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The NEBLINE, May 1995

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Horticulture

Give mom a garden this year

Mary Jane McReynolds
Extension Assistant

Wow! Look at the calendar, it's May already! Mother's Day is only two weeks away. Have you gotten her something yet? Have you even thought about it? It is sometimes hard to find that special gift for someone so significant in your life. Here is an idea for a present that will last longer than cut flowers or chocolate candy.

If your mom is a gardener, maybe she deserves to have her own Mother's Day garden. Select a theme for this garden. If your mom loves roses, buy roses for her garden. If she has always wanted a butterfly garden, select plants that will attract butterflies. You can then add plants to her garden every year.

Enlist the help of family members for this project. Do not forget to get your mom's input

before you start. She may want the garden in a particular location in the yard or have a favorite plant in mind to go into her garden. I am sure she would also appreciate your help in preparing the site for this new garden.

This Mother's Day garden will be a lasting tribute to your mom on her special day. The garden will also add beauty to the landscape of the yard that the whole family can enjoy.

May Garden Hints



⊗ Grow your own dried flowers. Start seeds of statice, globe amaranth, straw-flowers and other everlastings to provide flowers for this year's arrangements.

⊗ Plant gladioli bulbs in mid-May.

⊗ To grow annuals in pots on the patio, use a light weight soil mixture. Keep the

plants well watered as container-grown plants dry out fast. Apply water soluble fertilizer according to package directions every two weeks.

⊗ Set out marigolds, petunias, ageratums and fibrous begonias. All are good border plants.

⊗ Watering with soaker hoses or drip irrigation will reduce the spread of black spot on roses.

⊗ Plant ground covers under shade trees that do not allow enough sunlight to sustain grass. Periwinkle or English ivy are ground cover plants that grow well in shade.

⊗ Mulch around newly planted trees and shrubs. This practice reduces weeds, reduces fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.

⊗ When you visit botanical gardens and arboretums, take your camera and notepad with you. Plan now for changes you will make in your landscape.

⊗ For maximum landscape interest in a small space, try annual vines. They can disguise ugly walls and enliven fences. When trellised, they create shade and privacy while hiding undesirable views. Try morning glory, nasturtium vine and scarlet runner bean.

⊗ Plan a landscaping project on paper first. Do not over plant. Be sure you know the ultimate size of each plant and allow for growth.

⊗ Lawns maintained at the correct height resist disease and weed infestation. Kentucky bluegrass and tall fescue should be kept between 2 and 3 inches in height. Mow frequently, removing no more than one-third of the blade at each cutting.

⊗ Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before using. *Never* use clippings from a lawn that has been treated with a herbicide.

⊗ Cabbage loopers and imported cabbage worms are green worms which eat large holes in the leaves of plants in the cabbage family. For control, caterpillars may be handpicked or sprayed with Bt (*Bacillus thuringiensis*), a natural, nontoxic preparation available by various trade names.

⊗ Newly transplanted plants should be protected from cutworms with collars. Cut strips of cardboard 2 inches wide by 8 inches long, staple them into a band and then place this around the plants. Press the collar about 1 inch into the soil.

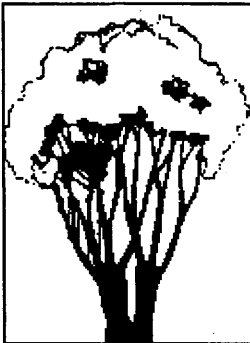
⊗ Stay out of the garden when foliage is wet. Walking through a wet garden spreads disease from one plant to another.

⊗ Four to five layers of newspaper will serve as an effective mulch in the garden. Cover it with grass clippings or straw to prevent it from blowing away.

⊗ Put your tools away at the end of the day. Clean them and hang them up, if possible. Keep cutting edges sharp for easier use.

⊗ To better evaluate your gardening successes, keep weather records along with garden records. The most important items to report are daily minimum and maximum temperatures, precipitation, cloud cover, and frost occurrences. (MJM)

Making tree care easy



Most people do not realize that trees not only need water but also oxygen, non-com-

pacted soil, nutrients and mulch.

