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The NEBLINE, October 1995

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Traveling recycling trailer nets over 9,000 pesticide containers!

After making a circuit to 12 agricultural pesticide application sites in Lancaster, Sarpy, Saunders, Seward, Saline, Gage and Jefferson counties, the trailer is back home at the Lancaster County Extension Office. In the 13 collection days, approximately 13,580 containers were collected. Each white or yellow, 1- or 2-lb-gallon container was inspected to make sure it was triple- or pressure-rinsed and dry. When the 42-foot semi-trailer was full, Midwest Valley Chemical picked up the trailer and drove it to a plastic chipper in Wall Lake, Iowa.

After the containers are chipped, the plastic is transported to pesticide container manufacturing plants where it is melted and made into new pesticide containers.

Hats off to the following sponsoring agricultural chemical dealers: Wavert Farmer's Union Co-op, Greenwood Farmer's Co-op, Farmers Union Co-op (Gretta), Otte Oil and Propane (Wahoo), Countryside Cooperative (Raymond and Milford), Blue Valley Co-op (Tamaroa), Dorchester Farmer's Co-op, Land O'Lakes (Wilber), Firth Cooperative Company, Southeast Nebraska Co-op (Beatrice), Farmer's Co-op Elevator (Plymouth), and DeHass and Sons Elevator (Rinard).

Thanks also to the Department of Environmental Quality, UNL Water Center and University of Nebraska Cooperative Extension for supporting this program.

If you have pesticide containers that you would like to add to this year's total, you can bring them to the Lancaster County Extension Office. Please call ahead (441-7180) to make sure that someone (Bar, Dave or Sherry) will be available to inspect the containers when you arrive. (BPODV/SP)

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

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A community response—
The Consortium for Children and Youth

LaDeone Jha & Lorene Bartos

Extension Educators

The Consortium for Children and Youth is a unique, private, non-profit, non-partisan advocacy and support agency. It acts as a strong voice for children and youth in Lincoln and throughout the state. Through collaboration and cooperation with organizations throughout the city and county, like Cooperative Extension, they respond to the unmet needs of children and families.

Because of its status as a community-based advocacy organization, it is available to serve as a vehicle for presenting community concerns, ideas and suggestions to community leaders. The Consortium provides leadership and works for action in addressing issues affecting children and youth here in our community. The value of children and youth in the community is promoted through the media, speaking engagements, participation in planning groups, open forums, seminar workshops, conferences and recognition dinners. This advocacy involves interaction with businesses, human service agencies, governmental officials, juvenile justice systems, schools, neighborhoods, churches, civic organizations, political representatives, youth organizations, individual adults and youth.

One of the goals of the Consortium is to make Lincoln/Lancaster County one of the best places in this country for children and young people to live and grow. The creation of an environment where children and youth grow to be healthy, educated, nurtured and productive individuals is its vision.

KIDS VIEW, a publication of the Consortium, is a report on the state of the child in Lincoln/Lancaster County. The report is published every two years and is an eye-opening overview of the challenges facing our community with regard to children and youth.

Call the Consortium for copies.

The Consortium facilitates a Public Policy Committee open to all public members, to review state legislation affecting children and youth. In 1994 and 1995, specific topics addressed, through active participation, were alcohol levels in driving, welfare reform and voluntary curfews.

Several Issue Committees are facilitated by the Consortium and are open to the public. They meet monthly to plan. This past year the committees included: Parenting Education and Support, Respite Care, Recreation/Youth Violence Prevention and Youth Employability.

One of the most exciting activities of the Consortium is the Youth Advisory Council, a diverse group of teens representing over 17 area schools. Their mission is to undertake programs that will benefit the youth of the area. Helping young people develop the leadership skills inherent in all youth is one way the Council provides an opportunity for growth and development. The Council is open to any student in grades 7-12 who has a desire to address the needs and concerns of the youth of the Lincoln area.

During the next year, the Council has a huge challenge according to Pamask. They are putting together a Youth Summit to Celebrate Youth. The summit is intended to create partnerships to improve the quality of life for young people.

There are three major committees within the Youth Advisory Council: Recreation—a committee investigating setting up a recreation calendar for city-wide youth events that would include activities of all agencies and planning a New Year's Eve activity.

Legislative—a committee that investigates and speaks on issues affecting youth such as curfew. They are a "Voice for Youth, kids speaking for kids," according to Rob Panlak, Director for the Youth Advisory Council.

Service—a committee that urges participation in a variety of community service projects during the year such as food drives, bell ringing, etc.

During the next year, the Council has a huge challenge according to Panlak. They are putting together a Youth Summit to Celebrate Youth. The summit is intended to create partnerships to improve the quality of life for young people.
Garden hints for October

**Plant spring flowering bulbs.**

**Cut down and remove foliage of**

herbaceous perennials after two or three hard frosts and when leaves begin to turn brown. This reduces the danger and ensures adequate soil moisture for next spring's application with a hose so the water can penetrate deeply or by using a good flow of water. However, some people report success with hanging geraniums through the winter as expendable plants. If you leave this plant material in your garden, it may harbor overwintering stages of diseases or insect pests. If you leave this plant material in your garden, it may harbor overwintering stages of diseases or insect pests. If you leave this plant material in your garden, it may harbor overwintering stages of diseases or insect pests.

**Pick bagworms from evergreen shrubs.** This will eliminate the spring hatch from overwintered eggs.

**Remove leaves from lawn to reduce lawn problems.** Compost or shred and use them for mulch.

**Fall is the time to control certain broadleaf weeds in the lawn such as white clover, dandelion and ground ivy.**

**Make a note of any particularly productive or unsatisfactory varieties of vegetables planted this year.** Such information can be very useful when planning next year's garden.

**Remove any diseased or insect-infested plant material from your garden, it may harbor overwintering stages of diseases or insect pests. If you leave this plant material in your garden, it may harbor overwintering stages of diseases or insect pests.**

**Dig up and bring in cannas, dahlias and gladiolus.**

**Clean up the orchard and small fruit plantings.** Sanitation is good maintenance. Diseased fruits or mummies carry disease organisms through the winter to attack new growth. Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.

**Christmas cactus needs special care now to get its beautiful flowers this December.**

Buds will form at 50-60 degrees F. As long as you are turning the soil anyway, take the opportunity to dig up and bring in cannas, dahlias and gladiolus. If you leave this plant material in your garden, it may harbor overwintering stages of diseases or insect pests. If you leave this plant material in your garden, it may harbor overwintering stages of diseases or insect pests.

**Pot poinsettia to rebloom for the Christmas season.**

**Harvest gourds.**

Harvest gourds when the stem dries and begins to turn brown. Be sure to come your harvest before the first hard frost. Immature gourds will not cure correctly, so only harvest them when fully cured.

After harvest, wash the fruit in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays and leave them in a warm, dry location. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take 1 to 6 months, depending on the type of gourd. The outer skin hardens in 1 to 2 weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd, using scissors or a knife. Check the ends, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MM)

Caring for fuchsia

Fuchsia makes a good plant for a small garden in cool beds with sun or partially shaded conditions. Pinching will make the plants fill out and look better. Usually the weather is too warm for soil mix, but do not allow it to dry out. Fertilizer can be given once every two weeks.

**Poinsettia reblom**

There is still time to get your poinsettia to rebloom for the upcoming holiday season. The plant needs to be in total darkness from 5:00 p.m. to 8:00 a.m., then back in a well-lighted area from 8:00 a.m. to 5:00 p.m. To do this process, you can have the plant in a sunny window during the day and then a box could be placed over the plant for the darkness period. The plant should begin to show color by early December and the process can then be stopped.

**Garden cleanup**

After the last of the fall harvest is in, one more gardening task remains: a fall garden cleanup.

Remove diseased plant debris and plow under other residues. This will reduce the number of overwintering insects and disease organisms and minimize these problems in next year's garden. We all know that fumigation can be a difficult task and should always be used with caution to reduce the danger to beneficial organisms.

