2-1996

The NEBLINE, February 1996

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Exploring winter

It’s winter! It gets dark before you finish dinner and it’s dark when you get up in the morning. When you go outside, your cheeks get red, your nose may run and your toes get numb. Winter is catching the front of your shirt and staying stuck no matter how you try to wiggle it loose.

Winter is cranking fires, first run shows on television, hot cocoa with marshmallows melting on top. It’s going outside without getting mosquito bites and without worrying about ticks. Sometimes winter is dull, slippery, gray and boring.

But then, winter is too exciting to miss. Dress warmly and explore this wonderful season! Make icy investigations like catching snowflakes (no two snowflakes are exactly alike) or identifying the tracks in your backyard. Have a winter scavenger hunt or make snow angels and build your own snow shelter. Go ice skating, sledding or use your cross country skis. Or, just go outside and listen to the sounds and enjoy the smells of winter.

Yes, winter can be lots of fun! Once you start exploring, you definitely won’t want to curl up and hibernate. (ALH)

In Eskimo villages, people don’t leave what winter will be for How long

The ducks (anyone born during a winter month) line up on one side and the ptarmigans (anyone born during a winter month) line up facing them. A sea skink rope is stretched between the two teams and a tug of war begins.

If the ducks win, winter will be fair and mild. If the ptarmigans win, better bundle up.

Check your friends’ birthdays and set up a tug-of-war of your own to predict the remaining winter. (ALH)

Don’t get “bugged” by a foodborne illness

Alice Henneman

Extension Educator

Some 33 million Americans could suffer from foodborne illness this year. Why? Because, under the right conditions, bacteria you can’t see, smell or taste can make you sick.

For many people, foodborne illness results in discomfort or lost time from the job. For others, especially preschool age children, the elderly, and people with weakened immune systems, foodborne illness is more serious and may be life threatening.

As many as 9,000 individuals die yearly of foodborne disease. A serious chronic illness may follow foodborne illness for some. The annual cost of foodborne illness in the United States is estimated to be between $7.7 and $23 billion.

Never had a foodborne illness? Perhaps you have, but thought you were sick with the flu. It doesn’t have to happen, though. Many cases could be avoided if people handled food properly. Take the following quiz to test your knowledge of desirable food safety practices.

TRUE OR FALSE?

1. It’s safe to prepare lettuce for a salad on a cutting board previously used to cut raw chicken if the board is rinsed off under water.

FALSE. Uncooked meat juices may contain harmful bacteria that could lead to foodborne illness. The cutting board with hot soapy water followed by hot rinse water before cutting other foods, especially foods served raw. This prevents “cross contamination” where bacteria is transferred from one food to another through a shared surface.

Plastic cutting boards have an advantage over wooden boards as they can be washed in the dishwasher. Also, bacteria can hide in the cracks of wooden boards. It is wise to periodically flood cutting boards with a chlorine bleach solution (one tablespoon bleach to one gallon of water) to kill the bacteria; then rinse with clear, hot water and allow to dry.

2. Meat loaf that is pink in the center after cooking is safe from foodborne illness.

FALSE. Ground meat is handled by a foodborne illness

bacteria before storing other foods in them. If you wash dishes by hand, wash them right away using hot soapy water followed by hot rinse water. Be sure to keep dishcloths and sponges clean because, when wet, they harbor bacteria and promote their growth.

Air dry washed dishes.

Finally, clean all work surfaces thoroughly. Wash your hands with warm water and soap for at least 20 seconds before and after touching food.

2. Cool leftover foods rapidly by placing them in shallow containers and quickly refrigerating them.

TRUE. Improperly cooled foods are a major cause of foodborne illness. If food is left out for two or more hours, bacteria can grow to harmful levels. Put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster. For thicker foods, such as stews, hot puddings, and layers of meat slices—limit depth of food to 2 inches.

Cover loosely to protect food from accidental contamination, yet allow heat to escape. Stir the food occasionally to help it cool. Tighten the cover when the food is cooled. Eat refrigerated leftovers in the next few days. Frozen foods will keep longer.

3. Meat loaf that is pink in the center after cooking is safe from bacteria.

FALSE. Ground meat is handled a great deal compared to other cuts of meat. This increases the likelihood that it is contaminated with bacteria. The U.S. Department of Agriculture recommends cooking items prepared with ground meat until brown or grey in the center and the juices run clear, not pink. Or cook until a meat thermometer reads 160°F in the center; ground poultry patties and loaves, 165°F. Follow the same guidelines for cooking thinner cuts of red meat. Thicker cuts, such as roasts—whose insides are less likely to come in contact with bacteria—are more safely served while still slightly pink in the middle.

However, if you have cut into the meat with a knife (scoring) or poked it with a fork to tenderize it, exposing it to bacteria, cook it until no longer pink in the middle.

Cook poultry to 180°F or until the juices run clear, not pink. Fish flakes with a fork when it’s done.

Please turn to Bugged: page 11

PRIORITIZED 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

"Seminars Help Pork Producers Plan"—page 3

Natural Resources and Environmental Management

“Let’s Play Track Detective!”—page 4

Children, Youth and Families

“Crisis Mode Shrinks Heart”—page 6

Nutrition, Food Safety and Quality

“Don’t Get ‘Bugged’”—page 1

Strengthening Neighborhoods and Communities

“Comprehensive Juvenile Services Plan”—page 10

Issued in furtherance of Cooperative Extension Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Karen R. Riser, Director of Cooperative Extension; University of Nebraska, Institute of Agriculture and Natural Resources.

University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.
Collect graftwood

Now is the time of year in Nebraska to collect your bud and graftwood for spring grafting and budding. Homeowners and amateur tree growers may choose to collect wood from their favorite cultivar (variety). The best place to look for graftwood is in your local area to insure hardiness. For example, collecting graftwood from a pecan tree in Texas to propagate in Nebraska will probably result in a poor success.

Graftwood must be collected in late winter during the dormant season (January, February and early March) and stored until spring propagation time. Select parent trees that have not been damaged or damaged. Young, vigorous trees produce the most desirable graftwood. Select straight, smooth graftwood from the current year’s growth that contains healthy buds. Graftwood should be about the same diameter as a pencil. Cut the graftwood into 12-18 inch lengths. Be careful not to damage buds in handling or storage.

Graftwood should be labelled and stored until spring grafting time. The ends of graftwood should be dipped or painted with melted wax or paraffin to prevent excessive drying. Pack the graftwood in moist media (spaghnum, moist paper towel or newspaper). Polyethylene (freezer) bags make excellent packing materials. Keep graftwood in your refrigerator (not the freezer) until ready to use.

Next spring you’ll be able to graft your superior collection onto your own tree. (DJ)

Proper pruning time: part 1

An important aspect of pruning is knowing when to prune plants. Proper timing helps insure attractive flowering on your plants. The proper times to prune various woody plants in the yard and garden will be a subject of this section for the next two months.

Deciduous Shrubs—Many deciduous shrubs are planted in the home landscape for their attractive flowers. The best time to trim back shrubs is late spring and early summer when shoots are growing strongly in the spring in the growth of the previous season. These deciduous shrubs often are lillac and forsythia. The proper time to prune spring-flowering shrubs is immediately after bloom. Pruning immediately after bloom allows gardeners to enjoy the spring flowers and also gives the shrubs adequate time to initiate new flower buds for next season.

Summer-flowering shrubs, such as potentilla and spirea, bloom in late spring or early summer. Prune these shrubs in late spring or early summer because these shrubs can be pruned during the dormant season for some shrubs (e.g., alpine azaleas) and as late as mid to late March. Prune these shrubs in late winter or early spring before growth begins. Prune deciduous shrubs in late summer to early fall. Pruning shrubs in July or August can encourage a late flush of growth. This new growth may not Harden and survive sufficiently before the arrival of cold weather and be susceptible to winterkill.

