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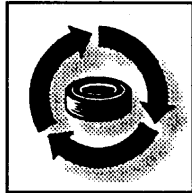
The NEBLINE[®]

University of Nebraska Cooperative Extension
Lancaster County

January 1995
Vol. VIII, No. 1

Horticulture ■ Rural Sense ■ Human Resources ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

'95 landfill tire ban



As of September 1, 1995, tires not processed in a manner established by the Nebraska Department of Environmental Quality will be banned from Nebraska landfills.

After September 1, 1998, all tires will be banned.

Increasing concern over resource use, contamination and landfill space has led to tightened restrictions on landfill disposal. About 240 million waste tires are generated in the United States each year. Tires take up room, don't decompose readily and may be a breeding ground for mosquitoes and other vermin. Options are being sought to keep the tires rolling and out of the landfills.

Reduction is the first key step in the waste management process. Extending the life of tires conserves resources and saves money. To make tires last longer, keep them in good repair, replace worn shocks, and maintain proper wheel alignment and tire pressure.

Retread worn tires rather than throwing them out. Only 10 percent of automobile and light truck tires are retreaded, although they make up 80 percent of tire usage. Retreading requires less energy, increases the life of tire resources, and uses about 25 percent new material. Ask a tire dealer about retreading options.

Efforts to reuse discarded tires also are under way for pavement enhancement, rubber-modified asphalt, chip and seal coatings, and sub-base material for roads over soft or marshy areas.

Tires are reused for playground equipment, but must be managed safely, and for reef construction and erosion control. Tires are also reprocessed for use in sandals, roofing, floor matting and molded rubber products.

However, even with all these uses for scrap tires, the landfill ban will still leave a lot of scrap tires lying around and consumers with questions. Studies are under way as institutions, business and industry investigate more uses for scrap tires. One suggestion was even to bury them until we figure out what to do with them!

For now, the best options are to keep tires in good repair, retreading if possible. Follow vehicle manufacturer recommendations on tire usage and maintenance. Encourage dealers and others to send discarded tires to the scrap market or for reprocessing, rather than for landfill disposal.

For information on tire disposal regulations and recommendations, contact the Nebraska Department of Environmental Quality.

Sources: Shirley Niemeyer, Ph.D., home environment specialist; Robert Grisso, Ph.D., agricultural machinery engineer; Wayne Woldt, Ph.D., bioenvironmental engineer; all NU/IANR (LB)

Balancing animal production and the earth's environment



Warder Shires
Extension Educator

The trend toward more specialized livestock operations in recent years has brought about many changes with respect to the economic value of manure and to the methods used in handling it. Establishing a dollar value for manure based solely on its chemical analysis is no longer valid. Numerous other factors such as location, storage conditions, method and cost of application must be considered in arriving at a true dollar value.

The situation is further complicated by the fact that the feedlot or poultry operation, having a large amount of manure available, may have a very limited amount of land on which to spread it. Because of weather or other influences, finding ideal conditions for spreading manure may be difficult. To these operators, the overriding interest is in disposing of the manure at a reasonable cost rather than considering its economic value for crop production.

Management of waste materials is an expensive and troublesome reality in most confined animal operations whether it be a feedlot, poultry operation, dairy, or even a stable for horses. It uses energy, labor and machinery. Managers often receive complaints concerning offensive odors associated with waste handling

processes. In addition, a growing number of operators are coming under pressure from regulatory agencies to manage their nutrients and prevent them from negatively impacting the environment. As a result, manures are disposed of as a waste in the most expedient and

primary nutrients in manure is available to crops the first year with the balance available in subsequent seasons. On soils in good tilth, returns from an equivalent amount of commercial fertilizer usually will be greater.

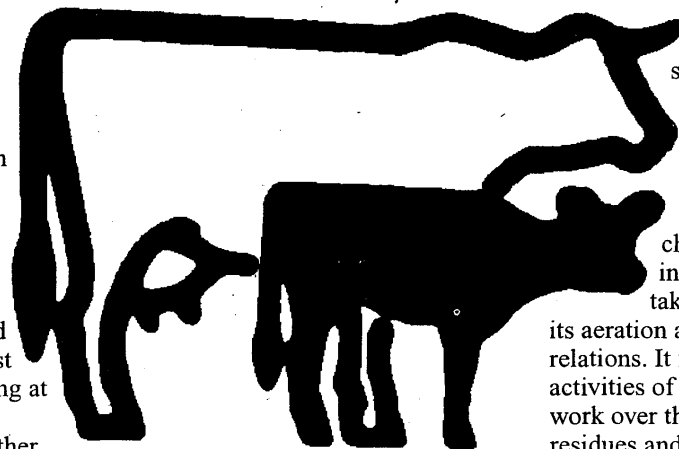
Many people, therefore, discount the value of manure and sludge as fertilizer.

The chief benefits from manure and sludge are indirect.

The humus it supplies improves the physical character of the soil by increasing its capacity to take in and hold water,

its aeration and temperature relations. It favors the biological activities of lower organisms that work over the stock of organic residues and plant nutrient-bearing minerals in the soil to make them more usable. The physical properties of soils that are too heavy or too light are improved by an increase in the humus content.

Gardeners and nursery workers, who use large amounts of manure, know the beneficial effects it has on the soil. Farmers who apply limited amounts may not see marked changes in the soil; however, the incorporation of moderate amounts of coarse, organic matter into the soil is important. The protection from beating rains and evaporation, afforded by manure used as top dressing, improves tilth and reduces erosion. These factors help field crop producers remain in compliance with conservation plans and satisfy farm program requirements. (WS)



least costly method.

The first consideration should be given to returning manure to the land and using it for crop production. Animal manure, as well as sludge from municipal wastewater treatment plants, can be a valuable source of plant nutrients when applied to cropland as an organic fertilizer. Manure contains numerous nutrients and micronutrients essential to plant growth and deficient soils greatly benefit from the application of manure. Nitrogen is the most valuable constituent of manure and also the most easily lost. The loss occurs through the volatilization of ammonia and through leaching by rainfall. The phosphate content of manure is fairly stable; however, much of the potash can be lost through leaching. About 50 percent of the

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.



Agricultural Competitiveness and Profitability

"Balancing Animal Production..."—page 1



Natural Resources and Environmental Management

"Home Moisture Problems"—page 4



Children, Youth and Families

"EFNEP Money Management Tips"—page 7



Nutrition, Food Safety and Quality

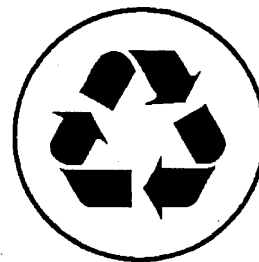
"Nine Steps to Weight Management"—page 7



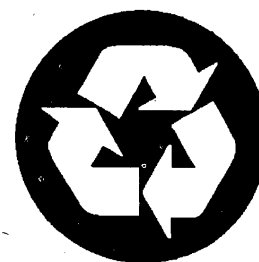
Strengthening Lancaster County Communities

"Leadership Education Program"—page 10

Recycling symbols: what do they mean?



For products that contain some, but not all, recycled fiber, the following recycling emblem is used.



Paper made entirely from recovered fiber is identified by this recycling emblem.

"Helping you put knowledge to work"



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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth R. Bolen, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources. It is the policy of the University of Nebraska-Lincoln Institute of Agriculture and Natural Resources not to discriminate on the basis of sex, age, handicap, race, color, religion, marital status, veteran's status, national or ethnic origin or sexual orientation.





Horticulture

A rose is a rose...



If you want to purchase rose cultivars that have a scent, here are some relatively new releases. These scented or fragrant cultivars include: Sweet Surrender, Sheer Bliss and Intrigue. Other older cultivars with pleasing fragrances include: Showbiz, White Lightning, Marina, Mon Cheri, Brandy, French Lace, Shreveport, Broadway and Voodoo.

Recent releases of garden roses have been bred to be hardier, withstanding both hot summer weather and cold winters. They also are more disease resistant. Some of the

cultivars most notable for these characteristics are Bonica, New Year, Touch of Class, Voodoo, Impatient, Intrigue, Olympiad and Sun Flare.

It is important to purchase quality plants even if it means paying a few dollars more per plant. The best plants have at least three canes, each about three-eighths inch in diameter. Avoid plants with deformed or discolored canes. (DJ)

Winter cherry blossoms?

After the first of January, remove the branches from forsythia, Japanese Flowering Quince, fruit trees, maples or willows. Almost any flowering tree or shrub can be forced indoors.

Branches should be 1½ to 3 feet long. If it is feasible, cut the branches when temperatures are above or near the freezing mark. Place the cut ends of the stems in a bucket of water and place the bucket in a well-lighted location with temperatures around 60° F. Mist flower buds as they begin to open. Keep branches in a cool location at night to double or triple the length of time the flower will last. (DJ)

Horticulture books to consider

Many native and introduced trees, shrubs and flowers are at their most beautiful stage in the spring or in the fall. How often have we seen a particularly beautiful specimen and wished we knew the exact name?

There are a number of field guides to plants and other reference works that can provide answers to those questions. These books can increase our knowledge and appreciation of the world around us. They are available at

libraries and bookstores.

Among them are *Nebraska Wild Flowers* by retired University of Nebraska-Lincoln botanist Robert Lommasch; the Roger Tory Peterson *Field Guide to Trees and Shrubs*; *The Illustrated Guide to Trees and Shrubs* by Arthur Graves; *Perennials—How to Select, Grow and Enjoy Them* by Pamela Harper; *Woody Ornamentals* by R.E. Partyka; *The Taylor Garden Guides* with full-color photos; and *The Manual of Woody*

Landscape Plants by Michael Dirr with black-and-white sketches.

For those who want to dig into things a little deeper, there is the *Manual of Cultivated Trees and Shrubs* by Alfred Rehder and the *Manual of Cultivated Plants* by L.H. Bailey.

Making full use of these two books will require learning how to use a key—a sort of road map that helps sort out species one step at a time. In turn, this will introduce the reader to the fields of taxonomy—the science of classifying organisms and morphology—study of organisms' forms and structures. (DJ)

Plan landscape trees

Shade or flowering trees can be chosen to fulfill many landscape needs. In the landscape, these trees are used to frame the front view of a home, offer background for the setting of your house, provide shade, a windbreak and, probably most important, provide beauty.

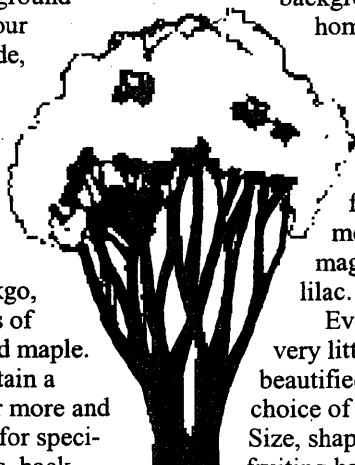
Large shade trees include Kentucky coffee tree, hackberry and ginkgo, plus many varieties of ash, oak, linden and maple. These trees may attain a height of 50 feet or more and are primarily used for specimen trees, acreages, background materials or windbreaks.

Larger flowering trees include tulip tree, Japanese pagoda tree,

golden rain tree and larger varieties of crabapple. These can be used as specimen plants, for framing larger homes or as background for smaller homes.

Smaller flowering trees that have a variety of uses include flowering crabapples, flowering plum, mountain ash, magnolia, redbud and lilac.

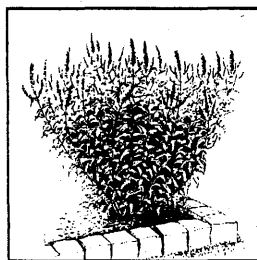
Even a small lot with very little room can be beautified with the proper choice of ornamental trees. Size, shape, color, flower and fruiting habit, rooting habit, hardiness, and disease susceptibility should all be considered when choosing an ornamentals. (MJM)



The Perennial Plant Association has announced

that *Perovskia atriplicifolia* has been selected as the Perennial Plant of the Year for 1995. Commonly called Russian Sage, *Perovskia* has silver stems and small, grayish foliage. It reaches heights of nearly four feet tall. The leaves are 1½ inches long and, when crushed, have a sage scent.

Small, light blue to lavender flowers are arranged in whorls along the stem and the spikes are often twelve inches or more. *Perovskia* begins flowering in July and often lasts throughout September. Commonly available cultivars are "Blue Mist," "Blue Haze," "Blue



Spire" and "Longin."

Perovskia grows best in sunny, dry locations and is heat and drought resistant. It grows well in hardiness zones three through eight. This plant does not perform well in soils that are poorly drained. *Perovskia* should be cut back before new growth begins in the spring.

In the landscape, *Perovskia* makes a good background plant and its bright blue flowers are striking next to white or yellow flowering plants. (MJM)

Browsing garden catalogs

By now you should have received all your garden and flower catalogs from the different mail order companies. This would be a good time to go through the catalogs and choose what you are going to raise this year. As you are paging through, make special notes of new varieties you might try, days to maturity, size, adaptability to your location and other special characteristics of those varieties to avoid surprises or disappointments later on.

If you have a small garden plot, you may need to think about crop rotation. This is very important to the home gardener for

several reasons—such as reduction in weed, insect and disease problems. These problems may increase if proper rotations are not followed in your garden program.

