9-1996

The NEBLINE, September 1996

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Where 'o where have family traditions gone?

Lorenz Bartos
Extension Educator

Where 'o where have family traditions gone? Remember the family dinners at grandmas on Sundays after church, the family picnic, gatherings for the holidays, vacations, the Sunday afternoon drive in the country, the school picnic, the neighborhood ball game or the farmers in the community getting together to harvest crops, shell corn or put up hay or spending the weekend with grandparents, aunts and uncles? Do you have family traditions? What traditions will your family remember?

Families and society continue to change. Extended families are further away from each other than before. Priorities have also changed. We hear talk about QUALITY TIME and forget about time together as a family. As family structures and priorities change, work and family values seem to drift apart. The time we have spent focused on ourselves, work and then the family. Rather than setting priorities and making choices we try to do everything and "keep up with neighbors, family and friends." We might need to ask ourselves—do my children have time to be kids, or is every minute of their time structured?

University of Nebraska-Lincoln family life specialists suggest a 12-step program for healthy families. In healthy families, members appreciate each other as individuals as well as family members. Steps for healthy families include:

1. Healthy families have healthy lifestyles. They participate in activities such as walking, biking and swimming, as a family.
2. Healthy families appreciate special times. A strong healthy relationship is a worthwhile goal for everyone. These families remember birthdays, anniversaries, and show appreciation through words, cards, time, gifts and other symbols of love.
3. Healthy families keep promises. Commitments are promises we make to ourselves or others. When kept, they reinforce the trust in a relationship. When broken, they create doubt and mistrust.
4. Healthy families talk it over. Communicating is the key to successful decision making, conflict resolution, child rearing, financial management and many other family issues. These families focus on improving their families communication skills by practicing listening skills and understanding verbal and nonverbal language used by family members.
5. Healthy families respect each individual. These families support each other as individuals as well as family members. Has a family member succeeded because of individual talent or support from others?
6. Healthy families make time for each other. These families work together by sharing household tasks so they can finish quickly and have time together as a family.
7. Healthy families are fun. These families plan and do activities together that everyone will enjoy, just for the fun of it.
8. Healthy families believe in themselves. They have confidence that they can survive a family crisis.
9. Healthy families are involved. This type of family is involved in the community and helpful to neighbors and friends.
10. Healthy families are able to forgive. These families talk over issues that create conflict, doubt or blame. They forgive family members for actions that are upsetting.
11. Healthy families say thank you. They remember to say "thank you" and show appreciation through words, hugs and other ways to show they care.
12. Healthy families share beliefs and values. These families talk about their values and live them consistently.

Everyone needs to take a moment to see how healthy their family is in the scheme of life. Take time to create family traditions, make a phone call or write a note to extended family members in other towns or states. Remember that people make time and money available for those things that are most important to them. Make your family a priority.
**Cure Onions Properly**

You planted a storage-type onion, kept the row weed-free and watered it, and waited for harvest. But do you know the best time? Harvest dry onions for storage when the majority of the onion tops have fallen over and dried out. Losses to roots with a spading fork, if necessary, before pulling the bulbs. Then spread them out in a cool, well-ventilated area to cure. Handle them gently to prevent bruising or other injury that will shorten their storage life.

When the onion tops are completely dry all the way down to the bulb, snap the leaves off with scissors or pruning shears, and sort the bulbs for storage. Divide them into no more than groups—those that are completely dry at the neck, and those that have thick necks which contain moist, green tissue. Use the thick-necked bulbs first because of their moisture content. They will not do as well, and if they’re mixed with the drier bulbs, they may rot and spoil the rest of the harvest.

Store dry onions in slatted baskets, boxes or mesh bags in a dark, dry, cool (32 to 40 degrees F) place. Store only unblemished—bruised, cut and other injuries—can give spoilage organisms a foothold. (DJ)

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**Show winner!**

Sean White won Best of Show with his exhibit of gourmets 'Strawberry Fields' at the Lancaster County 4-H Pre-Fair Flower and Vegetable Show. While the exhibits being judged, the 4-Hers attended a horticulture workshop. They learned how to prepare exhibits for the Lancaster County Fair and how to identify fruits and vegetables for the horticulture contest. (MM)

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**Golden rain tree**

Most flowering trees bloom in the spring. An exception to this rule is the golden rain tree (Koelreuteria paniculata). In late July or early August, it’s covered with erect clusters of yellow flowers, which are followed by abundant one to two-inch, banana-shaped seed capsules. The capsules range in color from light yellow to brown.

The golden rain tree usually grows to a height of 20 to 30 feet. It generally has several main stems, though it can be trained to a single trunk. Multiple-leader trees tend to be shorter and more umbrella shaped than single-leader trees.

Leaves are compound, 12 to 14 inches long, with 15 leaflets about two to three inches long. In the fall, the leaves turn bright yellow.

The golden rain tree is hardy in Lancaster County. It will grow on a variety of soil types, but does best on light, well drained, sandy or gravelly soils. This would be a good tree for the summer cabin on the river or sand pit. It requires full sun for best growth.

This tree was introduced to the Western world from China in the mid-1700s. It’s also known as the China tree and Pride of India. In most landscapes, it is attractive as an accent or specimen tree. The golden rain tree is relatively free of insect and disease problems. (DJ)

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**Horticulture**

**The garden fence**

Don Janssen

Extension Educator

Q. The local garden store usually has special on spring flowering bulbs when I can get bulbs for only pennies apiece. What do I look for to make sure I’m getting a quality bulb?

A. Bulbs should be firm and healthy looking with no sign of mold or rot. Avoid soft bulbs or dried out bulbs that seem very light for their size. (DJ)

Q. Several of my house plants are drooping leaves. Could they have contracted some kind of disease where they are outdoors for the summer?

A. That’s possible. But if you don’t see any other signs of disease, chances are that your plants are merely reacting to vastly reduced light levels, especially if you moved them indoors abruptly, with no chance to gradually get adapted to the new light levels.

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**Play it again**

Christmas cacti and poinsettias can flower around the holidays with a little special treatment in the fall. Holiday cacti and poinsettias flower in response to day length. To get them to bloom around the holidays, you need to manipulate the amount of light they receive starting in September.

Around the first of the month, place Christmas cacti where they will be exposed to 12 hours of darkness and temperatures below 50 degrees F every night. Poinsettias need to be placed in total darkness from 5 p.m. to 8 a.m. daily, from September 30 until mid-December. Any light during that long night—from street lights, lamps or even flashlights—will delay or inhibit flowering. Give the plant bright light during the day and water whenever the soil feels dry. Bring the plant out of the long dark and wait for harvest.

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**The Herb Garden**

**Tarragon**

Another of the top nine culinary herbs, tarragon, comes in several forms. French tarragon is vegetatively propagated and not available from seed. Russian tarragon is grown from seed and is attractive as an ornamental plant, but it is flavorless. (DJ)
Crop Diagnostic Clinic a huge success!

