The NEBLINE, November 1995

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

http://digitalcommons.unl.edu/neblines/238

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Bergman named new Lancaster County Extension unit leader

The new unit leader for the University of Nebraska Cooperative Extension in Lancaster County is Gary C. Bergman. Bergman brings to this position more that 20 years of experience in educational agriculture, beginning his career as a teacher of vocational agriculture in Clarkson, Nebraska. He has served as a consultant for agricultural education with the Nebraska Department of Education and as state executive secretary of the Nebraska Young Farmer and Ranchers Educational Association.

The past eight years Bergman served as associate director to the Center for Leadership Development, directing the Nebraska LEAD program, a two-year statewide Agricultural Leadership Development program for adult agriculturists. He has directed the leadership development of over 260 men and women and designed and directed study/travel seminars to more that 30 countries throughout the world.

Bergman earned bachelor’s and master’s degrees in animal science and agricultural education with teacher certification at the University of Nebraska-Lincoln. He is also a fellowship recipient of the Nebraska LEAD program and a veteran of the United States Army with overseas duty in Korea. Gary assumed his duties as unit leader of the Lancaster County Cooperative Extension staff, October 1, 1995. He succeeds Don Miller who retired from this position with the University of Nebraska this past spring. Gary resides with his wife Shari and daughter Megan on an acreage north of Lincoln. (WLS)

Celebrating 10 years at 444 Cherrycreek Road

Warder Shires
Extension Educator

Time flies. For most members of our staff it’s hard to believe University of Nebraska Cooperative Extension in Lancaster County has been located at our present 444 Cherrycreek Road location—for ten years! Many current staff members were there for the move during the first week of October 1985 from the old location near 48th Street and Old Cherry Road. Those Extension staff include: Lorene Bartos, Pam Branson, Maureen Burson, Lenora Fittro, Alice Henneman, Don Janssen, LaDeane Jha, Nobuko Nyman, Sondra Phillips, Virginia Pleining and Warder Shires.

The first member to be added to the Extension staff upon moving to the new location was John Hudson, hired as building manager. John is well-known for his attention to detail and cooperative attitude by dozens of groups that hold meetings and workshops at the center. The 10th Anniversary of University of Nebraska Cooperative Extension in Lancaster County denotes a record of many accomplishments. A significant number of Extension programs are undertaken in cooperation with the City of Lincoln, USDA agencies and other Lancaster County organizations. Examples include the plastic pesticide container recycling program, land application of biosolids and the composting project. During the last ten years, Extension staff has nearly doubled in size.

The Lancaster Extension Conference Center (within the Extension complex) has provided Lincoln with a much-needed meeting facility for government agencies and many non-profit groups sponsoring educational and training programs. The building has also served as an operational center for the Lancaster County Deputy Sheriff’s Department.

The Lancaster Extension Complex is undergoing its first major expansion since opening its doors ten years ago. Construction is presently underway to add 7,000 square feet of additional office space to house the Lancaster County Engineer­ ing Department. These facilities are due to open early next spring.

Lancaster County Extension Educators receive national recognition for Pyramid Power

Extension Educators Alice Henneman and LaDeane Jha received a first place regional and a second place national award for Pyramid Power: The Food Guide Game at the annual meeting of the National Association of Extension Home Economists in Dallas, Texas, October 15-19. Publication and Resource Assistant Jeff Gaskins designed game package graphics and helped edit the award-winning game.

“We wanted to create a game that was easy-to-use, fun and exciting others about teaching nutrition,” said Henneman. Henneman and Jha have had fun helping over 1,500 adults and youth learn about healthy eating using Pyramid Power. Educators from all 50 states, Guam and Puerto Rico have ordered the game and are now teaching Pyramid Power.

“We’re amazed at the number of requests we have had for our game,” said Jha. “We never dreamed that as many as 70 orders would arrive in one day.” For more information about Pyramid Power, contact Henneman or Jha at 441-7180.
**Forcing bulbs**

There is still time (through early December) to plant spring flowering bulbs for forcing. Choose cultivars of bulbs that are adapted to forcing. Bulb quality and the proper size are very important when purchasing bulbs for forcing.

Use a porous, well-drained potting mixture. Shallow pots, called bulb pans, are available for forcing enthusiasts. Bulbs need only a limited nutrient supply during forcing. Do not add manures and additional nutrients to the soil at planting time.

Plant 5 to 6 hyacinths, muscari, or daffodils in 1½-inch bulb pan, or 6 to 9 bulbs per 6-inch pan. Place the flat side of tulip bulbs against the side of the pan so the first leaf will curl outward and be protected from the pan. A general rule of thumb for other types of bulbs would be to plant half of the total surface area to bulbs.

Use clean containers with adequate drain openings. Do not pack the soil or push the bulbs into the soil. Plant the bulbs as if the pots are filled with soil. Water the soil thoroughly after planting.

Place the potted bulbs in a 35° to 50° F room for 12 weeks. Hyacinths prefer a 50° to 55°F temperature until the new shoots are 1 1/2 inches long. The soil must be kept evenly moist during the rooting process.

If you do not have a cool room, place the pots in a deep window well covering them with 12 to 24 inches of coarse mulch. Begin it 8 to 12 weeks or sooner if shoots begin to develop, bringing the pots up to a 60° F room. Early in the forcing process it is not necessary to have light for leaf initiation. It would be wise to keep hyacinths in the dark for a few days to draw the flower stalk above the leaves.

Check with your local nursery or garden center for help in selecting cultivars for forcing. (DJ)

---

**Care of hardy chrysanthemums**

Hardy mums can be the best known fall flowering perennial. Two questions often asked now about mums are:

1) What needs to be done to the mums now?
2) What can be done to ensure their winter survival?

The quality of the mum plants in the fall, as well as the quantity and variety of the flowers, depends on the care that was given to them during the summer. Fertilizing mums with a soluble fertilizer is usually helpful in the spring up until the flowers show color. Watering during the growing season is also important—especially during drought periods.

As soon as the flowers are killed by a hard freeze, the blooms should be cut off. This can be done quickly with hedge shears. However, do not be tempted to cut down the mum stems with leaves as long as the foliage remains green and normal looking. Like all perennials, the leaves produce food which can be stored in the roots. After the leaves turn brown, the stems can be cut back about 2 inches above the ground.

Two factors that are important to encouraging survival include good soil drainage and adequate winter mulch applied over the mums at the proper time. This assures that the mums have entered the fall in good, healthy condition in order for them to survive.

Hardy chrysanthemums have two critical components:

1) Do not apply mulch over the mums or other perennials until the soil has been chilled after several frosts.
2) If the area tends to be a little wet at times, reduce the thickness of mulch.

A good method for mulch for mums is a 3-inch layer of shredded leaves, straw or pine needles. If this mulch is applied while the soil is still fairly warm, the roots may not reach a completely dormant condition. This can result in winter injury.

The word “hardy” chrysanthemum has been used since these should survive from year to year. However, mums from a florist shop that are set out in the landscape may make it through the winter since florist mums are often tender varieties. (MM)

---

**November garden hints**

**Horticulture**

**Fruit storage hints**

Proper storage conditions are necessary for fruits that are not consumed immediately after harvest. The key to good storage is in controlling temperature and relative humidity of the storage area. For fruits such as apples, grapes and pears, store them in cool temperatures (32° to 40°F) and moist conditions (90 to 95 percent relative humidity). Grapes should be canned or frozen after harvest.

Select containers for storage that have smooth inner surfaces. Baskets, melon crates or boxes are suitable. Line these containers with aluminum foil to retain moisture.

Apples and pears will last longer through the winter if stored properly. Apple varieties should be harvested firm and ripe to ensure the longest possible shelf life.

Pear harvests when they are full-sized, but still green and hard. They should be stored at 32° to 35°F in a humid atmosphere (90 to 95 percent humidity). Grapes should be frozen or canned after harvest.

**Houseplants from seed**

Starting houseplants from seed is not any different from starting “garden” plants. Many houseplants thrive indoors that are better suited to locations which tolerate low light.

Proper care and periodic pruning will help to extend the life of these garden houseplants.