Check the catalogs for guarantees, special package deals, charts and information about disease tolerance, and susceptibility. All of these things can help prevent disappointment as your garden matures.

While you are making out your

list, take an extra minute to check the tool and equipment pages. Are your tools in good condition and proper working order?

Keep a copy of your order and the catalog you placed the order with. This will be a good reference for you to use during the growing season.

Catalog shopping can save time as well as provide you with the latest garden information available. (MJM)

Caring for cyclamen



Cool temperatures and bright light is the prescription for

success with cyclamen. Place this flowering plant in an east window, near—but not touching—the glass. A daytime temperature of 60 to 65° Fahrenheit and a nighttime minimum temperature of 50° Fahrenheit should keep it blooming well into next year.

The white, red or pink flowers grow tall with nodding stems above the rosette of heart-shaped, blue-green to dark green leaves. The foliage is marked with white veins and light green splotches.

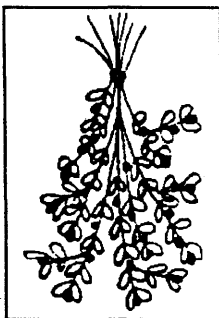
Water the cyclamen whenever the soil begins to feel dry and try

to keep the soil around the roots moist at all times. Water with lukewarm water and be careful to keep it off the foliage and crown as the plant is very susceptible to crown rot.

Fertilize the plant with a houseplant fertilizer using one-half the recommended strength every two weeks while it is flowering. When new flowers cease to appear and the leaves turn brown, reduce the frequency and amount of watering and place the pot in a cool spot.

After flowering, let it rest until warm spring weather arrives. Repot in a mixture of equal parts houseplant potting soil and peat moss, with half the crown above the soil. Place in a sunny window or in a protected spot outdoors where it will be shaded during the brightest part of the day. (MJM)

The first step to drying flowers



August is no time to decide you should have planted flowers for drying in the spring. Now, while the seed catalogs are coming

in and the garden plans are taking shape, is the time to choose what you'll plant.

Seed catalogs often group together flowers that are especially good for drying. Check the indexes for listings like "everlastings."

In a catalog that lists flowers strictly by species, look for the following annuals: strawflower, statice, annual larkspur, marigold,

dusty miller, cockscomb and calendula. All these flowers dry nicely hung upside-down in bunches or stood upright in jars.

Perennials that dry well by this technique include astilbe, baby's breath, lavender, lemon verbena, flowering onion, beebalm and butterfly weed.

For drying in sand or borax, consider annual asters, balsam (touch-me-not), candytuft, Canterbury bells (a biennial), annual dianthus, coreopsis, cornflower, cosmos, gloriosa daisy, pansy, stock, snapdragon and zinnia. Perennials that can be dried by this method include perennial asters, balloon-flower, columbine, coneflower, coralbells, delphinium, painted and Shasta daisies, peonies, mums, daylilies, iris, gladiolus, lilac, lily of the

valley, tulips, and roses.

Annuals are grown new from seeds each year. Some are available as greenhouse-grown bedding plants, while others are planted as seeds in the garden. Biennials take two years to grow, flower and produce seed. They are often planted from seeds in the fall. Perennials may be planted as seeds, plants, bulbs, corms or tubers. Except for dahlias, glads and some other tender bulbs—which must be dug and stored for the winter so they don't freeze—most perennials can be left in the ground year after year and be relied on to send forth new growth each spring.

Order your seeds and plants and plan your flower garden now; you'll have plenty of raw materials for drying later. (DJ)

Arrange house plants for low light

The low light levels of winter call for some adjustments in the placement of houseplants. Bring houseplants that normally thrive on the north side of the house to east windows, while moving plants from the east to the south. Also, give plants that are usually set on tables away from direct light a short, mid-winter visit to

one of your less exposed window sills.

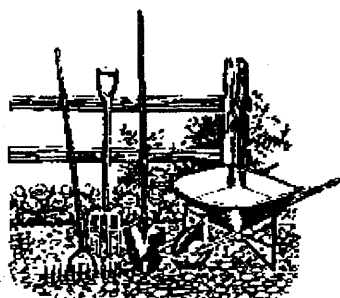
If supplemental lighting is provided, remember that fluorescent tubes lose intensity with age. Change the tubes before they completely burn out to maintain adequate light intensity.

If supplemental lighting is being added, your best bet is to go

with the industry standard: 48-inch, 40-watt fixtures with two fluorescent tubes. Spare parts are readily available and high production volume ensures lower costs than for other sizes. Use one cool white and one hot white tube to get the most beneficial light mixture. (DJ)

GARDEN GOSSIP HOTLINE

Accessible
from any
phone



Accessible
from any
phone

441-7179

441-7179

Forage and livestock management workshop begins January 12



University of Nebraska Cooperative Extension will present "Beefing

It Up—Making Forage and Livestock Management Complementary" a three-part satellite television series during the month of January. This series will be hosted by University of Nebraska Cooperative Extension in Lancaster County as well as other locations in Nebraska and surrounding states. People with satellite receivers may also downlink this program.

All three sessions in Lincoln will be held at the Lancaster Extension Conference Center, 444 Cherry Creek Road, from 3 to 5 p.m., Thursdays, January 12, 19

and 26, 1995.

The first session will include topics on livestock nutrition and management.

The second session will discuss grass growth and physiology. This session will be presented as a part of the educational program during the Nebraska Forage & Grassland Council Conference held at the same location. The NFGC conference is an all-day meeting and producers are encouraged to attend both activities. Contact the Extension Office for more details on the NFGC Conference.

Good pasture management is one way to reduce the costs of producing livestock. Livestock producers who understand ecological relationships between plant and animal production, can improve their profitability line. Participants in this satellite television series may expect to

gain an understanding of fundamental principles of developing and managing efficient pastureland enterprises. They will get tips on management decisions that affect plant-animal interactions and learn which decisions are likely to have the greatest effect on long-term sustainability. Producers will also gain an understanding of the effects of stocking rates on plants and livestock and how to calculate realistic stocking rates.

The registration fee for all three sessions is \$15. This fee includes an Extension resource manual, worksheets for each session and an additional publication on drought management. People may attend single sessions for \$5 each; however, you must pay the full \$15 registration fee to receive the resource packet of information. Advanced registration is requested to determine a count for the resource packets. Payments may be made at the door. Call the Extension Office at 441-7180 or your nearest Extension Office for advanced registration.

Those wishing to downlink this satellite series, in their own home, may do so by sending an advanced registration fee of \$50 to ICCS, P. O. Box 830918, University of Nebraska, Lincoln, Nebraska 68583-0918. (WS)

Aerating grain for proper winter storage

Warm fall temperatures and low humidity have helped grain dry down this year, but producers will probably have to finish drying grain and lowering its temperatures for optimum storage.

Livestock can be fed grain with moisture levels above 15 percent, as long as it is within three to four days. Grains cooled to 40°F above 15 percent moisture will keep for about two weeks before it must be fed.

Grains overwintered should be kept at about 35°F. At this temperature, its biological activities are stopped and decomposition is lessened.

Grain should be kept cold, but probably shouldn't be frozen. Freezing doesn't greatly affect grain quality, but spring thawing can cause problems. Thawing grain warms the air flow paths, causing condensation and moisture within the bin, making grain more susceptible to mold. Grain with less than 15 percent moisture generally won't freeze; although, some grain around the bin edges might. Heat from the center of the bin usually prevents any mass freezing.

Lowering grain temperature and moisture level is a gradual process. Aerate with fans continually until moisture levels are below 15 percent.

Once grain is dry, a maintenance routine should adjust temperatures, alleviating hot spots. Fans can run a cool front through grain to lower temperatures. The bin should have sufficient airflow to allow the cooler air to permeate through the mass of the grain in 12 to 15 hours. The fans should be left on overnight once every two weeks until the grain is at about 35°F.

Grain bins should have enough vent space in the roof to further protect grain quality. At least one foot of vent space should be provided above the grain so that it will not come into contact with the bin roof. When the roof is rapidly cooled from cold weather, condensation may occur. The moisture created from this could run down the sides of the bin and allow mold to develop around the walls. Adequate air space and proper aeration can alleviate the problem. (DV)

Changes for income tax deductions

Personal exemptions, standard deductions, charitable donations and self-employment health deductions all head the list for tax changes in 1995. Keeping these changes in mind will help agricultural producers plan their tax management program in the months ahead.

Both personal exemption and standard deduction amounts have increased, keeping in line with inflation. The 1994 personal exemption is \$2,450. Standard deductions are as follows: married, filing jointly, \$6,350; single, \$3,800; head of household, \$5,600; and married, filing separately, \$3,175. Couples 65 or older, and/or blind can add \$750 each to their standard deduction; singles, \$950.

Reporting and submitting charitable deductions also have changed. Deductions of \$250 or more for any charitable contribution must have written acknowledgement from the organization at the earliest filing date or by March 1.

Self-employment health deductions expired December 31, 1993. At present, there is no 25 percent deductible allowable against the total income for self-employed individuals. Federal legislation to reinstate the 25 percent deductible is pending for the next legislative session.

Tax management requires evaluating specific management

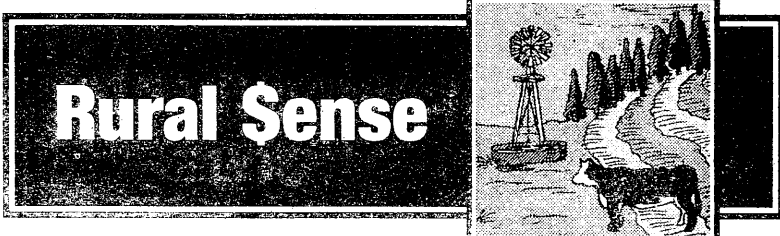
decisions on tax liability and planning accordingly. Avoiding major swings in taxable income can help place producers in a more advantageous tax bracket and assure full use of personal exemptions and deductions. Seeing a tax consultant and farm business consultant is a first step toward finding that tax balance. (DV)

Private pesticide applicator training begins Jan 9



Agricultural producers who hold a federal certification (blue card) that expires during 1995; expired prior to 1995; or who has never been certified may attend any of the training sessions listed below. Producers who need recertification or initial certification may complete this requirement at any of these locations. It is not necessary to complete this training in your county of residence. Each training session lasts three hours.

Training for private applicators in and around Lancaster County will be:



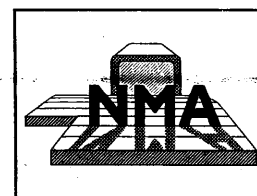
NFGC annual meeting to be held in Lincoln

The Nebraska Forage & Grassland Council (NFGC) will hold its annual state conference, Thursday, January 19, 1995. Registration opens at 8:30 a.m. and a full schedule of programs will conclude at 5:00 p.m. A noon lunch will be served. Programs to be presented during the morning will address evaluation and management practices of alfalfa and all types of grasslands, including Conservation Reserve Program (CRP) acres. Topics include: stand assessment and upgrading, burning and herbicide use, overseeding and fertilization, livestock grazing plans, fencing and water systems, new biological control, and an update on the future of the CRP.

The early afternoon program will involve three separate producer panels holding concurrent discussion sessions. Participants will have the option to select and move between these panel discussions. Beginning at 3:00 p.m., the satellite television program "Beefing It Up—Making Forage and Livestock Management Complementary," will be held as an option for NFGC conference participants to attend. This is the second of a three-part series satellite program which is being offered in successive weekly programs at the Lancaster Extension Conference Center. Additional information is available in "Beefing It Up."

Registration may be completed by contacting University of Nebraska Cooperative Extension in Lancaster County, 441-7180. The \$15 registration fee covers NFGC and the noon meal. An additional \$5 is requested from participants not previously registered for the "Beefing It Up" satellite series. Advanced registration for this conference is requested to obtain the noon meal count. Checks should be made payable to the University of Nebraska and may be sent with your registration or presented at the door. (WS)

Nebraska Microcomputer Conference



computer Conference, February 8

Mark your calendars now for the 1995 Nebraska Micro-

and 9, at the Ramada Inn in Kearney. The program begins at 1 p.m. on Wednesday and continues through Thursday. Registration is \$25 per day or \$45 for both days.

This year's program will address beginning computer user's questions and system configura-

tions on Wednesday and will highlight mapping, GIS, GPS, livestock, field records and small business software on Thursday.

Call Steve Melvin (402) 225-2381 or Vernon Waldren (402) 444-7804 for additional information. (DV)

Don't forget to check stored grain

Once harvested grains are tucked away in their bins, they should not be forgotten.

Producers should check stored grain once every three weeks. It is a good idea to check just to make sure the grain is still there—some producers have checked their bins only to find the cargo is missing.

In most cases however, the grain will be intact. It is best to physically get into the grain to



check its condition. If possible, take monitoring tools—like thermometers—to check the grain's tempera-

ture. If tools are unavailable, dig into the grain as far as your arm will reach and compare the temperature of the submerged hand to the exposed hand. If there is more than a 10° difference between the submerged hand and the exposed hand, the grain may have hot spots and need further monitoring.