Winter's freezing and thawing action will break up the soil. As long as you are turning the soil anyway, take the opportunity to turn under manure, commercial fertilizer, compost or ground up woodchips. If you have a compost pile or a wood chip mulch compost, throw in any extra trash, leaves or garden trimmings with these materials. If you have a compost pile or a wood chip mulch compost, throw in any extra trash, leaves or garden trimmings with these materials.

As long as you are turning the soil anyway, take the opportunity to turn under manure, commercial fertilizer, compost or ground up woodchips. If you have a compost pile or a wood chip mulch compost, throw in any extra trash, leaves or garden trimmings with these materials. If you have a compost pile or a wood chip mulch compost, throw in any extra trash, leaves or garden trimmings with these materials.
Guard your investment: Store grain properly

Grain quality does not improve in storage. At best, the initial quality can only be maintained. However, if proper management is neglected, the entire bin of grain may become a worthless, moldy, insect and rodent infested mass. Be sure that only high-quality grain goes into clean storage bins.

First, clean the bin site. Spilled grain and feed accumulations near bins are frequently overlooked as potential sources of migrating insects, as are dust created by feed grinders or feed left in self-feeder.

Remove leftover grain from the bin and sweep and vacuum the walls. If long-term storage (over 1 month) is planned, consider the cleaned bin with protective insecticides two to three weeks before new grain is added. Apply the spray to the point of runoff to many surfaces in the bin, especially joint seams, cracks, ledges and corners, including outside the bin at the floor. Dustiers, fans, ducts and fans. Malathion, methoxychlor, Temprin or Redilan may be used for this purpose. (Urea, formaldehyde and sorghum is to be stored.) Do not apply Temprin or methoxychlor directly to grain to avoid affecting all pesticides, read and follow label directions carefully.

Because any grain is harvested, clean all grain handling equipment including augers, combines, trucks and wagons and remove old grain residue. Combines should be adjusted to minimize grain damage and maximize removal of fines and other foreign material. Many combines have secondary feeders—feeding only on broken or cracked kernels and other materials, not sound kernels. Be especially careful when harvesting and handling grain from stressed crops because this grain is more easily damaged.

Operate augers at full capacity when flowing into storage and grain breakage. With variable incoming flowrates, reducing auger speed can keep the auger operating at full capacity. Another option is to add a hopper over the auger intake, keeping the grain moving and making sure all safety shields and auger intake grates are kept in place and in good working order.

To reduce the incidence of molds and insects, cool and dry the grain as soon as possible after combining. Deterioration of grain quality occurs rapidly at high temperatures. For example, grain held continuously at 75°F and 25% moisture content will deteriorate in 50 days that 15% moisture grain held at 60°F would in 250 days. Warm, moist grain can quickly become toxic to molds and insects.

Moisture content of the grain going into storage is critical to assuring that quality can be maintained. Recommended moisture contents depend on the length of time that grain will be stored and are given in Table 1. The recommended moisture contents by 1 percentage point when storing low quality grain. This includes immature grain, severely cracked and damaged grain and grain subject to previous insect or mold activity.

Grain going into a bin should be clean. Broken kernels, foreign material and fines will create additional problems in stored grain, particularly when they accumulate in pockets. In most cases, the major problem areas in stored grain are kernels, foreign material and fines, which often develop into hot spots that result in spoiled grain.

The most effective way to remove broken kernels, fines and other foreign material is to use a high-capacity rotating grain cleaner. If this is not possible, a power spreader may be used to minimize concentration of fines, although a "sorghum-shut" accumulation of material often occurs in the bin. If a power spreader is not used, install a grain cone to break up the inflow of grain and partially spread the fines.

More grain goes out of condition because temperatures are not controlled than for any other reason. When storing grain, cool to the prevailing air temperature. While air temperature, grain should be held at temperatures lower than 10°F to 15°F of the outside air temperature. Temperatures below 5°F will prevent insect feeding and reproduction. As grain is being agured into storage, apply liquid or dust grain protectant, especially if the grain will be stored for 10 months or more. Use either premix grade malathion (corn and sorghum), Reldan (sorghum only), and malathion (corn and sorghum). Power spray equipment are preferred over gravity dip applicators because they provide more uniform coverage, giving better insect control.

Treating when the grain is above the recommended moisture for long-term storage and the grain temperature is above 40°F will limit the effectiveness of the insecticide, as the combination of moisture and temperature will increase the breakdown rate. If grain must be treated when it is warm, use an aeration system to cool it as quickly as possible. Operation of the aeration system will not remove the protectant from the grain.

After the grain has been leveled in the bin, top-dress the surface with both Diel and malathion or Actellic (corn and sorghum) or Redilan (sorghum only). Diel works against Indian meal moths while malathion is needed for beetle control. Redilan and Actellic control both types of insects. (Do not treat soybeans with malathion, Reldan or Actellic.) If Indian meal moths have been a problem, use Vapona resin strips (one strip per 1 cubic foot of air space) in the bin space above the grain.

Stored grain represents a major investment. Precipitation taken as the grain is put into storage can pay dividends later by helping to assure that quality is maintained. (DV)

### Table 1. Maximum recommended moisture contents for properly managed, aerated grain.

<table>
<thead>
<tr>
<th>Storage period</th>
<th>Corn + Sorghum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fed By April</td>
<td>18%</td>
</tr>
<tr>
<td>Marketed by June</td>
<td>15.5%</td>
</tr>
<tr>
<td>Up to one year</td>
<td>14%</td>
</tr>
<tr>
<td>Over one year</td>
<td>13%</td>
</tr>
</tbody>
</table>

Did you know ...

- Each federal dollar appropriated for research and Extension leverages 4 to 5 state, local and private dollars; the annual rate of return on the overall investment in research and Extension is 36%.
- Organic Market Overview says the U.S. organic industry grew more than 22% in 1994, reaching sales of $2.3 billion.

Source: Center for Sustainable Agricultural Systems (BPO)

Rural Sense

**Dupont agrees to phase out Bladex**

On August 2, 1995, the U.S. Environmental Protection Agency (USEPA) announced that DuPont Agricultural Products has agreed to phase out the production of the pesticide cyanazine (Bladex) for use in the U.S. Under this agreement, DuPont—the sole manufacturer of this herbicide—will voluntarily cancel all cyanazine products effective December 31, 1999.

The reason for this decision is that cyanazine has been identified as a possible human carcinogen, based on studies that indicate that cyanazine causes cancer in laboratory animals. In addition, persons working with the herbicide are exposed to cyanazine in drinking water and food and drinking water supplies in areas where the herbicide is used. USEPA's Special Review of the herbicide (cyanazine, atrazine and simazine) is based on the concern that long-term exposure to these herbicides in drinking water, especially the spring and summer in Midwest agricultural areas. USEPA's Special Review of atrazine and simazine will continue. An estimated 95% of cyanazine sold to Nebraska farmers is used to control weeds in corn. It is among the most widely used herbicides in Nebraska.

Over the next four years, the maximum seasonal application rates of atrazine must be reduced. USEPA is expected to reduce the maximum seasonal application rates to 4.5 lbs. of active ingredient per acre. The new restrictions will be phased in over a four year period. USEPA's restrictions are expected to go into effect by December 31, 1999. Refer to the following chart:

<table>
<thead>
<tr>
<th>Date</th>
<th>Maximum Seasonal Application Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1, 1997</td>
<td>5 lbs.</td>
</tr>
<tr>
<td>January 1, 1998</td>
<td>3 lbs.</td>
</tr>
<tr>
<td>January 1, 1999</td>
<td>1 lb.</td>
</tr>
</tbody>
</table>

After January 1, 1999, growers must have a closed cab system for all applications using USEPA's restrictions. Growers using USEPA, growers should not incur additional costs as a result of this action because there are alternatives to cyanazine currently registered and available.