Evergreen Shrubs—Prune evergreen shrubs, such as juniper, as early as late March in late winter and early spring. Light pruning may also be done in late June or early July. (DJ)

The Herb Garden

Chives—There are several forms of chives, but the most common one has roundish leaves that are used for their onion-like flavor. This perennial is hardy to Zone 3. In spring it has lovely purple flowers made up of masses of florets. Chives grow from new seedlings and cover lightly with the medium about 6 to 8 weeks before the last frost. Plant in potting soil in a sunny, well-drained spot. Seeds occur in about 10 to 14 days at 60 to 70 degrees F. Set seedlings in clumps in the garden. Outdoors, seed can be sown in furrows or broadcast to grow in clumps. Chives like full sun and rich soil. They can take partial shade, but will not grow as fully erect. The leaves will die back in the summer heat, but may return in the fall. Chives should last for four to five years before dividing.

Chives can be harvested for fresh use in salads and recipes. Cut a few leaves to the base, but don’t sheath the whole plant down to the base or they won’t be able to manufacture enough food to keep the roots. The flower heads can be used to make chive vinegar, and the flowers can also be dried. To dry the flowers, put them in a paper bag, and leave the mouth open. Don’t tie the stems together or they may rot instead of dry.

Chives can be dried by snipping the leaves as you would for a salad, and then placing them on a fine screen or nylon mesh in a warm place, out of direct light. Store regularly for several days. When dry, seal in jars. (DJ)

Front yard landscaping

Winter brings a slower pace to gardening and gives the gardener time to think about past and future successes. Now is a good time to think about the home landscape and how it can be improved. An attractive front yard can enhance the appearance of your home, property and neighborhood. The expanse of lawn and surrounding plants creates the most pleasing picture if designed or planned rather than allowed to take shape on its own.

How you plant the front yard depends mainly on your house. On most homesites the house is the prominent feature. All plants, driveways, fences and other items are meant to complement it. Shrubs and trees unite the house with its surroundings by softening vertical lines and making the building seem a natural part of the terrain.

The two major landscape design areas around your house are at the corners and doorway, as both have harsh vertical lines. Your front door, a beacon to visitors, is the house’s focal point and short plantings on either side of it are appropriate. Taller plants are suitable for corners, where they will funnel the viewer’s eye toward your doorway plants and front door. Houses that are tall appear shorter when plants are allowed to grow on each side, and like wings on each side, with the tallest plants at or near the corners.

Frame the house, focusing interest on it as the main feature of your property. Plant trees whose mature size is in scale with the house, or low houses will look dwarfed and tall houses will appear even taller than they actually are.

Select trees to match the house design. Steeplly angled right lines and dormer windows call for pyramidal trees such as spruce. Trees with rounded or horizontal form, maples and dogwoods, are better companions for the low lines of a ranch-type dwelling.

Low shrubs and ground covers along house walls provide a smooth transition from building to lawn. Shrubs along the front wall reduces the apparent height of a tall building. Having open space with natural mulches and ground covers in the planting can make low-built houses appear more massive.

The simpler a planting near the house, the better. Use only a few kinds of shrubs, but plan for some variety in size, form and texture. Consider adding ground cover for flowers or ornamental grasses, but keep these at a minimum height. Select shrubs whose natural height and growth pattern fit the desired space to reduce pruning labor.

Old pruning and trimming into unnatural shapes as they are difficult to maintain and do not always enhance the landscape.  An open lawn area can provide an impressive setting for a house. A front lawn uncluttered by specimen shrubs and garden ornaments can make your property seem spacious. Shrubs will appear lost and floating unless planted in groups or cultivated beds.

A well-tended lawn is appreciated where you spend time relaxing. Set aside the better. Use only a few kinds of shrubs, but plan for some variety in size, form and texture. Consider adding ground cover for flowers or ornamental grasses, but keep these at a minimum height. Select shrubs whose natural height and growth pattern fit the desired space to reduce pruning labor.
USDA announces sheep referendum procedures

The U.S. Department of Agriculture has announced procedures for a referendum on a proposed Sheep and Wool Promotion, Research, Education and Information Act. The referendum will be conducted February 6, 1996. The referendum is only for those importers who certify that they were engaged in the production, feeding, importing or exportation of sheep or sheep products (except importers of raw wool only) between January 1 and December 31, 1994, are eligible to vote.

There is no age limit for voter registration, but FFA youth under age 21 may vote as long as they can prove ownership of sheep within the specified time period.

Voters may register and vote in their county Cooperative Extension office. Absentee ballot requests were filed January 16-26, 1996. Absentee ballots must be received in county offices by close of business February 2.

The Research and Education Service (formerly the Agricultural Stabilization and Conservation Service) will count ballots, determine eligibility of voters and tabulate results. For the order to go into effect, the proposal must be approved either by a simple majority of voters or by two-thirds of the sheep and wool promotion producers as a group.

If approved, the program would be funded by mandatory assessments, consisting of five cents per pound of live sheep and two cents per pound on sales of raw wool. Importers would be assessed one cent per pound or the equivalent on imported deenreased wool and wool products.

To obtain details of the voting procedures, contact the Lancaster County Cooperative Extension office at 441-7180. (WS)

CRP Options: Planning for the Future workshop

A workshop for landowners with CRP contracts that will expire in the next two years is scheduled for Saturday, February 24 at the University of Nebraska Agricultural Research and Development Center-Research and Education Building in Ithaca from 8:00 a.m. to 4:00 p.m. The Research and Education Building is located just south of Highway 63 approximately 6 1/4 miles east of the Highway 63/I-80 intersection.

The program is beginning to take shape and will feature Mr. Gene Glock from Senator Robert Kerrey's office, representatives from the Nebraska Private Pesticide Applicator Training Program Coordinator for the Nebraska Department of Agriculture and Farm Service Agency (formerly ASCS), and representatives from three different research projects that focused on various aspects of bringing CRP land back into production.

Topos to be addressed include program and policy considerations, economic considerations, managing CRP for forage production and wildlife habitat, and specific considerations for returning CRP to crop production. The $10 registration fee will help cover the cost of the program and lunch. If you plan to attend this workshop, please preregister by calling the Lancaster County Extension office at 441-7180. (CB)

New Ag Technologies and Precision Farming Conference February 21

Global information and positioning systems will be the highligths of a New Ag Technologies and Precision Farming Conference February 21 at the ARDC Research and Extension Building in Ithaca, Nebraska.

New agricultural technology experts from across the Midwest will address practical applications of precision farming equipment and other promising agricultural technologies. This conference will provide producers the insights to make the correct precision decisions that will continue their operation's into the 21st century.

A $15 registration fee is payable the day of the conference. Please call 402-441-7180 or 402-624-8030 for further details. (DV)

Commercial pesticide applicator training: initial & recertification programs

Initial commercial pesticide applicator training (PAT) sessions will be held via satellite February 20, 22 and 27 at two sites in Lincoln beginning at 9:00 a.m. Persons must attend a general session in the morning and an appropriate-specific category in the afternoon. There will also be satellite delivery at the Saunders and Gage County Extension offices February 20 and 27. Persons must register at least 10 days in advance of training. Call 1-800-755-7765 for a brochure containing preregistration information and locations of other training sites. Because of a reduction in federal financial support for the pestcide applicator training program, there will be a pesticide education program fee of $20 per applicant. Study packets will cost $10 for each category.

Private pesticide applicator training for the Future workshop

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Hurry! Preregister for Beginners’ Beekeeping Workshop today

Come to a 10-hour, three-session series for people interested in beekeeping and learn basic bee biology, behavior, handling and management—all things you need to get started in this fun and profitable hobby/specialty enterprise.

The first two training sessions will be March 4 and 5 from 6:30-9:30 p.m. The six-hour practical laboratory session will be held at the Agricultural Research and Development Center (ARDC)-Ithaca, NE on March 16, 9:00 a.m.-4:00 p.m. The basic cost of this workshop is $10 and includes written materials. Protective equipment ($67) and hive supplies ($55) will be ordered ahead of time so you are ready to get started this year. Protective equipment includes coveralls, helmet, round veil, bee gloves, a hive tool and a smoker. Hive supplies will include everything needed to assemble your hive in the lab session on March 16. You will also learn how to install packaged bees at this lab session.