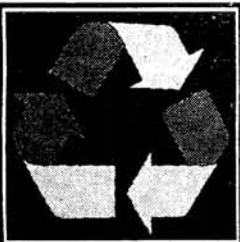
Try to detect any suspect smells and check for hot spots in the grain. If the grain temperatures are warmer than 35° F, aerate with fans to lower its temperature.

Mold and insects shouldn't be much of a wintertime problem, but it is a good idea to visually check for them on the surface and when probing.

Always take the proper safety measures when checking stored grain. Never run the unloading auger while someone is in the bin. Always wear a safety harness and a lifeline. Never check bins alone. One person should be at the top of the bin at all times when anyone is in the bin so that if problems arise, help is available.

Fall is also a time to consider replacing bin ladders with stairways to make accessing bins safer and easier. Ladders are more dangerous in winter because people often wear heavy snow boots covered with ice and mud, making for a hazardous climb. Also, it is more difficult to take monitoring tools up a ladder than up stairs. (DV)

Monday, January 9, 1 p.m. Gage County Extension Office, Beatrice
Tuesday, January 10, 7 p.m. Gage County Extension Office, Beatrice
Thursday, January 12, 1 p.m. Gage County Extension Office, Beatrice
Thursday, January 19, 7 p.m. First National Bank, Syracuse
Friday, January 20, 1 p.m. Fairgrounds 4-H Building, Tecumseh
Tuesday, January 24, 9 a.m. Saline County Extension Office, Wilbur
Tuesday, January 24, 7 p.m. Saline County Extension Office, Wilbur
Wednesday, January 25, 1 p.m. Saline County Extension Office, Wilbur
Wednesday, January 25, 7 p.m. Saunders County Extension Office, Wahoo
Thursday, January 26, 1 p.m. Community Building, Nehawka
Thursday, January 26, 7 p.m. Lancaster Extension Conference Center, Lincoln
Friday, January 27, 9 a.m. Saunders County Extension Office, Wahoo
Friday, January 27, 1 p.m. Saunders County Extension Office, Wahoo
Friday, January 27, 1 p.m. Lancaster Extension Conference Center, Lincoln
Saturday, January 28, 9 a.m. Lancaster Extension Conference Center, Lincoln
Saturday, January 28, 9 a.m. Saunders County Extension Office, Wahoo
Thursday, February 16, 1 p.m. Farmers & Merchants Bank, Milford
Tuesday, February 21, 7 p.m. Seward County Extension Office, Seward (WS)



Environmental Focus

EnviroQuiz

Environmentally-friendly building materials

What building material can be produced with the least impact on the environment?

- A. BRICK
- B. CONCRETE
- C. ALUMINUM
- D. STEEL
- E. WOOD
- F. PLASTIC

The answer is E., wood. There are environmental impacts associated with producing all of these materials.

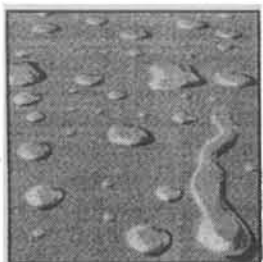
Mining operations associated with the production of metals tend to involve a relatively small segment of the landscape, but the impacts of these areas are long-term and very intensive. In addition, there are high energy inputs associated with mining and reduction of metallic ores, and fabrication of metal products.

Similarly, the first step in production of brick and concrete is concentrated, intensive mining to obtain suitable clay or limestone. In the case of cement, mining is followed by an energy intensive reduction of limestone to calcium carbonate and lime. The firing of brick also consumes significant quantities of energy.

In the manufacture of plastics, the starting point (petroleum oil wells) directly impacts only a small proportion of the earth's surface, but the environmental impact of transporting and refining petroleum is often very high. In addition, the energy inputs associated with petroleum-based materials synthesis is substantial. Finally, it is generally acknowledged that the supply of petroleum is finite.

The gathering of wood or agricultural fiber requires an impact on rather large land areas, although the impact is relatively short-term. Environmental risks associated with transport of these materials are slight, and energy inputs needed in processing and fabrication of products is generally quite low compared to metals, cements, or plastics. Fiber sources are, in addition, readily renewable. (CB)

All living creatures thirst for water



The kangaroo rat of North America doesn't need to drink or store water. Sound impossible? It lives on hard dry seeds and makes its own water as it digests its food.

Fairy shrimp eggs can survive for 100 years without water and still hatch after a rainfall. They mature and lay new eggs before the pools dry up again.

Some animals lick dew off plants or eat leaves to get water. Desert beetles stand on their heads so that the water droplets from fog trickle down into their mouths.

All birds need water—even desert birds. The sand grouse of Africa finds water wherever it can and transports it to its young in its nest. How? The male has special sponge-like feathers on its belly that soaks in water. Back at the nest the chicks drink the water from the male's feathers. (ALH)

Home moisture problems



If you have persistent condensation on windows, mold on ceilings and walls, and musty odors, the following information may help you solve these annoying problems.

These winter problems usually occur because the humidity in the house is too high for the cool wall, ceiling and window temperatures.

These symptoms used to be confined to the basement in warm weather. Now, homeowners who have tight homes face them throughout the house during the winter.

Maintaining the right humidity level in your home during the winter is a balancing act. You want to avoid the problems that accompany very low humidity. However, humidity levels must be low enough to avoid condensation problems. Housing specialists recommend a relative humidity between 30 and 40%. A quick rule of thumb says humidity levels are too high if condensation persists on tight, double glazed windows when outside temperatures are above zero. This does not include condensation on windows behind shades or drapes or small amounts of condensation after showers or cooking.

There are several ways to reduce winter condensation problems. One way is to reduce humidity levels. Check for leaky roofs or plumbing that may be adding moisture to the house. If there are no signs of leaking water,

look for ways to cut the moisture generated in your house.

A few easy ways to do this are to avoid line-drying clothes indoors, vent clothes dryers outside, cover pots and pans while cooking and don't store lots of firewood indoors.

If you have done all of these and you still have condensation problems during the winter, try ventilating your house. During the



winter, ventilation reduces humidity levels quickly. Cold winter air holds little moisture. When it enters the house and warms up, it can hold much more moisture. Moisture from the existing air diffuses into this new dry air and gives you a lower relative humidity level. In addition, ventilation exhausts some of the old moisture-laden air.

Use existing fans to provide ventilation for moderate moisture problems. Fans are more effective if you crack open a window at the opposite corner of the house to provide replacement air for the exhausted air.

Dehumidifiers are not a good solution to excessive winter humidity problems. They consume a lot of energy and residential models do not drop humidity levels much below 50%.

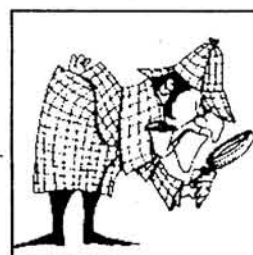
Sometimes, high relative humidity does not cause winter moisture problems. Moisture can condense on cold surfaces even when humidity levels range from 30 to 40%. A single glazed window is a good example. The temperature on the inside of the window falls below the dew point when outside temperatures drop below 20 degrees even when your thermostat is set at 70 degrees. Moisture in the air next to the window then condenses on the glass. A second layer of glazing prevents condensation until temperatures drop below zero.

You may also see condensation on poorly insulated sections of walls and ceilings. The corner between the ceiling and outside walls, the corner between two outside walls and the area under windows are often problem spots for this reason. Closets on outside walls also present problems. Add insulation to solve these condensation problems. You could also increase the air circulation to the area. For closets, leave the door open, in other areas, fans may help force air against problem walls. Finally, you could turn up the thermostat. This increases the wall temperature and increases the air's moisture holding capacity. (DJ)

Pest detective cracks the case of the bogus carpet beetles

Barb Ogg

Assistant Extension Educator



Accurate pest identification is exceedingly important in pest control.

Proper control tactics are based on the habits and lifecycle of each specific pest. A recent call to our office illustrates this point.

Mrs. P. called our office with the following story. She was cleaning an old sofa in the basement of her house and lifted a seat cushion. Under the cushion, there were small, hard, black, seed-like objects. There was also a small hole in the corner of the cushion. After further examination, she found similar objects in a leather cowboy boot laying on the

floor near the sofa. Puzzled by this, she called a nationally known pest control company for advice.

They sent a service technician who inspected the objects from the sofa and boot. He informed Mrs. P. that these were carpet beetles, and the whole house would need to be treated each month with an insecticide for the next year. This treatment would cost \$99 for the first treatment and \$33/month for the next 11 months. (That's a total of \$462!) After pondering this over, Mrs. P. called our office. She wanted to know why the whole house really needed to be treated when the infestation was only found in the basement. She was also concerned about using insecticides throughout the house, especially because her grandchildren visit frequently.

We convinced her to bring the insect specimens to our office so we could be sure that they were carpet beetles. (Our general philosophy is that we prefer not giving insecticide recommendations over the telephone, unless we can be sure that there is a pest problem that warrants the treatment.) Mr. P. arrived at our office a little later with the "carpet beetle" samples. He also brought the damaged sofa cushion.

Under the microscope, it was apparent that the "carpet beetles" were not carpet beetles at all. In fact, they were not even insects but were wildflower seed hulls! The hole in the sofa cushion was over an inch in diameter, much too large for carpet beetle damage. Based on these clues, we concluded that the culprit was probably a mouse. After entering the house, the mouse stored wildflower seeds under the cushions of the couch and chewed

a hole in the cushion, perhaps to build a nest. At some point, the mouse ate the seeds and left the hulls behind.

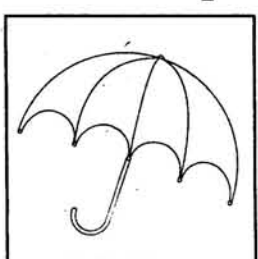
Because Mrs. P. said that it had been quite a while since the sofa was cleaned thoroughly, we cannot be sure how long it has been since the mouse left this mess. Our recommendation for Mr. and Mrs. P. was to forget the insecticide treatment, but try to catch the mouse. They needed to buy a couple snap traps, bait them with peanut butter, and place them behind the couch next to the wall. This solution is the proper one for this situation and is a lot less expensive than the one suggested by the pest control technician.

Without discussing the competence of this particular pest control technician, the moral of this story is that it never hurts to get a second opinion to make sure that the treatment is appropriate for the specific pest problem. This is true of pests in the home, garden and on the farm. Appropriate treatments are most effective and will sometimes reduce pesticide use and unnecessary exposure to you, your family and the environment. It can also save you money, possibly even hundreds of dollars!

Not all pest situations that we work on are this memorable. But, if you have an insect pest problem that you are unsure of, call our office. We provide a free diagnostic evaluation and discuss best, least-toxic control options with all Lancaster County residents (including pest control company personnel). If we cannot identify it, the sample can be taken to the UNL Diagnostic Laboratory. They charge the public \$5 per sample, still a bargain for accurate pest identification. (BPO)

Chemicals and atmosphere form acid rain

What is acid rain and what effects does it have? The acidic chemicals that are being pumped into the atmosphere combine with water to form strong acids. The acid falls



on the earth in all types of weather—not only in rain, but also in snow,

dew, sleet, hail, or fog. The pollutants in the air make it dangerous for people to breathe. They also poison lakes and streams, kill trees and crops, and cause buildings and marble statues to erode. Still, after all that, the most serious effect of acid rain is damage to the soil. Do this activity to discover how acid rain can affect plants. (The acid content of

the recommended solution is exaggerated to show the results more quickly.)

Take two equally healthy houseplants and place each in sufficient light. Sprinkle one daily with ordinary tap water while sprinkling the other with a solution of one-half vinegar and one-half water (to represent acid rain). Make sure the liquid wets the leaves and soil. Do this for around three to four weeks. Observe the plants during this period and note any growth differences. Discuss the chain of events that could happen if, for example, acid rain were to damage an entire crop of wheat or soybeans. (ALH)



Give drinking water a hand.

One starling's a darling, but a flock's not!

Like many pests, the starling is not native, but was introduced to North America from Europe. The starling is a stocky, robin-sized, short-tailed bird with iridescent blue-black feathers that are tipped in light tan. During the winter, the flecked feathers are very obvious and the beak is black. During the spring breeding season, the beak changes to yellow.

Starlings actually have some redeeming qualities. Orphaned birds that have been raised become very tame, readily mimic sounds and even learn to talk. In October, a pet starling even won first prize (\$1000) in a national bird show in Des Moines. However, for most of us, the raucous rasping squawks are harsh and unpleasant. Starlings are extremely social and have the unpleasant habits of congregating and roosting in large numbers. In the fall, starlings move into urban settings and roost overnight in trees, on ledges, lighted signs and other places that provide shelter and warmth. Beneath the roost, large quantities of droppings can accumulate. Besides being offensive to most of our senses, starlings have been known to transmit encephalitis, ornithosis and histoplasmosis.

During the day, the birds fly to areas where grain is readily available like elevators, feed yards and crop fields. Because starlings do not feed where they

roost, it can be very challenging to control this pest.