**Minimize sorghum losses at harvest**

Timely operations and the use of header attachments can save grain sorghum at harvest. Investigations show that harvesting grain sorghum at about 16% moisture content will help reduce shatter losses. However, grain sorghum is a crop that demands the best in combine operators. Most crops have one specific problem area (such as the header in soybeans), but grain sorghum can cause difficulties at nearly every point in the combine. These problems are compounded by the fact that grain sorghum often ripens unevenly across the field.

Grain moisture influences grain damage. Cylinder speed is usually the most important factor affecting cracking or kernels. Consult the operator's manual to initially set the combine and if cylinder is too fast, slow the rotor spaced few inches and corn. A row crop header or header attachments on a platform will reduce harvesting losses for both standing and lodged conditions. The platform attachments fit in front of the combine and have gathering points to aid in picking up or directing the grain head into the cutterbar. Some special attention will be required for drought stressed areas. Since these fields will have more variable yields and possible patches of weeds, the combine operator should adjust the combine for these changing conditions. These adjustments probably will reduce travel speed and input feed capacity levels will be lower, so do not over thresh the grain.

Always take time to check the harvest losses by stopping the combine and inspecting areas in front of and behind the combine. Ground counts are tedious work; however, they offer a reasonably accurate way of much grain is being lost. A loss of 17 to 20 kernels per square foot is equivalent to one bushel per acre. Measure the area behind the combine, if the results are 5% or less, your losses are reasonable limits. If losses are above 5%, check the area not harvested, determine the preharvest losses and make adjustments according to the operator's manual. (DV)
Garden residues a wildlife food source

As you give your vegetable garden a final fall cleanup this year, consider leaving some plant residues for wildlife. Leave bean plants and beans that got too mature to be harvested, corn stalks with rubbery ears that never grew big enough, oversized summer squash, winter squash and pumpkins with soft spots or frost damage, leafy vegetables that went to seed, and the tough outer leaves and stalks of winter squash and pumpkins with soft spots or frost damage. Also leave out broccoli sprouts, cabbage and the other cole crops as an eminently nutritious food source for wildlife.

You can still clean up the garden to reduce the carryover of insects and diseases. Remove and burn or put out for the trash pickup any diseased plant materials, including corn that has been infected with smut, wilt-stricken squash vines, and blighted potato and potato plants. Till or plow under stands of weeds and mulch that might provide overwintering shelter for squash bugs, cucumber beetles, Colorado potato beetles, European corn borers and other pests. But leave residues of healthy plants that could serve rabbits, birds and, in rural areas, deer as a winter food reserve.

Do not be surprised if some of the less palatable foods stand untouched for weeks or even months. The beans and squash seeds will go quickly, while things like Brussels sprouts stalks and leaves if left untouched for weeks may be an unsurprising food available, even those tough old stalks may be consumed.

Leaving garden residues for wildlife may help take some of the pressure off fruit trees and other potential foods in your landscape. It is a good idea to do this, however, to protect your landscape plants from all harm. Mice will still be busy under the snow, so you will still need to protect fruit trees and valuable landscape plants with either physical barriers or taste/or smell repellents. (DJ)

Reusing plastic bags

The Plastic Bag Information Clearinghouse passes on these ideas for reducing plastic bags:

• Take on return trips to the supermarket.
• Protect dry clothing from wet towels in an exercise bag.
• Hold plastics, aluminum and glass for recycling. The first method was to use as packing material to ship items. ‘what worked and what didn’t—our experiences’ article, I shared my frustrations in trying to retrieve each and every bag recycling collection site, call 1-800-438-5856. (SE)

Sorting plastic bags

The possibilities for reusing plastic bags are limited only by your creativity. Every time you reuse a plastic bag, you help to one of them that it just wasn’t thought about doing this. It certainly sounded simple and it sure did take as much time. But, I don’t want to have to buy more worms to start over. I’ve previously worked to be environmentally friendly, family friendly and cheap.

We did finally try something that worked for us. My seven-year-old son, Ben and I spread a large, plastic garbage bag outside in a sunny spot (one of those days when the temperatures were actually pretty close to 100°F). With small plastic buckets, we scooped out the bin and piled the castings and worms on the bag. (When you look in your bin, you usually don’t see the worms because they’re sensitive to light and move away from it.) Ben dumped his bucket out on the ground and was surprised to see gobs of squirming redworms trying to bury themselves back into the castings. After about ten minutes, the worms disappeared. We gently scooped off the top of the castings and Ben left it in a cooler. The worms we exposed immediately moved down away from the light again. We kept this up for about a week and left was a huge, wriggling pile of worms—Ben found a pile of gold. Most kids this age love worms, gooey things so I didn’t have any trouble motivating him to get his worms and take them home. Sorting worms this way turned out to be easy, practical, and, dare I admit, even fun! Try it! Fall is a great time to start a worm bin that can be used indoors during the winter. For more information, call the Extension Office and ask for “ Vermicomposting” (107-94).

Plug abandoned water wells

There are thousands of water wells throughout Nebraska that are no longer used for irrigation or domestic use. Over the years, these wells have been left behind or “abandoned” without being properly filled and sealed. These open wells are a direct pipeline to groundwater supplies and could allow chemicals and other contaminants to pollute this valuable natural resource. In addition, abandoned wells can be a safety hazard to unsuspecting people and animals. To address these problems, the responsibility of the landowner to properly fill and seal unused wells. This can be a costly and time-consuming process; therefore, the Lower Platte South Natural Resources District established a Well Abandonment Cost-Sharing Program five years ago to help landowners comply with the law.

Since that time, more than 250 wells have been properly abandoned in the Lower Platte South NRD. The program was recently revised to provide additional cost-sharing assistance to landowners to encourage greater participation. Under the revised program, the Lower Platte South NRD will pay 75% of the cost to properly abandon all types of water wells with landowner costs not to exceed $150. Landowners who participate in the well abandonment program can also receive an outdoor space share assistance to have any remaining pump pipes removed. A landowner will not have to pay more than $100 for pump pipes 2 inches or less in diameter and $300 for pump pipes with a diameter greater than 2 inches. The NRD employs a licensed state water well contractor to ensure that all wells are filled and sealed according to Nebraska Department of Health guidelines.

In addition to providing cost-sharing assistance for well abandonment, the NRD has also conducted well abandonment demonstrations in cooperation with the University of Nebraska Cooperative Extension So that landowners could see how the demonstration works. The NRD is currently working with Cooperative Extension to schedule more of these demonstrations. Watch these pages for more information on when and where these demonstrations will be held.

Applications for the Lower Platte South Well Abandonment Program are accepted throughout the year with the actual abandonment process being performed from late fall through early spring. The program fills up fast, so call the NRD office at 476-2729 for application information (CB).

Feathered friends’ menus

Are there certain birds you would like to attract to your urban landscape or acreage? You can do this by providing the foods they prefer. Here is a list of the birds we observed this past year and six months—that’s more than 400 species observed—when the temperatures were days when the temperatures were usually 107°F and the air was almost 100°F. We did finally try something that worked for us. My seven-year-old son, Ben and I spread a large, plastic garbage bag outside in a sunny spot (one of those days when the temperatures were actually pretty close to 100°F). With small plastic buckets, we scooped out the bin and piled the castings and worms on the bag. (When you look in your bin, you usually don’t see the worms because they’re sensitive to light and move away from it.) Ben dumped his bucket out on the ground and was surprised to see gobs of squirming redworms trying to bury themselves back into the castings. After about ten minutes, the worms disappeared. We gently scooped off the top of the castings and Ben left it in a cooler. The worms we exposed immediately moved down away from the light again. We kept this up for about a week and left was a huge, wriggling pile of worms—Ben found a pile of gold. Most kids this age love worms, gooey things so I didn’t have any trouble motivating him to get his worms and take them home. Sorting worms this way turned out to be easy, practical, and, dare I admit, even fun! Try it! Fall is a great time to start a worm bin that can be used indoors during the winter. For more information, call the Extension Office and ask for “Vermicomposting” (107-94).