Go on a hunt

For an activity that includes the whole family, try a winter scavenger hunt. Go outside and try to find one item to fit each of the following categories. No fair using the same item for more than one category.

Try to find:
- Something older than you are.
- Something younger than you are.
- Something that will burn.
- Something that will not burn.
- Something that will rot (decay).
- Something that will not rot.
- A seed.
- Something rough.
- Something smooth.
- Something that will change in the freeze-thaw cycle.
- A bird feather.
- A cocoon or an egg case.

Let’s play track detective

Who lives in the forest? What creatures inhabit the banks of streams and shores of ponds? What are those animals that leave footprints in the mud and trails in the snow? What has gnawed the bark or clipped the twig? Animals leave us many clues and familiarity with signs—tracks, droppings, gnawings, scratching, rubbings, dams, nests and burrows that can open up a wonderful world for the outdoor traveler. Reading tracks is not easy. A track in the mud may look different than one in the snow, even if it was made by the same animal. Tracks in the snow that have been warmed by the sun appear enlarged and distorted. Even animal droppings can be misleading depending on the animal’s age, size and diet. A perfect track is not always found! Here are a few examples of tracks you may spot while hiking:

Woodpecker—two toes forward and two toes back; shows that this bird is adapted to climbing and clinging.

Blue Jay—three toes forward and the long hind toe, tells that this bird is adapted for perching on limbs.

Fox squirrel—tracks are generally found in wooded areas. Look for signs of nuts or acorns that have been opened. This squirrel is running—hind feet tracks in front, the same pattern as the cottontail rabbit. The imprints show that this is a climbing animal because the forefeet are together. Compare with the rabbit—a non-climber.

Whitetail deer—deer walking in mud or snow (shows dew-claws) (a) and running deer (b).

Cottontail rabbit—the rabbit’s tracks shows why their hind feet are first in the pattern. Try to follow a rabbit’s tracks after a new snow. The rabbit will return to its starting point. If you continue to follow it, the rabbit will try different tricks to throw you off its trail.

Controlling soil erosion essential for protecting water quality

S. Corey Brobaker
Extension Educator

Sediment is the major nonpoint source pollutant found in streams and lakes. Excess sediment turns streams and lake water cloudy making it less suitable for recreation, fish and aquatic plants. In addition, fertilizers and other chemicals can be attached to the soil particles and further compound the problem. Sediment sources include soil eroded from construction sites, cultivated land, stream banks and road ditches—as well as dirt washed from streets and parking lots.

Sediment is the end result of the water erosion process. Water erosion is the detachment, transport and deposition of soil particles by water. Soil particles are detached from the soil surface by raindrop impact, transported downslope by raindrop splash or runoff and deposited in streams, rivers, lakes, and wetlands. The key to reducing soil erosion is to prevent the detachment and transport of soil particles by protecting the soil surface and reducing runoff.

Methods for protecting the soil surface include:
- maintaining vegetative cover
- leaving crop residue on the surface
- using protective mulches such as straw, wood chips and gravel

Runoff and sediment control practices are designed to keep sediment and the associated pollutants on site—thereby protecting nearby streams, wetlands and lakes. These practices remove soil particles and other contaminants from runoff by slowing the water down and allowing them to settle out or by acting as a filter to physically remove particles from the runoff.

Types of runoff and sediment control practices include:
- vegetative filter strips and waterways
- silf fences
- check dams made of straw bales, cord or sandbags
- terraces
- contour farming
- conservation tillage or no-till
- water and sediment control basins
- constructed wetlands

For maximum efficiency, these practices need to be properly maintained. Check structures frequently to ensure that they are functioning properly and have not been damaged. Maintenance also includes removing debris from around riser inlets and tile outlets, removing accumulated sediment, if necessary, and making any needed repairs.
Allergic to dust mites?

Do you sneeze and wheeze after you dust and clean your closets? If so, you may be allergic to dust and its components. House dust is composed of a wide variety of airborne substances (see the side box).

The most potent house-dust allergens are caused by microscopic cast skins and feces of dust mites. These microscopic parts induce allergies (sneezing, itchy eyes or asthma) in some individuals. Other important allergens are produced by silverfish, cockroaches,itch mites, and storage mites. An allergist can identify specific allergens using a simple "scratch" test. The rest of this article will emphasize non-chemical control tactics associated with dust allergies and house dust mites.

Ash.

Biology. House dust mites are so tiny that they are virtually invisible without magnification. They do not bite people, but feed on shed skin scales, animal dander, pollen, fungi and bacteria. Dust mites obtain water from the air and the environment; they survive best at higher relative humidities (70-80%). They do not survive well at low relative humidities.

Dust Mite Management. Several tactics should be used at the same time to reduce dust mite populations. Complete elimination of house dust mites is not realistic, but management should include making the environment inhospitable to dust mites and reducing dust exposure to allergens. Sleeping and lounging areas, places where we spend much of our time, deserve the most attention.

The following hints may be helpful in reducing dust mites:

- Select Appropriate Furnishings. Avoid furniture that collects dust as well as wool fabrics/rugs—wool sheds particles and is eaten by insects. Whenever possible, use washable window treatments and rugs. Keep surfaces free of clutter and piles of debris that collect dust. Enclosing mattres­ses in plastic greatly de­creases population of mites in the bed. Replace feather pillows and down quilts with synthetic fibers.

- Avoid Furry or Feathered Pets. Pets that have fur or feathers contribute dander to the dust (another allergen) and increase the food source for mites. If you love a furry or feathery friend, locate their sleeping quarters as far from yours as possible and furnish their sleeping quarters so they can be cleaned easily.

- Keep Humidity Low. The humidity in the house should be kept below 70%—not difficult to do in the wintertime. During the summer, it might be useful to run dehumidifiers, especially in bedrooms and lounging areas.

- Reducing Air Infiltration. Airing out the house with open windows allows the entry of pollen which is a food source for mites as well as a common allergen. Minimize incoming air by caulking cracks around windows, doors and other openings.

- Dust Management. Regular, thorough vacuuming of carpets, furniture and draperies will help reduce exposure to dust mite allergens. Use a specially designed vacuum cleaner with HEPA (High-Efficiency-Particulate Arresting) filters made of fine, packed fibers. Regular vacuum cleaners pick up debris and dust, but blow small part­icles into the air, increasing exposure.

Cleaning/Heat Treatments. Shampoo or steam clean non­washable carpets once a year to remove large particles missed by the vacuum cleaner. Use a dusting bed in hot, soapy water will kill mites. Heat treatments, like heating blankets in a clothes dryer, will also kill mites. In the wintertime in Nebraska, mat­resses, pillows, and stuffed furniture and bedding can be exposed to the outside cold to kill the dust mites.

House dust mites are an important constituent of house dust and a powerful allergen in common household dust. A medical doctor specially trained to treat allergies—should be consulted for proper diagnosis and treatment of allergies. For a free fact sheet on this subject, contact the University of Nebraska Extension office (441-7180) and ask for fact sheet #103 House Dust Mites. (BPO)

Environmental Focus

earth wellness festival makes a difference!

Announcing—earth wellness festival is Friday, March 22, 1996. This award-winning educational event will again be held at Southeast Community College in Lincoln.

Over 3,200 area fifth graders, their teachers and 400 presenters and volunteers participate in the daylong festival. Students attend four 25-minute sessions—one each in air, land, water and living resources—and then gather for a culminating activity with a special presenter. Featured this year are Mr. and Mrs. Fish (a.k.a Jeff and Deb Sandler) from the University of Southern Maine. This dynamic duo use their creative talents to provide a first-rate environmental experience for their audience. Mr. and Mrs. Fish are sponsored by the Lower Plateau South Natural Resources District Education Committee.

