3-1996

The NEBLINE, March 1996

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The ARDC is a major research and education facility of the University of Nebraska Institute of Agriculture and Natural Resources (IANR). It serves as the primary site for field-based research involving 90 faculty and 150 graduate students in nine IANR departments.

The ARDC consists of approximately 9,500 acres of which 5,000 are in row crops. (See map on page 3). Forty percent of the row crops are irrigated. The balance of the 9,500 acres is predominately in cool- and warm-season pasture. Over 7,000 domestic farm animals used for research and teaching reside at the ARDC.

The scope and diversity of ongoing research projects at the ARDC combine to make it one of the most unique research facilities in the United States. This size and diversity offers many research opportunities in integrated systems research. In order to take advantage of these opportunities, the ARDC established a 4,000 acre “Integrated Farm” to study innovative cropping and grazing systems. An interdisciplinary team of research, teaching and Extension faculty is involved in planning long-term priorities and reviewing specific projects that will be included in the operation. The goal of the team is to develop systems of management that continue to increase the profitability of Nebraska farmers and protect the environment.

IANR, through its strategic planning process, has set a course for agricultural research, extension and teaching that will help ensure a financially-solid and environmentally-sound agricultural future for Nebraska. ARDC will play a key role in implementing the plans supporting this leadership process.

ARDC “Research and Education Building” In order to facilitate research and education efforts at the ARDC, a new 23,000 square foot building has been constructed in the southwest corner of the ARDC. The Research and Education Building is the hub for interaction with crop and livestock producers, as well as urban and rural audiences interested in turf, gardens, trees and natural environments. The Research and Education Building is designed to take advantage of the earth and sun to help heat, cool and light the interior. The facility is a partial earth-contact building positioned with a slight southeast orientation to take advantage of the insulative properties of the earth and the warmth and light from the sun. Heat pumps use the earth as a heating source in the winter and cooling source in the summer. Materials used in the construction of this building were chosen to minimize the impact of the structure on the environment.

The Research and Education Building is strategically located in an area with many diverse environments including wetlands, forests, a stream, sub-irrigated meadows, agricultural research and production areas. This diversity of environments will stimulate the research and educational opportunities facilitated by the building.

Research and Education Activities Dissemination of information generated by the research activities at the ARDC is facilitated by the relocation of the Saunders County Cooperative Extension office into the Research and Education Building at the ARDC. The "bringing together" of ARDC and Saunders County staff gives Extension educators in the Southeast Extension District, and especially the Metro Extension Programming Unit, a more direct access to research activities at the ARDC. This access facilitates educational programming in research-related areas for rural and urban audiences in eastern Nebraska. The opportunity for educational programming at the ARDC that addresses issues related to youth, communities and families is also enhanced by the relocation.

Aerial photo of the Agricultural Research & Development Center.
The herb garden

Lavender is a perennial hardy to Zone 5 that can be started from seed or purchased as a started plant. To start from seed, sow indoors 6 to 12 weeks prior to planned outdoor planting. Sow seed on growing medium but do not cover. This seed needs light to germinate. Keep moist until germination occurs in 14 to 20 days. Do not overwater plants, but allow them to dry out a little between waterings. However, do not let plants wilt.

Lavender can be used fresh in flower arrangements and it is easily dried by hanging bunches in a warm place out of direct sunlight or spread on screens in the shade. The stems, as well as the florets, should be completely dried before separating the leaves from the stems. Dried lavender can be used alone or mixed in potpourri and sachets. The dried stems (stripped of the florets) can be used to add scent to a fire in winter. (DJ)

March garden hints

- Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.
- Start transplants of tomatoes, peppers, and eggplant indoors.
- Plan your vegetable garden on a sheet of paper to utilize your space most efficiently. Remember to rotate garden vegetable sections to reduce insect and disease problems.
- Buy a notebook and use it to keep all your gardening information. List what you plant in your garden. Include the name of the seed companies, plant names, varieties, planting dates and harvest dates. During the growing season, keep notes on how well your plants do. If some varieties are susceptible to disease, record what treatment was used. All this information will be helpful in planting future gardens.
- Pick a permanent spot for herbs in the garden. Many of them will come up year after year.
- If you have not done so already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust-inhibitive paint.
- Turn your compost pile.
- Place birdhouses built this winter outdoors this month. Birds will soon begin looking for nesting sites. (MJM)

Huskies #1 in the garden

It is very appropriate that the Perennial Plant Association has announced that "Husker Red" has been chosen the 1996 Perennial Plant of the Year. Commonly called beard-tongue, penstemon is a native plant found over a large area of the United States and Canada. "Husker Red" is a white-flowered, red-foliated form of Penstemon digitalis that was selected and introduced in 1983 by University of Nebraska Extension Horticulturist Dr. Dale Lindgren. This plant is a versatile garden perennial that is valuable as a specimen plant or cut flower. When plants are well established, the average height is 30 inches. It will have as many as 50 white flowers on each of 20 or more flower stalks during July and August.

In the landscape, "Husker Red" can be massed at the back of the perennial border or used as a specimen plant. It opens, airy and upright form adds a touch of elegance to the summer garden. (MJM)

Over the garden fence

Q. What is the best soil mixture for growing flower and vegetable transplants?
A. There is probably not a "best" growing medium. Popular alternatives include a soilless mixture made of equal parts peat and perlite (or sand or vermiculite), or equal parts garden soil, sand (or perlite or vermiculite) and peat. Many commercial mixes are available as well. Any growing medium must meet three requirements: it must hold water, provide for drainage and aeration, and be sterile. To do all these things, a soil mix usually contains an organic material like peat moss, sphagnum, well-rotted leaf compost, or rotted manure and a coarse material like sand, vermiculite or perlite.

To protect fragile seedlings against disease organisms, the medium must be sterilized. This is especially important with homemade mixes that include garden soil. Such mixtures can be sterilized in an oven. Dampen the soil, spread in shallow pans and cover with aluminum foil. Then, bake the soil for an hour at 300 degrees. This should kill any disease organisms, as well as insect pests. For an added bit of insurance, wash all flats or other seed containers in hot soapy water and then disinfect them by dipping them in a solution of 10 parts water and 1 part chlorine bleach.

Q. The lower leaves on my African violets seem to be rotting and falling off. What is going on?
A. The problem is called petiole rot. It occurs when the lower leaves rest on the rim of the pot. They get droopy, then turn brown and soft, and eventually shrivel up. This happens when fertilizer salt builds up over time and injures the fragile stems. Remove drooping leaves and cover pot rims with foil or tape to prevent further problems. (DJ)

Disease resistance rules

If you are considering planting a crabapple tree in your yard, chances are you want it there for its ornamental value. However, there is nothing ornamental about a tree that loses its leaves partway through the summer because of apple scab. Premature defoliation greatly lowers the aesthetic quality of a crabapple. To avoid defoliation, you can either select varieties that are resistant or tolerant to scab, or spray susceptible varieties with fungicides.

Resistance is no guarantee that a tree will never develop scab because the fungus that causes scab can change over time. Tolerance or resistance to the disease is still worth looking for along with the ornamental characteristics—color of flowers and fruits, size and shape of the tree—that you desire in a landscape plant. (DJ)

Garden Gossip Hotline

441-7179

Proper pruning time: part II

Deciduous trees—While deciduous trees can be pruned anytime during the year, the best time to prune is late winter to early spring before the trees leaf out. Some trees, such as maples, bleed heavily when pruned in late winter or early spring. The heavy bleeding, however, does not harm the trees. The trees will not bleed to death and the flow of sap will gradually slow and stop.

Fruit trees—The best time to prune fruit trees is late February to early April. Fruit trees pruned in the fall or early winter may be susceptible to winter injury. Grapes—Prune grapevines in March or early April. Grapevines pruned at this time of year will bleed heavily. The bleeding, however, is not a problem.

Raspberries—All raspberries should be pruned in March or early April. Summer-bearing raspberries also require summer pruning. Remove the old fruiting canes of summer-bearing raspberries after the summer crop has been harvested. Also, pinch back the shoot tips of purple and black raspberries when the new growth reaches a height of 36 inches. (DJ)

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Lincoln Action Program's (LAP) Free Garden Seeds

For income qualified residents of Lancaster County who meet these guidelines:

<table>
<thead>
<tr>
<th>Number in Household</th>
<th>Annual Income</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9,711</td>
<td>9,711</td>
</tr>
<tr>
<td>2</td>
<td>13,039</td>
<td>13,039</td>
</tr>
<tr>
<td>3</td>
<td>16,367</td>
<td>16,367</td>
</tr>
</tbody>
</table>

For each additional member add $3,328.