HINT: To retrieve worms you may have missed—but your sorted castings in a cooler or large box. Place 1/2 ripe melon, rind side up, on top of the compost and leave undisturbed for about a week. Some of the worms you missed will be piled up under the melon. You can then collect them and return them to the newly restored soil.
Roaches are health menace!

Nearly everyone will agree that cockroaches are pretty disgusting insects, especially when they thrive in our homes. There are about 3,500 cockroach species in the world. Thank goodness only four species live and breed in our homes in Nebraska! These four species, the German, brown-banded, oriental (a.k.a. waterbugs) and American cockroach, are world travelers, living with humans nearly everywhere across the globe.

Did you know that cockroaches can carry bacterial pathogens and cause food poisoning by contaminating human food or utensils? Did you know that many people who are continually exposed to cockroach infestations develop allergic responses to cockroach “dust”? The symptoms are very similar to those of hay fever—runny nose and itchy eyes. Because cockroaches are readily transported, need little food and are prolific, infestations easily get started and, once established, can be difficult to control. Even “clean” households can have roach problems. Apartment buildings are a special problem because roaches move easily between units that are interconnected by pipes and heating ducts. Insecticide treatments alone may not control these difficult infestations. (BPO)

Cockroach combat workshops

We invite homeowners, apartment dwellers, landlords, real estate managers or anyone interesting in learning state-of-the-art control tactics for cockroaches to attend our Cockroach Combat Workshops at the Lancaster Extension Conference Center, October 26, 6:30 to 10:00 p.m. Presenters will include Barb Ogg, Lancaster County Extension; Dennis Ferraro, Douglas County Extension; and Clyde Ogg, Water Center Environmental Programs, UNL. Dennis and Clyde have professional experience working with cockroaches and proper cockroach control techniques. Come and learn from experts! There will be a $10 registration fee that includes reference materials. For more information or to preregister for these workshops, call 441-7180 (Lincoln). (BPO)

Did you know that Nebraska homeowners pay more than $1 million each year for termite treatments? Professional treatment is a major expense for a homeowner. Why does it cost so much? Why does one bid differ from the next? Three factors are the cost should be. There will be a $5.00 fee per home unit for this workshop that will include easy-to-understand reference materials.

Environmental focus

Termite control for homeowners: Oct 5 workshop scheduled

Everything you need to know about termite treatments to ensure you are getting the most for your money. Did you know that Nebraska homeowners pay more than $1 million each year for termite treatments? Professional treatment is a major expense for a homeowner. Why does it cost so much? Why does one bid differ from the next? Three factors are the

How far can you stretch a cord of wood?

America’s forests provide everyone in our society with an endless variety of useful products.

While the industry set aside October 22-28 as National Forest Products Week, interest in a leading renewable natural resource is present all year round.

Thousands of products tied by Lancaster County residents every day come from wood.

It takes land, air, water, sun and time to grow the wood needed for these products. And, it takes technology to make the impressive quantities of things that can be made from a cord of wood today. Things we take for granted because we now accept them as part of life’s necessities.

While most homeowners with fireplaces are familiar only with a cord of wood providing heat and environmental enhancement, that stack of wood could be put to other uses. (One cord equals a pile of wood 4 feet by 4 feet by 8 feet, an equivalent of 120 cubic feet of solid wood.) Some of the products a cord can make include:

- 7.5 million toothpicks
- 1,000 to 2,000 pounds of paper (depending on the process)
- 942 1-pound books
- 61,370 No. 10 envelopes (standard)
- 4,384,000 commemorative-size postage stamps
- 460,000 personal checks
- 89,870 sheets of letterhead bond paper (8, 8 1/2)
- 1,200 copy of the National Geographic
- 2,700 copies of the average daily paper (35 pages)
- 250 copies of the Sunday New York Times
- 12 dining room tables (each table seating 8)
- The equivalent of 20 cords, or 10,000 board feet of lumber, you can build an 1,800 square-foot home.

Twenty percent of the cord of wood may be bark. Bark, waste and soil conditioners. By-products from wood also end up as

The largest trees in the world is the General Sherman Tree in Sequoia National Park, California. It’s just over 272 feet high. That’s almost as tall as a 30-story building.

Get a whiff! Skunks are not the only animals that spray a stinky smell when they are scared. So do cockroaches, earwigs, foxes, snakes, wolverines, weasels, minks and bedbugs.

A tasty fact... Many bugs can taste anything with their feet. Ants galore! Tropical rain forests support a mind-boggling array of animal life. You might find as many as 43 different kinds of ants on a single tree.

Did you know?

The human brain is 85% water and is so soft that it would lose its shape without the skull to hold it.

A long way to go! Each year birds called Arctic terns migrate from the Arctic to the Antarctic and back again—a round trip of 22,000 miles!

National Geographic WORLD takes youth poll on environment

Magazine POLL—Junior members of National Geographic: WORLD Kids Time responded to a survey in the March/April issue of WORLD magazine. Results follow:

Which action would you be willing to take to help protect the environment?

Top three actions

- Recycle trash 72%
- Plant trees 46%
- Pick up litter 43%

Which areas do you think most need environmental protection?

Top two areas

- Rain forests 72%
- Earth’s atmosphere 51%

Which goal would you accomplish if you had the power to change the world?

Top three goals

- No more pollution 54%
- A cure for AIDS 49%
- An end to world hunger 47%

What are your favorite school subjects?

Top two subjects

- Art 42%
- Science 41%

(ALH)

Extension Environmental Shorts

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A long way to go! Each year birds called Arctic terns migrate from the Arctic to the Antarctic and back again—a round trip of 22,000 miles!

Skeeter-up! Mosquitoes don’t need a long runway to take off. As soon as they beat their wings, they’re airborne. No wonder they’re hard to swat.

Whole lotta trunk The largest trees in the world is the General Sherman Tree in Sequoia National Park, California. It’s just over 272 feet high. That’s almost as tall as a 30-story building.

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**Fat-free fears laid to rest**

When we have a friend, we feel better about ourselves and life. "Fat-free" labels make it possible to share play, exercise or sorrow with somebody, and friends can even help us keep healthy.

- Friends can help you live longer. One study of 7,000 adults found that people with more social contacts−whether from marriage, close friends, relatives or church−were two to five times more likely to outlive people with fewer contacts.
- **Friends help keep your heart healthy.** People in less-developed societies who had close relationships with neighbors had lower blood pressure and fewer symptoms of heart problems and were less depressed than people in advanced societies with fewer neighborhood ties.
- **Friends share health information.** Friends are more likely to participate and be supportive in exercise programs, and when one person quits smoking, the friend is more likely to do so.
- **Friends give each other emotional comfort.** This may affect us physically at the cellular level. People in tense situations have lower levels of "free fatty acids" (a risk factor for heart disease) when a friend is present. It may be that friends act as buffers against stress. They modify the impact of stressful events on the body.

Source: *Balance Newsletter*, Herbert G. Lingren, Ph.D.; Extension Family Life Specialist (L3)

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**Healthy Eating**

So rich-tasting yet only 2 tablespoons margarine and 1/3 cup sugar in the whole recipe.

### Date Nut Bread

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cupped dates</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Cup boiling water</td>
<td></td>
</tr>
<tr>
<td>Teaspoon baking soda</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons margarine</td>
<td></td>
</tr>
<tr>
<td>1/3 cup sugar</td>
<td></td>
</tr>
<tr>
<td>Teaspoon vanilla</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>1 1/3 cups flour</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped pecans</td>
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</tbody>
</table>

Place dates and raisins in a bowl. Add soda and boiling water and let stand. Cream margarine and sugar. Add vanilla and egg and beat well. Add flour and mix until just moistened. Add fruit mixture, including water and pecans to flour mixture. Mix gently. Bake in a greased 9 X 5-inch loaf pan at 350 degrees F for 45-55 minutes or until toothpick inserted in center comes out clean.

