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National 4-H Week: October 1-7, 2000 Volunteers Make A Difference

Are You Into It? 4-H that is. How do you get into it? The answer is easy. Become a 4-H volunteer or member. Volunteers are the main stay of the 4-H program.

4-H is the largest non-formal youth educational organization in the United States. Over 6.6 million youth are reached every year.

Lancaster County has 13,700

4-H members involved through the traditional club program, as individual members, and the school enrichment programs.

Another 10,000 youth are involved through special interest activities such as Character Counts, Nutrition programs, and SERIES. 4-H is conducted by the Cooperative Extension of state land-grant universities and the United States Department of Agriculture.

4-H is family and community-oriented. 4-H members and

leaders devote much of their time to community service in addition to their 4-H projects.

4-H is led by volunteers.

by shared skills, help youth succeed, become a community leader, participate in county-wide events, show and teach citizenship, learn new concepts, be a positive role model, serve as chaperones to local, state, and national events and have

- the majority of volunteers are working people

- single persons are among the groups showing significant increase in percentage of volunteers

- six of ten volunteers started volunteering by the age of 14

- those who wish to give back to the community or organization that they benefitted from.

Volunteers help carry out the local 4-H programs. Leading clubs throughout the year, serving on VIPS (Volunteers in Program Service) committees and as superintendents at the county fair and fair activities.

Volunteering is a major emphasis of the 4-H program. It is the backbone of the clubs, activities and

contests. Through 4-H volunteers give leadership to develop life skills and build future citizens in the community. Without volunteers, serving as coordinators and sharing skills, many of our events would not be carried out to their fullest extent. The creativity, expertise, and time given to develop youth is outstanding. With volunteers being just a phone call away the

lots of FUN with youth.

Who is volun-

teering-

- over half of Americans still volunteer,



Over 500 volunteers extend

this educational program to youth locally. Parents, 4-H alumni, and other interested adults volunteer

THANK YOU VOLUNTEERS FOR YOUR SERVICE:

Volunteers recognized for years of service to the 4-H program at the 4-H Celebration during the Lancaster County fair :
list as in Celebration program

2 Year Leaders

Mary Abbott
Loretta Asche
Michelle Batterman
Nancy Bayne
Dan Beecher
Melissa Beecher
Linda Benda
Brenda Booton
Char Brotherson
Cindy Brunken
Gary Burruss
Ron Clinch
Michelle Daize

Stephanie Doeschot
Alice Dzerk
Kellie Effken
Bev Eno
Denise Farley
Quentin Farley
Mary Ann Gabel
Barb Gaither
Roxane Graham
Becky Grimes
Brenda Hauder
Wendy Huffman
Dan James

Lisa Jindra
Lisa Meyer
Julie Miller
Lori Miller
Kay Morrison
Jill Morrow
Todd Morton
Jean Nabity
Kathy Patrick
Brenda Pool
Paula Randall
Suzanne Rider
Kitt Saathoff

Anne Schultz
Joe Schultz
Diane Spomer
Brenda Staiffer
Dale Taylor
Kristen Taylor
Sandy Vance
Sue Vanderkolk
Karen Watson
Vicki Wohlers
Rose Matulka

5 Year Leaders

Becki Densberger
Jane Dowd
Brad Frink

Susan Frink
Jolene Fujan
Justina Hagan

Judy Hodtwalker
Fred Hoppe
Jean Kovar

Kiven Moormeier
Barb Smith
Lehn Straub

10 Year Leaders

Gleann Edgman
Laura White

Connie Kaplan

Pam Parrish

Deb Reddish

15 Year Leaders

Don Krose

Mike Vaughn

20 Year Leaders

Dick Hollam

Joline Weart



youth, in the county, have been able to experience many hands on opportunities. They range from making a rocket, food preparation, caring for animals, table setting, food decoration, floral arranging, sewing, gun safety, bike safety, and much more.

The 4-H of the new millennium is active in our inner cities, suburbs and rural communities. In 4-H you learn that they can break barriers by focusing on learning by doing. There's a 4-H program in your community--making life better -- one child at a time. (LB)

In this issue...

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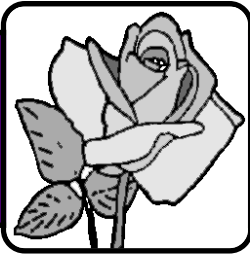
Community Focus

—page 10

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A
Lincoln, Nebraska 68528-1507

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Horticulture

Fall Storage of Tender Bulbs, Corms, and Tubers

Tender perennials are not winter hardy in our part of the country, but with a little help, they can survive for many years. Tender perennials are those plants that need to be dug from the soil in the fall and wintered over in a frost free location. You do not have to keep the entire plant, only the bulb, corm, or tuber are stored. New growth occurs from these structures after replanting next spring.

Popular tender perennials considered tender in Nebraska include gladioli, cannas, dahlias, tuberous begonias, and caladiums. Other lesser known tender perennials include the elephant's ear and calla lilies. Survival of tender perennials requires more attention other than simply digging the particular storage organ and putting it in a box in the basement. Specific storage conditions must be met to successfully store the plants through the winter.

Dig tender perennials just before or soon after a killing frost. If left until after a frost, the foliage will be killed and the storage organ will need to be dug within a few days to prevent rot causing organisms from entering through the damaged stem.

Corm producing plants such as gladioli can be stored successfully. Dig carefully to prevent damaging the corm.

Brush off remaining soil. Allow the corms to cure for several weeks in a dry location with good air circulation. After drying, cut off the foliage and discard the shriveled remains of last year's corm. A new corm is produced each year on top of the old one. Store the corms in an open box or onion bags at temperatures between 40 and 45 degrees Fahrenheit.

Dahlias produce tuberous roots. To store them over the winter, trim back the foliage of the plant to within a few inches after the first light frost. Dig carefully to avoid injury. With some soil attached, pack the roots between two and three inch layers of vermiculite, peat moss, sawdust, or wood shavings. Store at 40 to 45 degrees. Check frequently to remove those that shrivel or rot.

The tubers of tuberous begonias and elephant's ear and the rhizomes of calla lilies should be dug before a hard frost. Cut the tops back and allow six inches of stem to remain. Dry for two to three weeks in a frost-free location, shake off the soil and remove the dried stem. Pack in peat moss, vermiculite, sawdust, or wood shavings and store at 45 to 55 degrees. Caladium tubers should be cured for a week in a warm location and stored in packing material at a temperature around 60 degrees.

See STORAGE on page 11

Growing Hardy Bulbs

Hardy bulbs provide early bloom in flower gardens. Growing them successfully requires a knowledge of life cycle, cultural requirements and use. The term hardy refers to their ability to withstand low winter temperatures and bloom year after year.

A true bulb is defined as a modified, underground stem, usually surrounded by scale like, modified leaves, and containing stored food for the shoots enclosed within. The scales are held together by a hardened stem tissue, known as the basal plate, which is located at the base of the bulb. Tulip, daffodil, and hyacinth are examples of true bulbs. Crocus, thought by many to be a bulb, is actually a corm. This is a mass of fleshy tissue with a bud on the top surface. This tissue disintegrates as the stored food is used to produce roots and shoots; a new corm forms on top of the old one's remains. Bulbs and corms are living structures and require careful handling even while in a dormant state.

In general, hardy bulbs produce foliage and blooms in

spring. They are dormant during the summer months. Low temperatures are required to break dormancy so growth may resume in the fall and early winter.

Good quality bulbs produce good blooms. Usually the larger the bulb, the better it will bloom. Bulbs should be firm, heavy, and in good condition. The skin should be smooth, of good color and free from injury. The basal plate must be intact.

Bulbs can be obtained from many sources in the fall. The best time to plant hardy bulbs is late September until late October. Choose a planting site in full sun.

Soil of a medium sandy-loam texture is ideal because it provides good drainage. If soil is a heavy clay, add organic material such as peat moss or compost. Raised beds also provide good drainage. Soil pH should be between 6.0 and 7.0.

Work soil 12 inches deep and incorporate three pounds of a complete fertilizer, such as a 5-10-10 per 100 square feet as you are preparing the soil.

Planting depths will vary.



Plant hyacinths six inches deep; tulips and daffodils six to eight inches deep. Smaller bulbs, like crocus, are planted shallower. Large bulbs should be spaced four to six inches apart; small bulbs one to two inches. For a greater effect, plant in clumps or irregular masses rather than singly. Once planted, water the bulbs well and add one or two inches of mulch.

When bulb foliage has emerged one or two inches, remove excess mulch and pull any weeds. Water is needed especially during bud and foliage growth. If rainfall is insufficient, apply additional water. As bulbs finish blooming, remove faded blooms to eliminate seed set which reduces bulb growth. Maintain foliage for six weeks for good bulb growth and rebloom the following season. Allow foliage to die down naturally. Foliage can be removed when it is yellowed, fallen over and comes loose when slightly pulled. (MJM)

Drying Gourds



Harvest gourds when the stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly, so only harvest mature fruit. After harvest, wash the fruit

in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourd. The outer skin hardens in one or two weeks, while the

internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruit, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MJM)

2000 September/October Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Update garden journal	2
6	4 Power rake or aerify bluegrass	5	6 Over seed Bluegrass	7 Evaluate garden plants	8	9
10	11 Control perennial broadleaf weeds	12	13	14	15	16 Festival of Color, Mead
17	18	19 Divide lily-of-the-valley	20 Save annual flower seeds, like marigolds and zinnias	21	22 Check outdoor houseplants for insects	23
24	25 Bring outdoor houseplants inside before frost	26	27 Dig tender bulbs, tubers and corms before frost	28	29	30 Drain water hoses and store before frost
1	2	3 Pick squash and pumpkins before frost	4 Pick last apple, and pears	5	6	7
8 Average date of first frost	9	10	11 Plant spring flowering bulbs	12 Fertilize tall fescue	13 Fertilize bluegrass	14
15	16 Clean up garden	17	18 Rake and compost leaves	19	20	21
22	23	24 Organize garden supplies and tools	25 Clean up perennial flower beds	26 Make wish list for next year	27 Put up bird feeders	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)

Horticulture information center

NUFACTS
24 hours a day, 7 days a week
1-800-832-5441; or
441-7188 in the Lincoln area

To listen to a NUFACS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACS message topics. (MJM)

NUFACTS
113 Pine Needle Drop
114 Mulches
122 Fall Watering
143 What to do with Leaves
166 Tender Bulb Care
181 Dethatching a Lawn
182 Seeding a Lawn
184 Aerify Your Lawn
194 Fall Lawn Care
241 Fruit Storage
262 Garden Clean Up
266 Composting
271 Drying Gourds
285 Storing Squash

Dealing with Yellowjackets



Yellowjackets are social wasps that belong to the same general group of wasps as hornets. Some yellowjacket species build papery aerial nests; other species build a paper nest in the ground, often in rodent burrows. The ground-dwelling species may also nest in concealed areas, such as wall voids. Most species have the typical black and yellow warning coloration characteristic of most bees and wasps.

