The NEBLINE, May 1995

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What students and teachers had to say about earth wellness festival

"Now I know a lot about Earth. I think you had really neat people." — Chris Hanks, Calvert Elementary

"I really enjoyed the afternoon and the children were very excited about the festival. Hearst for all who were involved!" — Teacher Cathy Steckmeyer, Human Elementary

"Learning about the environment is important because it helps you learn things you didn't know and it helps you know how to take care of the earth." — Kyle King, Hamlowl Elementary, Waverly

"Thanks a lot for letting us come and learn lots of cool facts about our earth and camouflage. I hope you do it again next year!" — Amber Schroeder, Calvert Elementary

"There's nothing you need to improve, except, do it every year. At field trips I get bored, but for some reason, I never got bored. Well, I really appreciate you for spending your time on it." — Tonya Nieven, Calvert Elementary

"I did not know that farmers plant their crops a certain way so they do not lose too much soil!" — Gina Morrison, Hamlowl Elementary, Waverly

"The camouflage was cool and those experiments were mind-boggling—how do you think of these?" — Ben Kohn, Calvert Elementary

"What a wonderful program for the first year!" — Teacher Marynelle Greene, Zeman Elementary

"Thank you for teaching us how to make envelopes out of magazines. I was very busy last weekend. Guess what I was doing—making envelopes. I went home to see if we had any magazines, and she (mom) threw them away! I gave her a nice little speech about trying to use envelopes. [went home to see if we had any magazines, and she (mom) was very busy last weekend.]

"Guess what I was doing-making envelopes. I went home to see if we had any magazines, and she (mom) threw them away! I gave her a nice little speech about trying to use envelopes." — Lindsey Reineke, elementary student

University of Nebraska Cooperative Extension In Lancaster County Unit Leader, Don Miller is retiring. See article and reception information on page 10.

PRIORITY PROGRAM INDEX

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

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

Agricultural Competitiveness and Profitability

"Don't Miss the Farmers' Market"—page 3

Natural Resources and Environmental Management

"Household Hazardous Waste"—page 4

Children, Youth and Families

"14 Healthy Reasons to Vacation"—page 7

Nutrition, Food Safety and Quality

"Microwave-Safe Cookware"—page 7

Strengthening Neighborhoods and Communities

"Leadership Development Institute"—page 10

earth wellness festival a hit!

On Friday, March 24, 3,400 Lancaster County fifth graders and their teachers attended earth wellness festival at Southeast Community College—Lincoln. This event was initiated last spring by a petition request from over 325 local educators. In its first year, earth wellness festival became the largest, single-county, environmental education festival held in the State of Nebraska.

According to Arlene Hanna, Extension Assistant and earth wellness festival co-chair, the festival gives fifth graders an opportunity to explore the unique relationships of land, water, air and living resources. Over 80 presenters including magicians, storytellers and historians, dancers, scientists, and educators inspired youth with hands-on and interactive sessions. Staff presenting sessions included:

- 4-H Fiber Fun—a papermaking activity presented by 4-H staff and volunteers
- Dr. Dirt—an exploration of soils presented by Corey Brubaker, Extension Educator
- Critter Cruz—endangered species in Nebraska presented by Barb Ogg, Extension Educator and Clyde Ogg, Extension Assistant.

Teachers prepared their students for the event by using a prefestival learning kit. Twenty environmental science activities were developed and kits were stocked with the supplies needed to complete each experiment. Earth wellness festival steering committee members are Extension Assistants Arlene Hanna and Soni Erickson, co-chairs; and Extension Educators Don Janssen and Dave Varner. Collaborating agencies include University of Nebraska Cooperative Extension in Lancaster County as the lead agency; City of Lincoln; Lower Platte South Natural Resources District; Lincoln Public Schools; Lincoln/Lancaster County Health Department; Southeast Community College; Nebraska Game & Parks Commission; University of Nebraska Institute of Agriculture and Natural Resources, The Groundwater Foundation, and University of Nebraska Water Center. (SE)
**Horticulture**

**May Garden Hints**

- Grow your own dried flowers. Start seeds of statice, globe amaranth, straw-flowers and other everlastingst to provide flowers for this year's arrangements.
- Plant gladioli bulbs in mid-May.
- To grow annuals in pots on the patio, use a light weight soil mixture. Keep the plants well watered as container-grown plants dry out fast. Apply water soluble fertilizer according to package directions every two weeks.
- Set out marigolds, petunias, ageratums and fibrous begonias. All are good border plants.
- Watering with soaker hoses or drip irrigation will reduce the spread of black spot on roses.
- Plant ground covers under shade trees that do not allow enough sunlight to sustain grass. Periwinkle or English ivy are ground cover plants that grow well in shade.
- Mulch around newly planted trees and shrubs. This practice reduces weeds, reduces fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.
- When you visit botanical gardens and arboreums, take your camera and notepad with you. Plan now for changes you will make in your landscape.
- For maximum landscape interest in a small space, try annual vines. They can disguise ugly walls and enliven fences. When trellised, they create shade and privacy while hiding undesirable views. Try morning glory, nasturtium vine and scarlet runner bean.
- Plan a landscaping project on paper first. Do not over plant. Be sure you know the ultimate size of each plant and allow for growth.
- Lawns maintained at the correct height resist disease and weed - infestation. Kentucky bluegrass and tall fescue should be kept between 2 and 3 inches in height. Mow frequently, removing no more than one-third of the blade at each cutting.
- Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before using. Never use clippings from a lawn that has been treated with a herbicide.
- Cabbage loopers and imported cabbage worms are green worms which live in the large white, weblike holes in the cabbage family. For control, caterpillars may be handpicked or sprayed with Bt (Bacillus thuringiensis), a natural, nontoxic preparation available by various trade names.
- Newly transplanted plants should be protected from cutworms with collars. Cut strips of cardboard 2 inches wide by 8 inches long, staple them into a band and then place this around the plants. Press the collar about 1 inch into the soil.
- Stay out of the garden when foliage is wet. Walking through a wet garden spreads disease from one plant to another.
- Four to five layers of newspaper will serve as an effective mulch on the soil. Leave it in place until new growth comes through label instructions or rates and restrictions.
- Put your tools away at the end of the day. Clean them and hang them up, if possible. Keep cutting edges sharp for easier use.
- To better evaluate your gardening successes, keep weather records along with garden records. The most important items to report are daily minimum and maximum temperatures, precipitation, cloud cover, and frost occurrences. (MIM)

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**Spring Neighborhood Composting Workshops**

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<thead>
<tr>
<th>Antelope Park</th>
<th>University Place</th>
<th>Pioneers Park</th>
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<tr>
<td>Compost Demonstration Site</td>
<td>Compost Demonstration Site</td>
<td>Compost Demonstration Site</td>
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<tr>
<td><strong>30th &amp; Garfield</strong></td>
<td><strong>50th &amp; Colby</strong></td>
<td><strong>(Pioneers Park Nature Center)</strong></td>
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<td>May 27</td>
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<td>May 13</td>
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<td>June 24</td>
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Sponsored by University of Nebraska Cooperative Extension in Lancaster County and City of Lincoln Recycling Office, May 1995.
Private Drinking Water Well Testing

Take a few minutes and test your water for bacteria and nitrates. Water quality can change over time making annual testing critical. Private well owners are responsible for assuring that their water quality meets drinking water standards. Nitrates levels exceeding 10 parts per million (ppm) and/or 5 or more coliform bacteria colonies/liter are indicators of water quality problems.