Trees, like other plants, have a root system which distributes mineral nutrients and produces hormones. These roots need special treatment so they can support the tree.

Although newly planted trees need to be watered, those already established normally do not need to be watered. Except during unusually dry weather, natural rainfall is sufficient for an older tree.

A tree needs water but too much can flood and kill it. It takes less than an hour for tree roots to die from a lack of oxygen.

Overwatering or planting a tree in an extremely wet area can kill it.

Roots also need non-compacted soils so they can receive oxygen. Roots can be exposed to the surface if the tree is in compacted and eroded soil.

Although exposed roots can be damaged by lawn mowers, they should not be removed because this can weaken the tree. Instead, tree owners can cover the roots with about two inches of mulch.

Mulch can be more valuable than fertilizer because it can help reduce soil compaction and keeps roots cool and moist. Organic material such as bark, wood chips, straw and pine needles makes the best mulch. Fine mulch, rocks, gravel or plastic sheeting *should not* be used.

Fertilizers may be used; but, generally, they are not needed unless the tree has a deficiency. A tree having a problem with iron chlorosis, for example, would need to be treated with an iron supplement. (DJ)

Growing shrub roses

Shrub roses should be used to a greater extent in Lancaster County landscapes. Many shrub roses, unlike the hybrid teas, floribundas and grandifloras, are resistant to many of the serious rose diseases.

Harold Pellett, writing in the Minnesota Nursery and Landscape Association News, reported on their research with shrub roses. They are very interested in the winter hardiness of various taxa of shrub roses. Here are the hardiest roses from their list:

Blanc Double d' de Coubert—hardy to minus 32° F; *Carolina Grandiflora*—hardy to minus 18° F; *Frau Dagmar Hartopp*—hardy to minus 29° F; *Happy, Rugosa Alba and Thomas Lipton*—all hardy to minus 22° F.

Not all of these roses may be available from your local garden outlets. (DJ)

Add fragrance with perennials

When planning a perennial garden, most people are concerned with what color the flowers will be, the height, and if the plant will grow in sun or shade. One feature

that is often overlooked is fragrance. A large collection of perennials have pleasing scents that range from a subtle, sweet perfume to zesty citrus or even a

spicy aroma. Foliage, as well as flowers, have fragrance. Incorporate scented perennials into your landscape and enjoy the benefits all summer long. (MJM)

Bearded Iris
Hosta
Foxtail Lily
Sweet Rocket
Carnation
Meadow Sweet
Allium
Mint
Lily of the Valley
Pinks
Tulip
Chrysanthemum
Yarrow
Primrose
Feverfew
Artemisia
Daylily
Hyacinth
Mallow
Bee Balm
Hybrid Lily
Lemon Balm
Lavender
Sweet Woodruff
Red Valerian

Rose
Thyme
Peony
Honesty
Narcissus
Hyssop
Sage
Muscari
Phlox
Poppy

Oregano
Sweet Violet
Loosestrife
Lavender Cotton
Cowslip
Gasplant
Sweet William
Russell Hybrid Lupine
Bergamot
Evening Primrose

The garden corner

Q. What is a good flowering annual for a hot, dry spot?

A. If you want a low-growing ground cover, try portulaca (moss rose). For a slightly taller plant, try gazanias. They range in height from 3 to 6 inches bearing profuse, daisy-like flowers in shades of white, cream, yellow, orange, red and pink. Petunias, marigolds and zinnias grow easily in full sun but require more water than moss rose or gazania.

Q. When my neighbor uses soap to control aphids in her flower garden, is she using regular household dish washing soap or something else?

A. She is probably using a soap specially designed for controlling insect pests. It is biodegradable and nearly nontoxic to humans and most beneficial insects. Dish soap is not soap but rather detergent, and it may harm plants and even enhance some pest problems. Insecticidal soap is usually effective against aphids, white flies, mealybugs and mites on a wide variety of ornamentals, houseplants, garden flowers and fruit trees.