In July, more than 130 Nebraska agricultural Extension specialists attended two-day sessions of the University of Nebraska Crop Management Diagnostic Clinic at the Agricultural Research and Development Center (ARDC), in Ithaca, Nebraska. Individuals attending the clinic included certified crop advisors, independent crop consultants, seedsmen, chemical/fertilizer dealers, cooperative managers, farm managers and employees, crop producers and Extension educators. Most of the presentations included hands-on activities or field demonstrations in small groups to encourage interaction between presenters and participants.

Mowing healthy corn, soybeans, and herbicide injury symptoms, cropweed competition, European corn borer and corn rootworm management, crop disease identification and management, soil compaction management, the use of yield monitors and soil sampling for variable rate fertilizer applications, irrigation systems management and control, and proper adjustment of no-till planter equipment.

Presenters included UNL Cooperative Extension specialists, teaching and research faculty, and USDA-ARS scientists. FarmLink Industries was an active partner in the establishment of this clinic, providing a grant to repair a solid irrigation system so individual plots can be irrigated as needed. Neal Christensen, regional agronomist for FarmLink Industries, also provided expertise as a presenter at the clinic.

The management team that organized this event included Extension Educators Keith Glewen, Saunders County, Barb Ogg and Dave Varner, Lancaster County, Dennis Ferraro, Douglas County, and Dan Duncan and Mark Schroeder, ARDC. Dr. Dale Florey, professor emeritus at UNL, came out of retirement and managed establishment of the field plots—an essential component of the clinic.

Because of the continuing need for high-level training by Nebraska’s agricultural professionals, the clinic will continue to be a priority program for UNL Cooperative Extension and will be conducted at ARDC on an annual basis. For more information, contact Extension Educators Barb Ogg (441-7188) or Keith Glewen (624-8030). (BFO)

Pesticide container recycling trailer makes September stops in Firth, Bennet and Wahoo

South and East Lancaster County crop producers/pesticide users can recycle their rinsed pesticide containers at the Firth Co-op on September 6, and at the Farmer’s Co-op in Bennet on September 7. Crop producers in northern Lancaster County can bring containers to Ote Oil and Propane in Wahoo on September 20.

All pesticide containers will be inspected to make sure that they have been rinsed with a pressure washer and have their lids and labels removed. Bring white or yellow one and two-half gallon pesticide containers only; brown yard and garden pesticide containers cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable.

A stationary trailer is located at the Lancaster County Extension Office, 444 Cherry Creek Rd., Lincoln, for recycling containers weekdays between 8:00 a.m. and 4:30 p.m. Please call 441-7188 or 441-832-5441 ahead to make sure that someone will be available to inspect and collect your containers. (BPODV)

Controlling weeds in alfalfa stands

Weeds in established alfalfa can be easily controlled through timely treatments. Weed populations must not be allowed to achieve high levels or become competitive with the alfalfa. Herbicide treatments combined with appropriate cultural practices can help control weed-free alfalfa stands.

Few weeds can compete with vigorously growing alfalfa that is mowed two or more times per season. Mowing healthy alfalfa at the right time and frequency may kill most annual and many perennial weeds. Herbicides can be ineffective when applied at the wrong frequency and effective insect control measures so that alfalfa production is maximized and weed growth is minimized.

Treatments such as Karmex, Lelexone, Sencor, Simbark, and Velpar will control both winter annual grasses and broadleaf weeds in alfalfa established one year or longer. These treatments are made in late fall or early spring to dormant alfalfa to control winter annuals such as clearweed that also affects alfalfa. Karmex fits best on soils with low organic matter. These herbicides may cause alfalfa injury if the soil organic matter is less than 1%. Pursuit applied after the last cutting with broadleaf weeds in new stands or established stands of alfalfa.

Butyrac, Butoxone (2,4-D), and Butricit can also be used for broadleaf weed control, but are temperature sensitive. Butyrac and Butoxone (2,4-D) should not be used if the temperature will drop to 40 degrees F within three days after application. At 40 degrees F, the growth processes of many weed species will slow down and, consequently, the herbicide activity will be reduced. In order to avoid injury to the alfalfa, Butricit should not be used if temperatures are above 80 degrees F. Buctril and 2,4-D will not control mustard and weeds in established stands of alfalfa will reduce the size of the crown and root mass and slow down growth, and, consequently, the herbicide activity will be reduced. In order to avoid injury to the alfalfa, Butricit should not be used if temperatures are above 80 degrees F. Buctril and 2,4-D will not control mustard and weeds in established stands of alfalfa.

This fall, reduce risk of wheat disease

Now is the time to get the jump on preventing wheat streak mosaic, crown and root rot, or leaf rust losses in the 1997 wheat crop. Good cultural practices, such as post-harvest weed control, planting resistant varieties, proper planting date, good seed quality and seedbed preparation—can reduce disease risk.

Two key factors in reducing the threat of wheat streak mosaic are to control volunteer wheat and grass weeds in stubble fields and to plant at the proper time. Planting early, next to a weedy stubble, increases the risk in control. Seedbed conditions and root development on diseases that are critical to wheat’s ability to tiller and produce large heads. When diseased, they fail to deliver the proper balance of nutrients, water and growth factors during the early stages of growth. This can cause loss of stands and/or poor tillering, and fewer and smaller heads. A loose seedbed and prolonged moisture stress, coupled with high soil temperatures, in the fall often result in early infection of crowns and roots. Planting good quality seed into a firm seedbed at the proper time minimizes these risks. Selection is often based on yield potential, but some varieties of the same species can fail if they are disease susceptible. In Eastern and Central Nebraska, leaf rust is always a potential threat. Planting leaf rust resistant varieties spreads that risk and eliminates the decision to spray with a fungicide in May to minimize rust losses.

The following table gives a brief summary of how cultural practices affect wheat diseases.

Cultural practices influence wheat diseases

<table>
<thead>
<tr>
<th>Cultural practice</th>
<th>Wheat diseases influenced</th>
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<th>Other control options</th>
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<td>Resistance</td>
<td>Certified seed</td>
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<tr>
<td>Common bush</td>
<td>Certified seed</td>
<td>Certified seed</td>
<td>Fungicide treatment</td>
</tr>
<tr>
<td>Black point</td>
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<tr>
<td>Root and crown rot</td>
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<td>Wheat streak mosaic</td>
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<tr>
<td>Barley yellow dwarf</td>
<td>2-year rotation and tolerant varieties</td>
<td>2-year rotation and tolerant varieties</td>
<td>2-year rotation and tolerant varieties</td>
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Please turn to Page 11 for more rural news.
During late summer and early fall, bats that were born in the spring leave their mothers. The young bats occasionally find their way into homes during the early evening hours. They enter by accident while looking for food.

The best way to remove a bat that has wandered into the home is not panic. Bats do not act offensively—they just want back outside. Simply open the windows and any exterior doors in the room. The bat will probably circle the room using its echolocation until it detects the open window or door and flies out on its own. If possible, stay in the room with the lights on and make sure the bat leaves. This should only take a few minutes. A broom may be used to guide the animal outdoors.