Important:
• Water samples should be as fresh as possible; preferably taken on Sunday or Monday.
• Samples should be delivered to drop-off sites within 24 hours of taking the sample to assure accurate test results.
• Cost: $16.40 (The Nebraska Health Department will bill you after they receive your sample).

Water testing kits may be picked up at the following locations May 1–18, 1995

Lancaster Extension Conference Center
444 Cherry Road
Lincoln
8 a.m. - 4:30 p.m. (M-F)

Consolidated Farm Service Agency
(formerly ASCS)
6030 S. 58th St. Suite A
(Lincoln Trade Center)
8 a.m. - 4:30 p.m. (M-F)

Hickman Community Center
115 Locust
Hickman
8 a.m. - 4 p.m. (M-F)
9 - 11 a.m. (Saturday)

Water samples should be dropped off at the same locations on May 8, 15 or 22 between 8 a.m. and 1 p.m.

University of Nebraska Cooperative Extension will receive a copy of your test results. After reviewing the test results, an Extension Educator will explain the results and discuss the risks and options available if the water does not meet drinking water standards.

Participants in this program will not be required to do anything, regardless of the water test results. This program is designed to offer educational information only.

Contact Extension Educator Dave Vanter for further information at 441-7180.

Don’t miss the Farmers’ Market

Soon it will be market day, you grab a basket or canvas bag and out the door you go, anticipating your first cup of hot, steaming coffee and a sweet roll at the Farmers’ Market.

When you arrive, you recognize several friends and stop to chat on the curb. You watch the excitement of the market around you, the buying and selling, the aromas, colors and textures, the greetings of vendors and friends, the sounds of lively entertainment, and the laughter of children and adults—playing, discovering and learning.

The weekly market is open Saturdays, May 13 through October 12, 8:00 a.m. to 12:30 p.m. The market is located on North 7th Street between “P” and “Q” Streets and west of the mini-park in the Historic Haymarket District. It’s a shopper’s bonanza of quality, fresh produce and flowers, excellent bakery treats, and specialty foods like sausages, dried herbs, jelly and honey. Quality crafts such as willow and floral creations, and potted plants are available for indoor and outdoor living spaces.

Come to the gathering—it’s an experience that will generate memories, offers free live entertainment, demos and friendships with producers. Come meet the growers, bakers and creators of the products you buy.

You can’t get up early on Saturday? Then, come to the Wednesday market in the Foundation Garden, 14th and “N” Streets, June 28 through September 27, 9:30 a.m. to 1:00 p.m.

For more information on space availability—season or weekly, call Billene at 435-7496 or Julie at 434-6906. We’ll see you at the market.

Municipal Water Well Testing

The ideal time to treat leafy spurge is during the period when leafy spurge becomes well established, just before the root system is developed. The ideal time to treat leafy spurge is mid-May to early June. Leafy spurge is easily spotted now when plant tops are a bright yellow. All plant parts also contain a white, milky sap. Herbicides for leafy spurge control are 2,4-D ester (4 pounds per gallon) at 2 quarts per acre, 1 quart of 2,4-D plus 1 pint of 2,4-D ester.

Please turn to Spurge: page 11

Chinch bug population increasing

Counts at most of these sites were 100-300 chinch bugs/ft² in bluestem, well below the 1,000-10,000 insects/ft² that were found in bluestem during the outbreak years of 1989-92. However, there may be some crop losses when sorghum is planted next to maturing wheat that is infested with chinch bugs.

Crop producers should avoid planting sorghum adjacent to thin stands of wheat. Studies at UNL showed that chinch bug fly into thin stands of wheat in greater numbers. Volunteer wheat is also at risk of harboring large numbers of chinch bugs.

Looking at chinch bug outbreaks from a historical viewpoint, this insect tends to be a problem about four years out of ten and is associated with hot, dry conditions. The past couple of years have been wet and cooler than normal which has resulted in lower populations. It is likely that we will see another chinch bug outbreak before the turn of the century.

For more information about chinch bug controls, pick up a free copy of NebGuide 806, “Chinch Bug Management,” available at the Lancaster County Extension Office. (BPO)
Environmental Focus

How to care for protective clothing

Pesticide manufacturers are required by federal law to specify the clothing and/or equipment a user needs to apply a pesticide safely. Because the pesticide label has the force of law, failure to wear specified protective clothing is a violation of federal law. Even though the wearing of personal protective equipment (PPE) is specified by the label, it does not usually say how to care for that equipment. Here are some guidelines to follow in caring for your PPE.

Respirators—Discard cartridges, canisters, and filter pads when breathing becomes difficult, when you notice a pesticide odor, or at the time interval specified by manufacturer. Write the date on the cartridge when it is first used. Wash the face piece with deterrent and water, rinse it thoroughly, and dry in a well-ventilated area. Never use alcohol or other solvents for cleaning. They will damage rubber and plastic.

Aprons, goggles, and face masks—Wash plastic or rubber clothing and equipment with detergent and water, rinse thoroughly, and dry in a well-ventilated area.

Boots and gloves—Wash outside with rubber, vinyl, or plastic boots and gloves with detergent and water before removing from service. After you take them off, wash them inside and out with detergent and water, rinse them thoroughly, and dry in a well-ventilated area.

Severely contaminated fabric clothing—Discard any fabric clothing that is saturated with a concentrated highly toxic pesticide. Remove clothing carefully and immediately place it in a plastic trash bag. Close bag and dispose of it according to local regulations.

Wear protective gloves when handling severely contaminated clothing and never attempt to launder any of these items.