Distribution Sites for Rural Lancaster County

Friday, March 1, 1:00 - 3:00 p.m., Sprague Community Center
Tuesday, March 12, 10:00 a.m. - 12:00 (noon), Panama Presbyterian Church
Thursday, March 14, 10:00 a.m. - 12:00 (noon), Bennet American Legion Hall
Monday-March 18, 10:00 a.m. - 12:00 (noon), Firth Community Center
Wednesday, March 20, 10:00 - 2:30 p.m., Waverly City Hall
Tuesday, March 26, 1:00 - 3:00 p.m., Hallam Fire Hall
Wednesday, March 27, 10:00 a.m. - 12:00 (noon), Hickman Presbyterian Church

If you are unable to come to these distribution sites, call Judy Adams after March 27th at 471-4515 to make other arrangements.

Please bring proof of income, e.g. Food Stamp card, Medicaid card or recent pay check stub and social security numbers for each member of the household.

Lincoln Action Program is a program of the Lincoln/Lancaster United Way.
Eastern gama grass

Eastern gama grass is a warm-season grass, native to prairies with heavier soils and good moisture. It has been called a "wonder grass" by some; however, there are some important differences. Unlike other warm-season grasses, eastern gama grass grows best in bottomlands, wetlands and hardwoods in high rainfall or irrigated areas. In this area, eastern gama grass might outyield any other grass, while the other warm-season grasses probably are better suited for droughty or light soils.

Gama grass also has good feed value—some producers make claims of over 15 percent protein and 65 percent TDN. This might be possible, but, most often, protein is more likely to be around 8 to 10 percent and 60 percent TDN.

Gama grass starts growing earlier than most warm-season grasses and regrows rapidly. Three cuttings or summer grazings are likely in most areas, sometimes even more. An interesting characteristic about gama grass is its high palatability—cattle often seek it out while grazing. In doing so, the cattle overgraze eastern gama grass plants until the grass dies while ignoring other grasses. That is why it is not found in native pastures. Gama grass also has good feed value—some producers make claims of over 15 percent protein and 65 percent TDN. This might be possible, but, most often, protein is more likely to be around 8 to 10 percent and 60 percent TDN.

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Suffering from winter itch? It’s probably not scabies

The underlying cause of the problem—the mites—will not be destroyed by topical itch medications.

The second symptom of scabies is a characteristic rash that resembles tiny blisters. Although the itching and rash are characteristic of scabies, proper identification is based on finding burrows, mites, eggs or mites’ feces. A dermatologist should be consulted to diagnose this medical problem.

Scabies mites burrow easier in places on the body where the skin is thin. Hands and wrists are the most common locations for infestations. Older persons, whose skin is thin, can be severely attacked by scabies mites. Nursing homes can sometimes have serious outbreaks of scabies.

Scabies mites that fall off the host die when exposed to temperatures of 120 degrees for 10 minutes in dry or moist air. Drying infested clothing or bedding in a clothes dryer for 10 minutes or longer will disinfect laundry.

Because scabies mites are so extremely contagious, it is often assumed that the family or living group are also infested and should be treated, too. At the very least, infested persons should sleep separately from other persons in the household until treatment is over. There are several types of medications that are quite effective for scabies treatment. A scabies infestation is best treated under the expert and experienced care of a dermatologist.

Other parasitic mites. Pets, wild animals and birds that live around people can carry around their own complement of parasitic mites. Some animals are obviously adversely affected by these mite infestations—squirrels, coyotes and other animals sometimes get patchy coats of fur from mange mite infestations.

Cats and dogs can also be infested by mites. Animals have various reactions to mite infestations. Some animals may not show signs of a mite infestation. Sometimes mites will move off pets, feed on humans and cause itching or biting sensations. Because the mites cannot establish themselves on humans, long-term dermatitis is not possible. Anyone who has itching or biting sensations and a pet in the house should have their animal checked for mites by a veterinarian. If there are no pets, consult a dermatologist for the cause of the dermatitis.

Mites and other ectoparasites abandon animals very quickly once the host dies and can seek out other warm-blooded animals—even if they are not suitable hosts. Mite invasions accompanied by biting sensations are sometimes associated with pigeons and other birds that flock or roost around homes. Bird control is the best approach in controlling these mite infestations. Using gloves or a shovel when handling dead animals also makes good common sense. (BPO)

Fantastic fossils

Fossils are created when plants or animals make an impression in mud. The mud dries and slowly changes into rock. Thousands of years later, the shape of the plant or animal is still in the rock for us to find today. You can look for real fossils at the university, in a field, on a hike or maybe... even in your own backyard. To make fossils, prepare some play clay using the following recipe. Shape into thick patties. Some hard objects from around the house and press them firmly into the patties. Remove the objects and let the patties dry overnight. Hurrah! You have made your own fossils!

Play Clay Recipe
2 cups flour
1 cup salt
2 cups water
2 tablespoons oil
2 tablespoons cream of tartar

Food coloring

Place all ingredients in a bowl (except the food coloring) and mix. Add a few drops of food coloring and stir. Ask an adult to help you put mixture on the stove over low heat. Stir until mixture forms a ball and is cooked through. Remove from heat and let cool. (ALH)

Please turn to page 15 for more Environmental News
Program®

With competition from house formed people who just want to comes close to resembling a nesting spots that they will. Build your own bluebird house! North America know that there is attempt to nest in anything that selling what they would consider. March 30, 1996 at the Lee and April. The second annual conference of Bluebirds Across Nebraska Bluebird conference 1996 March 30, 1996 at the Lee and State Park. The conference features keynote speaker Steve Gilbertson from Andover, Minnesota. Topics at the confer- ence include planting for wildlife, songbirds and blue- birds, banding birds, and feeding bluebird watching. There will be a short annual business meeting with election of officers. A raffle of bluebird-related items will be held and proceeds will be used to promote bluebird restoration projects. A bluebird trail (maintained by BAN) in the park is available for March 1996. The Chinese new year calendar began February 19, 1996. In China, the yo-yo was first used as a weapon in the Philippines-a day. Predictor resistant (also starting-proof). (4) Easy to monitor (i.e. easy to open). (5) Easy to clean (i.e. easy to open). (6) No perches (ever)! There are several types of bluebird boxes used today. The following is one from North Central Regional Extension Publication No. 338 “Shelves, Houses and Feeders for Birds and Mammals.” Bluebirds will begin to arrive in Nebraska in March or early April. So, put your box out early. Bluebirds like open, sunny areas to nest. Stay at least 200 feet from wooded areas if you want to discourage wrens from nesting in the box. Face the box’s entrance to the east or north. Make sure the entrance is at least 5 feet above the ground. (BPO)

Bluebird conference 1996

The second annual conference of Bluebirds Across Nebraska (BAN) will be held Saturday, March 30, 1996 at the Lee and Helen Sapp Riverview Lodge—Eugene T. Mahoney State Park. The conference features keynote speaker Steve Gilbertson from Andover, Minnesota. Topics at the conference include planting for wildlife, songbirds and bluebirds, banding birds, and feeding bluebird watching. There will be a short annual business meeting with election of officers. A raffle of bluebird-related items will be held and proceeds will be used to promote bluebird restoration projects. A bluebird trail (maintained by BAN) in the park is available for bluebird watching. Registration begins at 7:45 a.m. A "Flea conference in Nebraska..."

Environmental Focus

Building your own bluebird house!

What is the best box for your bluebirds? Bluebirds all over North America know that there is a shortage of available nesting cavities for the bluebird. With competition from house sparrows and starlings, we know bluebirds are so desperate for nesting spots that they will attempt to nest in anything that comes close to resembling a nesting cavity. Does this mean we should not try to attract bluebirds to the type of nest box we use? Absolutely not. Veteran bluebirds are upset when you see storks selling what they would consider a "junk" bluebird box to uninformed people who just want to attract a few bluebirds. When we set up a trail of houses deliberately to attract bluebirds, we should feel obligated to use a house built with their best interests in mind. If you stop and think about the time spent looking for a perfect location, mounting the box properly and monitoring the box on a weekly basis, the little bit of extra money and effort spent on finding the right wood and making a better box (that will last longer) does not seem like much. So, what is a good nest box? Here are six points to always consider when building or buying a bluebird box. (1) Well ventilated (but not too much). (2) Well insulated (but not too much). (3) Predator resistant (also starting-proof). (4) Easy to monitor (i.e. easy to open). (5) Easy to clean (i.e. easy to open). (6) No perches (ever)!

Funtastic facts!

• If you drank as much water as a cow does in one day, you would down 240 glasses!
• The yo-yo was first used as a weapon in the Philippines—a country in Asia. It was made with a stone and string. After you hit your enemies with it, you could use the stone again!
• Your eye muscles move more than 100,000 times a day.
• The record number of yolks found in a single chicken egg is nine.
• The Chinese new year calendar began February 19, 1996. In China, each year is named for an animal. Use the clues below to figure out for which animal the new year is named.

Clues:
1. It rhymes with "hat.
2. It cannot fly. It does not purr.