Each colony starts with one mated queen that overwinters in a sheltered place. In early spring, she chews wood and other plant materials and begins to build her papery nest. She lays eggs in the cells of the small nest and, after the eggs hatch, tends the eggs and larvae herself. Adult yellowjackets feed mainly on fruit juices and other sweets, but also capture soft-bodied insects—caterpillars, flies, and aphids—to feed immatures. After the first brood of yellowjackets develops into adults, the colony grows rapidly. The new adults have specific duties: foraging workers collect nest-building materials, food, and water; nurses tend the larvae; and guards protect the colony. The queen concentrates on laying eggs. By the end of the summer, the nest often has multiple combs, thousands of cells, and thousands of workers.

It is the foraging individuals, especially during the late summer when the colony is very large, that cause problems. The greatest period of foraging activity is just after sunrise and continues until sunset. Studies have shown foragers make one to three foraging trips per hour. They return to the nest at sunset and all yellowjackets are in the

nest during the night. No foraging occurs on cold or wet days. Most of the time, foraging occurs within 500 feet of the nest.

The most effective method of dealing with yellowjackets is to locate their colony and treat it directly. Yellowjackets frequently nest in abandoned rodent holes, in shrubs, logs, piles of rocks, and other protected sites. Entrance holes sometimes have bare earth around them. For aerial nests, look in trees, branches, and wires. Inspect carefully around eaves and windows. Nest openings can often be recognized by observing the wasps

black to them.)

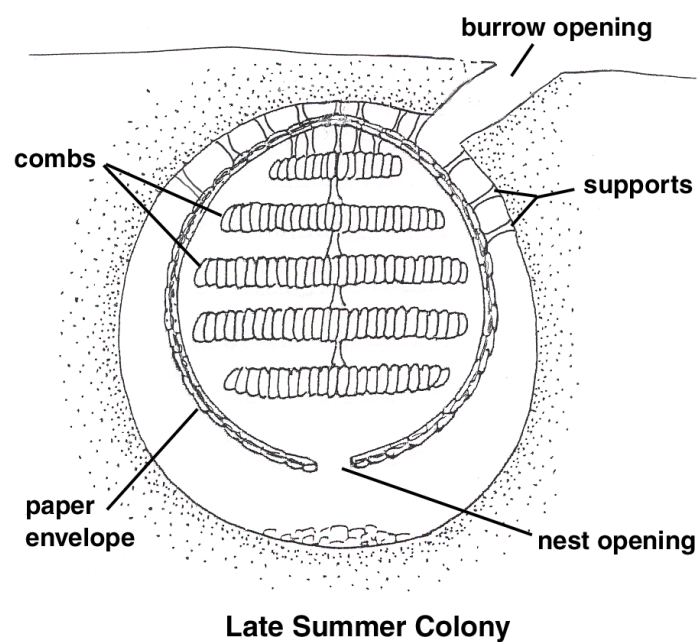
Underground Colonies

Treat the underground nest with a dust or liquid insecticide, then seal the nest entrance with a shovel full of dirt or a rock. The dust formulation is preferred because the yellowjackets attempting to leave the colony will track dust and contaminate the brood and other colony members. Re-treatment may be necessary after a few days.

Nests in Wall Voids

Treat the entrance into the structure with a dust formulation, but do not seal the entrance hole because workers may attempt to enter the building through inside openings.

Figure 1. A typical underground yellowjacket nest that uses an abandoned rodent burrow. By late summer, these nests may be as large as a basketball and contain thousands of yellowjackets.



entering and leaving.

Treating colonies should always be done in the evening when all the wasps are in their nests. Approach the colony carefully, since some yellowjacket guards will be protecting the colony. If light is needed, use a flashlight covered by red cellophane. (Like many other insects, yellowjackets do not see red light—it appears

Aerial Nests

Treat the nest with liquid or aerosol jet insecticide sprays after dark. Knocking down the nest without treating it, is ineffective since the wasps may rebuild the nest.

Foraging Yellowjackets

Because yellowjackets are scavengers, they are frequently

See YELLOWJACKETS on page 11

Environmental Focus



Is Your Home a Hide-Away for Pests?

Cooler temperatures are coming and you may find a few uninvited guests making their way into your home. Millipedes, crickets, and wolf spiders are some common “accidental invaders” that stumble into homes trying to escape the chill of fall. Most of these visitors are not going to cause a problem because they won’t be able to survive in the home environment. Our homes are too dry and there probably won’t be enough food to keep these pests alive.

Many of these short-lived visitors can be controlled without pesticides—a flyswatter, broom, or vacuum will work nicely. Gently sweep the beneficial wolf spider into a jar and release it outside away from the house. Snakes who find their way into the home should also be captured and released.

Accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unchecked openings around the home. These pests, unlike accidental invaders, can take up permanent residence in your house. Their control can be more difficult and expensive, if they become established.

Protect your home from unwanted guests by “pest-proofing.” By taking a few moments now to inspect your property, you may prevent rodents, snakes, and insects from using your home as a

winter hideaway.

Here are some things you might look for:

- Make sure all cracks around the outside of your house are sealed so mice, rats, snakes, and insects can’t squeeze in (rats can get through openings 1/2" in diameter—mice can get through holes no bigger than a dime). To fill openings, use something strong like cement, mortar, or caulk. Steel wool can be used as a temporary fix. Stuffing cracks with cloth won’t help and rodents may use it for bedding.

- Holes and other rodent damage in your home or garage need to be repaired and protected. Make repairs and, if necessary, cover the damage with hardware cloth (1/4" squares). If you cover rodent damage with a piece of wood, rodents may chew right through it again.

- Doors, windows, and screens should be in good repair and fit tight. Caulking will keep pests out and help lower fuel bills.

- Do your floor drains need screens? If so, ask a professional to help you select the screen size.

- Check around your dryer vent and other openings to make sure they aren’t being used as a handy way to get into your house.

- Removing leaves and grass clippings from around the foundation, cleaning out window wells and general yard clean-up will get rid of hiding places for pests near the home. (SC)

Is There a Cancer Epidemic in the United States?

The media and many advocacy groups would have the American public believe the U.S. is in

the midst of a cancer “epidemic.” These groups perpetuate the myth there has been a sudden surge in new cancer cases and deaths and unknown environmental agents are the cause. A careful review of the facts reveals:

- * With a few exceptions, primarily lung and AIDS-related cancers, there has been little overall increase in the number of new cases of cancer reported or the number of cancer deaths over the last 40 years.

- * The number of deaths caused by many forms of cancer has actually decreased, including deaths from Hodgkin’s disease and cancers of the cervix, uterus (endometrium), stomach, rectum, testis, bladder, and thyroid.

- * Modern screening methods, such as mammography for breast cancer and the prostate-specific antigen (PSA) test for prostate cancer, create the appearance of a sudden increase in new cancer cases. There is no correspondingly large increase in mortality from these forms of cancer, indicating we are finding more previously undetected malignancies.

- * Most cancers are related to known lifestyle factors. Among the proven causes of cancer are: tobacco, diet, alcohol, radiation, certain sexually transmitted diseases or reproductive patterns, and sunlight. Current research indicates some individuals may also have a genetic predisposition for certain forms of cancer.

- * “Chemicals” in food and the environment do not have a significant impact on overall cancer risk in the U.S.

See CANCER on page 11

Be Prepared for Head Lice

Did you know children may not scratch their heads until they’ve had head lice for up to 30 days? Some children don’t even scratch when they have head lice.

Don’t wait for the “scratching.” Learn how to manage head lice in your family, school, or child care setting. The video, “Removing Head Lice Safely,” is now being shown on Cable Channel 5. This 2000 “Telly” award-winning video can be viewed on:

Tuesdays	3 and 10:30 p.m.
Thursdays	1 p.m.
Sundays	5 and 9 p.m.

As always, the video is available on demand via the internet at <http://www.ianr.unl.edu/ianr/lanco/enviro/pest/lice>

For more information, call or stop by the extension office to pick up your free copy of the factsheets Head Lice Management and Quick Guide to Removing Head Lice Safely. If you would like to purchase the video, call the office at 402-441-7180 for a brochure. (SC)



Magnified head louse

Thank You 5CityTV!

We would like to recognize Bill Luxford at 5CityTV for helping us make this video available to Lincoln residents. In addition to the video appearing on Cable Channel 5, 5CityTV has also made it possible for you to view the video on the internet at your convenience.



Farm Views

Sobering Safety Statistics

How many people die as a result of a farm accident each year in Nebraska? What is the most dangerous piece of equipment on the farm? Have we made any progress in recent years?

I recently received some sobering statistics from Extension Farm Safety Specialist, Dave Morgan. There have been 33 Nebraskans killed in farm related accidents in the 19 months beginning in January 1999 (24 in 1999 and nine so far in 2000). Over the 31 year period of 1969 to July 2000, 1080 Nebraskans have died in farm accidents—an average of 34.8 deaths per year. As one might expect given the number of hours of use, the most dangerous piece of equipment has been the tractor, which accounted for eight deaths in 99-2000. The most frequent circumstance involving tractors has been overturning while using a loader, mowing steep side slopes, or loss of control while pulling heavy loads.

Tied for first in terms of manner of death was suffocation. Most victims were either caught in a moving mass of grain in a bin or trailer and drawn under and suffocated or exposed to noxious gases in confinement feeding buildings.