Normally contaminated fabric clothing—Laundry at the end of each work day, following these guidelines:

- Wash separately from other clothing.
- Prerinse clothing outdoors by spraying with a garden hose, or presoaking in a bucket, or use presoak cycle of an automatic washer, with detergent.
- Wash clothes using hot water, the highest water level, and a super wash cycle. Use heavy-duty detergents; for EC or other oil-based formulations, use heavy liquid detergents.
- Wash contaminated garments at least twice, then thoroughly rinse washer by running through another entire cycle using detergent.
- Line dry to avoid a build up of static in the fabric. For further information, ask for NebGuide 98-99-3, "Laundring Pesticide Contaminated Clothing." (WLS)

Know the ozone zones

Stratospheric ozone is good. It blankets the upper atmosphere about 9 to 20 miles above the earth's surface. This ozone blocks damaging ultraviolet rays and stops heat from escaping from the earth. Most of the chemicals such as chlorofluorocarbons (CFCs) and methyl bromide reduce the amount of ozone in the upper atmosphere. They are found in refrigerators, freezers, air conditioners, and industrial cleaning processes.

You can take action to prevent the depletion of ozone by purchasing products that do not contain ozone-depleting chemicals. Avoid driving to the earth's no longer good. Ground level ozone creates smog and harms human health and the environment. The main causes of ground level ozone are utilities, factories and motor vehicle emissions.

The elderly, children and persons with respiratory or heart ailments are most sensitive to ozone pollution. Trees, plants and crops are also harmed by ozone.

You can make a difference here, too. Implement the following suggestions:

- Use a well-tuned automobile travel
- Tune your car and inflate tires properly
- Use water-base paints
- Don't burn trash or waste
- Use a push lawn mower or hand saw, if you are able. Small gas powered engines on lawn mowers, yard tools and boat motors do not yet have pollution control devices. (BPO)

Time for a tune-up?

A few simple measures can improve your car’s fuel economy and reduce its pollution. Here is how it works.

Warming up a car is terrible for the environment in terms of the amount of gasoline a car uses, while it's idling and the emissions it produces. What most motorists don't realize is that warming up a car is not recommended by the manufacturers. Letting a car idle in cold weather for an extended period of time can actually cause damage to the engine.

Bie says you should let the car warm up as you drive; just make it easy at first. Along with tire checks and tune-ups, that will cut gasoline consumption, curb pollution and save money. (DJ)

Plastic wear

You know all those plastic bottles you throw into the recyclable trash bin. Well, you might be wearing them soon.

Wellman, Inc. is a company that makes a fiber called Ecospun from recycled plastic bottles, which is used to make clothing. Here is how it works. Both plastic and polyester, a material used to make clothing, are made from the same stuff. Oil. Wellman, Inc. has found a way to turn melted plastic from the bottles into strands as thin as your hair. When the plastic strands are cooled, they are woven into fabric for jackets, sweaters, and T-shirts. It's one more way to clean up the earth. (ALII)
You out! Give some to the birds. can make a collection box so birds can help themselves to your junk. means more than Americans recycle over half of the aluminum cans they use. That (See Lake Answers below)

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**Clouds are mysterious things**

**Beware! Plants can be poisonous**

Symptoms from plant poisonings vary greatly. Some plants only cause a skin irritation, such as a rash or red, itching area. Other plants, if eaten, may cause more serious problems. The serious symptoms range from nausea, vomiting, and diarrhea to heart attack, convulsions, coma and death. Fortunately, most plants do not cause severe poisoning.

To prevent a plant poisoning from occurring:

1. Teach children not to put leaves, stems, bark, seeds, nuts or berries from an unfamiliar plant into their mouths.
2. Know the botanical name of your house and yard plants.
3. Keep poisonous house plants out of reach of all children.
4. Never eat a wild plant or mushroom unless you are positive it is safe to eat.

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**Understanding your water test report:**

Hardness. Water readily dissolves calcium and magnesium from the soil and rocks. This is a widespread problem in Nebraska: Hardness of 15 to 40 grains per gallon is common and greater than 50 grains per gallon is not unusual. In addition to calcium and magnesium, iron and manganese also contribute to hardness.

Hardness minerals react with soaps and detergents producing scums and deposits which make unsightly rings in the bathtub and wash basin and leave deposits on clothes. Hardness also precipitates in appliances, water heaters and water pipes which reduce their capacity and eventually cause a serious problem. The hardness minerals may also precipitate in a glass of water. Hardness minerals give water flavor and have no known health effect; they may even contribute to better cardiovascular conditions.

The following scales may help interpret water hardness. To convert grains per gallon to parts per million multiple hardness (ppg) by 17.1.

<table>
<thead>
<tr>
<th>Meas of Water Hardness</th>
<th>mg/L</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>0-80</td>
<td>0-3</td>
<td>Soft—no hardness problem</td>
</tr>
<tr>
<td>60-120</td>
<td>3-7</td>
<td>Moderately hard—increased hardness problems</td>
</tr>
<tr>
<td>120-180</td>
<td>7-10</td>
<td>Hard—selection of detergents helps solve cleaning problems</td>
</tr>
<tr>
<td>180-350</td>
<td>10-20</td>
<td>Very hard—select detergents and use some softening agent to cope with cleaning problems</td>
</tr>
<tr>
<td>Over 350</td>
<td>Over 20%</td>
<td>Extremely hard—select detergents, use softening agent and consider ion-exchange softening to cope with hard water problems</td>
</tr>
</tbody>
</table>

**MEASURES OF WATER HARDNESS**

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**GARDEN GOSSIP HOTLINE**

441-7179

Accessible from any phone
Surviving the stress of “add-ons”

We seem to be living in the “add-ons” generation. One task and then another are taken on; then the phone rings and we “add-on” one more thing. Or perhaps we get conned by a friend in the store—leaving with more than the purchased items—with another phone call to make, another job to get done, or another event to squeeze into the calendar. Researchers say that people today experience 1,000 times more events per year than did their great grandparents. And that leads to too many things to do ... too many choices to make, too much stress. People end up feeling trapped in a race against time, becoming part of the Hurry Up Epidemic. Believing ourselves, our children, our co-workers, and our spouses to hurry up ...

The authors of The Positioning of the Mind suggest considering the fact that less is actually more. To prove this point, take the following quiz by matching up the listed documents with the number of words each of them contains.

- 226 - The Declaration of Independence
- 56 - A government order setting the price of cabbage
- 297 - The Lord’s Prayer
- 300 - The Declaration of Independence has only 300 words, The

Each person must determine how and where to best apply the “less is more” principle. It could well be worth the effort.

Source: Kay McKnight, 4-H Youth Specialist, NUAN3 (LJ)

This combination of chicken, Swiss cheese, kidney beans, and raw vegetables is low in sodium compared to a typical salad. For example, ½ ounce of Swiss cheese and 1 ounce of cooked unsalted chicken contain 56 milligrams of sodium; ½ ounce of processed cheese and 1 ounce of boiled ham have 610 milligrams of sodium. This salad also has about half the fat of a typical chef’s salad.

