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## The NEBLINE, April 1995

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# The NEBLINE

University of Nebraska Cooperative Extension  
Lancaster County

April 1995  
Vol. VIII, No. 4

Horticulture ■ Rural Sense ■ Family Living ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

## Extra! Extra! FREE NEWSLETTER

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The April 1995 edition of THE NEBLINE is being distributed as a supplement to the Lincoln Journal and Star newspapers. THE NEBLINE is a monthly publication of the University of Nebraska Cooperative Extension in Lancaster County and is free to all residents of Lancaster County.

Cooperative Extension is your link to the University of Nebraska. Our maxim is, "Helping you put knowledge to work." THE NEBLINE addresses issues in the areas of: agriculture; horticulture; environmental management; children, youth and families; nutrition, food safety and quality; and community development.

If you would like to be included on our mailing list and receive a monthly copy of THE NEBLINE, please mail the form on the back page of this publication—or call 441-7180 and ask to be placed on THE NEBLINE mailing list.



## Lakeview Youth Garden

Mary Jane McReynolds  
Extension Assistant

A few years ago T.O. Haas had an idea—to teach youth about where their food comes from, through a hands-on gardening project. Haas decided to act on his vision and teamed-up with Principal Dan Navratil of Lakeview Elementary School. They decided to look into the feasibility of a youth garden program.

Being a long-time Extension supporter, Haas knew the horticulture staff at University of Nebraska Cooperative Extension in Lancaster County could provide valuable insight into the project and asked for their assistance. The horticulture staff agreed to join in and

began developing educational activities for the students. Lancaster County Master Gardeners were also enlisted to share their gardening experience.

It's been five years since T.O. Haas' idea turned into a reality. The Lakeview Youth Garden has been a successful educational program for over 120 fifth- and sixth-graders at the school.

Each year during March, students are told about the garden and encouraged to apply to be a part of the program. They are informed that it is a summer-long commitment. Thirty students



Lakeview students are assisted by Lancaster County Master Gardeners, and UNL Cooperative Extension horticulture staff at the Lakeview Youth Garden.

are selected to participate.

During the month of April, indoor education begins. Each week the students meet for an hour to learn about gardening. Together, they explore horticulture activities such as: seed germination tests, mini-composting, seed identification, and soil drainage experiments. A workbook is provided for the students to track results.

In May, the students go outside to plant their gardens. Each student has their own garden plot to plant vegetables, herbs and flowers.

During the summer the students meet once a week to work in their gardens and participate in fun and educational activities. Projects during the summer include keeping a journal, building a scarecrow, insect identification, seed saving, exhibiting at the Lancaster County Fair, and an open house.

The Lakeview Youth Garden Project has proved to be a great experience for students. They learn gardening skills and responsibility. They provide food for their families. Many of the students bring their younger siblings or friends to the garden to share the experience. When the students finish the program, most of them want to start gardening at home.

## 1995 Soil & Water Stewardship Week

Fresh, clean water is the lifeblood of the universe, and individuals have stewardship responsibility to assure a continuing adequate supply. To emphasize this point, the Lower Platte South Natural Resources District (LPSNRD) and the University of Nebraska Cooperative Extension in Lancaster County are taking part in a national observance known as "Soil and Water Stewardship Week." From April 30 to May 7, more than 3000 conservation agencies will join together to celebrate "The Living Waters," which is the theme for 1995.

The LPSNRD works throughout the year to encourage responsible soil and water conservation practices. Stewardship Week gives the LPSNRD an opportunity to highlight those efforts by providing literature and information assistance to local churches, civic organizations and schools. Bookmarks, resource and activity guides, posters and church bulletins displaying the artwork and theme of Soil and Water Stewardship Week are provided free of charge each year by the LPSNRD.

Ted Wehrbein, Chairperson of the LPSNRD Board of Directors, said water is one of our natural resources that we most often take for granted. "Where water is available, it is too common to consider; where it is not, it is the

### The Living Waters

Soil and Water Stewardship Week  
April 30 - May 7, 1995



only thing that matters." Glenn Johnson, LPSNRD Manager, noted that it is often not until the full impact of past errors comes to view that we are reminded that the living waters are dependent upon how well we as individuals care for our environment.

A national effort is underway to help people understand that they are part of a watershed, which can be an area of small streams or a larger river basin. Whatever happens within a watershed ultimately affects the quality of water

downstream. Soil and Water Stewardship Week strives to teach a lesson in natural resources conservation that any individual can master.

To obtain materials designed with the 1995 theme, "The Living Waters," contact the Lower Platte South Natural Resources District during business hours at (402) 476-2729. (CB)



## 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

"Marketing—Crop Insurance"—page 5



### Natural Resources and Environmental Management

"Shop S.M.A.R.T. and Recycle It!"—page 6



### Children, Youth and Families

"Teaching Children Safety Rules"—page 9



### Nutrition, Food Safety and Quality

"Handwashing Helpers"—page 9

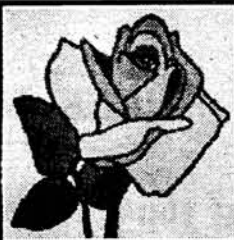


### Strengthening Neighborhoods and Communities

"Leadership Development Institute"—page 13







## Horticulture

### April garden hints



❶ Consider planting flowers which may be dried for winter arrangements. Some of the best to dry are strawflower, statice, celosia, and globe amaranth.

❷ Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and, after planting, will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

❸ To extend the blooming period of gladiolus, plant early, middle and late-season selections each week until the middle of June. Choose a sunny location and plant the corms 4-6 inches deep and 6-8 inches apart.

❹ Scatter annual poppy seeds in flower borders. The fine seeds need no covering. The plants grow rapidly and provide colorful flowers in early summer.

❺ In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

❻ When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12-15 inches apart.

❼ Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering.

❽ Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

❾ The last Friday in April is National Arbor Day—plant a tree or support an organization which does.

❿ Prune spring-blooming shrubs such as forsythia and spirea after they have completed flowering.

⓫ Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawncare equipment in preparation for the coming season.

⓬ Put a birdhouse in the garden to attract insect-eating friends.

⓭ Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of water per week from April to September. (MJM)

## Horticulturists work to ensure heirloom vegetables aren't history

As you plan your vegetable garden this year, you will probably be impressed with the number of new and improved varieties in the seed catalogs. Plant breeders are constantly at work to develop varieties with improved yield, quality, disease resistance and other desirable traits.

Some people, however, are working to preserve old varieties. Part of the attraction of these heirloom vegetables is simply that they date from years ago. Many of them go back to the settling of the American colonies and came over on the Mayflower, while others were grown by Native Americans before the European settlers arrived.

Another reason to maintain these varieties is to preserve their genetic material for future use. Saving heirloom varieties of corn, beans and other crops keeps their genetic traits available to plant breeders. It also gives gardeners a

chance to get a taste of the past.

Some heirloom vegetables include scarlet runner bean, late flat Dutch cabbage and Connecticut field pumpkins, which are often available in seed catalogs.



Others may be available only from individuals or associations of people who dedicate themselves to maintaining heirloom varieties. Organizations to contact for more information on heirloom varieties are: Seed Savers Exchange, 203 Rural Avenue, Decorah, IA 52101; Plant Finders of America, 532 Beaumont, Fort Wright, KY 41044; and Native Seeds/Search, 3950 West New York Drive,

## Master gardeners volunteer

Mary Jane McReynolds  
Extension Assistant

"This is the master gardener. How can I help you?" Answering horticulture questions for the public is just one way the Lancaster County Master Gardeners fulfill their volunteer obligations. Training for this year just ended in March. Thirty-three new and previous master gardeners are eager to start assisting the Cooperative Extension horticulture staff with their projects for the year.

Forty hours of training was completed through video and live presenter instruction. Areas of training for this year included insects, plant diseases, houseplants, vegetables, wildlife, wildflowers and landscape care.

Master gardeners fulfill their 40 hours of volunteer time by selecting activities from a list of available programs. Many master gardeners enjoy working with youth activities so they volunteer at the Lancaster County Fair or Lakeview Youth Garden.

Composting has become an important way to eliminate unwanted organic matter. Some master gardeners attend further training to become master composters. They then manage the

three compost sites located in Lincoln and provide training to the public.

Last year, 34 Lancaster County Master Gardeners logged over 900

hours of volunteer time for 12 different program areas. With training now completed, we're all looking forward to another successful year.



Lancaster County Master Gardeners volunteer their time to the Lakeview Youth Garden program.

## Mulching materials provide many benefits for gardens & landscapes

Mulches offer your garden and landscape many benefits. They cover the soil surface around plants and help hold moisture in the soil.

Mulches also moderate soil temperature, reduce soil erosion and compaction, and keep lawn mowers and weed whips away from tree trunks. Mulches also prevent mud and some disease organisms from splashing up onto leaves, flowers and fruits.

There are two types of mulch, organic and inorganic. Each type has advantages and disadvantages.

Organic mulches originate from plant and animal wastes. Organic mulches include shredded

bark, chipped bark and wood, rotted animal manure, compost, leaves, pine needles, grass



clippings and sawdust.

Inorganic mulches include a wide variety of stone products, black plastic sheeting and black synthetic fabrics, often called weed barriers. You typically use barriers beneath stone or bark mulch; although you can use them alone as a mulch in vegetable gardens to raise the soil temperature for warm season crops like tomatoes and peppers.

Organic mulches slowly decay over time. While decaying, they add organic material and nutrients to the soil. Organic matter improves drainage in clay soils and holding capacity in sandy soils.

Inorganic mulches do not decay and they do not add anything to the soil. Replenish organic materials each year or two as needed. Stone mulches placed on weed barriers are permanent and do not need top dressing.

When you apply a 2- to 4-inch layer of organic mulch, you do not need a plastic or fabric weed barrier mat beneath the mulches to control weeds. To provide adequate weed control, stone mulches need a weed barrier. Unfortunately, mulches applied over weed barriers often shift over time, especially on slopes. In addition, organic matter that builds up over weed barriers creates the perfect growing conditions for weeds.

Organic mulches are usually less expensive than inorganic mulches. You can often get inexpensive or free loads of wood chips from tree services and local utilities. You can also use yard waste materials, such as grass clippings and leaves as mulch around landscape plants and in the garden. You can also use compost as mulch.

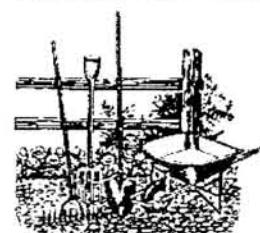
Although stone mulches are more expensive, if properly used, you do not have to replenish them. Place stone mulch over weed barriers. This prevents stones from mixing with the soil below. Stones come in many colors and sizes. Avoid using white stone mulches, especially limestone and marble chips, because they can adversely affect soil pH. White stone mulch also reflects heat and detracts from the rest of the landscape.

Remember—leaves, twigs and other organic matter may collect in stone mulch. You will need to clean out the material or live with the looks. (DJ)

## GARDEN GOSSIP HOTLINE

Accessible  
from any  
phone

441-7179



Accessible  
from any  
phone

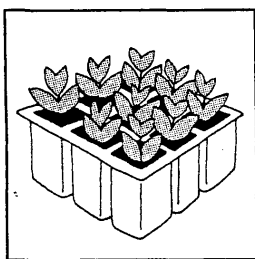
441-7179

# Looking for Mr. Goodplant

Generally, bedding plants are grown in small "packs" divided into three, four or six sections, each containing one or more growing plants. Larger, plastic "flats" hold 12 to 24 packs. Packs are often individually priced a little higher than a whole flat; so, if you are so inclined, taking a pocket calculator with you when shopping can help you figure prices and number of plants quickly.

Unless you are buying a plant variety that is supposed to have purple, blue, rose, yellow or gray leaves, avoid those that do. This is an indication that the plants have been stressed in some way. Chances are they will recover; but, let someone else worry about that. Look for plants with well-formed leaves of uniformly green color. Brown and damaged-looking leaves should be avoided, as should any signs of pests such as spider webs or small insects crawling over the plants. Be picky. After all, it is going to be your garden.

No doubt your immediate



impulse will be to buy the packs or flats that have the most blooms on them.

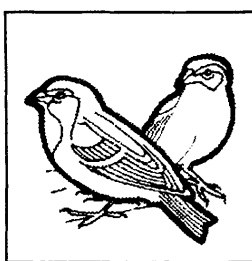
Retailers know this and encourage their suppliers to give them "lots of color." But you are about to become a savvy shopper and learn why you want to avoid that temptation.

For the best success in your garden, you want to select plants without any blooms and even without buds if possible. Why? Because once the plants are transplanted to a new location, they need a little time to establish themselves. It is something like moving to a new house or arranging a room of furniture—until you get used to it, you just are not as productive as you were before. The "energy" a plant spends on producing blooms takes away some of the "energy" it could be spending on establishing itself in

your garden, and so, the process takes a little longer. As a smart shopper, you want plants that will spend their immediate energy on getting established so that later they can get busy producing blooms in your garden.

Should you totally shun those plants in bloom? Of course not—they are your "samples" of what you can expect in your garden. Pick out those you want and carefully read the labels. Then, find packs or flats of the same plants without blooms and buy those. You will probably have an easier time finding what you want, because all those other shoppers will be buying the ones in bloom and ignoring those that are mostly green. (DJ)

## This year plant a bird garden



In attempts to get closer to nature, more and more people are

planting bird gardens. No, they're not places to grow birds. Rather, they are gardens filled with plants appealing to birds.

More people today are planting bird gardens as a hobby to watch these feathered friends in their own backyards. In addition,

the garden's flowers and shrubs can add beauty to a landscape.

These gardens are also beneficial for the birds by providing special places with food, for nesting and protection from the weather.

Many varieties of flowers and grasses can be used to attract birds. Annuals include bachelor buttons, coreopsis, marigolds and sunflower seeds. Perennials like black-eyed Susans, butterfly flowers and goldenrods are also good choices. In addition, many kinds of ornamental grasses, like the little bluestem, can supplement

the bird garden.

Trees and shrubs are also contribute to a healthy bird garden. Viburnum is a popular shrub because it has over 20 cultivars suitable in Nebraska, and produces tasty red berries for the birds. Elderberry and serviceberry bushes, dogwoods, and crabapple trees also attract birds.

April and May are good times to buy some of the plants because they are cheaper, being sold as bare root materials. The plants are also sold as container materials and can be planted almost anytime throughout the season. (DJ)

## Spring neighborhood composting workshops

*Sponsored by the University of Nebraska Cooperative Extension in Lancaster County and City of Lincoln Recycling Office*

### Easterday Recreation Center

6130 Adams Street

Tuesday, April 11, 7:00-8:00 p.m.

### Irving Recreation Center

2010 Van Dorn Street

Wednesday, April 19, 7:00-8:00 p.m.

### Belmont Community Center

3335 North 12th Street

Thursday, April 27, 7:00-8:00 p.m.

### Demonstration Sites

#### Antelope Park Compost Demonstration Site

30th & Garfield Streets

Saturday, April 22, 1:30-3:00 p.m.

Saturday, May 27, 1:30-3:00 p.m.

Saturday, June 24, 1:30-3:00 p.m.

#### University Place Compost Demonstration Site

50th & Colby Streets

Saturday, April 15, 1:30-3:00 p.m.

Saturday, May 20, 1:30-3:00 p.m.

Saturday, June 17, 1:30-3:00 p.m.

#### Pioneers Park Compost Demonstration Site

Pioneers Park Nature Center

Saturday, April 8, 1:30-3:00 p.m.

Saturday, May 13, 1:30-3:00 p.m.

Saturday, June 10, 1:30-3:00 p.m.

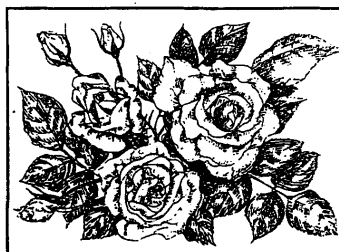
## All-American Rose Selections

When buying roses at the local garden center, have you ever wondered about the little green and white tag with the letters AARS?

