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The NEBLINE, September 1995

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EPA recognizes Lincoln wastewater treatment plants for excellence

Municipal wastewater treatment systems in Lincoln at the Northeast facility and the Theresa Street Plant are among major winners in the U.S. Environmental Protection Agency (EPA) Region 7’s Annual Wastewater Operations and Maintenance Awards Program. The awards recognize municipal wastewater treatment plants in the region’s four states of Nebraska, Iowa, Kansas and Missouri. Dennis Ogg, EPA Region 7 Administrator, while presenting the award, said that EPA and the state environmental agencies have instituted various initiatives to remind treatment facility operators that good, sound operational and maintenance practices protect our water sources from pollution. By being selected as regional winners, these communities have demonstrated their commitment to the preservation of water quality in Nebraska.

Mayor Mike Johanns accepted the award on behalf of the City of Lincoln. Each member of the staff at the Northeast facility and the Theresa Street Plant were given individual certificates of the award. Included in the recognition were Extension Educators Barbara Ogg and Wurder Shires, who have been involved with the land application program for utilization of the biosolids from both treatment plants on agricultural land in Lancaster County. (WLS)

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Battling the Hessian fly

Surveys last fall indicated a significant presence of Hessian flies throughout the southern wheat growing areas of Nebraska. Growers need to consider the management of this insect when planning for fall planting.

Last summer is the best and, perhaps, only time to battle the Hessian fly. Generally, chemical controls are not a practical solution so cultural practices are the only means to prevent serious losses. To reduce Hessian fly fall infestations:

- control volunteer wheat before planting
- plant Hessian fly resistant or tolerant wheat varieties
- plant after the fly-safe date (see map)

It is important that growers not rely solely on following the fly-safe planting date; rather, incorporate two or all three practices into their management program.

The Hessian fly spends the summer in the flasked stage on wheat stubble. In the fall, adults emerge to deposit eggs on early seeded or volunteer wheat. Ploving will bury many flax seeds deep enough to prevent adults from reaching the surface; however, it may promote erosion. Planting after the safe date allows seedlings to emerge after most adult flies have died. Fly-safe dates are averaged based on several years of observations. A hot, dry September can delay fly emergence. Moist, cool weather may cause fly-safe dates to be earlier than the averages indicated on the map. Fly-safe dates have not been developed for the western Nebraska; however, growers should not plant before the recommended date for their elevation. At this delayed planting will reduce potential problems from several other insects and diseases.

Producers wanting to plant early should strongly consider planting resistant varieties. Varietal resistance to the Hessian fly does not guarantee immunity, but it should reduce the probability of severe infestations. Among the Hessian fly-resistant varieties available are:

- Resistant—Arkan®, Brede®, Redland® 2163, Norkan® and Vista®
- Moderately resistant—Arapahoe®, Buckskin®, Colt®, Rawhide® and Vona®

Be careful when choosing wheat varieties because many popular varieties such as Karl®, Thunderbird®, Abilene®, Scout 66®, Siouxland®, Centura® and the TAM #5s are susceptible to the Hessian fly. (DV)

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Have a good start to the day

Getting yourself and your children up and out of the house in the morning can be a real challenge. And, if your day starts with a hassle, parents end up going to work—and children to school—feeling upset. Here are some tips for the morning rush routine. Specify times for the major events such as getting out of bed, eating breakfast and leaving the house. Within that framework, be clear about the sequence of steps in each part of the morning routine.

- Talk over plans for the day. Since family routines are not the same each day, adults need to check each other’s schedules and make sure they agree on the day’s plan. To cut down on the anxiety level, be sure to share schedule information with the children.
- Establish some pleasant rituals. Morning are often hard for kids because the family is going off in different directions at the same time—to work, to school, to child care. Try to spend at least a few minutes as a family eating breakfast. A good-bye ritual is important for younger children—three kisses and a “see you later” or whatever you establish together.
- Keep things in perspec-

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Shop S.M.A.R.T.

Save Money And Reduce Trash

THE 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
- Natural Resources and Environmental Management
- Children, Youth, and Families
- Nutrition, Food Safety and Quality
- Strengthening Neighborhoods and Communities

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* Winners are Born, Not Made!*—page 10

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* Winners are Born, Not Made!*—page 10

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* Winners are Born, Not Made!*—page 10
The winner is ...

Sean White exhibited the “Best of Show” display at the 4-H Lancaster County Pre-Fair Flower and Vegetable Show. His winning flower exhibit was Summer Pastels Yarrow. While the exhibits were being judged, a workshop was held on how to identify plants. The participants played “Garden Jeopardy” and took a quiz on gardening techniques. This workshop and show helped prepare the 4-Hers for the horticulture contest that was held in July and exhibiting at the Lancaster County Fair and Nebraska State Fair. (MJM)

Dealing with surface roots

How many times have you run your lawn mower over the surface roots of a large tree growing in your yard? Bouncing along the mower scalps the grass and scars or damages a root, not to mention causing possible damage to the machine. What causes ugly surface roots? What can be done about them?

In many cases, the trouble stems from a decision made years earlier; the wrong tree was selected. The problem is commonly associated with maples, poplars and willows. But, that does not let other trees off the hook. Actually, any old tree or any tree large enough to shade your house can produce surface roots.

Sometimes, years of heavy foot traffic or constant raking removes vegetation, exposing the area beneath the tree to erosion. The deeper the erosion, the greater the root exposure. To solve surface root problems, some people are tempted to remove the roots. This is an acceptable solution if the root is disturbing a driveway or sidewalk, but, solving one problem through root removal may create another. Removing a large root will damage the tree. Always make a clean, neat cut. If you do not disturb the exposed root, a couple of other things can be done. One is to “top dress” the root area with good topsoil and sow grass seed. The layer of new soil should be 2 to 3 inches thick.

Another solution—the preferred one—is to plant a ground cover instead of grass to hide the roots. Ask a nurseryman for plants that grow under the tree. Some species that normally cause only minimal surface root problems are:

- Plants peonies now; however, make sure the crowns are buried only 1 1/2 to 2 inches below ground level. Deeply planting keeps the plants from blooming.