If the bat disappears in the room, it has probably landed behind a curtain or in some hidden nook or cranny. In this case, open the windows, turn off the lights and isolate the bat by closing the door and blocking the space under the door with a towel. The bat should find its way out within an hour after dark, as long as the weather is not too cold. Never use bare hands to pick up a bat because it may try to bite to protect itself. Bats are not able to make holes to get into a home, but can easily get through existing holes as small as one-half inch in diameter. Using a broom handle makes a home “bat-proof.”

There are no chemical controls registered for use against bats. Mothballs and ultrasound devices are not effective repellents.

If a bat colony is located in an attic or some other part of a building, you can easily scare the bats out in the evening and block their entry holes while they are gone. Be careful when cleaning up bat droppings (guano)—it may harbor disease organisms.

Bats are beneficial. They eat many mosquitoes and other insects than birds and bug zappers. To take advantage of the bats’ insect eating habits, build a bat house and place it in your yard. For more information (including plans to build a bat house), send a self-addressed stamped envelope to “Build a Bat House,” 444 Cherrycrest Drive, Lincoln, NE 68528-1507.

**Going “batty”**

**Environmental Focus**

**The lunch bunch**

When you bring a lunch or snack to school, how do you carry it? Do you use a lunch box or other reusable container? If you prefer paper bags, do you use the same bag day after day or throw it away? Conduct this survey.

How many students in your class bring lunches and/or snacks?

How many of these students usually carry their lunches or snacks in paper bags?

How many days are there in a school year?

**ALTO—the better lighter upper**

In July 1994, the U.S. Environmental Protection Agency (EPA) ruled that used fluorescent lighting must be treated as a hazardous waste if it fails the Toxic Characteristic Leaching Procedure (TCLP) analysis. Many young people believe that models marketed since the 1980s contain an average of 22 to 48 milligrams of mercury per linear foot. Therefore, most bulbs fail the TCLP analysis, meaning that they are hazardous waste.

In response to the EPA ruling, Philips Lighting Company recently began marketing the ALTO fluorescent bulb. This bulb contains less than ten milligrams of mercury per linear foot bulb and has about the same average lamp life as other, more hazardous bulbs. ALTO bulbs can be identified by their distinctive green ends.

Switching from traditional fluorescent bulbs to ALTO bulbs could save you money in disposal costs. You can enjoy a safer environment with no loss in lamp life, or what you used a reusable fabric lunch and/or snack bag? How many trees and how much energy would you and your classmates save? For instructions and ideas about how to make a reusable fabric lunch bag, contact Arlene at 441-7180 (ALH).

If all of the students who use paper bags bring new bags each day, approximately how many paper bags will the members of your class use in a school year?

If you used a reusable fabric lunch and/or snack bag? How many trees and how much energy would you and your classmates save? For instructions and ideas about how to make a reusable fabric lunch bag, contact Arlene at 441-7180 (ALH).

What happens when you flush the toilet? It is surprising how many people do not know the whole story.

Sources of wastewater from Lincoln include homes, hospitals and businesses that are connected to Lincoln’s sewer system. In addition, many wastewater treatment facilities also reach outside Lincoln. In Lancaster County, black water from rural septic systems is transported by private companies to the Lincoln Wastewater Treatment Plant for treatment and processing. Domestic wastewater includes water from sinks, baths and showers, washing machines, dishwashers and garbage disposals in addition to human wastes. In Lincoln, storm sewers which collect rainfall are separate from the treated products used, and are directly into Salt Creek. This is why Lincolnites should take care not to put chemicals, or other materials or contaminants down the storm sewer.

Wastewater is a potential hazard because feces and urine carry many disease-causing organisms. Wastewater may also contain harmful chemicals and heavy metals that can cause a variety of environmental and health problems. The mission of modern wastewater treatment is to destroy disease-causing organisms through treatment, and to reduce concentrations of undesirable elements by requiring industries to reduce or even eliminate them before they enter the waste stream. Industries are required to limit the discharge of undesirable elements, and wastewater treatment personnel frequently monitor industrial discharge. When these efforts are successful, the environment and health are protected.

Wastewater treatment consists of a step-wise combination of biological and chemical processes that remove, destroy or alter large portion of the pollutants and disease-causing organisms in wastewater.

To make sure the processes are working properly, wastewater systems are monitored around the clock and wastewater samples are tested frequently. Without treatment, outbreaks of typhoid and cholera—diseases that we rarely hear of in the U.S.—would be much more common. Outbreaks of these diseases are most common in underdeveloped countries that have inadequate wastewater treatment facilities, and whose people must use untreated water as their drinking source.

Most treatment methods include a preliminary step in which the solid materials are filtered out and sent to settle and separate from the rest of the wastewater. Good bacteria, known as bacteria called aerobic and anaerobic digesters to break down the solids. At Lincoln’s Theresa Street Wastewater Treatment Plant, additional processing takes place in the aerobic and anaerobic digesters which achieve temperatures over 95 degrees F. As part of the process at the Theresa Street facility, polymers are added to the sludge which permits water to be pressed out of the treated solids—now referred to as “biosolids.”

After the water is pressed out of the biosolids, it is transported to Lancaster County farms and is used to fertilize field crops. Biosolids are high in organic material and organic nitrogen and especially beneficial for soils deficient in phosphorus and other nutrients needed for plants to grow. This material meets EPA regulations and is applied to farmland environmentally sound rates.

So, now you know what happens when you flush the toilet. It is the ultimate recycling story with a waste material being transformed into a product that has a beneficial use. For more information about the Biosolids Land Application Program, call the Lancaster County Extension Office and talk to Barb Ogg (441-7180). (BFO)

**Hazardous household waste collection**

Correction: The locations listed in the July Nebraska were incorrect. Correct locations are listed below.

**Reminder:** These collections are for households only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

**Date**

**Location**

**Time**

Saturday, September 21

Lincoln-Lancaster County Health Department, 3140 N Street, south parking lot

9:00 a.m.-3:00 p.m.

Saturday, November 2

State Fair Park, 4-H Youth Complex

9:00 a.m.-3:00 p.m.

**Household Hazardous Waste Collection will take:**

- Batteries—Both alkaline and rechargeable;
- Photo film—old/faded;
- Motor oil—used;
- Antifreeze—used;
- Cleaning supplies—used;
- Non-stick cookware;
- Paints—used;
- Medicines—expired;
- Food products—used;
- Antiperspirants—used.

**Do Not Bring**

- Latex Paint
- Medicines
- Fertilizers
- Explosives and Ammunition
- Antiperspirants
- Used Oil
- General Household Trash or Brushtail Bait
- Alkaline, Carbon-zinc, Zinc-air and vehicle batteries

**Lincoln’s wastewater story:**

The ultimate recycling program

Barb Ogg
Extension Educator

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**Walk!**

Next time you have to go somewhere, instead of riding with your folks, just get there by yourself. Cars pollute the air we breathe. Their use is a “fuel” that uses a lot of energy and will not pollute your energy and will not pollute the earth. For example, you might pedal a bicycle or a unicycle, glide on a scooter, roller skate or roller blade, hop on a pogo stick, or walk. Use your imagination, travel safely, and have fun! (ALH)
Wolf spiders are big and hairy!