Coming in a close second are crushing injuries from various causes. Crushing accounted for seven deaths, most of which occurred as the victim was working under a piece of machinery and it fell on them. As one might expect, ATV deaths were next with six people killed in 99-2000. ATV's have killed far more young people than any other cause. Four of the six ATV deaths reported since January 1999 have been people under 20 years of age and three were under 10.

Are farms getting any safer

than they used to be? In terms of average number of fatalities, it would seem we are making some progress. The average number of deaths per year since 1969 is 34.8. In the most recent past, we are averaging in the mid 20's per year. I personally would credit improved safety shielding and ROPS (roll-over protective structures) for the improved numbers.

I believe that even more people could be saved if more tractor operators would wear their safety belt when operating a ROPS equipped tractor so they are not ejected from the tractor in an accident. People need to be aware of the dangers of "drowning" in moving grain. ATV's should be considered tools not toys. Finally, so many times, one reads about passengers, not the driver, being fatally injured in an accident. Tractors, combines, and other equipment are no place for passengers. Many times they are precariously situated and easily dislodged, run over by the tractor, by a pulled implement, or they are thrown from the tractor suffering head and neck injuries. Sometimes the passenger is actually part of the cause of an accident, because they interfere with the driver's ability to react to an emergency.

Harvest will soon be underway and we will be into one of the busiest times of the year. Long hours and dangerous working conditions are accepted as a normal part of the life of a farmer, but no one should become a statistic for the sake of getting done a day or two earlier.

For the rural residents reading this (school kids included), remember to be watchful on county roads. A car going 50 miles per hour coming up behind a farm implement moving at 15 miles per hour closes at a

See **STATISTICS** on page 11

Prepare Grain Bins and Equipment Before Harvest

With harvest rapidly approaching, now is the time to prepare grain bins and harvesting equipment to help ensure that grain going into storage will remain in good condition. Don't wait until the middle of harvest to discover that a bin foundation is severely cracked, or find even later that insects from grain that was left in the combine last fall have severely infested a bin of new grain.

Harvesting Equipment

Remove all traces of old grain from combines, truck beds, grain carts, augers, and any other equipment used for harvesting, transporting, and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain.

Bins and Other System Components

Check the bin site and remove any items or debris that would interfere with safe, unobstructed movement around the bin. Remove any spilled grain and mow the site to reduce the chances of insect or rodent

infestation. If necessary, re-grade the site so that water readily drains away from bin foundations.

Inspect bins and foundations for structural problems. Inspect the bin roof and sides, inside and out, for leaks, loose or sheared



bolts, rust, other corrosion, etc. Check the roof vents and access hatch, and caulk any cracks at the roof line. Be sure the access ladder is complete and securely fastened to the bin. Repair or replace any deteriorated components.

Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed, or broken insulation. Exposed wiring should be run through water-proof, dust-tight conduit. Avoid

kinking the conduit, and make sure all connections are secure.

Check fans, heaters, transitions, and ducts for corrosion and damage. Remove any accumulated dust and dirt that will reduce the operating efficiency. Be sure that all connections are tight.

Ensure that the bins are clean. Remove any old grain with brooms and vacuum cleaners. Never put new grain on top of old. Also, clean bins not being used for storage this year to keep insects from migrating to other bins.

It is generally impossible to thoroughly clean under perforated drying floors. Although by removing the drying fan, and using a grain vacuum, much of the accumulated debris can be removed. The bin should then be fumigated with chloropicrin. (Chloropicrin is a Restricted Use Pesticide and requires gas monitoring devices and respirator protection.)

If long term storage (over 10 months) is anticipated,

See **GRAIN BINS** on page 12

Could Carbon be Your Next Crop? USDA publication examines the issue

"Growing Carbon: A New Crop That Helps Agricultural Producers and the Climate, Too" has been published to provide information for producers and the general public on the linkage between natural resource conservation and greenhouse gas reduction.

The brochure addresses climate change and the greenhouse effect, what could happen to agriculture in the United States as the climate changes, how agricultural producers reduce greenhouse gas emissions, how producers increase

the storage of carbon on agricultural lands, the multiple environmental and economic benefits of these practices, international climate change agreements and U.S. agriculture, domestic policy, and the potential market for carbon.

Information is also provided on contacts for conservation practices and programs, research on conservation and climate change, USDA global change activities, climate change, and biofuels.

The brochure was sponsored by USDA's Natural Resources

Conservation Service, the USDA National Agroforestry Center, the Soil and Water Conservation Society (SWCS), and Environmental Defense, a national nonprofit organization that links science, economics, and law to create solutions to environmental problems.

Copies are available from state USDA Natural Resources Conservation Service offices, by calling 1-888-LANDCARE, or from the SWCS Web site at <http://www.swcs.org>. (TD)

Are you Looking for the Latest Wheat Variety Test Results?

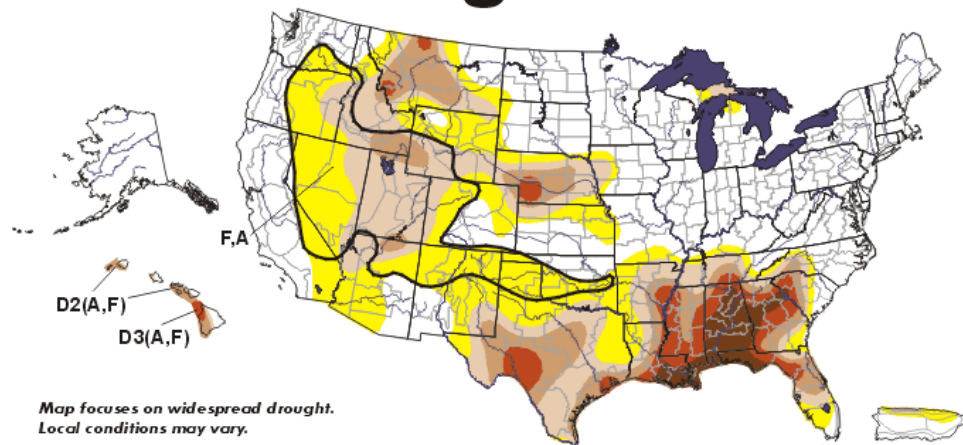
Internet users have access to University of Nebraska variety test results as soon as the data are compiled by accessing the data on the World Wide Web. The Lancaster County Extension web pages provide a convenient link to this information from the Nebraska Production Agriculture pages. Simply access the Ag/Acreage home page at <http://www.lanco.unl.edu/ag/> then click on the blue state of Nebraska icon (Nebraska Production Agriculture). At the welcome screen click on "Crops," then "Small Grains," then on "Nebraska Crop Variety Testing."

The wheat testing sites are listed individually or one can access a map of Nebraska where the wheat variety sites are indicated by a "W." Sites with 2000 data available will be blinking. Click on any available site to receive the latest wheat variety test results. (TD)



August 29, 2000 Valid 8 a.m. EDT

U.S. Drought Monitor



Map focuses on widespread drought. Local conditions may vary.

D0 Abnormally Dry
D1 Drought-First Stage
D2 Drought-Severe
D3 Drought-Extreme
D4 Drought-Exceptional
Delineates Overlapping Areas

Drought type: used only when impacts differ
A = Agriculture
W = Water
F = Wildfire danger

See accompanying text summary for forecast statements
<http://enso.unl.edu/monitor/monitor.html>



Released Thursday, August 31, 2000

The Contingency Plan and the Exit Strategy

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

During the past few months, we have discussed various aspects of your business planning. We have looked at different sections of the planning document. In summary, what we have outlined includes the following:

- The Executive Summary
- The Concept Description
- The Management Team
- The Product or Service
- The Marketing Plan
- The Operations Plan
- The Financial Plan

Today, we will close this series on business planning by looking at the final two items you should incorporate into your plan.

All well-prepared plans allow for contingencies. These "what if" scenarios deal with the issue of "what happens when things go wrong?" And things will not turn out as you anticipate, no matter how good your crystal ball. It is for this reason

your plan should include contingencies for any problem you can anticipate—from slow consumer acceptance, to drastic competition backlash, to unexpectedly high demand. The content of this section will be highly variable, and will depend greatly on your business type, your competitive environment, and your ability to recognize and analyze trends.

At the outset of this series, I referred to, "Beginning with the end in mind." I repeat that phrase here, for it deserves your consideration once more.

How are you going to "get out?" Are you going to sell to someone else? Are you planning on being bought out by a larger firm? Are you going to take your firm public and sell stock?

The last thing you want is a business that is working well, but you can't do anything with it. Why is this so important? Because if you use your business

plan to secure financing from investors or venture capitalists, they may want to invest their funds for only a few years. Then they will want to sell their stake and invest elsewhere. You need to be prepared to deal with this possibility.

Designing a good business plan is an art. As I said at the beginning, what I have presented in this series is one approach to that art. As I also mentioned at the beginning, if you are having trouble putting your plan together, chances are you will have difficulty with that section of your business as well. Spend the time to write your plan, from beginning to end. You will discover there are pitfalls and potholes along the road to a successful business. Good planning will help you avoid them.

Travel well. (DJ)

Acreage Insights

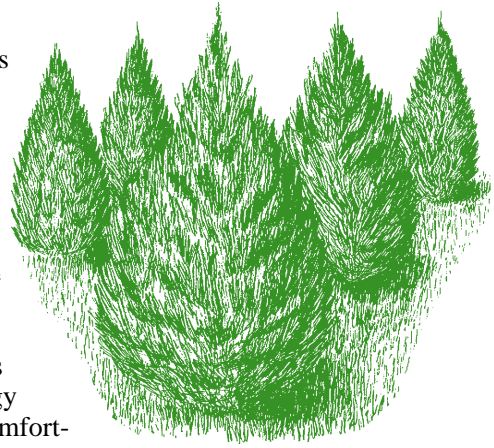


Benefits of Acreage Windbreaks

Well-designed windbreaks can cut energy costs as much as 20 to 40 percent. Individual savings depend on local site and climatic conditions, the construction quality of your home, your living habits, and the design and condition of your windbreak.