- Take root cuttings of such annual bedding plants as begonias, coleus, geraniums and impatiens. These can overwinter in a bright window and provide plants for next year’s garden.

- As the nights get cool, caladiums will lose leaves. Dig them up, allow them to dry and store them in a warm, dry place.

- Perennial phlox should be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall and early spring are the best times to plant and transplant them.

- To plant bulbs, loosen the soil and make a hole with a trowel or bulb planter. Do not force the bulb to the soil or you may damage the bottom of the bulb causing it to rot.

- Divide lily-of-the-valley.

- Select some accent plants for your landscape that will provide autumn colors. Trees that turn red include: flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include: sumac, viburnum, winged euonymus and barberry.

- Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will quickly delay their hardening process that has already begun in anticipation of winter several months ahead. New growth can be injured by an early freeze.

- Tree-wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

- If pesky seedlings of woody plants, such as elm or hackberry, are found growing in your landscape, hedge, remove them as soon as possible. If left too long, they will take over and leave gaps in the landscape when they are finally removed.

- Rake up leaves, twigs and fruit from crabapple trees. Dispose of them in the trash to help control scale.

- Water newly planted trees and shrubs to provide sufficient moisture and prevent winter damage. Add a 3-inch layer of an organic mulch, such as shredded bark, around the base of plants to retain soil moisture and regulate soil temperature.

- Wood ashes contain phosphorus, calcium and potassium. These ashes can be placed on garden and flower beds.

- Save seeds from favorite self-pollinating, non-hybrid flowers, such as marigolds, by allowing the flower heads to mature.

- Hot peppers will keep best if stored after they are dry. Pick the peppers and thread on a string to dry. Store in any cool, dry place.

- Put up chives, parsley and other herbs to extend the growing season in the house.

- Harvesting guidelines: pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow fruit should change from green to yellow as the fruit approaches maturity.

- Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

- Do not wait for frost warnings to move your plants indoors. Temperatures of 45 degrees Fahrenheit or lower can damage many tropical house plants.

- Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried flower arrangements.

- Air dry these materials in a dark, cool location.

- Autumn is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content. (MJM)

September garden hints

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The UNL Department of Horticulture presents

FESTIVAL OF COLOR

Saturday, September 9
10 a.m. to 4 p.m.

John Seaton Anderson Turf and Ornamental Research Facility, University of Nebraska Agricultural Research and Development Center, Ithaca

Activities, displays and demonstrations on landscaping and horticulture with an emphasis on water conservation and contamination prevention

Guided Tours • "WaterSmart" Children’s Activities • Tent Talks Nursery Vendors • Food Court Diagnosis of Plant Problems and Weed Identification

FESTIVAL OF COLOR

September 1995
Choose wheat seed carefully to avoid disease problems

With the high incidence of head and leaf diseases in eastern and south central Nebraska, growers should be cautious about using their own wheat for seeding this fall. Growers in these areas may want to obtain seed from western Nebraska where disease incidence is low and yields and test weights were good. Although certified seed is a fairly good guarantee of high seed quality, it is not always necessary to use certified seed each year. If certified seed is not used, then take these precautions:

- Do not use seed from fields with scab, loose smut, burnt or Septoria glume blotch. *Lack of germination checked.
- Treat the seed with a seed treatment fungicide. *Increase the viability rate if you have doubts about the quality or you do not have answers to any of the above.
- When choosing wheat varieties, select those that complement each other in maturity, yield and disease resistance. There is no perfect variety; however, there is a range of disease resistance of tolerance among varieties. For example, Alliance® is susceptible to downy brome rust but has some tolerance to wheat streak mosaic. The reverse is true for Arapahoe®. Longhorn®, Redland® and Vista® are moderately resistant or tolerant to both diseases. Resistance to diseases does not always guarantee good yields; however, it is insurance against disease losses. Disease outbreaks are difficult to predict, so planning ahead may pay off in the long run. (DV)

Controlling fall alfalfa weeds

Weed control in established alfalfa can be easily achieved through fall treatments. Weed populations should not be allowed to achieve high numbers or become competitive with the alfalfa. A herbicidal treatment in the absence of good cultural practices will seldom give the degree of weed management is a major role in maintaining weed-free alfalfa stands.

Few weeds can compete with vigorously growing alfalfa that is mowed two or more times a season. Mowing healthy alfalfa at the right time weakens—and may kill—most annual and many perennial weeds. Herbicides can be used to target broadleaf weed control but are temperature sensitive. Butyrac®, Butoxone® (2,4-DB) and Buctril® can also be used for broadleaf weed control.


desiccants should not be used if the temperature will drop to 40° within 3 days following application. At 40°, the growth processes of many weed species will slow down and, consequently, the herbicidal activity will be reduced. In order to avoid injury to the alfalfa, Buctril® should not be used if temperatures are above 70°. Buctril® and 2,4-DB will not control mustard larger than 1 in. diameter. (WS)

Access pesticide info toll-free

The National Pesticide Telecommunications Network (NPTN) is available weekdays to provide science-based information on pesticide-related issues, including:

- pesticide poisoning recognition management
- toxicology and symptomatic reviews
- health and environmental effects, and clean-up and disposal procedures

To reach the Network, call the toll-free number, (800) 838-7378, between 8:30 a.m. and 6:30 p.m. Monday through Friday.

In addition, NPTN information will soon be available electronically. NPTN is now housed at Oregon State University. (DV)

Women in Agriculture: The Critical Difference

The eleventh annual farm and ranch management conference for women

September 14 & 15, 1995

Holiday Inn

Kearney, Nebraska

Presented by

Department of Agricultural Economics
Nebraska Cooperative Extension
Institute of Agriculture and Natural Resources
University of Nebraska-Lincoln

Call 1-800-535-3456

for more information
or to register
Conervation checklist

Things you can do to help save natural resources

In your home ...