Ground beetles come for a visit

Ground beetles are often found in houses in the spring. There are a great number of species of these beetles (and some are rather ferocious looking) resulting in some very worried homeowners! These shiny, blackish-brown beetles are predators on other insects and may enter homes in the spring looking for other insects for food. They may simply crawl around basements, ground floor rooms or fly to bright lights. Ground beetles have well-developed mandibles, but are not known to bite people. They use their strong mouthparts to devour other insects. The larval stages of ground beetles are also predators on insects, but they live in the grass and soil around the house. There is certainly no need to worry about these beetles permanently infesting a house. Extensive control programs for these usual invaders are not recommended.

Flea prevention tips

• What if you do not put your dog on lufenuron and it gets a bad flea problem later in the summer? Lufenuron will not keep fleas from feeding on your dog. Neither will it prevent flea larvae—already in the carpet—from continuing to develop. Program® will still be very useful to prevent flea eggs from hatch- ing, but you may want to use another type of non-toxic IGRs (methoprene or fenoxycarb) to disrupt the development of flea larvae to the adult stage. With a high population of fleas, you may also want to use a more conven- tional insecticide that controls adult fleas.

• What if you have a cat? The pills are only registered for dogs, but CIBA is also marketing a prescription product. (The Progard [BPO]) Can that is registered for flea control for cats. It is also marketed to the animal by mixing it in food or a snack. Program® is an important non-toxic, preventative method of flea control. A few other IGRs are labelled for pest control (fleas, cockroaches, mosquitoes) and other products are being tested for the control of other insect pests (termites). These are all less toxic than traditional insecticides and their vertebrate pets. Within the next few years, more of these new toxic insecticides will be registered by the EPA. (BPO)
Cutting family food expense

Food at home
- Don’t overfeed your family!
  To protect both your family’s health and the pocketbook, concentrate on nutritious food items.
- Use powdered milk. Prepare it the day before, and keep it cold before serving.
- Plan menus based on weekly specials and seasonal foods.
- Use coupons and special sales only to buy items you would normally buy anyway.
- Don’t throw away leftovers when preparing them only by the needed amount. Mix small portions of vegetables together or use vegetables and meats in stews or soups.
- Avoid home delivery services.
- If possible, grow some vegetables in your own, can, freeze, or dry produce.
- Don’t pay for labor unnecessarily. Cut your own stewing meats at home. Buy whole chickens rather than pieces if less expensive. Grate your own cheese.
- When buying sale items, make sure you are charged the sale price.
- Consider how food will be used and the “end” result. Generic and house brands of canned tomatoes can be used in a cooked dish and are as nutritious as higher priced brands.
- Use and return returnable bottles.
- Shop at no-frills, low-cost stores.
- Use the Food Stamp program if you qualify.
- Use the Women, Infant and Children (WIC) nutrition program, if you qualify.
- Contact a local “church pantry for assistance” if the family has immediate needs for food.

Food away from home
- Don’t eat at fast food restaurants.
- Consider packing lunches for school lunches that are free or offered at reduced prices.
- Cut down on meals away from home.
- Consider packing lunches for family members to take to work and school.
- Take advantage of coupons, discounts, and “specials” when eating out.

For more ideas, contact the Extension Family and Nutrition Education Program (EFNEP).

Source: Kathy Prochaska-Cue, Extension Family Economies and Management Specialist. (MB)

Helping kids avoid weight problems

You don’t have to be a “food cop” to help your children avoid gaining too much weight. First, don’t judge their weight by the bathroom scale only. Children grow at different rates and may have different body structures from their siblings and playmates.

Consult with your physician or nutrition counselor and check your children’s weight according to guidelines for their age. Growth charts plot height and weight of boys and girls at different ages. For example, your child might have a weight that is heavier than average; however, your child’s height might also be taller than average. Taken together, these two measurements may show that your child’s weight is “right” for him or her.

Prevention is the best strategy for avoiding weight problems. Ideally, parents should help their children learn to recognize their own feelings of hunger and thirst, instead of offering nutritious foods to satisfy that hunger.

This starts with learning to distinguish a baby’s “I am hungry” cry from other cries. It means not forcing a toddler to eat second helpings or times allowing second or third helpings on some meal items. Parents need to provide healthy choices and to serve smaller portions.

In addition, parents should set a good example by eating right themselves. Studies of overweight children suggest that those children who eat regular meals control their weight more successfully.

4. Serve realistic portions.
   The appropriate serving size depends on the child’s age and size. One possible guideline is to offer one tablespoon of meat, fruit, and vegetable per year of age up to age five. Physical activity and sports also influence appetite. Plan meals to include some low-fat sources of protein and vegetables that can be offered for second helpings.

5. Plan for the child’s age.
   One may offer fewer high-calorie, low-nutrient foods. Encourage children to think of such foods as occasional treats, not regular fare. Involves children in planning, shopping and label-reading.

6. Avoid making snappy comments about a child’s weight.
   For example, when a child is upset by playmates teasing, a parent who responds with, “When you get thinner, they won’t tease you anymore,” only reinforces the child’s suspicion that there is something wrong with him or her. It is better to reassure the child that being bigger or heavier is nothing to be ashamed of. The child might be let the child express his or her feelings about teasing and then ask “what do you think you can do about this situation?”

7. Encourage family involvement in regular physical activity.
   Set an example by walking or biking instead of driving, using stairs instead of the elevator, planning weekend hikes, or swimming outings, or simply walking around the block after dinner.

For further information on feeding your young or older children, check your local library for a copy of: How to Get Your Kid to Eat Better Than Mom, Eileen Satter. Bull Publishing Company, 1987. This book is a classic on this subject and has been helpful to many a parent. (AH)

Six mistakes of life many of us make

1. The delusion that individual advancement is made by crushing others down.
2. The tendency to worry about a thing that cannot be changed or corrected.
3. Insisting that a thing is impossible because we ourselves have not accomplished it.
4. Refusing to set aside trivial preferences so important things may be accomplished.
5. Attempting to compel others to believe and live as we do.
6. The failure to establish the habit of saving money. (LD)

Family Community Leadership

Become involved in making decisions that affect you and your community.

For more information, contact your local Extension office.
Addiction to work can kill

In today’s society, almost any addiction is considered harmful. From alcohol and drugs to exercise, addictions bring negative images to mind. A notable exception to this mindset is work.

Addiction—single-minded dedication to a job—even to the exclusion of almost everything else—has long been viewed as a mature, responsible and admirable trait.

But work addiction is not a laudable condition. It doesn’t mean higher productivity, more higher morale. Instead, it can lead to failed relationships, poor health and emotional and spiritual bankruptcy.

Ironically, work addiction can even undermine the work itself. The addict’s struggle for control, marked by a failure to delegate responsibilities to other, can weaken teamwork and cause resentment among coworkers.

In her book, Working Ourselves to Death, Management Consultant Angela E. O’Dell identifies three stages of work addiction: early, middle and late.

In the early stage, the work addict is constantly busy, often taking on more than reasonably expected. In this stage, the addict thinks about work all the time, is a compulsive list-maker, works overtime and refuses to take days off.

As the addiction moves to the middle stage, other addictions also may increase. In addition, the addict begins to put aside personal relationships and subjugates his or her social life to work. In this stage, the work addict becomes increasingly worn out and may have difficulty sleeping. More serious signs of addiction are blackouts and periods of lethargy. Attempts to change at this point usually fail.

In the late stage, the physical problems that began earlier become more serious. The work addict may develop chronic headaches, backaches, high blood pressure, ulcers and depression. Serious medical problems such as stroke or heart attacks can occur, leading to hospitalization, which may scare the addict into making a life change.

Unfortunately, like any addiction, work addiction is a difficult habit to kick. Work addicts who try to change often relapse and need encouragement and support to try again.

If approached correctly, work, for some people, goes beyond just a paycheck—it can be an avenue for psychological development and fulfillment. But to put work in the right perspective, it is necessary to establish a balance. To do this, priorities must be identified and pursued. This requires seeking and accepting support from family, friends and coworkers.

It also requires learning how to take care of oneself. Learning how to relax, exercise properly and take time off is a vital step in achieving a balance between work and everyday life.

Establishing this balance may even enhance the work itself.


March is national nutrition month

In the United States, nutritional data is gathered periodically from large food intake surveys conducted by the National Center for Health Statistics in 1977-78 and again in 1989-90; has indicated Americans are making some progress toward meeting Dietary Guidelines recommendations.

For example, the food energy from carbohydrates is increasing toward recommended levels. On the fat front, however, Americans are not increasing the percent of calories from fat from 40 percent in 1977-79 to 33 percent in the 1989-90 survey. On the carbohydrate front, haven’t, however, reached the recommended level of 30 percent or fewer calories from fat.

During the same time period, the proportion of American men and women classified as overweight has increased. Nearly one in three American adults falls in the overweight category today, compared to one in four adults 20 years ago. In spite of the interest in nutrition and wellness, Americans aren’t making much progress. A possible explanation is that many Americans lack dedication to proper physical activities and inconsistencies with dietary choices.

National Nutrition Month in March is a good time to renew resolutions to make healthful food choices at each meal and find ways to engage in increased physical activity throughout each day. At each point in the day, decide for the healthier choice.