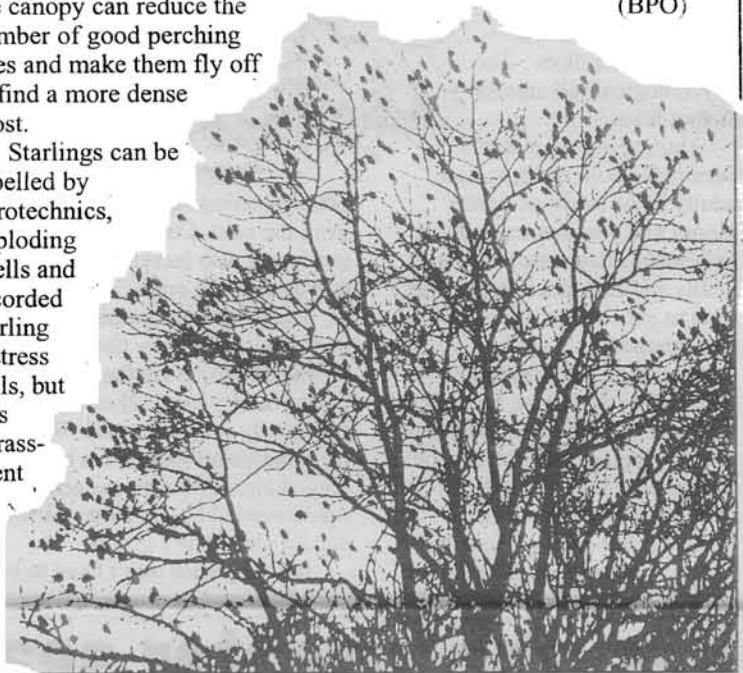
Controlling starlings in their urban roosts is most effective when done on a neighborhood or community basis. The winter roost is the most difficult problem because these birds may return to the same site from November to March.

Exclusion is the only permanent solution which usually involves screens of wire, nylon or plastic netting. Habitat modification can be used to reduce starlings roosting in trees. Pruning branches to open up the canopy of the trees may make the trees less suitable for roosting. Remember, these social birds like to congregate with their buddies. Opening the canopy can reduce the number of good perching sites and make them fly off to find a more dense roost.

Starlings can be repelled by pyrotechnics, exploding shells and recorded starling distress calls, but this harassment

must be continued until they leave. In urban areas, this harassment may be more stressful to human residents than to the birds and there may be local ordinances against this approach. Another deterrent is to apply a sticky substance, (Roost-No-More) to the perches which makes the roost unsuitable, but application is time consuming and can be expensive.

In short, starling roosts are difficult to manage. There is a stressing agent that can be used for control, but this must be done by a wildlife control professional. Check the yellow pages under Pest Control Services for a company that has experience in wildlife control. (BPO)



Fungus gnats: do you have them?



house-plants? They are probably fungus gnats.

Adult fungus gnats are delicate, gray, dark-gray, or black fly-like insects about 1/8 inch long. They are often seen running over the soil surface of houseplants, especially around wet areas. They also are seen as you water, when they swarm up out of the plant. Fungus gnats are attracted to light and in a severe infestation will swarm over the windows. Adult fungus gnats do not damage plant materials but are a nuisance to the homeowner. The immature fungus gnat lives in the soil and are white, translucent larvae with shiny black heads. The larvae feed on any organic matter and can attain a length of about 1/4 inch.

Female fungus gnats lay up to 300 eggs on the soil surface which hatch in five to six days. The larvae will feed on any organic matter present in the soil for 10 to 14 days. The pupal stage occurs in a silky chamber in the soil. Three to four weeks are necessary to complete the life cycle of the fungus gnat. Soils containing large quantities of decaying vegetable matter are most likely to host fungus gnat larvae. Plants grown in a growing media containing a high percentage of organic matter such as peat will have more problems with fungus gnats.

Have you ever noticed tiny, dark, flying insects around your

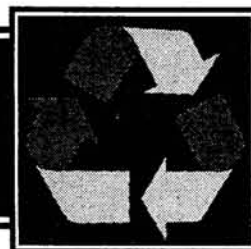
Fungus gnat larvae cause damage to the root systems of infested plants by burrowing in the soil and feeding on the roots and sometimes the crowns of plants. Seedlings, rooted cuttings and young plants can be severely damaged or killed by fungus gnat larvae feeding on root hairs or roots. Fungus gnat larvae infestations on older, established plants are characterized by little new growth and foliage that appears to be off color. A severely infested plant may also drop foliage. While damage from the larvae may not be extensive for the established plant, the presence of the adults is considered intolerable.

Once fungus gnat adults and larvae are discovered on the plant, control and prevention come in several forms. For infested plants, allow the soil to thoroughly dry between waterings. This will kill the larvae through desiccation as

well as help prevent future problems. If the plant is of a type that cannot be allowed to dry out, drench the soil with an insecticide such as diazinon. Be careful to properly measure and apply insecticides according to label directions for use in a house and take care to provide adequate ventilation.

The best way to prevent new or future infestations of fungus gnats is to follow proper watering practices for your plants. Houseplants in the winter normally do not require as much water as at other times of the year. Fungus gnats are more of a problem in the winter, most likely due to overwatering. Whenever possible, allow soil surfaces to dry completely between waterings. A wet environment is an open invitation to fungus gnats as well as a host of other problems such as root rot and stem rot. (MJM)

Environmental Focus



Filter strips help reduce nonpoint source pollution



Filter strip located on the Gene and Mary Steinhausen farm southeast of Waverly.

Nonpoint source pollution is the contamination of surface water by polluted runoff. Polluted runoff can come from cropland, feedlots, construction sites, streets and parking lots, even lawns and gardens. Sediment is usually the major contaminant in runoff, but plant nutrients (fertilizers), pesticides, bacteria, and other contaminants may also be present in runoff and contribute to the problem.

Vegetative filter strips are areas of grass, shrubs, or trees generally planted adjacent to rivers, streams, lakes or wetlands which trap sediment and reduce the concentrations of other contaminants in the runoff. Vegetative filter strips remove contaminants from runoff by decreasing the velocity and volume of the runoff. Decreasing the velocity of the runoff decreases its carrying capacity causing sediment to drop out of suspension and be deposited in the filter strip. In addition, the higher infiltration rate in the filter strip reduces the total volume of runoff and facilitates the uptake of dissolved nutrients by plants growing in the filter strip.

Vegetative filter strips can remove 70 to 90% of the sediment from runoff and have also been shown to be effective in reducing concentrations of nutrients and pesticides in runoff. However, they are not a cure-all and should be used in conjunction with other conservation and management practices such as terracing, contour tillage, residue management and nutrient management.

The major costs associated with installing and maintaining filter strips are: taking land out of production, seed, fertilizer, equipment and labor. However, using filter strips for hay production may offset most of these costs. In addition, filter strips can provide improved field access, eliminate the need for end rows and provide food and shelter for wildlife.

The Lower Platte South NRD is currently offering cash incentives to area producers who elect to incorporate filter strips into their operations. The NRD will pay producers \$50 per acre per year for a period of 10 years for each acre taken out of production and planted into grass as a contour filter strip or field border. The payment increases to \$70 per acre per year for filter strips planted adjacent to rivers, streams, lakes and wetlands. The filter strips may range in width from 20 to 66 feet. They can be harvested for hay once each year and grazing is permitted from September through March. In addition, they may qualify for ASCS set aside programs.

For more information about the filter strip program contact Corey Brubaker at University of Nebraska Cooperative Extension in Lancaster County (441-7180) or Paul Zillig at the Lower Platte South NRD (476-2729). (CB)

Putting It to the Test

What is the quality of the air that surrounds you? You and your children can test it! Just cut cards from white scrap paper. First, choose several areas to test, such as your backyard, basement, kitchen, nearby park, next to a road, etc. Label each card with its location and spread a layer of clear petroleum jelly on it. Tack the card (jelly side out) in place. After a couple of days (or a week), gather the cards and look closely at the accumulation on the jelly. What kind of debris can be observed? Which location produced the most dirt? You might be surprised!

Enviro Shorts

■ Of the billion pounds of pesticides used each year in the United States, less than one percent reaches a pest.

■ The average American throws out his/her own weight in packaging every month.

■ A jellyfish is 95% water, a dog is 70% water and a frog is 78% water.

■ How do you know the ocean is friendly? Because it always waves.

■ In an average city of 10,000, about 21 tons of liquid household cleaners, motor oil, and toilet cleaners are dumped down city drains each month.

■ Homeowners use up to ten times more toxic chemicals per acre than farmers!

■ Why did the ground get mad at the rain? It didn't want its name to be mud.

■ Every day, the earth receives enough solar energy to heat every home in the world for 1 year—free!

■ It takes ten trees to keep one baby in disposable diapers for one year.

You're All Wet!

Pinch yourself. You feel pretty solid, don't you, but you're not! About two-thirds of your weight is water. If you're tall and thin, your body might contain as much as 70% water; if you're chubby, you body might have much less. You're not a human being—you're a water being!



Human Resources

Roberta's remarks



A very Happy New Year to everyone!

As a result of the recent increase in dues, we have lost many, many members and clubs in Lancaster County. Of course, this will mean that the rest of us must work just that much harder to make this organization a success! There will be fewer members to rely on for committees; so, I do hope that when you are called to serve, you will say *yes!* Due to limited funds, there will be some changes made in our service project donations, contests and scholarships offered. We do hope to have some fun moneymaking projects, however.

All committees and chairs will be listed in your club president's yearbook for 1995 that will be distributed at our January council meeting.

It is very important to attend council meetings. As president of your own club, you are automatically a member of the council at large; however, anyone may attend council meetings. You will receive a great deal of information influencing your club and council activities. Alice Doane is planning a great lineup of programs for our four council meetings. We have meetings scheduled for: January 23, 1 p.m.; March 27, 1 p.m.; June 26, 7 p.m.; and September 25, 7 p.m. In planning our council meetings, we consider the fact that for many it's impossible to attend afternoon meetings while for others it's just as difficult to attend evening meetings.

Again, in this very important transitional year, we need to focus perhaps more than ever before, on what we are about as an organization. In our creed, we say: *I believe* as a Homemaker my responsibilities are: to grow by study, observation and participation in the affairs of the home, community, nation and work, and to share what I have in talents, time and material wealth with others. Let's resolve to focus on this part of our creed in 1995 for the betterment of FCE at the club and council level. Thanks!

—Roberta Newburn, Council Chair



Nebraska Association for
Family & Community Education

FCE Training Lesson

"The 90's Home...and Into the 21st Century" is the topic of the lesson training scheduled for Tuesday, January 24 at 1 or 7 p.m. Participants will develop a greater awareness of changes in design, equipment and furnishings of the 90's home that may or may not meet the family needs of the 21st century. We will identify new innovations and trends occurring in technology, etc. that may impact individuals and families. Mark your calendar to learn about new inventions that may have an effect on the quality of life in the future. Lorene Bartos, Extension Educator, will present the lesson. Anyone interested is invited to attend. Non-FCE members are asked to preregister. (LB)

1995 FCE Leader Training Lessons Scheduled

January 5, Thursday

"Ethical Leadership"

January 24, Tuesday

"The 90's Home ...
Into the 21st Century"

February 21, Tuesday

"Fast and Easy Ways to Make
Your Home Look Great"

March 28, Tuesday

"Positive Effects of
Television on Families"

September 26, Tuesday

"Support Systems in
Crisis Situations"

Trainings will be held at 1 or 7 p.m. Lesson materials will be handed out at the training. If you are not able to attend the training for the lesson that is your responsibility, be sure to pick up your club packet at the Extension office.

All training lessons are open to the public. Call Lorene Bartos, Extension Educator, if you have questions about the lessons.

If your FCE club is using study lessons for any of the 1995 meetings, packets are ready to be picked up at the Extension office.

FCE Council Meeting

All FCE presidents are members of the council. The January FCE Council meeting is scheduled for Monday, January 23, 1 p.m. The January program "Know Your Pharmacist" will be presented by Allie Jorgensen, Nebraska Pharmacist Association. It is important that each club be represented at the council meeting; so, if the club president is unable to attend, please send a substitute. The council meetings are your chance to have input on FCE activities for the year and share ideas with other clubs.

Council Officers Elected

1995 FCE Council officers are:

President:

Roberta Newburn,
Sprague FCE Club

Vice President:

Alice Doane, Waverly
Matronettes FCE Club

Secretary:

Verna Deinert,
Emerald FCE Club

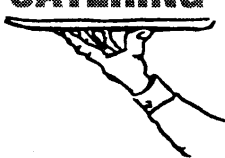
Treasurer:

LaDonna Pankoke,
Glamour Girls FCE Club

Please feel free to share ideas and concerns for the county program with any of these officers. Remember: *Members Make a Difference!* Become involved starting with this meeting and help make 1995 an eventful year!

Catering workshop February 6

CATERING



8:30 a.m. to 5 p.m., at the University of Nebraska - Lincoln East

"The Business of Catering" workshop will be held February 6, 1995,

Campus Union. "The Business of Catering" workshop is designed for persons who operate or manage a catering business. Topics include food safety for caterers; food preservation and artistry; and managing your business with computers. An introduction to computer applications for your catering business is included in the workshop. Computer familiarity is

helpful but not necessary.

For more information and registration forms, please contact:

Jeannie Pittam
Department of Nutritional
Science & Dietetics
202 Ruth Leverton Hall
University of Nebraska -
Lincoln
Lincoln, NE 68583-0808
Phone: (402) 472-3717 (AH)

Curing the most common fever

Winter is a time of colds, sniffles, and fevers. Unfortunately, it is hard to find a cure for the most common fever of all—cabin fever.