These letters stand for All-American Rose Selections. Roses bearing that insignia have undergone two years of comparison with other new varieties, as well as previously introduced ones, and have proven superior. This selection process helps the consumer decide which of the many new varieties available each year should do well.

In 1938, the rose producers and introducers in the country decided to form a non-profit organization

with the purpose of testing new rose varieties and determining which of them, if any, could be



recommended to the public as exceptional. The test roses are judged by official AARS judges, either professors in college horticultural departments or supervisors of large public gardens.

During the two years of

evaluation, the roses are graded by a prescribed numerical scoring system on vigor, growth habit, disease resistance, foliage, flower production, bud and flower form, opening and finishing color, fragrance, stem, and overall value.

After the two-year test period, AARS compiles the scores submitted by each AARS judge for each entry. The scores are then compared with the other roses of the same test period and with the standards established by AARS for awarding the green and white tag. That year's selections are then made by the AARS members and publicly announced through the news media. (MJM)

## Easter lily post-holiday care



outdoors. Spring flowering bulbs that are forced—such as tulips, narcissus and hyacinths—are often

If you received an Easter lily this year, you can save the bulb and plant it

discarded after flowering. Easter lilies can be replanted after the blooms are gone.

The most successful site to reflower Easter lilies is outdoors. Reflowering indoors is not recommended since the blooms would be small and inferior to the initial crop.

You can plant the Easter lily outdoors after the danger of frost is past. Select a sunny site with

well-drained soil. Set the top of the bulb 6 inches below the soil surface. Do not remove the flower stalk until it dries, then cut it off at the soil surface. The lily will likely rebloom the first year in September and thereafter in early summer. After the soil surface freezes in the fall, mulch the soil and do not remove the mulch until new growth occurs in the spring. (MJM)

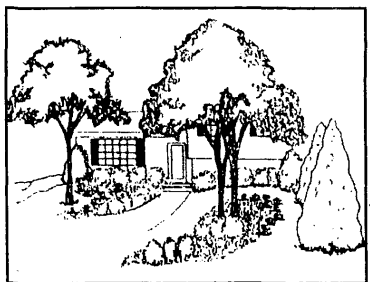
## Reduce landscape maintenance

Keep these time saving pointers in mind when designing and caring for your yard.

- Apply a generous layer of mulch around plants to keep weeds down and reduce water use.
- Use the right tool for the job. The proper tool, in good condition, can make a tiresome chore easier.

- Keep up with the yard maintenance by doing a little bit at a time. Fifteen or 20 minutes a day can take the place of a whole

afternoon of yard work done once a week.



- Do not struggle to raise sparse, thin turfgrass under mature

shade trees. Surround the trees with beds of shade loving plants.

- Reduce lawn area and cut down on mowing time by installing low maintenance groundcovers.

- Minimize fall leaf raking chores by planting small leaved trees, such as honey locust.

- Plant short or dwarf shrubs to reduce pruning chores.

- Choose disease- and insect-resistant plants to reduce pest control problems. (MJM)

## Add hanging baskets

Hanging baskets can add color and floral fragrance to many locations. The most common location to find a hanging basket is under an eave on the house, on a porch or a balcony. However, they can, and should, be used in many other locations. Baskets can be hung from lampposts, grape arbors, trees and glider swings.

Most any bedding plant can be used in a hanging basket. Be sure that the sunlight requirements of the plant that is used is the same as the final location of the hanging basket. A basket of sun-loving plants put in a shady location will not do very well. Baskets made up with petunias, begonias, dwarf marigolds, dianthus, alyssum or geraniums are commonly seen.

Hanging baskets require frequent watering. Depending on the weather, the basket will need to be watered once or twice a day.





## Rural Sense

# What's in the water? Find out in May!



If your water supply comes from a private domestic well, testing is the only way to determine if your water is safe to drink. An annual water evaluation for bacterial and nitrate contamination should be a habit. This May, the University of Nebraska Cooperative Extension is sponsoring a water testing campaign for private domestic well users in the Lancaster County area. Participants will

receive follow-up from local Extension Educators to assist them in interpreting their test results and discussing the options in situations where contamination is found.

Rural dwellers are, of course, the primary audience for this program. Individuals who are tapped into public drinking water supplies have their water monitored on a regular basis by their local municipalities.

What is the probability that your water is contaminated with bacteria or nitrates? Two years ago a similar water testing campaign was conducted in Lancaster and Sarpy counties. Over 200 well owners tested their wells for bacteria and nitrates. Ninety percent of the water sampled met the requirements for bacteria (4 or less coliform colonies/100 ml) and 89% met the requirements for nitrate-nitrogen (10 ppm or less) in a domestic water supply. The majority of the domestic well water tested in this program was of good quality.

Participants in the May water testing campaign will learn more about the Environmental Protection Agency's (EPA) maximum contaminant levels (MCL) and what the associated risks are for water exceeding the MCL. Information will be available that addresses the health risks and treatment options for various levels of contamination. Watch the May issue of THE NEBLINE for information on how you can participate in this water testing campaign! (DV)



Eleven local agri-chemical businesses and many farmers recycled nearly 6,000 pesticide containers in 1994.

Many herbicides and insecticides used for crop production come in 1- and 2½-gallon, yellow and white, plastic containers. After the pesticide is used, farmers and other agri-chemical users have difficult decisions to make about what to do with the pesticide containers. Regular recycling is not possible because the plastic containers have held pesticides. Disposal in the county landfill and burning are unsound environmental practices. A few years ago, a national coalition of pesticide manufacturers decided to support a recycling effort by collecting rinsed pesticide containers, processing and reusing the plastic in manufacturing new pesticide containers.

In the Lincoln area, the 1994 agricultural Pesticide Container Recycling Program was organized and coordinated by the University of Nebraska Cooperative Extension

in Lancaster County; but it was a cooperative effort by farmers, businesses and governmental agencies. This program was supported financially by the Department of Environmental Quality (DEQ), Lincoln/Lancaster County Public Works Department, UNL Environmental Programs/Water Center Department and 11 area agri-chemical businesses. Hats off to the following local agribusinesses for their support: **Greenwood Farmer's Cooperative** **Ted DeHass & Sons**

**Bennet Farmers Co-op Elevator**  
**Countryside Cooperative**  
**Firth Cooperative Company**  
**Princeton Elevator**  
**Emerald Farmers Co-op Inc.**  
**Otte Oil & Propane**  
**Blue Valley Farm Cooperative**  
**Hayman's Fertilizer**  
**Waverly Farmer Cooperative**

This program will be expanding in 1995! Watch for the recycling schedule in upcoming NEBLINE issues and look for the recycling trailer at your local agri-chemical business. (BPO)



All pesticide containers brought to the recycling trailer are carefully inspected to make sure they have been properly rinsed.

# Minimizing ground water nitrates and the risks

Many Nebraskans have questions about the impact of nitrate in their drinking water. Nitrate contamination of drinking water is a concern because of its potential effects to human and livestock health. Water quality monitoring shows that ground water nitrate levels are increasing in some areas of Nebraska.

Nitrogen is a basic part of our environment and is essential for living things. It is the nutrient that is most used for crop production and turf maintenance. However, excessively ingesting concentrations of nitrate-nitrogen can be hazardous to the health of both humans and livestock.

Ground water nitrate contamination problems are frequently blamed on the farm community. In reality, we all contribute to this problem. Mismanaged sewage disposal systems, excessive irrigation of crops and turf, over application of nitrogen fertilizer sources, and naturally occurring sources all add to the problem. The potential for contamination is greatly influenced by local soil types, distance to the water table, application timing and fertilizer management.

## Nitrogen Management Demonstration Sites

The University of Nebraska Cooperative Extension has been working very closely with Nebraska residents to minimize the potential for ground water nitrate contamination. For the last four years, Cooperative Extension has placed considerable emphasis on cooperating with local producers to assess their soil nitrate inventory and recommending nitrogen application rates for expected yield goals. This program has targeted users of both commercial nitrogen fertilizer and

municipal biosolids produced by the City of Lincoln.

Cooperators in the nitrogen management demonstration program take deep soil samples in each field. The cooperators then have the soil samples tested to determine the present quantity and location of

nitrate-nitrogen in the soil profile. This is the *only* way to know how much nitrogen is present. In dry years, soils tend to accumulate nitrogen. In wet years, like the year of 1993 and 1994, nitrate reserves are usually exhausted.

Project cooperators (farmers) agree to apply two rates of fertilizer. The rates include UNL's recommended rate and the recommended rate plus 50 pounds. At fall harvest, the replicated strips of the two application rates are weighed and moisture is tested to determine yield differences. Typically, little or no statistically significant difference is detected between the two rates. This data indicates that the University's fertilizer recommendations, based on deep soil tests, are sound and useful.

## Best Management Practices (BMP)

Local producers also utilize several additional BMPs to reduce ground water nitrate contamination



Lancaster County farmers and agribusiness representatives discuss progress of a nitrogen management demonstration near Princeton.

risks. Many applicators have invested in electronic controller units that calibrate and meter nitrogen fertilizer to the crop on a consistently accurate basis. More producers defer applying nitrogen in the fall and put it on in the spring to reduce leaching potential. Chemigation allows irrigators to "spoon feed" nitrogen to their crops in 30 to 50 pound increments. This procedure ensures that only the required quantity of nitrogen is applied each year based on crop and climatic conditions. The newest technology available is the chlorophyll meter which measures the leaf chlorophyll intensity and assists the producer to determine when the crop is nitrogen deficient. Cooperative Extension staff has been working with the City of Lincoln to utilize municipal waste as a nitrogen/phosphorous fertilizer source on feed grain crops. This effort is looking very promising and will provide an environmentally sound use of this resource instead of placing it in the

standard for nitrate in drinking water is 10 ppm (parts per million).

The 10 ppm standard was established in 1962 for the protection of infant health and was based on the best knowledge available. Subsequent reviews of the standard have not resulted in any changes. There is recognition that it is difficult to establish an exact level at which nitrogen concentrations in water are safe or unsafe. The standard has been established as a point at which water should be considered a potential health hazard, especially for infants. Infants under six months of age are at risk of a potential health hazard condition known as methemoglobinemia or "blue baby syndrome" in which the blood lacks the ability to carry sufficient oxygen to the individual body cells. Pregnant women are also encouraged to drink water that contains less than 10 ppm nitrate-nitrogen due to reports of potential birth defects when exposed to high nitrate water. This

Lincoln/Lancaster County landfill.

## What are the Risks?

A very big question about the ground water nitrate level is exactly what are the risks? The Environmental Protection Agency's (EPA) maximum contaminant level (MCL)

may also happen in older individuals who have *genetically impaired* enzyme systems for the reduction of methemoglobin.

Healthy adults can tolerate higher levels of nitrate-nitrogen with little or no adverse health effects. These adults may be able to drink water with nitrate-nitrogen concentrations considerably higher than the 10 ppm nitrate-nitrogen standard with no acute side-effects. However, little is known about the possible long-term chronic effects of drinking high nitrate content water.

If your water exceeds the standard, it is advisable to use an alternate source of water for consumption or install water treatment equipment. If you are a healthy adult with older children and your water test indicates a level of nitrate-nitrogen near or above 10 ppm and only your family will be drinking it, consult your family physician for a medical recommendation.

All drinking water sources should be tested for the presence of both nitrate and bacteriological contamination. The presence of both may indicate poor well location or construction and possible contamination from surface drainage, feed lots or sewage systems.

Nitrate can be removed from drinking water by three methods: distillation, reverse osmosis or ion exchange. *Note: carbon adsorption filters and mechanical filters of various types DO NOT remove nitrate-nitrogen.*

Water testing kits may be obtained through several laboratories across the state. Locally, the Nebraska State Health Department will test water for bacteria and nitrates. Call 471-2122 to obtain a testing kit and cost information. See related article "What's in the Water?" on this page. (DV)



# Marketing — Crop Insurance

**\$** Area rural lenders recently teamed-up with the University of Nebraska Cooperative Extension to train farm producers about the new Federal Crop Insurance Reform and commodity marketing strategies through a program called "Practical Ag Marketing—Reduce Your Risks!" Participants studied strategies to reduce the inevitable agricultural production weather risks while optimizing pricing opportunities using various marketing tools.

Crop insurance is now required by producers who wish to participate in the Farm Program. Participating producers are required to maintain at least catastrophic insurance on each of their primary crops. Individuals who participated in this workshop learned how various levels of insurance coverage, coupled with different marketing strategies, would impact their net farm income.

Lancaster County area dryland crop producers bear substantial weather risks year after year. Crop insurance can remove some of these risks and perhaps allow a producer to justify selling a portion of their crop even before it is harvested. Producers who can sell

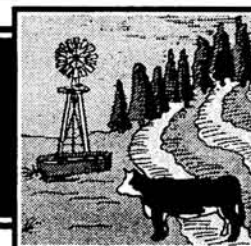
their commodities at times of peak demand (i.e., spring and summer) will typically be paid a premium for their product. Selling their commodity at harvest, when supply is ample and demand is low, usually means a below average price. (DV)

## RISK Management



Local farmers calculated their risks at two recent "Practical Ag Marketing—Reduce Your Risk!" workshops sponsored by First State Bank, Hickman; Oak Creek Valley Bank, Valparaiso; and the University of Nebraska Cooperative Extension.

## Rural Sense



## Small-scale farms growing in the county

Small-scale farms are increasing in Lancaster County. The average farm size reported in the 1992 Census of Agriculture for Nebraska was 838 acres; while the average in Lancaster County was 305 acres. Fifty-seven percent of Lancaster County's 1,359 operators farm less than 180 acres. Forty-eight percent of Lancaster County's farmers indicate that their principal occupation is non-farm related; while statewide, 26% of farm operators indicate the same.

In small-scale farming situations, the farm often is not the primary source of family income; but, it may be an important secondary source. Cooperative Extension receives numerous requests from individuals interested in small-scale or part-time farming. Requests from these farmers often are for information on the basics of traditional farming or guidance with non-traditional agricultural enterprises.

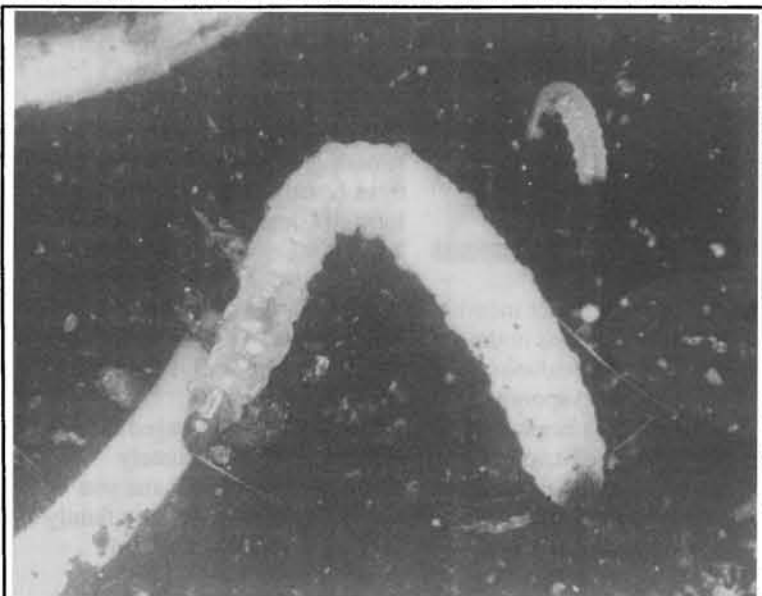
In an effort to assist these individuals in a convenient and timely manner, a five-part videotape series production is underway. This series will address the following areas:

- Farm Management
- Specialty/Alternative Enterprises
- Haylands and Pastures
- Row Crops
- Environmental Insights
- Livestock

Each 15-minute tape is designed to give the viewer a summary of recommended Best Management Practices (BPM) and identifies additional information resources. This series of tapes will be available in the near future. Watch THE NEBLINE for further information. (DV)

## Control weeds and insects with proper crop rotation

In the winter, radio listeners and television viewers across the midwest are inundated with advertizing from chemical companies promoting their pesticides. Whether we farm or not, we hear and remember these ads. A couple of this year's ads have a sentimental quality and subtly



Corn rootworm larvae only survive on the roots of corn. Crop rotation is the most environmentally-sound control practice.

suggest that the use of pesticides is an environmentally-sound agronomic practice.