For example, if the option is to park at the front door or father away, choose the farther position. If you can walk rather than ride in a car, choose the walk. If the options are french fries or a baked potato, eat the baked potato (watch, though, how much butter or sour cream is used).

The choice is yours. If we all take steps toward healthier choices, the March report will be in our favor! (AH)

Safe handling of fresh fruits and vegetables

Confused about how to wash fresh fruits and vegetables? The most important advice is to wash all fruits and vegetables in clean drinking water before eating—even if you don’t eat the skin or rind according to the Produce Marketing Association.

Each day, wash with just before eating or cooking—not while storing. Leafy greens should be rinsed before refrigerating to maintain crispness.

Don’t use detergent when washing fruits and vegetables because some residue may remain or become absorbed because of produce’s porosity. In addition, detergent isn’t labeled by the Food and Drug Administration for this purpose.

Avoid washing with water and discarding outer leaves or rinds. Scrub vegetables if eating the fiber-rich skin.

Some other food safety tips for handling fresh fruits and vegetables include:

• At the store, buy only what you need. Some items—apples, potatoes and most citrus, for example—can be stored longer than others.

• Clean surfaces, utensils and hands before touching raw meat and poultry and before using them for fresh produce.

• Keep your refrigerator clean and dry. Condensation and refrigerator produce that’s been cut so it doesn’t absorb odors and lose vitamins.

• Keep fruit salads and other cut produce in the refrigerator until just before serving. Discard cut produce items if they’ve been out of the refrigerator four hours or more. (AH)

Healthy Eating

Bake and Take Days

Bake and Take Days, sponsored by the Nebraska Wheat Board, provides the perfect opportunity to take a freshly baked wheat food to your neighbor, a friend, a relative or someone you may want to cheer.

Stickers and pamphlets will be available at the Extension Office after March 1 for organizations and individuals to include with their baked product. Please stop by and pick up the amount you need.

In addition to your baked product, include a visit and a bit of laughter and you will have created a memorable moment for someone special. This is a great community service project for 4-H clubs, individuals, families and FCE clubs. (LB)

55 Alive—Mature Driver Course

If your driver’s license expires in 1996 and you are 50 years or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Wednesday, April 17 and Thursday, April 18, 9 a.m. to 2 p.m. In Cr Miller certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is $8. Participants are asked to bring a sack lunch. (LB)
**Youth tractor safety course**

Tractor safety certification training will be held during the month of March in Lancaster, Butler, and Seward counties. Each training session is scheduled at different locations on four consecutive Thursdays in March. All four sessions must be attended to complete the 10 hours of instruction required for certification in this tractor safety course.

Dates and locations of the training include:

- March 14—David City, 6:30 to 9:00 p.m. at Seward Implement Company
- March 12—Seward, 6:30 to 9:00 p.m. at Sprague/Martell Community Center
- March 21—Fairgrounds, 7:00 p.m. at Seward County College
- March 28—Seward, 4:00 to 7:00 p.m. at Seward County Fairgrounds

This is a tractor operator’s safety course, not a course to learn how to drive a tractor. The training is required for all youth, ages 14 and 15, who will be operating a tractor for anyone other than immediate family. It is also recommended for all youth operating tractors on the family farm. The 10-hour instructional course does provide hands-on use of mechanical controls, safe tractor operation, safety awareness and safety checking of selected farm implements. Youth will drive tractors and handle non-powered machinery at each session; but, they will not be trained to operate any powered equipment.

Successful completion of the training is required for each youth for a state tractor permit to operate tractors on the farm and is required for those young people who wish to obtain a permit to operate tractors on county roads. To make the training more valuable, it is important for each youth to have an adult in attendance at the meetings. Preregistration is necessary. For more information, contact the Extension office in Lancaster, Butler or Seward county.

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**4-H Camp scholarships**

Lincoln Action Program (LAP) is offering free scholarships to area summer camps through its Summer Camp Scholarship Program. Each year LAP offers low-income children and youth, ages 6 through 16, a chance to go to local summer camp. Possible camp choices include: Wilderness Nature Camp, YMCA’s Camp Kitaki, Home-stead Girl Scout Day Camp, Bright Lights Day Camp, and special camp at the University of Nebraska-Lincoln.

To qualify, individuals must meet the following income guidelines:

<table>
<thead>
<tr>
<th>Family size</th>
<th>Annual Income</th>
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<tbody>
<tr>
<td>1</td>
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</tr>
<tr>
<td>2</td>
<td>$13,039</td>
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<tr>
<td>3</td>
<td>$16,367</td>
</tr>
</tbody>
</table>

Add $3,328 for each additional member

To apply call Lincoln Action Program, Judy Adams, 471-4515 or Extension Program, 2202 South 11th Street, Lincoln, NE 68502. Application deadline is March 15, 1996. LAP can not guarantee that each child will be awarded a camp scholarship.

The number of scholarships is dependent upon community donations.

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**Gillian honored**

Gene Gilliam, junior leader of the Eagle Eyes 4-H Club was recently honored by Grit Americana Magazine as a national recipient of the 1995 True Grit Award for Youth Volunteer Service in the Community.

Gene has provided community service to the zoo, the Children’s Museum, Red Cross, nursing homes, the Lincoln Food Bank, the People’s City Mission and children’s homes. Most of his volunteer service has been done in conjunction with 4-H. Gene has provided 4-H leadership and service to 4-H through his involvement at county and state fairs, as a 4-H Teen Council and Ambassador member, as a junior leader in his club and through work as a camp counselor.
Lancaster County Fair changes

Please note that these are the basic changes, there are more words and vocabulary you will need to review in the fair book.

Dates:
- Tuesday, July 30—Entry day from 4:00-8:00 p.m.
- Wednesday, July 31—Judging day beginning at 8:00 a.m.
- Thursday, August 1-Sunday, August 4—Lancaster County Fair

Major Changes in Schedule:
- Table Setting Contest—Thursday, August 1 at 1:30 p.m.
- Public Style Revue—Friday, August 2 at 7:00 p.m.

4-H Chicken BBQ Contest:
This is a new contest and an informational packet will be available from the Extension office.

Child Development:
The information for this exhibit (1/2 of an 8 1/2 x 11” page) which is required with all exhibits in this area, has new questions which are:

1. (Where did I get the idea for this exhibit?)
2. (What characteristics of a child of this age that help in understanding the appropriateness of this exhibit for this age of the child that see project manuals).
3. (How does this exhibit attract a child’s attention, what can the child learn from this exhibit or how does it promote growth and development?)

Special questions for baby-sitting kits:
1. (List two characteristics of a child of this age that indicate how the kit would be appropriate for them to use.)
2. (What will the child learn or what skills will they gain by using the kit?)

4-H meeting helpers
A club that plays together learns together.

A major challenge for new clubs getting off the ground is to become a cohesive group wherever everyone feels important and goals are accomplished. The steps below might help you as you work with your 4-H club. Certainly, by following these steps, members and families can measure their goal achievement and the progress they have made and celebrate their accomplishments with pride.

In your 4-H club:
- Get together to know one another. Plan some type of group-building or trust-building activity for each meeting.
- Decide together what to learn, make or do. Have members, parents and volunteers set goals for things they would like to do and accomplish in 4-H.
- Work together to learn, make or do. 4-H youth development offers a wide variety of projects, meetings and events to help youth and adults accomplish the goals they set for themselves.
- Measure together what was learned, made or done. Talk about it, count it, photograph it. Evaluation is a positive element in 4-H youth development as long as youth realize it applies to the skills they are learning and not to their worth as people. If evaluation is done well, it can help young people see what they have accomplished.
- Evaluation can be easily shared by the child, peers or by an objective evaluator. Young people must be able to measure the progress they have made.
- Appreciate the experience, successes and feelings. Celebrating completes the learning experience. It doesn’t have to be dramatic or time consuming. It can be done five minutes before the end of the meeting just in some way. “This is what we did today,” or “it can be a big party planned to culminate a long-term activity. No matter what form you use, celebrating says, “I feel good about what I have done. My friends are happy. What a great way to spend my time!”

Source: The Nebraska 4-H Volunteer Newsletter, Summer 1995 Volume 15 (LJ)
County fair dates and schedule

Mark your calendars and start preparing your exhibits! The 1996 Lancaster County Fair will officially open at 11:00 a.m., Thursday, August 1 and end Sunday, August 4. These official dates, however, are not including event dates at the fair. For example, 4-H horse shows will begin at 8:00 a.m., Wednesday, July 31 and several events such as sporting sports contests, life skills, style review and horticulture judging take place in the two weeks prior to the fair. Be sure to check the fair book for dates and places of these contests. All 4-H static exhibits will be entered Tuesday, July 30 and will be judged Wednesday, July 31. Interview judging will take place July 31. All sheep, swine, rabbits and poultry must be checked in Wednesday, July 31, 4:00-8:00 p.m., all other animals must be in place by 11:00 a.m. Thursday, August 1. Horses will check in from noon-8:00 p.m., Thursday, July 31.

