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earth wellness festival A Splashing Success!



Arlene Hanna
Extension Associate

Rain, rain and more rain! But the students and teachers that attended **earth wellness festival** 2000 at Southeast Community College didn't care. In its sixth year, the festival proved to be a great success. Students made recycled paper, touched frogs and snakes, learned how to compost with worms and how their lifestyles impact air quality. They made magnets out of soybeans, tested different kinds of water, played environmental games ... and had fun.

Mayor Don Wesley proclaimed March 23, 2000 as **earth wellness festival** Day and

congratulated the Steering Committee, the presenters and volunteers for a job well done. He urged citizens throughout Lincoln to recognize the importance of this event. Youth learned to recognize the relationships and interdependency of land, water, air and living resources through hands-on learning opportunities. Students were able to identify how they impact our planet, then determine steps of action to enrich our environment.

Accolades to all presenters, volunteers and the **earth**

wellness festival Steering Committee for the work you do. Thanks to donors, those who provide in-kind services and especially, to Southeast Community College for allowing us to use their facility for this important adventure.

It's always a pleasure to see so many people, organizations and businesses continue their interest and support of **earth wellness festival**. It truly is a community happening. See you next year on Thursday, March 22, 2001!



Chris Sayre sings earth awareness songs.



Storyteller Matt Jones tells about the lifestyles of his tribe.



Look at these microorganisms in biosolids. Wow!



Students participated in a snail circus. Neat!



Used paper is recycled into a new piece!



Turtles are cool!

In this issue...

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Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
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Horticulture

Rhubarb in the Garden

The rhubarb stalk is used in pies, sauces, jams, jellies, and desserts. Although classed as a vegetable, rhubarb is used as a fruit because its high acidity gives a tart flavor. Only the stalks should be eaten because the leaves contain moderately poisonous oxalic acid.

Rhubarb does best in well-drained, fertile soil that is well supplied with organic matter. Adding organic matter like manure or compost to heavy soils improves the water drainage and reduces the chances of crown rot. Work the soil deeply (12 to 15 inches) and add liberal amounts of compost before planting.

Rhubarb is propagated mainly by dividing existing plants. Divide the crown of a healthy plant in early spring before growth starts and as soon as the soil can be easily worked. Dig deeply around the clump of rhubarb stems and lift the entire plant out of the ground. Separate the clump into a couple of pieces by cutting down through the crown between the buds. Two or three strong buds with 6 to 8 inches of root are all that are needed. Do not let them dry out. Set the divided section upright in the planting hole with the buds 1 to 2 inches below the surface. Space plants about 3 feet apart. Place new plantings where they will receive full sunlight and good water drainage. Firm the soil around the plant, but not directly above the bud, and water thoroughly. Rhubarb can be transplanted in the fall, about mid-September.

Rhubarb requires annual applications of fertilizer for good growth and large yields. Apply fertilizer in early spring before growth starts. Spread half a cup of a general garden fertilizer such as 10-10-10 or 6-10-4 around each plant and work it lightly into the soil.

Do not harvest rhubarb the first two years after planting. This allows all leaves to



grow and produce food for good crown and root development. During the third season, harvest only for a four week period. Begin full harvesting in the fourth year. Cut stalks for 8 to 10 weeks, ending in mid-June. If harvested longer, the plant's food supply will be exhausted and next year's harvest reduced. Do not remove more than two thirds of the fully developed stalks from any plant at any one time. Wait until stalks are 10 to 15 inches long. Then grasp the stalk below the leaf and pull up and slightly to one side. Remove leaves by cutting slightly below the leaf and discard them.

Water rhubarb to maintain maximum top growth throughout the summer so the plants can store up food energy in their roots for a good harvest next year. Annual mulching with manure or compost improves the soil and water drainage. It also helps conserve water and control weeds. When controlling weeds with a hoe, cultivate shallowly to avoid root injury. Infertile soil, extreme heat, cold or drought may cause production of seed stalks. Old plants tend to bolt more than young ones. These seed stalks should be cut out as soon as they are formed because they reduce the vigor of the plant.

Rhubarb crowns often become overcrowded after 8 to 10 years. When this happens, the plant produces many small shoots and the yield is decreased. This problem can be controlled by dividing. After dividing the plant, wait for three years before harvesting again. (MJM)

Great Plants: 2000 Plants of the Year

Each year the Nebraska Nursery & Landscape Association chooses a tree, shrub and perennial of the year. These are new or underutilized plants that merit wider use in Nebraska.

2000 Perennial of the Year
Butterfly Milkweed (*Asclepias tuberosa*)

Drought tolerant herbaceous perennial. Showy dark orange-red flower clusters. Plant in full sun in a light soil. Grows 24 to 36 inches. Hardy to zone 4.

2000 Shrub of the Year

Chenault Coralberry
(*Symphoricarpos x chenaultii*)
Dense low-growing shrub with long cascading branches. Produces brightly colored pink to red berries in fall. Grows 3 to 8 feet tall. Hardy to zone 4.

2000 Tree of the Year
Pagoda Dogwood (*Cornus alternifolia*)
Small tree with striking horizontal multi-tiered branches. White flower clusters in late spring. Plant in full sun or light shade in well-drained soil. Grows to 25 feet. Hardy to zone 4. (MJM)

Thank You Master Gardeners!

Six Lancaster County Master Gardeners were awarded plaques to recognize them for their years of service to the Lancaster County Master Gardener program. Pictured are Mary Gilmour-12 years, Bob Gilmour-12 years, Bertine Loop-12 years, LaVina Vagts-16 years, Gladys Jeurink-22 years and Don Crosier-15 years. We appreciate their dedication and support to University of Nebraska Cooperative Extension programming in Lancaster County. (MJM)



Plant a Tree

Good trees generally grow slowly, so they should be the first plants to be placed on the property. Trees are the basis of good design, and their location has more influence than any other plant.

Trees provide shade during the summer, protection from winter winds, protection from the noise of nearby street traffic, screening from the outside and elimination of undesirable views, and they add a sense of security and comfort. Trees can be used to modify heat and cold, as well as, to complement and develop natural beauty.

When trees are used near architectural structures, they can bridge the gap between the buildings and the ground on which they stand. Trees can divert attention, hide unwanted views, balance sloping ground, provide accent and a center of interest.

Probably no other natural feature can provide such a changing array of interest throughout the whole year. The lush, tender green of the early spring blends into the development of leaves and foliage to a rich, harmonizing mass of green. In the spring, flowers of certain trees have a beautifying quality and are followed by fruit and seed production.

As trees mature, other qualities become evident. The differences in branching systems become more pronounced. Texture and color in bark give year-round interest. Autumn color in some species makes worthwhile a whole year of waiting to see their glowing



hues. During extended winter periods, trees stand dramatically silhouetted against the sky, land and buildings. Most large growing trees should be planted at least 30 feet from the house, depending on the shape of the tree. Small trees should be at least 15 to 20 feet apart. To help you select a tree for your landscape, ask for fact sheet, Landscape Trees for Lancaster County FS-282. (MJM)

2000 April/May Garden Calendar

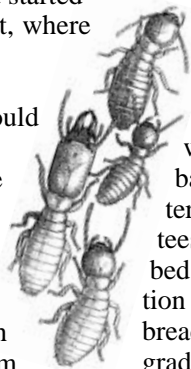
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|---|--------------------------|--|---|--------------------------|-------------------------------------|----------|
| | | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 Plant cool season vegetable seeds outside | 7 | 8 | |
| 9 | 10 Power rake or aerify bluegrass | 11 | 12 Apply fungicide to pines for tip blight | 13 | 14 | 15 | |
| 16 | 17 Fertilize bluegrass | 18 Fertilize tall fescue | 19 Apply fungicide to crabapples for cedar apple rust and scab | 20 Apply pre-emergence | 21 | 22 Earth Day | |
| 23 | 24 | 25 | 26 Apply preventative fungicide to bluegrass | 27 Control iris borer | 28 Arbor Day | 29 Spring Affair at State Fair Park | |
| 30 | 1 Apply fungicide to pines for tip blight | 2 Control euonymus scale | 3 | 4 | 5 Check pines for sawfly | 6 | |
| 7 Average date of last frost | 8 Control billbugs in bluegrass | 9 Put out rain gauge | 10 Apply fungicide to pines for needle blight | 11 Plant wildflower seeds | 12 | 13 Plant buffalograss | |
| 14 | 15 | 16 | 17 Plant gladiolus bulbs | 18 Fertilize zoysiagrass | 19 Plant cannas | 20 | |
| 21 | 22 | 23 | 24 Plant warm season transplants | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | | |

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

Prevent Termites With Landscaping, Home Maintenance

Termites live in the soil and feed on wood. Their soft bodies need an ample moisture source in the soil. It should come as no surprise a high percentage of termite infestations get started from wood-soil contact, where wood touches or is imbedded in the soil. Thus, homeowners should be aware that actions they take can influence termite infestations positively or negatively.

Termites are attracted to homes with moisture problems from leaky gutters and downspouts, or where water collects next to the foundation in low areas. A



simple remedy is to ensure gutters don't leak and downspouts carry water away from the house, and to grade soil away from foundations.

After any termite barrier treatment, avoid planting flowers, groundcovers or shrubs next to the foundation. That will breach the chemical barrier and nullify any long-term termite control guarantees. Adding a raised flower bed or soil next to the foundation to improve the grade also breaches the barrier. Any grading should be done before treatment to avoid interfering with the barrier.

Dead roots from trees or

shrubs are prime termite food. If shrubs or trees have been planted next to the house and later removed, these roots can serve as a bridge for termites to cross, even if the house has had a barrier treatment. It is best to avoid planting large trees or shrubs close to the house so roots can't grow next to the foundation.

If you need to sink a post into the ground, surround it with concrete to protect it from termites. Better yet, use pressure-treated wood. Wood pressure treated with chromated copper arsenate (CCA) will withstand termites, carpenter ants and decay for decades.

Termite Workshop

Do you have an ongoing termite problem giving you a major headache? Should you be more informed about termites before you make costly decisions? Get answers at a three-hour workshop, "Everything Homeowners Need to Know about Termites and Termite Control." It will be held May 16, 6:30 - 9:30 p.m. Barb Ogg, Dennis Ferraro and Clyde Ogg will discuss termite biology and behavior, home inspection tips, differences between barrier and bait treatments, and how treatments should be done for best control. The \$20 registration fee includes reference materials. This same program will be given at the following locations:

- May 9, Beatrice, Gage County Extension meeting room, 6:30-9:30 p.m.; contact Larry Germer, (402) 223-1384
- May 11, Omaha, Douglas/Sarpy County Extension Office; contact Dennis Ferraro, (402) 444-7804
- May 18, York, 4-H Building, York County Fairgrounds, 6:30-9:30 p.m.; contact Gary Zoubek, (402) 362-5508. (BPO)

A Plague of Rabbits

By: Dallas Virchow, Wildlife Damage Management Project Coordinator

One author described a "plague" of rabbits as having first occurred in the Balearic Islands of the Mediterranean in the first century A.D. Actually, what he meant was an overabundance of rabbits. Now known as the "European" hare, that rabbit quickly spread eastward and northward into Europe so by the middle ages its warrens were common across Europe. Later, by way of husbandry and rabbit enthusiasts, the hare spread to Australia, Uganda, Chile, and dozens of islands across the globe.

Fortunately, Nebraska is not blessed with the European hare. But Nebraskans do seem to periodically have a "plague" of rabbits in their native eastern cottontail. And cottontail problems will be perennially with us. They are not likely to be "hare today, but gone tomorrow" (pun intended)!

The cottontail deserves its renown for prolificacy. After a 30 day gestation, four to five young are born within a saucer-shaped depression lined and covered with fur. The nests are discretely placed in shrubbery, perennial flower beds, or woodpiles. Two or three of these litters can be born in rapid succession because innate mechanisms essentially guarantee fertility after mating. The result is that a doe rabbit can produce about 18 young each year. Moreover, one-third of all does may breed at only five months of age!

The cottontail's fertility seems to be the bad news. But, for you gardeners, perhaps the good news is the rabbit's high

mortality. In rural rabbit populations, only one in one hundred rabbits lives to see its third year. Though much less is known about urban rabbit populations, death from night-prowling cats, dogs, foxes, raccoon, opossum, or from



heavy spring rains swell the rabbit's mortality rates.

Rabbit control is both simple and complex. For yard keepers who pamper young shrubs and trees into maturity, it might be as simple as excluding individual plants with fence or using one of the commercial repellents. For gardeners protective of tender vegetables, fences, timed water sprayers, night irrigation, and a vigilant dog are all part of the solution.

Predicting damage and intercepting damage at an early stage is essential. Rabbits eat woody stems of shrubs and young trees through late winter until early spring. Then, clovers, common lawn weeds, tulip flowers, and other sprouting

spring bulbs come into their diet. As summer begins, rabbits switch to young crops and grasses before returning to woody plants in the fall.

Most of us would fence out rabbits where we could, use repellents where we shouldn't, and use traps as a last resort. This is good prioritization. But you should attempt to integrate methods to solve the problem. For instance, tree wraps might work better in tandem with repellents. Blood meal or bone meal, incorporated around pansies or tulips, followed by timely irrigations, may ward off those leaping lagomorphs, as well as, provide nutrients for our flower beds.

The key to repellent use is to apply them early in the damage season. Remember some repellents are water soluble. So applications after irrigations, rainfall, or new growth are often necessary. You may need to mix some repellents with a sticker-spreader for them to last longer or adhere to the plant. Remember, too, some repellents can only be used on non-edible crops. Others can not be used on plants, only on the soil. Read the label to be sure the repellent is labeled against rabbits and for the plant you need to protect.

You might alternate repellent types. If you don't succeed with an ammoniacal soap or egg based repellent, you might switch to thiram/ziram, capsaicin, blood meal or other base. Home remedies abound, too, such as diluted and blended fresh eggs and garlic or hot

See **RABBITS** on page 11

Environmental Focus



Let's Make a Difference—Earth Day 2000

Around the world, people of all cultures are celebrating the 30th Anniversary of Earth Day. Here are some ways we too, can help to protect our planet.

- Reduce, reuse, and recycle.
- Build a compost pile and/or try vermicomposting.
- Buy in bulk to reduce packaging...bring your own shopping bag(s) to the store.
- Use both sides of your paper.
- Take your hazardous wastes to a collection site.
- Buy compact fluorescent light bulbs.
- Walk or ride your bike and organize car pools.
- Don't buy things made of polystyrene.
- Grow houseplants, plant trees, and stop erosion.
- Learn how to fix leaks and use water-saving toilets.
- Turn faucets off when brushing teeth, washing hands, or take shorter showers.
- Washing machine and dishwasher should be full before using. Hang your clothes, when possible.
- Water lawn and gardens in the late afternoon.
- Recycle oil.
- Use fewer pesticides and lawn fertilizers. Mow lawn by hand.
- Save energy. Turn out the lights.



It is not just the destruction of the rain forests, the acid rain, and the ozone layer that should concern us, but also our own communities. It is not hard to help in the fight to save our planet. If we are all a little more caring and careful, we will be much closer to saving our environment for ourselves and for future generations. By Andrew Holleman (ALH)

What's Buggin' You?