Some common houseplants can be purchased as seeds from catalogs, including many cactus and cacti mixes, Hypoestes, African violets, aralia, scheflera and Bird of Paradise. These tropical plants, for the most part, are evergreen and will live for many years. Those plants which are often grown as garden plants—but which do very well as house plants, too—are impatiens, coleus, geranium, Thunbergia and begonias. Many of these are annual plants which will eventually fade. The coleus, impatiens andthurbergia are examples of houseplants which will not live for much more than a year. Good care and periodic pruning will help to extend the life span of these garden houseplants. Seeds for these plants can be purchased through garden catalogs and on seed packet racks in local garden centers. (DJ)

---

**Growing the medicine plant is easy and fun**

The true aloes or medicine plant is the ideal plant for people who tend to forget to water their houseplants.

The aloes prefer cool temperatures (around 70° Fahrenheit) during the day, with a night temperature of 50° to 55°F Fahrenheit. They prefer full sun or well drained soil. They should be kept only barely moist, as saturated soil conditions will lead to root rot diseases. Healthy specimens produce spectacular red, yellow or orange blossoms from outdoor conditions. This is unfortunate for the Nebraska indoor gardener, as these blossoms are most often produced in winter when the plants would be indoors.

Aloe can be propagated from offsets of the base of older plants. The young plants should be removed and potted in appropriately sized pots. (MM)

---

**Control rodent damage**

Girdling—growing a strip of bark completely around a tree trunk—kills the tree by starving it to death.

Mice may often be discouraged from feeding on tree bark by replacing the mulch or grass under the tree with gravel, which destroys the natural cover under which the mice normally feed. Severe mouse infestations can be controlled by creating a barrier with one-eighth-inch hardware cloth set 3 to 4 inches deep in the ground and 10 inches above ground level. If the barrier is extended to reach about 2 feet above normal snow level, it will also prevent rabbit nibbling.

Rodent repellents and trapping may also be used for rodent control. Repellents have an unpleasant taste that discourages feeding on the bark. A new coat must be applied each fall and after heavy rains or wet snows. (DJ)

---

**GARDEN GOSSIP HOTLINE**

**441-7179**
This year’s Crop and Pest Management Update conference will be held November 28-29 at the New World Inn in Columbus, NE. The program begins with a noon luncheon on Tuesday and ends at 4 p.m. on Wednesday. It should be noted that both the location and the format has changed this year. In response to suggestions from conference participants, the location will be moved annually and fewer topics will be covered during each update. Among the topics are: herbicide-resistant weeds, insect-tolerance to pesticides, using GPS for crop management and B.T. transgenic corn research. Contact your local Cooperative Extension Office for a registration form and information on the conference and meal fees. Pre-registration is requested by November 21. For additional information about the program topics or agenda, contact Steve Danielson, UNL Department of Entomology (402) 472-7125. (WS)

### Crop and Pest Management Update set for Nov 28-29

Lincoln’s municipal biosolids land application program has been in existence for over three years. During that time, 30 farmers have applied over 90,000 cubic yards (100,000 tons) of sewage sludge to Lancaster County cropland. Some farmers tried sludge and found they did not have the right equipment or found the application was more time consuming than they thought. Other cooperatives have tried it, liked the way their crops grew and are continuing to use it. Some farmers have even invested in better equipment to make the job easier and quicker. Application reimbursement from the city ($6.55 per cubic yard) makes purchasing equipment more feasible.

### Organic sludge makes sense!

Lincoln’s municipal 3 soil. Lincoln’s sludge also has existence for over three years. Sludge for over three years. Sludge for over three years.

Value of plant nutrients per dry ton of sludge

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Lbs per dry ton</th>
<th>Economic Value $/lb</th>
<th>Total value $/dry ton</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nitrogen</td>
<td>71</td>
<td>.25</td>
<td>$17.75</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>12</td>
<td>.26</td>
<td>3.12</td>
</tr>
<tr>
<td>Potassium</td>
<td>3.0</td>
<td>.15</td>
<td>.45</td>
</tr>
<tr>
<td>Copper</td>
<td>1.0</td>
<td>.80</td>
<td>.80</td>
</tr>
<tr>
<td>Zinc</td>
<td>1.5</td>
<td>.96</td>
<td>1.44</td>
</tr>
<tr>
<td>Sulfate</td>
<td>10</td>
<td>.16</td>
<td>1.60</td>
</tr>
</tbody>
</table>

### Fall anhydrous ammonia applications—when is the best time for success?

Applying anhydrous ammonia in the fall for next season’s corn or grain sorghum is a practice which has been traditionally used to spread the workload for the next crop season and to take advantage of lower fertilizer prices in the fall. More recently, the practice has been discouraged because of the potential for nitrification of the ammonia to the nitrate form (nitrification) followed by leaching loss below the root zone, which can ultimately affect groundwater quality. However, fall application to silt loam and heavier textured soils may still be a viable option if best management practices are followed. Although each year is unique and management should account for that, it is useful to consider seasonal averages for planning purposes. A soil temperature of 50°F has been used as the “safe” temperature for fall ammonia application because the rate of nitrification is relatively slow at that temperature and it is likely that the soil temperature will soon be much cooler, lessening the likelihood that significant nitrification will occur. The week beginning October 30, on average, is the first week where the average soil temperature is below 50°F. If farmers wait until the soil temperature has been below 50°F for a week, they usually can plan to begin applying during the week beginning November 6. From this, some Natural Resources Districts have adopted November 1 as the date that fall NH₃ application can commence in water quality management areas, rather than setting a soil temperature.

Declining air temperature complicates NH₃ application in the fall, since NH₃ tank pressure is directly related to temperature. Once the air temperature falls below 45-50°F, it is difficult to accurately meter and apply NH₃. Also, NH₃ is difficult to apply when the soil is frozen. Using the criteria of soil temperatures between 32 and 50°F, and air temperatures greater than 45°F, we calculated the number of hours each day that NH₃ could be applied in the fall. The average time available to apply NH₃ in the fall will be limited if best management practices are followed.

One option to consider, if local NRD guidelines allow, is the use of a nitrification inhibitor such as a nitrification inhibitor. This results in “buy time” in the fall. By including a nitrification inhibitor with NH₃ in the fall, fertilizer can be safely applied 1 to 2 weeks earlier, before the weekly average soil temperature has reached 50°F. The inhibitor will serve to protect NH₃ from nitrification until soil temperatures are cool enough to inhibit further conversion to nitrate. (DV)

### Terrace maintenance

Terraces are the most common structural practice used to control soil erosion. They control erosion by reducing slope length and controlling runoff. Terraces also represent a significant investment, ranging in cost from $150 to $300 per acre depending on the type of terrace installed and how well it is terraced. Gradu-ent terraces with grassed waterways are least expensive while older terraces with tile outlets are the most expensive. Cost share programs are available through the Consolidated Farm Service Agency or the Natural Resources Districts which can reduce the cost to the landowner by 50 to 75 percent.

Terraces can last from 20 to 30 years or longer if they are properly maintained. Suggested maintenance activities include:

- Inspecting terraces and underground outlets at least twice a year and after heavy rainstorms.
- Measuring terrace height and width on a regular basis.
- Repairing sections of terraces which have eroded or over-topped.
- Removing sediment build-up in the terrace channel to maintain adequate water holding capacity.
- Removing sediment build-up and trash from around riser inlets and obstructions from around tile outlets.
- Farming on the contour with the terraces and not operating in or on the terrace face.
- Controlling erosion between terraces and over-water and under-water terrace edges.
- Controlling runoff between terraces and over-water and under-water terrace edges.
- Contacting the Natural Resources Conservation Service, your local NRD or your county Extension Office.

### Beef Cow Basics course offered

Several beef producers from this area participated in a home study course last winter entitled Beef Cow Basics. The course addressed nutrition, environments and farm use at a basic level and proved to be beneficial to those beef producers who completed the course. The good news is that the basics course will be offered again this year for those that were unable to enroll last year and that a follow-up course is now available for beef producers who completed the basic course last year.

**Beef Cow Basics** is an introductory course designed to assist cow-calf producers in making management decisions for improving profitability. **Beef Basics II** takes a further look at improving man-agement skills with topics that address reproduction, genetics and selection of breeding stock. Each course includes a home study course made up of eleven lessons which can be used outside of the large time commitment away from home. These courses allow you to sharpen your cow-calf management skills at your own time and pace.

You may register by contacting Extension Educator Warder Shires at (402) 441-7180. The fee for either the basics course or the **Beef Basics II course** is $40 (check should be made payable to the University of Nebraska-Lincoln). Registrations received by the deadline of November 3, 1999 will be guaranteed course enrollment. Late registrations will be based on available course material. Both courses begin November 27, 1995 and should normally be completed by March 1, 1996. (WS)
Environmental Focus

Sneaky rodents tough to catch

In nature, rats and mice are among the most important sources of prey for many animals. Over the past 7,000 years, humans have become the primary predators of some domestic rodents. Rodents, in turn, have evolved anti-predator behaviors that enhance their survival. There are several innate characteristics of rodents that help them to avoid danger.