Some major events of each day include (does not include all events):

**Thursday, August 1**
- 4-H Horse Show—Dressage (Coliseum) .................................................. 10:00 a.m.
- 4-H Horse Show—Pole Bending (Coliseum) (4-H & FFA)
- 4-H Table Setting Contest (Ag Hall) .................................................. 1:30 p.m.
- 4-H Sheep Show (North Arena) .................................................. 3:00 p.m.
- 4-H Dairy Calf Show (East Arena) .................................................. 1:30 p.m.
- 4-H Poultry Show (Lancaster Building) .................................................. 4:00 p.m.
- Watermelon Feed (Youth Complex) .................................................. 5:00 p.m.
- 4-H Home Living Show (East Arena) .................................................. 6:00 p.m.
- Town Hall Meeting with Lancaster County State Senators (Demo Complex A & B) .................................................. 7:00 p.m.
- 4-H Horse Show—Special Interest Activities (Coliseum) .................................................. 7:00 p.m.

**Friday, August 2**
- 4-H Feeder Calves in Place .................................................. 7:00 a.m.
- 4-H Rabbit Show (Lancaster Building) .................................................. 8:00 a.m.
- 4-H Goat Show (4-H Arena) .................................................. 8:00 a.m.
- 4-H Horse Show—English Horse Classes (Coliseum) .................................................. 8:00 a.m.
- 4-H Beef Show (west end of East Arena) .................................................. 8:00 a.m.
- 4-H Dairy Calf Show (East of East Arena) .................................................. 8:00 a.m.
- Fair Fun Day (Farmland Building East Side) .................................................. 9:00 a.m.
- Health Awareness Day & EnviroFair (Ag Hall) .................................................. 9:00 a.m.-4:30 p.m.
- 4-H Horse Show—English Horse Jumping Classes (Coliseum) .................................................. 9:00 a.m.
- 4-H Bucket Calf Class Interviews (Livestock Office) .................................................. 9:00 a.m.
- 4-H Bucket Calf Show (4-H Arena) .................................................. 7:00 p.m.
- 4-H Horse Show—Western Riding Class (Coliseum) .................................................. 7:00 p.m.
- 4-H Style Revue (Bob Devaney) .................................................. 7:00 p.m.
- Hay Hauling Contest (East Arena) .................................................. 7:00 p.m.

**Saturday, August 3**
- 4-H Dog Agility Show (East Arena) .................................................. 8:00 a.m.
- 4-HFFA Swine Show (North Arena) .................................................. 8:00 a.m.
- 4-H Demonstrations (Demo Complex C & D) .................................................. 8:00 a.m.
- 4-H Cat Show (Demo Complex A & B) .................................................. 9:00 a.m.
- Bicycle Safety Rodeo (Parking Lot) .................................................. 9:00 a.m.
- 4-H Horse Show—Western Horse Classes (Coliseum) .................................................. 9:00 a.m.
- Big Wheel Race (Ag Hall) .................................................. 11:00 a.m.
- Pedal Tractor Pull (Parking Lot) .................................................. 2:00 p.m.
- 4-H Livestock Judging Contest (North Arena) .................................................. 2:00 p.m.
- 4-H Horse Show—Western Riding (Coliseum) .................................................. 4:00 p.m.
- Mini Tractor Pull (Dempster Building) .................................................. 4:00 p.m.
- 4-H Rabbit Specialty Classes (Lancaster Building) .................................................. 4:00 p.m.
- Ice Cream Social (Youth Complex) .................................................. 5:00-7:30 p.m.
- Family Barbecue (Youth Complex) .................................................. 5:00-7:30 p.m.
- 4-H Horse Show—Horse Game Classes (Coliseum) .................................................. 6:00 p.m.
- Farm Family Awards (East Arena) .................................................. 6:30 p.m.
- Opry Show (East Arena) .................................................. 7:00 p.m.
- Children’s Petting Zoo .................................................. All day

**Sunday, August 4**
- 4-H Horse Show—Trail Horse Class (Coliseum) .................................................. 10:00 a.m.
- Interfaith Church Service (Ag Hall) .................................................. 11:00 a.m.
- 4-H Cobwebers Family Fun Activity (Demo Complex A & B) .................................................. 1:00 p.m.
- 4-H Cobwebers Show & Tell (Demo Complex A & B) .................................................. 1:00 p.m.
- Turkey BBQ, Beef Ambassador & Egg Prep Contests (Demo Complex C & D) .................................................. 1:00 p.m.
- All 4-H Entries Released .................................................. 4:00-6:00 p.m.
- Horsemanship Ends (all animals) .................................................. 6:00 p.m.
- (Awards/Ribbons can be picked up at the Extension Office after Tuesday, August 6) .................................................. 6:00 p.m.
- Garden Tractor Pull (Coliseum) .................................................. 7:00 p.m.

The rodeo will be Friday, July 26 and Saturday, July 27 at the coliseum followed each night with a rodeo dance at the grandstand. A cattle team penning event is scheduled for Sunday, July 28. At this time this schedule does not have final approval and does not list open class events, quiz bowls and judging contests. We would love to have these and other fair events listed in the coliseum program. All events are finalized and encourage you to read your fair book thoroughly when you receive for complete scheduling information. If you have questions about the schedule, feel free to call LaDeane. (LJ)

Crawford and Wittstruck recognized

Gwen Crawford of Koca, a 10-year 4-H member in Lancaster County has been awarded the J.L. Thornlund Champion Showman Award and Gold Book. Gwen was given the award based on her ability to care for and present livestock at shows in 1995. The 4-H Livestock Exposition at Ak-Sar-Ben, her community livestock show, has in recent years been her favorite event. Since graduating from Norris High School in 1995, Gwen is attending UNL majoring in Ag-Business. Gwen has been very active showing cattle through 4-H and FFA. Congratulations Gwen!

Marc Wittstruck, a 4-H leader and parent from Martell, has been selected as one of the Outstandirg Nebraska 4-H Alumni for 1995. As a 4-H member in Lancaster County, Marc gained the fullest from the 4-H program and is passing his knowledge to his children 4-H club. Marc and his wife Holly, have four girls involved in the Lancaster County 4-H program and Marc is a Vocational Ag Teacher at Cretre High School. He will be honored at the 1996 State 4-H Volunteer Forum Banquet on February 3. The Lancaster County Extension staff wants to thank both Gwen and Marc for their dedication to the 4-H program and congratulate them on their efforts to “make the best better.”

“I Care About My...”

A program for 4-H members, leaders and parents...

The National Advisory Committee has voted unanimously to ask each large animal VIPs committee to consider adopting the “I Care About My...” program for their individual species. To learn more about this program, attend the next large animal VIPS meeting (check the Ne valve calendar). The statement of principle, “I Care Pledge” and “I Care Agreement” were all distributed to your animal representatives and will be discussed and voted on at our next 4-H meetings.

The “I Care About My Horse” program has been in place for three years within the Lancaster County 4-H Horse Program. There are various ways each large animal species can incorporate this program! The most important point for success of this program is to first educate club leaders and other club volunteers through separate animal workshops and/or Extension sponsored training, (CB)
Money for women business owners

The National Association of Women Business Owners (NAWBO) in partnership with Wells Fargo Bank has established a $1 million loan fund for women business owners.

Applications are accepted over the phone: 800-359-3557 extending

The loan program features unsecured lines of credit between $5,000 and $50,000. The lines of credit are revolving, with variable interest rates based on the prime rate and no fixed term.

The loan program is open to women business owners with two years experience or the equivalent, and a growing profitable business. You cannot have had a declared bankruptcy within the past 10 years, and must have a good personal and business credit record. Decisions will be rendered within 72 hours of the review of the application.

stevew@dedl.ded.state.ne.us
Nebraska Dept. of Economic Development
301 Centennial Mall South
Lincoln, NE 68509-4666
Phone: 800-426-6505/402-471-3782
Fax: 402-471-3776 (LJ)

What do you do when you are angry?

