a friend
Go to 4-H camp
4-H membership is NOT required to attend these camps

4-H camps at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that allow your child to experience a lifetime of adventure. 4-H camp allows your child to become more independent, build self-confidence and self-worth, discover new recreational skills, and develop a sense of love and respect for others as well as the out-of-doors.

If you'd like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Enroll them with a friend in a 4-H camp. All camps are overnight sessions. Check in and release times are indicated.

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Extension programs guided by Lancaster County citizens

Nine citizens elected from throughout Lincoln and Lancaster County direct the UNL Cooperative Extension in Lancaster County. Seven directors are elected to serve two-year terms while two directors represent the 4-H and Family Community Education Association Councils. These nine individuals are known as the Lancaster County Extension Board. The board meets the second Monday of each month at the Lancaster Extension Conference Center. The board meets on the second Monday of each month at the Lancaster Extension Conference Center, 444 Cherry Creek Road, Lincoln, NE. Meetings are conducted at 7:30 p.m. during daylight savings time.

The Lancaster County Extension Board is responsible for program direction, personnel and the budget for Lancaster County Extension. The day-to-day activities of Cooperative Extension are conducted by Extension Educators and assistants. Educators and assistants support numerous programs and activity committees composed of volunteers.

Extension volunteers make possible the many Extension programs conducted throughout Lincoln and Lancaster County. The largest volunteer groups include 4-H club leaders, Family and Community Education clubs and program advisory committees.

The Extension’s organization motto is “Helping You Put Knowledge To Work.” The mission of 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.”

The Extension Board of Directors met January 9, 1995, to review the future direction of Extension in Lincoln and Lancaster County. The following guiding principles were adopted to assist the board and staff in making educational program decisions:

- programming is compatible with priority initiatives or core programs identified by Cooperative Extension;
- focus on being proactive, progressive, flexible and educational;
- cooperation and collaboration with agencies, organizations, and private and public partnerships is encouraged;
- resources are available for addressing the issue;
- time invested is compatible with anticipated impact; and
- proactive in encouraging cultural diversity programs and activities. (DM)


Not pictured is board member Roberta Newburn. Extension Board meetings are open to the public the second Monday of each month.

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Grandparenting’s

NOT what I thought it would be!

We understand there are a lot of questions. If you would like to share your concerns and gain support, join other grandparents at one of the following meetings:

April 20, 1995
Air Park Recreation Center • 3720 NW 46th St • 10:00 a.m.
Northeast Family Resource Center • 3903 Walker • 1:00 p.m.
Lincoln Public School Administrators Bldg • 5901 "O" St • 7:00 p.m.

For more information please call 441-7026.
If transportation or childcare is a problem, let us know.
Sponsored by Lincoln Area Agency on Aging & Family Service.

Support our 4-H and FFA Youth Benefit Tournament

Nebraska 4-H & FFA Foundations Joint Benefit Golf Tournament

We need your help!

- We would like to recruit you to secure $1,000.00 in pledges from local businesses or supporters of these youth groups. This will entitle you to play in the June 5 tournament in Omaha.
- The tournament will be a best ball scramble with teams made up of four persons. Everyone will go home with a prize. There will also be two flights for the tournament.
- The tournament will be limited to the first 36 teams. You may enter as a team of four or as an individual, in which case you will be paired with three other players.
- Please help Nebraska’s 4-H and FFA youth by taking part in this tournament. The proceeds from this tournament will be used to provide awards, scholarships and leadership materials for Nebraska youth.

YES! I will participate and raise funds for the Nebraska 4-H and FFA Foundations.

Name
Address
City State Phone

For additional information call:
Bill White
Austin Farm Mgt.
402-761-3361
Don Miller
4-H Foundation
402-441-7180

Send to: 4-H & FFA Golf Benefit
444 Cherry Creek Rd • Lincoln, NE 68528-1507
Discover Nebraska's uniqueness

University of Nebraska Cooperative Extension recently announced the availability of three related community development programs designed to help communities and organizations prepare for the 21st century. Each program takes about 30 minutes, fitting easily into a meeting or event. The programs are presented by Extension Educators and faculty members of the University of Nebraska.