Wolf spiders are large, hairy spiders that are most noticeable in the late summer. They are most conspicuous in human habitations and lower floors, and are often found near water sources like showers, bathtubs, and drains.

There are more than two thousand species of wolf spiders world wide. They vary in body size from less than one-half inch to more than one-inch. Wolf spiders have good eyesight, but do not aggressively hunt their prey. Instead they react to vibrations caused by movement of their prey and pounce when the prey comes close.

Female wolf spiders carry their silken egg case for several weeks until the young spiders emerge. At that time, the mother spider rips the egg case with her mouthparts so that the young can emerge. After emerging, their spindlings cling to their mother’s back and ride with her for about a week. Because wolf spiders are so large and hairy, some people are overly afraid of them, but they rarely bite. Because wolf spiders are important insect predators, the best tactic is to carefully capture the spider and return it outdoors. You can prevent invasions by spiders and other insects by caulking cracks and entry points around windows, doors, and foundations. For more information on spiders, or to identify a specimen, contact the Lancaster County Extension Office (441-7180).

Soil facts

- Soil makes up the outermost layer of our planet.
- Topsoil is the most productive soil layer. It has varying amounts of organic matter, minerals and nutrients.
- Five tons of top soil spread over an acre is as thick as a dime.
- Natural processes can take 500 years to form one inch of top soil.
- Soil scientists have identified more than 70,000 kinds of soil in the United States.
- Soil is formed from rocks and decaying plants and animals.
- An average sample is 45% minerals, 25% water, 25% air and 5% organic material.
- Different sized mineral particles, such as sand, silt and clay, give soil its texture.
- Lichens help to break apart rocks to form soil.
- Fungi and bacteria help break down organic matter in the soil.
- Plant roots loosen the soil and allow oxygen to enter.
- Roots hold soil together and help prevent erosion.
- Five to ten tons of animal life can live in an acre of soil.
- Earthworms digest organic matter, recycle nutrients and make the surface soil more fertile.
- One earthworm can digest 36 tons of soil in one year.
- Mice take seeds and other plant materials into their underground burrows, thus sowing the material eventually decays and becomes part of the soil. (MM)

Recycling depends on convenience

Say “recycle” and most people think “aluminum cans.” Such is not the case, however. Lead-acid batteries beat all the rest and are recycled a whopping 98 percent of the time! Why are lead-acid batteries recycled almost all of the time compared to aluminum cans, which are recycled just slightly more than half the time? The lead-acid battery recycling rate is high because it’s mandated by law. Lead-acid batteries have value, as well as hazardous lead, and are easy to recycle. When most people get a new car, they trade in their old one, which then gets recycled. Lead-acid batteries are broken up at certified landfills nationwide, but 20 states, including Nebraska, have yet to pass legislation requiring that they be recycled. Those ever-present aluminum cans, on the other hand, are recycled only 55 percent of the time nationally. In states that have beverage-container legislation, they may be recycled as much as 95% of the time.

The biggest component in the waste stream is paper and paperboard, even though the overall recycling rate is low. Just check your mailbox, kitchen table, desk or garage. Americans generate mounds and mounds of paper—only 35 percent is recovered. The recycling rate for corrugated containers is about twice as much, about 70 percent. One reason is because businesses break, bale and sell boxes on site rather than pay to have it hauled and landfilled.

What, then, drives recycling? First, if the product has monetary value. Secondly, if it’s convenient to handle. Third, if the material is hazardous and the consumer or processor doesn’t want it around. A fourth driving factor is legislation.

The United States has a “back end approach.” That is, the burden of waste reduction, recycling and disposal is placed on local governments and the taxpayers. That is, the manufacturer of a blister pack or anything else doesn’t have to take it back or pay money up front to cover its current life and beyond. Increasingly, U.S. manufacturers, such as those producing lead-acid batteries and disposable cameras, are adopting the European “take-back” approach. Their failure to act might lead to U.S. laws requiring that they do so. Source: Environmental Ethics. (BPO)
August 5, 1996 the county fair and Olympics are over. The crops are looking good and school is about to begin. So, summer is about gone, I understand that many working parents have been looking forward to having a little free time together. It was a fun and enjoyable evening. I would like to say THANK YOU to Roberta Newburn for all of her work.

August 2 was Health Awareness Day at the county fair. I understand 500 adults, 300 children and 200 more children from the Fair Fun Day tours enjoyed all of the displays. Thanks to Helen McMahon for chairing the FCE activities plus all others that helped.

Thanks to Helen McMahon for the information on the trends of the young people. It was nice to see the boys and girls at the county fair as they exhibited their projects. For me, I watched the sheep, swine, and beef shows as well as the style show. I always enjoy seeing the trends of livestock types and the styles and fashions of today. It was nice to see the young junior leaders give Fair Fun Day Tours to pre-school children from Lincoln. When you observe the young people doing this type of leadership, we know we have excellent leaders for tomorrow.

Did you visit the 4-H exhibits at the fair? Another great job by our 4-H-ers. If anyone knows how we can get a new roof on the 4-H building, please let me know. It is sad to see water standing in puddles. I just hope things don’t get ruined.

Thank you for your cards and prayers I have received since my surgery.

Thoughts for the month, by Marjorie Greenbie. Beautiful young people are accidents of nature, but beautiful old people are works of art.

With the new school year starting shortly, many working parents are confronted with the temptation to have their children home alone for a few hours each day. Ideally, we should all have access to stimulating, affordable after school programs for our kids, but this is not the reality for many parents. They start asking themselves: “Is my child old enough to stay home alone this year?” It’s a big decision for families and a big step for children. How can parents be sure their child is ready and alert but not too rigid in their thinking? Here are some suggestions for parents:

1. Start slowly. Leave your child alone for short periods of time. First, only 30 minutes or an hour and a half, then add more time. They need to ask if their child feels “ready” and wants to be alone.

2. When parents have decided that their children are ready and they feel sufficiently comfortable with their surrounding neighborhood, there’s a lot they can do to make this experience positive and safe for kids. Here’s what Groolman and Sweler suggest: “Start slowly. Leave your child alone for short periods of time and gradually increase the length of time and add new responsibilities. Determine your child’s reaction at each point. Start in the house by yourself. Children feel much better about being home alone when they can pick up the phone and call a friend. If you observe strange behavior, have at least two neighbors your kids can call if they need help. Make sure your child is safer. Teach kids that doers and windows must always be locked. Make sure a child can view an outsider without opening the door. If children think their keys may have been stolen, they should not return until a security check has been made. Leave the radio on (talk shows sound like a conversation). You may also want to invest in a call-screening device for your telephone.