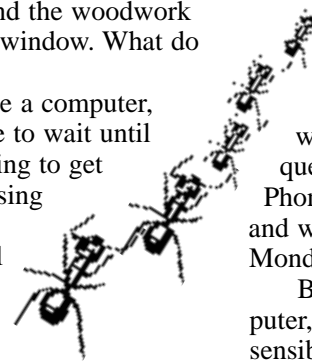
It is Saturday, about midnight, and you feel like a snack so you head to the kitchen. When you turn on the light, you find dozens of huge black carpenter ants crawling out from around the woodwork of the kitchen window. What do you do?

If you have a computer, you don't have to wait until Monday morning to get help. By accessing our internet website, you'll find helpful information on pests and wildlife found in and around the home. Go to <http://www.lanco.unl.edu/enviro> and

follow the pests and wildlife link.

If you don't have access to the internet at home, stop by your local library. Most libraries have computers with internet access, and the librarians can help you get to the site. We are still here during the work week to answer your questions over the phone. Phone hours for entomology and wildlife are 8 a.m. – noon, Monday through Friday.

But if you have a computer, don't wait. Reliable, sensible, research-based information you can trust is easy to access any day, any time—even at midnight. (SC)



Join us for
Earth Day 2000
Saturday, April 22
10 a.m. - 3 p.m.
Antelope Park



Plenty of performers, children's activities, and cultural experiences. See you there! (ALH)

A designated litter-free event. (ALH)



Farm Views

Managing Fertilizer Use in Dry Soils

With below-normal soil moisture prevalent in much of Nebraska, producers may consider changing how they use fertilizer this spring. Dry soil influences how fertilizer can be applied and what happens to it after application.

Application Rates

Producers should carefully consider application rates this spring, particularly for nitrogen, which is based on expected yield. With low subsoil moisture in much of the state, the yield potential for dryland crops will be reduced compared to recent years. Farmers should be realistic when setting yield expectations and consider fertilizing for lower yields than last year on dryland fields.

Anhydrous Ammonia

The primary concern with anhydrous ammonia application into dry soil, is retention of the fertilizer. Silt loam and heavier textured soils in Nebraska generally contain adequate moisture to react with and retain ammonia, even when seemingly very dry, as long as the injection depth is 5-6 inches below the soil surface and application rates are not excessive. Greater concern is the ability to seal the injection slot. If the soil is very dry and cloddy, the farmer may observe white "smoke" behind the applicator. This "smoke" is actually water vapor condensed from the air by escaping ammonia. Although it takes a lot of "smoke" to add up to any significant fertilizer loss, it's still best to try to minimize fertilizer loss. If vapor loss cannot be minimized by: 1) going to a deeper injection depth, 2) slowing down, or 3) reducing the application rate, it may be advisable to wait for better soil conditions or switch to a different form of nitrogen fertilizer.

The amount of ammonia applied last fall for spring row crops was significantly reduced from normal levels — producers were concerned about the effects of dry soil on fertilizer retention, as well as, excessive wear on application equipment. Fall ammonia application is an acceptable practice on heavier-textured soils. If applied late enough, soil temperatures are cool and the likelihood of significant nitrification is low.

Due to the warmer than normal winter, ammonia applied last fall may have partially nitrified and could be leached; however, dry soil conditions have generally minimized any nitrate leaching

"Farmers should be realistic when setting yield expectations and consider fertilizing for lower yields than last year on dryland fields."

from fall-applied ammonia. Continued dry conditions will ensure fall-applied nitrogen will be in the root zone when the crop needs it this spring.

Broadcast Fertilizers

Both dry and liquid fertilizers broadcast on the soil surface will be influenced by large amounts of residue, which may not have decomposed significantly due to the dry winter. Urea and nitrogen solutions can lose nitrogen to the atmosphere through ammonia volatilization when surface-applied to high residue soils. If incorporated with residue, the nitrogen in broadcast fertilizers can be immobilized in decomposing residue resulting in delayed availability to the crop.

Starter Fertilizers

Producers should be cautious about applying starter fertilizer with the seed this spring. Starter fertilizers which contain nitrogen and potassium are particularly hygroscopic — they will draw moisture away from the seed, resulting in germination damage and loss of stand. This effect will be accentuated with dry soils. Placing starter fertilizer in a band a couple of inches away from the seed will minimize the potential for germination damage. Source: Richard B. Ferguson, extension soils specialist, South Central REC. (TD)



Effect of Soaring Fuel Prices on Cost of Field Operations

The University of Minnesota Department of Applied Economics publishes a *Minnesota Farm Machinery Economic Cost Estimate* that reports the average cost of owning and operating field equipment. This publication differs from the *Nebraska Farm Custom Rates* that are published by the University of Nebraska. The Minnesota publication uses an economic engineering approach. The data is intended to show a representative farming industry cost for specified machines and operations. Whereas, the custom rates are the average rates being charged/paid in Nebraska determined by a survey of custom farming operators and people who hire custom farming operators.

The cost estimates reported in the Minnesota publication have been adjusted from a diesel fuel price of \$0.70 per gallon in 1999 to \$1.10 per gallon in 2000. Another change from the 1999 report is the addition of a column to the table showing the estimated diesel fuel use per hour for each operation.

For example: A 21 foot folding type tandem disk would require 160 HP mechanical front wheel drive (MFWD) tractor as the power unit. It would be expected to cover 1,222 acres per year, have a cost of \$2.49 per acre for the tractor plus

\$2.18 per acre for the machine plus \$0.79 per acre for labor at a total cost of \$5.46 per acre. The estimated fuel use would be 0.58 gallons per acre. This information is for a large range of tractors, as well as various types of field implements, combines, etc.

Taking a look at a 160 HP MFWD tractor as an example: Under field loading conditions, it is estimated to consume seven gallons of diesel per hour. The increase in fuel price from \$0.70 to \$1.10 raises the cost of operation from \$27.16 to \$30.40 per hour - a \$3.24 increase due to the increase in the price of petroleum products. Other examples cited include: 31 foot chisel plow requires 0.6 gallon per acre of diesel to pull. The cost went from \$4.47 per acre to \$4.79 per acre - a \$0.22 per acre increase. An eight row planter, increased from \$7.49 per acre to \$7.65 per acre - a \$0.16 per acre increase. Likewise, an eight row combine, increased from \$21.98 per acre to \$22.86 per acre - an \$0.88 per acre increase due to increased fuel prices.

Increased fuel prices affect the cost of performing field operations. The prices mentioned assume a \$0.40 increase from \$0.70 to \$1.10 per gallon. As fuel prices continue to increase, the added cost per acre will continue to climb proportion-

ately. At \$1.50 per gallon (\$0.80 over 1999 prices), the additional cost in terms of dollar per hour or dollar per acre over the original 1999 prices will be double those reported above.

The *Minnesota Farm Machinery Economic Cost Estimate* can be accessed from the Lancaster County Extension Ag/Acreage web site: www.lanco.unl.edu/ag by following links to the Nebraska Production Ag site and select Crops and then Machinery. To go directly to the Machinery page point to: www.ianr.unl.edu/ianr/lanco/ag/crops/machine.htm. The link is found under the custom rates and operating costs heading. Tom Dorn, extension educator has developed a table (Effect of Increasing Fuel Price on Cost of Farming Operations) that supplements the Minnesota publication. This table shows a side-by-side comparison of the 1999 and 2000 costs for operating tractors and combines of various sizes. This table also provides the cost adjustment for each 10 cent change in the price of diesel from either the \$0.70 or \$1.10 price per gallon that were listed for 1999 and 2000, respectively. Readers can receive this table by calling the Lancaster County Extension office at 402-441-7180. (TD)

SNAP Producer Alliance Takes Next Steps

Southeast Nebraska Area Producers (SNAP) is an alliance of agricultural producers whose mission is to increase profits of member farmers by providing assistance in marketing, promoting, and production of quality agricultural products. The primary emphasis of the alliance will be the production and marketing of identity preserved grains.

SNAP has made good progress since being featured on the front page of the February NEBLINE. It has filed articles of incorporation with the Secretary

of State, thus receiving status as a cooperative in Nebraska. March 30, the group held a meeting of producers who have expressed interest in the producer alliance concept. An election was held naming the following people to an interim board of directors: Herschel Staats, Lincoln; and Burdette Piening, Lincoln (both have been active on the steering committee over the past year). New interim board members are: Andy Scholting, Murdock; Arlo Cole, Plattsmouth; Marlan

Johnson, Eagle; and Ken Iverson, Papillion. These six people will become the charter board of directors when final documents are filed with the state.

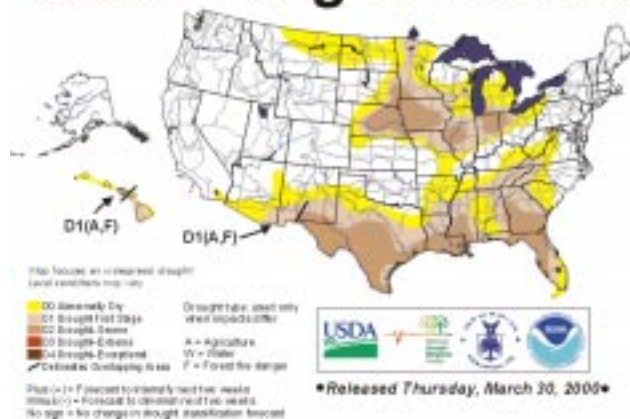
SNAP continues to seek producer members who are interested in producing value-added grains in eastern Nebraska. For more information, call Tom Dorn at the Lancaster County Extension office 402-441-7180. (TD)

SNAP
Southeast
Nebraska
Area
Producers

Current Drought Status

To see the current status of the drought, point your browser to the Nebraska Production Ag Weather page: www.ianr.unl.edu/ianr/lanco/ag/weather/weather.htm Select **Drought Severity Map** at the top of the page.

March 28, 2000 V0007 0001 EST
U.S. Drought Monitor



A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu

Some shortcuts:

www.lanco.unl.edu/food

www.lanco.unl.edu/ag

www.lanco.unl.edu/enviro

www.lanco.unl.edu/nebline

www.lanco.unl.edu/hort

www.lanco.unl.edu/family

www.lanco.unl.edu/4h

www.lanco.unl.edu/contact

The Management Team

By Frank Leibrock, Small Business Support
Colorado State University Cooperative Extension

In last month’s article, your management team was identified as the most important section of your business plan. That important ranking has not changed. This month, we will look at the people who will operate your business and how they should appear in your plan.

When you are seeking financing, descriptions and bios of your management team are probably the most important section of your business plan. All financial institutions, from venture capitalists, to banks, to federal financial programs, look carefully at who is running the business. They want to know all about the person(s) to whom they are entrusting their money. They seem to place more importance on this information than on how great the idea is or how much money can be made.

But you say you’re not drafting your business plan to obtain financing. You are going to finance the endeavor yourself. It’s still a good idea to spend quality time on this section. Thinking about management team issues will help identify which skills are missing. Once the missing skills are identified, you have the opportunity to locate them before you open for business. This approach is much easier than trying to repair the train after it has left the station.

This section of your plan is

where you identify every “manager.” Your qualifications, those of all your business partners, and all your initial hires are specifically set forth in this section. Included should be such things as past experience, expertise, and initial contribution to the business. In addition, this section of your plan should answer the following questions:

- * Who’s going to do what? Everyone’s responsibilities should be identified. A job description for each position should be drafted (a future article will address this topic in more detail).
- * How much will each person be paid? What kind of equity position will each take?
- * What kind of commitment will the business be making to each person? Will there be long-term contracts?

Today, no one person can know everything they need to know. Recognizing this, you may want to set up, in addition to your management team, a board of directors, an advisory council, or both. This section of your plan should address this issue in detail, including the following questions:

- * Who should be on the committee?
- * What does each person bring to the committee?

These first two questions are the most important of the four

listed here. The quality of the people giving you advice will determine the level of your success as you embark upon your business venture.

- * How often will your committee meet?
- * What specific responsibilities will be allocated to these committees?

These last two questions are more tactical than strategic. The way the board or committee operates may dictate who will be willing to serve. You should consider these questions as you decide who you will invite to participate.

Lastly, this section of your business plan may be improved by the inclusion of an organizational chart. The graphic historically highlights names and positions as well as to whom each person reports. In the world of business today however, you may want to consider a networked chart as opposed to a hierarchal one. We will discuss this specific issue in a future article.

As stated at the beginning, this section is probably the key component of your business plan. You should invest time wisely and well in its creation. Your return on investment may not be easy to measure, but it will most certainly be critical to your success. (DJ)

Acreage Insights



Road Maintenance

It’s the middle of winter and your driveway is blocked by snow, you need to get out, who do you call?

This is a concern for many new acreage owners who didn’t ask that question in May when they were buying their new home. Road maintenance responsibility depends on where you live and by resolutions developed possibly long before you purchased an acreage.

The County Engineers Department is responsible for road maintenance on all section line and half-section line roads, any road shown on the county map and within three miles of the city limits. In these areas, they are responsible for grading, rock or gravel application, snow removal, and tree removal or trimming.

Other roads, such as those

found within acreage subdivisions can be maintained by the subdivision owner, acreage owner, or the county depending on conditional resolutions established during the purchase of the original property before subdivision. The county can enter an agreement for maintenance with the subdivision owner. If a special conditional resolution is established, the roads will be graded twice per year until specified conditions are met. The county cannot provide maintenance to a subdivision with less than six homes or if the subdivision is less than 50 percent occupied.

In the case of newly established acreages, not part of a subdivision, access permits must be obtained from the County

See **ROADS** on page 12

Rodent Proofing Your Home

New home construction in farm fields may result in two different families trying to live in the same place. Humans and mice may be in conflict. Mice can cause serious damage to homes and storage structures. They contaminate human and livestock feed.

Rodents destroy insulation and other structural components of buildings. Energy losses and possible spreading of a variety of diseases are good reasons to control rodents.

The first rodent control is to make sure your buildings are constructed rodent proof. Techniques apply to both new and old construction.

Common rodent entry points include holes and openings around wires, pipes, vents, and under siding edges. Mice and rats use their front teeth to gnaw through wood by gnawing the edges of different materials. Flat hard surfaces are difficult for

them to grab.

Steel wool and other durable materials can be used around holes and openings. Vents, windows, exterior doors, foundations, and floors must be rodent proofed.

Detailed instructions are available through the University of Nebraska in Lancaster County Extension Office. Request information on “Rodent Proof Construction” (G-1217). (DJ)

Knowledge of Animal Laws Important-State Leash Law



State law requires that all pets remain on their owner’s property unless on a leash. In a rural area, if a pet roams onto a neighboring acreage and becomes a nuisance, the pet owner could be subject to a fine. If the property owner files a complaint with the Sheriff’s Department, the pet owner will be given one warning. If the pet continues to violate the leash law and a

second complaint is filed, a court fine will be assessed.

Rabies

All dogs and cats are required to be vaccinated for rabies. Vaccinations must be given by a licensed veterinarian at three months of age, one year and three years. Booster vaccines should be given triennially.

Dangerous Dogs

State statutes prohibit the ownership of dangerous dogs unless properly confined. Failure to comply with state statutes can lead to citations and destruction of the dangerous dog(s).