- Recycle newspapers, cans, glass bottles, aluminum foil and motor oil.
- Keep trash cans and dumpsters washed down.
- Use dust formulation in the entry area because workers will contaminate into the opening and then wetting down the surface of the nest.
- Do not use electrical appliances for things you can easily do by hand, such as opening cans.
- Store food in reusable containers instead of plastic wrap or aluminum foil.
- Do not leave water running needlessly.
- Turn off the lights, T.V. or other electrical appliances when you are out of the room.
- Install a water saving shower head.
- Take unwanted and reusable items to a charitable organization or trash shop.
- During the winter months, turn your heat down and wear a sweater.
- Get an energy audit from your utility company.

In your yard ...

- Start a compost pile.
- Put up birdfeeders, birdhouses and birdbaths.
- Pull weeds instead of using herbicides.
- Use organic fertilizers.
- Compost your leaves and grass clippings.
- Use mulch to conserve water in your garden.
- Reuse plastic pots and containers.

On vacation ...

- Carry reusable cups, dishes and flatware.
- Do not pick flowers or keep wild creatures for pets.
- Leave plants and animals where you find them.
- Watch out for wildlife, give consideration to all living things you see crossing the road.
- When hiking, stay on the trail, do not trample fragile undergrowth.

In your car ...

- Keep your car tuned up.
- Carpool, if possible.
- Use public transportation whenever possible.
- Recycle your engine oil.
- Keep your tires properly inflated to save gas.
- Keep your wheels properly aligned to save your tires.

Pack an earth-friendly lunch

As a new school year begins, it is time to think about school lunches. Many students will eat school lunch, so you have to choose to carry their lunch. We suggest keeping in mind the environment when packing a lunch.

Consider the “wasteful” lunch which includes:
- Reusable lunch sack or box.
- Reusable food containers—plastic containers with reusable lids.
- Reusable drink containers.
- Cloth napkins.
- Reusable tableware (forks, spoons, etc.)
- Be sure lunch scraps can be composted.

Enjoy lunch and save the environment! (LB)

Household Hazardous Waste Round-Up to be held October 7

The Lincoln-Lancaster County Health Department will hold the final collection for 1995 Saturday, October 7, 9 a.m. to 3 p.m. The collection site will be the former Health Department parking lot, 2200 St. Mary’s Avenue. Items you can do your recycling, set aside items that should go to this collection.

Items that will be collected in addition to EPA-banned chemicals are pesticides, items containing PCB’s, solvents, heavy metals (liquid mercury, lithium and nickel), cadmium rechargeable batteries, and silver and mercury button batteries.

Why not check with your neighbors, have a neighborhood collection and make one trip to the collection site! (LB)

Did you know that ...
For the past month or so, we have been observing in many "hoppers" grasses and treatment, especially in weedy, waste areas or pastures. When the small hoppers reach adulthood in September, they will have an appetite that would be analogous to that of a 15-year-old boy. They will also not be easy to control with an insecticide.

These are not insects to dismiss lightly. Biblical accounts described the natural devastation that grasshoppers can inflict on humans and their crops. In more modern times, grasshopper outbreaks have occurred in the Great Plains in 1930s, 1950s and 1980s, coinciding with droughty conditions.

In North America, there are several grasshopper species that defoliate field crops and garden plants as well as shrubs and trees. In Pennsylvania, the grasshopper injury to plants consists primarily of leaf feeding, but grasshoppers also feed on stems, blossoms, ripening seeds and fruits. During

heavy outbreaks, hoppers may feed down the center of perennial plants, damaging them beyond recovery. Four grasshopper species—the migratory, differential, two-striped and red-legged—cause about 90 percent of the total damage to cultivated crops. Another 25 species cause extensive damage to rangeland.

Life Cycle. Grasshoppers have three life stages—egg, nymph and adult. In the fall, the female grasshopper lays egg pods in the soil, often in range, pasture or other grassy areas that are not tilled. Because egg pods are susceptible to fungal diseases favored by wet soil, survival of eggs is best during dry years.

Most nymphs start feeding within one day after eggs hatch and usually feed on the same plants as adults. Eggs hatch during late May through July and the tiny nymphs may feed for several weeks before they are noticed. The immature stage is vulnerable to weather conditions, disease, predators, parasites and insecticides.

Most years, climatic conditions and biological controls act together to reduce populations of grasshoppers to levels with minimal damage to crops and garden plants. Many plants will withstand minor grasshopper feeding. But, when climatic conditions and biological controls are lost and hopper populations, severe damage can result and control may be necessary.

Life Cycle. When the density of grasshoppers is very high, there may be a shortage of food and small grasshoppers will migrate to find food. Likewise, adult grasshoppers are winged and may migrate, by flight, to find food if it is in short supply.

Grasses are thought to be the normal food of grasshoppers, but migrating grasshoppers feed on nearly any kind of vegetation and may destroy every green plant in their path.

Grasshopper Control. Grasshoppers are easiest to control when they are small and confined to weedy areas like grassy terraces, fence rows and roadside ditches. Use insecticide sprays or baits. Read the label to make sure the insecticide you have selected can be safely used on any plants you are spraying.

For more information, contact University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (BPO/DJ)

What is the connection between these two photos?

Answer: A straight pipe.

There are approximately 300 miles of underground storm drains in the City of Lincoln and about 12,000 inlets and 250 outlets in the network of underground pipes along with a network of open drainage ditches conveys runoff water from lawns, gardens, streets and parking lots and any contaminants it picks up along the way directly into local streams and lakes. Anything that is rinsed down the gutter or dumped in a storm drain, whether intentionally or unintentionally, will eventually end up in a stream or lake.

Because most of this pollution comes from many dispersed sources throughout a watershed, the City of Lincoln has published a manual, nonpoint source pollution. To prevent this from occurring, every homeowner or business works in a watershed needs to be aware of how their actions may impact water quality.