Secretiveness. By their very nature, rodents are secretive—nesting, feeding and hiding in areas that are quiet and undisturbed. They are active at night when people are quiet. Inside buildings—as in the wild—they like to move in contact with surfaces, running along walls, squeezing into holes and between objects, and darting beneath pallets and appliances. They also eat in corners and tight spaces rather than open areas.

Quickness. To escape their natural predators, the rodent has evolved to run quickly or jump explosively within a split second. The house mouse, a brown, locked-moving animal on an unchangeable speed of 12 feet per second. Rodents also jump to avoid danger. Studies have shown that, when frightened, young mice often react by "explosive" or "popcorn" jumping. This last-minute jump may propel the rodent out of the clutches of a predator.

Cautionfulness. Rodents explore and re-explore their surroundings on a daily basis. These explorations may pay off in the discovery of new food sources and hiding spots. However, rodents are very cautious when novel objects, surfaces and foods are found in their explorations. This means that new objects are investigated very slowly and cautiously. This characteristic is why a mouse approaches a snap trap for the first time and stretches over and re-2slowly and cautiously. This characteristic is why a mouse approaches a snap trap for the first time and stretches over and re...


Water use in the home

Every time you turn on a faucet, an important natural resource, water, goes down the drain. Unfortunately, more water than necessary.

A few simple changes in your daily routine can conserve some of this important resource and help to avert waste.

In the laundry room, you can cut down on water waste several ways:

• Match the water to the size of the load—wash only full or nearly full loads.

• Use a low-sudsing detergent so rinse runs out easily with less water.

• If you are buying a new washing machine, consider models that use less water.

In the kitchen, you can make the following cooking and cleaning changes:

• Use half as much water in the refrigerator instead of waiting for the tap water to get cold.

• Use metal containers with a brush and a bowl of water. Use the hand sprayer sparingly.

• Steam vegetables rather than boil them in water. Then save the water for soup or stock.

• Run the dishwasher only when it is full.

• Consider purchasing a dishwasher with water-saving cycles.

For most people, the boxelder bug needs no introduction. This insect is about one half inch long as an adult, black in color with three red lines behind the head and a thin-skin side and a diagonal red line on each wing. Boxelder bugs become a nuisance species in homes from fall through early spring. Boxelder bugs feed on a variety of plants, but their favorite food is boxelder seed pods, which are found only on the female boxelder tree. These insects need sufficient numbers to be a nuisance unless a female boxelder tree is in the neighborhood.

The boxelder bug overwinters as an adult in protected places such as houses and other buildings, cracks or crevices in walls, doors, under windows, and around foundations—particularly on south and west exposures. In the spring, small red eggs are laid on leaves and stones, and in cracks and crevices in the bark of female boxelder trees. The eggs later hatch into young nymphs that are wingless and bright red in color with some black markings. These young bugs usually are found on low vegetation near boxelder trees until seeds are formed on the tree that then start to feed on. Boxelder bugs are primarily a nuisance pest, annoying residents in exteriors and inside dwellings on warm fall and winter days. They also could stain draperies and other light-colored surfaces and produce an unpleasant odor when crushed. They do not bite people, nor will they damage houseplants.

The most permanent solution to the boxelder bug problem would be the complete removal of female boxelder trees from a neighborhood, although this may not be practical or desirable. Since boxelder trees are usually overwinter near the trees that they feed on, the removal of one or two problem trees may be of benefit to the homeowner. Infested trees also can be sprayed with carbaryl insecticide while the bugs are still conge...

Study shows ultra-low-flush toilets to be economical in the long run

Ultra-low-flush toilets are doubly environmentally-friendly—they conserve precious water and reduce the volume of sewage generated. If you replace your conventional flush toilet with an ultra-low-flush toilet, how much water will you really save? And, what savings can you expect on your water bill?

In a study described by Small Flows, conventional flush toilets (4.5 gallons per flush) were replaced by ultra-low-flush toilets (1.6 gallons per flush) in a 30-year-old four-plex apartment building located in San Francisco area. Before the new toilets were installed, some of the residents expressed concern about the flushing effectiveness of the ultra-low-flush toilets, but this concern was unfounded.

There were no subsequent complaints about the ultra-low-volume flushing toilets not working properly. After the ultra-low-flush toilets were installed, the average water consumption in each apartment dropped from 225 gallons to 148 gallons per person/household per day—a savings of 77 gallons (34%). This translated to 28,105 gallons per year—an annual savings of $46 per the water bill.

Because the cost of the ultra-low-volume toilet (including installation) was $250, the toilet should pay for itself after 5 1/2 years. So—if you have an old toilet that needs replacing, try an ultra-low-volume model. I will pay for itself in time and save precious water.

Did you know...

• water conservation means two things: the life of septic systems?
• Ultra-low-flush toilets are beneficial to septic systems because they reduce hydraulic overloading—one of the most common reasons for septic system failures.
• Reduced flow allows for more time for solids to settle in the septic tank and reduce the amount of water the soil absorption field must accept.

Source: Small Flows (BPO)

Do you have boxelder bugs?

For most people, the boxelder bug needs no introduction. This is an insect about one half inch long as an adult, black in color with three red lines behind the head and a thin-skin side and a diagonal red line on each wing. Boxelder bugs become a nuisance species in homes from fall through early spring. Boxelder bugs feed on a variety of plants, but their favorite food is boxelder seed pods, which are found only on the female boxelder tree. These insects need sufficient numbers to be a nuisance unless a female boxelder tree is in the neighborhood.

The boxelder bug overwinters as an adult in protected places such as houses and other buildings, cracks or crevices in walls, doors, under windows, and around foundations—particularly on south and west exposures. In the spring, small red eggs are laid on leaves and stones, and in cracks and crevices in the bark of female boxelder trees. The eggs later hatch into young nymphs that are wingless and bright red in color with some black markings. These young bugs usually are found on low vegetation near boxelder trees until seeds are formed on the tree that then start to feed on. Boxelder bugs are primarily a nuisance pest, annoying residents in exteriors and inside dwellings on warm fall and winter days. They also could stain draperies and other light-colored surfaces and produce an unpleasant odor when crushed. They do not bite people, nor will they damage houseplants.

The most permanent solution to the boxelder bug problem would be the complete removal of female boxelder trees from a neighborhood, although this may not be practical or desirable. Since boxelder trees are usually overwinter near the trees that they feed on, the removal of one or two problem trees may be of benefit to the homeowner. Infested trees also can be sprayed with carbaryl insecticide while the bugs are still conge...

Study shows ultra-low-flush toilets to be economical in the long run

Ultra-low-flush toilets are doubly environmentally-friendly—they conserve precious water and reduce the volume of sewage generated. If you replace your conventional flush toilet with an ultra-low-flush toilet, how much water will you really save? And, what savings can you expect on your water bill?

In a study described by Small Flows, conventional flush toilets (4.5 gallons per flush) were replaced by ultra-low-flush toilets (1.6 gallons per flush) in a 30-year-old four-plex apartment building located in San Francisco area. Before the new toilets were installed, some of the residents expressed concern about the flushing effectiveness of the ultra-low-flush toilets, but this concern was unfounded.

There were no subsequent complaints about the ultra-low-volume flushing toilets not working properly. After the ultra-low-flush toilets were installed, the average water consumption in each apartment dropped from 225 gallons to 148 gallons per person/household per day—a savings of 77 gallons (34%). This translated to 28,105 gallons per year—an annual savings of $46 per the water bill.

Because the cost of the ultra-low-volume toilet (including installation) was $250, the toilet should pay for itself after 5 1/2 years. So—if you have an old toilet that needs replacing, try an ultra-low-volume model. I will pay for itself in time and save precious water.

Did you know...

• water conservation means two things: the life of septic systems?
• Ultra-low-flush toilets are beneficial to septic systems because they reduce hydraulic overloading—one of the most common reasons for septic system failures.
• Reduced flow allows for more time for solids to settle in the septic tank and reduce the amount of water the soil absorption field must accept.

Source: Small Flows (BPO)

What can we do?

In the United States, the 1990 Clean Air Act requires cities that have the highest ozone levels to reduce them. But what can we do to help clean our air?