Some symptoms of prolonged cabin fever include depression, irritability, and stress for both children and adults. Many of these symptoms are attributed to lack of sunshine, confinement, and lack of variety during long, cold and stormy winter days. The psychological toll creates "cabin fever."

Finding sunshine and variety for both children and adults in the midst of winter gloom and confinement may at first seem a daunting task. Both adults and children need to find time to get outside, if only for a few minutes.

Spending a few minutes outdoors each day, no matter how cold, can get the blood pumping and brighten spirits. Experts note that lack of sunshine and physical activity increases depression. Sledding, ice skating, snowball fights, or a quick, brisk walk are healthy and fun outdoor activities

enjoyable for both adults and children.

When going outside, however, make sure that everyone is dressed warm. Dressing in layers provides



extra protection and insulation from the cold. Covering the head and hands also increases protection against the cold.

Teaching children new games that they can play by themselves, or with adults, is another way to create variety in an otherwise potentially long afternoon. Some card and board games can be played alone, thus giving adults a much needed break. Other games can be played as a group.

Indoor games don't have to be expensive or complicated. Big

boxes can become a fort or stage, while cast-off clothes can be turned into costumes. Encouraging games that require imagination can be ultimately more rewarding and stimulating for children than watching television, as it encourages creativity and self-confidence.

Reading is another important activity that can be enjoyed alone or together as a family. Reading aloud to children is entertainment in which the whole family can participate.

Taking a trip to the library, or enrolling children in a reading program, can be a fun family event that breaks up the day for children and adults. Curling up with a good book can wile away the afternoon for children and open them up to a source of entertainment and learning that can last a lifetime. Adults can also take advantage of the time to catch up on their recreational reading as well.

Source: Herb Lingren, Ph.D.,
Family Life Specialist, UN-L,
IANR. (LJ)

Yes, the sweater season is here

No wardrobe is complete without sweaters and this season, in addition to traditional wool and cotton classics, retailers are offering sweaters of silk blends, rayon, acrylic and wool blends. Care of these delicate knits, especially those with decorative trim, requires special attention.

Examine your knit carefully before buying. A soft feel is created by loosely knit fibers which have a tendency to ball up

or mat with wear, particularly around the cuffs and neckline areas that receive greatest abrasion.

Follow the care label recommendations when cleaning sweaters. When the care label reads dry clean only, take it to a professional dry cleaner. Point out any spots or stains which may require special attention. Stains such as soft drinks, other liquids and food are often times invisible

and will oxidize and appear later. If the sweater can be hand washed, do not wring or twist as this can cause the yarns to break. Squeeze the water out, then roll in a towel to remove excess moisture. Dry away from direct heat.

Store sweaters in a drawer or on a closet shelf. Sweaters on hangers tend to sag and take on the shape of the hanger, especially at the shoulder. (LB)

How to Talk to Teenagers So They Will Listen

Teenagers have never been easy on their parents. On the road to becoming adults, teens are naturally inclined to take risks, experiment and discover for themselves what life is all about. Yet as caring parents, they can't help worrying about the safety and well-being of their children. How much control and discipline is appropriate without alienating our teenagers? Here are parenting strategies that you may find helpful.

Focus on what is important. Most teens feel compelled to try out different roles. Rule of thumb: Don't make a fuss about issues that are reversible or don't directly threaten your child's or another person's safety. These issues include unwashed hair, a messy room, torn jeans, etc.

Be willing to be unpopular. Try to accept that there will be times when your children won't like what you say or will act as though they don't like you. Being your children's friend should not be your primary role during this time of their lives. Teens will often make inflammatory statements such as, *You don't understand, I'm the only one who has to... or I'll die if you don't let me.* They're trying to get you to relent and say yes when you want to say no.

Avoid arguing. Arguing only fuels hostility and it doesn't get you heard. Here are some principles to follow:

Please turn to Talk: page 11



If your no-wax floor has lost its shine, the luster can be restored.

No-wax floors have a clear "wear layer" which protects the floor's color and pattern. This layer reflects light and it's this light that makes the floor look shiny.

Your floor may have a residue build-up which blocks the light reflections from the floor's surface and makes it look dull.

To remove the residue, use a no-rinse floor cleaner and scrub the floor with a mop or stiff bristle brush, wiping up the loosened soil with old terry towels as you clean. Then, clean the floor again. You may need to clean it three or four times to completely remove the residue.

Once the residue is removed, use a floor polish formulated for no-wax floors to restore the shine. (LB)

EFNEP money management tips



The holiday season is behind us. For many families, the bills for the holiday gifts arrive in January. EFNEP advisors share these ideas about paying bills on time.

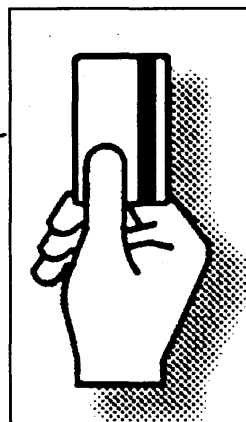
1. Paying bills on time saves you money! By paying bills on or before the due date, late fees and extra finance charges are avoided. Paying bills on time prevents: disconnection of utilities or other services, eviction, and repossession of goods. Paying bills when they are due protects your credit rating too, so you can obtain credit at lower interest rates. Review your bills. Which ones will you pay additional costs on if you pay them late?

2. An easy to use system is the key to paying bills on time. It's not uncommon for a family to receive ten or more bills every month. Keeping up with due dates is difficult, if not impossible, without a good system for tracking which bills have and have not been paid. Determine how many bills your family normally receives each month. Is the method that you currently use to keep up with due dates working?

3. Make a list of all your bills. Beside each one, write down the amount and date due. A system for paying bills on time begins with a list of all household bills, including the due date and amount due. For credit payments, also note the outstanding balance.

4. Make a list of bills to pay for each payday. Begin by

deciding how far in advance you will plan. The farther ahead you plan, the easier it is to identify problems, and the more time you will have to solve them. For each payday of the planning period, use a separate piece of paper and note the date on the top of each one.



make sure bills are paid on time.

5. Some people use the juggling card method. Fill out an index card or envelope for each bill. Include on the card or envelope the date and amount due. Arrange the cards in order of importance. On payday, start with the top card. Pay bills until the cards or money run out.

6. Sometimes late payments can't be avoided. Unexpected emergencies often mean there is not enough money to pay every bill on time. If you must pay late, it's very important to decide which bills to let go. A wrong decision can be expensive and disrupt family spending for many months.

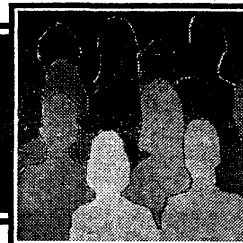
7. Sometimes late payments can't be helped. Different busi-

nesses have different policies for payments received after the due dates. In some cases, no action is taken until the bill is 90 days past due. Sometimes, a late charge is added when the payment is late. Some companies assess a late charge for each day the payment is late. For credit payments, extra interest charges may accrue. It's also possible for a service to be disconnected or an item repossessed.

8. When you must pay late, contact the company before they call you. This demonstrates that you are responsible and committed to paying your bills. Tell the company representative how much you can pay, and when the payment will be sent. You may need to compromise to reach an agreement that is acceptable to you and the company. Keep your promise and send the payment as agreed.

Source: Michael Rupured, Extension Specialist in Family Financial Education, Kentucky State University. (MB)

Human Resources



Healthy Eating

Here's an easy snack you can make with your children on a cold winter's day.

Pretty Posies (Makes 10)

1 (10 biscuit) package ready-to-bake buttermilk biscuits
jam

1. Set oven according to directions on biscuit package.
2. To make posies, use kitchen scissors to make 5 cuts around the edge of each biscuit, being careful to leave about a 1-inch diameter circle in the center. Place on an ungreased cookie sheet.
3. Press thumb deeply into center of each biscuit. Spoon scant ½ teaspoon jam into each thumb print.
4. Bake according to package directions. Remove baked biscuits from sheet with a pancake turner. Serve warm.

Source: *Cooking With Kids*, by Alice Henneman, Extension Educator (AH)

Nine steps to weight management



The weight loss industry is a multi-million dollar business. Obsession with weight loss seems to be a national pastime. A shift from our focus on weight loss to a discussion about weight management is overdue. The following information outlines positive action steps that can help each and every adult to manage his or her own body weight in realistic fashion.

The action steps are not in a particular order although some of the steps naturally harmonize with others. They were selected because current research suggests these steps may be the most helpful to American adults in selecting habits and behaviors that will lead to healthy weights throughout life.

1 Exercise—When you exercise regularly food, energy can be used for the activity rather than stored as fat. Research shows even moderate physical activity produces healthful benefits. Walking, bicycling, and light jogging are exercise that prepares the heart and lungs to work more efficiently. Activities that strengthen muscles help build and maintain lean body mass which produces a lean, trim look.

Exercise boosts your morale. People who are active feel good about themselves. Rather than stimulate appetite, exercise helps to regulate appetite so that it matches energy needs.

To increase your physical activity, determine how active you are now. Identify times of the day when you could add more exercise. Even parking farther out in a parking lot as you go to work or do your shopping increases activity. Squeeze in walks during lunch hours or after an evening meal. If you've been a non-exerciser until now, start gently and slowly. "No pain, no gain" doesn't apply here. It's most important that you enjoy your chosen activity so you will continue to do it.

Exercise for weight management is good at all ages in life. Establishing an exercise habit should begin in childhood but if you haven't had the habit until now, there are still benefits to be received.

2 Talk positively to yourself—Too often we compare our own body sizes and shapes to others, forgetting that their life circumstances are different from our own. Positive self-talk allows us to identify aspects of ourselves that we like and appreciate. When you focus on your likeable traits and grow to appreciate them, you will have less time to belittle personal characteristics that really don't affect your self-worth anyway. Positive self talk encourages positive thinking and positive actions.

3 Set goals—Charting a course for yourself by defining the direction in which you will head is a key to success in many phases of life. Set small, achievable goals. Work hard on one or two goals at a time. Once achieved, move to the next goal step. Goals that require you to take action are best.

Examples: —*This week, I will purchase 1% milk for my family rather than whole milk.*

—*This week, I will use my noon hour at least three times to walk for 15 minutes each time.*

—*I will prepare a lowfat main dish for myself and my family at least once this week.*

—*I will record my food intake at meals and snacks this week.*

4 Reward yourself—Give yourself a reward when you achieve a goal or do something that has required effort. Rewards can be small gifts to yourself, allowing special times for yourself or with others, or going to special events. The important point is to let rewards serve as a reminder that you have been successful. Rewards are best when they closely follow your accomplishment.

5 Choose lowfat—Ounce for ounce, fat yields more energy than either carbohydrate or protein. The body also prefers to burn carbohydrate for energy and saves fat for storage. A high carbohydrate diet will satisfy energy needs with less chance of excess fat storage. High fat diets, on the other hand, lead to excess

energy that is stored as fat.

Moderate to lowfat intakes are between 40 to 65 grams of fat each day if your energy needs are between 1,200 to 2,000 calories. You can work toward lower fat intakes if you:

- select lean meat, fish or poultry and use meat substitutes such as dry beans
- eat lowfat or nonfat dairy products
- limit use of high fat spreads, sauces and gravies

Since nutritionists have encouraged lowfat diets for several years now, there are many cookbooks, magazines, and other resources that will help you prepare foods the lowfat way.

6 Watch portion sizes—There are no forbidden foods but sometimes the amount you eat can weigh you down. Controlling portion sizes of foods is a step we often forget. Next time you eat, check your serving sizes. If your serving sizes are consistently larger than standard servings, take that into account when you eat.

7 Assess your own healthy weight—Too much emphasis has often been placed on fitting into a certain weight category or wearing a certain clothing size. Society's misplaced emphasis on thinness has encouraged some people to use supernatural efforts to maintain extremely low body weights.

To help with your lifelong weight management efforts, identify what a healthy weight is for you. Check your family history of weight-related diseases. With a family history of adult onset (Type II) diabetes, premature heart disease, or high blood pressure, you will need to be more careful about your own weight.

In addition, establish how much body fat you are carrying. The human body requires some body fat to protect internal organs and store energy. Excess fat, however, taxes the heart and lungs. If the excess fat is carried around your abdomen, there is greater risk of disease. If you can pinch more than an inch or your waist measure

Please turn to Weight: page 11

Please turn to Page 11 for more Human Resources news



Cooking with kids

Here are some general guidelines for cooking with preschoolers. Use your judgement in deciding whether appropriate for your child. You may need to help with some tasks. Supervision is the key.