Survey the outside of your home. Make changes to increase your child’s safety. For example: Keep garage doors locked. Cut back shrubbery. Don’t leave notes on doors or windows or lights on inside during the day. (LB)

Low carbohydrate diets, first popular in the 1960’s, are on the rebound. Most nutrition experts feel they should rebuff this diet fad.

Low carbohydrate diets are unbalanced nutritionally, are high in fats, cause extra work on the kidneys, and place the dieter at risk for dehydration and muscle loss. Despite these risks, interest in low-carbohydrate diets has increased. The reason is that low fat diets aren’t working because recent reports show Americans seem to be gaining weight. Unfortunately, low carbohydrate diets don’t work either, over the long run.

If low-fat diets aren’t working it’s because “low fat” does not mean “low in calories.” Excess energy intake can still stack up in energy stored as fat. Many Americans feel that if a food is low fat, they can eat more of it—but the calories may still be there. And without increased exercise, the extra calories become fat. With low carbohydrate diets, weight loss first occurs through loss of water. With fewer carbohydrates to bum for an energy source, the body turns to other energy sources, such as fat and protein. Without sufficient carbohydrates, the body eventually loses fat but also muscle tissue and significant amounts of water. Dehydration is a possible risk, but if you follow this diet pattern eventually to a more mixed diet, and rehydration occurs. With rehydration comes weight gain, and the pattern continues.

A low carbohydrate diet is means very high fat, making it difficult to maintain. Most nutritionists call for six to 11 servings of breads and cereals, three to five servings of vegetables, and two to four servings of fruits per day. The low carbohydrate diet, thus, sets retrace the food pyramid by decreasing fruits, vegetables, breads and cereals, but increasing the recommended amount of meat and dairy. Fat and protein are increased at the expense of carbohydrates.

The best way to lose weight is to eat a variety of foods, reduce stress and increase exercise. People don’t need to pump iron to lose weight; walking and bicycling, for instance, are pleasant activities that also burn calories.

The following are habits that can be easily kept up. Low carbohydrate diets are rigid in terms of what can and cannot be eaten, and therefore are difficult to maintain. Eat a variety of balanced foods provides more options, is healthier, and easier to maintain. Find a balance between eating lite and eating food without overeating it.

SOURCE: Linda Boeckner, Ph.D., nutrition specialist, University of Nebraska Cooperative Extension (AH)

AARP offers 55 Alive-Mature Driver Course

With driver’s license expires in 1996 and you are 50 years of age 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, September 18, and Thursday, September 19, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. For registration, call 441-7180. Registration fee is $8. Participants are asked to bring a sack lunch. (LB)

Teaching kids to stay home alone

The FCE leader training lesson is scheduled for Tuesday, September 24, 1-7 p.m. The title of the lesson is Physical, Personal and Sexual Growth for Women at all Life Stages. Lorene Barton, Extension Educator will present the lesson. A guest speaker is planned. We will discuss the transitions women go through and the major mid-life issues and changes that occur. Anyone interested may attend. Non-FCE club members who wish to attend should call 441-7180 to register, as packets are prepared. (LB)

District FCE Meeting

The District FCE (Family and Community Education Club) Meeting is scheduled for Monday, September 25, at the ARDC Building in Litcha. This is the Saturday of the State Fair. The meeting will be at 7:30 a.m. in the Extension Office. Registration begins at 8:30 a.m. and the meeting will be concluded by 3:00 p.m. The registration fee is $7.00 and is due September 16. make checks payable to LeMa Eicke and send them to her at: Box 973, Washington, NE 68068-0973.

The program will include up-to-date information on club issues, a report from Connie Larrington, the FCE president, a report on the Homemaker Exchange program and a tour of the Festival of Colors Garden. If you plan to attend, call Lorene or Pam at the Extension Office to sign up by Wednesday, September 18. (LB)

Drop in on our nutrition & food safety internet website

Visit our county Nutrition and Food Safety website at:
http://iamrwww.unl.edu/fahr/lanco/family/safety.htm

Learn about Extension programs; Access Extension publications, Connect to other reliable internet sources of nutrition and food safety information.

Send an e-mail message directly from our web site to Alice Henneman with your comments on how we can make this site most helpful for you.
Volunteers eligible for economical food through SHARE program

One-hundred sixty-one families ordered 225 food packages at an economical price through the SHARE program. Yoakum Family Resource Center (Yoakum Heights) coordinates this nationally sponsored program for the Lincoln community. Participants provide volunteer service, contribute $13.00 in cash or food stamps (no checks) and $1.00 for transportation and other expenses and receive a food package which is valued at approximately $30. Because there is no government funding, the SHARE program is open to all who wish to participate.

There is no limit to the quantity purchased. Two hours of verified volunteer service per package ordered is required. Any service freely given to non-household members is considered eligible volunteer service.

Carmela Sanchez Casados, Carol Yoakum Family Resource Center Director, said, "We are pleased to offer this program to the Arnold Heights community, as well as all outside our neighborhood who are interested. It's a nice way to reward people who provide community service. Volunteers help in a variety of ways such as mowing an elderly person's yard, house-sitting for a neighbor who is hospitalized, visiting shut-ins, helping at the local school and involvement in community organizations such as family resource centers, 4-H, scouts, and Kiwanis."

Denise and Phil Mizell, Lincoln SHARE volunteer distribution coordinators, want their children to understand the importance of doing things for others. "We volunteer as a family and have enjoyed getting to know people in our Arnold Heights neighborhood. We encourage parents to take their children to nursing homes to visit the elderly as a way to fulfill their SHARE volunteer hours. Philicia and Tyson, our five and four year old, feel like they are contributing to our community and family. They really liked the variety of fresh fruits we received through SHARE. The produce stayed fresh for a long time and were of excellent quality."

SHARE stands for self help and resource exchange. SHARE provides a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. The mission of SHARE is to create and serve an international network of locally based community organizations engaged in self-help food distribution systems, economic development, community service and educational programs.

It is a unique opportunity to make a difference. SHARE is designed to utilize all that people have to offer; their time, talents, goods and services. This forms a partnership that connects individuals to the community and provides a network for everyone to help themselves lead a fuller life.

The food comes from a professional purchasing staff that buys from growers, manufacturers, and producers. SHARE-Iowa is one of 27 affiliated programs coordinated nationally by World SHARE. Each month World-SHARE purchases over 12 million pounds of food without the use of state or federal funding. The food is trucked to each of the affiliated warehouses and distributed through a network of community host sites. Because of the bulk buying power and the volunteer distribution network, savings of up to 60% on nutritious foods are passed on to the participants.

The content of the food package varies from month to month. The food package for July included one head of cauliflower, one package of pasta macaroni, ten medium potatoes, one smoked ham (serves 3), three chicken breasts, two turkey sausages (1 pound each), four beef patties (4 ounces each), one ready to eat package (8 pound) garden salad, five peaches, four oranges, five bananas, five plums, three tomatoes, two cucumbers, and four ears.