Corporate co-chairs for earth wellness festival are Dick and Kathy Campbell, Campbell’s Nurseries & Garden Centers and Doug Grant, Chief Operating Officer, Environmental Division—General Manager, Ieco, Inc.

Community support is necessary to facilitate education for the future stewards of the earth. Local organizations and individuals wishing to assist with earth wellness festival should contact Arlene Hanna or Soni Erickson, co-chairs at the Extension office (441-7180).

Over 98% would “do it again”

As earth wellness festival, volunteers play a vital role in helping students have an experience that is rewarding and beneficial for all. As indicated by the positive comments made by volunteers following last year’s festivities:

- “It (the festival) a wonderful teaching opportunity for students and teachers to learn about our environment.”
- “Educational experience even for me—not just the school kids.”
- “Quite an organizational feat and all involved should be very proud of the gift they have given to the school children in the community.”
- “I enjoyed seeing the commitment and the effort to teach the kids in an enjoyable way by the presenters and to see the kids’ enthusiasm.”
- “I’m sure it had a positive impact on the kids involved.”
- “I was sorry I had chosen to work only half the day.”
- “I like this stuff.”

Over 98% of the volunteers who responded to our questionnaire indicated that they would volunteer at earth wellness festival again.

For more information on volunteer opportunities at earth wellness festival, March 22, 1996, Southeast Community College-Lincoln, contact Soni or Arlene at 441-7180.

Redworm composting

Advantages of redworm composting:

- Free. No money involved.
- Quicker than most other composting methods. (SE)
- Provides fishing Worms.
- Great educational tool for kids. (SE)
- Reduces waste to landfills.
- An excellent compost source for the garden.

They can eat:

- kitchen scraps
- old newspapers
- even junk mail
- reduces waste to landfill
- an excellent compost source for the garden.

Can be done year-round.

For more information, contact the Extension office and request fact sheet #107 Vermicomposting. (SE)

Ventures in Partnerships new member

earth wellness festival welcomes Ventures in Partnerships to the steering committee.

Ventures in Partnerships is a cooperative project of Lincoln Public Schools, the University of Nebraska Education Association and the Lincoln Business Community.

Edith Meints, a sixth-grade teacher at Culler Middle School, represents Ventures in Partnerships on the earth wellness festival steering committee. (SE)

- University of Nebraska Cooperative Extension in Lancaster County—Soni Erickson, co-chair
- Lincoln/Lancaster County

Compact fluorescent bulbs energy efficient

Most homes have a few lights that stay on several hours each day. These fixtures are prime candidates for compact fluore­cent bulbs, that initially cost more than incandescent bulbs, but are big energy savers. A 15-18 watt compact fluorescent provides the intensity of 60-75 watt bulbs but draws only a fraction of the electricity. They have a three-year life span (based on a 12-hour day usage estimate) and last out­standingly incandescent by about 9,000 hours. By using them, you will have the cost of replacement bulbs as well as energy dollars.

Companies have improved compact fluorescent bulbs by eliminating the annoying flickering of other fluorescent bulbs. These bulbs, manufac­tured by Phillips, GE and Osram cost between $13-$20, but they will pay for themselves after about 2,000 hours of use. (BPO)
Crisis mode shrinks heart

When you’re in crisis mode, you’re shooting over and over and over. Americans are, you skim the cream of your life right off the top, and you leave the garbage. Find out how to stop your shrinking heart.

Crisis mode living is when you spend every waking moment of every day trying to figure out how to keep all your balls in the air and all your plates spinning.

In crisis mode, you keep running faster and faster, like a hydroplane over conflicts. You try to juggle your plates higher and higher until you hit the red line.

Most active people have to spend a certain amount of time in crisis mode. The problem arises when you spend too much time in crisis mode. That’s when crisis mode goes from being a season of life to becoming a way of life.

When that happens, you start doing the only thing you can do. You economize. You short-change your investment of energy in certain areas of your life so you can invest it in other areas—usually in the performance-oriented areas to which your self-esteem is tied. In every other area of your life, you become a miser: you hoard your energy, you engage minimally, you touch surfaces, you glide along the surface, you skim.

1. First, you skim in relationships. The bond with your spouse, which used to be strong and intimate, becomes increasingly weak and distant. You hope your spouse doesn’t have a serious need because you don’t have energy to deal with it. You have hydropause over conflicts. You put bandages on serious problems. You resort to quick fixes and pretend things really aren’t so bad.

2. You also skim with your kids. You don’t keep track of them well anymore. You no longer know what is going on in their lives. Little signs of trouble grab your attention, but you push them out of your mind. Warning flags wave, but you turn your head. You don’t have the energy to face them—not now, anyway. Maybe tomorrow. Or, maybe they will just go away.

3. Your friendships, which used to be so deep and accountable, are now characterized by shallowness. Your casual friendships don’t even exist anymore. Pretty soon, nobody has access to you, because you are so busy juggling and spinning.

4. You start skimming emotionally. You find that your anger is flaring up more than it used to, but you don’t take time to figure out why. You no longer pay attention to feelings like hurt or sadness or guilt. You become a mechanical soldier: you just keep marching, doing what is necessary, and stuffing your feelings deeper and deeper inside. If you knew that those stuffed feelings were huddling together, planning a mass emotional insurrection that would one day scare the daylight out of you, you might pay attention to them. But you don’t know that. Besides, you don’t have the energy to go pecking under stones and trudging through the sticky muck of your emotional life. You don’t have time to think about it.

The emotional depletion that results from living in crisis mode eventually produces a shrinking heart. This is a heart no longer sensitive to the needs of others, a heart that has lost the first compassion. The hearts of people in crisis become shriveled and hard.

But getting out of crisis mode is only the beginning. Reorganizing our lives and establishing a more manageable schedule opens time for a trickle charge, like a car battery. But then we need to discover the specific activities that can provide the change and replenish us emotionally. We need to incorporate into our schedules the forms of recreation that truly do “kill time.”

Source: Balance Newsletter; Herbert G. Linrent, PhD, Extension Family Life Specialist. (LJ)

Looking for interesting people who share your love of sewing? Look no further! We now have a Lincoln Chapter of the American Sewing Guild. The ASG is a non-profit national organization with a network of chapters throughout the entire United States. The purpose of each chapter is to promote sewing through instruction, guidance and encouragement. Specific programs sponsored by the ASG chapters may include a newsletter, workshops, seminars, fashion shows, craft fairs, etc. The ASG Headquarters links all chapters in a guild network, as well as, to the entire sewing industry.

Lincoln chapter meetings will be held the fourth Monday of the month, September through May at 7:30 p.m., in the cafeteria of the Lincoln Public Schools Office Building, 5901 O Street. Programs for the first few meetings include a fitting and construction demonstrations. A trunk show of jackets and vests with couture secrets; design shortcuts, and construction demonstrations.

For more information call 467-3273.

Is it true that mother know best?

YES! According to a survey of 8-12-year-olds conducted by the National Association of Mutual Life Insurance Company, children are most likely to see their mothers as passing on important lessons to them. The following shows the percentages of children who say they have learned important lessons from their mothers and fathers:

<table>
<thead>
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<th>Important Lessons</th>
<th>Values</th>
<th>Rules of Behavior</th>
<th>School/Education</th>
<th>Chores/Skills</th>
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<tr>
<td>Father</td>
<td>21%</td>
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</tbody>
</table>

Source: Adapted from America's Children Talk About Family Time, Values and Chores, June 1994. (LJ)
Workshop for restaurant owners for February 21

An "Enhancing Restaurant Management" workshop will be held Wednesday, February 21, 8:30 a.m. to 11:45 a.m. The workshop is designed for locally-owned restaurant managers who want to enhance their management skills. The workshop will include information on Food Service Trends, New Trends in Menus: Nutrition and Artistry, Marketing and Advertising, Food Safety, Menu engineering, and Cost Containment. A $50 fee for the workshop will cover the cost of a notebook and lunch. To obtain more information or to preregister, call 441-7180. Paid registrations are due February 14. (AH)

Refrigerate that fried rice!