A watershed is a geographic area from which all runoff drains to a common outlet such as a stream, river, lake or wetland. Watersheds come in all shapes and sizes and may include many different land uses. They can encompass farms, forests, towns and cities or merely include the lawns and gardens of a few homeowners who

Environmental Focus

Conserve water with drip irrigation

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 in the ground. The irrigation system is eliminated because the water application rate can be controlled to the point that the flow equals the rate at which the soil can absorb it.

Less water is used because with a drip system 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 limits weed growth in these areas.

Commercial systems that are available to homeowners include a plastic pipe fitted with small plastic "spaghetti" tubes which emit water at the base of the plants. Water is generally applied through the plants. The tubes are also subject to becoming clogged 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 holes through which water is delivered. They can be stretched along a row of plants in a garden or around plants in a landscape bed. These have several advantages over the "spaghetti" tube system. They are readily available in most stores selling garden supplies, are relatively inexpensive 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 clogged, logjammed conditions. This can result in healthier, faster growing plants. (DJ)

How can you help?

• Keep litter, pet wastes, leaves and grass clippings out of gutters and away from storm drains.
• Apply lawn and garden chemicals sparingly and according to label directions.
• Dispose of used oil, antifreeze, paints and other household chemicals properly.
• Clean-up spilled brake fluid, oil, grease and antifreeze by using an absorbent material, such as kitty litter, and disposing of it in a safe manner rather than washing it into the street.
• Wash your car on the lawn where the detergent, road grime and excess water can infiltrate into the soil rather than running down the gutter and into the storm drain.
• Get involved. The Storm Water Project (SWAP), a program of the Lincoln-Lancaster County Health Department, needs volunteers to help with storming storms and distributing information to homeowners in the neighborhoods or even individual residents in the neighborhood who have problems with storm drainage. The next scheduled day for stenciling is September 9. If your organization or yourself would like to help, contact Harry Heafer at 441-8035. (CB)
Roberta’s remarks

At our June council meeting, I had the pleasure of presenting to the council a new 1995 scholarship winner, Michele Kratochvil. Michele will be a junior at UN-L this fall in the College of Human Resources and Family Sciences. This hardworking young woman is working two jobs this summer. Congratulations again, Michele. (RN/LB)

Hopefully, you have all had a good summer! It is time now to get back to business with regard to local FCE clubs. By now, club presidents or a representative should have picked up your dues. Please send this information to the state office as soon as possible. Sending dues late will enable the county council and state board to make more accurate plans for the next council year. If you have dues sent in by September 1, so our council treasurer can get back to business with regard to local FCE clubs. By now, you should have a schedule of the Fast Facts, the latest edition of our national publication. This will be the perfect opportunity for you to review and discuss with the outgoing president. Having both presidents present at council meetings—you don’t have to be a president—past or present!—will enable the county council and state board to more accurately plan for 1996. Again, please pick up your packet NOW—don’t wait till our next council meeting.

I would like to bring to your attention a special chart in the Fast Facts section. It is entitled “Nutrition Facts.” Look at the serving size. It is about the same for similar items. It is also easier to compare the nutritional qualities of similar foods. Some tips from a recent FDA Consumer on how to use the new nutrition labels. Here are a few:

- Look at the serving size. It is about the same for similar items. It is easier to compare nutritional qualities of similar foods.
- Check the “Nutrition Facts” section. Look at the column called “% Daily Value.” It tells you if a food is high or low in fat, fiber and other nutrients of interest to dieters.
- Fat content is the most important information for dieters. Check the top line of the label. Fat is the densest source of calories, with nine calories per gram. While carbohydrates and protein each provide four calories per gram. By limiting fat intake, consumers will likely lower their calories as well and thus their weight.

In addition, dieters may also recycle things around the house will be presented. Money saving holiday tips will help make your holiday season more enjoyable for you and your family. Start thinking about what you will need for the holidays now. For more information call Lorene at 441-7180. (LB)

Laughter—it’s good for you!

How often do you laugh? It almost goes without saying that people who laugh more tend to be happier than those who don’t. It is also seems fairly obvious that having a sense of humor helps people cope with stress. There is a growing body of scientific evidence that humor and laughter benefit health in measurable ways. Dr. William Fry of Stanford University reports that laughter stimulates the heart, lungs, upper body and back, much like exercise. He says that laughing 100 times a day has the same effect as a 10-minute workout on a rowing machine. Laughter is a powerful stimulus to release of endorphins, chemicals that aid blood circulation and healing. Other studies suggest that laughter increases antibodies that fight disease, helps to relieve pain and reduces stress. (LB)

In addition, dieters may also want to check fiber content. Fiber can be an important aid in weight maintenance, because eating enough of it can help make a person feel full and thus not eat as much.

- Look for claims like “fat-free,” “low-fat” and “light.” These claims are usually right on the front of the package. If present, the claims will signal that the food contains desirable levels of fat and fiber—two nutrients of concern to dieters. (AL)

Household Hints

Have you had light streaks appear when cleaning vertical surfaces, such as appliances and walls, with spray cleaners? This is caused when the cleaner drips down the surface because it stays on longer and cleans more thoroughly. However, it is easier to control where it is wiped off sooner.

To remove streaks, reapply and wipe the surface until streaks, always work from the bottom to the top of vertical surfaces. (LB)
Eleven freezing questions

1. What is freezer burn? Is dehydration or drying that occurs on the surface of a product if it is improperly wrapped. The food is safe to eat but will be of poorer quality. To prevent freezer burn, the package must be free of air and sealed airtight.

2. Does freezing kill germs? Freezing does not kill all germs (microorganisms) present in food, but it does prevent their growth and multiplication if the food is held at 0°F or less. When thawed, the surviving organisms will grow again.

3. Will it pay to buy a freezer? A freezer is usually more of a convenience than a saving. To make the best use of it, and (3) use older food first.

4. Is a chest or upright freezer best? This depends on personal preference as well as available floor space. Generally speaking, the chest type is easier to organize and takes up less floor space. Chest freezers, however, are more economical to operate.