Loose Livestock

Livestock straying off their property are the responsibility of the owner. In the event of damage to crops or fences of



another property owner, the livestock owner may be required to pay for damages. If livestock cause a traffic accident and the injured party files a personal suit against the animal owner, negligence (faulty fencing, etc.) must be proven. If you see livestock on the roadway and the owner cannot be located, the Sheriff’s Department should be

See **LEASH LAW** on page 11

Composting Workshops and Demonstrations for 2000

Workshops (All workshops scheduled from 7-9 p.m.)

| Recreation Centers | Date 1 | Date 2 |
|-----------------------------|---------|----------|
| Belmont 1234 Judson | Apr. 20 | Sept.26 |
| Calvert 4500 Stockwell | Apr. 25 | Sept. 21 |
| Irving 2010 Van Dorn | Apr. 27 | Sept. 19 |
| Easterday 6130 Adams | May 4 | Sept. 14 |
| Air Park West 3720 NW 46 | Apr. 18 | Sept. 28 |

Composting Demonstrations (50th and Colby)

3rd Saturday of each month from April through October. Time – 8:30 a.m.

Learn at your convenience

—24 hours a day, 7 days a week—



NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.



Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://www.ianr.unl.edu/ianr/dodge/acreage/index.htm> to learn about Extension programs, publications and links to other acreage and small farm information.



"Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

April is Soyfoods Month, making it an excellent time to try eating more soy in your diet.

Soybeans contain high-quality proteins, iron, B-vitamins, calcium and zinc. Soyfoods are also low in saturated fat and have been shown to help lower blood cholesterol levels. Eating soyfoods also may help reduce the risk of osteoporosis and cancer. Soybeans are the only food known to contain genistein, which may help prevent many forms of cancer. In fact, soybeans recently received a health claim from the Food and Drug Administration. It states: "Eating 25 grams of soy protein a day, as part of a diet low in saturated fats and cholesterol, may reduce the risk of heart disease." In order for a food to qualify for this claim on the label, it must contain at least 6.25 grams of soy protein per serving.

Soybeans are the second leading crop in Nebraska, generating more than a half billion dollars annually. In 1999, 180,625,000 bushels of soybeans were produced in Nebraska making it the fifth largest soybean state in the nation.

As long as supplies last, the Nebraska Soybean Board will send a FREE soyfoods cookbook if you call 800-852-2326. There's a limit of one cookbook per caller. You can also find recipes using soyfoods at: soyfoods.com/SimplySoy/index.html and www.talksoy.com/

Instant Chocolate Mousse

Yield: 4 servings

- 1 box instant chocolate pudding mix (4-serving size)
- 1 1/4 cup cold soy milk
- 1 package (10.5 ounces) silken tofu

Put the contents of the chocolate pudding mix and the soy milk into a blender container and whirl until very smooth, about 15 seconds. Add the silken tofu and blend again, scraping down sides as needed, until very smooth. Pour into individual serving dishes and chill at least two hours before serving.

Nutrition Information Per Serving: 183 calories, 3 g total fat (0.2 g saturated fat), 8 g protein, 30 g carbohydrate, 1 g fiber, 462 mg sodium, 0 mg cholesterol (AH)

Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: Where do I find soy milk and how can I use it?

A: According to the United Soybean Board (www.talksoy.com): Soy milk in liquid, ready-to-drink form is available in most mainstream grocery stores. Aseptically packaged soy milk usually is stocked near the evaporated milk, UHT dairy milk or other packaged beverages. This variety needs no refrigeration until opened. Once opened, it will stay fresh in the refrigerator for about five days.

Conventionally packaged soy milk also may be found in the refrigerated section near the cow's milk in plastic one-quart and half-gallon containers. The variety also is available in most healthfood stores.

Soy milk is also sold as a powder to be mixed with water. Soy milk powder should be stored in the refrigerator or freezer.

Soy milk may be found in a variety of flavors such as chocolate, vanilla and carob.

Soy milk is a good source of protein, thiamine, iron, phosphorous, copper, potassium and magnesium. It contains little sodium. Some brands are fortified with important vitamins and minerals such as calcium, vitamin D, and vitamin B-12. Soy milk is also low in saturated fat and is cholesterol-free.

Here are some ways to use soy milk:

- Try plain or flavored soy milk as a refreshing drink.
- Pour soy milk over hot or cold breakfast cereal.
- Use soy milk to make cream sauces that are cholesterol-free and low in saturated fat.
- Make rich pancake and waffle mixes.
- Create your own delicious shakes with soy milk, ice cream or tofu, and fruit.
- Use soy milk to make cream soups. (AH)

Good Nutrition, Better Health

The Nutrition Education Program has been working with the Early Head Start program since January 1999. Through home visits, monthly newsletters and group teaching, nutrition information has reached over 100 families.

Beth Houdek is a mother who has participated in home visits and group meetings. When she joined the program, she knew very little about how to feed her two young sons. Corn dogs, cookies, prepared gelatin cups, soda pop, donuts, and sugared cereal were staples in their diet.

Beth has learned to save \$40 a month by planning a weekly menu and using a shopping list. "She has said how much easier it is to do grocery shopping. It saves her time," states Tracy Gross, Early Head Start Family Advocate.

Since gaining

confidence in cooking skills, the family tries one new food each week. Each day the children eat breakfast and get seven additional servings from the Food Guide Pyramid. Salt is used more sparingly and frozen food is thawed in the refrigerator instead of on the kitchen counter.

Dana Atteberry, a case worker from Transfiguration, reinforces the skills the family has learned. She comments, "I



The Houdek Family

You Can't Serve From an Empty Plate. So, F-E-A-S-T Frequently

Alice Henneman,
Extension Educator
&
Beverly Benes,
NU Department of Nutritional
Science & Dietetics

When the flight attendant reviews safety procedures as the plane takes off, you're shown how to use the oxygen mask. If you're traveling with someone who needs help, you're told to put on your mask before assisting the other person.

Likewise, you're advised to put on your own life jacket before trying to help someone

else. It's easier to help another person if you're not struggling to keep yourself afloat.

If you're mountain climbing, you're better able to rescue a fellow climber when your own gear is working properly.

The examples go on and on. The message is clear: You're better able to help others if you take time to care for yourself.

Say "Yes" to Yourself

If you've spent a lifetime saying "yes" to the needs of others before you address your own, it can be hard to say "yes" to yourself. But, it's important—if you care about others—you

care for yourself as well. Here are three powerful reasons why:

1. The Golden Goose is Only Good Alive. Many of us are familiar with the fairy tale of the goose who laid golden eggs. Under the owner's care, the goose produced her rich bounty every day. Things went well until the owner wanted all the riches at once. He killed the goose only to discover there were no eggs inside. In failing to understand how the goose served best, he destroyed the source of his wealth.

See **EMPTY PLATE** on page 11



Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

NEW!



YOUR
information
center...
around the
clock

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

- 386 Getting More Vegetables Into Your Meals
- 387 Are You a "Mouse" Potato?
- 388 Why Bother to Exercise?

and many more...

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:
www.lanco.unl.edu/food

FREE monthly Food Relections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.



Reduce Reuse - Recycle

A Directory to Recycling

This special insert to the *NEBLINE* was prepared by the University of Nebraska/Lancaster County Cooperative Extension, Lincoln-Lancaster County Health Department and City Recycling Office to comemorate the 30th Anniversary of Earth Day.

Celebrate Earth Day April 22, 2000!

Arlene Hanna,
Extension Associate

Who wants to breathe dirty air or swim in a polluted lake? I don't and I'm sure you don't either. When former Wisconsin Senator Gaylord Nelson noticed our country's air, water, and soil were being polluted; plants and animals were dying, people around the United States were upset. They wanted to change things, but our country's leaders weren't listening. They were not making laws to protect the environment.

Finally, in June 1969, Senator Nelson thought of an idea to get the attention of the politicians. The idea was to have a nation-wide demonstration. If enough people got involved, everyone, from the president to each city's mayor, would have to take notice.

It worked! On April 22, 1970, Earth Day was held, one of the most remarkable happenings in the history of democracy. Twenty million people showed they cared and politicians finally started to listen.

Nearly every town and school in the nation had special

activities. Scientists, doctors, store clerks, police officers, factory workers, teachers, students, and others took time off to show their concern for the Earth. They marched, went to concerts, took nature walks, and studied about pollution. In New York City, the mayor stopped people from driving cars on Fifth Avenue. People began to litter less. Employees traveled to work together in cars and buses. Congress made stronger laws and established a new department called the Environmental Protection Agency (EPA). The EPA's job was to keep businesses, cities, and states from polluting our country's environment.

Soon the skies, the water and the land began to look cleaner. BUT...ten years passed and Americans started to forget the lessons of Earth Day. They grew careless and began to waste water, fuel, soil, and trees. The United States was not the only one polluting. All over the planet, poisons were quietly filling the air, water and land.

Businesses and governments weren't getting rid of waste safely. They dumped garbage and waste more than ever. They

filled the air with smog and the water with poisons. Store owners changed swamps and prairies into shopping malls. Trees were burned and wetlands destroyed to make farms. Oil spills kept happening. Rain forests, ice fields, deserts, swamps, forests, and prairies were being spoiled or destroyed.

Garbage was piling up. People bought things once, then threw them away; baby diapers, aluminum cans, plastic toys, fast-food packages. Trucks carried the garbage to enormous holes in the ground called dumps. There the trash sat. Millions of acres of land was filled to the brim with garbage. The world's oceans had thousands of tons of trash floating in them. Creatures were getting sick — some were dying from the poisons in the air and water. Pollution was killing the planet and people were scared. Something had to be done.

Dennis Hayes, a lawyer and an important worker in the first organized Earth Day in the 70's, decided to work on Earth Day 1990. He organized people and they came up with plans that reached far beyond the United States. On April 22, 1990, 200

million people, in more than 140 countries, celebrated the second Earth Day. Children around the world formed cleanup teams to pick up litter in the country and cities.

In Nicaragua, people planted 10,000 fruit trees. Japan held a Garbage Festival. People learned how garbage was recycled into everything from postcards to soap. In Jordan, the government planted a tree for every new baby born in the country. A team of mountain climbers from the U.S., Russia, and China climbed Mount Everest to pick up the trash others had left behind.

After Earth Day 1990, world groups continued to share ideas they wanted every country to do. They included: cutting down on garbage, saving forests and animals, cleaning up water and air, farming with fewer chemicals, planting more trees, and using land wisely.

Now, governments are making laws to protect the environment but everyone must do their part. Every action we take will help save the Earth.



This year is the 30th Celebration of Earth Day and each of us should be doing our part to save the planet.

Why not make every day Earth Day. We can by reusing things, cutting down on making garbage and recycling, saving and planting trees, composting. Also saving energy, buying toys that last, learning about nature, saving the rain forests, walking, riding bikes, taking the bus or carpooling. Sending letters to the mayor and city council members, to county, state and national officials requesting them to support legislation that protects/preserves the environment, and most importantly, respect our planet and our environment.

Special Waste Program for Businesses

The mission of the Lincoln-Lancaster County Health Department (LLCHD) is to protect and promote the health of the citizens and the environment of Lincoln and Lancaster County. The Special Waste Program ensures proper management of wastes that may pose a hazard to health and the environment.

What is special waste?

A waste generated by industries, commercial businesses or home occupations which:

- ✓ Has the potential to create a negative effect on the public health or the environment.
- ✓ Because of its characteristics, it requires special handling at the landfill.
- ✓ Requires regulation by the Nebraska Department of Environmental Quality, US EPA, OSHA and DOT.

Currently there are 35 types of waste Lincoln-Lancaster County Health Department (LLCHD) permit and regulate. Eighteen of the 35 are required to have permits regardless of the quantity of waste they generate.

How does a business find out if they have a special waste?

✓ Call TAP (Technical Assistance Program) at LLCHD. TAP is a non-regulatory approach that provides free consultation to help business to understand the processes in their business and how to manage the waste they produce. A technical assistance engineer can give you no nonsense, practical advice and action-oriented solutions for disposal of waste and assistance with regulatory requirements. Call Ron Eriksen at 441-6238 or Beth Mann at 441-6235 for TAP.

✓ Businesses of Lincoln-Lancaster County are required to fill out a special waste inventory. This special waste inventory determines if your business generates special waste and if a permit will be required for disposal.

If your business has not completed a special waste inventory, contact Ron Eriksen or Beth Mann for assistance with the special waste inventory process.

Banned Wastes: The following wastes are banned from Lincoln Landfills.

1. Hazardous wastes
2. Special wastes without prior approval
3. Bulk liquids
4. Waste oil and lead acid batteries
5. Tires
6. Out-of-county waste

Examples of potential hazardous or special wastes:

- ✓ Sludge and sediment from tanks
- ✓ Waste contained in drums or buckets
- ✓ Waste marked with placards, warnings or danger labels
- ✓ Solvents, thinners or paints
- ✓ Petroleum contaminated wastes
- ✓ Asbestos containing wastes
- ✓ Fluorescent light tubes, mercury containing waste
- ✓ PCB wastes, light ballasts, dielectric fluids
- ✓ Infectious wastes including treated Radioactive wastes
- ✓ Flammable, explosive or corrosive wastes
- ✓ Pesticides and herbicides
- ✓ Treated railroad ties, power poles and lumber
- ✓ Industrial/process dusts, airborne wastes

Banned waste recycling options and disposal alternatives:

Businesses in Lincoln-Lancaster County can recycle several of the banned wastes. For information on where to recycle banned waste or alternative disposal options, call Ron Eriksen or Beth Mann.

Reduce

Each year Lincoln and Lancaster County residents dispose of 285,000 tons of waste. This represents an average of 787 tons of waste per day that is buried in the sanitary landfill. An average of 6.5 pounds per person per day is generated by people in Lancaster County.

Reducing the amount of waste disposed of can save landfill space and save you money.

One-third of the trash from households is product packaging. Product packaging has its purpose, such as making products safer and supplying information. However, many items are simply over-packaged. Decisions you make while shopping can save you money and reduce the amount of trash that goes into the landfill.

When making purchases, a savvy consumer considers cost, quality and convenience of the product. But, did you know that more than \$1.00 of every \$10.00 spent on food goes toward packaging?

By considering the amount of waste produced by product packaging, the consumer can save money. By adding the following suggestions to your shopping routine, you can be a more efficient consumer.

- ✓ **Buy large or economy-sized items.** Large-quality items usually have less packaging per unit, lowering your costs.
- ✓ **Avoid over-packaged products.** Reject excessively packaged products.
- ✓ **Buy recyclable products.** Buy products that are made from post consumer waste. These products may not be marked but are made of mostly recycled material: steel, food cans, cars, appliances, furniture, nails, aluminum, glass bottles and jars, molded pulp containers—including brown and gray egg cartons and flour boxes. When buying plastic, attempt to limit to #1 and #2, as much as possible, these types can be recycled in Lincoln and Lancaster County while the higher numbered plastics can not.
- ✓ **Buy reusable products.** Refillable water containers and shopping bags are two examples of reusable products.
- ✓ **Know when not to buy.** Rent products you only need temporarily. Sometimes a borrowed or used item is available and would better fit your needs rather than buying a new product.

Express your opinion.

Contact manufacturers about packaging. If you believe that packaging is too much, write the manufacturer. Go a step further and compliment manufacturers who use minimum amount of packaging needed. Also ask store and work managers to stock products you prefer.