Brown Bag Chef’s Salad

1/3 cup lettuce, torn into pieces
1/3 cup spinach, torn into pieces
1/4 cup kidney beans, cooked, drained (see NOTE)
2 tablespoons carrots, shredded
2 green pepper rings
1/2 radishes, sliced
2 broccoli florets
1/2 tomato wedges
2 tablespoons Swiss cheese strips
1/4 ounce (1/8 cup) chicken, cooked, cut in strips
3 tablespoons low-calorie Italian dressing

Toss spinach and lettuce pieces together in serving container. Mix remaining vegetables and place on greens. Top with cheese and chicken strips; cover lightly. Chill. Put dressing in separate container. Pour dressing over salad just before eating. One serving:

Per serving:
Calories ......... 210
Total fat ................. 8 grams
Saturated fatty acids ........ 3 grams
Sodium ............... 237 milligrams (AH)
The new Arnold Heights Family Resource Center will be the site of a Family Fun Fair sponsored by the Expanded Food and Nutrition Education Program (EFNEP) and the Lincoln Housing Authority, Saturday, May 13, 10 a.m. to noon. The new facility is located at 4621 NW 48 Street.

The center, formerly the Lincoln Housing Authority, will be the site of the Expanded Food and Nutrition Family Resource Center, Inc.; WIC programming will be provided by Family Services.

For more information about the Arnold Heights Family Resource Center, call Carnella Sanchez-Casados, Service Coordinator, 470-0221. (MB)

14 healthy reasons to vacation

As you plan ahead, trying to decide what to do this summer, Herb Lingren, UN-L Family Life Specialist, suggests several healthy reasons to take a vacation.

Getting away from it all can be a relief from the daily stresses and a spark to a positive charge in your mental outlook. You and your family (and other family members) a little better. Upon returning home, you'll be happier, healthier, and much more effective in coping with stress.

Here are some reasons why vacations can be good for you:

1. Relaxation. By changing pace your batteries are recharged so you can return feeling refreshed and renewed.

2. Stimulation of new sights. This can give you a new perspective on your own world if you visit a different place, according to Edward Heath, professor of recreation at Texas A&M University.

3. Adventure. A vacation gives us the opportunity to form new friendships—or just to see what you think about how other people live. This gives us a broader perspective on our own lives, Heath says.

4. Fellowship and camaraderie. Sharing an adventure with others allows you to share your enthusiasm, too.

5. Nutrition. Vacation gives us the chance to enjoy different foods that we don't usually eat at home. In fact, you can use this as an opportunity to expand your horizons.

6. Fun. Vacations give us a chance to enjoy ourselves, to relax, and have fun. They can be a great opportunity to enjoy yourself and have fun.

7. Healthy. When you open your eyes in the middle of a beautiful environment, you start to feel tuned in. You can actually begin to feel beautiful yourself.

8. Prevention. Taking vacations is a good way to prevent stress and anxiety. Taking a vacation can be a great opportunity to help you relax and feel better.

9. Recreation. Vacations are a great way to get away from the daily stresses and enjoy some quality time with your family.

10. Quality time. Vacations give us the opportunity to spend quality time with each other, which can be a great opportunity to strengthen your relationship.

11. Safe. Vacations are a great opportunity to ensure your safety and health. You can make sure that you have a safe and healthy vacation experience.

12. Sun. Vacations give us the opportunity to get some much-needed sun, which is essential for good health.

13. Travel. Vacations give us the opportunity to explore new places and cultures, which can be a great opportunity to learn new things.

14. Happiness. Vacations can be a great opportunity to enjoy yourself and have fun. They can be a great opportunity to enjoy yourself and have fun.

With the variety of cookware available today, it may be hard to know where to start. Microwave-safe cookware is a great way to get started. Microwave-safe and microwave safe are the same thing. Microwave-safe cookware is designed to be safe for use in the microwave oven. Microwave-safe cookware can be used to cook a variety of foods, including vegetables, meats, and other foods that are typically cooked in the microwave.

When choosing cookware, it is important to consider the following:

- Material: Microwaves can be harmful to certain materials. It is important to use cookware that is designed for microwave use.
- Size: Microwaves can only cook food that fits in a microwave. It is important to choose cookware that is the right size for your microwave.
- Shape: Microwaves can heat food unevenly. It is important to choose cookware that is designed to heat food evenly.

Adding variety to sandwiches

Sandwiches are an easy and convenient way to pack a lunch. They can be made with a variety of ingredients, and can be customized to suit your taste. When packing a lunch, it's important to choose healthy and nutritious ingredients. Here are some tips for adding variety to sandwiches:

- Use whole-grain bread: Whole-grain bread is a great source of fiber and nutrients. It can be used as a base for a sandwich and can be topped with a variety of ingredients.
- Use lean meats: Turkey, chicken, and other lean meats are a great source of protein. They can be used as a base for a sandwich and can be topped with a variety of ingredients.
- Use vegetables: Vegetables are a great source of vitamins and minerals. They can be used as a base for a sandwich and can be topped with a variety of ingredients.
- Use low-fat cheese: Low-fat cheese is a great source of protein and calcium. It can be used as a base for a sandwich and can be topped with a variety of ingredients.

When choosing breads, keep in mind:

- Many breads are now made with whole-grain. Choose them often for more fiber. To be sure what type of bread you have, look at the label carefully. Not all dark breads are whole-grain.
- Cereal breads, and other grain products can be high in sodium or fat. Check nutrition labels.
- Many breads come in a variety of sizes. Snack-size pumpernickel and small pita pockets are two possible choices if you're not in the mood for a bigger serving of bread.

When choosing ingredients for a sandwich, keep in mind:

- Kettle-cooked, fat, and sodium in mind when you choose condiments, spreads, and other ingredients that you add to sandwiches. Check the nutrition label if you don't know what the levels are in commercial products. Instead of salad dressing, mayonnaise, or butter, try these lowfat, low-sodium add-ons for moistness, flavor, and variety: (Do not use lowfat sandwich, pack these items in a separate container)
- Lettuce leaves, sliced green peppers, sliced tomatoes, sliced apples, cherry tomatoes, baby carrots, radishes, sliced zucchini, broccoli, slice spinach leaves
- For a fact sheet giving more information on preparing such lunches, send a self-addressed, stamped envelope to: Safe and Healthy Sandwich Lunch Kit, c/o Alice Henneman, UNL Cooperative Extension in Lancaster County; 444 Cherrycrest Road, Lincoln, NE 68528-1507.
- Other items which are not microwave safe include:
  - Containers designed for refrigerator storage such as margarine tubs, wrap topped bottles and cottage cheese containers are unsuitable for microwave cooking. Heat can cause melts and hazardous chemicals to transfer to the food.
  - Paper napkins, towels, plastic plates or foam containers not labeled microwave-safe also may contain undesirable chemicals.
  - Avoid using brown grocery bags and newspapers because they may contain recycled materials and metals which also could cause arcing or contain hazardous chemicals which can transfer to the food.
  - Bottles and jars with openings smaller than the jar itself, such as spinach syrup bottles, shouldn't be used.
  - When the food in the large bottom part of the bottle gets hot, steam cannot easily escape. The food can "explode" and spurt out the top, causing damage to the oven, possible burns, and a large mess to clean up.
  - Wooden bowls can warp and split from microwave usage.
  - Melamine dinnerware may burn, char and become brittle when used in the microwave.