The main thing is to conserve energy. If we use less energy, the power plants do not have to burn so much coal and oil. If we burn less fossil fuel, we make less acid rain. We would put fewer pollutants in the air and make less acid rain.

To conserve energy in your car, drive fewer miles. Instead—ride the bus or train, organize a car pool, walk or ride your bike. When it is time to replace your car, buy a fuel-efficient model. Keep your car tuned up and your tires properly inflated. (ALH)
Newspaper value jumps!

In the past recycling in the United States has tended to be unprofitable. However, this is no longer the case. In fact, some communities now see recycling this need. These requirements manufacturers will be promoting in June of 1995.

Wisconsin, referred to its culprits use rented trucks and couldn't give old new spa-recycled content newsprint. for the environment.

When they find a root, rhizomorphs produce a substance that

Paper manufacturing investments in the last decade have totaled an estimated $7 billion, subsequently creating a market.

The public and businesses also want to purchase more recycled content paper. By the year 2000, it is estimated that paper manufacturers will have invested more that $10 billion in new mills and refitting old plants to handle recycled fiber. In addition to the newspaper surge, the value of cardboard is taking off. To help market the concept of recycled paperboard, 14 of the leading paperboard manufacturers will be promoting 100 percent recycled paperboard as the most effective means of doing good for the environment and for the environment. Plans call for a coordinated effort with supermarkets and other retailers to encourage consumer paperboard recycling.

Now, recyclers are facing some pretty tough competition—thief. That's right, people are stealing the stuff. It is reported that in Washington, D.C., culprits use rented trucks and cruise the cities streets before dawn, stealing newspapers from residential recycling sites. And in Sun City, Arizona, the Lion's Club has had to post guards at their recycling programs or they were losing $1,000 a week!

WARNING: If you have not finished reading your newspaper, hang on to it—it might disappear before you return. And that cardboard box—now you see it, now you don't!

Source: Environmental Echoes (WLS)

Humongous fungus

It's bigger than 30 football fields. Beneath the surface the fungus in northern Michigan lies one of the oldest and most massive living things on earth. It's neither plant nor animal—it's a giant fungus. Scientists estimate the fungus may weigh nearly as much as an adult blue whale. A major chunk of the fungus consists of a dense underground network of stringy tentacles called rhizomorphs (RYE-so-morfs). Rhizomorphs grow about 8 inches a year, winding slowly through the soil and feeding on tree roots. When they find a root, rhizomorphs produce a substance that helps dissolve the root so the fungus can absorb it. In late summer, the fungus sprouts thousands of mushrooms at the surface. (ALH)

Lincoln's recyclables—from your home to the Drop-Off Site

How to Prepare Items for Recycling Sites

Glass

- Do not break containers.
- Rinse and remove caps and neck rings.
- Sort by color.
- Tin & Aluminum Cans
- Rinse and flatten.
- 2-Liter Bottles & Plastic Milk Jugs
- Rinse and flatten. No other plastic required.
- Remove caps and neck rings.
- Newspapers
- Bundle with string or place in a paper grocery bag.

Cardboard (selected sites only)

- Flattten, no plastic or packing materials.
- Cardboard packaging (ie. cereal boxes, cracker boxes) are OK.

More Tips on How to Prepare Items for City Recycling Sites

Do Not Deposit

- Aluminum foil
- Aluminum pie pans
- Paper towels
- Detergent bottles
- Glass cookware
- Gras and leaves
- Household trash
- Light bulbs
- Magazines
- Metal cookware
- Phone books
- Plastic

Please be considerate of nearby residents and others who use the drop-off sites. Do not place recyclables outside designated containers.

For more information on Recycling call: Lincoln Recycling Office 441-8215

Pesticide storage

As the need for lawn and garden chemicals declines in the fall, the question of what to do with the leftovers arises. Storing chemicals where they will not pose a safety hazard is the first concern; keeping them in usable condition for next year is the second.

Pesticides, Insecticides, weed killers, fungicides, etc. are poisons and need to be treated with caution. Any toxic chemical should always be stored in a locked storage area where children, pets, wildlife and irresponsible adults can not get to it. There is no question about what is in a container or how to use it, pesticides and other chemicals should always be stored in their original containers with the labels intact.

To replace lost or unreadable labels, contact the dealer who sold you the chemicals. Never store pesticides or other chemicals with or near food, feed, medicine or cleaning supplies so there is no chance of a mix-up.

Store pesticides and other chemicals where they will not be subject to very high temperatures—above 90° F—or very low temperatures. High temperatures may cause chemical changes that will make pesticides less effective. Freezing will ruin liquid formulations and may break glass containers.

The storage area should be dry, also, so that wettable powders, granulated pesticides and dry fertilizers do not draw moisture from the air and become cakes. The bags and boxes of powders and granules in plastic bags to protect them against dampness and moisture.

The best way to dispose of excess pesticides is to use them as directed on the label. Never dispose of a pesticide or other chemical by pouring it down the drain, on the ground, into a storm sewer or into a body of water. The danger to other humans, pets, wildlife and the environment are too great. (DJ)

Saving resources for the future

World population has more than doubled since 1950 and it is projected to nearly double again by the year 2050. As human population increases, so does the amount of waste we generate. And, as waste increases, so can the amount of contaminated water. We must reduce the amount of waste we create by making choices and recycling more so that we can conserve valuable resources and reduce environmental problems caused by waste.

One United States citizen produces 3.2 pounds of garbage each day. 96 pounds each month, 1,168 pounds each year and 11,760 pounds over 70 years.

Of the Earth's water supply, which is the teats of life, only 3% is fresh, with most of that in the form of ice caps and glaciers. Approximately 1% remains for our use, and roughly half of that is contaminated.

As we use resources without adequate replenishment and contaminate the environment, we limit the availability of resources for future generations. What we need to do is avoid contaminating water, conserve water, reduce the amount of waste we generate, reuse and recycle. (ALH)

What is man without the beasts? If all the beasts were gone, men would die from a great loneliness of the spirit. For whatever happens to the beasts, soon happens to man.

—CHIEF SEATTLE, 1854
Congratulations ladies and THANK YOU!

Congratulations are also in order for all new club presidents! Please bear in mind that as your club president, you are automatically the representative from your club for all council meetings. If you cannot attend, please send another officer or member in your place. We encourage everyone, president or member-at-large, to attend all council meetings. You will gather with other FCE members to share ideas. Hopefully, you have signed and sent in your committee assignments sheet. Your officers will be holding a planning meeting in November to set our program schedule for 1996 and to set up committees. If you have ideas for council meeting programs, ideas for special projects we might consider, thoughts about the direction of the organization, etc., please call an officer. We need to know what you think.

Our membership is declining, as you know. Now is the time to start recruiting new members or work a little harder on those OLD members to keep them. Perhaps we have gotten a little lackadaisical, taken too much for granted and not been as enthusiastic about our organization and let people slip away. There are keys to keeping members. For recruiting new members, we have for your use, a bright colored pamphlet explaining all about FCE. Keep several copies in your purse to give to anyone who inquires about the organization. Remember new members with a phone call and transportation. Do the same for absent members--offer to take them as they may feel shy after missing a few meetings. Have you considered a membership drive? Invite prospective members to an informal coffee and explain the benefits of FCE, answer questions and maybe give a handout or educational materials. All trainings will be offered at a time convenient for you and your home more secure and safe.

The Expanded Food and Nutrition Education Program (EFNEP) advisors recommend eating five fruits and vegetables daily. Here are some quick ways to include fruits and vegetables in your diet recommended by the National Cancer Center.

Looking for foods to fit into your busy lifestyle? Here’s a way to look at fruits and vegetables ... Nature’s Fast Food!

What could be easier than:

• A carrot in your briefcase?
• An apple in your purse?
• Dried fruit in your desk?
• Frozen vegetables in your microwave?

People give many reasons why they think fruits and vegetables don’t fit into their busy lifestyles. Let us show you how quick and convenient fruits and vegetables really are!

"I buy plenty of fresh produce but I forget about it and it spoils in the refrigerator." Try putting fruits that don’t fit into your diet regularly into your freezer! It will last months. Keep fruit canned in juice handy in your kitchen cabinet!

"I eat at fast food restaurants a lot and don’t have time to eat fresh fruits and vegetables at home." You can order orange juice at most fast food chains and some serve baked potatoes. Raw vegetables, fresh fruit and lettuce can be found in some fast food salads and salad bars.