Some helpful home and office tips to help you reduce waste. Share these with neighbors and friends:

- ✓ Reuse old clothing for rags.
- ✓ Minimize the use of disposable items, such as: eating utensils, pens, lighters, cameras, razors and paper towels.
- ✓ Donate clothes, furniture and appliances to thrift stores.
- ✓ Use shaving soap instead of aerosol can.
- ✓ Use cloth napkins and hand towels.
- ✓ Reuse empty plastic containers for travel items, nails, bolts, etc.
- ✓ Compost and mulch grass clippings and leaves.
- ✓ Use a mug instead of styrofoam/paper cups. Ask your office or church to do the same.
- ✓ Request that your name be removed from mailing lists by writing:
Mail Preference Service
Direct Marketing Associates
PO Box 3861
New York, NY 10163-3861
- ✓ Reuse old file folders and use two-sided copies.
- ✓ Pass along used magazines to a friend, school, nursing home, etc. Consider sharing a subscription with someone.



What can be reduced?



Reuse

An important aspect in waste reduction is the reuse of material. When shopping, it is economically and environmentally correct to consider the reuse value of the items you purchase. Refillable items are always a good choice. If you are seeking to reuse food containers such as honey, molasses, olive oil, herbs, vitamin extracts, lotions, etc., go to:

Open Harvest Natural Foods Grocery
1618 South Street
475-9069

Thrift Shop

GARAGE Sale!

Reuse of household items

Garage sales are a great economical way to get rid of and obtain good useable items that would otherwise be put in the trash. Items such as clothing, shoes, appliances, furniture, books, dishes, etc. can easily be collected and donated to a variety of thrift stores or to the Lincoln City Mission, a few will even pick up the donation at your residence. Call for more information.

Amvets Pick Up Service

476-8387
1745 "O" Street
Monday-Friday 9 a.m.-6:30 p.m.
Saturday 9 a.m.-5:30 p.m.
*Will not pick up couches or king size beds

The Salvation Army Truck Pick Up Service

474-4747
737 "P" Street
Monday-Saturday 8 a.m.-8 p.m.
(Check listings for other locations)

Family Thrift Center

476-2857
1745 "O" Street
Monday-Friday 9 a.m.-6:30 p.m.,
Saturday 9 a.m.-5:30 p.m.

Junior League Thrift Shop

421-6099
5631 South 56th St., Suite 2
Monday, Wednesday, Friday 10:00 a.m.-6:00 p.m.
Tuesday, Thursday 10:00 a.m.-8:00 p.m.
Saturday 10:00 a.m.-5:00 p.m.
*Only accept clothing donations

Mission Distribution Center

475-6888
1822 "N" Street
Monday-Saturday 8:30 a.m.-4:30 p.m.

Disabled American Veterans

325-8778
3830 North 27 Street
Monday-Saturday 9 a.m.-7 p.m.
(Check listings for other locations)

Goodwill Industries

438-2022
2100 Judson
Monday-Friday 8 a.m.-4:30 p.m.
(Check listings for other locations)

Mission Thrift Mart

434-5390
1825 "O" Street
Monday-Saturday, 9 a.m.-4 p.m.





Recycle

There are 24 recycling drop-off sites in the county. A full list and map of all sites can be found in the blue pages of the telephone directory. For more information, call: Lincoln Recycling Hotline at 441-8215.

Lincoln’s 14 multi-material recycling drop off sites will accept:

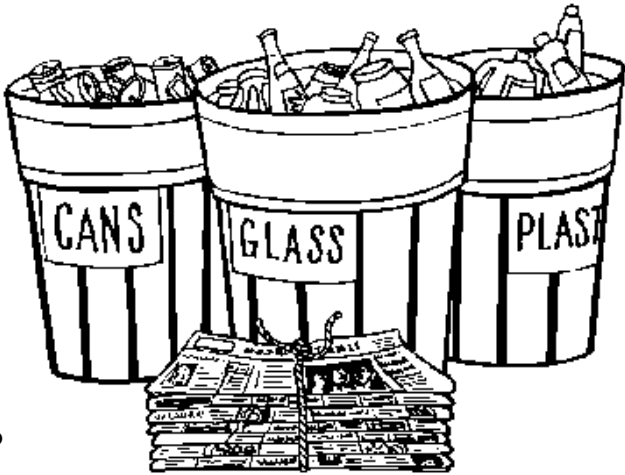
- ✓ Aluminum cans (not foil)
- ✓ Cardboard
- ✓ Glass (clear, green, brown)
- ✓ Magazines
- ✓ Mixed paper (office, computer, junk mail, phone books, stick-it notes)
- ✓ Newspaper
- ✓ Plastic (#1 bottles, #2 bottles, milk jugs-NO tubs ie. margarine or yogurt)
- ✓ Tin cans (including aerosol cans that are empty, plastic lid removed—leave wick and spray nozzle in place)

Please take time to separate your recyclables correctly. To prepare aluminum cans flatten; tin cans remove any labels, rinse out residue and smash. To prepare glass and plastic remove any caps, rings and rinse. Flatten the plastic but do not break glass. To prepare paper products separate into piles of newspaper, magazines, mixed paper and cardboard.

It is against the law to deposit any material other than what is accepted. Take down licence number of vehicle and call the police at 441-6000 if you see people depositing materials illegally.

Additional communities with recycling sites in Lancaster County:

- ✓ Bennet, Refuse Transfer Station,
- ✓ Davey, Refuse Transfer Station
- ✓ Hickman, City Park
- ✓ Panama, Refuse Transfer Station
- ✓ Waverly, Waverly Plaza



Private curbside recycling: (A monthly fee is charged for this service.)
Recycling Enterprises
421-6655
Will take: aluminum cans, cardboard, glass, magazines, newspapers, mixed paper, phone books, plastic bottles (#1), tin cans.

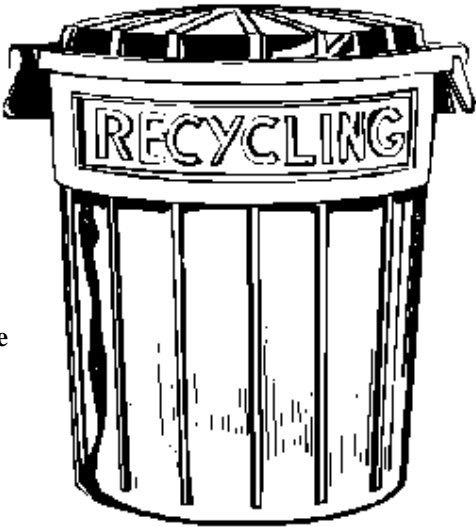
Shraders Refuse
438-4777
Will take: aluminum cans, glass, newspaper, plastic (#1), tin cans.

Refuse haulers who recycle in their customers area:

Kurtzer Bros.
423-6191
Scaff Refuse Service
423-5705
Rogenkamp Refuse Service
797-3045
cardboard only
Webber and Sons
423-8284

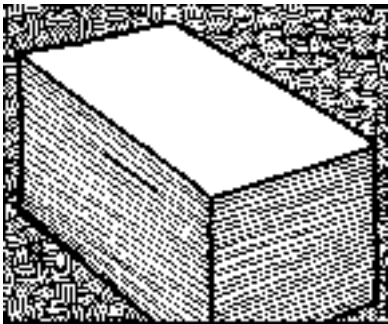
Commercial recycling
Businesses interested in waste reduction and recycling can call WasteCap of Lincoln at 472-0888. WasteCap is operated by Lincoln Chamber of Commerce and partially funded by City of Lincoln. WasteCap’s goals are to promote waste reduction by providing businesses with technical assistance necessary to reorganize.
There are a number of commercial recycling providers in the city who are able to assist local businesses in the removal of recyclable materials. They are:

Recycling Enterprises
421-6655
Midland Recycling
476-8502
Roberts Recycling
483-2477
Midwest Refuge
475-0244
Industrial Services
467-3581
Von Busch & Sons Refuse
475-5197
Gomez Refuse
467-1669

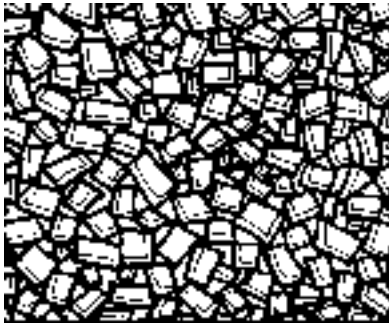


Recycle It!

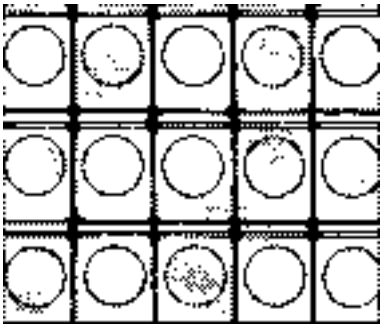
Examples of Recycling



Recycling is turning used paper back into pulp and then making new paper from that pulp. The *Lincoln Journal Star* is made out of 25-40% recycled newsprint.



Recycling is crushing used glass bottles into small pieces and melting them down to make new glass. Each new food and beverage container made out of glass has 30% recycled glass in it.



Recycling is melting aluminum cans, pressing the molten metal into sheets as it cools and shaping these sheets into new cans. Each new aluminum can has 54% recycled aluminum in it.



Recycling is chopping up grass cuttings and producing compost. Lincoln receives 14,000 tons of grass and leaves each year to produce compost.

Lincoln's Sanitary Landfill

The city operates two landfill sites: the 48 Street Small Vehicle Transfer Station, north of 48 and Superior; and the Bluff Road Sanitary Landfill, located at Highway 77 and Bluff Road.

All vehicles using these sites must have their load covered. A disposal fee is charged.

The Bluff Road Sanitary Landfill is used by commercial refuse haulers or customers hauling materials in large trucks and trailers with cargo box dimensions larger than 6 feet by 8 feet by 5 feet high. The Bluff Road Yard Waste Composting facility is located at the Bluff Road Landfill site. It is designed for use by commercial refuse haulers and commercial lawn maintenance companies hauling yard wastes. The Bluffs Road Sanitary Landfill is not opne to the public.

The 48 Street Transfer Station is used by cars, pickups, trailers or other small vehicles that have cargo dimensions of 6 feet by 8 feet by 5 feet high or smaller. Grass, leaves, brush, appliances, metals, waste oil, lead acid batteries and tires (less than 10 per load) must be sorted out and placed in designated areas of the site for recycling. Appliances, waste oil, lead acid batteries and tires can usually be recycled at a private dealer for a smaller fee. Please contact the Recycling Hotline at 441-8215 for more details.

Lincoln Landfills:

(402) 441-7738

48 Street Transfer Station

5101 North 48 Street

441-8104

Hours: Monday-Saturday, 6:45 a.m.-3 p.m.

Sunday, 6:45 a.m.-12 p.m.

Bluffs Road Sanitary Landfill

6001 Bluff Road

441-8102

Hours: Monday-Friday, 6:45 a.m.-4:15 p.m.

Saturday, 6:45a.m.-1 p.m.

Sunday, 9 a.m.-12:30 p.m.

Closed: Thanksgiving, Christmas, New Years Eve and possibly if high winds above 30 mph.

Fees: Cars—\$2.50

Vehicle w/trailer—\$16.00

Pickups/vans—\$10.00

Large vehicles—\$16.00/ton

The following are NOT allowed at disposal sites:

- ✓ Flammable, toxic, reactive or other hazardous wastes.
- ✓ “Special wastes” from businesses without a permit from Lincoln-Lancaster County Health Department. (call 441-6238)
- ✓ Liquid wastes.
- ✓ Wastes with a dimension exceeding six feet in any direction
- ✓ Loads of ten or more tires

Special Fees:

- ✓ Appliances \$5.00 each
- ✓ Car and light truck tires \$3.00 each
- ✓ Heavy equipment tires \$11.50 each
- ✓ Large truck tires \$6.50 each
- ✓ Special waste \$5.00 each with permit
- ✓ Unacceptable waste loads/illegal dumping \$50.00 per incident
- ✓ Uncovered load fee \$3.00

Illegal Dumping

Report any person dumping waste at recycling sites, city parks, county roads or on private property to sheriff or police departments.

Facts

Rates of Decomposition for Various Forms of Litter

| | |
|------------------------------|----------------------|
| <i>Paper</i> | <i>2-5 months</i> |
| <i>Orange Peels</i> | <i>6 months</i> |
| <i>Milk Cartons</i> | <i>5 years</i> |
| <i>Filter Tip Cigarettes</i> | <i>10-12 years</i> |
| <i>Plastic Bags</i> | <i>10-20 years</i> |
| <i>Leather Shoes</i> | <i>25-40 years</i> |
| <i>Plastic Containers</i> | <i>50-80 years</i> |
| <i>Disposable Diapers</i> | <i>75 years</i> |
| <i>Tin Cans</i> | <i>100 years</i> |
| <i>Aluminum Cans</i> | <i>200-500 years</i> |
| <i>Styrofoam</i> | <i>NEVER</i> |

Call the Recycling Hotline at 441-8215!

Refuse Collection Service



Lincoln has 37 independent waste haulers. To find a hauler that serves your area, look in the yellow pages under “Garbage Collection,” talk with a neighbor or contact the Lincoln Solid Waste Management Association at 475-8361.

Residents may set out household trash in canned or bagged refuse at the curbside or in the alley. The refuse must be generated at the residence. For example, one can not bring trash home from the work site.

Please have the refuse set out by 6 a.m. on the scheduled collection day. The landfill is closed on Thanksgiving, Christmas and New Years Day, therefore there is no waste collection on these days.

Reminders:

- ✓ Garbage cans must have tight-fitting lids, be water and rust proof and have handles.
- ✓ Garbage cans should not be larger than a 32 gallon container.
- ✓ Plastic bags may be used for regular trash, but must be placed inside garbage cans.
- ✓ Yard waste such as grass and leaves may not be placed in plastic bags (see Yard Waste)
- ✓ Burning refuse is in violation of Lincoln City Ordinances.



These items are banned from the landfill and can NOT be placed in garbage cans:

- ✓ vehicle batteries
- ✓ used oil
- ✓ liquid paint
- ✓ pesticides/herbicides
- ✓ fluorescent light bulbs
- ✓ vehicle tires
- ✓ ammunition and explosives—call Bureau of Fire Prevention Department at 441-7791
- ✓ other hazardous, toxic, reactive or corrosive wastes



Disposing of Special Waste

Residents are often asked to dispose of special waste such as bulk items like appliances, construction demolition and tires. Other special waste items banned from the Landfill include automotive oil, antifreeze, propane, gas cylinders and fire extinguishers. Each item has a preferred option of disposal. Additional information is available from the Lincoln Recycling Hotline at 441-8215.

1. Appliances –

There are several private companies that will pay for appliances or accept appliances free of charge. Private dealers are often the most economic option for disposing of an appliance. Residents may dispose of appliances on the curbside but should first contact the waste hauler. Because the hauler will be assessed a fee for disposal at the landfill, residents should expect the fee to be passed on to them. Residents may haul appliances to the 48 Street Transfer Station, there is a \$5.00 charge per appliance in addition to the gate fee for the vehicle.

Private companies accepting appliances are listed below. Please call dealer first for details on restrictions and possible fees.

Altar Scrap
476-3306
525 “N” Street
Freon must be drained

L & S Recycling
465-0002
4945 North 56 Street
Freon appliance accepted
*Please do not cut lines on appliances

Northwestern Metal Company
464-6341
3900 Industrial Avenue
\$5.00 charge for freon



2. Construction and Demolition –

This includes concrete rubble, clean soil, brick or similar material. The private sector recycled 232,800 tons of concrete and asphalt last year. Construction and demolition may be taken to the 48 Street Transfer Station for a fee of \$4.00 per load. A few private contractors do accept debris (free of charge) that is clean of contaminants, such as scrap metal or dirt and separated by types. Please call first to make arrangements.