Two-year-olds:

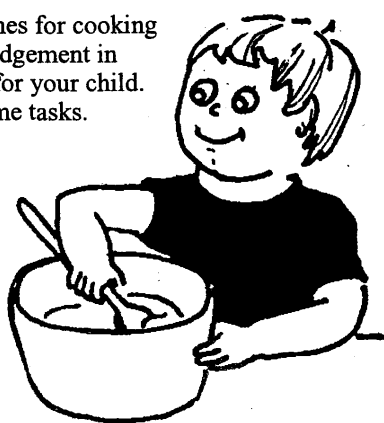
- Tear greens for salad
- Stir foods, except those cooking on the stove
- Spread with table knives (butter, cheese, mayonnaise, etc.)
- Roll and shape with hands (burgers, meatballs, etc.)
- Peel bananas, with a little help getting started
- Put things in trash
- Put bread in toaster
- Help wipe table

Three- and four-year olds:

- Set and clear the table
- Cut with a table knife (soft foods)
- Toss salads
- Measure dry ingredients
- Roll with a rolling pin
- Help wash fruits and vegetables

Five-year-olds:

- Pour liquids
- Beat with a hand eggbeater
- Shape dough (bread, rolls, etc.)
- Push blender or food processor buttons



For more suggestions and some recipe ideas for cooking with younger children, send a self-addressed, stamped envelope to: *Cooking With Kids* (Fact Sheet 93-99); c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (AH)



4-H & Youth


4-H Bulletin Board

- Attention all 4-H members and leaders: **4-H Leader Training Part II** on **January 23** is a special event. This program will feature examples by 4-H members of a speech, demonstration, table setting, style revue, and song contest entry. Remember to watch CableVision Channel 21 at 7:00 p.m. for this super program. A tape will be available at the office for those who do not receive this channel.
- Send in your **4-H Lock-In** registration by Friday, January 20! Don't be locked out!
- Camp staff applications** are due by **January 15!** Applications are available at the office.
- There will be **no Teen Council meeting** this month due to 4-H Lock-In.
- Send in your registration for **State 4-H Leader Forum** as soon as possible. Call LaDeane or Ann Marie for more information. (AMM)
- The **1995 Lancaster County 4-H Speech Workshop** will be held Friday, **February 10**, 7:00 p.m. The featured speaker will be former 4-H member, Carol Turner, from radio station 96KX. She will also help intermediate and senior speakers with their individual speeches. Mark your calendar and don't miss this exciting learning opportunity!
- Canine Companions 4-H Dog Club** will again hold training classes for their members Saturday afternoons in January and February.
- 4-H dog training classes** in obedience, showmanship and agility, sponsored by the Rompin Rovers 4-H Club and the Greater Lincoln Obedience Club, will be held every Sunday, 3:30-5:00 p.m., at the Greater Lincoln Obedience Club Training Facility, 4910 N 57th Street. These classes are open to all Lancaster County 4-H members. For more information, contact Melody Jensen, 794-9544 (leave message) or Donna Bundy, 472-2535. (DS)

Camp staff wanted

Graduating seniors and college students are eligible to apply as camp staff for the Easter Nebraska 4-H Center. These are paid positions and applications are available at the Extension office. These applications are due on January 6, 1995. Camp counselor applications are due later in the year and information about these positions will be forthcoming in a future edition of NEBLINE. (LJ)

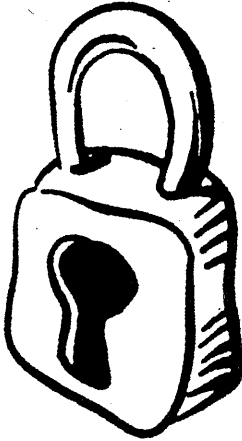
ATTENTION NIGHT OWLS!



LANCASTER
COUNTY

4-H

LOCK-IN

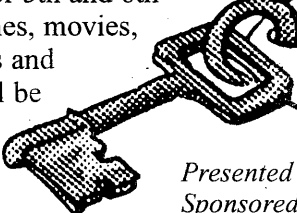


January 27-28

8 P.M. to 8 A.M.

Lancaster Extension Conference Center

Come be a part of an all night
LOCK-IN for 5th and 6th
graders. Games, movies,
snacks, crafts and
breakfast will be
provided.
Meet new
friends and
have fun.




Cost: \$10 per person

Sign up now or be
LOCKED-OUT!

Bring a sleeping bag,
pillow, a friend
interested in 4-H
and lots of
enthusiasm!

Presented by Lancaster County 4-H Teen Council

Sponsored by University of Nebraska
Cooperative Extension in Lancaster County



4-H Lock-In Registration

(Registration due by January 20, 1995)


Name_____Age_____ ☐ Male ☐ Female

Address_____Phone_____

City_____State_____ZIP code_____

Name of friend also attending_____

Please make check payable to Lancaster County Teen Council and return with registration to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road • Lincoln, NE • 68528-1507 • 441-7180



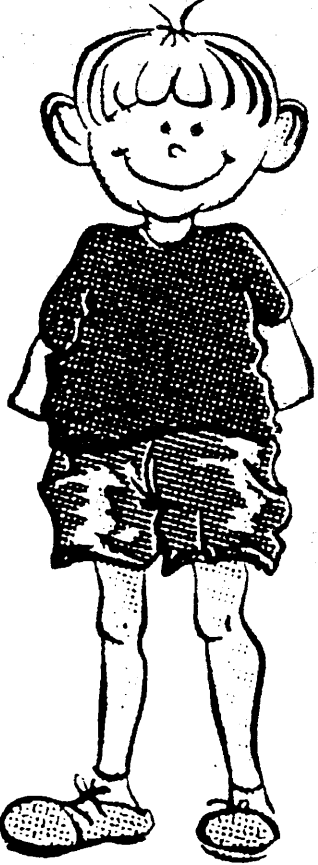
Nebraska 4-H Volunteer newsletter subscriptions available

The *Nebraska 4-H Volunteer* is a newsletter designed to provide ideas and motivation to 4-H leaders on 4-H programming across Nebraska. Volunteers are kept up to date with current happenings through the State 4-H Office. Through "It Worked for Us" and "Volunteers in Action" sections, volunteers are linked

with other volunteers from across the state. Youth development and organizational information also helps support 4-H club programming. The *Nebraska 4-H Volunteer* is currently published four times a year by volunteers for volunteers. Cost is \$4 per subscription.

Subscriptions are due in the State 4-H Office not later than January 13, 1995. Send subscription information to: Nebraska State 4-H Office, 114 Agriculture Hall, University of Nebraska-Lincoln, Lincoln, NE 68583-0700. (LJ)

Ways to praise your child

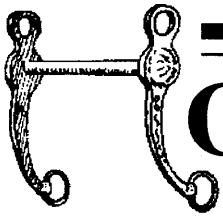


wow
way to go
super
you're special
outstanding
excellent
great
good
neat
well done
remarkable
I knew you
could do it
I'm proud of you
fantastic
superstar
nice work
looking good
you're on top of it
you're incredible
bravo
you're fantastic
hurray for you
beautiful
now you're flying
you're catching on

now you've got it
you're on target
you're on your way
nice
good job
how smart
that's incredible
you're unique
good for you
hot dog
dynamite
you're beautiful
I like you
you're a winner
remarkable job
how smart
nothing can stop
you now
beautiful work
spectacular
fantastic job
hip, hip, hurrah
great discovery
you're spectacular
bingo
magnificent

marvelous
terrific
phenomenal
super job
you're important
you're sensational
exceptional
you're a real trooper
you are responsible
you are exciting
what an imagination
what a great listener
outstanding
you mean a lot to me
you are fun
you tried hard
you care
you're a good friend
you make me happy
I trust you
you're important
I respect you
awesome
you made my day
I love you

(ALH)




HORSE BITS

Horse VIPS


The January 4-H Horse VIPS meeting is scheduled for Wednesday, January 11, 1995, 7:30 p.m. All current 4-H leaders are encouraged to attend. This year, the horse VIPS committee is asking that each 4-H club have a junior leader and that each junior leader is encouraged to attend the monthly 4-H Horse VIPS meetings. Anyone interested in working with youth and horse related activities is also encouraged to attend.

4-H Horse Clubs

Attention . . . all 4-H horse clubs—is your club involved in community activities either related or not related with horses? Starting in the February NEBLINE, we will begin to report on 4-H horse clubs involved in community activities. If you need some ideas on areas in the community your club can help with, watch the HORSE BITS section of the NEBLINE or contact you club leader. (CB)



COOPERATIVE
EXTENSION
SYSTEM



4-H key leaders are here!

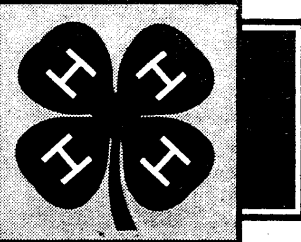
New for 1995 is the Lancaster County 4-H Key Leader Program! The program is basically a support system for leaders and parents in designated clover clusters. A clover cluster is a section of Lincoln and Lancaster County and all clubs in that particular section are put in the same cluster. There are two key leaders in each cluster

which have been trained and are very knowledgeable about the 4-H program. General 4-H questions, group meetings, a consultant list, and meeting new people are all part of the key leader program.

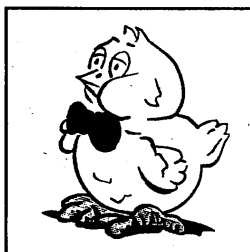
This month, all 4-H leaders will be receiving a letter from their key leaders informing them of their clover cluster meeting. The

meeting will be held in your area and will be a fun get-together for everyone! Be sure to watch for this special invitation and plan to attend your clover cluster meeting! If you have any questions about the key leader program, call University of Nebraska Cooperative Extension in Lancaster County. (AMM)

4-H & Youth



Hatching chicks in the classroom



This year, around 3,300 youngsters will participate in Embryology, a

4-H school enrichment project. The first session begins in January, the second in February and the last session of Embryology is in April.

Why is Embryology so successful? It enables children from urban as well as rural areas to observe embryo development, learn about animal care, develop a sense of responsibility and experience hands-on learning. Students are involved from the moment the fertile eggs are delivered to the care and feeding of peeping chicks.

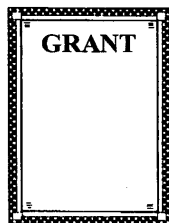
Another reason for the

popularity of the chick-hatching project is its simplicity. The two items needed for a successful hatch are a functioning incubator to maintain proper temperatures, humidity levels and ventilation and fresh, fertile eggs. Once the incubator has been calibrated and the eggs placed inside, the project is under way.

Many teachers who participate in the 4-H chick-hatching project remark on the improved classroom behavior, eager participation and increased cooperation exhibited by their students.

So—look for those little fuzzy balls of feather in your third grade student's classroom. Baby chicks will be hatching around February 14, March 20 and May 8 as a result of the 4-H School Enrichment Embryology project. Call Dave at 441-7180 to arrange your pick-up of free chicks. (ALH)

National 4-H grants available



Several national 4-H grants are available for individuals and clubs. These grants provide

opportunities for young people and adults to take action about issues critical in their lives, their families, and their communities. The grants allow the National 4-H Council to make a direct impact on the "grass roots" level where the 4-H action is.

All proposals are due to the National 4-H Council by March 1, 1995 and grant recipients will be announced in May 1995.

The following is a brief list of grant opportunities. For more information, please ask for a packet from the office.

Homemade Jam and Jelly Making Projects

\$200 to \$1000 available to 4-H clubs, counties and states to support innovative homemade jam and jelly making projects. Ages 9-18.

Involving the Disabled

\$1000 for outstanding work with the disabled. Projects should focus on increasing acceptance and participation of persons with disabilities in the community and in 4-H work.

Sewing Promotion

Grant for motivational sewing education programs for youth 5-9 or 10-19 years of age. Up to one-third of the grant may be used to purchase sewing equipment.

Youth in Action/Community Service

Grants of \$500 to \$1000 will be awarded to youth groups who are taking leadership roles and working with adult 4-H volunteer leaders and/or Extension educators. Grants require youth teams to educate other young people and children on ways to model community service. (LJ)

Be among the 4-H leaders in Columbus

The New World Inn in Columbus will be the site of the Nebraska State 4-H Leaders Forum on January 20 and 21, 1995. Registration of \$55 is due by January 5. Part-time registrations are also available.

Each person attending will be able to attend six workshops from among 46 offered. Workshops are loosely organized into one of the following tracks: animal science, home economics—textile and design, home economics—foods, expressive arts, general age—conservation of natural resources, volunteer and club management and youth development.

Nine tours of facilities in the Columbus area are offered and Joan Burney will be a keynote speaker.

The Lancaster County 4-H Council has limited funds available for those who attend. Contact the office for an application, more information or a scholarship application. (LJ)

State 4-H Leader's Forum

January 20 & 21, 1995

**Columbus, NE
New World Inn**

This forum is for anyone interested in 4-H or already involved in the 4-H program.

New information will be presented to 4-H leaders.

Interested in attending?

Please drop-off or mail to: University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, NE 68528-1507

Name _____

Address _____

City _____ State _____ Phone _____

Club name _____ Years in 4-H _____

Special 4-H interests _____

Announcing Cloverbuds: A 4-H program for 5- to 7-year-olds

All youth in Lancaster County between the ages of 5 and 7 are now eligible to become a part of our 4-H program, Cloverbuds. Cloverbuds is a new program in the county and has been initiated in response to requests for educational opportunities for children in this age group.