Sources: Julie Albrecht, Ph.D., Food Specialist; NUSAN: Pace Picnic Sauce lesson plan. (Ah)

Microwave-safe cookware decisions

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When choosing ingredients for a sandwich, keep in mind:

- Kettle-cooked, fat, and sodium in mind when you choose condiments, spreads, and other ingredients that you add to sandwiches. Check the nutrition label if you don't know what the levels are in commercial products. Instead of salad dressing, mayonnaise, or butter, try these lowfat, low-sodium add-ons for moistness, flavor, and variety: (Do not use lowfat sandwich, pack these items in a separate container)
- Lettuce leaves, sliced green peppers, sliced tomatoes, sliced apples, cherry tomatoes, baby carrots, radishes, sliced zucchini, broccoli, slice spinach leaves
- For a fact sheet giving more information on preparing such lunches, send a self-addressed, stamped envelope to: Safe and Healthy Sandwich Lunch Kit, c/o Alice Henneman, UNL Cooperative Extension in Lancaster County; 444 Cherrycrest Road, Lincoln, NE 68528-1507.
- Other items which are not microwave safe include:
  - Containers designed for refrigerator storage such as margarine tubs, wrap topped bottles and cottage cheese containers are unsuitable for microwave cooking. Heat can cause melts and hazardous chemicals to transfer to the food.
  - Paper napkins, towels, plastic plates or foam containers not labeled microwave-safe also may contain undesirable chemicals.
  - Avoid using brown grocery bags and newspapers because they may contain recycled materials and metals which also could cause arcing or contain hazardous chemicals which can transfer to the food.
  - Bottles and jars with openings smaller than the jar itself, such as spinach syrup bottles, shouldn't be used.
  - When the food in the large bottom part of the bottle gets hot, steam cannot easily escape. The food can "explode" and spurt out the top, causing damage to the oven, possible burns, and a large mess to clean up.
  - Wooden bowls can warp and split from microwave usage.
  - Melamine dinnerware may burn, char and become brittle when used in the microwave.

Sources: Julie Albrecht, Ph.D., Food Specialist; NUSAN: Pace Picnic Sauce lesson plan. (AH)


Exploring Cultures - a 4-H multicultural day camp

Sponsored by University of Nebraska Cooperative Extension

All Lancaster County: youth 9 years of age or older are invited to attend.

Thursday, June 15 • 9:00 a.m. - 4:30 p.m.
Bethany Park Shelter • 65th & Vine Street
$3 per child (scholarships available)

Registration is limited to the first 80 youth. You need not be a 4-H member to register.

Pre-register by June 7, 1995 by returning the attached permission slip and registration with a check for $3 per child made out to University of Nebraska Cooperative Extension

Partial funding for the event is provided by the UNL International Affairs Office

“Exploring Cultures” Day Camp

Name of children/age(s):

Address__________ City__________ Zip code__________

Phone number__________ Emergency phone number__________

Parent(s) or guardian name:

Where parent or guardian can be reached during the day:

Any special dietary or other restrictions which camp counselors should be aware of:

I give my permission for the above children to attend the “Exploring Cultures” Day Camp sponsored by University of Nebraska Cooperative Extension in Lancaster County June 15, 1995 from 9 a.m. to 4:30 p.m.

Signature

4:30

‘95 Lancaster County Fair changes

There have been changes in the schedule, lot and class changes, plus many details to remember. The information given in this training is extremely important, especially for brand new 4-H members. Although 4-H members are expected to take responsibility on the training or anything about the county fair, contact your key leader or Ann Marie for more information. (AMM)

Exhibiting at the county fair

Are you sure where to put the entry tag on your dress? Where do I take engineering exhibits? Who is in charge of interview judging? What is interview judging? Are these some questions that pop into your head? Well, let 4-H Leader Training answer all your fears!

Monday, May 15, 9:30 a.m.

LaDene Jha
Extension Educator

Positive changes are in the wind for the 1995 Lancaster County Fair to be held Wednesday, August 2, through Sunday August 6. In order to accommodate some of the growth of the fair, some changes in days and times of traditional events have been made and as you look through the 1995 Lancaster County Fair Book, notice the new events we have added. In fact, one of the big changes is an additional day of the fair on Sunday to accommodate another day of the rodeo, a huge event, the final “Cruising with the Cops” and the open class dog obedience show.

Although the fair opens August 2, at 11:00 a.m., you won’t want to miss the junior livestock show, and the cattle sale prior to the official opening of the fair. Starting Monday, July 31, through Thursday, August 3, 4-H horse events will take place from early morning until late into the evening. New this year is a cattle penning contest on the afternoon of Sunday, July 30.

The fair opens with a very busy schedule on Wednesday, August 2. Pigeons, poultry, household pets, sheep and dog obedience shows are scheduled at the horse, halter, trail and western riding classes. We will offer a wider variety of events to keep you busy. Opening night of the fair will feature the new Llama show and a free watermelon feed. This is a great night to bring the family out, see the llama’s, take a peak at the stationary exhibitors, see the animals (including the longhorn steer exhibit) and get a good mood for the events to come at the fair.

EnvironFair, Health Awareness Day and Fair Fun Day will be back this year on Thursday, August 3 and the horse game shows will be from 12:00-1:00, and the 4-H Style Revue at 7:00 p.m. will round out another busy day at the fair.

A major change will show up on Friday, August 4, when beef and dairy lovers will have a chance to watch the beef and dairy shows at the same time. The east arena ring will be split, with beef showing at the east end of the arena and dairy at the west end. The Family Barbeque this year will feature beef instead of pork and for your added enjoyment, Sweetwater, a musical group will entertain during the event. After the barbeque you will have lots of options—the Farm Family Awards ceremony, Western Night, Rodeo, cowboy poet and the Hay Hauling Contest will take place in the east arena starting at 6:30 p.m. Friday is also the first night of the rodeo and will be followed by a rodeo dance featuring High Caliber.