"If you can’t find fruits and vegetables at the fast food restaurant, bring them with you from home to eat later. Dried fruit, most fresh fruits, and fruit juice travel well." People buy plenty of fresh produce but I forget about it and it spoils in the refrigerator. If you don’t like fruits and vegetables, but I didn’t like all the peeling, chopping, and slicing involved.

"Frozen fruits and vegetables are usually all ready-to-cut. Just open the package. The refrigerated salad bars offer many favorite raw vegetables and fresh fruits already cleaned and sliced. The Select fruits and vegetables that require little peeling and chopping, such as baby carrots, green beans, tomatoes, asparagus, grapes, apples, or broccoli spears.

Source: Fast & Easy Fruits & Vegetables for Busy People, U.S. Department of Health and Human Services, Public Health Service National Institute of Health. For more information on diet and cancer, call the Cancer Information Service at 1-800-4-CANCER. (MB)

What about bagels?

How nutritious are bagels? Bagels are high in complex carbohydrates and contain fat-a healthy combination. An average bagel provides only one to two grams of fiber. Healthful bran on bagels, however, remember the following:

• Originally, a bagel weighed about two ounces and was comparable in calories to two slices of bread-about 160 calories. Today, some bagels are over five ounces and weigh in with over 400 calories. If you want a “light” snack, a “big” bagel may not be your best choice.

• Take toppings into account when eating bagels. Two tablespoons of cream cheese on one bagel will add about 100 calories. Use a thin smear of these spreads to add flavor without excessive fat and sugar.

The “cement doughnut” provides a healthy choice for meals and snacking. Keep calories in check by considering serving size and added toppings.

“Is it ok to machine launder a garment even if the care label says “Hand Wash Separately,” is an often asked question. It is not recommended to machine launder a garment that recommends hand washing because the garment usually cannot withstand the agitation of the washing machine cycles. In addition, the garment may have been a “fast” dye that may bleed during washing. It should be washed slower. What washing instructions are given, the garment should be soaked in cool or lukewarm water for 5-10 minutes without twisting or agitation. It should then be gently squeezed and hung or laid flat to dry. (LB)

Balancing work & family during holidays difficult

During the busy holiday season balancing time between work and family seems even more difficult. Fully meeting the demands of work, yet giving the necessary time to create and maintain a satisfying and intimate relationship, may be difficult in many two-career families today. Here are some suggestions on how to accomplish both goals.

Separate work and family life.

• Establish rituals that signal the end of the working day, like your business’s way behind. Focus on your love life, children, what you’ll have for dinner—anything so long as it isn’t work.

• Though it may be hard to take time off, vacations break the routine, release hostility and allow returning to the workplace with a fresh perspective.

• Pursue non-work related activities by taking a class or engaging in a sport or hobby.

• Stick to work tasks while on the job. Work is a place to accomplish a task, not to get love and support.

• Compartamentalize personal and professional roles and realize that the two roles are different; enjoy the diversity.

Talk honestly and often.

• Get disputes out in the open. Putting something aside will only continue to simmer. It’s a problem common with couples, ensures that it will come back magnified.

• Listen without being critical. Learn to listen to your partner’s demands without getting defensive or assuming you’re being criticized.

• Express needs in a positive way. Be very specific about explaining wants and needs. Avoid blame when those needs aren’t met. Learn that reciprocity is the best approach for a true partnership.

Resolve disputes.

• Focus priorities on the job that needs to be done. Don’t be sidetracked by extraneous issues.

• Learn how to develop win-win situations. Lose-lose situations occur when one side tries to “win” out of pride, arrogance or the need to be in control.

Divide work carefully.

• Define areas of responsibility. Determine who has the skills to be in charge of what. Help each other when needed.

• Respect each other’s contributions. Each person brings complementary skills to the task—all talents are needed.

• Remember, the best intentions without appropriate action can lead to relationship difficulty.

Source: Herb Lindgren, Ph.D., Family Life Specialist, NUBAND. (LB)
Turkey FUNdamentals

Okay, so it’s your turn to host the annual Thanksgiving feast for the entire family. You’ve been known for three years that your time was coming, but the advance warning hasn’t increased your comfort level. Aunt Sara has been cooking turkeys for years and Cousin Rachel is a gourmet cook. Can you tackle a turkey without being traumatized? Believe it or not, taking care of “Tom” isn’t that tough. Just follow these “Turkey FUNdamentals” and your bird will turn out fine without a lot of toil and trouble. The experts at United Poultry Concerns Hotline say that each November both novice and experienced cooks have the same basic questions on preparing a turkey. Here are the answers.

How big a turkey should I buy?
You’ll need about one pound per person, or a one and one-half pounder per person if you have hearty eaters or want ample leftovers. If you’re having an “open house” and you’re not quite sure how many you will need, you could cook and carve an extra bird a few days ahead.

When should I buy the turkey?
While the quality and taste of fresh and frozen turkey are quite similar, the keeping time is not. A frozen turkey can be purchased months in advance, but a fresh bird should be bought only 1 to 2 days ahead.

How long will it take to defrost a turkey? It’s best to defrost your turkey in the refrigerator. A rule of thumb is a minimum of 24 hours of defrost time for every 5 pounds of bird. Thus, it can take 4-5 days to defrost a 20-pound turkey. A completely thawed bird will last for an additional 1 to 2 days in the refrigerator once defrosted. If you need to speed up defrost time, it is safe to defrost the bird in a large utility sink of cold water. Submerge the wrapped bird in cold water. Check on the water every 30 minutes to make sure the water remains cold. Allow 30 minutes per pound to defrost this way.

How long should I roast the turkey? Roast a 16-24 minutes per pound for a stuffed bird. Have your oven preheated to 325 degrees F. USDA HIGHLY RECOMMENDS THE USE OF A MEAT THERMOMETER TO DETERMINE DONENESS. A whole turkey is done when the temperature reaches 180 degrees F in the inner thigh. A breast is done at 165 degrees F. Still, cooking times do vary! Every year people wonder why their turkey is done too early or too late. There are many reasons—oven temperature may not be accurate, the turkey is still partially frozen in center or the roasting pan is too small and heat flow is inhibited.

What do I do if the turkey is done an hour ahead of schedule?
It is safe to hold a turkey in the oven at a reduced temperature. First, use a meat thermometer to verify that the bird is done—dark meat has reached 180 degrees F and the stuffing 165 degrees F. Keep the thermometer in the meat. You will need to lower your oven temperature. Start by moving your oven temperature to 200 degrees F. ADJUST THE TEMPERATURE OF THE OVEN TO ENSURE THAT THE TEMPERATURE OF THE TURKEY NEVER DROPS BELOW 140 degrees F. Check meat thermometer at several intervals to ensure that 140 degrees F is maintained. A bird covered so it doesn’t dry out.

What do I do if the turkey is not done?
About the only thing you can do is keep cooking! You can turn the oven up slightly, or cover the bird with aluminum foil. If you haven’t already done so, do not keep opening and closing the oven door to check the bird, this will only lower the oven temperature and add to the cooking time.

Can you roast the turkey the day before?
Yes. In fact, more and more people are taking this route. Food safety wise, the cooked bird must be deboned before being stored in shallow containers. The meat can then be reheated in the regular oven the next day for approximately 10 minutes per pound. To prevent the meat from drying out, add either the leftover meat drippings, gravy or turkey broth and cover with foil.

To Keep Things FUN, Not Frantic:

- Decide how much turkey you will need before you shop.
- Get a meat thermometer.
- Make sure you have a roasting pan large enough for your bird. Or roast two small birds versus one large bird.
- Allow an adequate number of days to refrigerator-defrost a cooked bird.
- Make sure you have a roasting pan large enough for your bird.
- Place the turkey breast-side up in a shallow roasting pan. Insert meat thermometer in inner thigh.
- Cover loosely with aluminum foil.
- Remove foil 20-30 minutes before roasting is finished to brown the skin.
- Wash the inside and outside of the turkey in cold water and dry well.
- Insert meat thermometer in inner thigh.
- Cook turkey the day before?

Healthy Eating

Workshop rescheduled

Have a “Money Smart” holiday season by turning “Trash into Treasures.” As the holiday season approaches, we begin to think about gifts, entertaining, decorating, and how to make it all fit into the time and budget available. A how-to-workshop will be presented on Monday, November 27, 1-3 p.m. or 7-9 p.m. Register by calling 441-7180 by November 20. A $3 fee will be collected at the door. Preregistration is necessary so materials can be prepared.