All of us get angry—at our children, spouse, relatives, friends and even those we don’t know very well. How you handle yourself when you get angry can make a difference in that you can strengthen or damage your relationships, depending on your response. Here are some ideas about handling anger:

1. Take time out to cool down and defuse your anger:
   - Count to 10 or higher if necessary.
   - Breathe deeply five times.
   - Put some space between you and the situation.
2. Don’t jump to conclusions. Make sure you get all the facts.
3. If your anger still persists, find out what the real issue is.
   - Why are you angry?
   - Are you angry about something important to you?
   - Could they be unlearned. The positive payoff may be high for you in the long-term.
   - Try to work on Sundays and afternoons when you are most comfortable and easy to do this.
4. Whatever you read, read it several times, preferably without asking others to help. Then think about them constantly act like we would. Here

10 ways to achieve burnout

1. Work long hours and work most weekends and Saturdays. Try to work on Sundays and holidays as well.
2. Always take on the most difficult tasks at work, in the community and at home, preferably without asking others to help. Then think about them constantly, especially at meals and at 3 a.m.
3. Take just one vacation a year. If you must. Carry along journals or professional books to read. Or even better, carry along that unfinished report and other business to do. Check your phone and written messages daily.
4. Always try to be involved in, and solve, other peoples’ problems. Work to please them and if there is no satisfactory solution, it’s not worth your time.
5. Don’t be ambitious. Don’t take risks. If you raise money, it will be disappointed. Do what is comfortable and easy to do
   - because you know you can do it better.
6. Live your without friends or family. Don’t give them the impression that you are available to them at all times, and you, need. After all, they are always there, aren’t they?
7. Always keep your feelings bottled up inside. Don’t share them with a spouse or friends. Don’t give them the sign of weakness. Be strong!
   - Herbert Lingren, Ph.D., Extension Family Life Scientist (LJ)
8. Avoid contact at all cost. Avoid an oversized card, or one with an odd or strange shape. Be careful with cute graphics, unless that’s the intent. Resist the urge to use too many marbled textures, backgrounds, etc. Make sure the card represents you accurately-at least the way you want to be represented.
9. Design the card to communicate. Communicate the essential information in a simple and quick way. Important numbers are the most important thing.
10. Never fill the card completely up. Always leave room for a note or two. If you have an overwhelming need to add lots of copy, then consider using other printed material or a brochure.

FCE scholarships available

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.

A $200 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or health occupation degree programs. This is available to full-time students beginning their sophomore, junior or senior year of college in the fall of 1996 OR who have completed two quarters of study in a vocational school. Call 441-7180 for an application. Applications are due April 1. (LB)
1995 Noxious Weed Control Report

Public Awareness
The most important part of the Noxious Weed Control Authority Program is public awareness. The cooperation of the landowners and support of the public are essential ingredients of a successful program. A strong effort was made to increase public awareness of the legal requirements of noxious weed control, increase voluntary compliance on private lands, and increase control efforts on public lands and railroads.

- The Cooperative Extension Service Nebraska, Farm Service Agency newsletter and the three Lancaster newspapers were used to publish spring and fall general noxious weed notices and 10 news articles. 5 informational meetings were held, exhibits were displayed at 5 events, and 350 informational letters were sent.

- Assistance was given developing individual noxious weed control plans and 1,158 letters and cards were sent requesting landowners control noxious weeds. As a result of the general information efforts, direct representatives of the Union Pacific and Burlington Northern Railroads were made with 5% from 86.3% to 91.2%.

- Meetings, letters, phone calls and direct contact were made with 20 public land managers and representatives of the Union Pacific and Burlington Northern Railroads. As a result, they all prepared and carried out acceptable control plans without inspection and notification.

- The two railroad companies contacted for control of their infestations. Required control dropped from 12 to 70%

- The Authority provided noxious weed control of the 48th Street and Bluff Roads sanitary landfill sites in accordance with a newly completed agreement with the City of Lincoln’s Public Works Department.

Inspection & Control
A total of 5,054 inspections were made of 2,582 sites on 24,184 acres during the year. 1,821 uncontrolled noxious weed infestations were found on 6,221 acres. In the City of Lincoln’s Public Works Inspection the 48th land infestations were found mostly in alfalfa fields and 1,468 infestations on 4,435 acres.

- All 1468 infestations found were controlled.

- 926 inspections made on 600 sites resulting in 195 sites on 923 acres being controlled.

- Dissemination prevention activities included:
  - Making 23 inspections of hay fields prior to harvest assuring that they were noxious weed-free.
  - Issued 12 quarantines of alfalfa fields with blooming musk thistle requiring all thistle be removed before harvest.

Program Management
Changes in procedures and operations have been implemented to increase efficiency and performance of weed inspectors and overall program performance.

- Average per day inspections per inspector increased by 5%, from 9.6 to 10.4.

- Received 1000 points out of a possible 1000 points on the office evaluation by the State Department of Agriculture.

InterLine access
You can now access information on City of Lincoln departments and Lancaster County agencies on the World Wide Web at http://interline.ci.lincoln.ne.us/ through the newly established InterLine home page. You can find the Weed Control Authority page by going to the Lancaster County page from the InterLine home page. The following information is now available:

- Authority Mission and Goals
- Frequently Asked Questions
- How are we doing? Survey
- Contacting the Authority
- What are the Noxious Weeds?
- Noxious Weed complaints

Recommended noxious weed controls and other articles will be added. Let us know what article you would like us to add.

Be a weed warrior
A Weed Warrior:
  - is aware of noxious weeds,
  - makes others aware of noxious weeds,
  - knows location of his or her noxious weeds,
  - knows the acceptable control methods,
  - has a control plan,
  - fall control,
  - spring control,
  - and follow-up,
  - aids in control on other properties,
  - adjacent road eight-of-ways,
  - joint control efforts,
  - knows the individual landowners responsibility,
  - and does not say “I am not going to control my noxious weeds, because someone else does not control theirs.”
Landowner & tenant weed notifications

Almost all landowners and tenants control their noxious weeds either on their own or when they receive a friendly formal or informal reminder. The method of notification of landowners of uncontrolled noxious weed infestations is determined by the contract history and the severity of the infestation. Landowners and tenants with a good control history are notified by an inspector, contact door, or a reminder letter. If only a trace infestation is found, notification is by a postcard. If the landowner does not have a control history or has a poor control history, they are sent a 10-day official notice. This notice requires the landowner to provide control within 10 days or be subject to having the control done by the Authority and being billed for the cost.

Musk Thistle Inspections

Spring 1995

Notices 23.3% Letters 33.9% 11.2% Trace Card
22.8% Non-Found 8.8% Informal Contact
1,586 sites on 15,820 acres 1,196 infestations on 4,436 acres

In this spring-summer season, there was musk thistle found on 1,196 sites. 149 were notified by informal contact, direct contact or a door hugger. 676 were notified by a reminder letter, 190 with trace infestations were notified by post cards, and 278 were notified by a 10-day notice. 117 that first received another notification were sent a 10-day notice after not controlling their infestations in a timely manner.

As the result of the excellent cooperation of landowners, the number of notifications by legal notices were reduced from 70% in 1990 to 19% in 1995 without adversely affecting landowner compliance. Landowner compliance increased from 68% to 87% during this period.

Percent Notified by Legal Notices vs Percent Landowner Compliance

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<tr>
<td>1994</td>
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</table>

NOXIOUS WEEDS MUST BE CONTROLLED

You are required to control noxious weeds on your property.

The noxious weeds are: Musk Thistle, Plumeless Thistle, Canada Thistle, Leafy Spurge, Diffuse Knaweed and Spot- knaweed. Notice is hereby given this first day of March, 1996, pursuant to the Noxious Weed Control Act, section 1, of the Laws of the State of Nebraska, that every person who owns or has in possession any noxious weed being or growing on such land shall be controlled at such frequency as to prevent establishment, provide eradication, and prevent its spread.

Upon failure to control this weed, the county weed superintendent is required to:

1. Proceed pursuant to the law and issue official control notice to the landowner of property infested with noxious weeds giving the landowner 15 days to control the noxious weed infestation.

2. Upon request, prior to harvest and certification of any noxious weeds, the State Roads Department, the Authority, or the State Board of Agriculture, may inspect fields and may require that all noxious weeds be controlled prior to harvest of the crop. Conviction for noncompliance may result in a fine of not less than $1,500 and not more than $10,000 per day fine to the landowner with a maximum fine of $1,500, or imprisonment of not more than 30 days, or both. The county weed superintendent may upon request, be required to proceed pursuant to the law and have the weeds controlled by such method as he/she finds necessary, the expense of which shall constitute a lien and be entered as a tax against the land, and be collected as other real estate taxes are collected, or by other means as provided by law.

Musk thistle control on Conservation Reserve Program acres

Musk thistle continues to be a problem weed on Conservation Reserve Program (CRP) acreage. It will usually be found in areas where the grass is not well established. It is also commonly found in good stands of grass. If your contract is ending and you are going to use the land for pasture, you may find an increase in the population of musk thistle caused by the disturbance of the soil surface and opening up areas to light by the grazing. Remember there is a violation of your contract if musk thistle is not controlled. Since musk thistle reproduces so readily from seed, the key for successful management is to prevent seed production. Early spring is a good time to scout and apply herbicides on the CRP acres when the rosettes are green and before the grass starts to grow.

Herbicides

Several herbicides are registered for use on CRP acres seeded to grass. Before applying herbicides, refer to the Nebraska Weed Control Program. Selective herbicides which kill musk thistle and not the grass may be used. For use on CRP acres seeded to grass.