Q. What makes tiny little holes in the leaves of my vegetable transplants almost as soon as I put them in the garden?

A. Those holes are the work of flea beetles—small, hard-shelled insects that jump like fleas when disturbed. The adults feed on the leaves and lay eggs around the bases of plants. Larvae then feed on the roots. A common flea beetle is the potato flea beetle which feeds on tomatoes, potatoes, eggplant and peppers, as well as sunflowers, lamb's-quarters, morning glory and jimson weed. Other species feed on crops ranging from corn to cabbage, beans, sweet potatoes, beets, mint and grapes. Most older plants can tolerate considerable flea beetle feeding; however, a heavy infestation can stunt or kill young plants. To protect seedlings and transplants, apply Sevin®, malathion or diazinon, following label instructions or rates and restrictions. (DJ)

Spring Neighborhood Composting Workshops

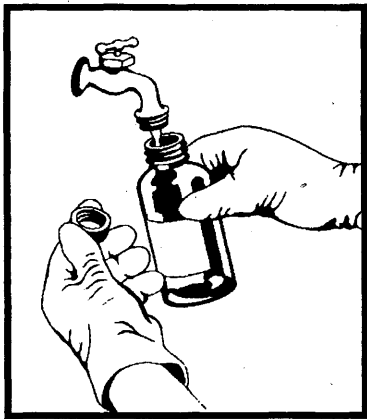
Antelope Park Compost Demonstration Site	University Place Compost Demonstration Site	Pioneers Park Compost Demonstration Site
30th & Garfield	50th & Colby	(Pioneers Park Nature Center)
May 27 1:30-3:00 p.m.	May 20 1:30-3:00 p.m.	May 13 1:30-3:00 p.m.
June 24 1:30-3:00 p.m.	June 17 1:30-3:00 p.m.	June 10 1:30-3:00 p.m.

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

Private Drinking Water Well Testing

Take a few minutes and test your water for bacteria and nitrates.

Water quality can change over time making annual testing critical. Private well owners are responsible for assuring that their water quality meets drinking water standards. Nitrate levels exceeding 10 parts per million (ppm) and/or 5 or more coliform bacteria colonies/liter are indicators of water quality problems.



Important:

Water samples should be as fresh as possible; preferably taken on Sunday or Monday.

Samples should be delivered to drop-off sites within 24 hours of taking the sample to assure accurate test results.

Cost: \$16.40

(The Nebraska Health Department will bill you after they receive your sample)

Water testing kits may be *picked up* at the following locations May 1-19, 1995

Lancaster Extension Conference Center
444 Cherrycreek Road
Lincoln
8 a.m. - 4:30 p.m. (M-F)

Consolidated Farm Service Agency
(formerly ASCS)
6030 S. 58th St. Suite A
(Lincoln Trade Center)
8 a.m. - 4:30 p.m. (M-F)

Hickman Community Center
115 Locust
Hickman
8 a.m. - 4 p.m. (M-F)
9 - 11 a.m. (Saturday)

Water samples should be *dropped off* at the same locations on May 8, 15 or 22 between 8 a.m. and 1 p.m.

University of Nebraska Cooperative Extension will receive a copy of your test results.

After reviewing the test results, an Extension Educator will explain the results and discuss the risks and options available if the water does not meet drinking water standards.

Participants in this program will not be required to do anything, regardless of the water test results. This program is designed to offer educational information only.

Contact Extension Educator Dave Varner for further information at 441-7180.

Don't miss the Farmers' Market



Soon it will be market day, you grab a basket or canvas bag and out the door you go, anticipating your first cup of hot, steaming coffee and a sweet roll at the Farmers' Market.

When you arrive, you recognize several friends and stop to chat on the curb. You watch the excitement of the market around you, the buying and selling, the aromas, colors and textures, the greetings of vendors and friends, the sounds of lively entertainment, and the laughter of children and adults—playing, discovering and learning.

The weekly market is open Saturdays, May 13 through October 15, 8:00 a.m. to 12:30 p.m. The market is located on North 7th Street between "P" and "Q" Streets and west of the mini-



park in the Historic Haymarket District. It's a shopper's bonanza of quality, fresh produce and flowers, excellent bakery treats, and specialty foods like salsa, dried herbs, jelly and honey. Quality crafts such as willow and wood furniture, jewelry, clothes, floral creations, and potted plants are available for indoor and outdoor living spaces.