Cathers Construction
6400 North 70 Street
464-2113
Concrete and asphalt only

Pavers LCC
6201 South 57 Street, Suite F
420-2889

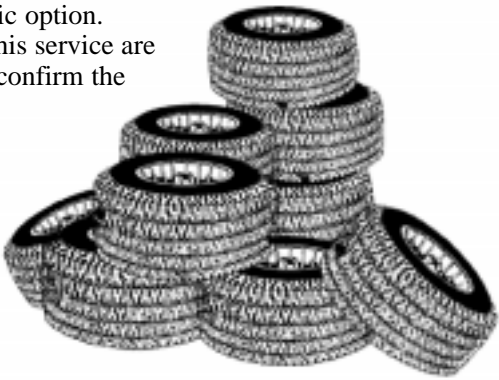
Dobson Brothers Construction
410 South 7 Street
474-5115
Large quantities only, must be clean.

3. Tires –

Haulers are required to pay fees for disposing of the tire and this fee will be passed on to the resident. The public can dispose of tires (no more than 10 per load) at the 48 Street Transfer Station for a fee of \$3.00 per tire for cars and light trucks in addition to the regular fee. Again, private businesses will recycle car tires for a small fee and this is often the most economic option.

Private businesses that offer this service are listed below. Please call ahead to confirm the service is still offered.

Graham Tire
6800 “O” Street
or 5651 South 56 Street
467-2555 or 421-1500
\$2.00 per tire



4. Oil –

Oil is banned from the Landfill. Please do not dump used oil on the ground, in the storm drain, into the street or in the garbage. Protect your hands and skin from used oil. To recycle, oil must be free of contaminants

such as gasoline, water, antifreeze, dirt, leaves, debris and other solids. Drain your oil into a container that has a lid and is clearly labeled “used oil.”

Containers should not hold more than 5 gallons of oil. Most oil recyclers will not take more than 5 gallons of oil per person per day. Remove the oil filter and puncture it, drain it into a container for 24 hours before placing it in the trash. After recycling, take the empty container home with you and reuse it or put it in the household trash.

Locations in Lincoln that accept waste oil from the public are listed below. Please call ahead and never leave oil at a site after hours.

GM Auto Parts
(call first)
5440 North 70 Street
467-3531

Gross Amoco Service
(call first)
315 South 10 Street
435-9185

O’ Reilly Auto Parts
120 West “O” Street
475-1166
No more than 5 gallons at any one O'Reilly Auto Parts Stores

1525 Cornhusker Highway
475-1188

1101 Araphoe Street
423-1222

1201 N. 48th Street
466-4663

Advanced Auto
222 North 48 or 3100 Cornhusker Highway
465-5556 or 465-8188

Texaco Xpress Lube
(call first)
4800 Old Cheney or 5111 “O” Street
421-9294 or 489-6354

Valvoline Instant Oil Change
3500 Village Drive
421-8089
(Accepts 3 gallons free every 3 months or 50 cents a gallon any day)



5. Antifreeze recycling is preferred to disposal –

However, antifreeze can be poured down the **sanitary** sewer (but not in septic tank or storm drain). Dilute antifreeze with at least three gallons of water per gallon or partial gallon of antifreeze. Please, do not dispose of more than 10 gallons of water **and** antifreeze per day. Sites listed under oil collection might also take these materials. Please call ahead.

Agee’s Auto Repair
1323 “M” Street
475-2252

Cary’s Radiator Shop
2128 North 68 Street
464-8447



6. Propane and Gas Cylinder –

Recycling is preferred to disposal. Most scrap metal recyclers will accept gas cylinders such as small propane cylinders used for camp stoves, if the stem is removed. The following are private dealers who will accept cylinders. Please call ahead to make arrangements and check requirements. (Some dealers may have a fee)

Lee’s Propane Service Inc.
625 West “O” Street
477-3235
*\$2.00 fee per container

Ferrel Gas
3200 Superior
477-5151
*Will not take disposable tanks

Great Plain Service
642 Highway 6
(800) 627-9908



Household Hazardous Waste

Nearly everyone uses hazardous chemical products. Once you have no use for the product it becomes hazardous waste. The chemical characteristics that make these chemical products useful also make them dangerous when used, stored or disposed of improperly. Simply throwing the waste in the household trash or down the drain is not safe. Improper disposal can injure refuse haulers and waste handlers or potentially contaminate the ground water, surface water, soil and air.

The Lincoln-Lancaster County Health Department holds Household Hazardous Waste Collections in the summer months. This collection is for households in Lincoln and Lancaster County only (not for businesses). If you have any questions, call 441-8040.

Listed below are EPA-banned chemicals that should not be used. Although these chemicals are no longer sold in stores they may be stored in homes. In order to contain the potential harm of these chemicals, it is highly important that they are disposed of properly. The Lincoln-Lancaster County Health Department is the best vehicle for disposal. The following banned chemicals are accepted at the Household Hazardous Waste Collection.

- ✓ **DDT** – Anofex, Dedelo, Pentachlorin, Rukseam, Zerdane, Santobane, Chlorophenothane.
- ✓ **Chlordane** – Chlordan, Clordano, Chlortox, Belt, Niran, Gold Crest, C-100, Kilex Lindane, Ortho-Klor.
- ✓ **Silvex (2, 4, 5-TP)** – O-X-D, Weed-B-Gon (with silvex), Propan, Silvi-rhap, Sta-fast, Ded-Weed, Kuran.
- ✓ **2, 4, 5-T** – Brush-off, Ded-Weed, Brushkiller, Fortex, Reddox, Fence Rider, Trioxon, Veon.
- ✓ **PCP (Pentachlorophenol)** – Dowicide, Pentacon, Santobrite, Thompson’s Wood Fix.

In addition to the banned chemicals, there are many household products containing chemicals that are hazardous to the environment

and dangerous if not disposed of properly. These items are accepted at designated household hazardous waste collection sites:

- ✓ **Heavy metals** –Wastes containing liquid mercury such as thermometers
- ✓ **Solvents** –Mineral spirits, turpentine paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- ✓ **Pesticides** –Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc. (includes EPA- banned chemicals listed above should not be used).
- ✓ **Items containing PCB’s** –Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors and televisions.

Please do not bring the following items to designated collection sites:

- ✓ Latex paint
- ✓ Fertilizers
- ✓ Fluorescent bulbs (recycle)
- ✓ Antifreeze (recycle)
- ✓ Medicines
- ✓ Used oil (recycle)
- ✓ Batteries (recycle)
- ✓ Explosives or ammunition (Fire Prevention Bureau)
- ✓ General household trash or business waste

Call 441-8040 for dates of the next Household Hazardous Waste Collection.



Paint Exchange

A latex paint exchange occurs during specially designated collections, generally in the spring. Only good, useable latex paint is accepted at these collections. Please bring only containers that are at least half full. Call 441-8043 for more information about properly disposing of unuseable latex paint or donate paint to local drama clubs.

To dispose of latex paint: Keep lids off and let latex paint dry up then discard it into the trash. Be sure to remove lids so refuse haulers can see the paint has hardened. Large quantities of latex paint can be disposed of by pouring one inch layer of paint into a plastic lined box. When paint dries, pour another layer of paint on top. Do this until the container is empty. Water-based paint can be combined with an absorbent such as clay-based cat litter. When dry, this combination of absorbent and paint should be put in a trash bag and disposed of in the garbage. Latex paint can also be donated to local school drama departments or community playhouses. Paint brushes and rollers should be wiped off with a paper towel or rag then cleaned in the sink. Use ample water to dilute the paint. Put used paper towels in the garbage.

To dispose of oil-based paints and paint thinners: Contact the Lincoln-Lancaster County Health Department at 441-8040.



Reminder

You can minimize the human and environmental risks of household hazardous waste by:

- ✓ Buy only what you need. Buy the right product for the task. Buy only the amount you need. Use up all of the product, if it is safe to do so.
- ✓ Read the label and try to identify the least toxic product.
- ✓ Use products according to the label, more is not always better.
- ✓ If you store potentially hazardous products, keep them in the original containers and out of the reach of children.
- ✓ Recycle items such as used oil and batteries.

For additional information on household hazardous waste, please contact the city HAZLINE at 441-6220. For hazardous waste generated by business of industry, please contact the Lincoln-Lancaster County Health Department at 441-6238 for assistance in the disposal or recycling of these wastes.

Plastic codes

(on bottom of containers)



Polyethylene terephthalate (PET)
Bottles recycled in Lincoln.



High density polyethylene
Bottles recycled in Lincoln.



Vinyl/polyvinyl chloride (PVC)
NOT recycled at drop-off sites.



Low density polyethylene
NOT recycled at drop-off sites.



Polypropylene
NOT recycled at drop-off sites.



Polystyrene
NOT recycled at drop-off sites.



All other resins
NOT recycled at drop-off sites.

Yard and Tree Waste

Yard waste is defined as grass and leaves only. This includes crab grass and pine needles. Grass and leaves are banned from the Lincoln Landfill from April 1 through November 30 each year. During the growing season, grass and leaves can account for nearly 10 percent of Lincoln’s total waste. Garden waste, weeds, brush and tree branches over one inch in diameter can be deposited in the regular trash throughout the year.

This material is diverted to the city's compost facility. Each spring the city makes a limited quantity of finished compost called LinGro Compost, available to the public (first come, first served basis) at the 48 Street Transfer Station. Residents may also obtain compost for a nominal fee from area landscapers, dirt contractors and garden centers. Call the Recycling Hotline, 441-8215, for more information on how to obtain compost.



Yard waste disposal options:

There are four methods for yard waste disposal: Mulching or composting on your property, hauling yard waste from your property to the 48 Street Transfer Station, hiring a lawn care service or removal of yard waste by a waste hauler.



1. Compost – Backyard composting is a good alternative to the special yard waste collection. The city maintains a backyard composting demonstration area located at University Place Park, every third Saturday, April through September, 50 and Colby Streets, near the maintenance area. Composting workshops are offered at various times and places. Free compost bins are distributed to those participating in the workshop. The workshops are produced by the Lincoln Recycling Office in cooperation with the Cooperative Extension in Lancaster County. For more information on how to compost, please contact the University of Nebraska Cooperative Extension in Lancaster County, call 441-7180.

2. Disposal at 48 Street Transfer Station – Residents may dispose of grass and leaves at the 48 Street Transfer Station. The yard waste must be free of garbage, litter and tree trimmings over one inch in diameter. Yard waste must be removed from plastic bags at the transfer station. A disposal fee is charged. Please call 441-7738 for more information.

3. Hire a lawn care service – Include yard waste management in your lawn care package.

4. Private haulers – Lincoln refuse haulers offer a separate weekly pick up of yard waste for a fee. Yard waste is taken to a city-operated compost site. Contact your hauler for more information.

Reminders:

- ✓ It is important that grass and leaves do not get mixed with regular trash. If someone mows or tends to your yard for you, please inform them of where to place yard waste.
- ✓ Yard waste in plastic bags is NOT allowed at the city’s compost site (plastic will not decompose in the compost mixture). Use approved paper lawn bags, available from retailers, a cart provided by the hauler or 32-gallon trash can with a lid.
- ✓ Make sure your yard waste container is clean. Any household waste contaminates the compost and causes problems at the compost facility. Haulers can be fined up to \$50 if contaminants are found in the yard waste. This may be passed on to the consumer.
- ✓ Tree trimmings over one inch in diameter are collected with the regular trash.
- ✓ Garden waste, weeds, brush and other organics can be disposed of in the regular household trash.
- ✓ Grass and leaves can be mixed with regular household trash, December 1 through March 31.



Locations to Pick Up or Purchase Compost

Eight area firms have LinGro compost available in bulk quantities. A listing of these firms are at the bottom of the page.

The City of Lincoln has limited quantities of the **1/2”** screened LinGro compost available for distribution to the public at no cost each spring at the North 48th Street Transfer Station located at 5101 North 48 Street. This material is available on a first-come, first-served basis each spring.

Individuals and businesses may order a minimum of 20 cubic yards of 1/2" or 1/4" screened LinGro compost by contacting the City of Lincoln Recycling Office, 441-7043. There is a fee of \$3.00 per cubic yard for the 1/2" screened LinGro compost plus loading and delivery. There is a fee of \$7.00 per cubic yard for the 1/4" screened LinGro compost plus loading and delivery. Only limited quantities of the 1/4" screened LinGro compost is available.

Woodchip mulch is also available from the Public Works and Utilities Department. There is a charge of \$2.00 per cubic yard plus loading and delivery for the wood chips. Individuals may self-toad wood chips at the North 48th Street Transfer Station located at 5101 North 48 Street.

For more information on Lincoln’s LinGro compost or how to obtain LinGro compost call the Lincoln Recycling Office at 441-7043.

Funding for this project is provided in part by the Nebraska Department of Environmental Quality, Waste Reduction and Recycling Incentive Grants Program.