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**Tip for removing paint from fabrics**

The treatment for removing paint from fabrics depends on whether the paint is water- or oil-based. For water-based paints, rinse the soiled area in warm water, then launder. Removal must be done while the paint is still wet; when dry, water-based paints become permanent. For oil-based paints, check the paint can label, which usually specifies recommended as a paint thinner. If there is no label, use acetone. Always test on an inconspicuous area of the garment first. Rinse, then pretreat with a prewash stain remover, bar soap or laundry detergent. Rinse again, then launder. (LB)
**Food safety for babysitters**

Is your child starting to babay? Here are some things that she or he should know about feeding and caring for infants. "Go over everything you need to know with the parent—hold, feed and burp the baby, the sleep schedule, where supplies are kept in the house, what to do for a wet diaper," recommends Julie Albrecht, Ph.D., Extension Food Specialist. Albrecht also recommends learning if there is a medical condition you should know about. In addition, equipment such as items are located in the kitchen and how to operate and need to be changed when equipment, such as the microwave.

Some general suggestions from Albrecht on taking care of a baby’s bottle and handling baby food are given below. Check with the parents for specifics for dealing with these situations.

**Baby’s Bottle**

Older babies can drink a bottle from a baby bottle. Younger babies (six months and under) need lukewarm food. To warm a bottle:

- Heat milk in a disposable insert in a plastic bottle by holding it under hot tap water a few minutes. Test the temperature of the milk by putting several drops of milk on your wrist. At body temperature—when you can barely feel the temperature of the drop on your skin—it is safe for the baby.

If stored breast milk is warming, ask the mother how to handle it.

- Be sure to rinse any plastic or glass bottles in the microwave. Hot spots can occur and can cause burn in the baby’s mouth. To heat in the microwave, remove the cap and microwave a regulated eight-ounce bottle 30 seconds on HIGH. Let stand for a minute. Replace bottle, shake and test on your wrist as suggested above.

- Milk, formula or food is left out of the refrigerator for two or more hours should be discarded. Discard leftover from an unfinished bottle. Food that has been obviously contaminated by a baby may contaminate the milk which may cause foodborne illness in the baby.

**Baby Food**

Inspect the safety button in the lid of a glass jar of baby food is down and that the lid “pops” when you open it. Don’t use the food otherwise.

- Don’t use food from jars with chipped glass or rusty lids.
- Rinse a baby food jar, wipe cap with a clean cloth. The cap will be easier to remove if you warm tap water over it.

Baby foods can be served cold, at room temperature or heated. To heat baby foods:

- Spoon a portion from the jar and place it in a microwave dish. Don’t put the jar in the microwave! A small serving should heat on high for a few minutes. Stir and let stand a short time. Caution: Stir and taste for lukewarm temperature before feeding the baby. Baby food, otherwise "hot spots" in the food could burn the baby’s mouth. Use a clean spoon to feed:

- Do not heat baby foods or meat sticks in the microwave. They heat unevenly. (AH)

**Kids can create halloween costumes**

Halloween is less than a month away so you and your children are probably starting to think about what they want to "be" this year.

You can save money and, at the same time, let your kids feel really special if you get them to design their own costumes. I’m sure you have all kinds of things in the home that you can use.

Old clothes, funny hats, scraps of material ... etc. Boxes with holes for the arms can be painted or colored. Smaller children might even be able to get away with wearing a decorated paper bag. If they aren’t feeling particularly creative, look in the phone book for cartoon characters for inspiration. Your old clothes provide a lot of material for a little body and can be easily turned into a fairy princess or witch costume.

Skirts and sheets are among the easiest to adapt. Since the costume will be essentially homemade, you can get away without a mask if the child’s face is outlined in make-up. Make-up is safer than a mask anyway because they tend to slip and slide along the little one’s face and can impair vision.

You might even have some time to think about it. With a little creativity and some quick sewing, your child will have a costume for the whole family and will love to go trick or treating. (Source: Ethel Ann Jones, Pantanal State University (LB))

**“Healthy meals in a hurry” contest results**

A big “THANKS” to everyone who submitted ideas for preparing "healthy meals in a hurry." Here are some tips that were sent in that should help us all. The winner of the drawing for a cookbook on quick and healthy eating was Charlotte. Kyrras.

- Use leftover vegetables from the night before: when making breakfast, serve up a muffin tin with a non-stick vegetable spray. Put two tablespoons of two ingredients in each cup. Crack an egg over the top. Sprinkle with pepper and bake. (Editor’s note: the American Egg Board recommends baking eggs in a microwave. Hot spots can occur and can cause burn in the baby’s mouth. To heat in the microwave, remove the cap and microwave a regulated eight-ounce bottle 30 seconds on HIGH. Let stand for a minute. Replace bottle, shake and test on your wrist as suggested above. Milk, formula or food is left out of the refrigerator for two or more hours should be discarded. Discard leftover from an unfinished bottle. Food that has been obviously contaminated by a baby may contaminate the milk which may cause foodborne illness in the baby.)

- Combine a pound of lean browned ground beef with a package of taco mix and freeze in 3-oz. portions. Later, bake a potato in the microwave, slice open and top with the re-heated taco meat, taco sauce, shredded cheese, black olives, etc. and serve with shredded broccoli and fruit. The potato can be microwaving while you’re changing baby’s diaper.

- Buy several one-pound packages of 90-95% lean ground beef at one time and brown them in the microwave using a 3-quart casserole with a collander insert. In this way, the fat seeps away. Brown the packages one after the other and freeze in one-pound units for later use. I have to wash the microwave casserole and colander only once.

- Buying, learning and using a pressure cooker.

- Make and use your own mixes—a white sauce mix serves as the base for many recipes and takes seconds to prepare. There are many good books on mixes—

**Family Living**

**Hispanic Center and EFNEP share culture**

Friendly faces and twinkles in the big brown eyes of 15 Hispanic preschool children greet Lenora Fitto, Expanded Food and Nutrition Education Program Advisor, each month. She looks forward to the second Thursday of each month, 10:30 a.m. - noon at the Hispanic Center, where she shares nutrition education with their mothers.

Most of the homemakers haven’t been in Lincoln very long and are learning about American culture the same way Lenora says, “They are so eager to learn. They are teaching me, too. They want to learn how to buy and prepare American foods. I’m learning about their language and the richness of their culture.”

Each month they study a different nutrition topic with the assistance of an interpreter. “Language could have been a barrier,” says Lenora, “but they have been very patient. The women are eager to learn how to stretch their food dollars by using coupons and comparing prices through the unit price codes. They also liked the inventory sheets in which they list what they have to determine what they need to buy.” Bilingual curriculum which was developed by Texas EFNEP has been essential for the program to succeed.

Each meeting includes some basic food preparation. Lasagna, mini-pizzas and healthy snacks for children have been some of their favorites. “The Hispanic Center staff has gone out of their way to make this educational program possible,” Lenora comments.

The Family Service Women and Infant Children Program (WIC) serves pregnant and post-partum women, infants and children up to age five at the Hispanic Center every Monday, 9 a.m. - 12:30 p.m. WIC provides health and nutrition education and supplemental food vouchers for qualified families. Judy Frederick, R.D., WIC nutritionist, says the Hispanic families she serves are very generous and caring. “The Hispanic Center staff is very inclusive. They welcome the entire neighborhood to access its programs. It is a nice, friendly place to work.”

Nutrition education is just one of many programs which is offered at the Hispanic Center. “Health, education and the well-being of children are high priorities at the center,” says Joel Gajardo, executive director. The center is a hub of activities seven days a week. Bilingual staff have been important to the center’s success. Programs include mental health outreach serving 70 Hispanic families, health fairs, English as a second language, general education degree (GED) classes and adult Spanish classes.

Cultural richness is shared through Zapatos Alegres (children’s dance group), coffee group (Spanish Conversation) and the annual Hispanic Heritage Festival.