Come to the gathering—it's an experience that will generate memories, offers free live entertainment, demos and friendships with producers. Come meet the growers, bakers and creators of the

products you buy.

You can't get up early on Saturday? Then, come to the Wednesday market in the Foundation Garden, 14th and "N" Streets, June 28 through September 27, 9:30 a.m. to 1:00 p.m.

For more information on space availability—season or weekly, call Billene at 435-7496 or Julie at 434-6906. We'll see you at the market. (DV)

Control leafy spurge now

Leafy spurge is an aggressive weed that continues to spread in Nebraska, greatly reducing the carrying capacity of grazing land. The weed is more common across northern Nebraska; but, it can be found elsewhere.

Leafy spurge is a perennial and reproduces from seed as well as from buds on its deep, extensive root system. It reduces forage production and cattle avoid grazing infested areas because it is an irritant.

Control on a large area is costly and difficult. Treat small patches before they spread. Plants in a new infestation are more

readily controlled than established stands because the root system is not fully developed. Once leafy spurge becomes well established, it cannot be eliminated with a single herbicide treatment.

The ideal time to treat leafy spurge this year, in much of Nebraska, is mid-May to early June. Leafy spurge is easily spotted now when plant tops are a bright yellow. All plant parts also contain a white, milky sap.

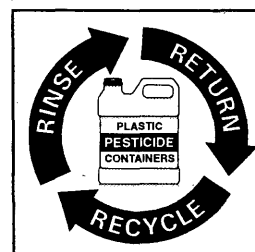
Herbicides for leafy spurge control are: 2,4-D ester (4 pounds per gallon) at 2 quarts per acre; 1 quart of 2,4-D plus 1 pint of

Please turn to Spurge: page 11

Rural Sense



Pesticide Container Recycling Program expands in 1995



From June through September, Lancaster County Area Crop Producers/Agricultural Pesticide Users can bring their rinsed, pesticide containers *most* Fridays to an area agricultural chemical dealer. Check the collection schedule, below. At each collection site, pesticide containers will be inspected by a trained individual to make sure that they have been properly rinsed. Only white and

yellow 1- and 2½-gallon pesticide containers will be accepted.

Prepare containers properly!

Containers should be triple-rinsed or pressure-rinsed so no visible residues remain inside the container. Rinse the threads around the opening to remove any product that may have run down the outside. Drain the containers. Some pesticides will stain or discolor containers. These will be acceptable if no residues are detected when a container is rubbed with a neoprene glove. Remove the lids and plastic wrap labels and dispose of these separately.

Be sure to prepare the containers properly. Containers that show pesticide residues or contain rinse water *will not* be accepted and will remain the property of the person bringing the containers to the site.

In addition to the following agrichemical dealers, this program is sponsored by Nebraska Department of Environmental Quality, UNL Environmental Programs/Water Center, Midwest Valley Chemical (Fremont), Ted DeHass & Sons (Denton), and University of Nebraska Cooperative Extension.

For more information about this program, please contact the Extension Office at 441-7180. (BPO/DV)

Agricultural Pesticide Container Recycling Program

Most Fridays from 9:00 AM to 3:00 PM at area pesticide dealers

Collection Site	Date	Location
Waverly Farmer's Union Co-op	June 2	Waverly
Greenwood Farmer's Co-op	June 9	Greenwood
Farmer's Union Co-op	June 16	Gretna
Otte Oil and Propane	June 23	Wahoo
Countryside Cooperative	June 30	Raymond
Countryside Cooperative	July 7	Milford
Blue Valley Co-op	July 14	Tamora
Dorchester Farmer's Co-op	July 21	Dorchester
Land O' Lakes	July 28	Wilber
Lancaster County Fair	August 3 (Thurs)	Ag Hall, State Fair Park
Firth Cooperative Company	August 11	Firth
Southeast Nebraska Co-op	August 18	Beatrice
Farmer's Co-op Elevator	August 25	Plymouth
Lancaster County Extension	Sept 8	444 Cherrycreek Rd, Lincoln
Lancaster County Extension	Sept 22	444 Cherrycreek Rd, Lincoln

Chinch bug population increasing

Results from overwintering surveys from southeast Nebraska and northeast Kansas indicate that chinch bug numbers this year are still low; but, they are higher than the past two years.