Pre-registration is required. Sign up for a SHARE package at the Carol M. Yoakum Family Resource Center, 4621 North- west 48 Street on the first Tuesday of each month. Payment is due at the time of sign up on these dates: September 3, October 1, November 5, and December 3. Distribution dates of the food SHARE packages at the Carol M. Yoakum Family Resource Center are: September 28, October 26, November 23 and December 21. Friends may sign up and pick up food on your behalf.

For more information about SHARE call Carmela Sanchez Casados at (402) 470-0221.

Families pick up SHARE food packages at the Carol Yoakum Family Resource Center in Arnold Heights neighborhood.

Health Awareness Day/Envirofair success

Health Awareness Day/EnviroFair sponsored by the Family and Community Education Council, Lancaster County Cooperative Extension and the Lancaster County Agriculture Society was again a successful event. Thanks to Helen McMahon and the committee for a well planned day. Twenty-five agencies and organizations provided booths to promote awareness of important environmental and health issues. Over 1000 youth and adults attended. A special thanks to all who staffed booths. Anyone having suggestions for next year's event please call Lorene (441-7180). (LB)

Volunteer services at SHARE

Is your child ready to stay home alone after school? If you can answer "yes" to the following questions, it's a good sign your child is ready to take this step.

- Does he/she know how to use the telephone?
- Does he/she communicate well with adults?
- Is he/she able to lock and unlock doors by himself?
- Does he/she follow home safety rules?

Household Hints

Most housecleaning work is done in the kitchen and the bathroom, and working from the cleanest to the dirtiest areas is the best way to clean those rooms. For example, in the bathroom clean the mirror first, then the sink, toilet, tub/shower and finally the floor. In the kitchen, clean the sink and countertops, range and stove top, and then the floor. (LB)

Families pick up SHARE food packages at the Carol Yoakum Family Resource Center in Arnold Heights neighborhood.
**4-H School opportunity for community service**

Keep Nebraska Beautiful has a brochure of helpful hints on how to volunteer a little-time for a big-gain. For more information or a copy of the brochure, call Keep Nebraska Beautiful, (402) 486-4562.

**Welcome!**

The Lancaster County 4-H Council is pleased to announce the appointment of Diane Fry to the council. She is filling the seat vacated by Deb Heitbrink from the Northwest District. Diane brings to the council several years of commitment to 4-H as a leader, a VIPS committee member and 4-H parent. (LJ)

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**Barriers to Participation**

A Search Institute study with middle school youth focusing on barriers to program participation found:

- **Not interested me**
  - Youth 51%
  - Parents 42%
  - Transportation problems
    - Youth 42%
    - Parents 51%
- **Didn't know what programs exist**
  - Youth 40%
  - Parents 53%

Program costs

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**Have to work younger siblings**

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**Too busy with chores at home**

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**Wasn't comfortable with people leading**

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**Not enough time**

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<td>Credit: Clover Notes, July, 1996, Janet Fox (LJ)</td>
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**4-H & Youth**

During the week of July 14-18, 588 youth participated in the State 4-H Horse Expo at Pomor Park, Grand Island.

Lancaster County 4-H youth shined in various areas and horsemanship levels during their 4-day bid for the state horse awards.

One of the high points of the show was the presentation of the Reserve Champion Horse Judging Trophy to the Lancaster County 4-H Horse Judging Team, coached by Melody Nielsen and assisted by Janet Ball. Congratulations to all! (CB)

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**4-H School enrichment on the move!**

Arleen Hanna

Extension Assistant

Want to learn about the 3 R's? Or how important our ground-water is? How does a chicken hatch? And how do we protect our people, live and work in space? 4-H School Enrichment has the answers and students are excited!

- **4-H School Enrichment** is a science-based, supplemental education program, reaching students and teachers in Lancaster County. Approximately 13,000 youth have positive experiences with enrichment annually. Curricula is designed to use the experiential learning method, so youngsters "learn by doing" in creative, innovative ways.

- In 4-H School Enrichment, youth develop life skills—such as tools we use for coping with daily circumstances, making important decisions, and enhancing the quality of our lives. Skills may include personal development, communicating, working and relating with others, problem solving and decision making, acquiring, analyzing and using information, and managing resources.

- School Enrichment programs include Garbology, Embryology, Social Science, Blue Sky Below My Feet and 4-H Water Riches.

Garbology is a solid waste management program that encourages second graders to reduce, reuse and recycle. Water Riches looks at the complexities of water—a precious natural resource. Youth determine ways to manage our water supply and commit to the preservation and conservation of this natural resource.

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**Sharing Our Best Cookbook**

The new Nebraska 4-H Cookbook is off the press. In fact, many of you may have seen it at the State Fair. The book features 300 recipes in seven sections, plus a special section "Friends of 4-H" including recipes contributed by county programs such as Tom Osborne, Bob Kerrey, Gerald R. Ford, Warren Nielsen, Roger Welch and many more. You can cook your favorite camp grub or dig out a favorite recipe from the old 4-H Friends Cookbook. Also included is the food guide pyramid, food safety and nutritional analysis of each recipe. Posters from the 1995 State Fair Photography Exhibit are featured throughout the book.

Cookbooks sell for $13.00 including tax and may be purchased at the Extension office or through clubs who decide to sell the books. A form will be available for club members to use for selling the cookbooks. Clubs will take advance orders and must pay for books when they are picked up. Two dollars from each book sold will stay with the club buying them and additional proceeds will go to the Nebraska 4-H Development Foundation. Friends of 4-H and a newly created great gifts program—supporting county programs. Think ahead to Christ-mas—they would make great gifts. (LJ)

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**Step right up! Nominations wanted for 4-H Council**

Everyone involved in or interested in 4-H in Lancaster County is encouraged to nominate the talented, dedicated youth and adults to run for a position on the 4-H County Council. The Lancaster County 4-H Council is composed of seven adults and seven youth who are committed to seeing that the 4-H program is a catalyst for positive growth for all youth in the county. Each council member is elected to a two-year term and may serve two terms. Current members and the areas from which they were elected are noted below. Asterisks indicate those positions up for election this year. Forms to nominate someone are available at the Extension office.

- Janet Anderson - Lincoln adult
- Galen Madsen - Lincoln adult
- Diane Fry - Northwest adult
- Robin Stearley- Lincoln youth
- Janet Anderson - Lincoln adult
- Galen Madsen - Lincoln adult
- Brent Jurgens - Northeast youth
- Marvin Mueller- Northeast adult
- Emily Mitchell - Southeast youth
- Rosie VerMaas - Southeast adult
- Kent Rosbenom - Southeast youth
- Brent Sleek - Southeast adult
- Jhonna Madsen - At large
- Ardell Harger - At large

At 441-7180. (LJ)

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**Congratulations! Winners all**

LaDeane Jha

Extension Educator

Winners were evident all over State Fair Park during the Lancaster County Fair. Ribbons, trophies, champions and contest winners were evident all over the fairgrounds, in stables and arena. Behind each award were achievements representative of volunteerism and commitment to learning skills that will last a lifetime.