While we know we're supposed to refrigerate leftover meat right away, is refrigeration important for foods like rice and pasta? People often don't worry about food safety for cooked, starchy items like rice and pasta. However, these foods may be susceptible to a toxin-producing bacteria Bacillus cereus. Thoroughly reheating leftovers will kill bacteria that may have developed while the food was setting out. The problem is that reheating may not kill "toxins" produced.

Here's an example from Tufts University Diet and Nutrition Letter of Bacillus cereus in an Asian store.

One evening, a restaurant employee cooked some rice. The rice was cooked on the counter before refrigeration. Come morning, the rice was fried in oil at 10 o'clock and delivered to a fast-food center. The center then held the rice at room temperature until it was served at noon. The workers ate the rice, and by 3 p.m., third of the staff and children developed nausea, vomiting, stomach cramps and/or diarrhea. Some were sick up to 22 hours.

Help prevent problems by refrigerating cooked foods or leftovers within two hours after initial preparation. Divide large amounts of food into several shallow containers to speed cooling or to encourage bacteria and toxin formation may also occur in the refrigerator.

Reheat solid foods thoroughly to 165°F before serving. Reheating will destroy bacteria that have formed when a food is at room temperature. However, reheating may not destroy toxins that formed from excessive time at room temperature.

Reheated fried rice is more likely than other starchy foods to be associated with foodborne illness. It's often not refrigerated promptly and is frequently exposed to only brief reheating. (AH)

Solving life's problems better

All of us have problems and we are constantly trying to solve them. Sometimes we do a better job than others. Here are some tips to better solve life's problems:

• Don't assume that all problems are negative. Try to view some as opportunities.

• Separate problems into categories. Which are related to goals in your life? Which are a result of being organized or not planning ahead?

• Break problems down into as many elements as possible. Break these elements down into steps. Then take each step one at a time.

• Learn to distinguish real problem-solving problems—one's you've made-up in your head. Maybe you're just imagining that a problem exists.

• Outline the problem on paper first. List the things you want to accomplish. Then list the things you can do about it. Do the two lists match up?

• Gather information. If any of your friends have dealt with similar problems, find out what they did. Don't hesitate to ask family for advice.

• Develop backup plans. If things don't turn out the way you want them to, what will you do then?

• Be flexible in the way you approach problem solving. Most of us develop problem-solving styles that turn into habits. Do you need a change?

Source: Herbert G. Linenger, Ph.D., University Home Family Life Specialist. (LB)

Healthy Eating

Spicy Yogurt Dressing
1 cup low fat yogurt 1/4 teaspoon ground cumin
1/8 teaspoon ground cardamom or nutmeg
A medium-sized bowl, container, pear, bananas, grapes, pears and walnuts. Just before serving, add dressing to fruit and toss well. Makes six servings. This is an official 5-A-Day recipe.

For more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #4; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

"Eating lots of fruits and vegetables as part of a lowfat, high-fiber diet may help reduce your risk of cancer. The goal of the National 5-A-Day Program, a collaborative effort between the National Cancer Institute and the Produce for Better Health Foundation, is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5 - 3.5 servings to five servings a day by the year 2000."

**To toast nuts, put them in a 300 degree F oven on a metal baking sheet, preferably with raised sides. Turn them frequently to avoid scorching. Toast until lightly browned. (AH)

Teddy Bear Cottage

The University of Nebraska Cooperative Extension in Lancaster County was a part of a team recently recognized by the Lincoln-Lancaster County Health Department with a Board of Health Award for its work with the newly established Teddy Bear Cottage. The project is a collaborative effort of the Lincoln Kiwanis Clubs, the March of Dimes, the Hispanic Center, the Lincoln YWCA and the University of Nebraska Cooperative Extension in Lancaster County.

The Teddy Bear Cottage provides incentives for over 179 young mothers who practice healthy behaviors. Participants include preg-

Safe winter travel requires planning

Safe winter travel means being alert and prepared. In addition to keeping abreast of the weather reports:

• Keep the fuel tank at least three-fourths full to reduce water buildup from condensation.

• Brush and scrape ice and snow off all vehicle windows before driving. Be sure to look around to see is dangerous. In Nebraska, motor vehicle drivers can be cited for ignoring vision obstruction in any direction.

• Begin the winter season with good tires. Check for treads, battery and fan belts and carry extra belts.

• If extra weight oil can be used in winter but always follow your vehicle warranty for winter use.

• Weight can be added to cars and pickups for improved traction, but it must be done with care. Adding weight to the rear of a rear wheel drive car adversely affects its handling. Adding weight to the back of a rear wheel drive car may improve traction. Too much added weight can cause steering problems and insecure weights can be lethal in collisions.

Don't run the engine and use the heater if the vehicle has gone of the road and is resting at a very steep angle in the ditch. Instead, bundle up and stay with the vehicle. Use the vehicle engine and heater sparingly, often enough so it will start easily but not so often that the battery runs down. Use as few accessories as possible to prevent loss of electric current; instead use parking lights. Obviously, do use headlight and turn signals where you can.

Always bring survival food in noon since March of 1995. This has provided 782 clothing and nursery items for their children.

A Teddy Bear Cottage has been open every Wednesday after-

The Teddy Bear Cottage was started with grant funds received by the Nebraska Chapter March of Dimes. Its continued support comes from donations of baby items and financial contributions from organizations, agencies and businesses in Lincoln. To become involved in this volunteer opportunity, call Healthy Homes at 441-6207 or Lorene Bartos at 441-7180. (LB)
Showmanship . . . in the winter?

Cindy Blome
Youth Extension Aide

Teaching your horse and yourself to perform quickly and correctly in showmanship takes time and patience ... but after many hours of practice you both can achieve that "well trained showmanship team."

In showmanship, it is the exhibitor’s performance that is evaluated. The horse is used only as a prop to demonstrate the ability of its handler. There are several patterns that must be performed, which you can practice during the winter months. Some maneuvers may include 180 degree turns, 360 degree turns and backing. Turns are always performed to the right and require that your horse move away from you as you move toward its shoulder to make the turn. When turning a horse, whether it be 180 or 360 degrees, do not over- or under-turn your horse. In executing a back, you should first look at the judge, after being acknowledged, then turn to face the horse’s shoulder and begin backing the horse. Move your horse directly back four steps, stop.

One of the most important issues in competing showmanship is to be ready for your class. There are several experts who differ in "how long to be ready." I feel that two classes should give you enough preparation to go over the pattern in your mind before competing. If you are unsure of how the pattern/maneuvers is to be performed, alert the gate or ring person that you have a question about the pattern. Any questions for the judge should be asked through these people and not directly of the judge.

Winter is the ideal time to start reinforcing showmanship with you and your horse. Practice one or two patterns/maneuvers until you are both satisfied with the result. Start simple and work up...

Practice ... Practice ... Practice.

While researching this article, I came across a list of the "13 Ws to Look for Points in Showmanship" (reprinted from the Quarter Horse Journal):

1. Age of your horse
2. Over showing
3. Performing the pattern incorrectly
4. Leading your horse with your hand on the chain
5. Moving your horse up poorly and slowly
6. Allowing your horse’s body to be at an angle while lining up
7. Incorrectly positioning yourself when moving around your horse
8. Poorly executed turns
9. Poorly fitting halter and lead shank
10. Poorly gaited and clipped horse
11. Showing your exhibitor number

12. Oops, I forgot my pant legs are still inside my boots
13. Receiving excessive coaching from the stands

4-H Cloverbuds find cure

If your family suffers from the "winter blues," 4-H Cloverbuds has just the cure. This discovery program for 5-7 year-old children is ready to provide fun, educational experiences for your entire family.

The Extension office has compiled excellent resources for 4-H Cloverbuds. For more information, call the Extension office. (SE)
Confidence Course training

The Eastern Nebraska 4-H Center is sponsoring a workshop aimed at qualifying participants as instructors for the Confidence Course. The workshop will be held at the Eastern Nebraska 4-H Center starting at 4:00 p.m., Friday, March 20, and ending at 4:30 p.m., Saturday, March 30.