5. What kind of packaging materials should be used for freezing? Packaging materials must be moisture-vapor resistant and leakproof; not become brittle and crack at low temperatures; resistant to oil, grease or water; prevent spoilage by absorption of off-flavors or odors; easy to seal; and easy to mark. Good freezing materials include rigid containers made of aluminum, glass, plastic, tin or heavily waxed cardboard; bags and sheets of moisture-vapor resistant wrap; and laminated papers made specially for freezing.

6. Can aluminum foil be used as a freezer wrap? Heavy duty aluminum foil can be used as a freezer wrap. Because it can be torn or punctured easily, it is wise to use an overwrap. Light weight (household) aluminum foil is not satisfactory for home freezing.

7. Can bread wrappers be used for freezing? No. Bread wrappers are not moisture-vapor resistant and cannot be used for freezing. A freezer weight polyethylene bag should be used.

8. Can milk or cottage cheese cartons be used for freezing for cooking a meal, especially if they are not blanched? Yes. They are safe to eat, but the quality (color, flavor and texture) will be poorer than that of vegetables which have been blanched. Blanching slows or stops the action of enzymes which cause loss of flavor, color and texture.

9. Is it safe to freeze fruits without sugar? Yes, sugar is not used as a preservative but only to maintain flavor, color and texture.

10. What causes frost or ice crystals to appear on the surface of frozen vegetables such as broccoli? Inadequate draining of vegetables before freezing, slow freezing or fluctuation of storage temperatures above 0°F. May cause undesirable formation of large and excessive ice crystals. This can affect the texture as well as appearance of frozen vegetables.

11. Are frozen vegetables safe to eat if they are not blanched? Yes. They are safe to eat, but the quality (color, flavor and texture) will be poorer than that of vegetables which have been blanched.

Tips on dining alone

People living alone may neglect their nutrition, but planning ahead can make a big difference in the life of the solo diner.

To begin with, cooking for one is easier to prepare, especially if they live alone. Others just don’t enjoy cooking. When planning a larger meal, freeze leftovers or package as much of the single dinner; most recipes are geared for families, and many stores do not sell small packages.

Because eating is a social activity, the thought of eating alone may make it difficult to become interested in food alone. It’s important to read and follow the care label to avoid costly errors. Remember, the manufacturer is not responsible for mistakes caused by not following label instructions.

If, directions were followed and the garment still bleeds, filing complaints with the store or writing the company that manufactured the garment is appropriate.

Most athletic uniforms are made from synthetic fibers. The care label will give the fiber content and care procedures. Follow these recommendations carefully:

- Prior to cleaning, test the fiber content for colorfastness and wash any garment that is not colorfast separately. If not, the color may bleed on other items.

- Washing on a low temperature will reduce the chance of bleeding.

Laundry athletic uniforms

Whether it’s the fall, winter or spring sports season, cleaning uniforms always presents challenges. First, as with any clothing, it’s important to read and follow the care label to avoid costly errors. Remember, the manufacturer is not responsible for mistakes made from not following label instructions.

If, directions were followed and the garment still bleeds, filling complaints with the store or writing the company that manufactured the garment is appropriate.

Most athletic uniforms are made from synthetic fibers. The care label will give the fiber content and care procedures. Follow these recommendations carefully:

- Prior to cleaning, test the fiber content for colorfastness and wash any garment that is not colorfast separately. If not, the color may bleed on other items.

- Washing on a low temperature will reduce the chance of bleeding.

Laundry is the most effective method of removing heavy soil from most athletic uniforms. Mud stains and grass stains may require a pretreating product.

If machine drying is recommended on the care label, shrinkage and wrinkles can be minimized by drying the garments on a low temperature, removing them as soon as they are dry and immediately hanging on a hanger.

Expanded Food and Nutrition Education Program (EFNEP)

Tips for making healthy fast food choices

Eating a variety of foods and getting enough nutrients is possible through making healthy fast food choices.

PICKING THE MAIN ITEM
Doubles and other large sandwiches have more fat in them than smaller or “regular” sandwiches, but can be eaten once in awhile.

- Limit breaded, deep-fried fish and chicken.
- Use cheese, lettuce and tomatoes on sandwiches instead of “special sauces.”

SIDE DISHES
- Skip the fries or order a small serving.
- Choose plain baked potatoes with cheese you add yourself.
- Green bean salad, cole slaw and potato salad are ways to get vegetables.

SALAD BARR
- Choose only small amounts of creamy salads.
- Only use enough dressing to “wet” your salad, don’t use the entire package. Examples: At one popular fast food restaurant, a “serving” of dressing is 1/5 of the large packet. The whole package of dressing can range from 60 calories to 400 calories depending upon your selection.
- Fat calories can be better spent on more cheeses, meats, or adding pasta items instead of dressings.

BREAKFAST
- Limit fried items such as hash browns.
- Choose English muffins or toast rather than biscuits.
- Cold cereals which are low in sugar and high in fiber are good choices.
- Choosing a small bran muffin instead of a danish can cut out 16 to 22 grams of fat at nine calories per gram.
- Adapted from: Have a Healthy Baby, part of the Expanded Food and Nutrition Education Program, Purdue University Cooperative Extension. (MB)

Healthy eating

Snacks are an important part of children’s daily food intake. It’s difficult for children to get all the nutrients they need to promote growth and development in three meals a day. Here’s a snack you and your child may enjoy.