Local wind conditions affect the amount of energy needed to keep a home comfortable during cold winter months. Unprotected buildings, buildings with poorly fitted doors and windows or frequently opened doors, and buildings in areas with high average wind speeds, coupled with low average temperatures, are left vulnerable to winter's extremes. Windbreaks reduce the force of the wind on the exterior surfaces of buildings and thus the amount of cold air that enters the home.

In the summer, the inside and outside temperatures of a home may be very similar. Usually, this means the reduction of hot air entering the home



provides only minimal savings in home cooling costs. However, in areas where hot winds are common and most homes are air-conditioned, a reduction of hot air infiltration into the home can reduce air conditioning demands and, likewise, energy consumption. Additionally, trees provide significant evaporative cooling and may lower the local air temperature several degrees. Well-placed landscape plants, such as shade trees or foundation plantings, can provide summer

See WINDBREAKS on page 11

African Violet Growing Tips

African violets are popular houseplants because they're relatively easy to grow for most people, but they still require maintenance.

Before purchasing new plants, inspect them closely for pests, particularly thrips and mealy bugs. Thrips are tiny insects that live on flowers. They often feed on the pollen sacks and damage the petals. Because they hide deep in the flower structure, they are difficult to control with insecticides.

Mealy bugs look like specks of cotton and tend to cling near the plant's stem and crevices, sucking juices out of the plant and weakening it. They are difficult to control because of the cottony covering over the insect's body. Mealy bugs can be controlled by dabbing individual

cottony masses with a cotton swab dipped in alcohol, but this is very tedious. It's easier to buy plants that are not infested.

A common misconception about African violets is water shouldn't touch the leaves or they'll get water spots. Cold water

causes leaves to develop brown spots, but tepid or lukewarm water can be used without causing damage. For extra insurance, dab off the excess water drops. Periodic rinsing of the foliage removes dust and soil so the plants will thrive. Try to avoid letting water sit in the crown of the plant, as rot may develop.

An easy way to water African violets is to put them on a wick watering system.

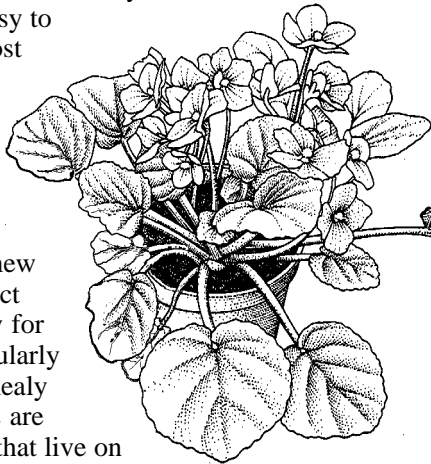
1. Run a piece of wet yarn through a flower pot and let several inches of yarn dangle out one of the drainage holes. Acrylic yarn works best because it won't rot or fall apart in water.

2. Fill a small margarine tub or deli container with water or one-quarter strength fertilizer solution. Make a hole in the lid of the container and snap it on the bowl.

3. Set the potted violet plant on top of the water container and direct the yarn through the hole and into the water. The yarn will wick water into the pot and the plant will absorb as much water as it needs.

4. Check the water level in the container periodically and add more as needed. Rate of use by the plant will depend on the plant size, growing temperature, and soil type.

5. Every few months, place the violets in a sink and leach them with tepid water to reduce the buildup of soluble salts. Place them back on their water reservoirs and watch them grow! (DJ)



Quickies

If you think decorating your yard with driftwood and rock will help save energy costs, think again. A yard landscaped with a lot of rock will result in a lower water bill, but the heat reflected from the rock probably will raise summertime cooling by at least 20 percent.

Well-applied mulches conserve moisture. Too much is too much, however. More than four inches of mulch around a tree, for example, can be harmful because tree roots can't exchange gases with the atmosphere. Mulch also attracts slugs and ants, so be wary about applying it next to a house foundation.

To care for your dieffenbachia, use a non-flowering houseplant fertilizer such as 10-10-10 once a month. Turn the plant once a week to keep it from growing crooked. Water a couple of times per week with tepid tap water. (DJ)

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.



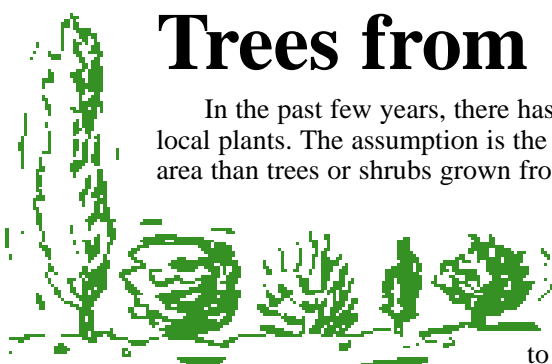
Trees from Seeds

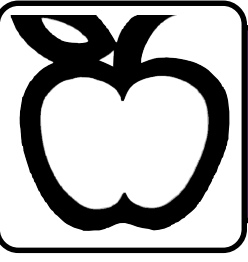
In the past few years, there has been a growing interest in collecting seed from local plants. The assumption is the plants growing locally are better adapted to the area than trees or shrubs grown from seed not in the local area.

Cottonwood and silver maple seeds mature in June. Because the seed is difficult to store for more than a few months, seldom is the seed available from commercial sources. For these two species, it is easier to plant seedlings than to try and locate seed and plant it.

Many of the other hardwood trees have seeds that mature in autumn. Walnut, green ash, osage orange, boxelder, red oak, and bur oak seeds mature in late September and early October. Bur oak seed is ready to germinate when it matures, therefore, it cannot be stored for more than just a few days.

Several excellent sources of information about collecting and storing trees and shrub seeds are available. NebGuides "Growing Conifers From Seed"—G380 and "Growing Shrubs from Seed"—G873 are available from the Lancaster County extension office. (DJ)





Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

September is National Honey Month. Nebraska is one of the top honey-producing states in the nation. Enjoy this vegetable dish from the National Honey Board (www.honey.com).

NOTE: Honey should not be fed to infants under one year of age. Honey may contain bacterial spores that can cause infant botulism—a rare but serious disease that affects the nervous system of young babies (under one year of age). Adults and older children can safely eat honey.

Honey-Glazed Carrots

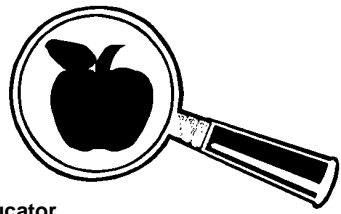
Makes 4 servings.

3 cups sliced carrots
1/4 cup honey
2 Tablespoons butter or margarine
2 teaspoons chopped parsley
1-1/2 teaspoons mustard

Steam or microwave carrots until crisp-tender. Stir in remaining ingredients, tossing to coat evenly.

Nutrients Per Serving (using butter) : Calories, 168; Fat Total, 6.08 g; Protein, 1.49 g; Cholesterol, 15.5 mg; Carbohydrates, 29.5 g; Sodium, 126 mg; Dietary Fiber, 3.68 g (AH)

Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: How long can you safely leave foods, such as meat, at room temperature?

A: Never leave perishable food—such as milk, cheese and other dairy products, eggs, meat, poultry and seafood—at room temperature over **TWO** hours. Once fruits and vegetables are cut, it's safest to limit their time at room temperature to **TWO** hours.

Remember, one bacterium can grow to over 2 million bacteria in 7 hours!

The longer food sets out

beyond two hours, the greater your chances of getting sick. The two hour guideline includes **preparation time** as well as **serving time**. On a hot day, when the temperature is 90 degrees F or more, your "safe use time" decreases to one hour.

When packing a lunch, if possible, store your packed food in a refrigerator at work. If refrigeration isn't available, carry chilled perishable food in an insulated lunch container and include a gel freezer pack to keep foods cold. (AH)

What You Eat Can Affect How Well You Sleep

There are many reasons for problems sleeping. Food may be one of them. If you continually have difficulty sleeping, check with your physician. Sleeplessness may be a symptom of some other health condition.

The problem can be falling asleep, staying asleep, or waking up too early. Here are some dietary recommendations from *Environmental Nutrition* newsletter that may help you sleep better.

■ **Caffeine.** Reduce or eliminate sources of caffeine, a stimulant may keep you awake. This includes coffee, tea, and many soft drinks. Be aware, some medications may contain caffeine.

Many people experience

caffeine withdrawal—headaches, depression, drowsiness. Cut back gradually if you decide to do without caffeine entirely. Otherwise, consider limiting intake to earlier in the day.

■ **Alcohol.** Many people have a drink to help them sleep. Unfortunately, alcohol may have the opposite effect! You're more likely to wake in the middle of the night after drinking. Have your last drink several hours before bedtime.

■ **Liquids.** If you frequently get up to go to the bathroom, avoid drinking liquids close to bedtime.

■ **Smaller meals.** A heavy meal close to bedtime can interfere with sleep. Make your night meal a lighter one. (AH)

Teens Gain Confidence in the Kitchen Through NEP

Working with teens is both fun and challenging. Approximately 300 teens, through six monthly groups, learn through hands-on cooking which encourages good health.

Healthy nutrition is promoted through inter-active games, activities, and discussion.

Many teens do not have opportunities to be successful in the kitchen. They think "fast food" is the answer to their eating needs. Teens enjoy the individualized learning through NEP. The teens may choose what they will prepare, and the ingredients they will add to suit their individual tastes. For example, in July, each teen created their own recipe for a "fruit smoothie." Some of their choices to add included tofu, yogurt, or fresh fruit. In June, teens made and

shaped homemade pretzels for a nutritious snack. They chose the shape of the pretzel and also learned how to make several economical and nutritious pretzel dips.

Teens say:

"Thank you for coming and cooking food for us that is



healthy and good." - Cedar's Resident

"Thank you for all the fun time cooking and hanging out with us." - Cedar's Resident

Nutrition Education Program

for Limited Resource Families

Marlene Meinke
Extension Assistant

"Why did these pancakes rise so much higher than the boughten ones?" - YWCA Teen Mom

It is rewarding to watch teens make good choices on their own as a result of the knowledge and experiences they gain through the Nutrition Education Program. Monthly groups include Cedars TLC, Boys Group Home, Unity Home, YWCA Teen Moms, and Centerpointe teens.