Retail Outlets for Bulk Quantities of LinGro Compost

Landscape Materials

General Excavating
6701 Comhusker Highway
Lincoln, NE 68507
467-1627

All Care Grounds Management
300 South Coddington Ave.
Lincoln, NE 68522
438-5115

Garden Centers/Nurseries

Campbell’s Nurseries and Garden Centers
7000 South 56 Street
Lincoln, NE 68516
423-1133

Nebraska Nursery and Color
Gardens
7801 Pioneers Blvd.
Lincoln, NE
489-6543

Nemaha Nursery
430 West Pioneers Blvd.
Lincoln, NE 68522
434-5488

Landscapers

Naturescapes Inc.
466-7771

Landscape by Leuders
483-4588

Seeds of Life
730-8733





It's easy to recycle in Lancaster County

There are 5 newspaper only and 13 multi-material recycling drop-off centers located in Lincoln. And 5 multi-material sites in the County. Here's what materials are accepted at multi-material recycling sites:

| Who to contact | | |
|--|----------|--|
| Ammunition and Explosives: Proper Disposal | | |
| Bureau of Fire Prevention | 441-7791 | |
| Antifreeze Recycling | | |
| Lincoln Lancaster County Health Department | 441-8040 | |
| Appliance Recycling | | |
| Check scrap metal yards or call Lincoln Recycling Office | 441-8215 | |
| Backyard Composting | | |
| Lancaster County Cooperative Extension | 441-7180 | |
| Battery Recycling | | |
| Lincoln Lancaster County Health Department | 441-8040 | |
| Business Recycling | | |
| WasteCap of Lincoln | 472-0888 | |
| Fluorescent Bulb Recycling | | |
| Lincoln Lancaster County Health Department | 441-8040 | |
| Garbage Collection | | |
| Lincoln Solid Waste Management Association | 423-8284 | |
| Hazardous Materials Management and Disposal | | |
| Lincoln Lancaster County Health Department | 441-6238 | |
| Household Hazardous Waste Recycling and Disposal Information | | |
| Lincoln Lancaster County Health Department | 441-8040 | |
| Hazline 24-Hour Recording | 441-6200 | |
| Illegal Dumping | | |
| Lincoln Police Department | 441-7204 | |
| Lancaster County Sheriff | 441-6500 | |
| Landfill Disposal Information | | |
| Solid Waste Operations | 441-7738 | |
| Neighborhood Clean-up | | |
| Keep Lincoln and Lancaster County Beautiful | 441-8035 | |
| Oil Recycling | | |
| Lincoln Lancaster County Health Department | 441-8040 | |
| Paint Disposal | | |
| Lincoln Lancaster County Health Department | 441-8040 | |
| Pollution Prevention for Businesses | | |
| Lincoln and Lancaster County Health Department | 441-6272 | |
| Residential Waste Reduction and Recycling Information; | | |
| Lincoln Recycling Office | 441-8215 | |
| Special Waste Permit Program for Businesses | | |
| Lincoln Lancaster County Health Department | 441-6238 | |
| Yard Waste Alternatives | | |
| Lancaster County Cooperative Extension | 441-7180 | |

| | YES | NO |
|--|---|--|
| Newspapers | Inserts OK <i>Put newspapers in paper bag.</i> | No other paper |
| Cardboard Boxes | Flatten cardboard Thin cardboard (i.e. cereal boxes) OK <i>All boxes must be flattened and placed inside recycling containers</i> | No packing material No dirty boxes No waxed cardboard |
| Cans | All food and beverage cans <i>Rinse clean. Separate aluminum and tin cans and place in separate recycling compartments.</i> | |
| Glass Bottles and Jars | All food and beverage glass Green, brown and clear glass OK Labels OK <i>Rinse clean. Take off lids. Separate by color and place in separate recycling compartments.</i> | No drinking glasses No window glass No dishes No light bulbs No ceramics |
| Plastic #1 & #2 Bottles | All #1 & #2 plastic Bottles Labels OK <i>Rinse clean. Take off lids and neck rings. Flatten bottles to conserve space in recycling compartments.</i> | No snap top tubs (i.e. margarine or yogurt tubs) No motor oil containers No plastic toys No other plastic bottles |
| Residential Mixed Paper | Mail, magazines, office and school paper Telephone directories <i>Put clean paper together in paper bag. Keep newspaper separate.</i> | No tissue paper No milk cartons or juice boxes No paper plates No newspaper |
| Contact 441-8215 for more information on proper separation of recyclables. | | |

Drop-Off Site Locations for Multi-Materials

Match the symbol on the map with the adjacent symbols for easy site location information.

- ▲ Aluminum cans
- ▲ Glass bottles
- Newspaper
- ▲ #1 & #2 Plastic bottles
- ▲ Tin cans
- Cardboard & Mixed paper

North

- ① Southeast Corner N.W. Roundhouse Dr. & West "P" Streets
- ② UN-L Food Stores Warehouse 1200 No. 17th Street
- ③ University Place 47th & St. Paul Streets
- ④ 70th & Vine Streets (Former St. Marks United Methodist Church)
- ⑤ Sam's Club 27th & Superior Streets
- ⑥ Russ's Market 63rd & Platte Avenue
- ⑦ Centro Plaza 48th & "R" Streets
- ⑧ Southeast Community College 88th & "O" Streets

South

- ⑨ Leon's Food Mart 32nd & South Streets
- ⑩ Union College Athletic Field Parking Lot 53rd & Calvert
- ⑪ East High School Seacrest Field Parking Lot 70th & "A" Streets
- ⑫ Lincoln School of Commerce Parking Lot, 19th & "L" St.
- ⑬ Trabert Hall Parking Lot 12th & South Streets
- ⑭ Pepsi Cola Distribution Facility 1901 Windhoek Drive South Industrial Park

Additional Communities

Bennet, Refuse Transfer Station
Davey, Refuse Transfer Station
Hickman, City Park
Panama, Refuse Transfer Station
Waverly, Waverly Plaza

Newspaper Only Drop-Off Sites

North

- ⑮ UN-L East Campus Parking Lot Behind Fire Station No. 2 33rd & Holdrege Streets

South

- ⑯ Sheridan Lutheran Church 3700 Sheridan Boulevard
- ⑰ Willard Community Center Folsom & West "B" Streets
- ⑱ All Saints Lutheran Church 8251 Pioneers Boulevard
- ⑲ Indian Village 13th & High Streets



- It is against the law to deposit any material other than what is accepted.
- Call 441-6500 if you see persons depositing material illegally.



Clarice's Column

Clarice Steffens
FCE Council Chair



April and spring have arrived! April is a month to be enjoyed by gardeners, bird watchers, tax collectors, and people named April. It's a month for April Fool's, the beginning of Day-light Savings Time, showers (we hope), and all the festivities of

Easter. It's a time for new beginnings—the brown landscape has turned to green, flowers are blooming, we have a new room on our house and my husband has two new knees which seem to be working quite nicely! Enjoy each day!
FCE members can look forward to the June Council Meeting (June 26), the Sizzling Summer Sampler on July 13, and the Lancaster County Fair, August 2-6. Health Awareness Day at the fair is August 4. It

seems a long time in the future, but remember the State Convention is in Ainsworth, September 19-21. More details on each of these events will come later.
I hope all our clubs are involved with their community projects. April reminds me that it's time for one of our club's projects (roadside clean up). All our clubs have the "ouch doll" project to work on this year.
And now it's time to get out of the house and enjoy the season! That means you, too!

Appreciating Other Cultures

Residents of the United States have the opportunity to meet people from many other cultures as visitors from different nations visit here. Increased international travel, trade, and business also leads to contacts with people from different cultures. Appreciating and understanding differences among people helps us all get along better. Understanding our own values and how they affect our view of other people, improves our sensitivity to cultural differences.
Just what is culture? Culture refers to a wide range of things including the way people live, their language, clothes, foods, and values. The interrelationships of religions, classes, technologies, and belief systems make cultures complex. It is only when we can look at American values as international visitors see them, that we start to understand and appreciate the differences in values and the problems they may cause.
The Washington International Center shares the following list of American values with international visitors to help them understand our culture. The center staff believes that these values describe most (but not all) Americans. Although we view our values as positive, people from other cultures may have a different view. This list

of typical American values contrasts sharply with the values commonly held by other countries.
• Personal Control of Environment
Many Americans no longer believe in fate. They think people who do are backward, primitive, or naive. To be called "fatalistic"—someone who believes in fate—is a criticism in this country, mean you are superstitious, lazy, and unwilling to take an initiative. Americans consider it normal and right that people should control nature and the environment, rather than the other way around. Problems do not result from bad luck as much as having come from laziness in pursuing a better life. Americans also consider it normal that you should look out for your self-interest first.
• Change
In the American mind, change is seen as a good condition. Change is linked to development, improvement, progress, and growth. Many traditional cultures consider change disruptive and destructive, avoiding it as much as possible. Such societies value stability, continuity, tradition, and a rich and ancient heritage.
• Time and Its Control
For the average American, time is of utmost importance. To the international visitor, we

appear more concerned with getting goals accomplished on time than with developing deep personal relationships.
• Equality
Equality is, for Americans, a cherished value. We have even given it religious basis. We say all people have been "created equal." The equality concept often makes Americans appear strange to others. Seven-eighths of the world feel quite differently. To them, rank, status, and authority are more desirable—even if they personally happen to find themselves near the bottom of the social order. Class and authority give people in those societies a sense of security and certainty.
• Individualism and Privacy
In the United States an individual is seen as unique, and therefore, precious and wonderful. While Americans join groups, they still consider themselves individualistic, and they leave groups as easily as they enter them. Privacy is hard for many cultures to understand. Some don't have the word in their language. Privacy may be seen as negative by some nationalities, suggesting loneliness or isolation from the group.
• Other Mainstream American Values

See CULTURES on page 11

Making a Family Budget: A Smart Move To Be in Control

A budget is meant to be a master plan for managing your family's money. It gives you a guide as to how much money your family will spend for purchases and how much will be put into savings for emergencies and short and long-term goals.
Budgeting is important because it helps a family maintain a balance between needs and wants and reduces the stress of constantly walking a financial tightrope. It helps keep you in control of spending and, through planning, more effectively reach goals and achieve financial security.
Some important keys to setting up a family budget
List immediate needs—these are things your family absolutely

cannot do without. Some examples might include: food, clothing, housing, electricity, heat and other utilities, health care and transportation.
Think about short-term goals—these are things you want for the near future. Some examples might be a new washing machine, more education. A hint: Be realistic! Limit your list to things that you really want and can likely afford.
Now think about long-term goals. These are the things you want for the more distant future. Examples could include a down payment on a house, a dream vacation or retirement plans.
What is your current general financial health? Add up your total assets. This is a dollar

figure for the current value of everything your family owns, including: cash on hand and in bank accounts, cars, furniture and appliances. Next, add up your total debt. This is the total amount of money you owe, including what you owe on credit cards, loans you need to pay back, unpaid bills.
Compare your assets to your debt. If your assets are higher than your debt, congratulations! Your family has a good start toward financial health. If your debt is higher than your assets, it is essential to plan a way to steadily pay down your debt.
Next it's time to take a close look at your income and ex-

See BUDGET on page 12

Family Living



by Lorene Bartos, Extension Educator

Removing Paint From Fabrics

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

Have your children had their shots?

National Infant
Immunization Week
April 16-22, 2000

For immunization information contact the Lincoln/Lancaster County Health Department, 441-6247. (LB)



Myths About the Human Brain

- We fix any damage done early with love and attention later.
- We aren't that affected by experiences we had as tiny babies because we didn't have language yet and we can't remember things.
- How we develop is mostly determined by the environment.
- How we develop is mostly determined by genetics.

From Up and Downs newsletter. (LJ)

Character Counts! Corner Fairness

One of the first concepts kids pick up in life is fairness. How many times do you hear children say, "That's not fair!" Many if you're like most of us. It's easy to say things aren't fair when something hasn't gone in your favor. Being able to look from the other person's perspective, however, may help us define the true fairness of a situation.

What does fairness mean?

- Treat all people fairly.
 - Listen to others and try to understand what they are feeling and saying.
 - Consider all the facts, including opposing views, before making a decision.
 - Make impartial decisions, using the same criteria or standards for everyone.
 - Correct mistakes.
- Fairness excludes:
- Taking advantage of other people's mistakes or ignorance.
 - Taking more than your fair share.
 - Letting personal prejudices or preference improperly influence decisions which should be based on merit.

Being fair is not always equal and equality is not always fair. Fairness, however, is an essential pillar as you build character in positive ways. (LJ)





4-H Bulletin Board

- Stop by and pick up your ExpoVision registration packet! (TK)
- 4-H Camp brochures are available at the extension office. (TK)
- There will be no May Teen Council or Ambassador meeting. (TK)
- Lancaster County Fair, August 2-6.

4-H Leader Training

Want to learn new and innovative ideas for your 4-H club? Plan to attend the 4-H leader training Tuesday, April 25, 9:30 a.m. or 7 p.m. Along with sharing of ideas and organizational tips, 4-H leaders who recently attended the State Volunteer Forum will again share more information, tips and ideas they learned at the forum. Topics include quilting in the 4-H program, garden stepping stones, heritage projects, jazz up your 4-H meetings and many others. Bring your 4-H parents! (TK)

2000 4-H Music Contest

Sunday, April 30, 2 p.m.
Dawes Middle School
5130 Colfax Avenue

Everyone is welcome to attend!
Join the fun and watch talented 4-H members. (TK)

Pork Quality Assurance Certification Training Date

A PQA workshop will be held Tuesday, May 23, 7 p.m. Certification is good for two years. If you attended a workshop last year, you need not attend. If you have any questions or can't attend, please call Deanna at 441-7180. (DK)

Helping 4-H

By Valerie Lemke, 4-H Council Member

Selling houses to help out 4-H! Sounds a little strange, huh? Well not to Mitch Sump. Mitch Sump is a realtor for Home Real Estate and for every house he sells or helps a family purchase, to people who mention his new 4-H fund-raiser program, 25% of his commission will be donated to the Lancaster County 4-H Council for 4-H programing. Mitch grew up in Clarinda, Iowa where his parents were farmers. As a boy, Mitch was very active in both Boy Scouts and 4-H. He later came to UNL, receiving a bachelor's degree in Agriculture/Natural Resources in 1991. After college he worked as the Cornhusker Council Boy Scouts Fund-raiser, a youth program in Northern Lancaster and Cass counties. He has been working with Home Real Estate for three one-half years. His wife, Kathy, was a very active 4-H'er in Randolph, Nebraska and about a year ago, Mitch and Kathy learned of a

similar idea from a realtor in California. That realtor would donate part of his commission to the food banks and other local organizations. The idea sparked both Mitch and Kathy, so they began thinking of youth programs. They wanted programs that they were a part of and would like their future children to be part of ... 4-H topped their charts. According to Mitch, "There are so many youth organizations out there. 4-H definitely focuses on more than just the winning aspect, but on the learning aspect as well. It is a long term program with set goals established, and Kathy and I strongly believe in it!" So the next time you're looking for a house, or a friend who is selling one, remember Mitch Sump and his 4-H fund-raising program. This very relaxed, laid back man states, "It's a great way to receive help with your housing plans and support our local 4-H youth program!"

4-H Clover College

Here's a great opportunity for 4-H'ers to learn about a variety of topics by participating in these "hands-on" workshops.

To register, complete the registration form (one person per form) listing the classes you wish to enroll in and return with the full fee. Registrations must be received by June 9. They will be handled on a "first come" basis and will only be accepted upon receipt of fees. Telephone registration will not be accepted. To register mail your registration form and check or money order (made payable to Lancaster County Extension) to: Lancaster County Cooperative Extension, 444 Cherrycreek Road, Lincoln, NE 68528-1507.

Early registration is recommended. If you have questions, need additional forms or need to know if space is available, contact Tracy at 441-7180.

ALL FEES ARE NON-REFUNDABLE unless a class is filled to capacity or canceled.

Youth attending workshops that overlap the lunch period may bring a sack lunch. No other food will be available unless otherwise stated in the workshop description. (TK)

Four-day workshops

All four-day workshops will be held Tuesday, June 13 - Friday, June 16.