It's important to remember, however, that the most environmentally-sound agronomic practice for weed and insect control is a thoughtful crop rotation. In some cases, the use of a pesticide can be completely eliminated with a proper rotation sequence.

For example, the use of soil insecticides for corn rootworm control is unnecessary if corn is rotated with any other crop, including sorghum or soybeans. If, for some reason, corn must be planted in the same field repeatedly, studies have shown that, about half the time, the density of beetles is so low that there will not be significant damage to the corn roots the following year. Smart farmers are now scouting these corn fields to reduce the insecticide cost and eliminate the hazards associated with handling them.

So why are we inundated with commercials? Obviously, to sell the product, whether it is needed or not. More than a decade ago, concerned University of Illinois entomologists suggested that manufacturers and sale representatives often used "worst-case" data and biased averages to sell their corn rootworm soil insecticides. Their concerns are still valid today.

Growers are encouraged to evaluate pest management options carefully. Crop rotation is just one of many cultural practices that are important to an environmentally sound integrated pest management (IPM) program. While pesticides can be a very valuable tool in agriculture, they must be used by prescription and as part of an IPM program. For more information on controlling weeds and insects through crop rotation, contact the Extension office, 441-7180. (BPO)

## What to plant on your acreage

Selecting the best grasses and legumes for an acreage is a challenge. More than 35 cool-season grasses, warm-season grasses and legumes are suitable for planting.

Use these five criteria when selecting seed: landscaping objectives, adaptability, flexibility, cost of establishment, and level of maintenance.

**Objectives.** Most of the acreages developed in rural areas have several additional acres remaining after initial landscaping is completed around the new resident and adjoining buildings. These extra acres could be farmed by the owner or leased to a neighbor for crop production. If the decision to plant to a permanent cover is made, then the above criteria will need to be examined closely so that seeding options are focused on their objectives.

Probable uses for those extra acres are as pasture, hay, wildlife, landscape cover of grass and trees, or a combination of any these options. The ownership of animals will certainly have an influence on your decisions of land usage. Planning objectives would differ

considerably between horses, cattle, sheep, goats, emus and other species of animals requiring special considerations.

If feed is grown for animal use, selection of the plant species must provide the maximum in quality as well as quantity.

**Adaptability.** Species must be able to germinate, establish and persist in the soils and with the weather they will experience. Short-lived or nonadaptable seeds promoted by certain seed sources should not be used. Do not use varieties or species not common to this area unless adaptability can be assured. Seed from regions of the country other than where it will be planted may not adapt well.

**Flexibility.** Not all land needs to be planted to the same species or mixture. Different plantings may improve flexibility of use and spread the establishment workload. For instance, planting part of an acreage to warm-season grasses and part to cool-season grasses can produce a full-season grazing system or permit some land to be tilled with the better grasses remaining for pasture, hay, wildlife or just landscaping.

**Cost of Establishment.** No statement is more true when it comes to buying quality seed than "you get exactly what you pay for!" It is tempting to use the least costly seed. This is an expensive mistake if, years from now, the vegetation is of low value or the standability is weakened by low quality seed. It may be wiser to delay planting for a year in order to develop the desired vegetation than to end up with a poor stand of grass or legumes.

**Maintenance.** Weeds and brush often invade grass, legumes and tree plantings that are incorrectly managed. If uncontrolled, subsequent use may be reduced or impossible without expensive corrective action. In addition, weed seeds may spread from weedy grassland to nearby crops, hay and pasture ground. It is especially important to prevent noxious weeds like musk thistle and leafy spurge from establishing and spreading from these areas.

Several publications are available at the Extension office that provide assistance in developing seeding and landscaping plans for acreage owners. (WS)

## Planting grass for wildlife areas



Little bluestem

potential of that area. While topography and soil types are considered, the main concerns are what types of grass may already be present in the area, the arrange-

ment and composition of that grassland, and what wildlife species the management will be directed.

In southeast Nebraska, our three main species of gamebirds are ring-necked pheasants, bobwhite quails and prairie chickens. Although many of these birds' requirements overlap, each bird is dependent on certain unique habitat needs. These requirements must be taken into account to ensure that the grasses to be planted will benefit a specific species of wildlife.

The most common warm-season grass mixture, suited for our area, consists of big bluestem, Indiangrass, little bluestem, sideoats grama and switchgrass. This mixture serves as nesting, loafing, roosting and heavy winter

cover. To provide nesting and brood rearing areas, this warm-season mixture should also include some cool-season grass/legume mixtures of orchard grass, wheatgrass, red clover and alfalfa.

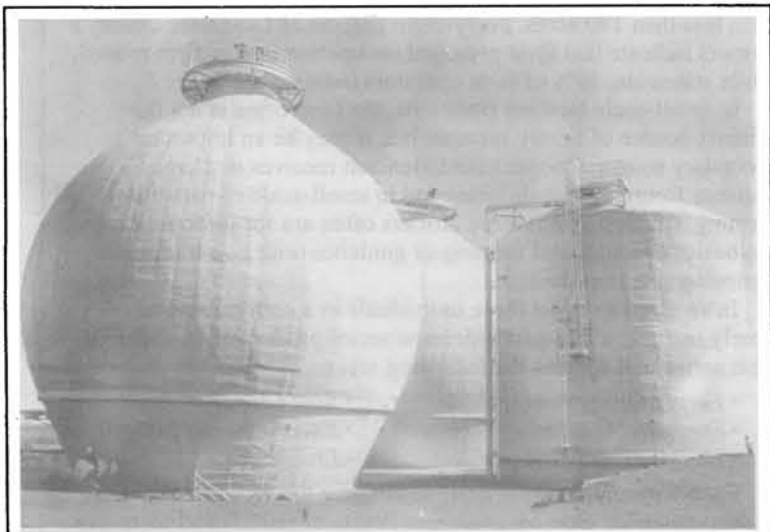
When establishing or managing grass plantings, weed control is an item that may require consideration. In some situations, herbicides must be used to control noxious weeds or severe competition. In most cases, an integrated approach is effective. This includes control of weeds through mowing and shredding. From a wildlife standpoint, some of the early weedy annuals such as foxtail, ragweed and sunflower create a very desirable type of habitat for providing diversity which is essential to wildlife production. (WS)





## Lincoln municipal sludge fertilizes crops

Have you ever noticed the three white, egg-shaped storage tanks south of Cornhusker Highway at the Salt Creek bridge west of 27th Street? These storage tanks, built several years ago, process wastewater from the Theresa Street Wastewater Treatment Plant in such a way that the



Theresa Street Wastewater Treatment Plant egg-shaped storage tanks.

organic material (i.e., sludge) can be applied to soil as fertilizer for feed grains like corn and grain sorghum. When used carefully, this material, an excellent soil conditioner/fertilizer, can be used so that will not endanger the environment, including the soil and waterways, animals and plants. The beneficial application of sludge to cropland is the very best end-use of this material. It is also more economical than other disposal methods, like burial in the landfill.

This Sludge Land Application Program is a partnership between the City of Lincoln, Lancaster County Cooperative Extension and area farmers. Each of these groups has a specific role in this program. The quality of the municipal sludge is assured by the city. Lancaster County Extension personnel evaluate and approve application sites and determine appropriate application rates. Cooperating farmers apply the sludge using sound environmental practices.

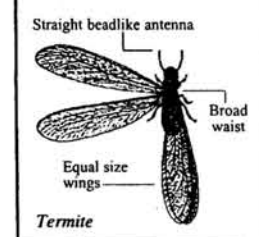
The selection of suitable fields is based on fertility needs, topography and community surroundings. After deep soil samples are analyzed to determine residual fertility levels, recommendations are given and are based on the nutrient needs of the next crop. Proper application rates prevent over-application of fertilizer.

Lincoln has a second wastewater treatment facility, the Northeast Treatment Plant on North 70th Street. This farm has designated cropland (the Sludge Injection Farm) adjacent to the processing facility. After liquid sludge is injected into the soil, corn or soybeans are planted. Scientific studies to verify application rates and nutrient uptake by plants are needed so long-term research plots on this farm are being planned. The University of Nebraska Cooperative Extension specialists and educators are currently coordinating research efforts with the UNL Agronomy Farm.

In some communities, municipal sludge is still being disposed of in landfills and incinerators. In the past, sewage sludge has even been dumped in the ocean, a very unsound environmental practice. As more and more improvements are made in wastewater quality, sewage sludge becomes a greater resource to be recycled and returned to the environment. The application of sludge improves soil quality, plant productivity and reduces dependence on inorganic fertilizers. (BPO/WS)

## Bug alert: watch for termites, ants and clover mites

**Termites and Ants.** Warm spring temperatures increase the activities of termites and ants. Swarming, a behavior that serves to expand

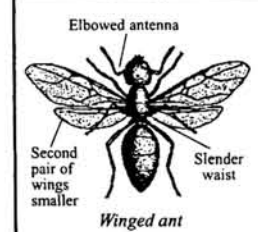


the territory of these insects, commonly occurs in the spring. Swarming termites and ants develop wings to fly to infest new areas. Some individuals also become reproductively mature, although only part of the colony flies to exploit new resources. The main concern for homeowners is when winged ants or termites are found inside the home structure because this event may indicate that the home is infested.

What should you do if you see winged ants or termites? First, it is essential that the insect is correctly

identified. Winged ants and winged termites look similar, but ants have "elbowed" antennae and are "thin-waisted" (see diagram).

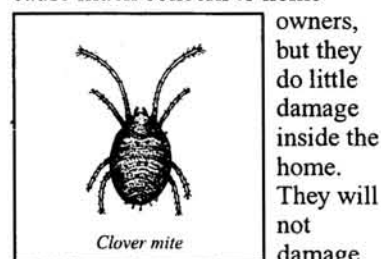
Most people breathe a sigh of relief if their swarming pest is an ant. However, not all ants respond to the same treatments, so



even if you have swarming ants, a correct (species) identification is essential for the most efficient control.

**Clover Mites.** Warm temperatures also warm up tiny reddish to reddish-brown mites that have been dormant since last fall. Clover mites invade homes in large numbers through the tiniest cracks, especially on the south sides of buildings. These mites

cause much concern to homeowners, but they do little damage inside the home. They will not damage



most house plants. Because they

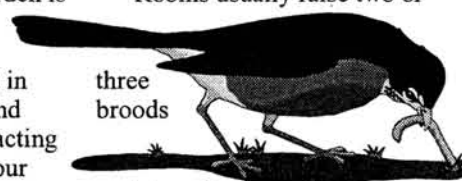
## Homeowners' termite control workshop

Did you know that Nebraska homeowners pay more than \$1 million each year for termite treatments? Professional treatment is a major expense for a homeowner and may complicate the sale of a home. Why does it cost so much? Treatment bids from different pest control companies often differ by \$1000 or more. Why are the bids so different?

How can you make sure that the pest control company will be

string. The inner surface of the nest is reinforced with mud. The female incubates the three or four blue eggs for 12 to 14 days.

Robins usually raise two or



each breeding season. During the hotter summer months, they prefer to make nests in the higher branches of deciduous trees. The moisture evaporating from the large leaves helps to cool the female while she sits on the nest. During the cooler months the nest is usually lower in the branches of evergreen trees or

shrubs.

Although robins do not use birdhouses and only seldom visit bird feeders, they can be encouraged to nest in your garden. Sometimes robins can be persuaded to accept nesting shelves. A nesting shelf can be made from three boards nailed together to form the floor, back and roof of a house about 6 inches by 8 inches by 8 inches high. Mount it on the side of your house under overhanging eaves or in a shaded spot. A vine covered wall is especially attractive to robins.

Do not be discouraged if your efforts are not immediately discovered. Be patient and you will be rewarded by a busy family to share your garden. (MJM)

## Shop S.M.A.R.T. and Recycle It!



Shop S.M.A.R.T. (Save Money and Reduce Trash) and Recycle It! are cooperative programs between The Lincoln Recycling Office and University of Nebraska Cooperative Extension in Lancaster County. Shop S.M.A.R.T. was designed to increase awareness about waste reduction. Displays and channel talkers in grocery stores draw attention to products that would be a wise buy when considering waste reduction and the environment. Displays will be in Lincoln grocery stores during the spring months. Volunteers staff the displays to explain the importance of considering waste reduction when purchasing items. Waste reduction is also referred to as precycling which means making wise purchases by buying bulk, concentrates, refillables, and buying items with minimal packaging.

The Recycle It! program increases the awareness of items that can be recycled through channel talkers on grocery shelves. Look for the Recycle It! signs on grocery shelves the next time you are shopping.

Volunteer to help staff the Shop S.M.A.R.T. displays in local grocery stores. Two-hour time slots on designated days are available at a store in your area. If you are interested in helping spread the word on precycling and recycling, call Lorene Bartos, Extension Educator at 441-7180. (LB)



A Shop S.M.A.R.T. volunteer promotes precycling and recycling at a local grocery store.

Look for these signs at your local grocery.



## Recycle It!



## Getting robins to stick around



# The protection of Holmes Lake

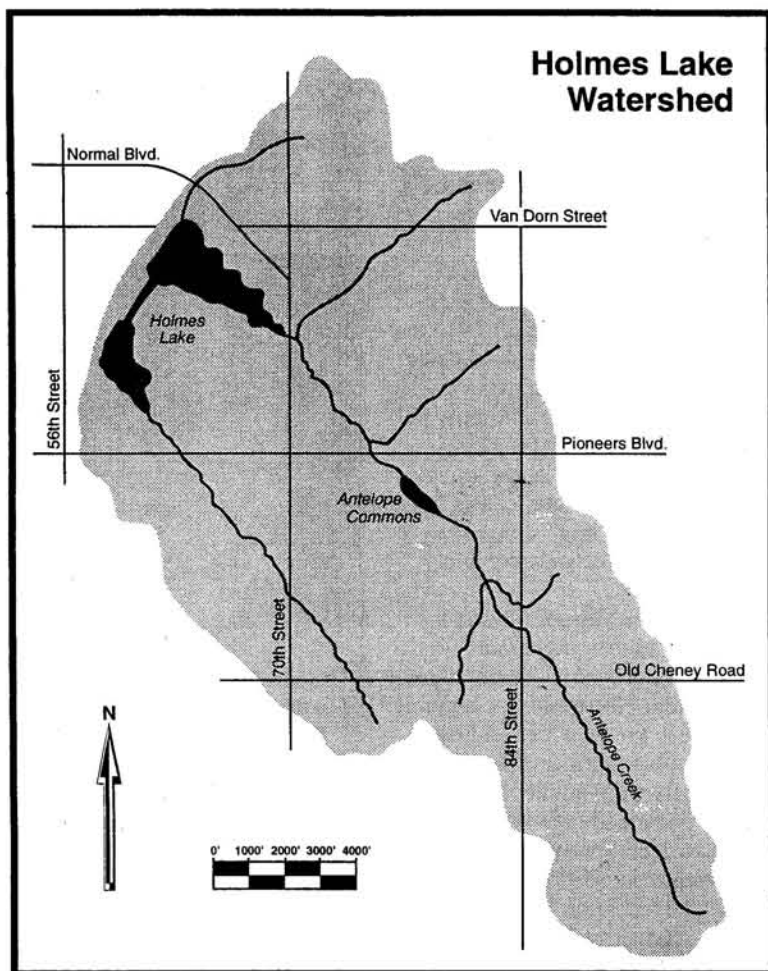
Corey Brubaker  
Extension Educator

Holmes Lake and the associated park and golf course is one of the most visible and highly used recreational areas in Lancaster County. The 123-acre lake was built in 1962 by the U.S. Army Corps of Engineers to control flooding along Antelope Creek and Salt Creek. Since its construction, most of the land within the Holmes Lake drainage basin has been converted from agricultural to urban land use. This shift in land use and the increase in Lincoln's population has increased the recreational and aesthetic value of the lake and the need to protect and maintain it.