For further information or questions please contact Mardel Meinke at 441-7180. (MM)



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)

Get Fit with 5-a-Day Health Tips

Eating five or more fruits and vegetables a day has been associated with helping protect against certain types of cancer, heart disease and osteoporosis as well as with aiding in weight control. Here are some tips from the Produce for Better Health Foundation to help you include five or more fruits and vegetables in YOUR daily diet:

FACT: Americans are more likely to start the day with coffee.

ACTION: Start your day with 100 percent fruit or vegetable juice and strive for

five!

FACT: Only 10 percent of foods consumed at breakfast are fruits, vegetables, or 100 percent juice.

ACTION: Add a serving of fruit with breakfast to make it extra special—a great way to 5-a-Day!

FACT: Nearly 65 percent of all fruit juices, and 34 percent of all vegetable juices are consumed at breakfast.

ACTION: Choose 100 percent fruit and vegetable juice for a refreshing break after your next workout. Eating 5-a-Day

helps replenish vitamins and nutrients the body uses throughout the day. Get in shape through 5-a-Day.

FACT: Americans are 10 times as likely to select a carbonated soft drink than 100 percent juice.

ACTION: Enhance your meals by substituting carbonated drinks with 100 percent fruit or vegetable juice. Let your imagination run wild on 5-a-Day!

FACT: Only 17 percent of

See **FIT** on page 11



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.

151 Start the Day with 5-a-Day
353 The Fruit Group
356 The Vegetable Group

and many more...

Cook It Quick!

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

FREE monthly Food Reflections e-mail newsletter.

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

Clarice's Column

Clarice Steffens
FCE Council Chair



Thirty days hath September...Thirty days to enjoy the waring summer and the beginning of fall. Days to make changes in schedules, adapt to the school routine, resume our club meetings, see Nebraska turn into a sea of red, have a fun Labor Day, and take one last weekend trip or vacation of the summer.
September 25, 7 p.m. is the day set aside for the FCE Council meeting. We will award certificates to the 2000 literacy and poster contest

winner and enjoy the music of the Lancaster County chorus. I hope many of you will show your support for the contest winners and the chorus by attending this meeting. Our business meeting will follow the entertainment. Thank you to the 49'ers, Willing Workers and Home Service Club for hosting this event.
Some of our members will use a few September days to attend the State FCE convention in Ainsworth. They will share their experiences with us at the Council meeting.
Already we have asked you to save October 24th for the annual Achievement Day activities. It will be a time to share our successes and maybe

not so successful endeavors and spend some time enjoying our fellow members and their guests. The theme for the evening will be "Quilts."
Thanks to all who spent their summer days collecting, bagging and distributing items at the County Fair's Health Awareness Day. Thanks also go to all who attended the fair activities.
September is a time of reorganization for our clubs and I certainly hope all our current clubs will be with us and become even more active as we close 2000 and move into 2001. One needs to be involved to really feel a part of any organization.
Enjoy these thirty days of September! See you at the Council meeting.

Family Living



by Lorene Bartos, Extension Educator

Conserving Water in the Kitchen

Household chores are a source of water waste. Save water by running the dishwasher only when it's fully loaded. New dishwashers use only five to seven gallons of water per load and do a better job of cleaning, so less pre-rinsing is needed. If washing dishes by hand, rinse all the dishes at once instead of rinsing one at a time. Make sure the water level in the washing machine is appropriate for the load size and use the warm or cold water setting. (LB)

- FCE News -

Thank You

I would like to take this time to thank everyone that helped with Health Awareness Day. It was greatly appreciated. We had a great turn out.
Thanks
Ann Meier, Chair of Health Awareness Day

September FCE Council Meeting

The September Council Meeting is scheduled for Monday, September 25, 7 p.m. at the Lancaster Extension Education Center. Awards will be presented to the winners of the literacy and poster contests. The Lancaster County Chorus will entertain the council, followed by the business meeting. (LB)

FCE Leader Training

The FCE leader training lesson "Is It Alzheimers?" is scheduled for Tuesday, September 26, 1 p.m. and will be presented by Lorene Bartos, Extension Educator.
This lesson is designed to educate people about Alzheimer's disease and provide ideas for being helpful to those affected by this illness. Anyone interested in Alzheimers is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

FCE Reorganizational Packets

Family and Community Education (FCE) club reorganizational packets are ready for club presidents to pick up at the extension office. It includes the dues information for club treasurers. Information in the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions call Lorene or Pam, 441-7180. (LB)

The Case for Family Chores

Now the kids are back in school, have you made the case for family chores? Although children often resist doing work around the house, chores are a wonderful way to involve the family and teach life-long skills.

Work, family activities, personal interests, and community responsibilities keep families twice as busy as they used to be. In order to keep a home running smoothly, all family members need to pitch in, to get things done. Everyone will benefit. Sometimes working on a chore together works best. In other circumstances it may be best to negotiate a set of chores and the standards you expect with children.

Doing chores helps children:

- Increase their ability to be responsible.
- Build self-esteem and self-confidence.
- Learn necessary life skills that will help them when they have their own homes.
- Learn to prioritize, organize, and use time wisely.

There is no absolutely reliable method to get children to help around the house. However, there are suggestions that may motivate children to do household chores.

Step 1: Initiate a family discussion

• Find out from the children which jobs they think need to be done and which ones they like or dislike.

- Make a list of everyone's ideas. Be as specific as possible.
- Decide which jobs need to be done daily, weekly, or monthly.

Step 2: Decide who will do what jobs.

- Try not to assign disliked tasks to the same family member any more often than necessary.
- Avoid dividing jobs into male and female tasks. Everyone needs to learn a variety of household management skills.

Step 3: Teach children the necessary skills.

- Show each child how to do each job.
- Make sure he or she knows how to operate equipment safely.
- Work with your children until they can do a job well.
- Offer compliments generously.

Step 4: Agree on acceptable standards and work quality.

- Be specific when setting up chores so everyone understand what is expected..

Step 5: Create a user-friendly home.

- Show how to reduce work by putting things away.
- Teach kids to combine tasks.
- Help them organize their

See CHORES on page 12

CHARACTER COUNTS! Corner

Making Good Decisions

Making good decisions isn't always easy. It is a process everyone should learn because good decisions leave persons feeling confident of their choices. Parents can help children make good decisions by using the following tips.

- Praise children for a job well done, and use constructive criticism when needed.
- Encourage children to think about the positive and negative consequences of their actions.
- Set good examples as parents. Don't engage in activities or make decisions you wouldn't want your children to.
- Instill values in your children about determining right and wrong, being honest, and being responsible.
- Encourage them to talk over decisions with trusted friends and adults.
- Use examples from the media of people who have made wise decisions or suffered the consequences of unwise decisions.
- Build confidence in your children and support them. Good decision making results in self-confidence.

Making good decisions is an important part of developing character. Setting a good example of healthy decision making will help your child learn good decision making skills. It is important to involve children in family decisions. Explain the various options and listen to their perspective. As the adults parents have the final say, so make decisions carefully. (SS)



Teen Supervision after School

When teens go back to school in the fall, parents need to address the issue of after school supervision. What do the teens do when school is out and parents are working? Many families today are dual earner families and both parents are at work when youth get out of school. It is not wise to assume

youth can entertain themselves until parents get home. Teens still need supervision. A lack of supervision by parents increases the likelihood youth will engage in riskier behaviors than when adults are watching. This includes sexual activity, drug use, and theft to name a few. Teens often do what their friends

are doing to feel accepted. Nearly half of all violent juvenile crimes on school days take place between 2 and 7 p.m. Only one seventh occur between 11 p.m. and 7 a.m.
Youth today spend a considerable amount of time watching television, playing video games,

See TEEN on page 12

CHARACTER COUNTS! Conference

The CHARACTER COUNTS! Conference for middle and high school educators scheduled for Wednesday, September 20, 9 a.m. to 3 p.m. at the Seward Community Center, in Seward, Nebraska has been postponed until second semester. Watch the NEBLINE for more information about the re-scheduled event. (LJ)





4-H Bulletin Board

- Teen Council will meet October 8, 3-5 p.m. All teens are welcome to join the fun. (TK)
- 4-H Ambassadors - October 8, 2 p.m. (LB)

Fair’s Over, Now What? Parent and leader meeting

Leaders, parents, and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. See you there September 18 at 9:30 a.m. or 7 p.m. (TK/LB)

Award Nominations

Nominations are needed for the following awards by October 31. Application forms are available at the extension office.

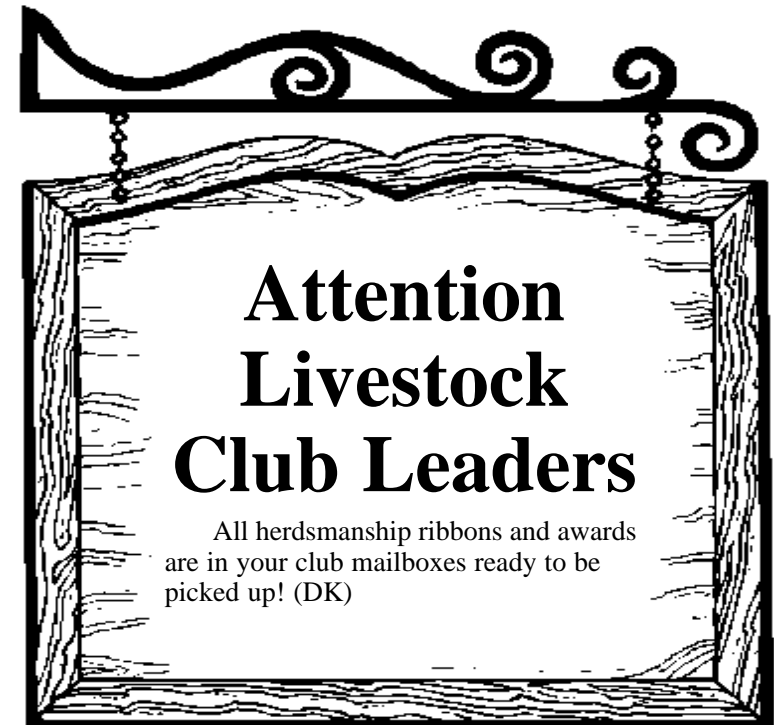
4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—presented to junior or senior high school 4-H members who have demonstrated personal integrity, lead well-rounded lives, and possess a willingness to assume responsibility. They do not need to currently hold leadership positions, but should be recognized by their peers and adults who work with them, as emerging leaders. Two 4-H members will be selected from Lancaster County. (LB)


It’s Time to Reorganize!