Zucchini Carrot Cookies

| 3/4 cup margarine | 2 teaspoons baking powder |
| 3/4 cup sugar | 1/2 teaspoon baking soda |
| 1 egg | 2 teaspoons cinnamon |
| 1 teaspoon vanilla | 1 cup shredded zucchini |
| 2 1/2 cups enriched flour | 4 cups raisins |

Source: Healthful Snacks for Children Two to Five Years of Age by Darlene Martin, Extension Nutrition Specialist. For a copy of this NebGuide with additional snack ideas and recipes, send a self-addressed, stamped envelope to Healthful Snacks, G95-1248; c/o Alice Heneman; UNL Cooperative Extension in Lancaster County; 444 Cherry Creek Road; Lincoln, NE 68528-1507. (AH)
4-H awards book competition set

It's time to update your 4-H record books and get them ready to enter in the 1995 Lancaster County 4-H Award Book Competition. "Building Your 4-H Record" is an excellent way to document your accomplishments in 4-H. Most members who have kept this record find that filling out college and scholarship applications is much easier. Record books are due in the Extension Office by October 4, 1995. If you have questions about how to start building your record, please call Ann Marie Moravec at 441-7180. (LJ)

"I Dare You" awards

"I Dare You" award applications are due to the Extension Office October 4. These awards are given to one male and one female outstanding 4-H member. Nominations may be submitted by 4-H leaders, parents or members. Applications are available at the Extension Office. If you have questions, call LaDeane. (LJ)

Fair Fun Day a huge success

A huge THANK YOU and bouquets of flowers to each of you that made the 1995 edition of FAIR FUN DAY a huge success! Two hundred and eighty daycare children from 12 Lincoln area daycare centers were taken on guided tours throughout the fair. New this year was a trolley ride to the coliseum where all children were treated to a delicious snack and drink as they watched and "touched" several volunteer ponies and horses while listening to grooming tips from three 4-H horse club members representing Flying Hoofs and Apple Hill Gang 4-H clubs.

The EnviroFair and Health Awareness activities proved to be a very educational and interesting experience for all the children, as well as the guides. Input for next year's Fair Fun Day is in the planning stage, suggestions can be given to Cindy at 441-7180. (CB)

Attention 4-H seniors!

Scholarship applications

Now is the time to check out Lancaster County scholarships for 4-H members planning to attend institutions of higher learning after high school. Kiwanis, Lane, Jonathan Backes, Hutchinson and the Havelock Business Association scholarship applications are due in the Extension Office October 4, by 4:30 p.m. or must be postmarked by October 4.

Each scholarship has different requirements, so request only those applications that fit you.

Kiwanis $250. Must be a high school senior and currently enrolled in 4-H. Selection based on 4-H projects, scholastic standing, activity involvement and financial need.

Birdie E. Hutchinson $200. Must enroll in the College of Human Resources and Family Services or major in home economics. Selection based on 4-H projects, scholastic standing, activity involvement and financial need.

Jonathan Milligan Backes Memorial 4-H Scholarship $500. Must enroll full-time at the University of Nebraska, Institute of Agriculture and Natural Resources. Must be a high school senior currently enrolled in 4-H, with a minimum of three years 4-H experience. Selection based on 4-H projects, scholastic standing, activity involvement and recommendations.

Havelock Business Association $250. Must be a high school senior and a 4-H, FFA or FHA member in good standing from Waverly High School or Lincoln Northeast High School. Selection based on 4-H, FFA and FHA projects or programs, scholastic standing, activity involvement and financial need.

Lane Community $200. Must be a 4-H member attending Raymond Central High School and have a minimum of three years 4-H experience. Selection based on 4-H projects, scholastic standing, activity involvement and recommendations.

Request all applications from the Extension Office. If you have questions, please contact LaDeane at 441-7180. Other scholarships are offered throughout the year, so stay alert and watch NEBLINE. (LJ)

The County Fair

(or why county agents all have gray hair) by Glenn Brunke

Everyone enjoys the local county 4-H fair. A blessed event that happens once a year. Everyone, that is, except the county agent To whom the thought of it causes great fear. Their eyes are blank their skin is white They’re quickly losing their mind and it shows Is usually about how the typical fair goes Someone left the hose on, the tanks overflowin’ The run-off is creative a quaint little bog Is usually about how the typical fair goes Their eyes are blank their skin is white They’re quickly losing their mind and it shows Is usually about how the typical fair goes Someone left the hose on, the tanks overflowin’ The run-off is creative a quaint little bog Is usually about how the typical fair goes

You can check the schedule of events at the fair grounds for the entertainment line up. If you have questions, please contact LaDeane at 441-7180. Other scholarships are offered throughout the year, so stay alert and watch NEBLINE. (LJ)

What: 4-H Open House

When: Monday, September 18, 1995
6:30-8:00 p.m.

Where: Lancaster Extension Conference Center
444 Cherry creek Road, Lincoln

Who: You—Adults and Children
(8 years & older)

Why: To learn more about the 4-H program

4-H—for Youth—for America

FOR YOU!—4-H

I'm interested in 4-H!

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry creek Road, Lincoln NE 68528-1707. A 4-H recruiter will contact you. Please call 441-7180 for more information.

Name: [ ] Female [ ] Male Birthdate:

Address:

Telephone:

Parent(s) name: [ ] Grade in school [ ] School:

Monthly agenda available for review

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 Extension Office receptionist 8:00 a.m.-4:30 p.m. M-F
Take a few minutes to nominate outstanding people to represent you on the 1995-96 Lancaster County Council. Members of the 4-H Council serve a vital role in seeing that the 4-H program in Lancaster County moves forward and continues to provide outstanding opportunities for youth to develop lifelong skills. It is essential that those nominated be dedicated to seeing that the work of the council is done.

Seven youth and seven adults currently serve on the council. One member of the council is appointed to serve as a member of the Lancaster County Extension Team. Nominations are representative to the Lancaster County Agricultural Society. 4-H members in at least the ninth grade, leaders, interested parents or community members are eligible to hold a position on the council and are encouraged to submit nominations.