Family Living

Holiday gifts needed

There is always a need for helping the less fortunate especially around the holiday season. Elliott School Headstart Program is in need of over 300 gifts for three- and four-year-olds. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed. If gifts are wrapped, please indicate what the item is, the cost ($3-4 recommended), and if the gift is for a boy or girl. Gifts are needed by December 1.

For more information, contact Lorene Bartos, Extension Educator, 441-7180. This is an excellent community service project for FCE and 4-H clubs. Individuals may also participate.

County Chorus invitation

Any women interested in joining the Lancaster County Chorus please give Norma Lemke a call at 782-8773.

Planning a party buffet to celebrate the holidays? Here are five tips from the home economists with the U.S. Department of Agriculture Meat and Poultry Hotline to make your party buffet a safe and successful one:

- Handle food safely. Always wash your hands before and after handling food. Keep your kitchen, dishes and utensils clean also. Always serve food on clean plates and use previously holding raw meat and poultry.
- Otherwise, bacteria which may have been present in the raw juices can cross contaminate the food to be served.
- Cook food thoroughly. If you’re cooking foods ahead of time for your party, be sure to cook them thoroughly to safe temperatures. Check fresh roast

More Family Living news on Page 11

Practicing food safety at party buffets
Have you ever asked yourself, “Why should I go to leader training?” If you answered “yes” to this question, then read on... Each year, five leader trainings are conducted and lots of great information is available. Leader trainings are not just for new leaders, they are for parents, volunteers and any leader (experienced or new). The scheduling of trainings is done to accommodate every busy lifestyle. One at 9:30 a.m. and one at 7:00 p.m. each day they are scheduled. We even do them on CableVision Channel 21 so watch for it or tape it for later use. So, why not participate?

The schedule is as follows:

Monday, November 20
Tuesday, January 16
Thursday, February 15
Monday, March 11
Monday, May 13

1996 4-H photography themes

“Hang in There”—Use your imagination, be creative and portray something about Nebraska, and “Hello Yellow”—Use your imagination and portray something about Nebraska. Yellow must be the prominent color (LI).

Clover College is here!

The key leaders and Extension staff have been brainstorming for the 1996 Clover College and we need your help! Please keep in mind that this is a new activity and we are still in the process of working out the details.

Clover College will be held June 10-14. The purpose of this event is to expose youth to different types of projects to give them the opportunity to work with an expert in a project area, to help 4-H members complete a project for the county fair, and to provide a positive, educational experience as they work with their projects. At this time, we need volunteers to present a two-hour workshop each day. Here is an example: Susie will teach a workshop on sewing, she must teach the workshop everyday for two hours at a time. At the end of the workshop, each participant will have at least one finished project. It is the responsibility of the presenter to keep the participants busy the entire two hours.

A registration fee will be required for each workshop which will be determined by the presenter and Extension staff. Further information on registration will be out after February 1.

Workshop proposal forms are available at this time and are due by December 15. Please contact Ann Marie or your key leader for more information. (AMM)

Discover SERIES November 11

When & where is it?
Saturday, November 11, 1995
Seward Ag Pavilion, Seward County Fairgrounds
Cost: $15 per person
Includes T-shirt and lunch meal
Registration deadline—November 3
Times: Registration begins at 8:30 a.m.
Training will end by 4:30 p.m. (LI)

Registration
(Deadline—November 3)
Name, Age ________________________________________
Street address ______________________________________
City State ZIP Code ____________________________
Area to be trained: (Mark 1st and 2nd choice)
Oak, Woodland, Wildlife ___________ It Came from Planted Earth
Beyond Duck & Cover ___________ Chemicals Are Us

Enclose $15 per person. Make checks payable to Nebraska State 4-H Office
Send to State 4-H Office, c/o Kathleen Lodl, 114 Agriculture Hall, Lincoln, NE 68585-0700

Clever leaders and Extension staff have been brainstorming for the 1996 Clover College and we need your help! Please keep in mind that this is a new activity and we are still in the process of working out the details.

Clover College will be held June 10-14. The purpose of this event is to expose youth to different types of projects to give them the opportunity to work with an expert in a project area, to help 4-H members complete a project for the county fair, and to provide a positive, educational experience as they work with their projects. At this time, we need volunteers to present a two-hour workshop each day. Here is an example: Susie will teach a workshop on sewing, she must teach the workshop everyday for two hours at a time. At the end of the workshop, each participant will have at least one finished project. It is the responsibility of the presenter to keep the participants busy the entire two hours.

A registration fee will be required for each workshop which will be determined by the presenter and Extension staff. Further information on registration will be out after February 1.

Workshop proposal forms are available at this time and are due by December 15. Please contact Ann Marie or your key leader for more information. (AMM)

4-H Shorts

Congratulations!
Congratulations to Tanna Lea Doeschot, member of the Country Classics 4-H Club for the picture her father entered in the Nebraska Cattlemen photo contest. Tanna Lea’s picture was the featured cover for the September 1995 National Cattlemen magazine. Congratulations! (CB)

New Animal Newsletter Concept
What would you enjoy more than reading your words in print as they would appear in the Nebraska on a monthly basis? Several VIPS boards have come up with a way to get across why they feel so strongly about their animal projects that there will be a news editor committee in each animal VIPS board. These committees will submit news articles that fit the theme of season, activities and events. Each article submitted will follow certain criteria set by the VIPS board and 4-H Extension staff members.

Interested? Plan to attend your next VIPS board meeting; your input and concern regarding your animal projects are important. (CB)

Announcements/Dates
4-H Horse VIPS Meeting—Wednesday, November 8, 7:30 p.m.
4-H Rabbit VIPS Meeting—Thursday, November 16, 7 p.m.
4-H Livestock Booster Club Meeting—Thursday, November 2, 7 p.m.
4-H Cloverbud VIPS Meeting—Friday, November 17, 1:15 p.m., location to be announced

1995 Catch-A-Calf Winners
Our CONGRATULATIONS go to Eric Mitchell of Roca, Nebraska and Corey Roeder of Bennet, Nebraska in the 1995 catch-a-calf contest at Ak-Sar-Ben. Corey and Eric will be picking up their calves at the end of this month after a winners’ breakfast. Good job! (CB)

Invite birds for lunch

This winter, invite some feathered friends to lunch! Here are some ways to feed your favorite birds:

• Peanuts in the shell
• Wide holes drilled in a tree
• Peanut butter and rolled in birdseed
• Coconuts cut in half, drained and filled with birdseed or melted suet. (ALH)

4-H Bulletin Board

Mark your calendars for 4-H Celebration 1995 November 7 at the Lancaster Extension Conference Center at 7:00 p.m. Join the celebration! (AMM)

Ambassador meeting November 16, 7:00 p.m., Lancaster Extension Conference Center. (AMM)

LEADERS: Our first leader training will be Monday, November 20, 9:30 a.m. and 7:00 p.m. at the Lancaster Extension Conference Center. Please call 441-7180 to let us know if you will be attending. Thanks! (AMM)

4-H & Youth

Shooting … responsibly

4-H shooting sports program is designed to give young people and families an opportunity to experience and appreciate the recreational potential of shooting sports. While enjoying the fun associated with the shooting sports, participants also develop safety skills, responsibility, leadership, citizenship, self-discipline, sportsmanship, ethical behavior and an understanding of wildlife and habitat management.

Lancaster County’s shooting sports program offers educational experiences targeting BB gun, pellet rifle, smallbore rifle, pellet pistol, shotgun trapshooting and archery. Youth who join the Lancaster County 4-H Shooting Sports Club are invited to participate in monthly meetings November through April to learn more about general shooting sports education. Participating youth also have the opportunity to engage in one or more hands-on training courses which concentrate on skill development in the shooting disciplines identified earlier.

Cooperative Extension’s shooting sports program is carried out by community volunteers. Hands-on shooting sports training offerings are conducted through cooperative agreements with Lincoln Trap and Skeet Range, Lincoln Police Department, Woodland, Wildlife and Prairie Bowmen and the Lancaster County Agricultural Society.

Youth interested in learning more about Lancaster County 4-H Shooting Sports are invited to attend the club’s organizational meeting on Monday, November 20, 7 to 9 p.m. at the Lancaster Extension Conference Center, 444 Cherry creek Road, Lincoln. Please call Dave at 441-7180 for further information. (DV)
Time to vote for 4-H Council

In 4-H, life skills are learned by participating in projects, workshops, judging programs and demonstrations, and by serving in leadership roles throughout the year. Life skills are also taught through the example of adult role models. The 4-H Council is responsible for providing educational opportunities that will enhance the development of these life skills. In order to truly "make the best better," it is important to focus on more than the short-term goals of membership in the 4-H program. The 4-H Council makes a difference by providing adult leadership that helps young people become the best they can be.