Holmes Lake was one of five area lakes included in a 1990 water quality study conducted by the Lower Platte South Natural Resources District (LPSNRD) in cooperation with the U.S. Environmental Protection Agency (USEPA) and the Nebraska Department of Environmental Quality (NDEQ). The study found that these lakes were being significantly affected by non-point source pollution. As a result, the LPSNRD and NDEQ identified the watersheds above these five lakes as priority areas for reducing non-point source pollution.

Non-point source pollution is the contamination of water by polluted runoff. Polluted runoff can come from agricultural fields, feedlots, construction sites, streets and parking lots, even lawns and gardens. Sediment is usually a major contaminant in runoff, but plant nutrients (fertilizers), pesticides, bacteria, and other contaminants may also be present in runoff and contribute to the problem. The major non-point source pollutants found in Holmes Lake are sediment and plant nutrients. However, levels of fecal coliform bacteria in excess of state standards for water quality have also been found in the lake during the past few years.

Several projects have been initiated by various public agencies and private groups to address the water quality problems in Holmes Lake. These include educational programs to increase



public awareness, water quality monitoring projects, and programs to provide financial assistance to developers and landowners within the watershed to encourage them to adopt conservation practices which reduce runoff and soil erosion. One of the biggest projects currently underway in the watershed is the Antelope Commons Project. The primary focus of the project is the development and restoration of a wetland area located along Antelope Creek south of Pioneers Boulevard, near 78th Street on land owned by Nebraska Nurseries.

Nebraska Nurseries proposed The Antelope Commons Project as part of their plans for developing the land and requested assistance from the LPSNRD. The NRD currently has a program which provides cost-share assistance to landowners and developers in the Holmes Lake watershed for the installation or implementation of practices that will protect or enhance water quality. To finance the construction of the project, the LPSNRD received a grant from

USEPA and another from the Nebraska Environmental Trust.

A portion of the USEPA grant will be used to purchase plant materials for the wetland and adjacent riparian areas and to develop educational programs to increase public awareness of water quality issues within the watershed. A public access area will be incorporated into the design of the wetland area to provide individuals with an opportunity to observe and learn about aquatic habitats.

The Antelope Commons project is an excellent example of the public/private partnerships that will be necessary in the future to protect our natural resources. Working together we can make a difference. (CB)

## Native Nebraskan returns to yards

The "thirteen-liner" is Nebraska's most common ground squirrel. It is most often seen during the day around cemeteries, golf courses, parks, yards and other open areas with closely mowed vegetation. It prefers mowed grassy areas and avoids tall vegetation.

Thirteen-lined ground squirrels emerge from hibernation in late March or early April. One litter of seven to ten young is usually produced in May each year. The young leave the burrows at six weeks of age.

These ground squirrels can cause problems when they create burrows, dig up newly planted seeds, and damage garden vegetables. "Thirteen-liners" are important prey to several predators, including badgers, coyotes, hawks, weasels, and a variety of snakes. They



benefit people directly by feeding on many harmful weeds, weed seeds, and insects. They also provide enjoyable opportunities to view wildlife with family and friends. It is recommended not to try to eliminate these ground squirrels, but rather, manage their populations at levels where they can be appreciated.

For more information, pick up a copy of NebGuide G92-1110-A, *The Thirteen-Lined Ground Squirrel: Controlling Damage at the Extension Office*. (SE)

## Conserve water with drip irrigation

Drip irrigation can greatly reduce the amount of water you need to apply to your landscape. Properly installed and managed, drip irrigation can save 60 percent of all water used in garden care.

Drip irrigation is a slow process watering technique which supplies water directly over a plant's root system. Drip systems may be on the soil surface or buried. Run-off and erosion are eliminated because the water application rate can be controlled to the point that the flow equals the rate at which the soil can absorb it. Less water needs to be applied with a drip system because it is only applied where it is needed over the plant roots. Areas between rows in a garden or plants in a landscape bed remain dry. This not only saves water but

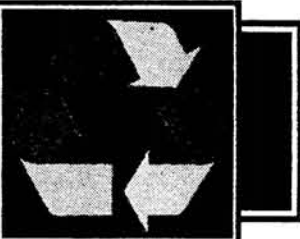
limits weed growth in these areas. Commercial systems that may be available to homeowners include a plastic pipe fitted with small plastic "spaghetti" tubes which omit water at the base of the plants. Water is generally delivered to the plants at about four gallons per hour per tube.

These systems must be protected from rabbits because they have a tendency to enjoy chewing on the small plastic tubes. The tubes are also subject to clogging by mineral deposits if excessively hard water is used.

Another form of drip irrigation involves the use of "soaker" hoses.

These are hoses with a series of small holes in them. They can be stretched along a row of plants in a garden or around plants in a landscape bed. These have several advantages over the "spaghetti" tube system. They are readily available in most stores selling garden supplies, rabbits do not frequently chew on them, and they do not clog as the "spaghetti" tubes. With a drip irrigation system soil moisture can be carefully regulated. Plants do not have to endure dry periods or water-logged conditions. This can result in healthier, faster growing plants. (DJ)

## Environmental Focus



People of all ages learn about groundwater from Arlene Hanna, who demonstrates the groundwater flow model. Through Water Riches, a 4-H school enrichment program, fifth-graders discover the importance of protecting and conserving one of our most precious resources—water.



Youngsters make recycled paper in Garbology, a 4-H school enrichment project for second-graders. Students learn about solid waste management and how to reduce, reuse and recycle.

## Soil is more than dirt!

Gardeners are often advised that the best soil for growing flowers, vegetables or about anything else is a good loam. What gardeners in Lancaster County have is clay—heavy and sticky when wet, rock hard when dry.

Gardeners with clay soils can improve them by tilling in large amounts of organic matter, such as lawn clippings, shredded leaves, compost, aged manure, cover crops or organic mulches. This improves soil aggregation—that is, it helps bind the small clay particles together to form larger stable units or aggregates. This, in turn, opens up spaces in the soil for better drainage and aeration. Though it may take several years, adding organic matter will eventually improve the soil and make it easier for water and roots to move through it.

Organic matter is also the prescription for sandy soils. Adding organic matter improves the water-holding capacity of sandy soils.

Adding sand to clay is not recommended. If you think about it, clay plus sand sounds like a

recipe for bricks and usually ends up being just that.

Improving your soil is not a one-shot operation—it may take literally years to convert clay or sandy soils into productive garden soil. But the benefits are worth waiting and working for.

Almost all organic materials will decompose, but not all organic materials belong in the compost pile. Yard wastes, such as leaves, grass clippings, straw, and non-woody plant trimmings can be composted. The predominant organic waste in most backyard compost piles is leaves. Grass clippings can be composted, however, with proper lawn management, clippings do not need to be removed from the lawn. If clippings are used for compost, it is advisable to mix them with other yard wastes.

If you would like to learn more about composting and how to use the compost you produce, plan to attend one of the composting workshops scheduled for this spring. By attending you will qualify to receive a free compost bin. (Schedule on page 3.) (DJ)

Turn to page 15 for more  
Environmental Focus news



## Family Living

### Roberta's remarks



Full-blown springtime wishes to each of you! Our next council meeting will be held June 26, 7 P.M. Connie LaBarr, director of consumer information for the Soybean Board will be presenting a very informative and entertaining program. The meeting will be held at the Lancaster Extension Conference Center. Remember—anyone can attend these meet-

ings; so bring a guest!

It's not too late to register for our state convention. We will be traveling to Broken Bow for the convention June 7-9. Remember, all FCE members are welcome to convention—so don't be shy—come along!

A little history of the National Association for Family and Community Education (of which we are a part):

- Early 1900's — A "show and tell" education began for rural women that would make family and home life better.
- 1960's — The safety education program B.E.L.T.S. taught people nationwide how the proper use of occupant restraints and child safety seats can save lives.
- 1980's — The first grant from the W.K. Kellogg Foundation for Family and Community Leadership (FCL) was received by FCE.
- 1990's — In identifying children and the family as its number one priority, FCE begins a 5-year project "What About the Children," creating positive steps of public awareness in television programming and viewing.

If your club would like more information regarding the direction of this organization, give me a call or leave a message at the Extension office. I'll be glad to present a short program and give you an opportunity to ask questions.

S.S.S. = Sizzling Summer Sampler — July 11. Watch future NEBLINE for more information.

—Roberta Newburn, Council Chair

## Homemaker expands knowledge of nutrition with help of EFNEP

Expanded Food and Nutrition Education Program (EFNEP) homemaker, Connie Belt, takes great pride in her children's nutrition knowledge. She quickly pointed to the food pyramid hanging on her refrigerator which her eight-year-old daughter, Missy, had made. "I usually remove my children's art from the refrigerator every month to make room for more, but this one's a keeper. Missy refers to it daily to make sure the family is eating nutritious meals," she comments. Her five-year-old son, Curtis, is called "cheese boy" sometimes because he selects cheese as a healthy snack.

Charlene Morris, Connie's nutrition advisor, says that "Connie has been a source of great inspiration. She is always eager to learn new things which improve her family's nutritional health. She especially enjoyed the lessons about fruits and breads."

Charlene encouraged her to try to arrange the food attractively to entice her children to eat it. She, also, demonstrated proper ways of washing fruit.

Connie grins as she mentioned that "Charlene is a stickler about food safety. I had some fruit bread on the counter one time and Charlene encouraged me to refrigerate it."

"My children make a game of



Connie Belt, (right) an EFNEP homemaker, takes a lesson on "Fats & Cholesterol" from Charlene Morris.

hiding vegetables in their mashed potatoes to disguise the tastes. It's a great way to get them to eat their vegetables."

The Belt's family garden provides economical meals during the summer. "I keep the Extension office phone number handy during canning season," says Connie.

Being in a wheelchair since the age of three hasn't slowed Connie down. "I've experienced highs and lows as a result of my physical disability, but I've chosen to live life to its fullest. When our family goes ice skating, I'm the one who

can help my children across the ice. I don't fall down!" Connie explains.

According to Connie, "The EFNEP program is very informative and fun. It's nice to have a friendly, caring adult share new information about buying, preparing and keeping food safe. There is always so much to learn."

Charlene Morris is one of five nutrition advisors who teach individuals and groups nutrition education. For more information about the EFNEP program, contact the Extension office. (MB)



### Nebraska Association for Family & Community Education

## There's a place for YOU in FCE!

Join us!—You'll learn about educational issues.

Family  
Environment  
Literacy  
Leadership  
Education ...  
Make a Difference!

Family and Community Education (FCE) Association, formerly known as Extension Clubs, is an organization of volunteers committed to building strong families and communities and to developing leadership skills through education. Members participate in:

- continuing education.
- leadership development.
- community service.

Membership is open to all

interested persons, regardless of gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation. Members may participate in programs and activities at all levels—national, state, county and local.

#### The Local FCE Association

The local FCE Association provides a supportive and caring network for the members. Local units usually meet monthly in homes or public buildings. The time of day is decided by the group. FCE members pay dues and share responsibilities with others in the county.

Each local association sets their own goals and objectives. Most local associations are involved in:

- education programs related to home and family.

- community service projects.
- leadership development.

#### It's Easy To Join

You may want to be part of a group that is already organized in your community, or ask friends with similar interests to join with you in starting a new group.

#### The University Connection

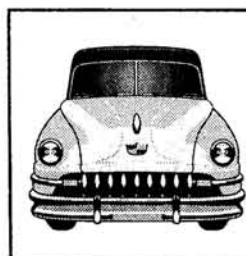
The University of Nebraska-Lincoln Cooperative Extension Division supports FCE by providing research-based educational information on a wide variety of home and family topics. Members then present this information to their clubs at the monthly meeting. Call 441-7180 for more information. Join us! (LB)

## Learning for better living (Para una vida mejor)

A series of easy-to-read bilingual family well-being handouts are available in English and Spanish. The 53-page fact sheet series includes the basics of nutrition and health, food safety, family

finances and well-being, child development and consumer issues. Contact UNL Cooperative Extension in Lancaster County for specific information. Call 441-7180. (MB)

## 55 Alive — Mature Driver Course April 18 and 19



If your driver's license expires in 1995 and you are 50 years of age or older, you are urged to enroll in the 55 Alive — Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, April 18 and Wednesday, April 19, 10 A.M. to 2:30 P.M. Cy Miller, certified

instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)



### Spring cleaning Don't forget the frig!

Regular cleaning of refrigerator gaskets and condenser coils will help it run smoothly, saving energy and money.

Clean refrigerator door gaskets every other month. Use a sponge or soft cloth and wash thoroughly with a mild detergent and warm water. Rinse and dry. Avoid using cleaning waxes, bleaches, strong detergents or petroleum-based cleaners as they may cause gaskets to yellow, harden and crumble.

To clean condenser coils, remove the base grille and vacuum to remove lint and soil. Be sure to clean the coils gently to avoid damaging them. (LB)

## Was it the flu or could it be foodborne illness?



Foodborne illness is often mistaken for the flu. Many of the symptoms can be the same—headache, diarrhea, upset stomach. New strains of bacteria, hurried lifestyles, and changing food patterns pose new food safety risks. The Food Safety and Inspection Service estimates that over six million Americans have foodborne infections in an average year.

You often can't see, smell or taste potentially harmful bacteria in foods. The best way to increase your chance of avoiding a foodborne illness is to learn more about how to keep food safe. Take the following quiz to test your knowledge of desirable food safety practices.

#### TRUE OR FALSE?

1) The mayonnaise in a salad is the cause for bacteria to grow and cause foodborne illness.

FALSE. The high acid content of the mayonnaise may inhibit bacterial growth. The other salad

ingredients are usually the culprits. Rather than worry about the mayonnaise, it's more important to use good food safety practices in handling the other ingredients such as the potatoes, chicken, etc.

2) Meatloaf that is pink in the center after cooking is safe from bacteria.

FALSE. Ground meat is handled a great deal compared to other cuts of meat. This increases the likelihood that it is contaminated with bacteria.

USDA recommends cooking

items prepared with ground meat until brown or grey inside or until a meat thermometer reads 160°F. It's also desirable to cook thinner cuts of red meat until they are brown or grey inside. Thicker cuts, such as roasts and steaks—whose insides are less likely to come in contact with bacteria—are more safely served while still slightly pink in the middle.

Cook poultry to 180°F or until the juices run clear. Fish flakes with a fork when it's done.