The first program, "Future Focus" looks at population trends, ethnicity, school enrollment, business trends, poverty, single-parent families, employment and farming. You can compare your community trends to neighboring areas and throughout the state.

"Preparing for Change" looks at the root of community and organizational conflict, the biggest hindrance to progress. Community disagreements escalate into conflict when:

- new values are brought into the community;
- local economic activity declines;
- new directions for community development are identified; and
- external organizations like government force communities to change.

The third program, "Keeping the Momentum Going" examines why communities and organizations go adrift in their efforts to move ahead. This program looks at different phases successful programs go through when challenged by change:

- forming;
- storming;
- norming;
- performing; and
- transforming.

Look at your organization through a one-way mirror. Learn what makes an "up" an up and a "down" a down and how these affect group process. Find out what other successful communities and organizations are doing to prepare for the 21st century. (DM)

Family Community Leadership

Become involved in making decisions that affect you and your community

For more information, contact your local Cooperative Extension Office

Crisis Home Repairs

for Lancaster County Homeowners

For more information call Lincoln Action Program, Judy Adams at 471-4515

Community & Leadership Development

Neighborhood Leadership Development Institute

Fourteen Lincoln citizens representing 12 neighborhoods completed Phase I of the Neighborhood Leadership Development Institute sponsored by the City of Lincoln Urban Development Department in cooperation with the University of Nebraska Cooperative Extension in Lancaster County. Instructors were Extension Educators from Lancaster and Otoe Counties. A reception, sponsored by the City of Lincoln, to honor the participants was held at the Compass Hotel. Mayor Johannsen presented certificates and Neighborhood Leadership Development Institute T-shirts and personally congratulated each participant.

Phase II of the institute, "Capacity Building: Moving Beyond Expectations" was conducted during March. The purpose of this workshop was to begin the process of building the capacity of our organizations, neighborhoods and communities to move beyond current expectations.

The four-session workshop included:

Session One: "Community Resourcing—Identifying Neighborhood Strengths and Least Developed Resources"

Session Two: "Opportunity Connections Through Networking:

Session Three: "Building a Vision"—Trends and issues facing neighborhoods and communities are examined and the information was used to create a mission statement and identify a purpose for neighborhood associations.

Session Four: "Projective Futuring: A Grant Development Seminar."

Phase II was available for those who had completed Phase I of the Neighborhood Leadership Development Institute. Instructors were Mark McCaslin, Otoe County Extension Educator; Michelle Hammel-McCaslin, consultant; LaDeane Jha and Lorene Bartos, Lancaster County Extension Educators. This cooperative effort is an example of agency collaboration which benefits the entire community. (LB)

Getting to know others

The best information about people comes from the people themselves. Try using friendly curiosity as a way to get to know someone as long as your curiosity is respectful and non-judgmental. The following are some curious, non-judgmental questions you might use when getting to know others.

- What does it mean to you when ... ?
- What would you say to yourself about ... ?
- What’s it like for you when ... ?
- What do you imagine when you say ... ?
- How do you ... ?

Tell me what is important to you ... Show me how you would do it. (LJ)
Easy Oven-Cooked Grains

Any health authorities suggest we should get more of our calories from carbohydrates and less from fats. Vegetables, fruits, and grains are emphasized for their complex carbohydrates, dietary fiber, and other food components linked to good health. Also, they are readily available, taste good, and are quick and easy to prepare. Check the table below for grains that cook themselves, with little help from you.

<table>
<thead>
<tr>
<th>Grain</th>
<th>Boiling liquid (cup)</th>
<th>Baking time (minutes)</th>
<th>Amount after cooking (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearl barley</td>
<td>2 1/2</td>
<td>45</td>
<td>3</td>
</tr>
<tr>
<td>Brown rice</td>
<td>2</td>
<td>55</td>
<td>3</td>
</tr>
<tr>
<td>Bulgur wheat</td>
<td>2</td>
<td>25</td>
<td>3</td>
</tr>
<tr>
<td>Millet</td>
<td>2</td>
<td>30</td>
<td>4</td>
</tr>
<tr>
<td>White rice, regular</td>
<td>2</td>
<td>35</td>
<td>3</td>
</tr>
<tr>
<td>White rice, parboiled</td>
<td>2</td>
<td>40</td>
<td>3</td>
</tr>
<tr>
<td>Wild rice</td>
<td>2</td>
<td>50</td>
<td>3</td>
</tr>
</tbody>
</table>

To prepare:
1. Preheat oven to 350°F.
2. Place grain in ceramic dish.
3. Pour boiling liquid (water or broth) over grain; stir and cover.
4. Bake for time specified in chart.
5. Remove from oven; keep covered until served (within 10 minutes).