Watch for the 4-H and open class horse events this year. We introduce a new class for David Où, a huge event, and Cloverbrooke and Tell and take place on Saturday, as does the Tractor Pull and Big Wheel Race which will take place in Ag Hall. The Garden Tractor Pull and another class of the rodeo offers choices for Saturday night, and Saturday will end with a youth dance and the grandstand featuring Flatwater.

Although the fair will conclude on Sunday this year, 4-H exhibits and animals will be released, as usual, on Saturday, August 5 between 4:00 and 6:00 p.m. (LI)

ORS BITS

Registration deadlines

Below are several deadlines which 4-H members should mark on their calendars. If you have questions, contact Cindy Blome, Extension Assistant, 441-7180.

District and state horse show registrations are due to the Extension Office no later than May 22, if you are planning to compete. Along with your registration you should also submit your horse ID.

All other horse IDs are due to the office no later than June 1.

District horse show will be June 10 and 11, at the State Fair Park, East Arena. (CB)

Horse VIPS meeting

The May 4-H Horse VIPS meeting is scheduled for Wednesday, May 10, 7:30 p.m. Many decisions regarding policies, clinics, workshops and the county fair fairidal events are being voted upon at these monthly meetings. Your input does count and can really make a difference in the planning of various activities. Plan to attend or send a representative from your club. (CB)

Centered riding clinic

Saturday, May 21, 8:30 a.m. to 6:00 p.m., at State Fair Park, East Arena, the 4-H Horse VIPS Committee will be presenting a “Centered Riding Clinic.” The one-hour lesson will be taught by Julie Rubeby and Joyce Ulrich, instructors of the Centered Riding, one of Nebraska’s premier riding andNon-Judged Exhibitions.

The registration deadline is April 21, but space is still available. If you are interested, please contact Cindy Blome, Extension Assistant, 441-7180. A registration fee to audit the clinic will be collected at the door.

Wahoo clinic

Mark your calendar for the Wahoo Clinic to be held May 13 and 14 at the Saunders County Fairgrounds. Saturday, May 13 is geared for the Level I and II riders. Sunday, May 14 will offer clinics designed for the Level II, III and IV riders. Each day will begin at 8:30 a.m. featuring demonstrations and group participation with your horse. There is no charge for this clinic. For further information, contact your club leader and/or Cindy.

Hippology • horse bowl • horse judging

Do you have any interest in competing on a hippology, horse bowl or horse judging team? Some team meetings have already begun, but there is still room for YOU! Interested? Are you still not sure what each team has to offer and what it really means? Contact Cindy and she can fill you in. (CB)
Contest workshops in June

One of the best parts about being in 4-H is getting to take part in contests, such as: judging, table setting! These activities can sharpen your skills and teach you new skills for a lifetime. Workshops are held at least a month before the actual contest or event to help 4-H members understand what is expected of them and how to take part.

What is ExpoVisions all about?

You may have read various articles or seen ExpoVisions floating around the 4-H program and don’t know what it is—well here’s your best derivation. For many of us who grew up with 4-H Club Week or Nebraska State 4-H Conference—they are now called ExpoVisions. This three-day camp is held on the University of Nebraska Lincoln Campus. Youth attending ExpoVisions have seen a few things in common: they’re over the age of 14, many belong to 4-H, they come to Lincoln to learn more about themselves and experience dormitory life for three days. The purpose of ExpoVisions is to help youth understand or learn more about the interests which may lead to a major in college and to help them grow as youth leaders in Nebraska. The three days are filled with workshops (participants select), educational activities and FUN! Any 4-H member you ask who has attended ExpoVisions has super things to say. If this interests you, rush to get a registration packet and send it in by Friday, May 15. You will be very glad you did! (AMM)

Checkout new food label teaching kit

A variety of hands-on experiences are included in the new Food Label Lesson checkout kit. The kit, available to 4-H and EFNEP volunteers and staff is a fun and educational way to teach youth how to make healthy food choices. Participants will learn how to read food labels focusing on fat and sugar consumption. Youth will have an opportunity to look at the fat content in different types of milk and microwave popcorn. They will also compare the sugar content of different types of cereals and soda. 4-H members will practice measuring and math skills. The kit includes a lesson plan, handout, visuals, and materials needed for the hands-on activities. A 30-minute videotape featuring the Friendly Faces 4-H Club participating in the Food Label Training is also available for checkout. The lesson is taught by Alice Henneman and Maureen Burson. Simply call the Lancaster County Extension Office to reserve the kit or video. They are available to all adult and youth groups wishing to learn about the new food label. (MHB)

Watch Channel 21, Lincoln CableVision Saturdays in May for

"Make the Best Better" (4-H New Leader Training)

with Ann Marie Moravec
Extension Assistant

9 a.m.—Make the Best Better Part I (recorded November 1994)
10 a.m.—Make the Best Better Part II (recorded January 1995)
11 a.m.—Make the Best Better Part III (recorded February 1995)

4-H & Youth

Cloverbuds spring forth

Ethan Hatcher (left) with his lamb and Ben Hatcher with his catt.

Cloverbuds are bursting upon the scene! The 4-H Cloverbud program is an exciting, new opportunity for five- to seven-year-olds to become involved in 4-H with their friends and family. Parental involvement is the key that makes the program tick, as each parent takes their turn in leading the group through a new adventure, and exploring a fun, new topic at each meeting.

The program is specially designed with the developmental needs of five-to-seven-year-old children in mind and Cloverbud classes at the county fair will be non-competitive with emphasis on learning, success and building positive self-esteem in the child. To start your own group or for more information, call 441-7180. (DS)

Easy to make thermometer

Make this simple thermometer. It won’t register degrees Fahrenheit, but it will tell you when things heat up. The water in the straw rises. (ALH)

4-H Shouts

Reindeer Antifreeze

Most animals don’t like to eat moss. It’s hard to digest, and it has little nutritional value. But, reindeer fill up with lots of moss. Why? The moss contains a special chemical that helps reindeer keep their body fluids warm. When the reindeer make their yearly journey across the icy arctic region, the chemical keeps them from freezing—much as antifreeze keeps a car from freezing up in the winter. (ALH)

Skin Deep

People shed their skins in tiny bits. New skin constantly replaces old skin. Old skin flakes form most of the dust in your house—about 75% of it. (ALH)

GARDEN Gossip Hotline

For more information, contact your County Extension Office

Head Heart Hands Health
Councilwoman Colleen Seng presents certificate and mug to graduate Steve Drawl of the 40th & A Neighborhood Association.