3) Leftover foods should be cooled rapidly by placing them into

Please turn to Illness: page 14



# Teaching children safety "rules"

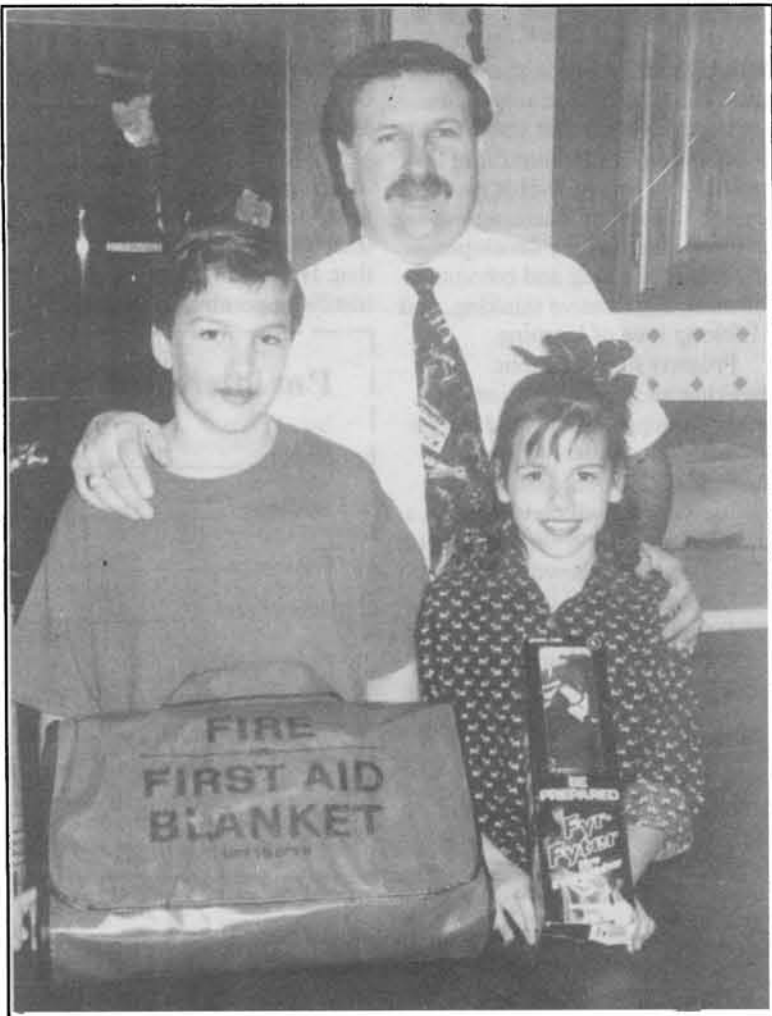


**LaDeane Jha**  
Extension Educator

Do your children know how to handle strangers at the door, respond to telephone calls, find shelter during a storm, or escape from a fire? Has your family talked about routines for children who might be left alone at home? Do you have family rules about who is in charge and which activities are acceptable when an adult is not in the home? Have you talked with your children about how they feel when they are alone? Are emergency numbers prominently displayed and have you practiced what to do in case of emergencies? Are your children confident about simple first aid and is your home a safe place to be?

Marty and Gary Sehn, leaders of The Crazy 8's and Rocketeers 4-H clubs are determined to make sure that youth and parents in their clubs can answer the above questions with a resounding, "yes!" Using the 4-H project, "On Your Own in Rural America," as well as material from the Lincoln/Lancaster County Health Department, they are working with their 4-H families to insure that children are not only safe at home but also feel comfortable about spending short periods of time by themselves.

There are times when young people may be home without a parent or other adult around the house. It may be when a parent is working in the yard, "downstairs" with the laundry or away on a short errand. Or it may be in after-school situations for a few hours before parents get home from work. Marty explained, "I know that some members of my club are staying home alone and I think both parents and youth should brush up on procedures that will make those times safe. Some of my club members are nearing babysitting age and I think they need to know how to handle situations at home before going somewhere else," she added. Gary and Marty have worked together to share expertise in their two clubs and after two meetings, Gary noted that a lot of discussion had been generated among members of their clubs as well as between parents and their children in response to the structured activities. A visit from a fireman, joint meetings, family activities



Gary Sehn with his children Kevin and Kelly after their 4-H meeting featuring a visit from the fire department.

and numerous demonstrations have already generated much positive response to the project.

The Sehn's said that the project has made kids think, has led youth to ask other questions and has brought out good general discussion. They added that since it covers everyday living skills no one is left out and it is easy to encourage participation among those who may not be as verbal. Club members and their families are looking forward to future meetings on kitchen, personal and farm safety.

When asked how farm safety was relevant to his club members who live in Lincoln, Gary responded, "All eight of the 6th grade boys in my club spend significant amounts of time on a farm with grandparents or other relatives. Information about safety hazards on the farm is even more vital to urban youth who have not had experience on the farm."

Both Gary and Marty felt that this worthwhile project fit well with their other 4-H projects which have included, rocketry, entomology, sewing, cooking, and

child care and are looking forward to helping club members prepare home alone kits to take to the county fair in August.

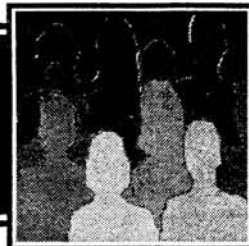
Cooperative Extension educators and health department personnel are currently developing four videos on kitchen safety, personal safety, recreational safety and outdoor safety as part of a joint project emphasizing safety at home. These videos will be available to groups by the fall of 1995 and it is anticipated that the "On Your Own in Rural America" project will be adapted to an urban audience during the next year. (LJ)

## Links with agencies multiplies Extension's educational impact

Cooperative Extension links with other agencies and organizations to develop and deliver quality programs efficiently. Combining technical expertise and financial resources has provided Extension many opportunities to enhance the quality of life of families in Lancaster County. Here are some examples:

- Expanded Food & Nutrition Education Program (EFNEP) teams up with Lincoln Parks & Recreation Before & After School Program to teach nutrition education to approximately 350 youth annually.
- ServSafe workshops are offered to food service staff in cooperation with the local and state health departments, Nebraska Restaurant Association, University of Nebraska Extension specialists and private industry. The ServSafe workshop provides up-to-date information on food microbiology, sanitary food handling and storage, personal health and hygiene, HACCP food safety program, pest control and safety procedures.
- 4-H cooperates and collaborates with various agencies who have an interest in programming that targets families and youth. As such 4-H has an active role in the Family Resource Centers, are involved in various programs of the Consortium for Children and Youth, interact with other youth

## Family Living



## Handwashing helpers



What's the single most important means of preventing the spread of infection? You're correct if you answered "handwashing."

Handwashing removes personal germs as well as those picked up from other sources. Proper handwashing helps protect you and helps prevent the spread of bacteria to others.

Wash hands prior to handling food or utensils, during food preparation, after sneezing, coughing or blowing one's nose, going to the bathroom, playing outside and playing with pets.

Follow these four steps for getting hands clean:



Children at a child care center learn proper handwashing techniques.

1. Wet your hands with warm, running water.
2. Add soap and rub your hands together to make a soapy lather. Do this away from running water so that you don't wash the soap suds away. Wash the front and back of your hands, between your fingers and under your nails. Count to 20, and then you're done!
3. Rinse your hands well under warm running water. Let the water run back into the sink, not down your elbows.
4. Dry your hands thoroughly with a clean towel.

For more information about materials and resources to help teach handwashing to groups and individuals, contact Alice Henneman at 441-7180. (AH)

## How do I get it out?

Stain removal is a problem common to everyone. From the ink stain in the shirt pocket to blood or candle wax stains—the question is, "How do I get it out?"

Some keys to stain removal include:

- Treat stains while fresh.
- Know the stain.
- Know the fiber content of the fabric.
- Test stain remover on a hidden part of garment before treating the stain.
- Avoid excessive rubbing.
- Work from the wrong side of the fabric, forcing the stain out, not in.
- Give cleaning agents time to work.

The following stain removal instructions and techniques use normal laundry products and readily available stain removal agents.

### Ink, Ball Point Pen, Felt Tip Marker

(CAUTION) May be set by water.

Sponge with dry-cleaning solvent until all bleeding stops. Follow same procedure using alcohol. If stain remains, apply detergent. Launder.

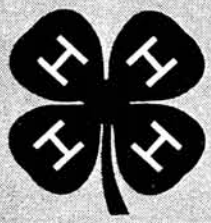
### Candle Wax

Scrape excess from fabric with dull knife. Sponge with dry-

Please turn to Stains: page 14

Please turn to page 14 for more Family Living news





# 4-H & Youth

## 4-H Bulletin Board

Kiwanis Karnival is right around the corner! April 22 at the Lancaster Building, State Fair Park. All 4-H families are invited to attend this fun-filled family event 6:00-8:00 P.M. Prizes and refreshments will be available. Bring your family to this free event! If your club is interested in sponsoring a booth, call Ann Marie ASAP. (AMM)

Teen Council meeting will be Sunday, April 9, 3:00-5:00 P.M. We will be assembling Kiwanis Karnival prize boxes. (AMM)

Camp Counselor applications for State 4-H Camp in Halsey are due May 1. Call the office for more information. (AMM)

Plan to attend ExpoVisions June 7-9 at UNL city campus. Registration packets are available at the office and due by May 19. Any youth ages 13-19 are eligible to attend this exciting three-day workshop! Meet new friends, learn more about yourself and explore what UNL has to offer at ExpoVisions! (AMM)

"How To Exhibit" leader training is scheduled for May 15, 9:30 A.M. and 7:00 P.M. The evening meeting will be televised live on CableVision Channel 21. Please be sure to watch and find out everything you need to know about exhibiting at the 1995 Lancaster County Fair. (AMM)

4-H horse VIPS meeting, Wednesday, April 12, 7:30 P.M. Club leaders, junior leaders, club members and parents are always welcome and encouraged to attend. (CB)

Lancaster Carriage Driving Association Clinic, Sunday, April 9 and Monday, April 10, 8:00 A.M.-7:00 P.M., 4-H Youth Complex, State Fair Park. Information can be obtained by calling Marjean McIntyre, 781-2474. (CB)

Upcoming clinics: Sunday, May 7, 8:00 A.M.-5:00 P.M., Western Horsemanship, 4-H Youth Complex, State Fair Park. Watch for flyer.

Wahoo clinic, Saturday and Sunday, May 13 and 14, Wahoo Fairgrounds. Leaders, watch for flyer. (CB)

District and state horse entries are due to the office no later than Monday, May 22. Horse ID's must accompany all entries.

Horse exhibitors participating in the county fair only are to have horse ID forms turned in to the office no later than Thursday, June 1. (CB)

## Young or old, give 4-H a try

In today's information society, the basic skills learned in school are not the only skills that youth need to survive. 4-H can help fill in the gaps. By its nature, 4-H is geared toward "hands-on" learning—learning essential for development of decision making and communication skills, creative thinking, and a lifelong love of learning.

Projects such as public speaking and demonstrations are prime examples of how 4-H helps shy children gain confidence, overactive children control themselves, and all children gain a knowledge of the powerful effects of speaking to a crowd.

Learning in 4-H is diverse. From wise decision making with the consumer judging project to recordkeeping, 4-H members learn skills that are helpful and relevant in today's society. Creativity, marketing skills, and group decision making are learned by designing and building promotional booths, posters or projects

that are entered in the annual county and state fairs.

Most importantly, however, 4-H offers a safe, structured environment for fun. Young people today need creative outlets for their energy and 4-H offers just that. By making learning fun, 4-H instills in youth the decision

making and communication skills, creativity, and love of learning that makes them productive members of society.

For information about forming a 4-H club, joining a 4-H club or becoming a 4-H volunteer, call the 4-H office at 441-7180 or send in the following form.

### I'm interested in 4-H.



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Phone number \_\_\_\_\_

School area \_\_\_\_\_

I would like to:

☐ Join a 4-H club ☐ Form a 4-H club

☐ Know more about being an independent 4-H member

☐ Volunteer in the 4-H program

Return to: 4-H • University of Nebraska Cooperative Extension in Lancaster County • 444 Cherrycreek Road • Lincoln, NE 68528

## 4-H ... more than you ever imagined

In the late 1800's and early 1900's, rural school principals and superintendents were interested in applying practical concepts to the reading, writing and arithmetic they were teaching rural youth. At the same time, the agricultural colleges and experiment stations were accumulating a body of scientific knowledge that would improve the farmer's productivity and living standards. Unfortunately, farmers showed little interest in adopting the "book farming" methods of college professors. So, the professors considered teaching the farmers' children these improved agricultural methods. Through much

work by E.C. Bishop, a teacher, by 1900 it was time to put an organizational structure behind these inspirations. Therefore, Boys and Girls Clubs were formed which later became 4-H.

Since 4-H did start in an agricultural sector, many 4-H clubs were found in rural areas of the country. But times changed and so did 4-H. Many people seem to think that 4-H is cows and cooking, but here in Lancaster County we would beg to differ.

Yes, we have traditional 4-H clubs that do cooking, sewing and livestock. But these are not only found in the rural parts of our county, they are right here in the

heart of Lincoln. These families meet together, take a variety of projects and work together as a group. But as stated earlier, times they are a changin'.

Within the last year, some very unique 4-H clubs have started. English as a Second Language classes have formed at Elliott School. Seventeen 4-H members meet every Monday to learn cooking skills and food safety practices. This year, the group is taking on many more exciting cultural experiences with the help of a wonderful volunteer leader, Debbie Wright. The youth really enjoy this after-school club and

Please turn to Imagine: page 14

**Invest in a Valuable Relationship**  
Give the gift of time ...



## Growing Up Female

*A retreat designed for 11-13 year old girls & female parent*

**April 22-23, 1995**

**Eastern Nebraska 4-H Center in Gretna**

Saturday: Registration 8:30-9:00 a.m.  
Sunday: Concludes 3:30 p.m.

Registration is limited. Send your application early.

Cost: \$65 per pair—includes meals, snacks and lodging. A few scholarships are available for limited resource participants.

Bring: Comfortable, casual clothes, tennis shoes (optional), bedding, towels and toiletries.

## 4-H llama club forms



Krystal McClure poses with her llama at State Fair Park.

Here's your chance to be part of the first 4-H llama club in Lancaster County! An informational meeting Thursday, April 13, at 7 p.m. will give people the opportunity to learn more about being part of the llama club.

The 4-H llama season will begin in May and end after the Nebraska State Fair. Meetings will be once or twice a month on a weekend afternoon. The club will participate in the Lancaster County 4-H Llama Show at the county fair and the Nebraska State Fair Llama Show. The project book includes the following topics: history, types, conformation, behavior, shelter, diet, general health and maintenance, training, grooming, and showmanship. Lots of learning!

But I don't own a llama! We understand that most 4-H members don't have a llama at home. Arrangements are being made to adopt young llamas from local breeders for the 4-H llama season. They will be housed at the leader's farm so they will be available for the 4-H meetings. At the first meeting, 4-H members will halter the llama they choose to adopt and will have their picture taken for their project book.

**Llama 101:** Llamas come in all colors and a variety of patterns. The life span is 15-25 years. An adult weighs 250-400 pounds, is 36-47 inches at the shoulder and 5-6½ feet tall at the head. The average pregnancy is 350 days and the baby, known as a cria, weighs 20-35 pounds.

Please turn to Llama: page 14



To ensure enrollment return registration form by April 7.

\$65 per pair registration fee enclosed.  
(Make check payable to: University of Nebraska Cooperative Extension)

Return to:  
University of Nebraska  
Cooperative Extension in Sarpy County  
1210 Golden Gate Drive  
Papillion, NE 68046

Youth's name (first and last) \_\_\_\_\_

Grade \_\_\_\_\_ County \_\_\_\_\_

Adult's name (first and last) \_\_\_\_\_

Adult's address \_\_\_\_\_

Phone \_\_\_\_\_



# 4-H School Enrichment Programs educate students

## School Year 93-94

- Garbology  
2,573 students
- Embryology  
6,426 students
- Blue Sky Below My Feet  
1,457 students
- Water Riches  
1,602 students
- Wheat Science  
1,482 students
- Grow Your Own  
254 students

**Total**  
**13,794 students**



Youngsters at Hill Elementary make bread as a culmination of the 4-H School Enrichment Wheat Science program. Students learn the importance of wheat—from growing it to making the final product.

## 4-H & Youth



## Campus Encounters of the Clothing Kind

Are you interested in learning more about textiles, designing clothing on the computer, campus life and career availability? Do you know how to use a serger and understand the latest design technology? Then Campus Encounters of the Clothing Kind is for you!