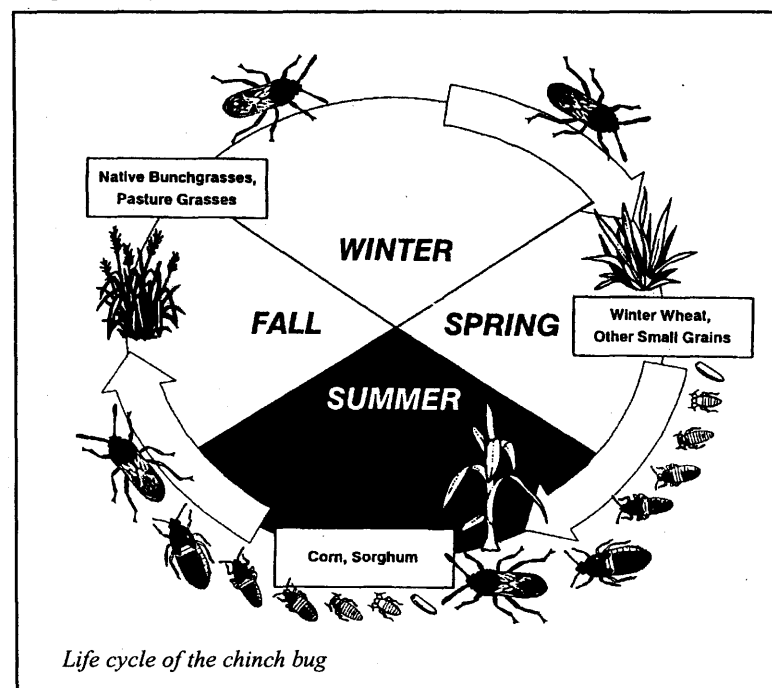
Counts at most of these sites were 100-300 chinch bugs/ft² in bluestem, well below the 1,000-10,000 insects/ft² that were found in bluestem during the outbreak years of 1989-92. However, there

may be some crop losses when sorghum is planted next to maturing wheat that is infested with chinch bugs.

Crop producers should avoid planting sorghum adjacent to thin stands of wheat. Studies at UNL showed that chinch bugs fly into thin stands of wheat in greater numbers. Volunteer wheat is also at risk of harboring large numbers of chinch bugs.

Looking at chinch bug outbreaks from a historical viewpoint, this insect tends to be a problem about four years out of ten and is associated with hot, dry conditions. The past couple of years have been wet and cooler than normal which has resulted in lower populations. It is likely that we will see another chinch bug outbreak before the turn of the century.

For more information about chinch bugs, pick up a free copy of NebGuide 806, "Chinch Bug Management," available at the Lancaster County Extension Office. (BPO)



Environmental Focus

Household hazardous waste collections



It's time again to check around the house, garage, or storage areas for hazardous household items that need to be disposed of. Special collection sites and dates are listed below. *Reminder:* only household waste from Lincoln and Lancaster County will be collected—NO business wastes!

Saturday • May 20
Wesleyan University parking lot
56th & Huntington
9:00 a.m. to 3:00 p.m.

Friday • June 23
Fredstrom Elementary School parking lot
5700 NW 10th Street, in the Highlands
Noon to 6:00 p.m.

Saturday • June 24
Second and Main in Hickman
8:30 to 11:30 a.m.
The new fire station in Raymond
1:30 to 4:30 p.m.

Saturday • August 19
Nebraska Department of Roads
1500 Hwy 2, north parking lot
9:00 a.m. to 3:00 p.m.

Saturday • October 7
Former Health Department parking lot
2200 St. Mary's Avenue
9:00 a.m. to 3:00 p.m. (LB)

How to care for protective clothing

Pesticide manufacturers are required by federal law to specify the clothing and/or equipment a user needs to apply a pesticide safely. Because the pesticide label has the force of law, failure to wear specified protective clothing is a violation of federal law. Even though the wearing of personal protective equipment (PPE) is specified by the label, it does not usually say how to care for that equipment. Here are some guidelines to follow in caring for your PPE.