The 1995 Neighborhood Leadership Development Institute honored 16 graduates of Phase II—Capacity Building. Capacity Building gives neighborhood association leaders tools to encourage members to move beyond expectations. Neighborhoods are faced with many new challenges and it is necessary for leaders to understand how to use strengths that are available within their neighborhoods and develop a vision and mission for their area. Sessions attended included: session one: Community Resources; session two: Opportunity Connections through Networking; Temporaring Based Strategies; session three: Building and Vision; session four: Proactive Futuring: A Grant Development Seminar.

Councilwoman Colleen Seng encouraged graduates to be aware of the characteristics of a healthy community. She explained the phases that a neighborhood goes through as being (1) growth; (2) development; (3) stability; and (4) refreshment. She encouraged graduates not to be afraid to use leadership and not to be afraid to speak out or “yell.”

Each graduate and instructor was presented with a certificate and mug. The institution was sponsored by the City of Lincoln Urban Development Office and UNL Cooperative Extension in Lancaster County provided instructors and facilitators. (LB)

Don Miller to retire May 31

Don D. Miller, Lancaster County Extension Educator, Unit Leader, will retire from the University of Nebraska Cooperative Extension in Lancaster County May 31, after more than thirty-five years of service. Miller has been employed by the University of Nebraska Cooperative Extension since his graduation from the University of Nebraska in 1959, starting as an Extension Agent in Box Butte County. In 1965, he was promoted to Box Butte County Extension Agent and held the same position in Hall County from 1970 to 1976, at which time he moved to Lancaster County as Agent Chair (now called Unit Leader).

Miller received his B.S. in Agriculture in 1959 from the University of Nebraska and his M.S. in Education from Colorado State University in 1966. He has received numerous honors and awards including the Thirty-Five Year Service Award; Distinguished Service Award and Appreciation Award from UNL; the Outstanding Extension Service Award from the Nebraska Cooperative Extension Association; the Kiwanis Leadership Award; the University of Nebraska Extension Agent Award; and Appreciation Award from the Institute of Agriculture and Natural Resources.

Other accomplishments and appointments include membership on the UNL Academic Senate; Title Committee; a key member of the Nebraska 4-H Development Foundation; Nebraska 4-H Development Foundation board member; member of the Leadership Center Advisory Committee; member of the Southeast Research and Extension Center Urban Task Force; and Promotion and Tenure Committee. Miller is also serving as Lieutenant Governor of the Kiwanis Division 21.

Miller considers some of his significant accomplishments in Extension to be the roles he played in Community Development in the Lancaster County Communities of Malcolm, Denton, Walton and Bennett, and with the Nebraska Community Improvement Program. He has applied the learning techniques developed in community improvement to neighborhood associations, in his work with the Highlands Neighborhood Goals Workshop. He has been very active in the future of Extension through his work on the Futures Focus Workshop and Long Range Planning Workshop, and the Extension Futures Task Force. Miller was also the main proponent of the development of this publication, the Notebook, where he has been the editor-in-chief for seven years.

Miller provided leadership in applying computer technology to Extension work. He was active in the Nebraska Microcomputer Association, served as Interim Director of LANL Computing Services (1988-89) and was instrumental in the computerization of the Lancaster County Cooperative Extension Office.

In his role as unit leader his current activities have included Community Economic Development Workshops and Leadership Seminars for networking with villages and neighborhoods. He also is responsible for the administration of all Lancaster County Extension programs, including Extension board training and educational support, community public relations and program support and budgeting and financial planning from non-tax sources.

Don Miller leaves the Cooperative Extension System set up to continue providing leadership and expertise to the county, but at the same time he will be missed as one of those leaders. His guidance has made the Department of premier facility. The staff of the University of Nebraska Cooperative Extension in Lancaster County wish Don the best of luck in his future endeavors.

Please join us for an “Open House” for Don Miller, Friday, May 12, at the Lancaster Extension Conference Center, 444 Cherry Creek Road, from 3:30-5:30 p.m. (MDH)

Public Invitation

Retirement Open House for Don D. Miller

Friday, May 12th

3:30-5:30 p.m.

Lancaster Extension Conference Center

444 Cherry Creek Road

CURIOS KIDS SET FIRES!

Newly 95 percent of the fires that kill children are started by chil­

dren playing with matches or lighters and protecting your family.

• Keep matches and lighters out of reach.

• Practice home fire escape plans with your family. Make sure everyone knows at least two ways out of every room.

• Teach children not to be afraid or hide from firefighters if there is a fire.

• Use safety tips in electrical outlets.

For free fire safety tips, write:

Fire Safety, PO. Box 3438, Washington, D.C.

Suggested steps for organizing a new neighborhood organization

1.0 Advance planning

1.1 Person or persons interested in forming ad-hoc committee

1.2 Obtain legal assistance from legal office

1.3 Form a vision of geographic area to be considered

1.3.1 Common neighborhood

1.3.2 Commercial and retail business locations

1.3.3 Overview of community based organizations in the area

2.0 Forming the ad-hoc committee

2.1 Contact 7-9 residents of the area supportive of the neighborhood

2.2 Set meeting date for the group to review pros and cons of forming

2.3 Meet in the neighborhood either in a home, school or organization

2.4 Contact UNL Cooperative Extension in Lancaster County for resources and assistance at the first meeting

3.0 First ad-hoc committee meeting agenda

3.1 Provide refreshments and name tags

3.2 Self introductions

3.3 Extension Educator will:

3.3.1 Provide an overview of why neighborhood is successful

3.3.2 Review the organizational steps and neighborhood areas

3.3.3 Ask for support of committee to conduct neighborhood meeting

3.3.4 Share organizational materials and suggested guidelines to follow

4.0 Accomplishments prior to neighborhood meeting

4.1 Draft a constitution and by-laws for a non-profit organization

4.2 Obtain legal assistance from a neighborhood volunteer

4.3 Obtain meeting place 60 days in advance

4.4 Organize the agenda for the meeting

4.5 Design information poster to be sent to each resident and business

4.6 Obtain candidates from ad-hoc committee and the neighborhood to be officers and directors

4.7 Agree upon a list of immediate and long range goals for the neighborhood

5.0 Conduct the neighborhood organizational meeting

5.1 Advanced invitations

5.2 Well organized program and speakers

5.3 Acceptable MC for the event

5.4 Have proper audio visual equipment

5.5 Have councilperson and/or mayor to support the effort

5.6 Determine time, date and place of first board meeting

5.7 Obtain volunteers for neighborhood committees

5.8 Obtain first meeting volunteer leaders for committees

5.9 Plan training for committee chair prior to first meeting

6.0 Develop an action plan with each committee

7.0 Report back to the neighborhood the details of action plans and ask for more neighborhood support through committees

8.0 Conduct monthly board meeting with public invited
When combining liquid nitrogen and herbicides to save time, evaluate potential problems

Corn and sorghum sometimes emerge before preemergence herbicides can be applied. While certain preemergence herbicides can be applied after crop emergence, they are not labeled for application with fluid fertilizer after emergence, due to risk of injury. (Emerged corn is more tolerant than sorghum of fertilizer-herbicide mixtures.) Some growers may accept the injury in return for accomplishing two jobs at once. Dual® and Lasso® applied with liquid nitrogen on emerged corn and sorghum would result in injury similar to the use of fertilizer alone. Injury is more severe with atrazine combinations and even more severe with Bladex. Emerged corn and sorghum are most tolerant in the spike stage to liquid nitrogen and these herbicides; but, they become less tolerant as plants grow.