Youth scholarship opportunities

Martha and Don Romeo Scholarship
The Nebraska Association of Farmers Markets (NAFM) will award a $500 scholarship to one qualifying male and a $500 scholarship to one qualifying female who are graduating seniors in the state of Nebraska and planning on attending an out-of-state post high school education. The following qualifications are considered by the NAFM selection committee:

(A) Each applicant must have exhibited his/her 4-H projects in a competitive manner at the state fair within the last four years.
(B) Each applicant must have "A" average and must maintain a 2.5 grade point average for the first semester in college and carry at least 12 hours.
(C) Must demonstrate support for school and community.
(D) Must exhibit a desire to achieve goals.
(E) A personal financial need is not considered.

One male and one female will be chosen from Lancaster County to be forwarded to the state contest. Applications are due at the Extension office by November 27. If you have questions, contact LaDeane. No late entries will be accepted.

The Farmer's Foundation Scholarship
The Farmer's Foundation awards scholarships each year to graduating high school seniors. Two $1000 scholarships are granted to the school of your choice and in the amount of $500. Eligibility includes:

(A) A cumulative grade point average of 3.0 or above.
(B) You must have ongoing or current involvement in the five areas: Special Talents, Leadership, Obstacles Overcome, Community Service and Unifying Features.

Applications must be received no later than November 6 and selections will be made by April 30. Due to the large number of applications, the foundation will only contact those students who are selected. Application materials are available from the Extension office.

Discover Card Youth Programs
Attention Juniors in high school! The Discover Card Themed Youth Program honors outstanding high school juniors by making available $1000 for one agricultural scholarships in each of the following categories: 4-H, FFA and the American Dairy Science Association. Applications must be received by January 19, 1996. Applications and criteria are available at the Extension office.

Win $ with Colgate's Youth for America

Calling all 4-H clubs! Plan to participate in the 23rd Annual Conservation Awareness Campaign sponsored by Colgate's Youth for America. All you need to do is ask for an entry form from the Extension office. Here's what you do to enter:

A. Attach a description of your club's service work performed between March 1, 1995 and December 31, 1995.
B. Tell us about the need for the project and how it was filled.
C. Attach any materials that might be helpful in explaining the idea and scope of the program such as: newspaper articles, video tapes or audio recordings or local government recognition of your program.

Examples of community service activities are: handicapped awareness education, environmental education and recycling, crime prevention and victim’s aid, community beautification and/or repair services, soil and water conservation, anti-violence campaigns, benefits for the elderly or disadvantaged, substance abuse education and prevention, or another great idea that your club has initiated.

As an incentive for participation, Six $1000 1st place prizes Six $500 2nd place prizes Six $300 3rd place prizes 240 $100 4th place prizes Plus an additional $1000 bonus prize for best of all entries!

Help Lancaster County shine! Enter your club in this exciting environmental contest. If you have questions, just give LaDeane a call at 441-7180. (LJ)

4-H & Youth

Voter declaration: I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.

Address:

ZIP Code:

Return with marked ballot by November 15 to: USB Cooperative Extension in Lancaster County 444 Cherrycreek Road, Lincoln, NE 68528-1507

(Name will be separated form ballot by election clerk)

1996 Official Lancaster County 4-H Council Ballot

Please see biographical information on candidates below and on the back page

Northwest Youth, vote for one

Scott Christensen
Northeast Youth, vote for one

Eric Edgeman
Brett Jurgens
Southwest Youth, vote for one

Kent Rosenboom
Brett Sieck

Lincoln Adult, vote for two

Galen Madsen
Janet Anderson
Marty Sehn
Barb Suig

Lincoln Youth, vote for one

Robin Stealey

Lancaster County at Large Youth, vote for one

Jolinda Madsen
Jill Hatten

Biographical Information

Scott Christensen—Four-year 4-H member and current member of Rock Creek Kids 4-H Club; 15 years old.
Trapsooting, rocketry. Raymond Central High School, participant in track and basketball. Enjoys hunting and shooting sports and is an active member of the youth group at Redeemer Lutheran Church.

Eric Edgeman—Nine-year 4-H member, diary 17 years old, Waverly High School, FFA, and football. President, news reporter, and junior leader of Central Dairy 4-H Club. Member First Evangelical Covenant Church.

Brett Jurgens—Eight-year 4-H member of Waverly Whiz Kids 4-H Club. Junior leader and project leader for photography. 4-H Ambassador, 4-H Teen Council member, two-year 4-H Camp Counselor at Eastern Nebraska 4-H Center. Attended Kansas City 4-H Leadership Conference and ExpoVisions. Has helped present photography workshops and presented at 4-H State Leader Forum. Volunteer at both county and state fairs.
Waverly High, History Club, Drama Club, FBLA, and VICA Member First United Methodist Church in Waverly and member of Lincoln Lutheran Church and Prairie Life.

Jenet Anderson—Eight-year 4-H member as a youth, club assistant leader for past 6 years of the Lucky Charm 4-H Club. Song contest VIPs committee member and was on a 4-H Council committee to review new animal practices in the 4-H program. Legislative aide for Senator Heinke, member of church altar society, and vice president of the corporation board for her sorority. Hubert, Bert, and two children who will soon be 4-H members.

Please turn to back page
Moravec selected to LEAD program

Ann Marie Moravec, Extension Assistant, has been accepted to the Nebraska LEAD Program for 1995-97. The LEAD program is a statewide program and involves the selection of up to 30 “fellows” from across Nebraska. The purpose of the Nebraska LEAD program is to prepare Nebraska’s most promising adult men and women agriculturalists for an opportunity to participate in an intensive two-year educational program designed to enhance leadership development, essential for long-term future farming and ranching, agribusiness, Nebraska and the nation.

Twelve in-state seminars are held throughout Nebraska at public and private colleges and universities. Seminar topics include social and economic issues, natural resource policies, religion, cultural understanding, foreign trade and policy, plus much more. Study travel seminars are held throughout the United States and abroad during each year of the program.

Ann Marie will provide reports on the seminars in the Nebraska in the Community and Leadership Development section under LEAD. For more information about the Nebraska LEAD program, please call 402-472-6810 or write: Nebraska LEAD Program, 35 Food Industry Complex, UNL, Lincoln, NE 68583-0924 (AMM)

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

Community & Leadership Development

Environmental attitude helps business success

Moravec selected to LEAD program

Pollution prevention is one of many reasons to broaden their audience appeal. As many busy people know, image building is a long and expensive process. Environment-friendly policies such as pollution prevention can help improve image while reducing costs.

Public awareness of a company’s waste management efforts can be stimulated by publicizing annual reports, company brochures, advertising and press releases. This can be done through printing documents on both sides, using recycled paper, and using inks that don’t contain heavy metals. It is also important for businesses to share information on pollution prevention efforts with trade associations, local government and environmental organizations, and other communities.

More tips on building an environmental image include:

• Identifying products made from recycled materials indicating their composition.

• Using minimal packaging or packaging that is easy to reuse or recycle.

• Promoting environmentally friendly materials by using them and setting an example.

• Participating in environmental promotions through local TV and radio stations.

• Distributing news releases to local media expanding the business’s pollution prevention accomplishments.

Employee environmental efforts also should be recognized and rewarded. A free meal, a certificate of recognition, or a reserved parking space could be small tokens of appreciation.

Local governments involved in pollution prevention efforts should consider state and federal grants to help implement programs. For more information on Nebraska grants, contact: Wanda Blasini, pollution prevention coordinator, Nebraska Department of Environmental Quality, 471-2186. (LB)

LEAD fellows come together for Focus #1 seminar

Wanted: youth leaders

Leadership skills are in high demand. College-age and post graduates will be seeking opportunities to obtain strong leadership skills and self-confidence. Communities need responsible, self-motivated individuals to lead into the 21st century.

Junior high and high school students have a chance to learn leadership skills at the 4-H Leadership Institute, Saturday, November 11, at the Ramada Inn Kearney. At the Institute, youth will learn leadership skills to use in their home communities. Program emphasis will be on leadership management styles, group dynamics, team work, and communication. The ultimate goal is to give young people the skills to foster working relationships between adults and the community.

Teams of five students are encouraged to attend from every school or community. It is expected that these students will return to their hometowns to work together to accomplish goals or complete projects. Any size team and individuals are welcome, too.