Contact the Hispanic Center staff, 2300 "O" Street or call 474-3950, Monday - Friday, 9 a.m. - 5 p.m. Chances are you will be greeted by the same friendly pre-school children with twinkles in their big brown eyes which Lenora eagerly awaits each month. (MB)

**How-to workshop: Trash into Treasures**

- Have a “Money Smart” holiday season by turning “Trash into Treasures.”
- The holiday season approaches, we begin to think about gifts, entertaining, decorating, costumes and how to make it all fit into the time and budget available. A how-to workshop will be presented on Monday, October 9, 1995, 1-3 p.m. or 7-9 p.m. To register, send $3 by October 2, 1995 to Money Smart Holidays, 444 Cherry Creek Road, Lincoln, NE 68528-1307. Make checks payable to Lancaster County Cooperative Extension.
- Ideas and patterns for making items that reduce, reuse and 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 and planning for the holidays now. For more information call Lorene at University of Nebraska Cooperative Extension in Lancaster County, 441-7180.
4-H Bulletin Board

- Remember, all awards books are due to the Extension Office by Friday, October 13. Call Ann Marie with questions. (AMM)
- Attention 4-H Ambassadors: Meeting Thursday, October 19, 7 p.m. (AMM)
- Mark your calendars for the 4-H Celebration (Achievement Night) Tuesday, November 7, 7 p.m. (AMM)
- Scholarship applications for the Havelock, Backes, Lane, Kiwanis and Birdie Hutchinson Memorial are due at the Extension Office by Wednesday, October 4. (LJ)
- 4-H Halloween Camp will be at the Eastern Nebraska 4-H Center October 28 and 29. Call the Extension Office for more information. (AMM)

4-H Council nominations

Take a few minutes to nominate outstanding people to represent you on the 1995-96 Lancaster County 4-H 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. 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 Parrot—youth
Area 2: Jason Minchow—youth
Area 3: Jayme Grundman—youth
Area 4: Jason Snover—adult
Area 5: Rhonda Tucker—youth

- Area 1: Deb Heitbrink—adult
- Area 2: Rod Lujak—adult
- Area 3: Jason Snover—adult
- Area 4: Kent Rosenboom—adult
- Area 5: Rhonda Tucker—youth

Continuing on the council are:

- Area 1: Debi Heitbrink—adult
- Area 2: Rod Lujak—adult
- Area 3: Jason Snover—adult
- Area 4: Kent Rosenboom—adult
- Area 5: Rhonda Tucker—youth

At Large: Arnel Harger—adult

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 to the Extension Office by October 20. (LJ)

Uranus: One weird planet

Spending your vacation on planet Uranus? Summer lasts 21 years there. But you can’t get a suntan. The average temperature is 300 degrees F below zero! (LJ)

The experiential learning process

The experiential learning process is designed to involve people in experiences that require them to think, analyze, question and reflect. This "learn by doing" method stimulates thoughts and ideas that build on learning that can be applied to everyday situations. (ALH)

1. Experience
   the activity; perform, do it

2. Share
   the results, reactions, observations publicly
   "What Happened"

3. Process
   by discussing, looking at experience, analyze, reflect
   "What's Important"

4. Generalize
   to connect the experience to real-world examples
   "So what?"

5. Apply
   what was learned to a similar or different situation; practice
   "Now what"

The purpose of this new program is to get younger 4-H members involved in keeping 4-H records beyond the Chris Clover program. The skills they use to prepare this award book will be invaluable to them in the future. This award program will be non-competitive. However, participants will receive a participation ribbon and recognition at "4-H Celebration" on November 7. All awards books will be evaluated and comments will be made by judges.

The following format should be followed in preparing your awards book. Please do in the order given:

1) All awards books should be placed in the green 4-H record book cover available at the Extension Office.
2) Cover page should include a picture of you, your name, age, club, and a list of all projects taken in 4-H.
3) Your 4-H Story is a story no more than three pages in length (handwritten or typed) that includes the following information:
   - Part I - Who are you? This may include your age, interests, information about your parents and family, place of residence, school, and why you are active in 4-H.
   - Part II - Highlight 4-H projects and activities. This should include information about projects and activities, interesting experiences doing projects or a short story about an unusual learning experience. You may also indicate special interests developed as a result of projects taken.
   - Part III - Describe 4-H influence on leadership, citizenship, interpersonal and workforce skills. This may include offices held, committee assignments, what you have learned from working with others, how 4-H increased interest and participation in community affairs or what was learned from working with others.
   - Part IV - Describe 4-H influence. This may include self-confidence gained, school/career goals and use of leisure time.

4) Up to two pages of pictures are allowed at the end of the award book. A plain piece of paper is appropriate with the pictures attached with a caption below. Pictures may include you working with the 4-H club, making exhibits, doing community service projects, etc.

Awards books are due to the Extension Office by Friday, October 13. (AMM)

Lancaster County 4-H Awards Program outline for 4-H'ers 8-11

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   to connect the experience to real-world examples
   "So what?"

5. Apply
   what was learned to a similar or different situation; practice
   "Now what"
Lancaster County is proud to announce that Crystal Nelson, a member of the Ambitious Beef 4-H Club, won the Nebraska Beef Ambassador Contest at the Nebraska State Fair. The contest is based 75% on an illustrated presentation and 25% on the recipe/beef dish. The title of Crystal’s presentation was “On Track With Beef.” Her main points included beef’s versatility, convenience, food safety issues, nutritional value, beef’s role in today’s lifestyle and a brief history of the beef industry. Crystal will represent Nebraska at the National Beef Ambassador Contest in Louisville, KY in October. Crystal’s presentation was so outstanding that she was selected to go on to district competition. In order to qualify for district competition, the 4-H member must have won the 4-H member contest in their county. All 4-H members will be recognized for their efforts at the 4-H Celebration on Tuesday, November 7.

Leader training
4-H leaders, new and experienced, 4-H parents or volunteers are all encouraged to take part in 4-H leader training. Topics for leader trainings include, parental involvement, club meeting ideas, contest and activities information, plus lots more! All meetings are at the Lancaster Extension Conference Center, 9:30 a.m and 7:00 p.m. All evening meetings are televised live on CableVision Channel 21. Here is the schedule for the 1995-96 year:
- Part II, Tuesday, January 16, 1996 and Monday, March 11, 1996
- Part III, Monday, May 13, 1996

Please call Ann Marie if you have any questions or ideas for training sessions. (AMM)

The dream catcher
Among the Indians of the woodlands, the Ojibway believe that dreams have magical qualities; the ability to change or direct their path in life. Since the night air is filled with both good and bad dreams, one of their traditions is to hang a dream catcher in their lodges, for the benefit of all.

When hung, the dream catcher captures the dreams as they float by. The good dreams, knowing the way, slip through the center, drifting gently off the soft feather to the sleeper below. The bad dreams, not knowing the way, become entangled in the webbing, only to perish with the first light of the new day. (ALH)

Application for Star City Parade
Due at the Extension Office by October 16, 1995
Additional applications are available at the Extension Office. Clubs and individuals will be accepted on a first-come, first-served basis. For more information, call Gwen at 423-8402, Deb at 486-1371, Penny at 488-3792 or Pam at 489-2018.

Please check the following (more than one if you like) & list names:
- Names of people to help construct main unit.
- Names of push unit volunteers (will purchase own wear unit or shirt).
- Names of people who will dress up as project areas.

Project area to be represented and a short description of what your club will be seeking or doing:

__ Names of people who will dress up as project areas.

October 1, 1995 the new level testing program will officially start. The new testing booklets are available from the Extension Office at a cost of $1 per book. Each book contains all skill tests for levels I through 4, as well as a record sheet and an explanation of “what” is required for each level completion. Written tests have been added to the completion requirements; these tests are available from the Extension Office. Two versions are available—but, you may design your own test as long as it covers the topics identified specifically for each level. A copy of your test and answers must be sent to the Extension Office before the test is given. After the written part is completed, the test should be brought to the Extension Office for checking. It is recommended that the skill and written tests be taken within one week of each other.