Leaders, watch your mail for you club reorganization packet for the upcoming 4-H year. You should receive it by the end of September. (TK)




2000 Ak-Sar-Ben Livestock Exposition and World Championship Rodeo

September 18 through September 25



Schedule of Events



Thursday, September 21

3 p.m.	Stalling quarters available for Breeding Beef, Feeder Calves, Lambs, Swine and Dairy
6-9 p.m.	Check-in Feeder Calves
7 p.m.	Feeder Calves must be on grounds
7 p.m.	Rodeo

Friday, September 22

7-10:30 a.m.	Check in Breeding Heifers
8 a.m.	Begin weighing Lambs
8 a.m.	Breeding Heifers must be on grounds
9:15 a.m.-2:15 p.m.	School Tours
10 a.m.	Judging of Feeder Calves: 1. Feeder Heifers 2. Champion Feeder Heifer 3. Feeder Steers 4. Champion Feeder Steer 5. Feeder Calf Showmanship
11 a.m.	All Dairy Cattle and Market Lambs must be in stalls
1:30 p.m.	Check in Dairy Cattle
7:30 p.m.	Rodeo

Saturday, September 23

7 a.m.-noon	Weigh and tag Market Beef
8 a.m.	Judging of Breeding Heifers: 1. Charolais 2. Chianina 3. Salers 4. Herefords and Polled Herefords 5. Gelbvieh 6. Simmental 7. Commercial 8. Maine-Anjou 9. Limousin 10. Shorthorn 11. Angus 12. Tarantaise 13. Beef Breeding Showmanship
8 a.m.	Continue check-in and weighing Swine
8 a.m.	All Market Beef must be on grounds
8 a.m.	Judging of Market Lambs, all day followed by showmanship
8 a.m.	Judging of 4-H Dairy all day, followed by showmanship
	Ring 1 - Holsteins
	Ring 2 - Brown Swiss, Jerseys, Guernseys, Milking Shorthorns, and Ayrshires
11 a.m.	All Market Swine must be in place
1-4 p.m.	Weigh Market Broilers
4 p.m.	Market Broilers must be in pens
5 p.m.	(Or after completion of Lamb Showmanship Contest) Load all lambs, except Grand Champions and Division Champions
7:30 p.m.	Rodeo

Sunday, September 24

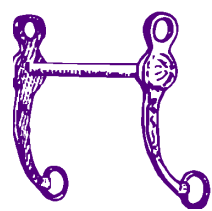
7:30 a.m.	Judging of Market Heifers -Judging Catch-A-Calf -Judging Market Beef Showmanship -Judging of Market Swine all day, followed by showmanship
8 a.m.	Catholic Mass in General Office Building
9 a.m.	Judging of Market Broilers all day
10 a.m.	Protestant Services in General Office Building
2 p.m.	Rodeo
7 p.m.	Rodeo

Monday, September 25

7:30 a.m.	Judging of 4-H Market Steers -Selection of Champion and Reserve Champion Division Steers as classes are shown -Market Steers not in Auction or Carcass Contest, released (time will be announced) -Selection of Grand Champion Steer and Reserve Grand Champion Steer
6 p.m.	Purple Ribbon Auction, Ak-Sar-Ben Hall

Tuesday, September 26

5 a.m.	Load all cattle to cooperating packers for Carcass Contest (time is subject to change) (DK)
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HORSE BITS

4-H Horse Achievement Night

The 4-H Horse Achievement Night dinner was held on Tuesday, August 8 to recognize the accomplishments of this year's 4-H horse exhibitors. There were 150 participants in this year's Lancaster County Fair Horse Show. Exhibitors were given awards in several different categories.

Eighty-five exhibitors participated in the horse judging contest and the winner of each age division won a belt buckle. Top ten in each category were: Elementary (1-10) Bethany Zimbelman, Colton Jones, Amberlee Schoneweis, Ryan Hagan, Sam Cajka, Tiffany Mockenhaupt, Jenna Taylor, Josh Taylor, Morgan Marshall, and Cat Cowell; Junior (1-10) Jessica Blum, Anna Wishart, Melissa Ebeling, Victoria Kirilloff, Danielle Fenster, Ashley Schoneweis, Andra Rasby, Laura Goodenkauf, Michela Winters, and Michaela Stephens; Senior (1-10) Pat Smith, Sara Messick, Kelly Heather, Josh Blum, Aley Vogel, Sara Morrissey, Laurissa Sabalka, Katie Cruikshank, Jessica Frink, and Teresa Perrin.

The Confer Trail Award is given each year to the exhibitor with the best trail time. This year the award went to Rachel Braunsroth, daughter of Brad and Cindy Braunsroth of Lincoln.

The Manning Barrel Trophy for the fastest barrel race time was won by Ashley Schoneweis, daughter of Rod and Connie Schoneweis of Lincoln.

The Wittstruck Memorial Trophy is given to the "all around champion individual" horse exhibitor. When registering for the fair, the rider must choose six classes to use for award points. These six classes must be from three of four categories of events; those being showmanship, speed, performance and pleasure events. For the second year in a row, the winner of this year's Wittstruck Award is Josh Blum, son of Gary and Lori Blum of Malcolm. Josh won purple ribbons in all six of his chosen events, was champion in two of those and reserve champion in three. Congratulations Josh! (EK)

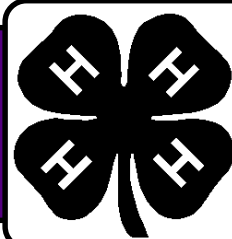
Video Tapes Available



For those horse exhibitors who will soon be experiencing the winter weather blues and need something to do to stay on your toes, there are eight new video tapes available for check out from our office. These are the Horsin' Around 2000 videotapes, recorded at the annual Horsin' Around Conference, with tips from Carla Wennberg, one of the nation's top judges and premier instructors. The tapes are: *Finding the Versatile Athlete*, *Strategies for Showmanship at Halter*, *Equine Insurance 101-The Horseman's View and Equine Insurance View*, *More Showmanship at Halter*, *Developing the Western Horsemanship Horse*, *Western Horsemanship-The Horse and Rider Team*, *The Hunter Under Saddle Horse*, and *Finishing the Hunter Under Saddle Horse and Skills and Drills for Improved Hunt Seat Equitation*.

To check out any of these video tapes, please call the office and ask for Ellen. (EK)

4-H & Youth



Make a Difference Day

Saturday, October 28 is Make a Difference Day. A small act of kindness can make a difference to a person, family, or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at <http://www.usaweekend.com/diffday/index.html> and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes from participants). Please share your finished projects and activities with us. (TK)

Awards

4-H awards books are due in the extension office October 31. The awards competition will remain, as it has in the past, for county and district competition. All 4-H members 12 years old and older are eligible to submit books for county awards. If you have questions, call 441-7180. (LB)



Thank you Trophy Sponsors



Lancaster County 4-H and FFA youths would like to thank all the businesses and families who made donations towards county fair awards and trophies. Your dedication and support towards youth programs is greatly appreciated! (DK)

Prudential Spirit of Community Awards

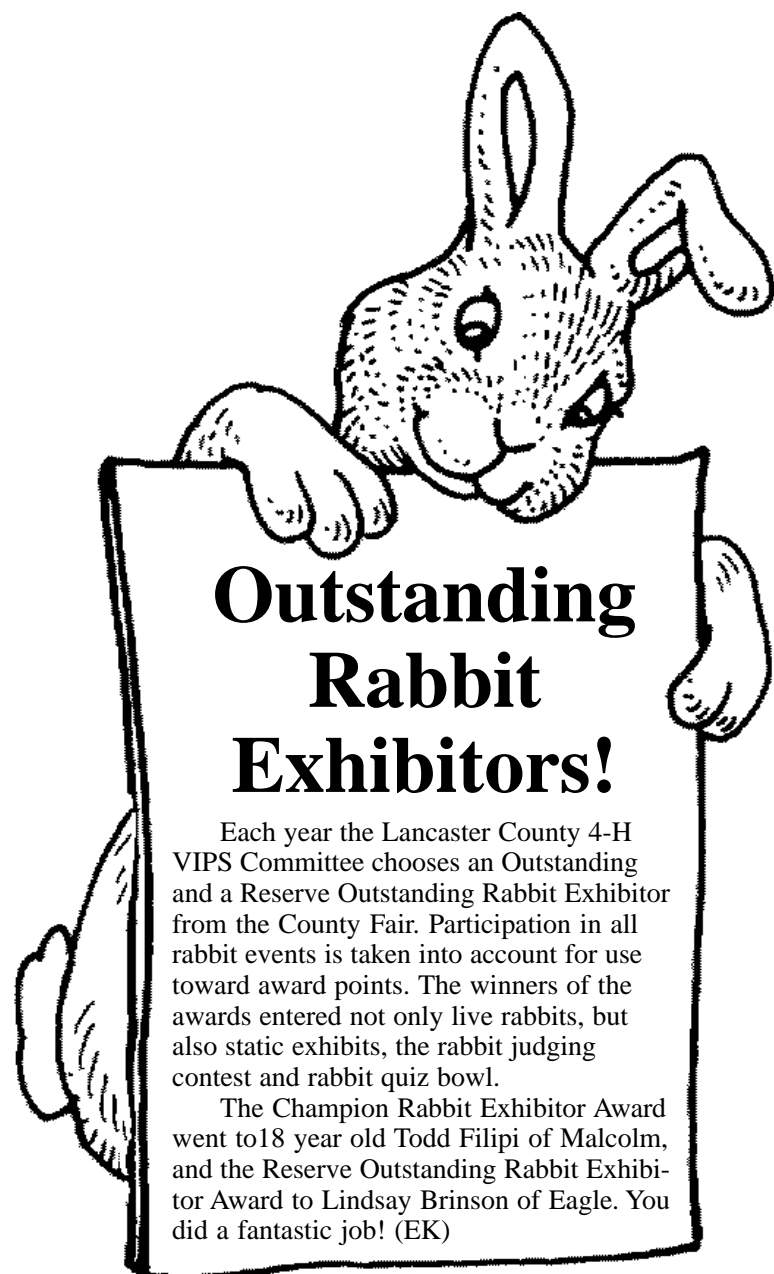


The search is on to find our top 4-H community volunteer. Each state selects one middle school and one high school individual. If you are selected, you could receive \$1000, an impressive silver medallion, and a trip to Washington, D.C. (if you feel you've made a positive difference through a volunteer activity during the past year.) This award recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. Volunteer activities should have occurred after September 1, 1999. Applications are available at the Lancaster County Extension, 444 Cherrycreek Road, Lincoln, NE 68528, 441-7180 or on the Internet at www.prudential.com or at www.nassp.org. They are due October 31, 2000. (LB)

Outstanding Rabbit Exhibitors!