The event is scheduled for June 21-23 at UNL East Campus. 4-H members who are 14-18 years old and have completed Clothing Level II are eligible to apply. The approximate cost of the event is \$80-\$85 and an application form must be filled out and submitted by April 14. The cost of the event includes lodging, meals and supply costs. A total of 20 4-H members will be selected to attend.

If you are interested in this opportunity, please call Ann Marie. (AMM)



## Lifetime skills contest topics

The 1995 Lifetime Skills Judging Contest topics have been selected and are as follows:

**Nutrition**—costing meals and planning meals—MEALS project  
**Clothing**—reading labels, stain removal and clothing care—NebGuides TBA

**Home Safety**—Citizen Safety  
**Human Development**—teenage peer pressure—resources TBA

**Art/Design Materials**—Celebrate Art project and NebGuide G94-1211-A

**Photography**—Photography 1 and 2 and Pocket Pets

The judging contest is an excellent way to develop skills in recognizing quality and differences in areas. The contest is scheduled for Monday, July 10, 1:00 P.M. A judging workshop will be held Monday, June 12, at 1:00 P.M. 4-H members are welcome to attend and actually go through similar questions and learn more about the contest. The horticulture judging will be held at 10:00 A.M. on the same day. Practice style revue will be from 3:00-4:30 P.M.

A change has been made where only junior and senior

divisions are available. We have added a general topic to each division.

4-H members who were 11 years old and younger by 1/1/95 will be in the junior division. 4-H members who were 12 years old and older by 1/1/95 will be in the senior division. Only senior division participants will be selected for state fair competition.

4-H members are encouraged to participate in this contest and judging kits are available for check-out from the office. Call Ann Marie if you have any questions. (AMM)

## "I Care About My Horses" program

In 1993, the Lancaster County 4-H Horse VIPS Education Committee introduced the "I Care About My Horses" program to the 4-H horse membership. The Lancaster County 4-H Horse Program has the highest number of club participants and volunteers of any county in the state.

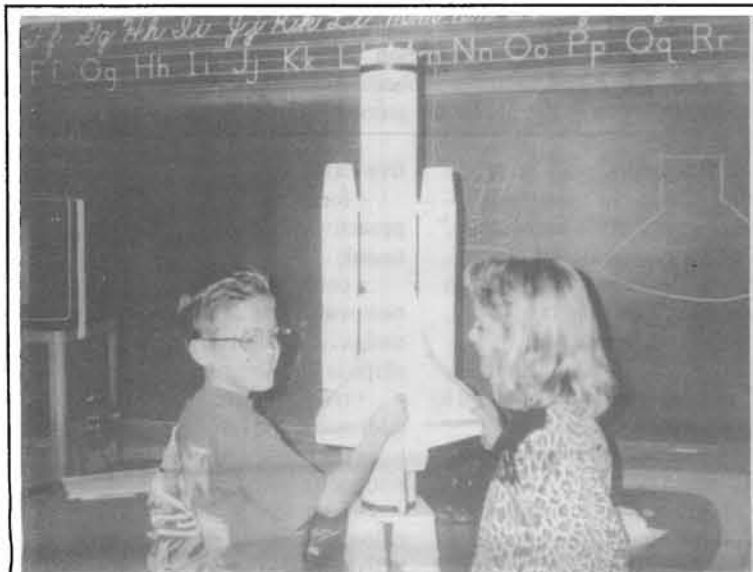
Developed in 1990 by the Western Colorado Cattle Women's Council, the "I Care About My

Animals" program was designed to help youngsters respond with a positive attitude toward animal rights harassments at livestock shows. The American Farm Bureau successfully implemented the "I Care" program in Minnesota during the 1991 State Fair Youth Exposition. Since then, several other states and groups have started similar programs.

The "I Care About My

Horses" program, reconstructed from these highly successful programs, was developed to fit the needs of the 4-H horse program emphasizing a) the humane treatment of horses and proper conduct of 4-H horse project members, parents and horse owners, b) as a way to meet the needs of keeping 4-H club members and leaders informed of.

Please turn to Horses: page 14



Brandon Lehr and Brandy Emal, Brownell Elementary, discover the world of science and space technology. Using Blue Sky Below My Feet, a 4-H school enrichment program, fourth graders examine how science and technology relate to their everyday living.

## Cornucopia, a growing experience

4-H members involved in horticulture projects are encouraged to participate in the Cornucopia Gardening Award program. There are two categories to choose from, vegetable or flower. Twice during the growing season the garden will be judged on planting design, cultural practices, pest control, gardening knowledge and gardening records.

There is a junior division (9-12 years old) and a senior division (13-19 years old) in each of the two categories.

Pick up competition rules and entry blanks at the Extension office. All competing gardens need to be preregistered by May 1. (MJM)

## Take a friend—make a friend Go to 4-H camp

4-H membership is NOT required to attend these camps

4-H camps at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that allow your child to have an experience of a lifetime. 4-H camp allows your child to become more independent, build self-confidence and self-worth, discover new recreational skills, and develop a sense of love and respect for others as well as the out-of-doors.

If you'd like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Enroll them with a friend in a 4-H camp. All camps are overnight sessions. Check in and release times are indicated.

### Fish Camp

June 6-8  
10:00 a.m.-2:00 p.m.

Whether you're an experienced fisherperson or a Master Angler, this is the camp for you! Enjoy fishing at Two Rivers for that elusive trout (permits and bait included in registration fee). The successful harvest will then be celebrated with an authentic fish fry (we'll even clean 'em for you). Lessons on casting, lures, and knot tying will prepare you for a lifetime of fishing.

### Outdoor Skills I & II

June 9-12, 1995 or June 22-25  
10:00 a.m.-2:00 p.m.

Explore and experience the Platte River as you never have before. Bring a friend and canoe along with us as we trek from Schramm Park to Louisville SRA for an overnight stay. Other OS I & II programs may include outdoor cooking, rappelling, water and nature studies, shooting sports, and the confidence course.

### Niobrara I & II

June 13-16, 1995 or June 27-30  
10:00 a.m.-7:00 p.m.

Enjoy the great outdoors with two days of canoeing and sleeping under starlit Sandhills skies. Come along as we navigate canoes through Nebraska's only whitewater river—the Niobrara. Enjoy the valley's breathtaking scenery and over 100 waterfalls. The "cooler," "bathtub," and "stairstep falls" will be revisited during this classic Nebraska adventure.

Numbers are limited to the first 14 teens who apply. Hurry and register for this popular summer experience.

### Summer Safari I & II

June 13-16, 1995 or July 18-21  
10:00 a.m.-5:00 p.m.

This exciting camp will feature an overnight stay at Omaha's Henry Doorly Zoo. Special night hikes, a visit to the jungle and evening programs will add to the zoo adventure.

Back at camp we'll explore the habitat and behavior of Nebraska's wildlife. Archery, campfires, and the waterslide will make this a complete camp experience. Come to Summer Safari I or II and you'll see why "It's a jungle out there!"

### Boldly Bound

June 17-21  
10:00 a.m.-2:00 p.m.

This five-day camp is packed with excitement and challenge.

Devoted to campers 11-14 years of age who would like to conquer the camp's 35-foot rappelling and climbing tower, or dare to try our "super highs."

Many other outdoor experiences such as canoeing, basketball, nature studies, and the widest of water games will add to every camper's thrilling experiences.

### Wet-N-Wild I, II & III

June 26-28, 1995 or July 5-7  
or July 11-13, 1995  
10:00 a.m.-2:00 p.m.

Our most popular camp makes its return in '95 with yet another session! Some of last year's campers are

probably still drying out from W & W 1994.

Experience three days of crazy water fun including swimming and watersliding during our private water party at Mahoney State Park's pool, water relays, H<sub>2</sub>O limbo, and "soak the counselor".

Enjoy the summer heat by staying cool at Wet-N-Wild '95.

### Sports Camp

July 14-16  
10:00 a.m.-5:00 p.m.

Volleyball, basketball, soccer and canoe basketball are highlighted in this special camp. Teams are matched by age so fair competition is accomplished. Both team and individual activities are planned so each participant will have an opportunity to choose her/his specialty and add to the team's score. "Go for the Gold" this summer at the 4-H Center.

### Backstage '95

June 29-July 2  
10:00 a.m.-2:00 p.m.

If you have ever had an interest in becoming an actor, this is the camp for you. Everyone will have a speaking part, complete with costumes and make up. Then relive the experience for years to come with a video of the final performance.

### First Timers

July 8-9  
10:00 a.m.-7:00 p.m.

This day and a half long camp is jam-packed full of activities designed to introduce 8-10 year olds to camp. Discover the waterslide, the wonder of nature and the beginning of life long friendships at First Timers Camp 1995.

## 1995 4-H Camp Registration Form

Camper's Name \_\_\_\_\_  
Sex \_\_\_\_\_ Age, June 1, 1995 \_\_\_\_\_  
Address \_\_\_\_\_  
City & State \_\_\_\_\_ County \_\_\_\_\_  
ZIP \_\_\_\_\_ Parent's Name \_\_\_\_\_  
Phone Number \_\_\_\_\_ Work Number \_\_\_\_\_  
Allergies \_\_\_\_\_  
Special Medications \_\_\_\_\_  
Last Tetanus Shot \_\_\_\_\_

My child has permission to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for accidents, claims and damages arising therefrom. As parents or guardians, we authorize medical care and/or hospital and doctor care. The Eastern Nebraska 4-H Center has my permission to use any photographs of my child in its promotional material.

Parent or Guardian Signature \_\_\_\_\_  
Date \_\_\_\_\_ If parent/guardian cannot be reached in case of an emergency, call: \_\_\_\_\_  
Telephone \_\_\_\_\_

I want to room with \_\_\_\_\_  
(\* List one roommate only and registrations must come in together.)

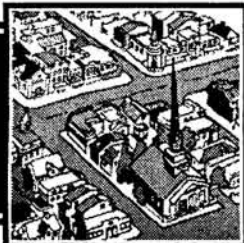
Check camp(s) you are registering for:	
June 6-8	Fish Camp \$64
June 9-12	Outdoor Skills I \$76
June 13-16	Niobrara I (teens) \$150
June 13-16	Summer Safari I \$87
June 17-21	Boldly Bound \$90
June 22-25	Outdoor Skills II \$76
June 26-28	Wet-N-Wild I \$64
June 27-30	Niobrara II (teens) \$150
June 29-July 2	Backstage '95 \$76
July 5-7	Wet-N-Wild II \$64
July 8-9	First Timers \$40
July 11-13	Wet-N-Wild III \$64
July 14-16	Sports Camp \$59
July 18-21	Summer Safari II \$87

Total Enclosed \$ \_\_\_\_\_

Since many camps will be filled before the scheduled date, we cannot guarantee space for walk-ins or last minute registrations. Fee is required at time of registration. Please make checks payable to Eastern Nebraska 4-H Center and mail to the Center at 21520 W Hwy 31, Gretna, NE 68028.

CANCELLATION FEE \$10





Community & Leadership Development

PUBLIC INVITATION

Lancaster County Extension Board Meeting

Held here at the Lancaster Extension Conference Center the second Monday of every month at 7 p.m. (7:30 p.m. beginning April 3, 1995)

Monthly agenda available for review See front desk receptionist 8 a.m.-4:30 p.m. Monday-Friday

Grandparenting's NOT what I thought it would be!



We understand there are a lot of questions. If you would like to share your concerns and gain support, join other grandparents at one of the following meetings on:

April 20, 1995

Air Park Recreation Center • 3720 NW 46th St. • 10:00 a.m.  
Northeast Family Resource Center • 5903 Walker • 1:00 p.m.  
Lincoln Public School Administration Bldg • 5901 "O" St. • 7:00 p.m.

For more information please call 441-7026.  
If transportation or childcare is a problem, let us know.

Sponsored by Lincoln Area Agency on Aging & Family Service.

Extension programs guided by Lancaster County citizens

Nine citizens elected from throughout Lincoln and Lancaster County direct the UNL Cooperative Extension in Lancaster County. Seven directors are elected to serve two-year terms while two directors represent the 4-H and Family Community Education Association Councils. These nine individuals are known as the Lancaster County Extension Board. The board meets the second Monday of each month at the Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln, NE. Meetings are conducted at 7:30 p.m. during daylight savings time.

The Lancaster County Extension Board is responsible for program direction, personnel and the budget for Lancaster County Extension. The day-to-day activities of Cooperative Extension are conducted by Extension Educators and assistants. Educators and assistants support numerous program and activity committees composed of volunteers.

Extension volunteers make possible the many Extension programs conducted throughout Lincoln and Lancaster County. The largest volunteer groups include 4-H club leaders, Family and Community Education clubs and program advisory committees.

The Extension's organization motto is "Helping You Put Knowledge To Work." The mission of Cooperative Extension in Lancaster County is "...to help people address issues and needs related to their economic, social



Members of the 1995 Lancaster County Extension Board are: front row left to right: K. Q. Allen, Ed Woeppel and Gerald Halling. Back row left to right: Charles Willnerd, Karen Dimon, David Grimes and Rod Lemke. Not pictured is board member Roberta Newburn. Extension Board meetings are open to the public the second Monday of each month.

and environmental well-being through educational programs based upon scientific knowledge."

The Extension Board of Directors met January 9, 1995, to review the future direction of Extension in Lincoln and Lancaster County. The following guiding principles were adopted to assist the board and staff in making educational program decisions:

- programming is compatible with priority initiatives or core programs identified by Cooper-

ative Extension;

- focus on being progressive, proactive, flexible and educational;

- cooperation and/or collaboration with agencies, organizations, and private and public partnerships is encouraged;

- resources are available for addressing the issue;

- time invested is compatible with anticipated impact; and

- proactive in encouraging cultural diversity programs and activities. (DM)

Support our 4-H and FFA

Youth Benefit Tournament

Monday June 5, 1995  
Shadow Ridge Golf Club  
Omaha



Nebraska



4-H & FFA Foundations Joint Benefit Golf Tournament

We need your help!

- We would like to recruit you to secure \$1,000.00 in pledges from local businesses or supporters of these youth groups. This will entitle you to play in the June 5 tournament in Omaha.

- The tournament will be a best ball scramble with teams made up of four persons. Everyone will go home with a prize. There will also be two flights for the tournament.

- The tournament will be limited to the first 36 teams. You may enter as a team of four or as an individual, in which case you will be paired with three other players.

- Please help Nebraska's 4-H and FFA youth by taking part in this tournament. The proceeds from this tournament will be used to provide awards, scholarships and leadership materials for Nebraska youth.

YES! I will participate and raise funds for the Nebraska 4-H and FFA Foundations.