When office personnel receive your passed written and skill tests, a certificate of completion will be sent to the 4-H member. Following is a list of who can test your 4-H members:
- Level I Club leader
- Level II Club leader or visiting leader
- Level III Must be on approved examiner list, but not your club leader.
- Level IV Must be on approved examiner list (lists available from the Extension Office).

If you have already completed any level, you do not retake your completed level. These new guidelines apply to new level exams. (CB)

Please turn to page 11 for 1995 Foner Park State 4-H Horse Show Exposition results

Nelson wins State Fair Beef Ambassador Contest
Lancaster County 4-H member, Crystal Nelson, won the Nebraska Beef Ambassador Contest at the Nebraska State Fair.
What is rural?

As with many things today, it is difficult to find one standard that everyone agrees with. The same is true with a definition for rural. Below are some current definitions of rural.

Census Bureau (Department of Commerce):
Rural: living in the open countryside or in towns of less than 2,500 inhabitants that lay outside urbanized areas. Standard Metropolitan Areas (SMAs): a county or group of contiguous counties having at least one central city of 50,000 or more. Nonmetropolitan Counties: all counties which are not SMAs.

Office of Management and the Budget:
Metropolitan Statistical Areas (MSA): core counties containing a city of 50,000 or more and a total area population of at least 100,000. Additional contiguous counties are included if they are economically and socially integrated with the core county. Metro areas are divided into central cities and areas outside (suburbs). “Urban” and “metro” are often used interchangeably.

Nonmetro Areas: counties outside metro areas. “Rural” and “nonmetro” are often used interchangeably. Adjacent county: abuts one or more MSAs and at least two percent of its employed labor force commutes to a metro area(s).

Farmer Home Administration (FMHA):
Rural Area: open country, communities of up to 20,000 in nonmetro areas and towns of up to 10,000 having a rural character but located within metro counties.

An informal working definition:
If you think you are rural, then you are rural.

Information from The Rural Exchange, The University of Montana, July 1995. (LJ)

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10 strategies for recruiting and retaining board members

1. Look for skills, not names: Rather than depending on the same people again and again, analyze the skills needed and seek out new people.

2. Appeal to self interests: Match your recruiting style to the motivation of the new prospective member. Self interest may be intellectual or social, but it is the foundation of volunteer efforts.

3. Define the job: Define the job by time commitment needed, the skills needed and the contribution that you expect.

4. Use current members to recruit new members: Current members are in the best position to draw new members because of visibility, position and example.

5. Offer membership “premiums”: What are the advantages of membership? A “premium” can be anything from a discount on club dues, a trip to a convention or even a certificate of appreciation.

6. Use people’s time effectively: Practice good time management by keeping meetings focused and organized. Start on time. End on time.

7. Communicate effectively: Find out how best to communicate with your board; keep checking to see if what you’re doing works. Assume that few board members will read volumes of information before meetings.


9. Start where they left off: While a lot may have changed in your office since the last board meeting, the board picks up where the last meeting left off. Start where they were, not where you are.

10. Don’t forget who’s boss: A board member who has been on one is still ultimately in charge. Make sure they know that you know.

Source: 1991 Heartland Center for Leadership Development. (LJ)
**Meals**

ready to use. • **Nutty quick dessert:** Take two graham crackers, two large marshmallows, some chocolate chips and heat in microwave or oven just enough to soften ingredients. Delightful with milk!

Several people mentioned using a white sauce or white sauce mix as the basis for quick recipes. To use in can be substituted for canned condensed soup, mix 1/3 cup of the dry mix with 1 1/4 cups water in a saucepan. Cook and stir until thickened.

**Fat-free**

used to hold products together, can be seen in such common products as the label Fats refer to all the fat amounts of fat, added up to the amount given for "total fat". Many consumers reach for fat-free products hoping that they can snack and diet at the same time. Fat-free products can have the same amount of fat as regular products, and sometimes more. Fat-free products can be substituted for canned condensed soup (cream of mushroom, cream of celery, cream of chicken) for in many recipes. (AII)

**Casserole Sauce Mix**

2 cups of nonfat dry milk crystals
3/4 cup milk
1/4 cup instant chicken bouillon
2 tablespoons dried onion flakes
1 teaspoon dried thyme, crushed (optional)
1 teaspoon dried basil, crushed (optional)
1/2 teaspoon pepper
Combine all ingredients and store in an airtight container. To use, add 1/2 cup to a substitute for one can condensed soup, mix 1/3 cup of the dry mix with 1 1/4 cups water in a saucepan. Cook and stir until thickened.

**Consortium**

with youth and adults to make youth aware of available opportunities. "Youth will run the show"," says Paulak. "We hope to build a communication bridge between youth and adults," he said.

The greatest thrill (of the job)," according to Paulak, "is seeing the kids that aren’t the class president, athlete, cheerleader or top of the class", take part in this organization and make it theirs to take an issue and run with it.

The Consortium Youth Advisory Committee was instrumental in raising awareness of youth risk behaviors through writing, producing and filming the play Where Do You Fit In? and subsequent TV show produced by KOLN-KGIN TV. (This video is available to the public to use for dressing and planning. Call the Consortium office for a copy, 436-1761)

Additional information about the Consortium and their programs can be obtained by calling or writing: The Consortium for Children and Youth, 5901 "O" Street, Lincoln, NE 68510, 402-436-1761

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**Horse Exposition results**

Lincoln area 4-H members brought home five championship and nine reserve championship ribbons, plus a number of blue, red and whites from the 1995 Fonner Park State 4-H Horse Show Exposition at Grand Island in July.

Two of the competitors won both a championship and a reserve championship: Lisa Rieck, 17, and her 23-year-old Quarter-Arabian gelding Troy T, won the hunter hack championship and also a reserve championship in elementary dressage. Lisa is the daughter of Ron and Tracye Rieck of Lincoln.

Linda Schroeder, 13, won the junior public speaking championship. She and her Quarter Horse gelding Glory's Tradition won the junior western pleasure reserve championship. Lindsay is the daughter of Chuck and Kathi Schroeder of Lincoln.

Other champions include Andrea Winner, Lincoln, 12, and her 10-year-old Paint gelding Jockey's Rocco, junior English pleasure. On the quarter horse side: Courtney Forsee, Lincoln, 18, and her Quarter Horse Precious Heather; 2-year-old halter mare, Kala Ball, Cresco, 17, senior individual demonstration; Kim Caha, Cresco, 14, and her 6-year-old Quarter Horse Hertog Sannt; junior halter showmanship; Carrie Alm, Lincoln, 14, and her 11-year-old Pony of the Americas gelding Prime Time, advanced English pleasure; Amy Ryan, Bennet, 14, and her 8-year-old Quarter Horse gelding Dee Bar Investment, junior western horsemanship; Allison Umberger, Waverly, 14, and her Paint Lethal Zipper; 3-year-old halter gelding; Amanda Baillie, Lincoln, 12, and her 5-year-old Paint Rare Reflection, 2-year-old stock mare.

Other ribbon winners include:
- Break-Away Roping: White, Ashley Branting, Lincoln.
- Calf Roping: White, Ramsey Harder, Cresco, Ashley Branting, Lincoln.
- Daily Team Roping - Heeler: White, Ramsey Harder, Cresco.
- Yearling Fillies: Blue, Perry Pavel, Lincoln.
- 2-year-old Geldings: Blue, Ashley Branting, Lincoln.
- 4 & 5 Year-Old Geldings: Purple, Alyson Young, Lincoln, Blue, Kody Branting, Lincoln.
- Lindsay Schroeder, Lincoln.
- Senior Public Speaking, Individual: Blue, Carrie Alm, Lincoln.
- Team Judging: Blue, Lancaster County.
- Individual Judging: Purple, Lisa Rieck, Lincoln, Blue, Kala Ball, Cresco, Red, Marcus Viontine, Lincoln; Sara Messick, Cresco.