Each year the Lancaster County 4-H VIPS Committee chooses an Outstanding and a Reserve Outstanding Rabbit Exhibitor from the County Fair. Participation in all rabbit events is taken into account for use toward award points. The winners of the awards entered not only live rabbits, but also static exhibits, the rabbit judging contest and rabbit quiz bowl.

The Champion Rabbit Exhibitor Award went to 18 year old Todd Filipi of Malcolm, and the Reserve Outstanding Rabbit Exhibitor Award to Lindsay Brinson of Eagle. You did a fantastic job! (EK)





Community Focus



National Pollution Prevention Week

Lincoln will become part of a nationwide celebration during the week of September 18-24, when local businesses, agencies, and concerned citizens participate in National Pollution Prevention Week activities. "Pollution prevention" (P2) means eliminating waste at the source before it becomes pollution. P2 helps businesses reduce costs and is one of the best ways to solve the nation's waste problems. P2 Week allows businesses to share their successes and allows communities to celebrate businesses that have reduced waste. A number of communities in Nebraska are planning a wide range of events for the week.

The luncheon and dessert following the meeting costs \$5. Advance registration is required for the tour and luncheon. Luncheon reservations can be made through Lorene Bartos, 402-441-7180. For more information on Lincoln activities, contact Carrie Hakenkamp, WasteCap of Lincoln, 402-472-0888, or Phil Rooney, Lincoln-Lancaster County Health Department, 402-441-8644.

In Beatrice, Keep Beatrice Beautiful and Recycling Unlimited are planning P2 activities for the following week. A tour of three businesses (American Tool, Accuma, and Goosens) will be held on Tuesday, September 26, 9 to 11 a.m., followed by a trip to the landfill baling facility. A light sack lunch (11:30-12:30) at the baling facility will follow the tours. Those outside of Beatrice are welcome to come along. For more information, contact Dale Ekart, UNL Recycling Coordinator 402-472-6099.

These events are being scheduled by a planning committee consisting of representatives from Square D, University of Nebraska-Lincoln, University of Nebraska Cooperative Extension, Keep Nebraska Beautiful, Keep Beatrice Beautiful, Recycling Unlimited, WasteCap of Lincoln, Lincoln-Lancaster County Health Department, Goodyear Tire and Rubber Company, NICE, INFORM, Nebraska Department of Environmental Quality, Nebraska Energy Office, and the Nebraska Business Development

In Lincoln, Tuesday, September 19, 8 a.m. to noon, buses will provide transportation to tour Lincoln area businesses to learn more about their waste reduction and recycling efforts. Buses will leave the Lancaster County Extension Office at 8 a.m.

The tours will let businesses show off their P2 successes and will provide visitors with ideas for their own operations.

On Thursday, September 21, 10 a.m. to noon there will be a combined meeting of INFORM and Nebraska Industrial Council of the Environment (NICE) at the Lancaster County Extension Office.

Local businesses will share their waste reduction success stories.

See POLLUTION on page 11



Lancaster Event Center Progress Report

Leon Meyer, Managing Director of the new Lancaster Event Center reports that construction progress remains ahead of schedule.

- Pavilion II is nearing completion; inside electricians and dry wall installers have been finishing building details. On the exterior installation of all outside overhead doors has been completed.

- Pavilion I has had air exchange units lifted into place

and roof eaves are being installed.

- Over 160 yards of concrete have been poured in the Lincoln Room of the multi-purpose building. Installation of the air exchange system is nearly completed for the building's arena area.

- Construction of the geothermal heating and cooling system for the multi-purpose building has also begun.

- Installation of the Event Center's water system is now

complete with hookup to the water main to be the final step.

- Solicitation of bids for asphalt paving of parking lots and 84th street Event Center marque is underway.

- Opening for the Lancaster Event Center is scheduled for February 1, 2001.

- Over 170 facility user days have been designated from February 1 through December 1, 2001. (GB)



Pavilion I nears completion with exterior doors installation complete.



Ventilation equipment/units ready for installation.

Photos by Joel Armstrong



Access Lancaster County Extension Office Thru the Internet

Do you have the internet? If so...put it to use by logging on www.lanco.unl.edu to experience how knowledge can work for you! Back issues of the NEBLINE, NU Facts information, and a full array of extension information is available. The site is also a source for subject related links and the University of Nebraska. (GB)

www.lanco.unl.edu

Shortcuts:

Food Safety & Nutrition

www.lanco.unl.edu/food

Agriculture & Acreage

www.lanco.unl.edu/ag

Environmental Issues

www.lanco.unl.edu/enviro

Family

www.lanco.unl.edu/family

4-H & Youth

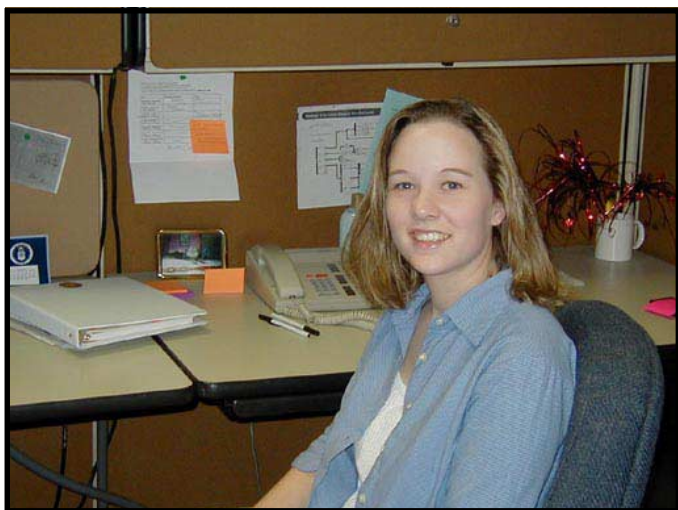
www.lanco.unl.edu/4h

Horticulture

www.lanco.unl.edu/hort

Past issues of THE NEBLINE

www.lanco.unl.edu/neblines



Suzanne Spomer joined the staff of Lancaster County Extension at the end of July. She is a new VISTA member in the office so she will be a familiar face for the next year. Suzanne is a Nebraska native. She graduated from the University of Nebraska-Lincoln in December of 1999 with a bachelor's degree in Human Resources and Family Science, with family science as her major field of study. One area Suzanne will focus on is the Character Counts! program. She will be helping to support Character Counts! in Lincoln schools and the community. She will also be working with 4-H youth leadership programs as well. Her family has been involved with 4-H for many years. Suzanne hopes to gain valuable work experience and meet new people this year. (LJ)

Opportunity for Child Care Providers

Don't miss this opportunity to learn effective ways to teach character to children in your care. Lancaster County Cooperative Extension will train providers on the six pillars of character, introduce activities for character building, and provide free curriculum for 4 to 6 year olds. Mark your calendars for Saturday, September 30, 9 to 11:30 a.m. For further questions or information call LaDeane or Suzanne at 441-7180. (LJ)

Registration

Name _____
 Child Care Center _____
 Address _____
 City _____
 State _____
 Zip _____
 Phone _____

Registration fee of \$5.00 per person must be enclosed with registration. Make check(s) payable to Lancaster County Cooperative Extension. Refreshments will be provided.

Registration deadline is September 27.

Return Registration form and fee to:

University of Nebraska Cooperative Extension in Lancaster County
 LaDeane Jha
 444 Cherrycreek Road
 Lincoln, NE 68528-1507

Helpful Hints for Saving Money

A penny saved is a penny earned. There are many ways to save money when your budget is tight. The bottom line is to see what you can live without. For example, if you eat out a lot, limit these outings to once every two or three weeks. Make going out to eat a special occasion, or a privilege, not a necessity. Make out a list for grocery shopping. This way you can limit yourself to only buying what is absolutely needed versus going without a list and buying whatever looks good. Also, making out a list will help you spend only what is on your list, so you have a good idea of what your grocery bill is before going to the store.

Another suggestion is to keep a penny jar. Put extra

pennies in a jar and periodically take them to the bank when the jar is full. Start a new savings account with the extra pennies and watch the interest grow.

Have a “poverty week” once a month and refuse to do any activities that costs money. Spend free time at home with the family and play board games, read books, and cook all meals at home. By the end of the week, you shouldn’t have spent any money so your wallet shouldn’t be empty.

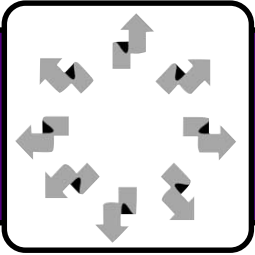
Don’t keep a lot of cash in your wallet. It is easier to spend cash and later you will wonder where the money went. On the contrary, if you write a check for everything, you will probably be less likely to spend money. Also, deduct from your balance right

away in the checkbook register. You will probably be more likely to limit spending because of constant monitoring of your checking balance. The other advantage to not having cash in your wallet, is avoiding “little” expenses that add up, like candy bars and sodas. You simply won’t have the means to pay for them at the time.

Buy generic brands of foods and other goods. The generic brands are often just as good of quality as the more expensive brands but cost a lot less.