Experiments conducted in Minnesota have shown that atrazine applied to four-leaf corn with 60 pounds nitrogen per acre caused heavy burning with widespread necrosis on the second, third and fourth leaves. Injury to emerged corn is usually more severe with herbicide combinations in liquid nitrogen than fertilizer alone and is particularly severe with Bladex® or Exatraze® in liquid nitrogen. If liquid nitrogen must be applied to emerged corn, early post herbicides should be applied in water several days before the liquid nitrogen application. Cool, wet weather can be expected to increase the injury caused by such treatment. (WS)

Dressing for protection

If you mix, handle or apply pesticides, you can significantly reduce the risk of pesticide poisoning and meet the requirements of the Worker Protection Standard by wearing the appropriate personal protective equipment (PPE). The Worker Protection Standard requires specific forms of personal protective equipment to be worn while mixing, calibrating or applying agricultural pesticides. The equipment and work attire requirements for each pesticide’s active ingredient are listed on the label. (The PPE requirements may be different for applicators and mixers/handlers.)

Sources of protective clothing and equipment are plentiful. Typically, agricultural chemical dealers are excellent sources.

For more information, two Extension NebGuides are available. “Protective Clothing and Equipment for Pesticide Applicators” (G758) provides a list of sources of protective clothing and equipment for pesticide applicators. The second, “Worker Protection Standard for Agricultural Pesticides” (G1219), helps determine whether individuals are covered by the standard and provides general guidelines on how to comply. (WS)

A wardrobe with a future

Proper storage can keep garments looking good season after season. The following are storage tips for a longer lasting wardrobe.

Follow the garment’s care instructions and wash or dryclean everything before storage. Garments that look clean may have invisible stains that will appear over time. For example, if beverage stains are blotted up, they will seem to disappear when the area dries. But, if left untreated, the sugar in the beverage will oxidize, causing a yellow or brownish stain. It’s also important to make all necessary repairs prior to storage so garments will be wear-ready.

Store items in a cool, well-ventilated area, away from artificial or natural light. Avoid hot attics, damp basements and garages. Store woolens in cedar boxes or other airtight containers. Add mothballs to the latter, and be sure they are suspended above or separated from the clothes. To minimize wrinkles in sweaters and other knits, fold and wrap them in white tissue paper before storage. (LB)

PUBLIC INVITATION

Lancaster County Extension Board Meeting

Held at the Lancaster Extension Conference Center the second Monday of every month at 7:30 P.M.

Monthly agenda available for review See front desk receptionist 8 a.m.-4:30 p.m. Monday-Friday

May 1995

Soybean seed treatment

Nebraska soybean growers generally have not relied on fungicide seed treatments to protect the seed/seedling from seed- and soil-borne pathogens. Production practices that minimize seed/seedling problems include use of high quality seed, delaying planting until soil temperatures are in the mid to upper 60’s, planting at the proper depth in a well-prepared seed bed and annual rotation with other crops such as corn or sorghum. While these practices are still encouraged, the increasing adoption of various conservation tillage systems has significantly affected our recommendations regarding fungicide seed treatments on soybeans.

Several factors associated with the soil environment are inherent with ridge-till and other conservation tillage systems and affect seed germination and seedling establishment: 1. Cooler soil. Because no-till or ridge-till fields tend to have more surface residue, soils warm up more slowly. If no-till growers attempt to plant as early as their conventional-till neighbors, germination may be delayed and seeding vigor may decrease. 2. Wetter soil. Increased surface residue tends to contribute to higher soil moisture. While this may benefit plant growth during periods of moisture stress, it usually hampers seedling emergence. 3. Poor seed/soil contact. Reduced tillage systems may contribute to poorer seed-to-soil contract and improper seed placement due to the increase in partially decayed plant residue. 4. Weed infestations. Some seed and root pathogens are parasitic on specific weed hosts, if weeds are not controlled under conservation tillage systems. These weed hosts can provide for higher survival rates and more rapid buildup of pathogens which can cause early season soybean diseases.

Our position on fungicide seed treatment for soybeans has been “fine-tuned” due to the increase interest in and adoption of conservation tillage in Nebraska. Our recommendations is: Soybean producers attempting to maximize economic returns by: 1) planting early, 2) planting in narrow rows or 3) employing reduced tillage practices should use high quality seed that has been treated with a fungicide. (DV)

Spurge

Tordon® per acre; or Tordon 22K® at 2 to 4 quarts per acre. The treatments would cost $6 per acre for 2,4-D, $15 for 2,4-D plus Tordon® and $45-$90 per acre for Tordon®. Apply 2,4-D in the spring just before the plant flowers. A second treatment in late fall, if moisture permits good regrowth and provides an increased control. If only one treatment a year is possible, make it in the spring to prevent seed production. Do not expect to eliminate leafy spurge in one or two years.

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How many servings of grain products should I eat?

Eat six or more servings of grain products a day. This may seem like a lot, but it really is quite reasonable because so many foods are in this group. Try to include several whole-grain ones.

Grain Products count as a serving:

1 slice bread 4” diameter pancake
1 ounce ready-to-eat cereal ½ cup cooked rice
½ cup cooked cereal ½ cup cooked pasta
⅛ english muffin or bagel ½ hamburger roll
1 tortilla ½ medium doughnut
3-4 small plain crackers 2 medium cookies

Doughnuts and cookies contain added fat and sugar—go easy! (AH)

Human Resources News continued

Family Community Leadership

Become involved in making decisions that affect you and your community

For more information, contact your local Cooperative Extension Office

Spurge

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Tordon 22K® is much more effective than 2,4-D against leafy spurge. A 2-quart-per-acre application usually provides 90-100% control a year later and the 4-quart rate gives 15-20% more leafy spurge in one or two years. It will take several years to make progress.

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☐ Change of Address

Comments: ________________________

Story Idea(s): ____________________

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

Support our 4-H and FFA Youth Benefit Tournament

Monday June 5, 1995 Shadow Ridge Golf Club Omaha

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: __________

Send to: 4-H & FFA Golf Benefit 444 Cherry Creek Road # Lincoln, NE 68528-1507