Name \_\_\_\_\_ please print

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_

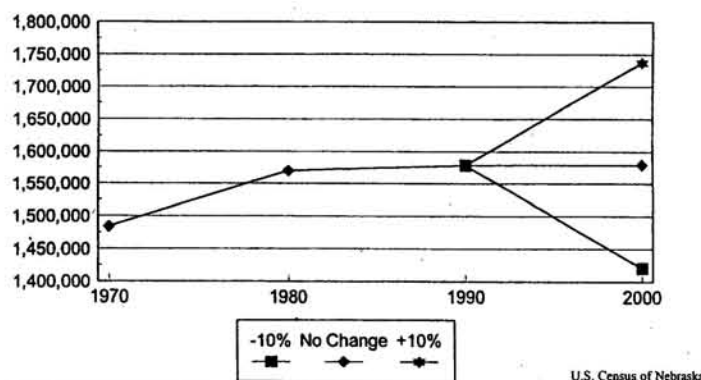
Send to: 4-H & FFA Golf Benefit  
444 Cherrycreek Road • Lincoln, NE 68528-1507

For additional information call:

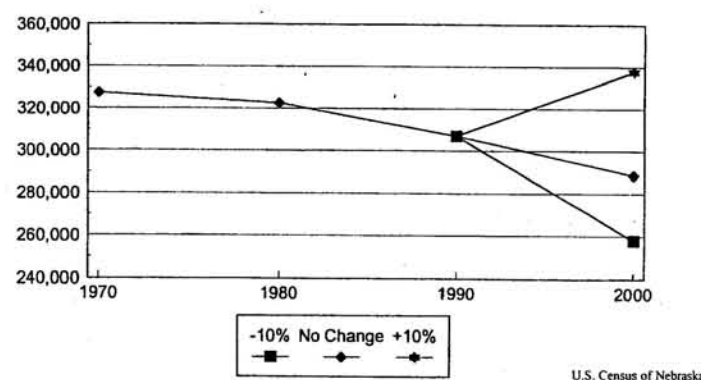
Bill White  
Austin Farm Mgt.  
402-761-3361  
Don Miller  
4-H Foundation  
402-441-7180



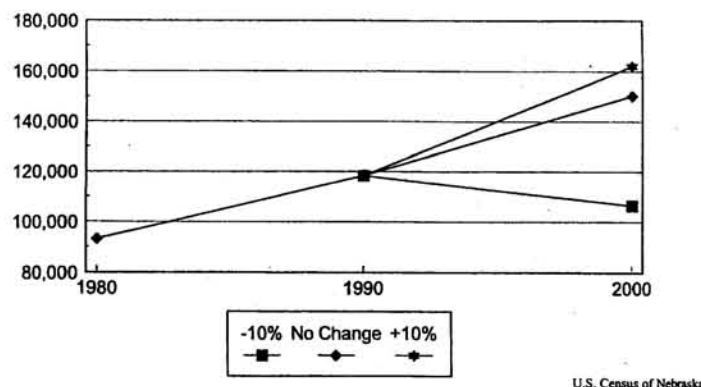
Nebraska Population Trend-Line



Nebraska K-12 School Enrollment Trend-Line



Nebraska Ethnic Diversity Trend-Line





# Discover Nebraska's uniqueness

University of Nebraska Cooperative Extension recently announced the availability of three related community development programs designed to help communities and organizations prepare for the 21<sup>st</sup> century. Each program takes about 30 minutes, fitting easily into a meeting or event. The programs are presented by Extension Educators and faculty members of the University of Nebraska.

The first program, "Future Focus" looks at population trends, ethnicity, school enrollment, business trends, poverty, single-parent families, employment and farming. You can compare your community trends to neighboring

areas and throughout the state.

"Preparing for Change" looks at the root of community and organizational conflict, the biggest hindrance to progress. Community disagreements escalate into conflict when:

- new values are brought into the community;
- local economic activity declines;
- new directions for community development are identified; and
- external organizations like government force communities to change.

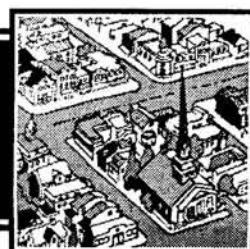
The third program, "Keeping the Momentum Going" examines

why communities and organizations go adrift in their efforts to move ahead. This program looks at different phases successful groups go through when challenged by change:

- forming;
- storming;
- norming;
- performing; and
- transforming.

Look at your organization through a one-way mirror. Learn what makes an "up" an up and a "down" a down and how these affect group process. Find out what other successful communities and organizations are doing to prepare for the 21<sup>st</sup> century. (DM)

## Community & Leadership Development



## Neighborhood Leadership Development Institute

Fourteen Lincoln citizens representing 12 neighborhoods completed Phase I of the Neighborhood Leadership Development Institute sponsored by the City of Lincoln Urban Development Department in cooperation with the University of Nebraska Cooperative Extension in Lancaster County. Instructors



Mayor Mike Johanns presents a Phase I Certificate of Completion and a Neighborhood Leadership Development Institute T-shirt to workshop participant Dorothy Iwan.

were Extension Educators from Lancaster and Otoe Counties. A reception, sponsored by the City of Lincoln, to honor the participants was held at the Cornhusker Hotel. Mayor Johanns presented certificates and Neighborhood Leadership Development Institute T-shirts and personally congratulated each participant.

Phase II of the institute, "Capacity Building: Moving Beyond Expectations" was conducted during March. The purpose of this workshop was to begin the process of building the capacity of our organizations, neighborhoods and communities to move beyond current expectations.

The four-session workshop included:

**Session One:** "Community Resourcing—Identifying Neighborhood Strengths and Least Developed Resources"

**Session Two:** "Opportunity Connections Through Networking: Temperament Based Strategies"—Using knowledge of temperament to create networks which generate opportunities for neighborhoods future and further teamwork and team effectiveness by reducing conflicts that destroy creative change processes.

**Session Three:** "Building a Vision"—Trends and issues facing neighborhoods and communities were examined and this information was used to create a mission statement and identify a purpose for neighborhood associations.

**Session Four:** "Proactive Futuring: A Grant Development Seminar."

Phase II was available for those who had completed Phase I of the Neighborhood Leadership Development Institute. Instructors were Mark McCaslin, Otoe County Extension Educator; Michelle Hummel-McCaslin, consultant; LaDeane Jha and Lorene Bartos, Lancaster County Extension Educators. This cooperative effort is an example of agency collaboration which benefits the entire community. (LB)

## Getting to know others

The best information about people comes from the people themselves. Try using friendly curiosity as a way to get to know someone as long as your curiosity is respectful and non-judgmental. The following are some curious, non-judgmental questions you might use when getting to know others.

- What does it mean to you when ...?
- What do you say to yourself about ...?
- What's it like for you when...?
- What do you imagine when you say ...?
- How do you picture it?
- Tell me what is important to you ...
- Show me how you would do it. (LJ)

## Checking Your Charge

What charges your battery?

### 3 TYPES OF PEOPLE

#### ACHIEVEMENT MOTIVATED

- Desire for excellence, doing a good job
- Wants sense of important accomplishment
- Wants to advance in career
- Needs feedback



#### POWER MOTIVATED

- Likes to lead, give advice
- Wants prestige and job status
- Enjoys influencing people and activities
- Likes his/her ideas to predominate



#### AFFILIATION MOTIVATED

- Likes to be popular, well thought of
- Desires friendly relations, interaction
- Dislikes being alone in work or play
- Likes to help other people



## A safety message from Fireman Bill

### CURIOUS KIDS SET FIRES!



Nearly 26 percent of the fires that kill children are started by children playing with matches or lighters. Help protect your family.

- Keep matches and lighters out of children's reach.
- Practice home fire escape plans with children. Make sure everyone knows at least two ways out of every room.
- Teach children not to be afraid or hide from firefighters if there is a fire.
- Use safety plugs in electrical outlets.

For free fire safety tips, write: Fire Safety, P.O. Box 34386, Washington, DC 20043



First off, I'd like to take this opportunity to welcome readers of the Lincoln Journal and Star who are receiving this month's NEBLINE within their newspaper. THE NEBLINE is a monthly newspaper put out by Southeast Fire Department's friends at the University of Nebraska Cooperative Extension in Lancaster County. THE NEBLINE contains many worthwhile household, gardening, and safety tips and hints, as well as pertinent information on programs and workshops offered by Extension. If you like what you see, I'm sure the County Extension Office would "hook you up" with a subscription. Their number is 441-7180.

One item that is discussed frequently in this article is address numerals. Sometimes it seems like I'm kicking a dead horse; but, I wish to stress their importance to emergency responders, especially to our new readers. Address numerals placed in a prominent place on your home can actually save precious seconds in an emergency—seconds that can actually save someone's life (really!). Here's how you can help us to help you in an emergency (and also make it easier for the pizza delivery person when you order pizza!):

- Place your address numerals on *both* sides of your curbside or roadside mailbox. Southeast Fire recommends using *reflective* numerals at least three inches high.
- Place your address numerals in a conspicuous location *on* your home as well. Be sure that they contrast with the color of your home (for example, black numerals on a white house) and please stay away from script or other hard-to-read characters.
- Also, remember, if you have an emergency at your home and call 911 for assistance at night, please be sure to turn on *every* outside light on your property as long as it will not endanger anyone. This helps us even further in finding you!

Fire prevention is *self-protection*. If we can be of any assistance to you in fire prevention or fire safety (home, work, speakers for programs, etc.), please feel free to call us anytime at 466-2911. We are always interested in your safety and that of your loved ones.

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

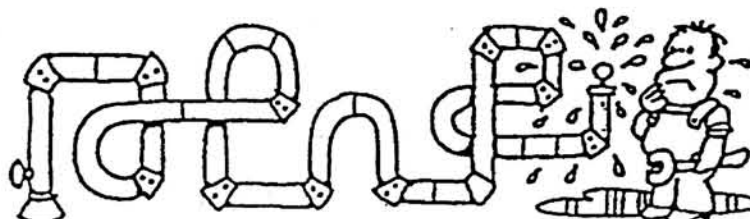
## Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Cooperative Extension Office

## Crisis Home Repairs for Lancaster County Homeowners



For more information call Lincoln Action Program, Judy Adams at 471-4515



Human Resources News continued

Healthy Eating



Easy Oven-Cooked Grains

Many health authorities suggest we should get more of our calories from carbohydrates and less from fats. Vegetables, fruits, and grains are emphasized for their complex carbohydrates, dietary fiber, and other food components linked to good health. Also, they are readily available, taste good, and are quick and easy to prepare. Check the table below for grains that cook themselves, with little help from you.

Grain (1 cup, dry)	Boiling liquid (cups)	Baking time (minutes)	Amount after cooking (cups)
Pearl barley	2½	45	3
Brown rice	2	55	3
Bulgur wheat	2	25	3
Millet	2	30	4
White rice, regular, long grain	2	35	3
White rice, parboiled	2	40	3½
Wild rice	2	50	3½

To prepare:

1. Preheat oven to 350°F
2. Place grain in casserole dish.
3. Pour boiling liquid (water or broth) over grain; stir and cover.
4. Bake for time specified in the chart.
5. Remove from oven; keep covered until served (within 10 minutes).

For a flavor twist, try any of these easy additions:

Cook rice or other grains in unsalted broth or in equal parts of broth and tomato, apple, orange, or pineapple juice.

Combine grains that require about the same amount of liquid and cooking time, such as brown rice and wild rice.

Add ½ to 1 teaspoon curry powder, cumin,

thyme, turmeric, or mace to the liquid with each cup of rice or other grain. Use 1 tablespoon of dried parsley flakes or teaspoon of saffron.

Add chopped onions, garlic, celery, carrots, or mushrooms to rice or other grains at the start of cooking.

Add raisins to rice or other grain before cooking. Or

add a few nuts or toasted sesame seeds after cooking.

Stir a small amount of plain lowfat yogurt into rice or grains after cooking.

Source: U.S. Department of Agriculture, Human Nutrition and Information Service (AH)

Illness

shallow containers and quickly refrigerating them.

TRUE. Food in small portions cools more quickly to temperatures where bacteria stop growing. Place food in shallow containers that are no more than four inches deep. For solid layers or masses of food, such as stews, hot puddings, layers of meat slices, etc. limit depth of food to 2 inches.

Cover loosely to protect food from accidental contamination, yet allow heat to escape. Periodically stir the food under refrigeration to help in the cooling.

4) Hard-cooked eggs may be stored at room temperature overnight.

FALSE. Though the shell of

an egg provides some protection for the interior, you shouldn't rely on it. Hard-cooking the egg will kill any bacteria, such as salmonella, which may be in the raw egg. But, cracks in the shell, even too small to see, can allow other bacteria into the of the egg.

Once inside the shell, bacteria can grow rapidly on the egg's protein surface, and could cause illness.

Avoid keeping hard-cooked eggs out of the refrigerator for more than two hours.

5) Most foods that contain mold are safe to eat as long as you remove all the mold.

FALSE. Most moldy foods should be thrown away.

Mold growing on foods (other than the ones placed

there purposely—like blue cheese) may cause illness. Where there is mold growth, bacteria are probably growing too. For example, research now indicates that jelly with mold may also contain harmful substances.

You may be able to save the inner portion of a hard cheese when a light mold. growth occurs on the surface. Cut away a 1-inch portion of cheese beneath the mold and discard. Discard all soft cheeses (especially such cheeses as Camembert, cream and cottage cheese) with mold

These questions are taken from the Safety Food Game. If you'd like a copy of this game for playing with a youth or adult group, call Alice Henneman, 441-7180.

From page 8

Stains

cleaning solvent or use prewash spray. Rinse with water. Apply detergent to stain. Launder, using hot water and chlorine bleach, if safe for fabric. OR

Scrape excess from fabric with dull knife. Place fabric face down on white paper toweling and use warm iron on back to melt wax into absorbent toweling. Sponge with dry-cleaning solvent or use prewash spray. Rinse and launder.

Blood  
Soak in cold water for 30 minutes. Apply ammonia

and rinse. If stain remains, soak in a oxygen-bleach solution. Launder. OR

Soak in warm water and enzyme presoak for 15 to 30 minutes. Launder.

Crayon (load of Clothes)  
Scrape off excess with dull knife. Dry-clean in a coin operated machine or take to a professional dry cleaner, explain what has happened, and request bulk cleaning. If stains still remain, fill washer with hot water. Add a water softener to hard water. Use the amount of SOAP for a washer load. Add 1 cup baking soda. Run

washer for 10 minutes. If stain remains, work in soap paste. Run Machine for 5 minutes. Launder as usual.

The next time you have a stain, remember to treat it as soon as possible. Be sure to read laundry instructions and always be careful when using cleaning agents. Quick and cautious stain removal is a financial savings on the family clothing bill.

For the Stain Removal for Washable Fabrics NebGuide send a SASE to Stains, 444 Cherrycreek Road, Lincoln, NE 68528. (LB)

From page 9

4-H & Youth News continued

Imagine

From page 10

the volunteers find it to be very rewarding.

Faith United Methodist Church has also started a 4-H club for youth living near the church. Through the guidance of Reverend Alberta Clark, Charlene Morris (EFNEP nutrition advisor), Kristine Leska (UNL student) and church volunteers, these 4-H members have been taken out to a farm to learn more about farming and animals. The police department bicycle patrol and fire department have visited the club. Plans for gardening, cooking, bike rides and first aide projects are all scheduled.

Recently, a 4-H club has been formed at the West Lincoln Family Resource Center. Two agricultural education students from UNL are leading the club which meets every other Monday after school. The club will be doing the rocketry project for a starter and has lots of enthusiasm. The West Lincoln Family Resource Center is located right behind West Lincoln Elementary, which makes the 4-H club very convenient for youth attending.

Another group of unique 4-H clubs was started last summer through the Family Services daycare program. Various daycare sites throughout Lincoln started 4-H clubs as part of their programming. These 4-H clubs are just a few examples of how 4-H has changed and grown into other areas of our community. Through the solid foundation 4-H has been built on, a group of sincere volunteers and collaboration with local agencies...4-H is more than you ever imagined. (AMM)

Llama

From page 10

Llamas are social creatures and prefer to be in a herd or with companions. They communicate by a soft humming sound along with several body postures. Llamas give body language a whole new meaning, especially with their ears and tail. They are easy to care for. An average adult eats a bale of hay per week. They enjoy treats of grain, but it is not a necessary part of their diet. They typically eat one-third of what a horse will eat.

Do they spit at humans? NOT! The truth is no, they don't routinely go around spitting at people. The exception would be the mishandled or abused llama. They do spit at each other as a means of establishing their social pecking order, especially at chow time. Females are also known to spit off unwelcome advances from males.

You are welcome to explore the world of llamas. Come to the informational meeting or call one of the leaders with any questions. Contact Karen Kurbis, 785-2077 (or 484-8344 days), Harold Roper, 466-3997, or the 4-H llama contact at the Extension office, LaDeane Jha, 441-7180. Be sure to leave a message on the answering machine if you call while they're out with the llamas. (LJ)

Head



Heart



Hands



Health



Horses

From page 11

various issues involving animal welfare, and c) training 4-H members to handle animal activist situations in an honest, factual and objective manner.