1. Rockets... Countdown to Family Fun
How to's on rocket building. Participants are required to purchase their own rockets. The first day will concentrate on the different kinds of rockets, how to's of buying the right rocket and rockets that can be made.
TIME: 8-10 a.m.
FEE: None
CLASS SIZE: 10 maximum
AGES: 8 to 12
INSTRUCTOR: Ron Suing, 4-H volunteer

2. Shooting Sports
Upon completion of program, youth will be qualified to shoot in the Lancaster County Fair BB/Air rifle competition. Fee includes supplies, refreshments and insurance. Parents are encouraged to attend. Adults and youth need shooting glasses (child's prescription eyeglasses acceptable). Guns are provided, do not bring your own.
TIME: 8 a.m.-12:15 p.m.
FEE: \$15.00
CLASS SIZE: 10
AGES: 8 and up
INSTRUCTOR: Gene Veburg, 4-H volunteer

3. Clover Kids 4-day Day Camp
Clover Kids will participate in several hands-on activities while learning about animals, food fun, science, the outdoors, and more. Refreshments provided.
TIME: 8 a.m.-12:15 p.m.
FEE: \$10.00
CLASS SIZE: 15 maximum
AGES: 5-8

4. Outdoors, Small Animals, and More
Make a bird seed feeder, learn about habitats for household pets, and acquire tips for small animal care.
TIME: 12:45-2:45 p.m.
FEE: \$4.00
CLASS SIZE: 10 maximum
AGES: 8 and up
INSTRUCTOR: Shirley Condon, 4-H volunteer

5. Nursery Rhyme Wall Hanging
Four of your favorite nursery rhymes will be set amongst five traditional pieced quilt blocks. Participants need to bring the following: (fabric needs to be 100% cotton, prewashed, and ironed) 3/4 yd fine quality bleached or unbleached muslim, 6 pieces of 1/4 yd

cuts of small print (1930 reproduction fabric— if using scraps, must be minimum of 5" squares), 1/4 yd print fabric for binding. Also needed: size 01 black pigma micron pen, straight pins, fabric scissors, seam ripper, cream thread, sewing machine.
TIME: 12:45-2:45 p.m.(Class may last longer)
FEE: \$7.50
CLASS SIZE: 6
AGES: 8 and up. MUST have completed Clothing Level 1 project book.
INSTRUCTOR: Kim Bock, 4-H volunteer

6. Babysitting Clinic
Learn the basic skills needed to be a responsible, safe babysitter. Focus is on handling major and minor emergencies, learning safety procedures, making creative snacks and babysitting toys.
TIME: 3-5 p.m.
FEE: \$5.00
CLASS SIZE: 20 maximum
AGES: 11 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

One-day workshops

These workshops will be held for two hours each, one day only. Check for day and time.

7. Cooking Class
Ever wonder how the bakery makes their cakes and cookies look so inviting? Attend this workshop and you, too, can learn the techniques to decorate like a professional.
DATE: Tuesday, June 13
TIME: 10:15 a.m.-12:15 p.m.
FEE: \$5.00
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

8. Money, Money, Money
Learn the basics of banking and how to spend and save wisely.
DATE: Wednesday, June 14
TIME: 10:15 a.m.-12:15 p.m.
FEE: None
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: First Federal Lincoln Bank, Clock Tower Branch

9. Pick It-Smush It-Eat It.
Did you know nearly all agricultural products must be processed in some way before we can use them? During this workshop we will process wheat

into bread and cream into butter. We will also taste many agricultural products in their raw forms and in different stages of processing. Come hungry!
DATE: Thursday, June 15
TIME: 10:15 a.m.-12:15 p.m.
FEE: \$2.00
CLASS SIZE: 20 maximum
AGES: 8 and up
INSTRUCTOR: Deanna Karmazin, Extension Assistant

10. Pet Pics
Start snappin' 'cuz we're gonna be scrappin'!! Tell a story or just share your favorite pet photos. Choose either a poster, picture board, scrapbook or create your own display. Habitats, pet care, facts and fun are just a few ideas for this pet project. (Participants will receive a materials sheet from the instructor before class.)
DATE: Friday, June 16
TIME: 10:15 a.m.-12:15 p.m.
FEE: \$5.00
CLASS SIZE: 8 maximum
AGES: 8 and up
INSTRUCTOR: Sheri Ramirez, volunteer

11. Style Revue
Learn how to model your clothing items. Perfect your modeling technique and learn new styling procedures.
DATE: Tuesday, June 13
TIME: 12:45-2:45 p.m.
FEE: No cost
CLASS SIZE: No limit
AGES: 8 and up

12. Getting Set for the Table Setting Contest
Have a great time learning everything you need to know to participate in the table setting contest. Come away with a planned table for the fair.
DATE: Wednesday, June 14
TIME: 12:45-2:45 p.m.
FEE: \$5.00
CLASS SIZE: 15 maximum
AGES: 8 and up

13. Fun in the Kitchen
It's easier than it looks to shape bread, rolls, and pretzels. Learn techniques through this hands-on workshop.
DATE: Thursday, June 15
TIME: 12:45-2:45 p.m.
FEE: \$5.00
CLASS SIZE: 15 maximum
AGES: 8 and up
INSTRUCTOR: Lorene Bartos, Extension Educator

2000 Clover College Registration Form

(one person per form)

ALL FEES MUST BE PAID IN FULL UPON REGISTRATION

Name: _____ Age _____ Male _____ Female _____

Parent Name(s) _____

Mailing Address _____

City _____ State _____ Zip Code _____

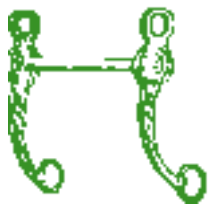
Daytime Phone Number _____ Home Phone Number _____

Special Needs _____

I WANT TO ENROLL IN THE FOLLOWING SUMMER PROGRAMS:

| NUMBER | TITLE | FEE |
|-------------------|-------|----------|
| # _____ | _____ | \$ _____ |
| # _____ | _____ | \$ _____ |
| # _____ | _____ | \$ _____ |
| # _____ | _____ | \$ _____ |
| # _____ | _____ | \$ _____ |
| # _____ | _____ | \$ _____ |
| TOTAL AMOUNT PAID | | \$ _____ |

1. Checks/money orders should be made payable to Lancaster County Extension
2. Bring this form and registration fees, or mail this along with check or money order, to Lancaster County Extension located at 444 Cherrycreek Road, Lincoln, NE 68528-1507.
3. Registrations must be received by June 9, 2000.



HORSE BITS

Remember the roping clinic which will be held Saturday, April 29, 1:30-4:30 p.m. at the Frink Arena, 5505 NW 112th Street, Lincoln. The clinic is open to exhibitors of all ages. For more information, call Ellen. (EK)

Kathy Anderson Horsemanship Clinic for Horse and Rider

Kathy Anderson will conduct a horsemanship clinic at State Fair Park East Arena Saturday, June 3 and Sunday, June 4. On Saturday, the clinic will target Level III and IV horsemanship level riders and will cover advanced horsemanship patterns, reining, trail, and first aid and wound care. Sunday will be for Level I and II horsemanship level riders. There will be demonstrations on showmanship, horsemanship, reining, and trail.

Cost for one day will be \$25 and will include a sack lunch from Subway. There is a 20 rider limit for each day, so sign up early to guarantee a spot. Call Deanna Vidlak at 786-2555 or 786-2251. (EK)

District/State Horse Show Entries Due May 19

The district and state horse show entry forms will be due in the county extension office by 4:30 p.m., May 19. These must be accompanied by the horse I.D. forms. Level II tests must also be passed before submitting your entry. (Remember: early entries are welcome and appreciated!)

You may pick up your entry form from the extension office or contact your club leader. (EK)

4-H & Youth



Invitational Cat Show

Saturday, April 22

Cost: \$5 per cat.

Exhibitor may enter one long hair and one short hair cat.
8:30-9:30 a.m.: Check-in and vet check.
(Shot records will be checked.)
9:30 a.m.-noon: Judging of cats and showmanship.
Noon-1 p.m.: Lunch on your own.
1 p.m.: Awards presentation.
For more information, contact Julie Monroe at 421-3729. (ALH)

Market Broiler Applications Due

Applications are now available at the extension office for the market broiler contest at this year's Lancaster County Fair. The chicks will be purchased from Norfolk Hatchery at a cost of \$20.50 for 25. Payment is due along with the application by May 17. Chicks should arrive on June 15. Please pick up an application or call Ellen if interested. (EK)



Be A Better Gardener

4-H Program

Ages 5-19

5 Steps to be a better gardener:

- 1 Sign up for Be A Better Gardener 4-H Youth Program.**
Use the form below to preregister by **April 28, 2000.**
Sign up for 4-H Horticulture Project area.
Everyone A Gardener
The World of Flowers
- 2 Be A Better Gardener participants can pick up notebook, information package and free seeds on or after May 17, 2000 at the Lancaster County Extension Office.**
- 3 Attend optional workshops and contests:**
Tree Workshop: "I Love Trees": June 27, 2000; 2-4 p.m.
Horticulture Contest Practice: July 11, 2000; 2-4 p.m.
Horticulture, Tree I.D. & Weed I.D. Contests: July 19, 2000; 10 a.m.-12 Noon
- 4 Raise a garden.**
Choose what kind of garden you would like to grow—vegetable, perennial flower, annual flower, container, herb, fruit, butterfly or combination.
- 5 Keep a journal of your garden.**
Keep weekly records of your garden's progress. Take pictures of your garden. Evaluate your garden plants. Enter your journal as an exhibit at the county fair.

Benefits:

- free gardening information
- free seeds
- free educational workshops
- free garden notebook

This program is available to youth enrolled in the Lancaster County 4-H Program, ages 5-19.

Calling All Teens!

Here's a great opportunity to sharpen your junior leader skills. We need volunteers to help with the 2000 Clover College held June 13-16. Volunteers will assist instructors and work directly with youth. Please contact Tracy if interested. (TK)

Performance Lamb Tagging



The performance lamb tagging and weigh-in will be Saturday, May 20, 9-11:30 a.m. in the 4-H sheep barn at State Fair Park. Any 4-H member planning to exhibit in the market lamb performance class must have their lambs weighed this day. All market lambs or commercial ewes that haven't been tagged must also be brought in. All animals must be tagged by June 15. If you have any questions, please call Deanna at 441-7180. (DK)

How to Exhibit at the County Fair

Tuesday, May 23, 9:30 a.m. and 7 p.m.

New leaders, experienced leaders, 4-H members and parents are invited to "how to Exhibit" leader training. Learn how to put an entry tag on an exhibit, where to take the model rocket exhibit and other exhibit information which will prepare you for the 2000 Lancaster County Fair. (TK)

All animal I.D.'s are due into the extension office by Thursday, June 15. (DK)

Be A Better Gardener Preregistration

PREREGISTRATION DEADLINE: APRIL 28, 2000

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

I would like Flower seeds _____ or Vegetable seeds _____ (check one)

Send to: Lancaster County Extension Office, Attn: Mary Jane
444 Cherrycreek Rd. Lincoln, NE 68528-1507



Community Focus

Need Help with a Business Plan—Call SCORE

SCORE, the Service Corps of Retired Executives, sponsored by the U.S. Small Business Administration offers free counseling to small business owners.

Whether you are considering starting your own business, have a business that is experiencing problems, are ready to expand, or need some other type of advance, SCORE can help. The counseling sessions are confidential and personal. You don't need to apply for or have an SBA loan to participate in the program. A SCORE specialty is helping folks with business plans.

Consultation and counseling with someone who has had experience in the business or service you are considering is an

important part of SCORE's service.

The Lincoln SCORE Chapter is located at Southeast Community College in section J-2 and conducts Small Business Workshops in conjunction with the college. Requests for help from SCORE can be made by calling 437-2409 which is a 24-hour answering service or by visiting the SCORE office on Tuesday or Thursday afternoons from 1 to 3 p.m. An informative web page is available at <http://www.score39.org>.

For information on SCORE workshops call Bob Dempsey, Southeast Community College-Lincoln at 402-437-2709 or write P.O. Box 5267, Lincoln, NE 68505-0267. (GB)

Nebraska Agriculture in the Classroom (what is it and what does it do?)

- Educational programs to help students to learn about agriculture.
- Ready-to-use educational resources for teachers.
- Summer workshops for teachers to learn more about farms, ranches, agribusiness, and related interests.

Nebraska Agriculture in the Classroom Program examples:

Ag Pen Pals

The Ag Pen Pals Program is an excellent tool in educating urban children about agriculture. The program matches Nebraska farm and ranch

families with elementary classrooms in urban areas.

A minimum of three letters are exchanged throughout the school year. Students discover agriculture while their ag families learn about the diversity of urban living.

The students and farm/ranch families communicate through letters, classroom/farm visits, videos, and the Internet.

Learning Barn

The Nebraska Learning Barn is a new and exciting

See AGRICULTURE on page 11

Mardel Meinke Joins Lancaster NEP Staff



Mardel Meinke has recently joined the Nutrition Education Program staff as an Extension Assistant. A native of Butler County, Mardel attended Midland College and UNL where she earned a Master of Science degree in Home Economics and

Adult and Continuing Education. Her professional background is extensive and includes work as an Extension Home Economist in Nebraska, and as a Home Economist for the State Energy Office and Minnegasco. Mardel also worked for Family Service as Nutrition Educator and Field Consultant for ten years.

Mardel enjoys working as judge for 4-H exhibits at surrounding county fairs and at the state fair. She and her husband Jerry have two children. Mardel likes to take long walks, read, and bake breads. She also stays busy with her church and community volunteer work.

Mardel looks forward to meeting a wide variety of people and hopes to make a positive impact helping families serve nutritious meals. (MM)



Lancaster Event Center Progress Report

✓ Construction of the Lancaster Event Center is ahead of schedule. While dry winter weather has not been the best for



agriculture, it has been exceptional for site preparation and construction work.

✓ Pouring of concrete footings and stem walls for Pavilion I and II were recently completed. Footings and stem wall pouring for the multi-purpose building is also underway and expected to be completed soon. Some of the stem wall work has been complicated

were rocked so all areas of the construction site can be accessed during wet weather.

✓ In early March, steel construction material was delivered to the building site on 42 semi-trucks. Construction of Pavilion one began immediately after the delivery and about 90 percent of the steel framework was completed in three weeks time. Steel building materials have been moved into place for

Pavilion two and the Multi-Purpose building and three work crews are erecting steel at the same time.

✓ Building materials for the construction of the **Amy Countryman Arena** (the Event Center's outdoor



arena) has been ordered. The initial grading for the site has been completed and a committee is working on the proper soil and sand mixture for the arena floor. Their goal will be to achieve a mixture that will allow use of the arena one hour following a

and difficult to pour.

✓ Concrete bridges and steel culverts have been constructed and entryway roads

rain. Later in the spring, a work crew will be organized for the arena's construction.

✓ The Agricultural Society's

Board of Directors have seeded grass around the construction site and road ways to protect the exposed soil and enhance the attractiveness of the grounds.

✓ Contractors are confident that the new Lancaster Event Center facilities will be ready for use by January 1, 2001. Already, 100 days of use has been reserved for 2001. One event will bring approximately 10,000 to 12,000 people to the City of Lincoln.

✓ Individuals who would like to visit the site are asked to contact Managing Director Leon Meyer at 441-6545. For safety



reasons, public access is restricted to only those having permission, signed in, wear a hard hat, and observe certain safety rules. Construction will be going on six to seven days a week so visitations during shut down will be extremely limited.

✓ Fund raising for the Event Center continues. Inquiries on how individuals and groups can help with this community project can also be directed to Leon Meyer. (GB)

The 2000 Household Hazardous Waste Collections



Lincoln-Lancaster County Health Department
3140 "N" Street
Lincoln, NE 68510-1514
<http://www.cl.lincoln.ne.us/city/health/envIRON/pollu/>



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, May 20 | State Fair Park, parking lot, northwest of Ag Hall Includes latex paint exchange* | 9 a.m. to 3 p.m. |
| Friday, June 23 | Hickman, Second and Main | 3 to 6 p.m. |
| Saturday, June 24 | Lincoln-Lancaster County Health Department (LLCHD) 3140 "N" Street, south parking lot | 9 a.m. to 3 p.m. |
| Saturday, July 29 | Nebraska Wesleyan University, parking lot, 56 and Huntington | 9 a.m. to 3 p.m. |
| Saturday, September 16 | Pfizer Animal Health, 601 West Cornhusker Highway | 9 a.m. to 3 p.m. |
| Saturday, October 28 | State Fair Park, 4-H Youth Complex | 9 a.m. to 3 p.m. |

Household Hazardous Waste Collections will take:

Heavy Metals—Wastes containing liquid mercury such as thermometers.