Finally invest in the future! If you have a sum of money which will not be needed for the next couple of years, put it in a CD or savings bond and watch the interest grow. (SS)

Miscellaneous



STORAGE

continued from page 2

Canna rhizomes should be dug after the foliage has been killed by a frost. Cut the stems back to four inches above the soil. Dig the rhizomes and dry in a frost free location for about two weeks. Place the roots in shallow boxes; they do not require covering. Store at 45 to 50 degrees.

The storage organs of most tender perennials multiply quite quickly in the garden. It is important to leave them intact until spring. Any injury incurred prior to storage will increase the chances for rot to occur. In the spring, cut the rhizomes and tubers apart making sure at least one or two dormant buds are

present on each section. Share the extras with relatives, neighbors, and friends.

The major problem homeowners have in storing these tender perennials is finding a location with the correct temperature. Many of us no longer have an unheated basement or extra bedroom in which to store the tender perennials adequately. Normal interior temperatures can be too warm. Most garages, even though attached, will be too cold for survival. If this is your situation, do the best you can with what you have available, or consider growing these plants as annuals instead of perennials. (MJM)

Being a Balanced Parent

In the frenzy over scheduling—from balancing the checkbook to delivering family members to various appointments—it is easy for parents to overlook the most basic parenting principles. Remind yourself to slow down and count every day blessings.

Every day, for a least a few moments, try to imagine the world from a child’s point of view. Think about how you appear and sound to a child. Then think about how you may want to modify the way in

which you speak to children.

Parents should see their children as great just the way they are. Even when children disappoint you, look for the good qualities. Consider whether your expectations are realistic and in the best interest of your child. Be careful about how expectations for children are communicated—keep in mind what is best for the child first.

Learning how to handle stress helps parents deal with situations more effectively. Children learn what parents

model. It is important that children are able to see parents as their center of balance.

Parents should apologize when they have betrayed a trust, even in a little way. An apology sets a good example of admitting mistakes.

Finally, remember that the best gift parents can give their child is themselves. Parents should make children an integral part of their life and find joy in what makes their family special. (LJ)

FIT

continued from page 6

the foods consumed at lunch are fruits, vegetables, or 100 percent juices.

ACTION: Lighten your day the 5-a-Day way! Create a salad for lunch and snack on fruits and vegetables during the day. You’ll feel healthier, and look it too!

FACT: Americans are four

times more likely to pick a processed snack, than a fruit or vegetable.

ACTION: Select fruits and vegetables for a snack full of vitamins, nutrients, and good taste. Lose those empty calories, and reach for 5-a-Day! (AH)

YELLOWJACKETS

continued from page 3

found foraging around compost piles, garbage receptacles, and picnic sites. Their activity can be discouraged by covering all food and drink and disposing of waste in covered containers.

Yellowjackets are highly attracted to overripe fruit. It is important to remove fallen fruit promptly.

Traps can be used to capture foraging yellowjackets and

provide short-term protection during picnics and at foraging locations. Non-toxic traps are available in yard and garden stores. The most effective traps use a synthetic attractant called n-heptyl butyrate to lure workers into a trap from which they cannot escape. Other baits like lemonade, grenadine, fruit flavored soda pop, beer, and fruit juices may also work. Traps

work by drawing workers away from people, but trapping is not as effective as treating the nest and all the foraging workers. For more information about controlling bees and wasps, refer to NebGuide G88-891, Stinging Bees and Wasps, available at the Lancaster County Extension Office. (BPO)

POLLUTION

continued from page 10

Center. Originating in California in 1992, Pollution Prevention Week gained widespread popularity before becoming a national effort in 1995. The National Pollution Prevention Roundtable (Washington, D.C.), the largest membership association devoted solely to pollution prevention, is taking a leading role in promoting widespread participation in National Pollution Prevention

Week. Events in other communities include poster contests, parades, and various classroom activities. Lincoln began celebrating National Pollution Prevention Week in 1996.

Phil Rooney, Community Health Educator, Lincoln/Lancaster County Health Department and Jan R. Hygnstrom, UNL Biological Systems Engineering. (GB)

WINDBREAKS

continued from page 5

energy savings of 15 to 35 percent.

Winter storms on open and unprotected land can render a farmstead snowbound. A properly placed windbreak can reduce or eliminate snow drifts on driveways, in service areas, and around buildings. Valuable time and energy can be spent on other activities instead of snow removal. For additional information, see EC 91-1770, Windbreaks for Snow Management.

Struggling against the wind makes hard work seem even

harder. Protect working areas around the farmstead or ranch with windbreaks makes tasks such as cutting firewood, working on equipment, or feeding livestock safer and more comfortable.

When winter winds are combined with low temperatures, the resulting wind chill may create dangerous working conditions. For example, the cooling effect of a 15 miles per hour wind combined with a temperature of 10 degrees affects your body warmth as

much as a temperature of 18 degrees below zero. More seriously, a temperature of -20 degrees with a wind speed of 20 miles per hour equals a wind chill of -67 degrees, cold enough to freeze exposed flesh in less than a minute. A moderately dense windbreak will reduce the 20 miles per hour wind to approximately 5 miles per hour out to a distance of 5H (H = effective height of the windbreak), still very cold but not nearly as dangerous. (DJ)

CANCER

continued from page 3

Source: This article is excerpted from a report written by Alan C. Fisher, Dr. P.H., and Wendy Worth, Ph.D. It was revised by Debra A. Mayer, M.P.H., a Research Associate in Epidemiology at the American Council on Science and Health. Founded in 1978, and directed and advised by the world’s leading scientists, physicians, and policy advisors—ACSH is a

nonprofit, consumer education organization dedicated to providing the public with mainstream scientific information on issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment, and health. After examining the scientific literature, their website presents facts and dispels myths widespread in the media. Check out: <http://www.acsh.org/> (BPO)

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.

- Lorene Bartos, Extension Educator
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Linda Detsauer, Nutrition Advisor
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Associate
- Arlene Hanna, Extension Associate
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Ellen Kraft, Extension Assistant
- Tracy Kulm, Extension Assistant
- Deanna Karmazin, Extension Assistant
- Mary Kolar, Publication & Resource Assistant
- Mary Jane McReynolds, Extension Associate
- Mardel Meinke, Extension Assistant
- Barb Ogg, Extension Educator
- Andrea Ohlrich, Extension Assisstant
- Sondra Phillips, Nutrition Advisor
- Kendra Schmit, Extension Assistant
- 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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Comments _____

Story Idea(s) _____

Return to:
University of Nebraska
Cooperative Extension in Lancaster County
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.

September 14
4-H Cat Club Meeting

September 18
Fair’s Over- Now What? 4-H Leader Training 9:30 a.m. or 7 p.m.

September 19-20
Ak-Sar-Ben 4-H Horse Show Omaha

September 20-25
Ak-Sar-Ben Livestock Exposition Omaha

September 21
Lancaster County Fair Board Meeting 6:30 p.m.
4-H Rabbit VIPS Committee 7 p.m.

September 30
Character Counts Training for Child Care Providers 9:00 a.m.-11:30 p.m.

October 1-7
National 4-H Week

October 8
4-H Ambassador Meeting 2 p.m.
4-H Teen Council Meeting 3-5 p.m.

October 10
4-H CWF Tour-State Capitol 5-6 p.m.

October 11
4-H Horse VIPS Committee 7 p.m.

October 12
4-H Rabbit VIPS Committee Meeting 7 p.m.
4-H Cat Club Meeting 7 p.m.

October 13
Extension Board Meeting 8 a.m.

GRAIN BINS

continued from page 4

consider treating the cleaned bin with protective insecticides at least two weeks before adding any grain. Apply the spray to the point of runoff to as many interior surfaces as possible, especially joints, seams, cracks, ledges, and corners. Also spray outside the bin at the foundation and near doors, vents, ducts, and fans.

Malathion, methoxychlor, Tempo, Reldan (stored sorghum only), or diatomaceous earth can

be used for treating bin surfaces. Methoxychlor and Tempo should not be applied directly to the grain. As with all pesticides, read and follow product label instructions for handling, dilution, mixing, and application directions. NOTE: Do not spray bins where soybeans will be stored. Stored soybeans rarely experience insect problems and few insecticides are labeled for use on soybeans.

Stored grain represents a

major investment. Precautions taken before grain is put into the bin can pay dividends later by helping to assure that quality is maintained. (TD)

Source: David P. Shelton, Extension Agricultural Engineer; David D. Jones, Associate Professor, Biological Systems Engineering; Keith J. Jarvi, Extension Assistant, Integrated Pest Management



TEENS

continued from page 7

or surfing the Internet. Without parents around to monitor what they are doing and how much time they spend with these hobbies, teens may form an unhealthy dependency to this kind of entertainment. Excessive television watching can lead to obesity due to inactivity. Excessive video game playing can lead to violent behaviors (if the games are violent), and surfing the Internet can be dangerous if teens are clicking onto sites their parents would not approve of (such as pornography).

If both parents have work

commitments, arrangements should be made to keep youth busy after school. Parents should sit down together and decide what actions should be taken to ensure their teens are supervised after school. Some suggestions include:

- Ask for flex-time at work. Try to arrange a schedule so one parent can be home after school and monitor what they are doing
- Have your teens choose between working part-time after school or volunteering.
- Encourage your teen to get involved with after-school sports



CHORES

continued from page 7

time i.e., “to-do” lists.

Step 6: Set a deadline for the work to be done.

Step 7: Decide on the rewards for a job well done and the consequences of not completing tasks.

Discuss problems before they occur and let everyone know what to expect. Agree in advance about consequences and consistently apply them.

Step 8: Be a good role model.

or extra-curricular activities. The busier the teen, the less time they will have for trouble.

- Work on forming after school study halls for teens at area churches or family resource centers.
- Never let your teen stay home alone after school.
- Always remember your behaviors and priorities are examples to your teens, so don’t engage in behaviors you wouldn’t want your children to. (SS)

Step 9: Make sure everyone has time for fun and enjoyment.

With a little luck and the cooperation of all family members, you too can reap the rewards of shared chores and a neat and tidy home. (LJ)