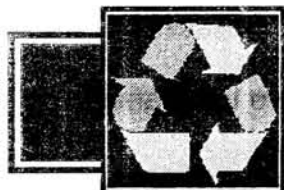
The VIPS education committee's first accomplishment, following the "go ahead" from the horse VIPS board, was to issue the "I Care About My Horses" statement of principle. The principle is a simple creed that states what the horse VIPS committee, club members, leaders, and parents support for the humane treatment of ALL horses in ALL activities under its jurisdiction. Along with the statement of principle, each 4-H project member is required to read and sign the "I Care Pledge" as a prerequisite to participate in the events and activities under the jurisdiction of the Lancaster County Horse VIPS Committee. Since the program's existence, all 4-H members that have participated in the county fair have been required to read the statement of principles and sign the pledge which forms the basis for the governance of their conduct.

In 1995, the "I Care About My Horses" program is proposing to continue education through the "I Care Pledge," encourage all 4-H horse clubs to set-up banners and posters at the county fair to show their support, incorporate guidelines which follow the statement of principle into the herdsmanSHIP contest at the fair, develop a leader handbook, record PSA's (public service announcements) to be used during the fair, distribute pamphlets and flyers prior to the fair, and work at designing an "I Care About My Horses" pledge card, button and/or t-shirt.

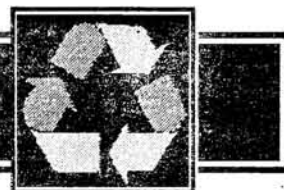
Encouragement is the number one goal and being a winner in the "I Care About My Horses" program in 1995 is sure to be a 4-H club member's goal. If you would like to become involved with a 4-H horse club or would like to volunteer with the 4-H horse program, please contact Cindy Blome at 441-7180.

Excerpts from this article were taken from a presentation by Michelle Huber, United States Dressage Federation Junior/Young Rider Programs Coordinator to the American Youth Horse Council Convention. (CB)





## Environmental Focus News *continued*



# Plugging abandoned wells can save lives and water

Abandoned wells are direct pipelines that can allow contaminants such as sediment, bacteria, and chemicals to flow directly into our groundwater supply. Runoff that might enter an abandoned well can contain pesticides, fertilizers, fecal waste and other contaminants. These contaminants can eventually show up in public or private drinking water wells. Abandoned wells have also proved to be safety hazards to humans and animals. Children, pets or livestock can easily fall into large diameter dug wells and irrigation wells. Abandoned wells are often referred to as "accidents waiting to happen."

It is estimated that Nebraska

may have over 100,000 abandoned wells. When you tally up the number of abandoned farmsteads and homes in villages and even Lincoln that once depended on private water supplies this number may be conservative! In fact, many homes had two, three or even more wells. Do you have one ... or more in your backyard?

Proper plugging of abandoned wells costs some time and money. However, it is time and money well spent, when you consider the benefits that include protecting the quality of our groundwater supply and possibly saving a child's life. Plugging an abandoned well will benefit you and your neighbor now, but it will also

be appreciated by future generations.

University of Nebraska Cooperative Extension plans to conduct an abandoned well plugging demonstration this summer. The demonstration will last a couple of hours and will show participants how to properly plug a well according to Nebraska state law. Natural Resources District officials will provide 75% cost-share program details at the demonstration. Watch upcoming issues of the NEBLINE for the date and time.

For further information, contact Dave Varner at the University of Nebraska Cooperative Extension office in Lancaster County, 441-7180 or send a self-addressed stamped envelope to obtain NebFact "Plugging Abandoned Wells" (NF92-81). A 20-minute videotape is also available for viewing from the Extension office. (DV)



Abandoned wells are discovered everyday, in both rural and urban settings.

## Water for the birds

When people are thirsty they can seek something to drink from the nearest water faucet or refrigerator. Birds do not have that luxury. They must rely on nature or people to provide water for them.

Bird baths come in a variety of sizes, shapes and prices. They range from the very ornate to a simple garbage can lid. They may be purchased at most lawn and garden stores or be made at home with a variety of materials. Terra-cotta saucers used under large plants make excellent bird baths. A garbage can lid with a few stones placed inside also can be used. Whether you decide to purchase your bird bath or make it from items found at home, follow these guidelines for success.

**Depth**—Bird baths should be no deeper than 3 inches at the deepest point and should have sloping sides down to this point. An edge along the top will provide a place for birds to perch while taking a drink.

**Surface**—The surface of the bath should be rough so that birds can maintain sure footing. Pebbles, stone and concrete all provide the needed traction. Plastic is generally too slippery.

**Height**—Bird baths may be placed on the ground, on a raised pedestal or hung from a branch a few feet off the ground. Ground level baths have the added benefit of providing water for many small mammals such as squirrels, chipmunks and rabbits. However, bathing birds are extremely vulnerable to predators. If cats are in or around your yard, your bird bath should be raised above the ground.

**Dripping Water**—Nothing attracts birds as quickly as dripping water. Some bird baths have fountains, but a water drip can be made easily. Take a bucket, large jug, or can and make a hole with a nail in the bottom or along the side just above the bottom. Attach the container to a branch 3-4 feet above the bath and fill it with water. This should provide a slow steady drip that will attract birds to your bath. Once they have found the bath, they should continue to visit it even when the water isn't dripping.

**Location**—Ideally your bath should be placed near a tree with overhanging branches so the birds will have a place to sit and preen after bathing. If cats are present, place the bath away from dense shrubbery where cats can hide and surprise the birds. Different species will be attracted to the bath depending on the height and location. You may want to experiment to see what works best for you. But, don't forget to put the bath in a location where you can watch it.

**Care**—Keep your bird bath filled with clean, fresh water at all times. A reliable source of water is important for attracting birds. Dump water out and refill it every couple of days. Use a brush to remove any algae that may have grown. Never use any chemicals to control algae.

Now sit back and enjoy your bird bath. Once the birds have located this water source, they will visit it on a daily basis and give you a welcome diversion as you watch them enjoy the water. (MJM)

## Certified pesticide applicators

When you observe someone applying a pesticide chemical, do you wonder if that person is actually qualified to do that job? Almost any day of the week we see pest control units applying chemicals for control of termites, cockroaches, and other household insects. During the summer, lawn care workers spray chemicals and fertilizers on ornamentals and turf, and farmers may be observed applying herbicides and insecticides for control of pests on their agricultural crops.

More people today are concerned about the health and safety of our environment, and those involved with application of pesticides. Because of these concerns, it might be well to know that applicators of certain pesticides are now required to be trained and certified.

Federal laws enforced by the U.S. Environmental Protection Agency (EPA) require that all pesticides are registered and that all applicators of restricted use pesticides are certified to make applications of these chemicals. In addition, the Nebraska State Department of Agriculture is responsible for enforcing these state and federal pesticide laws and regulations.

Nebraska has three categories of certified pesticide applicators:

private applicators, commercial applicators, and noncommercial applicators.

A private applicator is any person who uses restricted use pesticides to produce an agricultural commodity on their owned or rented property. They are generally farmers; but, may also be a person who produces horticultural crops on their own acreage. Private applicators may apply pesticides for other agricultural producers only if there is no compensation other than trading personal services.

A commercial applicator is any person who applies pesticides for financial compensation. The noncommercial applicator is one that applies restricted use pesticides on lands owned or con-

trolled by his or her employer or for a governmental agency or subdivision of the state. There are several categories of commercial and noncommercial applicators including lawn services. Effective this year, all persons applying pesticides to the ornamental plants and turf category must be trained and certified to apply all types of pesticides whether labeled as restricted use or general use pesticides.

Regardless of the category in which a person is trained and certified, the instructions listed on the label of the pesticide to be applied must be read and followed as written. Failure to apply any pesticide other than specified by label instructions is a violation of the law. (WLS)

## Enviroshorts

### Sleep tight!

Birds sleep sitting up on branches. Special leg muscles help a bird keep its grip as it sleeps. Nothing knocks it off its perch—not even a strong wind.

### Rainforests blues!

Rainforests are being destroyed at a rate of 100 acres per minute. That's 6000 acres per

hour, or 144,000 acres in one day. In one month, that would end up being an area as large as the state of Massachusetts!

### All ears?

A bug called a cicada hears with its stomach. A water beetle hears with its chest. And—crickets and grasshoppers hear with their front legs. (ALH)

# Noxious weeds costs Nebraskans millions of dollars each year

The State of Nebraska has had a noxious weed law in place for many years. It addresses identified non-native plants that compete with pastures and crops, reducing yields substantially. Some noxious weeds are directly poisonous to humans, livestock, and wildlife. The losses from noxious weed infestations can be staggering, costing residents of Nebraska millions of dollars due to production losses. This does not only affect the landowner, but all residents in the state.

Noxious weed control should be everyone's concern because it benefits everyone. The support of all individuals is needed and vital for the control of noxious weeds. It is the duty of each person who owns land to effectively control noxious weeds on such land.

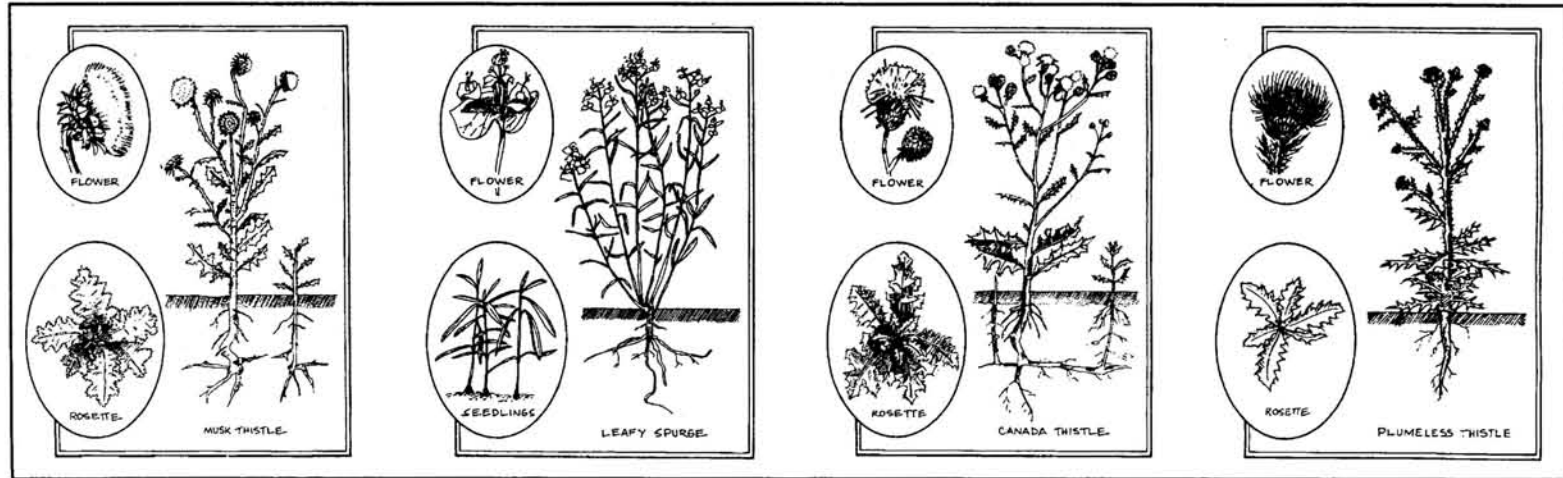
The major noxious weed in Lancaster County is musk thistle. It is found throughout the county, in towns, villages, and Lincoln. Now is the time to control these thistles while they are in the

rosette stage. The Noxious Weed Control Authority will be inspecting sites that have been infested in the past, and will notify landowners if weeds are not under control. Three additional noxious

weeds that may be found in the county are plumeless thistle, Canada thistle and leafy spurge. Diffuse and spotted knapweeds are also noxious weeds, but they are found mostly in the northern

part of the state.

If you have any questions contact the Lancaster County Noxious Weed Control Authority, 441-7817, or the Extension office, 441-7180. (RS)





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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2. Submit general comments and/or story ideas

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Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

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Comments \_\_\_\_\_

Story Idea(s) \_\_\_\_\_

**Return to:**  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherrycreek Road, Lincoln, Nebraska  
68528-1507

PHONE NUMBERS:

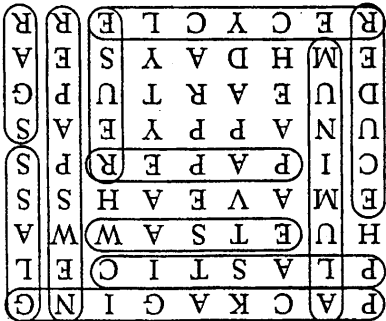
Office (leave message after hours) ..... 441-7180  
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FAX ..... 441-7148  
GARDEN GOSSIP HOTLINE ..... 441-7179  
NEBLINE RBBS ..... 441-7149  
OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Earth Day USA

Earth Day is April 22.  
What are you doing to help save the planet?

Word List

RECYCLE	P A C K A G I N G
PLASTIC	P L A S T I C E L
NEWSPAPER	H U <u>E T S A W</u> W A
GLASS	E M A V E A H S S
ALUMINUM	C I P A P E R P S
REUSE	U N A P P Y E A S
PAPER	D U E A R T U P G
RAGS	E M H D A Y S E A
REDUCE	R E C Y C L E R R
PACKAGING	
WASTE	



Extension Calendar

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

April 1

4-H Market Beef ID's for State Fair and Ak-Sar-Ben Due  
4-H Camp Counselor Applications for Eastern Nebraska 4-H Camp Due  
4-H Action Team Applications Due  
Star City Rabbit Raisers Youth Show—*State Fair Park*..... 9:00 a.m. registration, 10:00 a.m. show

April 2-8

National 4-H Conference—*National 4-H Center, Washington, D.C.*

April 4

4-H Council Meeting..... 7:30 p.m.

April 9

4-H Teen Council Meeting..... 3:00-5:00 p.m.

April 9-10

Lancaster Carriage Driving Assn. Clinic—*4-H Youth Complex, State Fair Park*..... 8:00 a.m.-7 p.m.

April 10

Extension Board Meeting..... 7:30 p.m.  
Lancaster County 4-H Shooting Sports Club Meeting..... 7:00 p.m.

April 12

4-H Horse VIPS Meeting..... 7:30 p.m.

April 13

4-H Llama Club Organizational Meeting..... 7:00 p.m.

April 14

Campus Encounters of a Clothing Kind—applications due

April 15

4-H Performance Swine Weigh Day..... 9:00 a.m.-noon  
PAK 10 Dairy Judging Contest—*Muellers*..... 10:00 a.m.

April 18

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

April 18-19

55 Alive—Mature Driving Course..... 10:00 a.m.-2:00 p.m.

April 20

Fair Board Meeting..... 7:30 p.m.  
Grandparenting Meeting—*Arnold Recreation Center*..... 10:00 a.m.  
Grandparenting Meeting—*Nebraska Family Resource Center*..... 1:00 p.m.  
Grandparenting Meeting—*Lincoln Public School Administration Building*..... 7:00 p.m.

April 21-23

4-H Shooting Sports Leader Training—*Halsey 4-H Camp*

April 22

Kiwanis Karnival—*Lancaster Building, State Fair Park*..... 6:00-8:00 p.m.  
Spring Affair—*State Fair Park*..... 9:00 a.m.-4:00 p.m.

April 22-23

Growing Up Female Retreat—*Gretna 4-H Camp*

April 27

Termite Control Workshop for Homeowners..... 7:00-9:00 p.m.

April 30-May 7

Soil and Water Stewardship Week observed

May 1

4-H Camp Counselor Application for Halsey Due  
4-H Cornucopia Gardening Award Entries Due

May 2

4-H Council Meeting..... 7:00 p.m.  
4-H Livestock Booster Club Meeting..... 8:00 p.m.