Congratulations to all of you who gave demonstrations, modeled, showed horses, groomed and fitted your animals, baked, sewed, grew beautiful flowers, nutritious vegetables and fruit. We applaud those of you who worked designed, interviewed, kept your stalls clean and showed animals from pygmy goats to hedgehogs. Way to go to all who answered questions at quiz bowls, cared for their cats, washed their animals and contest winners were evident all over the 21-day incubation period, then...baby chicks are hatched right in the classroom.

Blue Sky Below My Feet relates science and space technology to daily living for fourth grade youngsters. By using features from the space shuttle programs, satellite models, students learn how forces, fibers and food affect their lives on earth and astronauts while in space.

With an emphasis on qualitative and quantitative reasoning, Water Riches looks at the complexities of water—a precious natural resource. Youth determine ways to manage our water supply and commit to the preservation and conservation of this natural resource.

So—you may see your student taking part in 4-H School Enrichment. Join the fun! 4-H School Enrichment is an educational experience for the whole family!
4-H awards book competition

The National 4-H Awards Book competition is still in the process of changing. Lancaster County will continue their entry in the 4-H Records. The awards competition will remain as it has been in the past through the county and district levels. What will happen beyond the district level is uncertain. There is no national event scheduled for 1997, but top state winners will participate in a trip of some kind. This year’s state winners are participating in a Southern Extension Regional event in Memphis, Tennessee. We will continue to provide information as we learn more. 4-H awards books will be due in the Extension office by October 1, 1996. (LJ)

Robin Hood?

4-H Shooting Sports
Archer Bryce Lemke
recently duplicated the
famous Robin Hood feat
by splitting one arrow
with another in the
bull’s-eye!

4-H SERIES environmental training
for West Lincoln youth

Matt Yoakum
Youth Leadership Committee

Tuesday, July 9, 1996, four representatives from the West Lincoln Family Resource Center and I attended Statewide 4-H SERIES Training at the UNL East Campus Union to become teen SERIES teachers.

We enjoyed the training and learned a lot. We benefited from the experience—some learned how to handle snails and we all made new friends from around the state. We learned how to interact with people and to teach youth SERIES concepts. We learned about our environment and how to protect it, live with it and benefit from it.

We on the Youth Leadership Committee plan to use our training to teach in schools around Lincoln and we plan to have an environment fun day to kick off our community involvement recycling program. Our recycling program is part of the SERIES unit Recycle/Reuse.

4-H SERIES Oak Woodland, Wildlife training at West Lincoln School.
A special creature for a very special niche.

4-H Phone-A-Thon pledge drive

The Lancaster County 4-H Foundation and the Nebraska 4-H Development Foundation have partnered to enhance the ability of 4-H to help youth develop life skills. 4-H teen members will contact 4-H friends during Nebraska 4-H Week, October 8-15 at which time 4-H supporters will have the opportunity to enrich 4-H programming for youth and volunteers by making a pledge. Your pledge will:

• provide leadership opportunities and scholarships for youth
• provide funds for the development of new projects and educational opportunities for Nebraska and Lancaster County youth
• enhance school enrichment programs that reach over 12,000 youth in the county
• train volunteer leaders
• recognize 4-H achievement

Make a pledge prior to the phone-a-thon by responding to the correspondence you will receive prior to the event or be prepared to make a pledge when a 4-H member calls you in October.

We appreciate the support you provide our program and expect to “make the best better” through this activity. Thank you. (LJ)
Conflict Resolution Skills workshop

Empowering youth to be catalysts for change

Middle school/junior high and high school youth are invited to build an important life skill—effective conflict resolution—during one of the Conflict Resolution Skills Workshops scheduled over the next few months. Through interactive learning and hands-on activities such as role-playing, these workshops empower youth with constructive communications skills and non-violent strategies for managing conflict. The workshops are conducted by well-qualified trainers and each two-day session accommodates 30 participants. There is no cost. Transportation is available for youth. Snacks and lunch are provided each day. Call LaDeane for more information or for a registration form. (LJ)

Tired of fighting?

Check this out:
A Conflict Resolution Skills Workshop

Empowering youth to be catalysts for change

* What is it? *

- It's a life skill and it's free! Effective conflict resolution empowers youth with valuable peace making skills. You learn to solve problems non-violently and to communicate needs without creating conflict.

- What's in this for me? *

- Food for thought and your stomach! We will provide lunch and snacks, along with ideas and skills that will enable you to create harmony between you and other people, like your friends and family. You will also:
  - develop your skills to identify, resolve, and prevent conflict
  - increase your communication skills
  - encourage your leadership skills
  - build awareness of cultural diversity and its impact on conflict
  - promote the idea of cooperation and mutual respect.
- Eat pizza and hang!

- What else do I need to know? *

It's happening in October 1996 and January 1997

To sign up, fill out a registration form available at:
Lancaster County Extension Office
444 Cherry creek Road, Lincoln, NE 68528-1507
Phone: 441-7180
For more information please call Wendy at 471-4515 or Susan (or Becky) at 434-9480.

This program is made possible through the Lancaster County Juvenile Justice Review Committee, multi-agency contributions, and grants from the Nebraska Crime Commission and AmeriCorps, the national service initiative.

Training provided by Lincoln-Lancaster Mediation Center

Reflective listening

Reflective listening involves recalling the person's message, identifying the feelings that were expressed, and verbally reflecting back the person's feelings using your own words. This includes rephrasing the emotional part of the person's message using a feeling word. It expresses to the other person that you understand.

Guidelines for reflective listening:

- Rephrase what the person has said. Say the same thing in a different way, with different words.
  - Get at the emotional tone expressed by the person. Speak with the same feeling.
  - Pay attention to the nonverbal cues that may express the person's feelings.
  - Stick with the person. Don't lag behind or go farther ahead in the conversation.
- Use reflective listening when:
  - the other person —
    - talks about or expresses feeling (sometimes nonverbally)
    - has a problem
    - is sharing ideas that are important to him or her
    - is angry, assaultive, resistant
    - or when you
  - are unsure what the other person means
  - think you understand and want to check it out
  - want to "share" or be with the other person

Source: Sheryl Curson, Extension Educator, North Platte EPU, Sheridan County. (LJ)

20 clues to rural community survival

1. Evidence of community pride.
2. Emphasis on quality in business and community life.
3. Willingness to invest in the future.
4. Participatory approach to community decision-making.
5. Cooperative community spirit.
6. Realistic appraisal of future opportunities.
7. Awareness of competitive positioning.
8. Knowledge of the physical environment.
9. Active economic development program.
10. Deliberate transition of power to a younger generation of leaders.
11. Acceptance of women in leadership roles.
12. Strong belief in and support for education.
13. Problem-solving approach to providing health care.
15. Strong presence of traditional institutions that are integral to community life.
16. Attention to sound and well-maintained infrastructure.
17. Careful use of fiscal resources.
18. Sophisticated use of information resources.
19. Willingness to seek help from the outside.
20. Conviction that, in the long run, you have to do it yourself.