2,4-D Low Vol Estar is an economical choice to control musk thistle. This growth regulator will kill the rosettes that are actively growing in March, April, October and November when the air temperatures are above 50°F. It can be used in combination with Tordon 22K, Banvel, or Vanquish to provide residual control of later germinating seedlings. Use a rate of 2 quarts per acre if used alone and 1 quart per acre if used with another herbicide. Rates are based on 4 lb/a active ingredient. Tordon 22K is a restricted use pesticide that provides residual control of later germinating seedlings. It can be applied when the shoots begin to elongate (bolts). Use rates of 8 oz. per acre in the rosette stage. Apply at 10 oz. in the bolting stage. Banvel, also provides residual control of later germinating seedlings. It is not to be used when the air temperature exceeds 90°F. It is not a selective herbicide. Use a rate of 1/2 pint per acre. Vanquish, a recently introduced herbicide, is similar to Banvel but is not as volatile. Use a rate of 1/2 pint per acre during the rosette stage and up to 2 pints in the bolting stage. Escort and Ally have the same formulation. Escort has an industrial label and Ally has a crop label. They may be used for control by all users. They provide residual control to broadleaf weeds in grass. They are an excellent choice to use in combination with 2,4-D in the Bolster to early flowering stages of musk thistle, especially in May and early June. They prevent further viable seed formation when applied in spring, up to the first flowering stage. They also provide good fall control of rosettes. Apply Ally-Escort in a non-selective ingredient per acre along with a surfactant.

All of these herbicides may be applied by airplane or ground application. It may be difficult to completely destroy the weeds because of heavy grass growth. An excellent time to see and treat musk thistle would be immediately after a prescribed burn. Follow-up even with proper timing, all can be lost if there is not follow-up throughout noxious weed’s growth period. Irregularly there are sugar beets, and even later control efforts. Musk thistle is a prolific seed and just a few plants must be controlled. Many times the follow-up only requires spot spraying or severing the roots below. Some of the noxious weeds that have contributed to musk thistle allowed to bloom contributes to infestations in the future. Follow-up spraying should be done after each control effort and especially June 1 and after to immediately cut back any flowering musk thistle before it goes to seed.
Musk thistle control time

Musk thistle is easiest to control when it is in the seedling and rosette stages and is actively growing. This occurs in March and April. During this period you will find rosettes that have over-wintered and new seedlings emerging. The plant is much more difficult to control after it starts to bolt in May.

Pastures: Thistle like overgrazed areas, areas with poor grass cover, on dams and roadsides.

Combine control methods into a management system. The are growing and rangeland in good condition is a primary factor for musk thistle management. Favor pasture and rangeland grass growth by not overgrazing and fertilizing as needed.

Got a timely management tool is applying herbicide

with nitrogen to cool season pastures. 8 ounces of Tordon 22K with the appropriate ammonium nitrogen and water works well in cooler weather. These applications could begin March 1 if the ground is not frozen.

Herbicide Controls

Tordon 22K at a rate of 6 to 8 ounces per acre can be applied as soon as the ground thaws as long as the temperature is above freezing. A good spray combination after the air temperature reaches 50 degrees is 1 quart of 2,4-D LV concentrate with 2 parts of 444202. The ester formulation is effective in killing the rosettes and any seedlings. Banvel will provide control of later emerging seedlings. If a residual herbicide such as Banvel or Tordon 22K is used, more follow-up control will be required. Read and follow label directions. Plants can also be controlled by removing plants 2-3 inches below the surface or spot spraying with Roundup for small infestations or in alfalfa.

Spot Treatment

Spot treatment usually requires more long follow-up control because of the escapes from earlier treatments. To minimize the follow-up required you should spray the entire infested area instead of just the individual plants that you see.

Frequently asked questions of the Noxious Weed Control Authority

1. What is a noxious weed?

Noxious weed is a legal term used to describe a species of a plant species harmful to the purpose of regulation. The Director of the Department of Agriculture and Forestry establishes which plants are noxious and the control measures are to be taken to prevent their spread. These non-native plants compete aggressively with desirable plants and affect man, livestock and wildlife. This not only directly affects landowners, but erodes the tax base for all Nebraska counties. The business of noxious weed control is everyone's concern and noxious weeds are going to be a problem dependent upon the participation and cooperation of all of us.

2. Are noxious weeds found in Nebraska?

Yes. The following weeds have been officially designated as noxious: Canada thistle (Cirsium arvense (L. Scop.), leafy spurge (Euphorbia esula L.), musk thistle (Carduus nutans L.), thistle (Carduus acanthoides L.), spotted knapweed (Knapweed (Centaurea maculosa Lam. and Diffusa Lam.).

3. Who is responsible for controlling noxious weeds?

The Nebraska Noxious Weed Control Act makes it the duty of each person who owns or controls land to effectively control noxious weeds on such land.

4. Are there noxious weeds in Lancaster County?

Yes, musk thistle, Canada thistle, plumeless thistle and leafy spurge are found in the county.

5. Are noxious weeds found in the City of Lincoln?

Yes, musk thistle, Canada thistle, and leafy spurge are found in the city.

6. May employees of the Noxious Weed Control Authority enter upon private land without first getting permission from the landowner?

Yes, Section 2-961 of the Nebraska Noxious Weed Control Act authorizes entry onto private property for the purpose of inspecting or performing their duty, if reasonable care is exercised. The Authority will utilize the success of the noxious weed control is dependent upon the participation of landowners, and therefore desires to assist and work with landowners in controlling noxious weeds on their land. Instructors will contact landowners when feasible, or attempt to do so when requested.

7. How does the Authority determine which properties they are going to inspect?

Inspections are made of all properties with infestations found in the past, except those with no infestations found for 2 seasons. In addition, all complaints and newly observed infestations are inspected. Over 3,000 sites are inspected each year. Less than 200 are as result of complaints or newly observed infestation.

8. Why do we have to deal with a noxious weed problem?

By declaring a weed noxious, various regulatory procedures may be implemented to control the weed and also prevent its spread. This is done when it is determined that a particular weed so seriously threatens the welfare of the residents of the state that a concentrated and sustained effort is needed to prevent serious economic loss.

9. Who pays for noxious weed control?

The person(s) owning or controlling the land are responsible for funding weed control work on such land.

10. Can someone be forced to control noxious weeds?

Yes. The County Commissioners or a person with written notice given by the county authority is subject to a fine and/or imprisonment if a fine is not paid.

11. How can I tell if I have noxious weeds on my property and what can I do about it?

Contact your county weed control authority. Your county weed superintendent can identify each noxious weed and will assist you in any needed control measures that may be required. The County Extension also has a variety of publications identifying the six noxious weeds to assist you.

12. What should I do if I see noxious weeds growing in an area?

Report the infestation to the county weed control authority, giving a detailed description of the location.

13. I have introduced a biological control measure to control my musk thistle infestation. Can the county still require additional control measures?

Yes. Biological control measures must have county authority approval and must provide effective control.

14. Why isn't hemlock on the noxious weed list?

Hemlock is a poisonous plant but it is not palatable to livestock and is not considered a serious pest to the wellbeing of the State. The Nebraska Department of Agriculture and Forestry considered adding hemlock to the noxious weed list if it Receives suggestions with reasons why the plant should be added to the list.

15. Why isn't marijuana on the noxious weed list?

While the growing and use of marijuana is not legal, it is not very competitive with agricultural crops. The illegal growing or use of marijuana should be reported to the state patrol.

16. What exactly does the Lancaster County Noxious Weed Control Authority do?

The County Commissioners serve as the noxious weed control authority. Duties of the Authority include: 

- Employ a qualified person as its weed control superintendent.
- Administer the Nebraska Noxious Weed Control Act at the county level.
- Establish a coordinated program for control of noxious weeds within the county.
- Have the superintendent examine all land in the county for the purpose of determining its noxious weed status. An ordinance that requires removal of noxious weeds within the County is subject to a complaint. Many of the complaints are anonymous. If asked, we will instruct you when the last inspection was the result of a complaint but we do not give out the name of the complainant.

17. Who do I call for non-noxious, overgrown weeds outside the City of Lincoln (in county road ditches, on railroad crossings, etc.)?

There is no county-wide ordinance for controlling non- noxious, overgrown weeds be controlled. You should call the appropriate official to control the land. You can call the county engineer at 441-7797 if the overgrowth is on county roadsides.

18. Who do I call for non- noxious, overgrown weeds outside the City of Lincoln and the City of Lincoln? (in county road ditches, on railroad crossings, etc.)?

There is no county-wide ordinance for controlling non- noxious, overgrown weeds be controlled. You should call the appropriate official to control the land. You can call the county Engineer at 441-7797 if the overgrowth is on county roadsides.

19. Who turned me in?

Most of the 2,000 to 3,000 sites inspected each year are a result of follow-up inspections of known sites or new sites observed by the inspectors. Less than 100 sites a year are inspected as a result of a complaint. Many of the complaints are anonymous. If asked, we will instruct you when the last inspection was the result of a complaint but we do not give out the name of the complainant.