**4-H news continued**

**Rural Sense news continued**

**There's always tomorrow—if you work safely today**

Farm accident victim Arlen Sieg has to remind himself to slow down. Although he often finds himself racing Mother Nature to complete his field work, he tries to remind himself to "slow down for safety." The accident victim from central Illinois learned this valuable lesson when he did not take time to think and found himself trapped in a grain bin. "For awhile, I thought it was all over," he says. "I was afraid the corn would pull me down into the auger. I didn't know what would have happened then," he adds. "I don't even want to think about it."

Ironically, the accident happened on September 21, 1993, during National Safety Council's 'Talk for a Week.' Sieg and his neighbors were unloading corn from a 10,000- bushel grain bin. When the corn stopped running out of the bin, Sieg climbed inside to see what was wrong. Using a broom handle, he poked around to loosen any rotten corn that might have been stuck. That broom handle broke off, so Sieg called to one of the other men to get him something else to use. With a new stick in hand, he continued his attempt to free the corn.

"The corn started running out and just kept flowing faster and faster," he says. "I tried to crawl up the corn, but I couldn't get out. It kept pulling me back. Next thing I knew, I was buried up to my waist... then my neck."

Sieg noted that a broomstick had wedged in it and stopped it. By that time, the corn covered Sieg's neck.

The other men quickly removed what had happened and called 9-1-1. If they had jumped into the bin, they would have knocked Sieg unconscious, by burying Sieg. Rescue workers cut holes in the bin to empty it and free Sieg. Although he had been trapped in the bin for about an hour, he was not injured. The corn had put a lot of pressure on his legs and waist, but less on his chest and lungs.

"That stick going into the auger was just a miracle," he says.

Having spent his entire life on the farm, Sieg knew that the grain bin was a potential death trap, but in the past, he had unlegged the bin auger without incident.

"I just never thought I wouldn't be able to get out," he says, "I figured I could climb right out like I always do. But I'd never had the auger running when I was in the bin."

That brush with death is always in the back of his mind, Sieg says. He is now more aware of the potential safety hazards on his 1,000-acre farm. 

"I just didn't think about the dangers until it was too late," Sieg says. "You get used to doing things a certain way, even if it's not the safest way, especially if you've always gotten away with it."
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**Extension Calendar**

**October 1**
Chris Clover Awards Books Due to Leaders

**October 4**
Scholarship Applications Due

**October 5**
Termite Control Workshop
6:30-9:30 p.m.

**October 8**
Teen Council Meeting
3:00-5:00 p.m.

**October 9**
Extension Board Meeting
7:30 p.m.
Money Smart "Trash into Treasures"
1:00 and 7:00 p.m.

**October 11**
Horse VIPS Meeting
7:30 p.m.

**October 12**
Safe Food for the Hungry Satellite Videoconference, East Campus Union
9:00 a.m.

**October 13**
County Awards Due

**October 19**
Fair Board Meeting
7:30 p.m.
Nutrition: Making a Difference in the Worksite Satellite Videoconference
12:30-3:00 p.m.
4-H Ambassador Meeting
7:00 p.m.

**October 20**
Southeast District FCE Meeting, Wilber
9:00 a.m.-2:30 p.m.

**October 23**
FCE Achievement Day
6:30 p.m.

**October 26**
Cockroach Combat Workshop
6:30-10:00 p.m.

**October 28-29**
4-H Halloween Camp, Eastern NE 4-H Center

**November 7**
4-H Achievement Program
7:00 p.m.
Livestock Booster Club Meeting
7:30 p.m.

**November 8**
Horse VIPS Meeting
7:30 p.m.

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1995 4-H Horse Exposition results continued

**English Horsemanship - Girls 14 & Up:** Purple, Adreiraine Graham, Lincoln; Blue, Jannel Colton, Waverly.

**4-H Council - Girls 12-13:** Purple, Lindsay Schroeder, Lincoln; Kim Caha, Ceresco; Amy Peterson, Blue, Amanda Baillie, Lincoln; Jessica McMahon, Bennet; Sara Messick, Ceresco; Andrea Winner, Lincoln.

**Showmanship - Girls 14 & Up:** Purple, Lisa Rieck, Lincoln; Alyson Young, Lincoln; Maggie Young, Lincoln; Maggie Hoppe, Lincoln. Blue, Carrie Alm, Lincoln; Jesse Eggerling, Lincoln; Ashland; Hadley Richters, Lincoln; Allison Umberger, Lincoln; Bobbie McMahan, Bennet; Marie Vinton, Lincoln.

**Western Pleasure - Over 14 Hands:** Girls 12-13: Purple, Amanda Baillie, Lincoln; Lindsay Schroeder, Lincoln; Kim Caha, Ceresco; Sara Messick, Ceresco, Blue, Jessica Kelling, Lincoln; Jessica McMahon, Bennet.

**Western Pleasure - Over 14 Hands - Boys 14 & Over:** Purple, Taylor Hodges, Ashland; Blue, Jannell Schroeder, Lincoln; Kim Caha, Ceresco; Purple, Alyson Young, Lincoln; Blue, Tyler Hodges, Ashland.

**Western Pleasure - Over 14 Hands - Girls 14 & Over:** Purple, Melissa Brown, Lincoln; Alyson Young, Lincoln; Blue, Jamie Eggerling, Ashland; Jessie Eggerling, Ashland; Jennifer Irvin, Ashland; Ashley Branting, Lincoln; Maggie Hoppe, Lincoln.

**Western Horsemanship - Girls 12-13:** Purple, Lindsay Schroeder, Lincoln; Kim Caha, Ceresco; Amy Ryan, Bennet, Blue, Brenda Binkert, Ashland; Amanda Baillie, Lincoln; Jamie Cowell, Lincoln; Sara Messick, Ceresco; Andrea Winner, Lincoln.

**Western Horsemanship - Boys 14 & Over:** Purple, Jason Wise, Lincoln; Red, Chad Wohlers, Greta.

**Western Horsemanship - Girls 14 & Over:** Purple, Alyson Young, Lincoln; Maggie Hoppe, Lincoln; Blue, Jannell Schroeder, Lincoln; Amanda Baillie, Lincoln; Melissa Brown, Lincoln; Alyson Young, Lincoln; Red, Jennifer Irvin, Ashland; Marie Vinton, Lincoln; Anna Swanson, Raymond, White, Ashley Branting, Lincoln.

**Elementary Dressage:** Purple, Carrie Alm, Lincoln; Hadley Richters, Lincoln; Lisa Rieck, Lincoln; Blue, Angela Kruml, Lincoln; Andrea Winner, Lincoln.

**Advanced Western Pleasure:** Purple, Lisa Rieck, Lincoln; Blue, Molly Block, Ashland; Angela Kruml, Lincoln; Melissa Brown, Lincoln; Jake Hoppe, Lincoln.

**Advanced English Horsemanship:** Blue, Carrie Alm, Lincoln; Lisa Rieck, Lincoln; 2-Year-Old Stallion Bit Western Pleasure: Red, Cody Potter, Valparaiso; Melissa Brown, Lincoln; Justin James, Lincoln; Jason Wise, Lincoln; Western Riding: Blue, Lisa Rieck, Lincoln; Alyson Young, Lincoln.

**Commercial Senior Pole Bending:** Kade Hodges, Ashland.

**Champion Junior Pole Bending:** Tyler Hodges, Ashland.

**Pole Bending - Boys 12-13:** Tyler Hodges, Ashland.

**Pole Bending - Boys 14 & Up:** Purple, Kade Hodges, Ashland, Blue, Jeremiah Frink, Lincoln.

**Barrel Racing - Boys 12-13:** Blue, Tyler Hodges, Ashland.

**Barrel Racing - Boys 14 & Up:** Purple, Kade Hodges, Ashland, Blue, Jeremiah Frink, Lincoln.

**Barrel Racing - Girls 12-13:** Blue, Tyler Hodges, Ashland.

**Barrel Racing - Girls 14 & Up:** Blue, Ashley Branting, Lincoln.

**Trail Horse:** Blue, Carrie Alm, Lincoln; Allan Umberger, Lincoln; Alyson Young, Lincoln; Maggie Hoppe, Lincoln (CB)