Source: Heartland Center for Leadership Development, 941 O Street, Suite 920, Lincoln, NE 68508. Phone: 474-7667. (LJ)
How to get what you want

One of the best ways to improve your odds of getting what you want from anyone is to think about your request before you actually make it. The big reason many people fail to get what they want is that they are too afraid to ask or they shy away from their requests as all-or-nothing gambits—instead of a series of negotiations and compromises. Here are strategies to help you begin the "asking" process and avoid becoming吓得.

1. **Tell yourself there's nothing to fear except fear itself.** Fear of failure or rejection is why most people hesitate to ask for what they want. They are afraid that going out on an emotional limb will result in humiliation if they fail. **Strategy:** Before making your request, take plenty of time to remind yourself of the importance of what you are asking for. Tell yourself the only thing that matters is whether or not you are making good and well-articulated points.

2. **Before you try to sell yourself, sell your idea.** The most important elements involved in asking for what you want—and getting it—are self-confidence and determination. Unless you believe in your heart that you will eventually win over the other side, you will likely falter or become upset at the first sign of resistance. An extreme emotional reaction to any hurdle will almost certainly doom your mission, causing the other side to take you and your points less seriously. **Strategy:** Be confident and positive. **Organize your thoughts.** You can't expect to get the results you want if the other side doesn't understand your request. **Strategy:** Write out exactly what you want—how you will rattle their pocketbooks, or your reasoning is clear, ordered and can be easily related. Practice in front of a mirror, or discuss the points with friends to be sure they make sense and you didn't leave anything out.

3. **Ask in an enthusiastic manner and voice.** Maintain steady eye contact to show that you mean business but also exhibit respect and admiration for the person to whom you are speaking. In general, you stand a much better chance of getting what you want when you make people feel at ease and show them that you are truly excited about what you are requesting. **Strategy:** *Learn the art of saying thank you.* Whether or not you get what you want, say thank you. Gratitude will leave the other person open to giving you what you want—or more of what you want—sometimes in the future. **Strategy:** Say thank you directly to the person—and follow up with a written note. In some cases, flowers or a gift may be appropriate.

Learning the art of expressing gratitude will force you to be positive. It will also keep you from holding a grudge, which is difficult to hide and only works against you in the long run. (LJ)

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Rural Sense

**Agricultural Marketing strategies**

**Agricultural Marketing** is college in the real world. Perhaps you took a marketing class in college. Most likely your marketing decisions were made on paper, and what mattered most was your grade. Today, marketing decisions can determine if you make the grade. They affect how well you or others sell your crops and livestock, or how many parts of your farm when and when not to use storage. You can manage change to stay ahead of the curve, or you can watch change perhaps as it happens. Change—what's apart of everyone's life. Many people see change as chaos, but they're not. Change is the only thing constant is change. Whether or not you understand market trends, and can articulate points, you must have an understanding of pricing your crops and livestock.

- **how to reduce price risk through use of agricultural futures and options**
- **how international trade issues affect the prices on your farm**
- **how transportation of your harvest affects production costs on your farm**
- **how to use producer marketing contracts with agricultural firms to your advantage**
- **ways the world economy affects agricultural markets and your price**
- **ways to use the day's national and world events to decide when and how to adjust your marketing plan**
- **how to use charts and theories**

**The instructor,** Dr. Jim Kendrick, University of Nebraska-Lincoln, is an award-winning, nationally recognized agricultural economist. Producers across the country enjoy his interesting, informative and relevant marketing presentations. You'll receive large doses of common sense tips, counter with irrelevant quips about "sacred agricultural cows" and some chuckles over what Dr. Kendrick calls the "no-brainer marketing strategies some people use.

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Important information:

- **Cost:** $300. You'll receive 15 video tapes, each tape containing two or three one-hour presentations. That's less than $7 per hour of instruction! One tape will arrive at your address via priority mail weekly, beginning Sept. 3, 1996, and running through Dec. 17.
- **Textbook, Notes and Readings,** revised August 1996. Cost $25.00. Notes and Readings contains current marketing charts, explanations of marketing terms, fact sheets, marketing articles, and detailed information on marketing principles, concepts and theories. Notes and Readings is optional; most producers say it finds them valuable. Do you have questions? Need more information? Call Betty, toll-free, at 1-800-755-7765.
The NEBLINE
Lancaster County

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

GARY L. 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. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in The NEBLINE, contact the source listed in the article.

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Extension Calendar

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

September 1
4-H Market Steers & Heifers Show—State Fair Park 8:00 a.m.
4-H Market Lambs & Showmanship Show—State Fair Park 8:00 a.m.
4-H Rabbits Must be in Place—State Fair Park 9:00 a.m.

September 2
4-H Dairy Cattle Show—State Fair Park 8:00 a.m.
4-H Rabbit Show—State Fair Park 8:00 a.m.
4-H Breeding Heifer Show—State Fair Park 8:00 a.m.
4-H Swine Show—State Fair Park 8:00 a.m.

September 3
State Fair Exhibits must be Picked up—State Fair Park 5:00-7:00 p.m.
4-H Council Meeting 7:00 p.m.

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

September 9
Extension Board Meeting 7:00 p.m.

September 10-12
Husker Harvest Days—Grand Island

September 11
4-H Horse VIPS Meeting 7:00 p.m.

September 14
Festival of Color—Mead 9:00 a.m.-4:00 p.m.

September 15
Prairiefest (Nine Mile Prairie)—Lincoln 1:00-4:00 p.m.

September 18-19
55 Alive Mature Driving Course 10:00 a.m.-2:30 p.m.

September 19
4-H Rabbit VIPS Meeting 7:00 p.m.
Fair Board Meeting 7:00 p.m.

September 23
FCE Council Meeting—Downtown Senior Center 11:30 a.m.

September 24
FCE Leader Training—Physical, Psychosocial and Spiritual Growth for Women 1:00 or 7:00 p.m.

September 25
District FCE Meeting—ARDC, Ithaca 8:30 a.m.-3:00 p.m.
Ak-Sar-Ben Horse Check-in—Omaha 9:30 a.m.
Ak-Sar-Ben Horse Show—Omaha 1:00 p.m.

September 26-28
North Central 4-H Leaders Forum—Columbus, OH

September 27
Ak-Sar-Ben Beef, Lambs, Swine, Dairy Check-in—Omaha

September 28
Ak-Sar-Ben Lamb and Dairy Show—Omaha 8:00 a.m.

September 29
Ak-Sar-Ben Market Heifer, Market Steer, Catch-a-Calf and Swine Shows—Omaha 7:30 a.m.

October 1
Award Books Due

October 8-15
4-H Phone-A-Thon pledge drive

PUBLIC INVITATION
Lancaster County
Extension Board Meeting
Held at the Lancaster Extension Conference Center the second Monday of each month at 7:30 P.M.

Monthly agenda available for review
See Extension Office receptionist 8:00 a.m.-4:30 p.m. M-F