The workshop is designed for: physical educators, classroom teachers, science instructors, administrators, recreational personnel, camp staff

Help available for speech contest

Help is available for speech contest participants. The workshop will be held on Saturday, February 3, at 4:30 p.m.

Shooting Sports instructor training

A 4-H Shooting Sports Instructors Certification Training is scheduled for Saturday, February 3, 9:00 a.m. to 4:30 p.m. This training was planned concurrently with the State 4-H Leaders Forum to offer a convenient option to Nebraska 4-H leaders to become certified 4-H shooting sports instructors. Successful completion of this training workshop will certify 4-H leaders to work with 4-H youth who wish to enroll and participate in the 4-H shooting sports program.

BOWMASTER joins staff

We are pleased to announce the appointment of Lark Bowmaster to the Lancaster County 4-H Staff. Lark brings many years of 4-H and FFA experiences with her as well as hands-on experience as a intern at the Carver Ranch in Whitman, Nebraska. She was a teaching assistant for Nebraska 4-H Leadership classes at UNL and has worked cattle and developed and coordinated 4-H judging clinics. Lark is a graduate of Lamar Community College in Lamar, Colorado and has a Bachelor of Science degree in Agricultural Sciences from the University of Nebraska-Lincoln.

Lark’s primary duties will be the 4-H Large animal program including, sheep, beef, dairy cattle, goats, llamas and swine. She will direct the dog program, deliver school embryo lessons and work with the speech contest. (LJ)

4-H Shorts

What: 4-H Teen Council
Who: Any 4-H member 12 years of age and older.
When: The second Sunday of each month from 3:00-5:00 p.m.
Where: Lancaster Extension Conference Center
Why: We need more youth to share the fun of 4-H Teen Council.
We work with Kiwanis Karival, Ice Cream Social, Lock-In plus lots more FUN activities.

Everyone is welcome to join and learn more about "making the best better!" (AMM)

What: 4-H Music Contest
When: Sunday, April 21 4-11 p.m.
Where: UNL City Campus Union
Registration deadline: Friday, April 12
Call Ann Marie for more information (AMM)

4-H Camps

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

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

Everyone has had遗憾 to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for activities that are not indicated. As parents or guardians, we understand medical code and health care. We have our permission to use any photographs of my child in this camp material.

Date: ____________
Parent or Guardian Signature

Take A Friend-Make A Friend

GO TO 4-H CAMP

Membership in 4-H is required to attend these camps.

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

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

FISH CAMP
June 4-6, 1996
10:00 am - 3:00 pm
You won’t have to tell any fish stories after this camp! We practically guarantee that everyone will catch the limit. Experts will be on hand to teach beginners and experienced anglers. Permit and bass are part of the action. There will be a delicious fish fry that will include your very own catch.

OUTDOOR ADVENTURE I & II
June 7-10, 1996 or June 24-27, 1996
9:00 am - 3:00 pm
Is your idea of a great summer having fun outside in the sun? Like a picnic, you and your friends may camp down by the historic Platte River, cook outside and sleep under the stars. Back at camp, you may participate in a variety of outdoor activities, including boating, shooting sports, and enjoying the great outdoors. So bring a friend to join you and have a blast!

NIOBRARA I & II
June 11-14, 1996 or June 28-30, 1996
10:00 am - 3:00 pm
We are waiting for 14 special teens to sign up for Niobrara I & II (a 4-H camp for girls). Come along as we navigate Nebraska’s only whitewater river. While on the scenic Niobrara, you and your friends will cook out over an open fire and then sleep under starlit skies. This is truly a chance of a lifetime getaway and you will remember forever!!

SUMMER SAFARI I & II
June 11-14, 1996 or July 15-18, 1996
10:00 am - 3:00 pm
Have you ever wanted to be at a zoo, but couldn’t afford to go? The Eastern Nebraska 4-H offers this Safari with everything but the animals! Get a close-up look at the various species of animals. Always at the top of the list. Give speeches a try. (LJ)

BOLDBOUND
June 15-18, 1996
10:00 am - 3:00 pm
This camp will be boldly go where no 11-14 year old has gone before! Down hill skiing, snowboarding, archery, and more! Up climbing walls, over “super” highways and through a series of water galleys! So if you have any color’s out of the four, and you are proud, and truly bold, this is the camp for you.

WET-N-WILD L & LI
June 24-28, 1996 or July 1-5, 1996
10:00 am - 3:00 pm
This camp will boldly go where no 4-H camper has gone before! Down hill skiing, snowboarding, archery, and more! Up climbing walls, over “super” highways and through a series of water galleys! So if you have any color’s out of the four, and you are proud, and truly bold, this is the camp for you.

WET-N-WILD II L & LI
June 24-28, 1996 or July 1-5, 1996
10:00 am - 3:00 pm
The name says it all. three days of wet-n-wild fun including swimming and water cooling during our private water party at Mahoney State Park’s pool, water relays, HO2, teases, and “we are counselors.” You and your friends should register early for these camps because they fill up fast!

BACKSTAGE ’96
June 27-30, 1996
10:00 am - 3:00 pm
When you go to movies and plays, do you wish you were on up stage? Well, here is your chance! Each camper will be cast in a new play that will be performed at the end of the camp. Along with the performance of the camp, we will also perform make-up, costumes and juggling lessons. Bring along your special talent to entertain your friends during the talent show. At the end of camp, videos of your play and the talent show will be sold so you can impress your family and friends back home!

FIRST TIMES
July 1-3, 1996
10:00 am - 7:00 pm
Better than a sleep-over! This camp is full of fun games, the cutest rats, a campfire and great new experiences! Bring a friend along and make new friends here. A perfect way to introduce your 8-10 year old to the adventure of camping!

SPORTS CAMP
July 12-14, 1996
10:00 am - 3:00 pm
Here is a great opportunity to make new friends and play sports, sports and more sports for three whole days! Volleyball, basketball, soccer and archery are all included. Teens are matched by age so the competition is fast and fun.

Registration deadline:

Unattached $10
Full Camp $78.00
4-H Members $75.00
Girls 4-H Members $75.00
Campers must be at least 11 years old and complete application.

Date:
Parent or Guardian Signature

Check camp(s) you are registering for:

FISH CAMP
Outdoor Adventure I
Outdoor Adventure II
Niobrara I (Teens)
Niobrara II (Teens)
Summer Safari I
Summer Safari II
Wet-N-Wild I
Wet-N-Wild II
Backstage ’96
First Times
July 1-3
July 1-5
July 10-12
July 15-17
July 22-24
July 29-31
Backstage ’96
First Times
July 1-3
July 10-12
July 15-17
July 22-24
July 29-31

Total Enclosed $
Comprehensive juvenile services plan for Lincoln/Lancaster County

LaDeane Jha
Extension Educator

The Juvenile Justice Review Committee recently completed a review and update of the Comprehensive Juvenile Services Plan for Lancaster County and issued the report on December 15, 1995. Included in the plan is a description of Lancaster County's statistics and problems in high school dropout rates, crime, employment and homelessness. It discusses risk factors for youth in families, school, community and among peers. Protective factors are also discussed. The committee identified priority needs for the period 1995-2000, and addresses volunteer involvement.

Guiding principles to be used by JRC over the five-year period are as follows:

1. Prevention must become an integral part of the plan if we are to reduce the number of youth coming into the system in the first place.
2. Violent juvenile crime continues to be on the increase requiring secure facilities like the Downtown Attention Center and Airpark Attention Center to remain full. Therefore, alternatives to incarceration for nonviolent offenders must be expanded.
3. Lack of adequate resources continues to be a problem which must be addressed if the Juvenile Justice System is to be improved.
4. A community assessment of facilities which conducts on-site evaluations and immediate screening for services would benefit both the youth and their families. It also benefits community systems like mental health, drug/alcohol, criminal justice and others. Therefore, it should become a primary focus for this jurisdiction.
5. The JRC Prevention Subcommittee will thoroughly analyze the strengths and weaknesses of becoming a Prevention Policy Board for Lancaster County.