For a flavor twist, try any of these easy additions:
- Thyme, tarragon, or marjoram to the liquid with each cup of rice or other grain. Use 1 teaspoon chopped fresh or dried parsley flakes or teaspoon of saffron.
- Add chopped onions, garlic, celery, carrots, mushrooms to rice or other grains at the start of cooking.
- Add raisins to rice or other grain before cooking.
- Add a few nuts or toasted sesame seeds after cooking.
- Stir in a small amount of plain lowfat yogurt into cooked rice or other grains after cooking.

Source: U.S. Department of Agriculture, Human Nutrition and Information Service (AH)

Illness

Shallow containers and quickly refrigerating them.

TRUE. Food in small portions cooks more quickly to temperatures where bacteria stop growing. Place food in shallow containers that are more than 4 inches deep. For solid layers or masses of food, such as stews, hot puddings, layers of meat slices, etc., limit depth of food to 2 inches. Loosely cover to protect food from accidental contamination, yet allow heat to penetrate. Periodically stir the food under refrigeration to help in the cooling.

4) Hard-cooked eggs may be stored at room temperature overnight.

FALSE. Though the shell of an egg provides some protection for the interior, you shouldn’t rely on it. Hard-cooking the egg will kill any bacteria, such as salmonella, which may be in the raw egg. But, cracks in the shell, even too small to be seen, can allow other bacteria into the egg.

Once inside the shell, bacteria can grow rapidly on the egg’s protein surface, and could cause illness. Do not store hard-cooked eggs or the refrigerator for more than two hours.

5) Most foods that contain mold are safe to eat as long as you remove all the mold.

FALSE. Most moldy foods should be thrown away. Mold growing on foods (other than the ones placed there purposely—like blue cheese) may cause illness. Where there has been mold growth, bacteria are probably growing too. For example, research indicates that jail with mold may also contain harmful substances.

You are not able to save the interior of a hard-cooked egg unless you can see, can allow other bacteria into the egg. Never store hard-cooked eggs or other foods for longer than two hours. Do not store egg dishes in the refrigerator after the fair, and work at designing an informational meeting or other activities under the jurisdiction of the Lancaster County Horse VIPS program. Since the program’s existence, all 4-H members that have participated in the county fair have been required to read the statement of principles and sign the pledge which forms the basis for this governance and conduct. In 1995, the “I Care About My Horses” program is continuing to propose education through the “I Care Pledge,” encourage all 4-H horse clubs to set up banner posters at the county fair to show their support, incorporate guidelines that follow a research-driven concept of principle into the headmanship contest at the fair, develop a leader handbook, record PSA’s (public service announcements) to be used during the fair, distribute pamphlets and flyers prior to the fair, and then run and advertise at an “I Care About My Horses” pledge card, button, and t-shirt.

Encouragement is the number one goal and being a winner in the “I Care About My Horses” program in 1995 is sure to be a 4-H club member’s goal. If you would like to become involved with a 4-H horse club or would like to volunteer with the 4-H horse program, please contact Cindy Blome at 441-7180.

Excerpts from this article were taken from a presentation by Michelle Huber, United States Dressage Federation Junior/Young Rider Programs Coordinator to the American Youth Horse Council Convention. (CB)
Plugging abandoned wells can save lives and water

Abandoned wells are direct pipelines that can allow contaminants such as sediment, bacteria, and chemicals to flow directly into our groundwater supply. Runoff from nearby properties can contaminate these wells. The chemicals in these contaminants can eventually show up in public or private drinking water supplies. Abandoned wells have also proved to be a safety hazard to humans and animals. Children, pets, and livestock can easily fall into large diameter dug wells and irrigation wells. Abandoned wells are often referred to as “accidents waiting to happen.”