Cloverbuds takes many of its organizational roots from the 4-H program, but is specifically designed with the developmental needs of 5- to 7-year-olds in mind. Providing opportunities for 5- to 7-year-old children to learn life skills, build self-esteem and develop a sense of belonging in a safe group setting is the basic philosophy behind the program. The program is non-competitive and success-oriented. It emphasizes hands-on learning, a wide variety of materials and experiences, and requires family involvement.

Guidelines

A child must have turned 5 and be no older than 7 by January 1 of the current year. This age limit corresponds with the minimum age limit for the regular 4-H program.

A Cloverbud club should have five to seven members.

There are no particular requirements for the number of meetings held each year, each club should decide what is best for them.

All parents or another designated adult must participate with their child. Each club will have an organizational leader, but each parent is expected to plan, help with, and attend meetings. Family participation strengthens families, supports the development of the child, and produces a learning environment conducive to positive self-image in the Cloverbud child.

Clubs may be formed with only Cloverbud age youth or an organized 4-H club may decide to have a Cloverbud group as part of their club.

The curriculum for Cloverbud clubs will be wide ranging and exploratory. No one particular area will be emphasized. This should be a time of exploring a wide range of possible interest areas.

Fair

Cloverbud youth will have the opportunity to be involved in the Lancaster County Fair. However, their involvement will be totally non-competitive. Cloverbuds can show off what they have learned through the year. Each child may bring one stationary exhibit and/or one animal exhibit. They will have an opportunity to talk to a judge about what they have brought and the project will be put on display. Projects may include activities done at regular club meetings, something made as a result of a topic discussed during a meeting or even a poster about a favorite pet. Every exhibit is a winner. Animal entries may either be brought the day of the Cloverbud show or at a time when the family brings other animals to the fair. Youth at this age are not expected to take sole responsibility for animal care and parents will be expected to support this activity. Every exhibit brought to the fair is a winner and all participants will receive a 4-H Cloverbud participation ribbon.

Resources

Each leader will receive a *Cloverbud Leader Handbook* that outlines the general philosophy and requirements for a Cloverbud

club. It also gives a brief summary of the resource material available for planning meetings.

Several leader resource books (*Welcome to Cloverbuds*) are also available for use by Cloverbud leaders and parents. It is suggested that leaders and parents plan activities from these notebooks for Cloverbud club meetings. General topics include: personal growth and development, survival skills (cooking, nutrition, sewing, home environment), natural resources, plant and soil sciences and animal science. Leaders and parents are also encouraged to be creative and initiate activities that they feel might meet the needs of their particular group. These notebooks may be checked out of the office with a \$30 refundable deposit for one week.

Leader/Parent 4-H Cloverbud Training will be held Saturday, February 4, 1995, 10:00 a.m. to 12:00 p.m. The training will be televised on Channel 5 (Cable TV) and a videotape of the training will be available if you do not have access to cable.

How do I get started?

If you are interested in starting a Cloverbud group or in having your child be a part of a club, fill out and send in the form below or call Dave Swarts for more information.

We are excited to offer Cloverbuds in Lancaster County and look forward to working with your 5- to 7-year-old children. This is an opportunity you won't want to miss! (CF)

I'm interested in the Cloverbud program Birth date _____

Child's name _____ Age _____

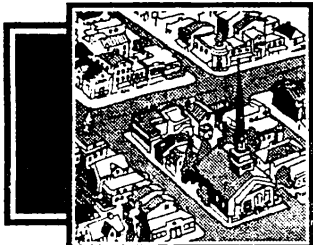
Parent's name _____

Address _____

Phone (home) _____ (work) _____

School area _____

Send to: University of Nebraska Cooperative Extension in Lancaster County;
444 Cherrycreek Road, Lincoln, NE 68528-1507



Community & Leadership Development

Clearly communicating your ideas to others



Most of us at some time have trouble communicating our ideas to others. Most personal communication takes place face-to-face or one-on-one. When you must speak in front of a group or at a committee meeting, clear communication becomes more important. Dr. Elmer Miller, IANR Leadership Center, recently shared some communication tips with community leaders.

Dr. Miller identified major communication strategies. Be honest, responsive and keep people informed. Work on your interpersonal skills to improve your communication.

Most importantly, be an active listener.

Barriers to communication include not understanding the problem and misinformation. Differences in values, attitudes and temperament between two individuals may lead to poor communication. Sometimes we communicate, not through verbal means, but with nonverbal communications.

Misunderstanding happens through confused inferences, implications and facts. Not thinking before talking or writing, jumping to decisions too quickly and failure to listen can be major communication barriers.

Here are some important tips which will improve your communications. Be brief, simple and direct. Speak clearly and be considerate of the other person.

Respect the person with whom you are communicating as an individual. Identify a person's strengths and create a climate for trust. The same principles are true when working with groups. Spend some time getting to know the people on your committee. Never take another person for granted.

In committee work, create a climate for trust so the group can predict your actions. If you are a committee leader, delegate. Do not make committee members feel unsafe working in your group. Be open with your own mistakes. Make heroes of other people. Shine a spotlight on the people who do extraordinary things.

In summary, Dr. Miller reminds us that we express outwardly what we are inside. So be careful what you put inside. What we give is what we get so, again, be careful what you give out. What we use grows and what we do not use we lose. (DM)

Leadership education program



A leadership education program for community development and the empowerment of the individual has been planned to assist local residents in developing leadership skills to build strong communities. This program is sponsored by the City of Lincoln, Urban Development Department, Community Development Division in cooperation with the University of Nebraska Cooperative Extension in Lancaster County.

The Nature of Leadership, Phase I, is scheduled for Mondays, January 23, 30, February 6

and 13, 7 to 10 p.m. at the Downtown Senior Center, 1005 "O" Street. A reception for those completing Phase I will be Wednesday, February 15.

The four sessions will be:

Session I—"Foundations"

Session II—"Personality Differences"

Session III—"Building Relationships Within Teams"

Session IV—"Conflict Resolution and Renewal"

This four-week training is especially helpful for persons involved in neighborhood organizations. Cost is \$25 and payable at the first session. If you are

interested contact Wynn Hjermstad, Urban Development Department, 441-7606, for an application flier. Participation is limited to 30 and applications are due January 18, 1995.

Extension Educators LaDeane Jha, Lorene Bartos and Mark McCaslin and Private Consultant Michelle Hunnel-McCaslin, will present the training.

This is an excellent opportunity to develop leadership at the "grass roots" level. Call now and learn techniques to become more involved in your neighborhood and/or community. (LB)

Partnerships for community youth development: a new emphasis from the National 4-H Council

Research reveals that our young people—the future workers, parents and leaders of our society—face challenges and dangerous obstacles, making the business of "growing up" more complex than ever before. Young people must deal with violence, crime, substance abuse and suicide as well as the tragic waste of their creative talents and skills as a result of the neglect or ineffective interventions of public and private institutions. Since responses of the past no longer effectively impact these emerging realities, the National 4-H Council has committed to a major transformation and embraced a new

mission.

Partnerships for community youth development that value and involve youth in solving issues critical to their lives, their families and society are vital to this mission. As a national organization, the 4-H Council is providing technical assistance and training, and collaborating in research and resource development. Local units are working with other youth-serving organizations and corporate and private partners to address this new mission.

A community youth development model that effectively works with youth, their families and their communities is the basis for the new emphasis in 4-H. This

approach recognizes that young people's problems and needs are shared by their communities. The belief that, "It takes an entire village to raise a child," and that youth must be partners in creating and maintaining their community environments is the key.

Work is now underway to build on the existing strengths and structures of the 4-H program while developing new systems and areas of work to implement the new mission. Look for information in upcoming issues of NEBLINE on how 4-H will implement their new community youth development mission. (LJ)

Calling all Extension volunteers

4-H leaders (organizational and project), VIPs committee members, 4-H Council members, FCE club leaders and members, advisory groups, key leaders, Ambassadors, Teen Council, 4-H youth, and anyone else who might be interested are invited to participate in a Volunteer Leadership Workshop to be held on January 31, 1995, 7 to 9 p.m.

Why should you attend? Well, we at Extension like to see all of you and this gives us a chance to get to know you better. More importantly though, we anticipate that you will:

- Learn new ideas for making meetings fun, effective, and productive.
- Acquire skills in both preventing and resolving conflicts within groups.
- Find out how things work in the Extension office and what you can expect from educators and assistants to help you in doing your job.
- Understand how 4-H Council works with Extension staff and with the Fairboard.

Get to know other Extension volunteers and have a chance to share ideas and expertise.

We value your contributions to Extension and want to support you in as many ways as possible. Your attendance at this workshop will give you a chance to add to your already exceptional abilities to serve others in our community.

Please take a minute to either mail in the attached registration or to call 441-7180 to register for the workshop. Everyone who attends will be given a packet of helpful information. (LJ)

Extension Volunteers

Name _____

Volunteer Role in Extension _____

Phone number (home) _____ (work) _____

Send to: UN-L Cooperative Extension in Lancaster County
444 Cherrycreek Road • Lincoln, Nebraska • 68528-1507

A safety message from Fireman Bill

Well, 1995 has arrived, and if you're like me, it's time to make your New Year's resolutions. Here's a few ideas for resolutions that'll be a lot easier than redecorating your house or losing weight, and will have a lifesaving impact. This year, resolve to:

Test your smoke detector once a week and change the battery at least annually, or whenever the low-battery warning indicates the

need to do so.

Make your address numerals on your home plainly visible from the street or road you live on. This is important so that we can find you in case of an emergency. (Sure makes pizza deliveries a lot easier, too, so I'm told.)

Review or develop a home fire escape plan for your household, and practice it at least every three months.

Contact us if we can help you with any aspect of fire prevention or safety. Our number is 466-2911.

All of us at Southeast Fire, along with the Southeast Fire Auxiliary want to wish you and yours a Happy (and FIRE SAFE) New Year's!

Source: Bill Montz, Jr., Fire Prevention/Public Relations, Southeast Fire Department. (DM)

"Buy recycled" conference

The Third Annual Tri-State (Iowa, Nebraska and South Dakota) Buy Recycled Conference and Product Show has been set for March 28 & 29, 1995, in South Sioux City, Nebraska. This event is being jointly sponsored by:

- Environmental Protection Agency—Region VII
- Nebraska Department of Environmental Quality
- Nebraska State Recycling Association
- Nebraska Department of Administrative Services
- South Dakota Solid Waste Management Association
- South Dakota Department of Environment and Natural Resources
- Iowa Department of Natural Resources
- Iowa Recycling Association
- Iowa Society of Waste Operators
- Recycling Coalition of South Dakota
- Solid Waste Association of North America—NE Chapter

Keynote speakers scheduled include:

- Marty Forman, Forman Metal and PolyAnna Technologies; who will speak on "Recycling Doesn't Cost, It Pays" and "Where to Find Answers to Recycling Problems" and
- Richard Keller of the U.S. Conference of Mayors, who will present a "Buy Recycled Training Program"

This year's conference is centered around the U.S. conference of Mayors Buy Recycled Training Program and will enable participants to receive continuing education unit credits by both the National Institute of Government Purchasing and the National Association of Purchasing Managers.

Persons interested in attending and/or having a display booth should contact:

Lori Villim, South Sioux City Convention & Visitors Bureau, 2700 Dakota Avenue, South Sioux City, NE 68776 or phone 402-494-1307. (DM)

Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Cooperative Extension Office



Talk

1. Don't feel obliged to judge everything your teen says. Retain the mutual right to simply disagree.

2. Never try to reason with someone who is upset, it is futile. Wait until tempers have cooled off before trying to sort out a disagreement.

3. Don't try to talk teens out of their feelings. They have the right to be hurt, angry, disappointed, just as you do.

Be respectful. We get offended when our children treat us discourteously. But we often fail to recognize when we're doing the same to them. Teens owe us the courtesy of letting us know where they are and how we can reach them, especially when their plans change on the spur of the moment.

Help teens learn from experience. No matter how hard we try to teach good judgment and supervise their important decisions, teens may still act in ways that frighten us. Sometimes dealing with the consequences of their own actions inspires sensible behavior more effectively than any lecture or discussion.

Source: Herbert G. Lingren, Ph.D. and Pat Steffens, Ph.D., Extension Family Life Specialists. (LB)

From page 6

Weight

is equal to or greater than your hip measurement, trim your weight.

8 *Complete a behavior inventory*—One of the most useful steps in managing weight is to complete a behavior inventory. Check your habits for snacking, eating in response to hunger, and preparing foods.

Snacks can be a part of your daily food plan but they need to be planned carefully. Snack choices make a big difference in fat intake if you select high fat snacks.

Determine how hungry you are when you eat. Delay eating if you

are not really hungry.

Lifelong weight management may depend on your cooking habits. Note your style of cooking, determine if it leads to higher fat meals, and adjust if necessary. Other things to look for in a behavior inventory are your shopping skills and habits, your moods or feelings when you eat, and the time and place in which you do most of your eating. If any of these factors are excessive or affect your ability to manage your weight, think how you can make some changes.

9 *Choose a variety of foods*—Build your daily food choices around the Food Guide Pyramid. Chose a variety of foods from each group and eat from all of the groups. Eat within the recommended number of servings for each food group to meet your nutritional needs. By "watching your portion size" and "choosing lowfat" you will develop food habits that will last a lifetime and will help you to manage your weight.