Each council position is held for two years and members may be elected for no more than two terms. Seven members of the council will be elected this year to fill the positions currently held by the following members:

Area 1: Charles Parrott—youth
Area 2: Jason Minchow—youth
Area 3: Jayne Grundman—youth
Area 5: Robin Stearley—youth
Area 6: Penny Caranto—adult
Pam Stearley—adult

Continuing on the council are:
Area 1: Deb Heitbrink—adult
Area 2: Rod Lemke—adult
Area 3: David Kish—youth
Area 5: Rhonda Tucker—youth
Area 6: Kent Rosenboom—youth

Determining the educational needs of youth and deciding how to deliver programs to meet those needs is the purpose of the volunteers who serve on the 4-H Council. The council is also responsible for determining 4-H policies, establishing and appointing planning committees and finding resources to support 4-H events. Typically there are meetings throughout the year on the first Tuesday of each month. All 4-H volunteers and 4-H members in ninth grade or older are eligible to vote. Members will represent areas of Lancaster County as indicated on the map. Nominations are due at the Extension Office by September 26. (LJ)

Area 1: Youth
Area 2: Youth
Area 3: Youth
Area 5: Youth
Area 6: Adult

A BIG THANK YOU!

There is a great deal of hard work that goes into the 4-H program in Lancaster County. It isn’t just the week of the fair either... it is all year round.

The 4-H clubs are meeting once or twice a month holding meetings, doing service projects, preparing projects, plus preparing their projects. Volunteers that don’t have a 4-H club or a 4-H member in their household are doing presentations at leaders forums or thinking up new, innovative ways to make the best better.” Extension staff are organizing and promoting school enrichment activities and events and making sure everyone has what they need to be successful.

For one whole year, leaders, superintendent, volunteers, 4-H members and adults are working very hard and are finally able to celebrate at the Lancaster County Fair! Remember, there is no fair solely on the county fair, but it is a time of celebration and a time to show off what they made or prepared. I have heard so many compliments and positive notes about the family atmosphere and what a great achievement this is for everyone involved.

A BIG THANK YOU goes to everyone in the 4-H program. You are the reason 4-H is a strong and vital program in Lancaster County! CONGRATULATIONS! (AMM)

4-H school enrichment in full swing

Are your youngsters making recycled paper or discussing the water cycle? Or asking about space junk? They may be—because the 4-H School Enrichment Program is introduced to approximately 12,000 students in Lancaster County. This program brings science-based materials into the classroom and provides “hands-on” experiments for the students. The projects inspire responsibility and enhance life skills.

Garbology is a solid waste management program that encourages second-grade students to reduce, reuse and recycle. Sorting garbage, discovering types of packaging and making recycled paper are activities in this unit.

The miracle of life unfolds in Embryology as third graders study life cycles. Students and teachers are responsible for the care of fertile eggs throughout the 2-3 day incubation period. Then...baby chicks are hatched right in the classroom.

The Waste Stream teaches My Feet relates science and technology space to daily living for fourth-grade students. By using features from the space shuttle program as working models, students learn how forces, fibers and food affect their lives on earth and astronauts while in space.

With an emphasis on quantity and quality, Water Riches looks at the complexities of one of our most precious resources—water. Fifth-grade students determine ways to manage our water supply and commit to the preservation and conservation of this natural resource.

The Waste Stream defines the importance of wheat to our global community. Sixth-grade students learn the whole process from growing wheat to producing a product! Yes, that wonder­ful flour that you see in local school classrooms—your youngster is making homemade bread!

The Waste Stream introduces the mythical community of Sludge Falls. Like many communities, Sludge Falls has its share of waste problems. Students determine solutions while dealing with solid waste, waste water and hazardous waste.

So—you may see your student taking part in a 4-H program. And you are the member and choosing a variety of other activities because 4-H brings opportunities and resources your way! Watch for your youngster’s participation in the 4-H School Enrichment Program, an educational experience for the family! (ALH)

Judging results

The Lancaster County Fair Judging Contest was very highly contested. Each animal was well represented.

Junior Dairy Cattle Judging Contest trophy winner was Tyson Ritz of Malcolm. Senior Dairy Cattle Judging Contest trophy winner was Jodie Swarts of Milford. Purple ribbons were presented to Tyler Heitbrink, Jason Meyer, Cure Heitbrink, Bridget Heitbrink and Lance Steinhausen.

Junior Dairy Goat Judging Contest trophy winner was Desiree Harnhall and the reserve winner was Nathan Eder. Senior Dairy Goat Judging Contest trophy winner was Justin Birkett. Reserve winner was Mindie Lieske. A purple ribbon was presented to Ricardo Montano.

Junior Livestock Judging Contest trophy winner was Jaclyn Lorenzen. Intermediate Livestock Judging Contest trophy winner was Tara Hepburn. Senior Livestock Judging Contest trophy winner was Tim Mueller. FFA Livestock Judging Contest trophy winner was Bridget Heitbrink. Purple ribbons were presented to Haize Loecker and Daniel Landon.

To all 4-H animal and Cloverbud exhibitors

We would like to send out a huge “thank you” to all of the super­intendents, exhibitors and 4-H families that were exhibiting animals and/or Cloverbud exhibits at the Lancaster County Fair.

It was a pleasure to have the opportunity to work with each and everyone of you.

We appreciate your support and dedication that you give to the 4-H program. —Renee Hunt, Cindy Blome and Sherry Post (CB)
Time wasters

Many of us could do our jobs both at home and work much more effectively if we evaluated those things that we do that waste time. Take a look at the following list. Are you guilty of any of these top time wasters?

- worrying about something you have no control over, like yesterday
- not communicating effectively
- being negative, defensive, critical, petty
- being inflexible, rigid, non-changeable
- saying yes to every request; feeling guilty when you say no
- not remembering the 80-20 rule (80% of the work gets done in 20% of the time)
- not taking time for self-renewal
- not scheduling time for healthy, enjoyable family life

Now what can you do to be a time saver? Think about those things that are truly most important to you, evaluate current habits and start working on time wasters one at a time until time wasters are eliminated from your routines. (LJ)

Language spoken at home?

LeDeane Jha
Extension Educator

Every ten years the Census Bureau conducts a census of the population. One of the questions asked to people in 1990 was if they spoke a language other than English at home. If they answered yes, they were asked which language they spoke and how well they spoke English. This is what the Census Bureau learned.