The JRC should examine a close linkage between the ten federal risk factors and juvenile delinquency.

7. Finally, another observation is that the Juvenile Justice System itself is a "quick fix." Between legislative constraints and lack of adequate funding, the process will remain slow. It will be up to the JRC to ensure, however slow, that progress continues.

Appendices to the report are highly informative and provide a comprehensive overview of Juvenile Justice efforts in this county. This is a "must read" for anyone interested in youth at risk in our community. For a copy of the report, contact Kit or Kathy at 441-7447.

Racial and ethnic diversity in Nebraska and Lancaster County

Minority population in Nebraska increased rapidly in the last decade while the white population declined slightly. According to John C. Allen, assistant professor, Department of Agricultural Economics and Jian Wu, research assistant, Department of Psychology in their publication, "Increasing Racial and Ethnic Diversity in Nebraska," the increase was more rapid than projected.

Allen and Wu indicate several reasons for the more rapid growth of minorities when compared with the white population. "First, minorities tend to have somewhat higher birth rates than whites," they said. For example, in 1987, a white woman in the U.S. could expect to have 1.8 children during her lifetime; black and other non-white women, 2.3 children. An even more important reason for minority growth is immigration according to Allen and Wu. The U.S. received between 530,000 and 640,000 legal immigrants a year in the 1980s. Age is also a health factor. Immigrants tend to be 5-10 years younger than the white population from whom more minorities are in their childbearing years.

As can be seen from the following figures, Lancaster County has seen significant changes in minority population during the decade of the 80s. Every minority group showed significant gains in population in the county with increases ranging from a 27.5% increase among American Indians, Eskimos and Aleuts to a 57.5% increase among Asian and Pacific Islander populations.

Race and Hispanic Origin: Lancaster County 1980-1990

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</tbody>
</table>

Implications for schools, communities, commerce and business are obvious. As diversity increases in our community, it is essential that we consider language, customs and cultural mores as we address issues affecting youth and adults in the county. (LJ)

For what’s worth

Here is some “bumber-sticker wisdom” that can drive you onward or drive you over:

Keep your eye on the donut, not the hole.
If you want something done, ask a busy person.
If doing the same thing over and over expecting different results.
Understanding is one thing, action is another.
A goal is just a dream with a deadline. (LJ)

OPPORTUNITY KNOCKS:
Senior Housing Options

We often say, “Home is where the heart is,” yet, at times, there may be an opportunity to revise our picture of this rose-colored cottage. Are you remodeling your existing home for your future needs? Are you preparing your home to be sold? Are you considering all of the many housing options available?

If you are interested in learning more about the opportunities, you are invited to attend a “Seminar on Senior Housing Options.” February 27, Gene Library, 1-4 p.m. or 6:30-9:30 p.m. For more information, please call the LIF Elife at 441-7070. (LJ)

Teen volunteers impact themselves, society

Why and how do teens volunteer?

A recent report on teen volunteering indicates about three-fifths of all teenagers, ages 12-17, help others through volunteerism. The average teen spent three hours a week in formal and informal volunteering. These findings are part of a national survey conducted by the Independent Sector, a non-profit coalition of more than 800 corporations, foundations and voluntary organizations.

The survey also examined characteristics of active teen volunteers in an effort to find out how teens become motivated to volunteer and why they continue to do so.

Forty-four percent of teen volunteers started before the age of 11; nearly a third before age 10. Youth groups such as 4-H and student government provided their volunteer opportunities. Teens also saw their parents as volunteer role models.

Tens of church or synagogue also were more likely to volunteer, as much teen volunteering took place within the scope of organized religious activities. The study also found that youth volunteers in religious groups most often volunteer for other causes and organizations. Sixty-seven percent of teen volunteers were members of a religious institution, compared with 42 percent who weren’t church or synagogue members.

To teens, volunteering is as “important” the need to help others, feeling compassion toward people in need, and a desire to do something for a personally important cause. They rated material values such as personal gains derived from volunteering as “less important.” The study also found that these values were reflected in career interests. Many were interested in working with the elderly or handicapped, and in doing religious work, social work or nursing. Among careers less frequently mentioned were computing, media, business and law.

Typically, teen volunteers had a high level of personal activity. Evidence suggests that this “activity syndrome” characterizes volunteers throughout their lifetime, from childhood to age 60 and beyond.

Source: Janet Fox, 4-H Youth Development Specialist, NU/ANR (LJ)

Did you know?

In 1993, women earned 72% of the wages earned by men. Much of the wage gap is because women are still segregated into traditional female-dominated jobs where wages are low. In 1993, 61% of all employed women worked in technical, sales, service and administrative support/ clerical occupations, 28% of women worked in the higher paying managerial and professional fields.

College educated women earn only $2,717 more per year than white men who have never taken a college course and $1,667 less than college educated white men.

Women earn less even when they hold the same occupations as men. Bureau of Labor Statistics for 1993 show women earned equal pay in only 7 out of 90 detailed occupations.

Women lose approximately $420,000 over a lifetime due to unequal pay practices.

The wage gap widens as women mature, among workers 25-34, the wage gap is only 17 percent, yet by age 55-64, the gap widens to 36 percent when compared to men’s earnings.

Storing leftovers safely

Store leftovers properly to keep them safe. Store leftovers in clean, covered containers. Store a large amount of a leftover in several small, shallow containers instead of one large container. This chart shows the maximum amount of time leftovers should be kept in the refrigerator or freezer. The time leftovers can be kept safely depends on:

- whether or not the food was handled safely during preparation.
- how fast the food cooled down to refrigerator or freezer temperature.
- the temperature of the refrigerator or freezer.

Once leftovers are re-heated, they should not be stored again. Throw away any re-heated leftovers that are not eaten.

<table>
<thead>
<tr>
<th>Food</th>
<th>Refrigerator (40°F)</th>
<th>Freezer (1-10°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, liquid pasteurized or egg substitutes, opened</td>
<td>3 days</td>
<td>Do not re-freeze</td>
</tr>
<tr>
<td>Deli and vacuum-packed products; Store prepared (homemade) egg, chicken, tuna, ham or macaroni salads, Prestuffed pork and lamb chops, chicken breasts stuffed with dressing</td>
<td>3-5 days</td>
<td>These products do not freeze well</td>
</tr>
<tr>
<td>Cooked meat, meat dishes, soups and stews, gravy and meat broth</td>
<td>1-2 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Cooked poultry, poultry dishes</td>
<td>1-2 days</td>
<td>4 months</td>
</tr>
<tr>
<td>Chicken nuggets, patties</td>
<td>1-2 days</td>
<td>1-3 months</td>
</tr>
<tr>
<td>Cooked fish</td>
<td>1-2 days</td>
<td>1 month</td>
</tr>
<tr>
<td>Hot dogs, opened package</td>
<td>1 week</td>
<td>1 month (wrapped)</td>
</tr>
<tr>
<td>Lunch meats, opened package</td>
<td>5-3 days</td>
<td>1 month (wrapped)</td>
</tr>
<tr>
<td>Baby food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steamed fruits or vegetables*</td>
<td>1-2 days</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Strained meats and egg yolks*</td>
<td>1 day</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Meat and vegetable combinations*</td>
<td>1-2 days</td>
<td>3-4 months</td>
</tr>
</tbody>
</table>

*These storage times are for opened jars or homemade baby food. Follow the "use-by" date for shelf storage of unopened jars.

Adapted from the University of Nebraska Cooperative Extension bulletin, "Food Storage." Source: Eating Right is Basic (Third Edition), 1995. Michigan State University Extension. (MB)

Bugged

4. Meat thawed in the microwave should be cooked immediately.

TRUE. If meat or poultry is thawed in the microwave, cook it right away. Unlike food thawed in the refrigerator, microwave-thawed foods actually begin to cook and approach "danger zone" temperatures. This increases the chance for any bacteria to multiply to harmful levels.