The cost of the Institute is $25 per participant. Costs include lunch, refreshments, breaks and registration fees. To register in advance, please call the Lancaster County Extension Office. For more information, contact LaDeane at 441-7180. (LJ)

Do Something grants

Do Something is offering young people across the country an opportunity to apply for grants up to $500 to create or support a community building project. Do Something is a national non-profit organization that provides funding to young people with the ideas and energy to improve their communities. For more information, a brochure and grant application, contact the Extension Office. If you have any questions, call LaDeane at 441-7180. (LJ)

Turn yourself into a power listener

Most of us think of ourselves as good listeners, but we often take in less than we think, for many reasons.

• Most people value speaking— which is seen as active— over listening, which is seen as passive.”

• Many people think of themselves as good listeners, but we often take in less than we think, for many reasons.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.

• Some people also have a bad habit of interrupting people before they finish a thought? Are you so busy thinking about something you're likely to miss the main point, and try to control emotions by keeping silent.
Cutting fat and sugar in holiday recipes not always necessary

Are many of your favorite holiday foods loaded with fat and sugar? Yet, do you hesitate to change them as they've been prepared in your family and hold special meaning? Ask yourself these questions before modifying those special family recipes.

1) How often does your family eat this food? That favorite family fruit cake that's eaten once a year won't add much to your total fat and sugar intake. Similarly, pumpkin pie with whipped cream doesn't count much when viewed in relation to other yearly food consumption.

2) Which foods does your family eat? Consider decreasing the quantity of foods rather than the quality. For example, rather than a family-size serving of 1/6 of an apple pie (460 calories), reduce the size to 1/10 of a pie (280 calories).

3) How much fat and sugar is actually in a serving? Though a quick bread may call for a half cup of fat, the recipe might make about 20 slices or servings. That said, cutting fat per serving would be about one teaspoon per slice. If you don't add any further fatty spread, this level of fat is still fairly low.

Avoid these “choker” foods with tots high risk until they can chew safely. Young children, especially those under five, are the highest risk of choking on food and remains a high risk until they can chew better. Here are some tips from the U.S. Department of Agriculture on helping prevent choking in young children.

- Seat quietly.
- Eat slowly.
- Chew food well before swallowing.
- Avoid small portions at one time.

Bleach research shows that numerous ingredients used to bleach food products, including peroxides, have caused significant health effects in children.

Avoid these “choker” foods with tots high risk until they can chew safely. Young children, especially those under five, are the highest risk of choking on food and remains a high risk until they can chew better. Here are some tips from the U.S. Department of Agriculture on helping prevent choking in young children.

- Seat quietly.
- Eat slowly.
- Chew food well before swallowing.
- Avoid small portions at one time.

Bleach research shows that numerous ingredients used to bleach food products, including peroxides, have caused significant health effects in children.

How to wash your hands

1. Wet your hands with warm, running water.
2. Add soap and rub your hands together to make a soapy lather.
3. Rinse your hands well under warm running water. Let the water run back into the sink, not down your elbows.
4. Dry your hands thoroughly with a clean paper towel. (AH)
NEBLINE
Feedback Form

In order to best serve our subscribers, this form will appear in every issue of The NEBLINE. You can use this form to:

1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

Name:
Address:
City:
Zip:

Order subscription (free—however, there is an annual $5 mailing and handling fee for zip codes other than 685—, 686—, 687—, 68003, 68017, and 68065)

Change of Address
Comments
Story Idea(s)

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

PHONE NUMBERS:
Office (leave message after hours) .................................. 441-7180
After hours ......................................................... 441-7170
FAX ..................................................................... 441-7180
GARDEN Gossip Hotline ........................................ 441-7148
Composting Hotline ................................................ 441-7147

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

The NEBLINE is produced and edited by Jeff Gaskins, publication & resource assistant. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Jeff Gaskins, (402) 441-7180 for more information.

Gary C. Bergman, Extension Educator-Unit Leader

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 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.

CONTRIBUTING STAFF
Lorene Bartos, Extension Educator
Gary C. Bergman, Extension Educator
Cindy Blome, Extension Assistant
Corey Brukuter, Extension Educator
Maureen Burson, Extension Educator
Sonja Erickson, Extension Assistant
Jeff Gaskins, Extension Educator
John Gonzailez, Extension Assistant
Arlene Hanna, Extension Assistant
Alice Hemmeman, Extension Educator
Don Jansen, Extension Educator
LaDee Jha, Extension Educator
Mary Jane McReynolds, Extension Assistant
Annie Marie Moravec, Extension Assistant
Barb Ogg, Extension Educator
Wende Stires, Extension Educator
Dave Varnier, Extension Educator

November 20

4-H Horse VIPS Committee Meeting ............................................. 7:00 p.m.

November 21

Fair Board Meeting ............................................................................ 7:00 p.m.
4-H Rabbit VIPS Committee Meeting ........................................... 7:00 p.m.
4-H Ambassadors Meeting ................................................................. 7:00 p.m.

November 22

4-H Cloverleaf VIPS Meeting—obs. ................................................ 1:15 p.m.

November 23

Fair Board Meeting ............................................................................ 7:00 p.m.
4-H Shooting Sports Organizational Meeting ............................... 7:00-9:00 p.m.

November 27

Martha & Ron Romeo Scholarships Due .......................................... 1:00 p.m. or 7:00 p.m.

November 28-29

Crops and Pest Management Update—New World Inn, Columbus, NE

December 5

4-H Hoosier Banquet

Bits
need are belonging, independence, new experiences, accountability, recognition, achievement, and success. Club volunteers can help by understanding, teaching, encouraging, and supporting.

The 4-H Horse Program provides each club member with the information needed to complete each level of advancement. Each level serves as a guide for instruction and evaluation for each member’s progress. The correct handling of horses is emphasized from the beginning level to the most advanced level. This emphasis will develop the member’s self-discipline, patience, self-reliance, respect, responsibility and pride of accomplishment.

Level I—designed for riders who have little or no experience around horses.

Level II—instruction should continue to stress the basic handling and riding fundamentals given in Level I.

Level III—members should understand the techniques of gait, feeding, aging of a horse and disease factors.

Level IV—riders will be evaluated on competence shown in all phases of working their horse, including leading, grooming, saddling, halter showing and actual riding.

Biographical Information continued

Marty Seib—Nine years as a 4-H member, Collegiate 4-H Ambassador for North Dakota. Leader of two 4-H clubs in North Dakota prior to having children of her own. Three-year leader of Crazy Eights 4-H club with own children. Speech VIPS, rabbit VIPS, home economics VIPS, llama VIPS and table setting VIPS. Active member of Saint Joseph’s Catholic Church. Holiday Fair Chair at church, and room mother at Saint Joseph’s Catholic Community College, has her own consulting business with purchasing and materials management, professional manager in the food and pharmaceutical industry.

Barb Staug—Past 4-H Club member for 10 years, junior leader and assistant leader while still in high school. 4-H leader for 15 years and foods superintendent for 12 years at the county fair. Nurse at Bryan Hospital, has three grown children and is now a grandmother just waiting to have grandchildren in 4-H.

Russell String—Eight years of 4-H involvement: 16 years old. Secretary and member of Happy-Go-Lucky 4-H Club. Member of beef VIPS committee for three years. Attends Northeast High School, member of FBLA and Model Railroad Club. Secretary-Treasurer of Nebraska Junior Shorthorn Association and member of Nebraska Junior Angus Association. Attends St John’s Catholic Church.

Robin Stealey—Nine-year 4-H member of Lucky Charms Club.
4-H Ambassador, member of 4-H Teen Council, participant of 4-H Citizenship Washington Focus, camp counselor at the Eastern Nebraska 4-H Center, and two-year member of 4-H Council. Volunteer at county and state fair, 4-H food booth volunteer. East High, drama, marching band, high school band, church youth group.

JoHanna Madson—Six years as a 4-H member of Super Stars 4-H club, on 4-H Teen Council, active food booth volunteer, participant in numerous 4-H community service projects; 14 years old. Attends Lincoln East High School, member of German Club, plays flute in marching band and is in choir. Member of Sheridan Lutheran Church where she is in youth group and choir. Member of Prairie Life Synchronized Swimming. Enjoys reading, sewing, and 4-H.

Jeff Hastings—Seven years in 4-H. Active participant in crafts and arts projects; 15 years old. Helped as a volunteer at fair. Attends Northeast High School, plays flute and piccolo in the school band. Enjoys sports and painting.