Solvents—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.

Pesticides—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc. (includes EPA-banned chemicals listed below which should *not* be used).

Items Containing PCB's—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors, and televisions.

Please keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Open, leaking, or rusted

See HAZARDOUS WASTE on page 12

EMPTY PLATE

continued from page 6

We often make the same mistake the goose’s owner made. Trying to be everything at once—all things to all people all the time—actually can limit our ability to serve others. Daily caring for ourselves enables us to continually help others!

2. Actions Speak Louder Than Words. Dr. Christiane Northrup cites her mother, an avid hiker throughout her life, as a role model. Her mother’s motto? Don’t lighten your pack, strengthen your back!

To encourage a healthy lifestyle in others, live one yourself. Which motivates more: A mother’s words or the sight of her hiking up a hill?

3. Sometimes We Must Say “No” to Say “Yes.” Every time we say “yes” to one thing, we’re saying “no” to another. Stephen Covey in his book, “Seven Habits of Highly Effective People,” tells how the “enemy of the ‘best’ is often the ‘good’.”

If we say “yes” to hours of volunteer time at meetings where little is accomplished, have we said “no” to spending important time with a friend or family member?

Remember: When people name important influences in their lives, they cite the teacher, not the textbook!

Plan a F-E-A-S-T for Yourself!

So, what ARE some ways to care for yourself? Since you can’t serve others if your plate is empty, plan to have a F-E-A-S-T. Encourage others to sit at your table. Here’s how it works:

F = Food. Treat yourself—and others—at least as well as you do your car! Don’t attempt to function on an empty tank . . . make time for regular, balanced meals. Ask yourself: If I were an automobile, what type of mileage would I get from the foods I put in my tank?

While drive-by or dashboard dining may be a necessity at times, continue to fit in sit-down meals with friends and family. The meal table should be more than a feeding trough. Dr. Rachel

Remen in “Kitchen Table Wisdom” speaks of the importance of taking time to listen to each other as people do around the kitchen table. Sustain body and soul by sharing food and fellowship while eating together.

E = Emotional Well-Being. Perhaps you’ve read interviews with people who are over 100 and still healthy. Many credit diet, some don’t. Most keep active. Many don’t smoke, but some do. Some avoid alcohol, some drink daily. There are differing factors, but—you’ve probably NEVER heard ANY-ONE say they kept healthy by worrying and stewing and fussing and fretting! We need to keep that in mind.

A = Activity. If food keeps the engine going, activity keeps the body strong so we don’t break down by the side of the road.

Think “active lifestyle” as you F-E-A-S-T through the week:

- Can you take the stairs (OK, maybe just take them walking DOWN, for starters!) instead of the elevator?
- Can you make it easier to walk briskly in the airport between planes by using a backpack rather than a suitcase as your carry-on luggage? (An added bonus: A backpack is easier to stuff under a seat! For added comfort, buy a backpack with a padded back and shoulder straps.)
- Are there places within one to two miles from your home you can walk to, rather than drive, to accomplish your errands? (Drugstore, grocery store, card shop, book store, post office, restaurant, movie theater, etc.)

S = Social Relations. People who have meaningful, mutually supportive relationships with others tend to lead healthier, happier lives. Dr. Dean Ornish, author of “Love and Survival,” notes people who feel lonely and isolated have a higher risk of premature death from various diseases.



CULTURES

continued from page 7

- Self-help concept—we pride ourselves on achieving goals on our own.
- Competition and free enterprise.
- Future oriented—we believe that life will get better. As a result we tend to devalue the past.

- Action/work oriented.
 - Informality—people in other cultures often view our informality as disrespectful.
 - Directness, openness and honesty—other cultures often view these as being blunt.
- To get along with people from other cultures, we need to

How do you develop these positive relations with others? Here’s a tale to start you thinking.

The story is told of two people moving to a new city. They each asked the same resident what the townspeople were like. In turn, the resident asked the first newcomer what the people were like in her former town. The first newcomer replied with such comments as: “mean,” “selfish,” “lazy” and “not friendly.”

“Well, that’s what you’ll find the people are like here,” the resident replied.

The resident then asked the second newcomer about the people in her former town. She described them as “friendly,” “helpful,” “caring” and “hard workers.”

Again, the resident replied: “That’s what you’ll find the people are like here.”

T = Time to Sleep. One in four adults has insomnia, according to the World Health Organization. Chronic insomnia can contribute to depression. The National Highway Traffic Safety Administration estimates more than 100,000 crashes occur yearly because drivers fall asleep at the wheel. Sleeping well is not only nice, it is a necessity.

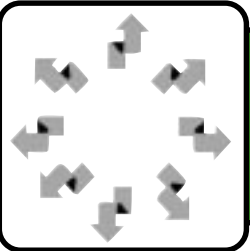
Throughout history, getting a good night’s rest has been considered a powerful tonic for promoting well being. As Lord Chesterfield (1694-1773) said: “A light supper, a good night’s sleep and a fine morning have often made a hero out of the same man, who, by indigestion, a restless night and a rainy morning would have proved a coward.”

Many a problem may go away if you just sleep on it!

F-E-A-S-T Frequently
By serving yourself generous portions of healthy behaviors, you’ll be able to serve others as well! And when those you care about see your F-E-A-S-T, they may want to prepare one, too. (AH)

listen; respect differences; remember that our communication style, not content, may be the problem; and adjust to the communication style of others.
Adapted from an article by Eileene Welker, Ohio State Extension. (LJ)

Miscellaneous



RABBITS

continued from page 3

pepper solutions.
You should fence out cottontails before garden plants emerge or before young shrubs and trees lose their fall leaves. This will curtail many problems later on. Remember, most two or three foot high shrubs can tolerate high levels of twig removal but bud, flower, or fruit development will be impaired. Individual plants can be fenced with plastic mesh or solid tubes of various heights and diameters. Be sure to allow room between the fence and protected plants as they grow and mature. Leave these seedling protectors on until late March or until the plant breaks bud.

A good bunny-proof fence is at least 20 inches high and a maximum of 1 1/2 inch mesh. Secure the fence and bury the lower portion to three inches. Poultry wire is easily erected with wooden lathe or 3/8 inch fence rods and costs as little as \$.60 per foot in materials. The one by two inch welded wire or one inch hardware cloth (hail screen) fences are more expensive but work well. One caution, young rabbits can pass through some chain link mesh diameters!

Some municipalities allow box traps to take and relocate rabbits. Good cold weather baits are dried alfalfa or clover. Good warm weather baits are in-season root crops, cabbage and fresh sprouts. Cover the trap to retain

heat in winter and protect from direct summer sun. Rabbits will enter both single door and double door traps. Set multiple traps under shrubbery and away from marauding cats and dogs.

Trapping has some disadvantages. It is time consuming, expensive and, at best, only removes a few animals. Also, be prepared for unexpected catches of tree squirrels, ground squirrels, opossums, and cats. Avoid handling any animal for its and your own safety and health. Replace with fresh baits and check traps daily. You should not expect overnight success. If you have no catches after one week, you should rely upon other techniques. Rabbits are finicky eaters, even in winter when foods are scarce.

This spring, a watchful eye, a good fence, a few well placed repellents or scare devices, and a little luck will keep those bad bunnies away from your garden crops and ornamentals!

Editor’s note: Dallas Virchow is housed on UNL’s East Campus in the School of Natural Resource Sciences and provides current, science-based information on ways to resolve conflicts between wildlife and people in the issues of public health, safety, and property damage. We welcome his contribution to this month’s NEBLINE. (BPO)



LEASH LAW

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contacted.
Wildlife/Exotic Animals
Federal laws and state statutes regulate ownership of certain wild animals. Nebraska prohibits the ownership of bears, wolves, skunks, and large felines (mountain lions, bobcat, tigers, cheetahs, leopards, jaguars, African lions, and others). Permits are required to keep certain fur-bearing animals and wild fowl species. Consult the Nebraska Game and Parks Commission for more information. Zoning restrictions may apply.

Neglect
Most livestock and pet owners take very good care of their animals. However, in the case of neglect, the Sheriff’s Department becomes involved. Animal neglect is subject to criminal charges and these

charges can be filed for extreme neglect in regards to food, water, shelter, malnutrition, physical abuse and diseases.

Bites and Attacks
All animal bites and attacks occurring in Lancaster County should be reported to the Capital Humane Society or Lancaster County Sheriff’s Office. In Lincoln, they should be reported to Animal Control.

Dead Animal Removal
Owners are responsible for the removal of dead animals on their property. Most livestock are accepted by rendering companies. There is a company which provides removal of fallen dead stock, it is: Darling International RFD 1 Wahoo, Nebraska 1-800-742-8694 (DJ)



AGRICULTURE

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educational tool for Ag Pen Pals classrooms. The 4 X 5 foot red Learning Barn opens to display hands-on learning materials for students and offers teachers new agriculture activities.

Materials include videotapes, toy farm machinery, literature books, board games, farm animal puppets, and many other educa-

tional items.
More than 30 schools have used this new resource.
For more information contact: Ellen M. Hellerich, Statewide Coordinator, P.O. Box 80299, 5225 South 16, Lincoln, NE 68501-0299; phone 402-421-4400; e-mail: ellenh@nefb.com (GB)

“Nebraska Pioneer Farm Family Award” Applications Due May 1

The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families at the Lancaster County Fair. Titled “Nebraska Pioneer Farm Family Award,” local recognition requires the land of a family in Lancaster County must have been owned by some member of the family for a century or more.
Applications for this year’s recognition are due no later than May 1, 2000. Applications can be obtained by contacting: Leon Meyer, CFE, Lancaster County Agricultural Society, Inc., P.O. Box 29167, Lincoln, NE 68529 (phone number 441-6545). (GB)

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator–Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education 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.

- Mary Abbott, Extension Assistant
- Lorene Bartos, Extension Educator
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Linda Detsauer, Nutrition Advisor
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Associate
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- Barb Ogg, Extension Educator
- Sondra Phillips, Nutrition Advisor
- David Smith, Extension Technologist
- Jim Wies, Extension Assistant
- Karen Wobig, Extension Assistant



Phone numbers & addresses:

- Office (leave message after hours)441-7180
- After hours441-7170
- FAX441-7148
- COMPOSTING HOTLINE441-7139
- NUFACTS INFORMATION CENTER441-7188
- EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
- WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



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Return to:
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444 Cherrycreek Road • Suite A, Lincoln, Nebraska 68528-1507

Extension Calendar

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

April

- 15 Invitational Cat Workshop 9 a.m.-4 p.m.
- Kiwanis Carnival–Sate Fair Park–Lancaster Bldg 7 p.m.
- 20 Fair Board meeting 7:30 p.m.
- 22 Earth Day 2000 Celebration–Antelope Park 10 a.m.-3 p.m.
- 25 4-H Leader Workshop 9:30 a.m. or 7 p.m.
- 29 Roping Clinic–Frink Arena –5505 NW 112 1:30-4:30 p.m.
- 30 4-H Music Contest–Dawes School 2 p.m.

May

- 1 “Nebraska Pioneer Farm Family Award” applications due
- 2 4-H Council meeting 7 p.m.
- 6-7 Eastern NE Horse Clinic–Springfield
- 9 Livestock Booster Club meeting 7:30 p.m.
- Termite Workshop–Beatrice, Gage County Extension meeting room 6:30-9:30 p.m.
- 10 Horse VIPS meeting 7 p.m.
- 11 Cat Club meeting 7 p.m.
- Termite Workshop–Omaha, Douglas/Sarpy County Extension Office 6:30-9:30 p.m.
- 12 Extension Board meeting 8 a.m.
- 16 Termite Workshop 6:30-9:30 p.m.
- 17 Market broiler entries due
- 18 Fair Board meeting 7:30 p.m.
- Termite Workshop–York, 4-H Building, York County Fairgrounds 6:30-9:30 p.m.
- 19 District & State horse ID’s, level tests & entries due
- 20 Lamb tagging & weigh in day–State Fair Park 9-11:30 a.m.
- 23 PQA workshop 7 p.m.
- How to Exhibit Leader Training 9:30 a.m. and 7 p.m.

HAZARDOUS WASTE

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containers should be placed in a clear plastic bag during transport to a collection.

Please, do not mix chemicals!

Please Do NOT Bring —

- ❖ Latex paint* ❖ Fertilizers ❖ Flourescent bulbs (recycle) ❖ Antifreeze (recycle)
- ❖ Medicines ❖ Used oil (recycle) ❖ Batteries (recycle)
- ❖ Explosives and ammunition ❖ General household trash or business waste

If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040.

*The Latex Paint Exchange only occurs during specially designated collections. Only good, usable latex paint is accepted. Please bring only containers that are at least half full. Call LLCHD for information about properly disposing of unusable latex paint.



ROADS

continued from page 5

Engineers Department. This prevents driveways from being established in an area which could lead to problems in the future. The permits are issued at no charge, however, costs related to establishment of the driveway will be absorbed by the acreage owner.

If you have questions or

concerns about road management, please contact your district office listed below:

- District 1 – Northeast – Waverly – 786-2421
- District 2 – Northwest – Raymond – 441-7797
- District 3 – Southwest – Sprague – 794-6600
- District 4 – Southeast –

Roca – 423-1586

Best time to reach the district offices would be 7:30 - 8 a.m. (6:30-7 a.m. summer), 12 - 12:30 p.m., or 4- 4:30 p.m. (3- 3:30 p.m. summer). If you do not know which district you are in, call 441-7797 and you will be routed to the appropriate district office. (DJ)



BUDGET

continued from page 7

penses. Figure out your family’s total monthly income including salaries and wages (after taxes and other deductions) interest and dividends and other sources of income such as food stamps or child support payments.

What are your monthly expenses? To figure this out, look at past bills, receipts, etc. or keep a spending diary. Include both fixed expenses (rent, insurance, loan payments, child care, etc.) and variable expenses (food, clothing, utilities, phone, entertainment, personal, etc).

Now it’s time to compare the two. If your expenses are lower than your income use the leftover income to set up an emergency fund, big enough to cover several month’s expenses. Once you have an emergency fund start saving for short- and long-term goals.

If your expenses are equal

to or higher than your income, see how you can lower your expenses. Can you eat out less? Can you find a cheaper apartment that still meets your family’s needs? If your income just isn’t high enough, consider taking on additional work or upgrading your skills to get a higher-paying job.

Now you’re ready to set up your budget. Find a budgeting form that works for you. The best ones include a way to list monthly expenses and your savings goals. A column listing a monthly limit for certain expenses is highly desirable. Month by month keep track of what you actually spend in each category. If some expenses are consistently higher or lower than your estimates or limits, try to adjust the variable expenses to fit your income.

Finally, the success of your budget is ultimately up to you.

Stick to it as closely as you possibly can and adjust as you go. It only stays in balance when income matches expenses and savings. There may be times when an extra job is necessary to provide extra income. Some months you may need to take a hard look at expenses and decide what can be reduced or eliminated. Keep your family involved, keep good records, be very cautious about using credit, keep goals realistic and enjoy the rewards of planned financial management.

Several NebFacts and NebGuides are available to help you manage finances successfully. For a copy of “Budgeting: The Basics and Beyond,” send a stamped, self-addressed envelope to UNL Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507 requesting NebGuide G93-1166. (LJ)