In 1990, 31.8 million U.S. residents, or 14 percent of the population 5 years-old and over, reported they spoke a language other than English at home. These figures compare with 23.1 million persons or 11 percent in 1980.

The top 15 languages other than English spoken at home are listed in the accompanying table. After English, Spanish was the most common language spoken at home in 1990. More than half who spoke another language reported that they spoke Spanish—this was a sharp increase over 1980.

Other top 15 non-English languages spoken at home in 1990 reflected both new and old immigration patterns to the United States. The recent immigration of Asian and Pacific Islander groups is evident in the dramatic increases between 1980 and 1990 in the number of speakers of Vietnamese, Hindi, Korean, Chinese, and Tagalog.

In contrast, significant declines were noted over the decade in the number of speakers of some European languages (such as Italian, Polish and Greek) whose peak wave of immigration was early in this century.

Another interesting statistic gathered by the Census Bureau is the states that had the largest percentage of persons who spoke another language. New Mexico had the largest percentage—followed by California (see map). Only five other states had a figure of 20 percent or more. In contrast, the majority of states fewer than 10 percent of the population spoke another language at home. In seven states all—in the south—3 percent or fewer did.

Language is increasingly important in the way businesses market goods. It is not unusual to find information in more than one language on instruction sheets or label information. The implications of new immigration and resulting language patterns are important to think of in business, education and programming.

Information from U.S. Department of Commerce, Economics and Statistics Administration, Census Questionnaire Content, 1990 CQC-16 “We asked ... you told us.”

<table>
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<th>Top 15 Languages Other Than English Spoken at Home: 1990 and 1980</th>
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<td>Language</td>
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<td>Hindi (Urdu)</td>
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<td>Russian</td>
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<td>*3 years and over; all other figures, 5 years and over</td>
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Less than 6 percent: 6 to 9 percent: 10 to 19 percent: 20 percent or more:

Other-Language Speakers More Prevalent in the Southwestern States, Hawaii, New York, and New Jersey

Percent Who Spoke a Non-English Language at Home: 1990

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that because it was Everybody’s job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn’t do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done. (LB)
**Awareness through empathy**

One of the most important approaches for the alteration of one’s basic attitudes and lifestyle towards living in harmony with Earth is that of empathy—putting oneself into the situation of another living thing, be it plant or animal. It is essential for developing a real understanding of nature in young children.

The process can be accomplished by reading imaginative books that place children in the worlds of other living creatures. Through role playing, children can “become” a snail, a Canadian goose, an ant, a spider, a turtle. All these are some activities that enhance the experience of empathy.

Observe a creature in its natural habitat. By watching a spider spinning its intricate web, a child can better relate to the creature and its fragile environment. Learn about an animal and how it uses its senses to move about, find food and so on. For instance, a mole has very poor eyesight, but is familiar with its underground world through its sense of hearing, touch and smell.

**Write a diary entry for a day in the life of another creature.**

**Can livestock manure pass the proximity test?**

Livestock manure odors not only pose a source of irritation between producers and neighbors; odors often lead to stringent zoning regulations and contribute to livestock odors, and of less than 1 part per billion, a greater reliance on manure nuisances have increased because nature’s primary tool for control—storage and greater concentrations.

**Responses of several medium or high-risk answers warrant consideration of odor control practices.**

**Precaution needed with the storage of pesticides**

Because pesticide products are made to combat unwelcome pests, precautions are necessary to protect family members from accidental poisoning or exposure.

- Use child-resistant packaging to certify that their child-resistant packaging will keep children out of reach.
- Keep child-resistant packaging intact; resecure containers when required, remove children.
- Read the label, follow directions and when required, remove children, pets and toys from the area for the time recommended by the label.
- If interrupted while using a pesticide, put the container out of children’s reach.
- Keep child-resistant packaging intact; resecure containers properly after each use.
- Always keep pesticides in their original containers.
- Teach children that pesticides are intended to kill or repel certain pests and should be handled only by adults.
- Post the telephone number of the local poison control center next to the telephone.
- Use pesticide protective equipment and clothing as directed by the label.
- The Environmental Protection Agency now requires pesticide manufacturers to certify that their child-resistant packaging will meet certain standards of effectiveness, compatibility and durability. Manufacturers must keep data on file to substantiate their certification.

No matter what the season, safety precautions should be followed all year. (DJ)
NOTICE
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in The NEBLINE, contact the source listed in the article.

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FAX 441-7148
GARDEN Gossip HOTLINE 441-7179
COMPOSTING HOTLINE 441-7147

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

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

September 5
4-H Council Meeting .................................................. 7:00 p.m.

September 9
Festival of Color—Ag. Research & Development Center, Mead

September 10
4-H Teen Council Meeting ........................................ 3:00-5:00 p.m.

September 11
Extension Board Meeting ............................................. 7:30 p.m

September 12-14
Husker Harvest Days—Grand Island

September 13
4-H Horse VIPS Meeting ............................................. 7:30 p.m.

September 14-15
Women in Agriculture—Holiday Inn, Kearney

September 18
4-H Promotion Open House

September 21
Fair Board Meeting ................................................... 7:30 p.m.

September 20-25
Ak-Sar-Ben 4-H Livestock Exposition—Ak-Sar-Ben Field, Omaha

September 25
FCE Council Meeting ................................................ 7:00 p.m.

September 26
FCE Leader Training .................................................. 1:00 or 7:00 p.m.
Lancaster County 4-H Council nominations due

October 1
Chris Clover Awards Books Due to Leaders

October 1-7
National 4-H Week

October 7
Household Hazardous Waste Collection—2200 St. Mary’s Ave., 9:00 a.m.-3:00 p.m.

October 3
4-H Council Meeting .................................................. 7:00 p.m.
4-H Production Livestock Booster Club Meeting ............................................. 7:30 p.m.

October 4
County Award Books & Scholarship Applications Due

October 9
'Money Smart’ Holidays .............................................. 1:00-3:00 p.m. and 7:00-9:00 p.m.