It is estimated that Nebraska may have over 100,000 abandoned wells. When you tally up the number of abandoned farmsteads and homes in villages and even Lincoln that once depended on private water supplies this number may be conservative! In fact, many homes have had two, three or even more wells. Do you have one... or more in your backyard?

Proper plugging of abandoned wells costs some time and money. However, it is time and money well spent when you consider the benefits that include protecting the quality of our groundwater supplies and possibly saving a child’s life. Plugging an abandoned well will benefit you and your neighbor now, but it will also be appreciated by future generations.

University of Nebraska Cooperative Extension plans to conduct an abandoned well plugging demonstration this summer. The demonstration will last a couple of hours and will show participants how to properly plug a well according to Nebraska state law. Natural Resources District officials will provide 75% cost-share program details at the demonstration. Watch upcoming issues of the NEBLINE for the date and time.

For further information, contact Dave Varner at the University of Nebraska Cooperative Extension office in Lancaster County, 441-7180 or send a self-addressed stamped envelope to obtain NebFact “Plugging Abandoned Wells” (NF92-81). A 20-minute videotape is also available for viewing from the Extension office.

Water for the birds

When people are thirsty they can seek something to drink from the nearest water faucet or refrigerator. Birds do not have that luxury. They must rely on nature or people to provide water for them.

Birds come in a variety of sizes, shapes and prices. They range from the very mute to a simple garbage can. They may be purchased at most lawn and garden stores or be made at home with various materials. Terra-cotta saucers used under large plants make excellent bird baths. A garbage can lid with a few stones placed inside and overhanging branches so the birds will have a place to sit and preen easily. Take a bucket, large jug or can and make a hole with a nail in the bottom of the bath. Use a brush to remove any algae that may have grown. Never use any chemicals to control algae. Use a stone and concrete all provide the needed traction. Plastic is generally too slippery.

Birds should be no deeper than 3 inches at the deepest point of the bath and have sloping sides down to this point. An edge along the top will provide a place for birds to perch while taking a drink.

Surface — The surface of the bath should be rough so that birds can maintain sure footing. Pebbles, stone and concrete all provide the needed traction. Plastic is generally too slippery.

Height — Bird baths may be placed on the ground, on a raised pedestal or hung from a branch a few feet off the ground. Ground level baths have the added benefit of providing water for many small mammals such as squirrels, chipmunks and rabbits. However, bathing birds are severely vulnerable to predators. If cats are in or around your yard, your bird bath should be raised above the ground.

Drizzling Water — Nothing attracts birds as quickly as dripping water. Some bird baths have fountains, but these can be rather easily. Take a bucket, large jug, or can and make a hole with a nail in the bottom or along the side just above the bottom. Attach the container to a branch 3-4 feet above the bath and fill it with water. This should provide a slow steady drip that will attract birds to your bath. Once they have found the bath, they should continue to visit it even when the water is running.

Location — Ideally your bird bath should be placed near a tree with overhanging branches so the birds will have a place to sit and sleep. Cats and other predators can be easily concealed. Take a bucket, large jug, or can and make a hole with a nail in the bottom or along the side just above the bottom. Attach the container to a branch 3-4 feet above the bath and fill it with water. This should provide a slow steady drip that will attract birds to your bath. Once they have found the bath, they should continue to visit it even when the water is running.

Sleep tight!

Birds sleep sitting on branches. Special leg muscles help a bird keep its grip as it sleeps. Nothing knocks it off its perch—not even a strong wind.

Rainforests blues!

Rainforests are being destroyed at a rate of 100 acres per minute. That’s 6000 acres per hour, or 144,000 acres in one day. In one month, that would end up being an area as large as the state of Massachusetts!

Environmental Focus News continued

Certified pesticide applicators

When you observe someone applying a pesticide chemical, do you wonder if that person is actually qualified to do that job? Almost any day of the week we see pest control units applying chemicals for control of termites, cockroaches, and other household insects. During the summer, lawn care workers spray chemicals and fertilizers on ornamentals and turf, and farmers may be observed applying herbicides and insecticides for control of pests on their agricultural crops.

Some people today are concerned about the health and safety of the public and those involved with application of pesticides. Because of these concerns, it might be well to know that applicators of certain pesticides are now required to be trained and certified.