20. How do I get a weed assess­ment lien removed?

If you have a special assessment for noxious weed control, you will have the full amount of liquidation plus interest to the county treasurer in order to have the lien removed.

21. How do I pay my noxious weed bill?

If you have received and inspected for noxious weed control from the Noxious Weed Control Authority you must pay the invoice within two months of the last inspection performed or it will become a special assessment against the property. The assessment can be made to Lancaster Noxious Weed Control Authority, 444 Cherrybrook Road, Lincoln, NE 68528.

22. What are the control recom­mendations for the different noxious weeds and areas?

There are many acceptable control recommendations for the noxious weeds based upon where the weeds are growing and stage of growth of the weeds. You may obtain recommendations for your particular situation by contacting the Noxious Weed Control Authority office or the Cooperative Extension office.

23. Why is Tordon 22 a restricted use pesticide?

Tordon 22K is a restricted use pesticide because of its long residual action. It is not highly toxic.

24. Are there acceptable biologi­cal controls for the noxious weeds?

There are no known biological controls for noxious weeds that will provide complete control. They can be used as a part of a long range noxious weed control program.

25. Why aren't railroads, county roads and government properties given more attention by the Noxious Weed Control Authority?

The Noxious Weed Control Authority is addressing noxious weed control on public lands as well as that based upon roads working with the 20 different land managers of public property and railroads in Lancaster County. They all now have acceptable long range noxious weed control plans. Implementation of these plans are monitored very closely. If acceptable control is not being obtained, whatever action needed is taken to get acceptable control.
Who to call for pesticide-related info

University of Nebraska Cooperative Extension receives many questions from people looking for information on a variety of pesticide-related topics. Sometimes these questions may relate to issues in which we are not directly involved or in which other agencies may actually have jurisdiction or be better able to address. Understandably, getting transferred from one agency to another can be frustrating and time consuming. To assist you in finding the right people to answer your particular questions, the Nebraska Department of Agriculture has prepared an outline of several agencies that may be helpful to people interested in pesticides and their use. Although this list is from an inclusive viewpoint, we hope it will be of some help in getting answers to your questions.

<table>
<thead>
<tr>
<th>Agency</th>
<th>Information available</th>
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| Nebraska Department of Agriculture, Bureau of Plant Industry-Pesticide Section | • Pesticide regulations  
• Applicator certification  
• Endangered species/pesticides  
• Groundwater and pesticides  
• Worker Protection Standards |
| Nebraska Department of Environmental Quality, Department of Agriculture | • Chemigation requirements  
• Agricultural chemical containment  
• Hazardous waste management  
• Wellhead protection program  
• Special protection areas  
• Pesticides and water quality |
| University of Nebraska-Lincoln, Water Center/Environmental Programs | • Pesticides and drinking water  
• State toxicologist |
| Nebraska Department of Health | • Pesticides applicator training |
| Nebraska Department of Aeronautics | • #&/or/autclaries relating to aerial applicators |
| Natural Resources Districts (Consult your local NRD) | • Chemigation requirements  
• Groundwater management areas  
• Special protection areas  
• Local groundwater management  
• Protection efforts |
| U.S. Environmental Protection Agency | • Federal regulations governing the use/sale, distribution and disposal of pesticides and associated information. |

Unusual animal kingdom

• The Australian rat kangaroo uses its tail for hopping about and carrying grass for its nest. When the mother goes out, her babies do too, hanging on with all their might.
• The spider monkey can jump 50 feet in one leap or drop 20 feet straight down. It has no thumbs, but the sensitive tip of its long tail grasps anything it touches, as if it were another hand.
• You can see the inside of a water flea’s body because its shell is transparent. With a magnifying glass, you can watch it digest its meal. Its multiflora antennae are branched and used for finding food and for clasping food.
• Crabs’ eyes extend on long stalks, acting like periscopes, allowing the animal to have a good look around before it comes out of its shell.
• The armadillo eats insects, larvae, worms and millipedes that it catches with its sticky tongue. Its mouth contains hundreds of simple molars without roots or enamel.
• The frilled lizard of Australia has a wonderful collar of skin which flares out like an umbrella when he is attacked. It is as much at home in the trees as on the ground. Often it runs on two legs, its body high up, in order to get a better view.
• The desert m anonym can withstand temperatures up to 100 degrees Fahrenheit. Strangely enough, it can also withstand very low temperatures. (MIM)

Pesticide myths and facts revealed

Myth 1: Cancer rates are soaring.
Fact: Cancer tends to be a disease of older people. Because people are living longer, it may seem that cancer rates have increased. However, the age-adjusted death rate for all cancers combined (excluding lung cancer from smoking) has remained steady or decreased since 1950.

Myth 2: Human exposure to carcinogens and other toxins is primarily due to synthetic chemicals—such as pesticides.
Fact: In reality, most of us are much more likely to encounter carcinogens—other than synthetic pesticides—in our environment. Our consumption of “natural” pesticides—toxins produced by plants to defend themselves against pests—is 10,000 times that of synthetic pesticides.

Myth 3: Synthetic pesticides are less likely to cause cancer than “natural” ones.
Fact: There is no difference between the carcinogenicity of synthetic versus “natural” pesticides. Half of all chemicals (natural or synthetic) have been shown to cause cancer in animals.

Myth 4: Natural pesticides are less hazardous than synthetic pesticides.
Fact: Some natural chemicals are extremely poisonous. For example, botulin is the toxin produced by a bacteria that causes botulism, an acute food poisoning. Nicotine sulfate—a natural insecticide found in tobacco—is an extremely toxic nerve poison. Humans have many natural defenses that buffer us against normal exposures to toxins whether natural or synthetic.

Summary: Many chemicals, cleaners and other products that we routinely use in and around the home are highly toxic. In fact, fingernail polish remover (acetone)—a very common product found in many homes—contains a harmful solvent and more toxic than most pesticides. It is one of the most common substances associated with accidental poisonings reported by the Poison Control Center.

Sources: Dr. Bruce Ames, University of California in Berkeley; Larry Schultz. UNL Pesticide Education Extension Specialist; Jess Benson, Poison Control Center, Omaha (BPO).
March 1994

Extension Calendar

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

March 1
4-H Ambassador Application Due

March 2
4-H Horse VIPS “Hands-On” Clinic and Style Show

March 3
Rompin’ Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park

March 4 & 5
Beginners Beekeeping Workshop

March 5
4-H Council Meeting

March 6
Chemigation Training—4-H Building, York

March 7
Tractor Safety Certification Training—Seward Implement Company, David City

March 10
4-H Tree Council Meeting

Rompin’ Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park

March 11
4-H Sheep Contest Sign-Up Deadline

March 12
Extension Board Meeting

4-H New Leader Orientation-Part II

9:30 a.m. or 7:30 p.m.

March 13
4-H Horse VIPS Meeting

March 14
Tractor Safety Certification Training—Sprague/Martell Community Center, Martell

March 15-17
Kansas City Youth Conference

March 15
ExpoVisions Leadership Team Application Due

4-H Camp Staff In Training Applications Due

March 31
4-H Action Team Applications Due

March 22
earth wellness festival—Southeast Community College, Lincoln

Entrepreneurial Opportunities in Agriculture Conference—ARDC Research & Extension Bldg, Lincoln...

8 a.m.

March 29
4-H 4-H Council Meeting

March 30
Fair Board Meeting

4-H Sheep VIPS Meeting

4-H Rabbit VIPS Meeting

Tractor Safety Certification Training—Southeast Community College, Milford.

6:30-9:00 a.m.

March 22
earth wellness festival—Southeast Community College, Lincoln

Entrepreneurial Opportunities in Agriculture Conference—ARDC Research & Extension Bldg, Lincoln...

8 a.m.

March 23
Get a Grip—4-H Council Meeting

March 24
Fair Board Meeting

4-H Sheep VIPS Meeting

4-H Rabbit VIPS Meeting

Tractor Safety Certification Training—Southeast Community College, Milford.

6:30-9:00 a.m.

March 25
4-H 4-H Council Meeting

March 31
National 4-H Conference—Washington, D.C.

April 1
FCE Council Meeting

FCE Cultural Art Entries Due

March 26
Backyards for Wildlife and Family Enjoyment, FCE Leader Training

March 27
Tractor Safety Certification Training—Seward County Fairgrounds, Seward

4-H Building Arena, State Fair Park

2:00-4:00 p.m.

March 30
Bluebirds Across Nebraska (BAN) Second Annual Conference—Eugene T. Mohoney State Park

8 a.m.

4-H Turkey Project Entries Due

4-H Horse VIPS “Advancement Level Testing” Clinic

10:00 a.m.-2:00 p.m.

March 31
Rompin’ Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park

2:00-4:00 p.m.

April 1
FCE Scholarship Applications Due

4-H Market Beef ID’s for State Fair and Ak-Sar-Ben Due

4-H Action Team Applications Due

April 2
4-H Council Meeting

7:00 p.m.

The NEBLINE

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Gary C. Bergman, Extension Educator-Unit Leader

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All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise.

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