Source: Linda Boeckner, Extension Nutrition Specialist (AH)

From page 7

1995 4-H CALENDAR

January 3 4-H Council Meeting, 7:00 p.m. 7 Canine Companions Dog Training, 1:00 p.m. 9 Extension Board Meeting, 7:00 p.m. 9 Shooting Sports Club Meeting, 7:00 p.m. 10 Speech VIPS Meeting, 7:00 p.m. 11 Horse VIPS Meeting, 7:30 p.m. 14 Canine Companions Dog Training, 1:00 p.m. 15 Camp Staff Applications Due 15 Teen Council Meeting, 3:00-5:00 p.m. 16 New Leader Orientation-Part II, 9:30 a.m. & 7 p.m. 17 Star City Rabbit Raisers Club Meeting, 7:00 p.m. 19 Fair Board Meeting, 7:30 p.m. 21 Canine Companions Dog Training, 1:00 p.m. 21-22 Nebraska 4-H Leaders State Forum—Columbus 27 Cloverbud VIPS Meeting, 3:30 p.m. 27-28 4-H Lock-In, 8:00 p.m.-8:00 a.m. 28 Canine Companions Dog Training, 1:00 p.m. 31 Extension Volunteer Workshop, 7:00-9:00 p.m.	4 4-H Council Meeting, 7:00 p.m. 9 Teen Council Meeting, 3:00-5:00 p.m. 10 Extension Board Meeting, 7:30 p.m. 10 Shooting Sports Club Meeting, 7:00 p.m. 12 Horse VIPS Meeting, 7:30 p.m. 15 Performance Swine Weigh Day, 9:00 a.m.-noon 18 Star City Rabbit Raisers Meeting, 7:00 p.m. 19 Dare to Try, 1-6 p.m.—Eastern NE 4-H Camp 20 Fair Board Meeting, 7:30 p.m. 22-23 Growing Up Female Retreat—4-H Camp	10 County Fair Horse Entries Due 10-13 State Horse Exposition—Grand Island 11 4-H Council Meeting, 7:00 p.m. 11 Livestock Booster Club Meeting, 8:00 p.m. 11-13 Wet-n-Wild II Camp 12 PAK 10 Tree & Shrub ID-Douglas County Office 13 Demonstration Contest 14-16 Sports Camp 17 Home Economics, Horticulture, Weed & Tree ID Judging Contest Day 18 County & State Fair Animal Pre-Entries Due 18 Star City Rabbit Raisers Meeting, 7:00 p.m. 18-21 Summer Safari II Camp 20 Fair Board Meeting, 7:30 p.m. 21-24 Summer Safari Camp II 26 Style Revue Judging 27 Music Contest tba Horse Superintendent & Leader Meeting
February 2 EPU 4-H Council Training—Eastern NE 4-H Camp 4 Cloverbud Leader Training, 10:00 a.m.-12:00 p.m. 4 Canine Companions Dog Training, 1:00 p.m. 4 4-H Cattle Weigh Day 7 4-H Council Meeting, 7:00 p.m. 8 4-H Council Training—Eastern NE 4-H Ctr., 6 p.m. 8 Horse VIPS Meeting, 7:30 p.m. 10 Speech Workshop, 7:00 p.m. 11 Canine Companions Dog Training, 1:00 p.m. 12 Teen Council Meeting, 3:00-5:00 p.m. 13 Extension Board Meeting, 7:00 p.m. 13 Shooting Sports Club Meeting, 7:00 p.m. 16 Fair Board Meeting, 7:30 p.m. 18 Canine Companion Dog Training, 1:00 p.m. 21 Star City Rabbit Raisers Meeting, 7:00 p.m. 25 Canine Companion Dog Training, 1:00 p.m. 27 New Leader Orientation-Part I, 9:30 a.m. & 7 p.m.	May 1 Camp Counselor Applications Due for Halsey 1 Cornucopia Gardening Award Entry Due 2 4-H Council Meeting, 7:00 p.m. 2 Livestock Booster Club Meeting, 8:00 p.m. 6 Small Animal Workshop, 1:00-4:00 p.m. 8 Extension Board Meeting, 7:30 p.m. 8 Shooting Sports Club Meeting, 7:00 p.m. 10 Horse VIPS Meeting, 7:30 p.m. 15 "How to Exhibit" Leader Training, 9:30 a.m./7 p.m. 16 Star City Rabbit Raisers Meeting, 7:00 p.m. 18 Fair Board Meeting, 7:30 p.m. 19 ExpoVisions Applications Due 22 Horse ID Deadline Date 22 District & State Horse Entries Due	August 1 County Fair Entry Day-Stationary Exhibits, 4-8 p.m. 2-5 Lancaster County Fair 5 Ak-Sar-Ben Entries Deadline Date 13-15 Dismal River Canoe Weekend 14 Extension Board Meeting, 7:30 p.m. 23 Nebraska State Fair tba Horse Awards Activity
March 1 4-H Ambassador Applications Due 1-6 "Dare to Try" Eastern NE 4-H Camp 6 Speech Contest Sign-up Deadline 7 4-H Council Meeting, 7:00 p.m. 8 Horse VIPS Meeting, 7:30 p.m. 12 Teen Council Meeting, 3:00-5:00 p.m. 13 Extension Board Meeting, 7:00 p.m. 13 New Leader Orientation-Part II, 9:30 a.m. & 7 p.m. 13 Shooting Sports Club Meeting, 7:00 p.m. 15 ExpoVisions Leadership Team Applications Due 15 4-H Camp Staff In-Training Applications Due 16 Fair Board Meeting, 7:30 p.m. 17 County Speech Contest, 6:00 & 7:00 p.m. 21 Star City Rabbit Raisers Meeting, 7:00 p.m. 24 earth wellness festival—SCC, Lincoln 31 Turkey Project Entries Due tba PAK 10 Livestock Judging Contest	June 1 4-H Project Registration Deadline 2 Staff In Training (SIT Training) - 4-H Camp 3 Lamb Tagging Day, 9:00 a.m.-noon 3-5 Camp Counselor Training - Gretna 6-8 Fish Camp 6 4-H Council Meeting, 7:00 p.m. 7-9 ExpoVisions 9-12 Outdoor Skills I Camp 11 Teen Council Meeting, 3:00-5:00 p.m. 12 Extension Board Meeting, 7:30 p.m. 12 Practice Home Economics Judging, 1:00 p.m. 13-16 Niobrara Camp 13-16 Summer Safari I Camp 14 Horse VIPS Meeting, 7:30 p.m. 15 Beef Breeding Heifers, Dairy Cattle, Dairy Goats, Sheep & Swine ID's Deadline Date 15 Canoe Trip Applications Due 15 Lamb Tagging Day, 4:00-6:00 p.m. 15 Fair Board Meeting, 7:30 p.m. 17-21 Boldly Bound Camp 20 Star City Rabbit Raisers Meeting, 7:00 p.m. 21 Practice Demonstration Workshop, 1:00 p.m. 22-25 Outdoor Skills II Camp 26-28 Wet-n-Wild I Camp 27-30 Niobrara II Camp 29-July 2 Backstage Camp tba Ak-Sar-Ben Broiler Entries Due	September 5 4-H Council Meeting, 7:00 p.m. 10 Teen Council Meeting, 3:00-5:00 p.m. 11 Extension Board Meeting, 7:30 p.m. 13 Horse VIPS Meeting, 7:30 p.m. 18 4-H Promotion Open House 21 Fair Board Meeting, 7:30 p.m. 20-25 Ak-Sar-Ben 4-H Livestock Exposition
April 1 Market Beef ID's for State Fair & Ak-Sar-Ben Due 1 Camp Counselor Applications Due 1 4-H Action Team Applications Due 1 Kiwanis Karnival—Lancaster Bldg, State Fair Park 2-8 National 4-H Conference	July 1 Scholarship Applications Due (State & National) 5 Star City Rabbit Raisers Meeting, 7:00 p.m. 6-8 Nebraska 4-H ExpoVisions 9 Teen Council Meeting, 3:00-5:00 p.m. 9 Salt Valley Lamb Show 10 Practice Style Revue, 1:00 p.m. 10 Extension Board Meeting, 7:30 p.m.	October 1 Chris Clover Awards Books Due to Leaders 1 County Award Books & Scholarship Applications Due 1-7 National 4-H Week 3 4-H Council Meeting, 7:00 p.m. 3 Livestock Booster Club Meeting, 7:30 p.m. 8 Teen Council Meeting, 3:00-5:00 p.m. 9 Extension Board Meeting, 7:30 p.m. 11 Horse VIPS Meeting, 7:30 p.m. 19 Fair Board Meeting, 7:30 p.m.
		November 7 4-H Achievement Program, 7:00 p.m. 7 Livestock Booster Club Meeting, 7:30 p.m. 8 Horse VIPS Meeting, 7:30 p.m. 9-12 North Central Regional Leaders Forum—Bloomington, MN 12 Teen Council Meeting, 3:00-5:00 p.m. 13 Extension Board Meeting, 7:00 p.m. 15 4-H Membership Updates Due 16 Fair Board Meeting, 7:00 p.m.
		December 5 4-H Honors Banquet 10 Teen Council Meeting, 3:00-5:00 p.m. 11 Extension Board Meeting, 7:00 p.m. tba Fair Board Annual Meeting

The NEBLINE
Nebraska Cooperative Extension Newsletter
Lancaster County

THE NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media & Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

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Notice!
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in THE NEBLINE contact the source listed in the article.

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OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

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

January 3
4-H Council Meeting..... 7:00 p.m.

January 4
Crop Protection Clinic..... 8:30 a.m.-3:30 p.m.

January 5
Ethical Leadership FCE Leader Training..... 1:00 or 7:00 p.m.

January 7
Canine Companions 4-H Club Dog Training..... 1:00 p.m.

January 9
Extension Board Meeting..... 7:00 p.m.
4-H Shooting Sports Club Meeting..... 7:00 p.m.

January 10
4-H Speech VIPS Meeting..... 7:00 p.m.

January 11
4-State Beef Conference—Community Building, Tecumseh..... 3:00-8:00 p.m.
4-H Horse VIPS Meeting..... 7:30 p.m.

January 11-13
Husker Feed Grains and Soybean Conference—Cornhusker Hotel, Lincoln

January 12
Forage and Livestock Management Workshop..... 3:00-5:00 p.m.
Teen Council Meeting..... 3:00-5:00 p.m.

January 13
Intensive Grazing Workshop—4-H Building, State Fair Park, Lincoln..... 10:00 a.m.-4:00 p.m.

January 14
Canine Companions 4-H Club Dog Training..... 1:00 p.m.

January 15
4-H Camp Staff Application Due
4-H Teen Council Meeting..... 3:00-5:00 p.m.

January 16
New Leader Orientation-Part II..... 9:30 a.m. or 7:00 p.m.

January 17
Star City Rabbit Raisers 4-H Club Meeting..... 7:00 p.m.

January 19
Nebraska Forage & Grassland Council Conference..... 8:30 a.m.-5:00 p.m.
Forage and Livestock Management Workshop..... 3:00-5:00 p.m.
Fair Board Meeting..... 7:30 p.m.

January 21
Canine Companions 4-H Club Dog Training..... 1:00 p.m.

January 21-22
Nebraska 4-H Leaders State Forum—Columbus

January 23
FCE Council Meeting..... 1:00 p.m.
4-H Leader Training Part II..... 7:00 p.m.

January 24
The 90's Home...and Into the 21st Century, FCE Leader Training..... 1:00 or 7:00 p.m.

January 26
Forage and Livestock Management Workshop..... 3:00-5:00 p.m.
Private Applicator Pesticide Training..... 7:00-10:00 p.m.

January 27
Private Applicator Pesticide Training..... 1:00-4:00 p.m.
4-H Cloverbud VIPS Meeting..... 3:30 p.m.

January 27-28
4-H Lock-In..... 8:00 p.m.-8:00 a.m.

January 28
Private Applicator Pesticide Training..... 9:00 a.m.-12:00 p.m.
Canine Companions 4-H Club Dog Training..... 1:00 p.m.

January 31
Commercial Applicator Pesticide Training (Recertification)—Nebraska Center..... 8:30 a.m.-4:00 p.m.
Extension Volunteer Workshop..... 7:00-9:00 p.m.

February 2
EPU 4-H Council Training—Eastern NE 4-H Camp

February 4
4-H Cloverbud Leader Training..... 10:00 a.m.-12:00 p.m.
Canine Companions 4-H Club Dog Training..... 1:00 p.m.
4-H Cattle Weigh Day

February 6
The Business of Catering Workshop—UNL East Campus Union..... 8:30 a.m.-5:00 p.m.

February 7
4-H Council Meeting..... 7:00 p.m.

February 8
Nebraska Microcomputer Conference—Kearney Ramada Inn..... 1:00-5:00 p.m.
4-H Council Training—Eastern NE 4-H Center..... 6:00 p.m.
4-H Horse VIPS Meeting..... 7:30 p.m.

February 9
Nebraska Microcomputer Conference—Kearney Ramada Inn..... 9:00 a.m.-4:00 p.m.

February 10
4-H Speech Workshop..... 7:00 p.m.

February 11
Canine Companions 4-H Club Dog Training..... 1:00 p.m.