When possible, it's best to thaw meat on the counter first and then cook it. Large items like turkeys may take longer—one day for each five pounds of weight.

For faster defrosting, place food in a leakproof plastic bag and immerse it in cold water. Change the water about every 30 minutes to be sure it stays cold.

After thawing, refrigerate the food until ready to use. DO NOT thaw meat on the counter top. 5. A baked potato that has set out on the counter for most of the day is safe to eat.

FALSE. A baked potato that has been left at room temperature for an extended time is risky to eat. Several cases of botulism have been reported due to eating potatoes baked in aluminum foil wrap and left at room temperature for long periods. Untreated, botulism can be fatal.

Other foods that have been associated with foodborne illness if left at room temperature for more than a couple of hours include: rice, pasta and melons. Bacillus cereus is a bacteria that can grow in foods such as rice and pasta. Salmonella from the soil can get on the surface of a melon and then transfer to the fruit when it is cut.

6. It's safe to make homemade ice cream with raw eggs because ice cream is a frozen product.

FALSE. To prevent the possibility of foodborne illness from salmonella, cook egg mixtures until they reach 160°F. When making ice cream, either choose an ice cream recipe made without eggs or a custard-type ice cream where the ice cream mixture is heated. Also, don't eat raw homemade cookie dough or cake batter. Commercial preparations of cookie dough aren't a problem as they're made with pasteurized eggs.

If you want to eat foods with raw eggs or sample homemade batter or dough, use a pasteurized egg substitute for the raw eggs. In general, cook eggs thoroughly so both yolks and whites are firm, not runny.

Cooperative Extension Food Safety Programs

We are working at Cooperative Extension to help you with safe food practices. Recent activities include:

- Cooperative Extension is actively involved in helping teach "SafeServe" classes to food service operations.
- Food safety training is included in presentations to child care center cooks attending Extension workshops.
- Hands-on handwashing demonstrations for children were held at child care centers.
- Food safety information is provided in our NAUIN articles and in a two-part column in the Journal Star Newspaper.

We'll help answer your food safety questions... We received over 1,000 food safety calls last year.

- Food safety presentations are given for workplace and other community groups. The questions in this article are from a "Safe Food" activity used at these programs. Call us for more information.

- IF food booth workers received training in basic food safety practices as part of a skill training program.

- We developed a video, "Safe at Home," in a cooperative project with the Lincoln/ Lancaster County Health Department. This video focuses on personal safety education for youth who must spend time home alone.

- Cooperative Extension staff were interviewed by three radio stations on holiday food safety this past year.

If you'd like more information on safe food practices for your home, send a self-addressed, stamped envelope to: Food Safety; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherry Creek Road, Lincoln, NE 68528-1507.

Winter

for additional heat. Maintain adequate ventilation by partially opening a window on each side of the vehicle, providing flow through ventilation.

- Also, be aware of carbon monoxide poisoning in other situations. Do not burn tires or other engines in small enclosures or sheds. Using space heaters inside closed buildings can reduce oxygen levels and produce fatal concentrations of carbon monoxide and carbon dioxide. Provide adequate ventilation when using kerosene heaters.

Install smoke and carbon monoxide alarms, and have the home heating system inspected annually.

Source: Dave Morgan, Safety Engineer, NEUCN; NDSU Cooperative Extension, (LB)

Winter grazing can save dollar$.

Grazing pasture in winter can reduce winter feed costs and improve pasture condition. For example, the monetary savings of hay and silage would be 25 to 50 cents per cow for every day of winter grazing. The pasture also benefits from winter grazing. Cattle will clean off old growth so pastures will be fresher and greener next spring. In winter, cattle may even eat plants like yucca and ragweed.

Grazing in winter instead of summer is one of the best methods to improve grassland health, especially if pasture conditions are poor and run down. Grasses needing invigorating will be strengthened by not grazing them during the growing season. Just be sure to remove cattle from winter pasture before desired grasses green up, so it has a chance to recover. Naturally, cattle still need protein supplements while grazing pasture, but they do a pretty good job of picking high quality plant parts to eat while winter grazing. And, as they approach calving and begin lactating, energy supplements also will be needed to maintain good cow condition.
**Extension Calendar**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>February 2-3</td>
<td>Nebraska State 4-H Leaders Forum—Ramada, Lincoln</td>
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<tr>
<td>February 3</td>
<td>4-H Shooting Sports Instructor Certification Training</td>
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<td>February 3</td>
<td>4-H Beef Cattle Weigh Day—4-H Arena, State Fair Park</td>
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<td>February 5</td>
<td>Welfare Reform: How Policy Changes Impact Nebraska’s Poor Video Conference</td>
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<td>February 6</td>
<td>4-H Council Meeting</td>
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<td>February 7</td>
<td>1995 Nebraska Soybean &amp; Feedgrain Profitability Project results, ARDC Building, Ithaca</td>
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<td>February 8</td>
<td>New Leader Orientation Part I</td>
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<td>February 9</td>
<td>Private Pesticide Applicator Training</td>
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<td>February 10</td>
<td>Canine Companions Dog Training</td>
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<td>February 11</td>
<td>Teen Council Meeting</td>
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<td>February 12</td>
<td>Nebraska Milo Expo</td>
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<tr>
<td>February 12</td>
<td>Extension Board Meeting</td>
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<td>February 12</td>
<td>Citizenship Washington Focus Meeting</td>
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<tr>
<td>February 13</td>
<td>Nebraska Milo Expo—Gage County Fairgrounds</td>
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<td>February 14</td>
<td>4-H Horse VIPS Meeting</td>
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<tr>
<td>February 15</td>
<td>Fair Board Meeting</td>
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<tr>
<td>February 15</td>
<td>4-H Rabbit VIPS Meeting</td>
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<tr>
<td>February 15</td>
<td>Deadline for Ticket Orders</td>
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<tr>
<td>February 17</td>
<td>Canine Companions Dog Training</td>
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<td>February 17</td>
<td>OR 24</td>
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<td>February 17</td>
<td>PAK 10 Rabbit Clinic &amp; Judging Contest—Omaha</td>
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<td>February 18</td>
<td>Speech Workshop</td>
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<td>February 20</td>
<td>Star City Rabbit raisers Meeting</td>
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<td>February 20</td>
<td>Initial Commercial Pesticide Applicator Training</td>
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<td>February 21</td>
<td>Enhancing Restaurant Management Workshop</td>
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<td>February 22</td>
<td>Initial Commercial Pesticide Applicator Training</td>
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<td>February 23</td>
<td>Planning Your Future in Pork Production</td>
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<td>February 24</td>
<td>Canine Companions Dog Training</td>
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<td>February 24</td>
<td>CRP Options: Planning for the Future—ARDC Research and Extension Building, Ithaca</td>
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<td>February 27</td>
<td>“Food Times in the Year 2000” PACE Leader Training</td>
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<td>March 1</td>
<td>4-H Ambassador Applications Due</td>
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<td>March 1</td>
<td>State &amp; National Scholarships Due</td>
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<td>March 1</td>
<td>Chemigation Training—Dodge County Extension Office, Fremont</td>
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<td>March 1</td>
<td>Chemigation Training—Dallas County Extension Office, Wilber</td>
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<td>March 4</td>
<td>Nebraska’s Changing Health Care Environment Videoconference</td>
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<tr>
<td>March 4</td>
<td>Beginners’ Beekeeping Workshop</td>
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<td>March 5</td>
<td>4-H Council Meeting</td>
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<td>Chemigation Training—4-H Building, York</td>
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<tr>
<td>March 10</td>
<td>Teen Council Meeting</td>
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<tr>
<td>March 11</td>
<td>Speech Content Sign-Up Deadline</td>
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<tr>
<td>March 11</td>
<td>Extension Board Meeting</td>
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<tr>
<td>March 11</td>
<td>New Leader Orientation-Part II</td>
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<tr>
<td>March 11</td>
<td>Shooting Sports Club Meeting</td>
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</tbody>
</table>

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