Federal laws enforced by the U.S. Environmental Protection Agency (EPA) require that anyone who applies restricted use pesticides to be certified. Anyone who applies pesticides other than specified types of pesticides whether for a governmental agency or subdivision of the state. There are several categories of commercial and noncommercial applicators including lawn services. Effective this year, all persons applying pesticides to the ornamental plants and turf category must be trained and certified to apply all types of pesticides whether labeled as restricted use or general use pesticides.

Regardless of the category in which a person is trained and certified, the instructions listed on the label of the pesticide to be applied must be read and followed as written. Failure to apply any pesticide other than specified by label instructions is a violation of the law.

Noxious weeds costs NebrasKans millions of dollars each year

The State of Nebraska has had a noxious weed law in place for many years. The law is found throughout the county, in towns, villages, and Lincoln. It is the time to control these weeds while they are in the rosette stage. The Noxious Weed Control Authority will be inspecting sites that have been infested in the past, and will notify landowners if weeds are not under control. Three additional noxious weeds that may be found in the county are thistle, Canada thistle and leafy spurge. Diffuse and spotted knapweeds are also noxious weeds, but they are found mostly in the northern part of the state. If you have any questions contact the Lancaster County Noxious Weed Control Authority, 441-7811, or the Extension office, 441-7180.
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Comments ____________________________________________________________

Story Idea(s) __________________________________________________________

Return to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, Nebraska
68528-1507

PHONE NUMBERS:
Office (leave message after hours) 441-7180
After hours 441-7170
FAX 441-7148
GARDEN Gossip HOTLINE 441-7179
NEBLINE RBBS 441-7149
OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Earth Day USA
Earth Day is April 22. What are you doing to help save the planet?

Word List
PACKAGING PLASTIC RECYCLE
NEWSPAPER PLASTICICLE GLASS
ALUMINUM REUSE PAPER
RAGS REDUCE WASTE

Extension Calendar

April 1
4-H Market Beef ID’s for State Fair and Ak-Sar-Ben Due
4-H Camp Counselor Applications for Eastern Nebraska 4-H Camp Due
4-H Action Team Applications Due
Star City Rabbit Raisers Youth Show—State Fair Park—9:00 a.m. registration, 10:00 a.m. show

April 2-8
National 4-H Conference—National 4-H Center, Washington, D.C.

April 4
4-H Council Meeting—7:30 p.m.

April 9
4-H Teen Council Meeting—3:00-5:00 p.m.

April 9-10
Lancaster Carriage Driving Assn. Clinic—4-H Youth Complex, State Fair Park—8:00 a.m.-7:00 p.m.

April 10
Extension Board Meeting—7:30 p.m.
Lancaster County 4-H Shooting Sports Club Meeting—7:30 p.m.

April 12
4-H Horse VIPS Meeting—7:30 p.m.

April 13
4-H Llama Club Organizational Meeting—7:00 p.m.

April 14
Campus Encounters of a Clothing Kind—applications due

April 15
4-H Performance Swine Weigh Day—9:00 a.m.-noon
PAK 10 Dairy Judging Contest—Muellers—10:00 a.m.

April 18
Star City Rabbit Raisers 4-H Club Meeting—7:00 p.m.

April 18-19
55 Alive—Nature Driving Course—10:00 a.m.-2:00 p.m.

April 20
Fair Board Meeting—7:30 p.m.
Grandparenting Meeting—Arnold Recreation Center—10:00 a.m.
Grandparenting Meeting—Nebraska Family Resource Center—1:00 p.m.
Grandparenting Meeting—Lincoln Public School Administration Building—7:00 p.m.

April 21-23
4-H Shooting Sports Leader Training—Halsey 4-H Camp

April 22
Kuwaas Karnival—Lancaster Building, State Fair Park—6:00-8:00 p.m.
Spring Affiliate—State Fair Park—9:00 a.m.-4:00 p.m.

April 22-23
Growing Up Female Retreat—Gretna 4-H Camp

April 27
Termite Control Workshop for Homeowners—7:00-9:00 p.m.

April 30-May 7
Soil and Water Stewardship Week observed

May 1
4-H Camp Counselor Application for Halsey Due
4-H Carnocations Gardening Award Entries Due

May 2
4-H Council Meeting—7:00 p.m.
4-H Livestock Booster Club Meeting—8:00 p.m.