Respirators—Discard cartridges, canisters, and filter pads when breathing becomes difficult, when you notice a pesticide odor, or at the time interval specified by manufacturer. Write the date on the cartridge when it is first used. Wash the face piece with detergent and water, rinse it thoroughly, and dry in a well-ventilated area. Never use alcohol or other solvents for cleaning. They will damage rubber and plastic.

Aprons, goggles, and face masks—Wash plastic or rubber clothing and equipment with detergent and

water, rinse thoroughly, and dry in a well-ventilated area.

Boots and gloves—Wash outside of rubber, vinyl, or plastic boots and gloves with detergent and water before removing them. After you take them off, wash them inside and out with detergent and water, rinse thoroughly, and dry in a well-ventilated area.

Severely contaminated fabric clothing—Discard any fabric clothing that is saturated with a concentrated highly toxic pesticide. Remove clothing carefully and immediately place it in a plastic trash bag. Close bag and dispose of it according to local regulations. Wear protective gloves when handling severely contaminated clothing and never attempt to launder any of these items.

Normally contaminated fabric clothing—Launder at the end of each work day, following these guidelines:

- Wash separately from other clothing.
- Pre-rinse clothing outdoors by spraying with a garden hose, or presoak in a tub, a large bucket, or use prewash cycle of an automatic washer, with detergent.

- Wash clothes using hot water, the highest water level, and a super wash cycle. Use heavy-duty detergents; for EC or other oil-based formulations, use heavy-duty liquid detergents.
- Wash contaminated garments at least twice, then thoroughly rinse washer by running through another entire

cycle using detergent.

Spiders and snakes, oh my!

Spiders and snakes are more prevalent this time of the year, but you may be able to modify your home/yard environment so it will be less favorable for them.

Spiders. All spiders are predators and require prey to survive, even if they are living inside homes. Most spiders do not prefer to live inside homes. They accidentally wander inside from outdoors or are brought inside on flowers, laundry hung out to dry or in firewood.

In windows and near outdoor lights, some spiders spin webs because the light attracts insect prey. One simple way to prevent entry is to keep these areas free from webs. Non-web building hunting spiders prefer undisturbed areas. Remove cover such as leaves, stones, brick, loose bark, wood and other debris near the house and periodically disrupt the area to discourage these spiders. In addition, make sure windows and doors fit tightly and seal around utility entrances to prevent spiders from entering the home.

Snakes. Because snakes mate in the springtime and produce young, there is greater snake activity this time of the year. Many people are afraid of snakes, even the non-poisonous ones. If you are afraid of snakes, you have company; about 55% of the population admits to having a fear of snakes.



There are a number of ways the yard environment can be modified to prevent snake problems close to the home. Do not let adjacent areas become favorable habitats for snakes. Remove piles of rock, tall weeds or brush, wood or lumber piles that attract snakes. Repair or replace broken cement steps, bricks or blocks; this is a favorable environment for snakes. Effective and persistent rodent control is also important to eliminate food for some snakes, although smaller snakes eat earthworms, insects, spiders and slugs.

Snakes occasionally find their way into homes. To prevent this, openings greater than 1/4" should be sealed because snakes can pass through very small openings. Larger openings can be made snake-proof by covering them with 1/4" galvanized hardware cloth.

There are no chemical controls or repellents that are registered for snake control. Various home remedies have been suggested that include moth balls, sulfur, gourd spray, sisal rope, coal tar and creosote, artificial skunk scent and musk from a king snake. Studies have shown that none of these purported remedies will prevent snakes from crossing them. For more information on controlling snakes, refer to NebGuide 908, "Controlling Snakes Around Homes."

Snake Facts:

- When temperatures are below 50° F, snakes become inactive and hibernate. Most will die if their body temperature drops below freezing.
- Snakes are not slimy, but may appear this way because they have closely set scales. They have no sweat glands.
- Snakes store fat in their body cavity and use this food reserve slowly. They can live for months or even years without food. However, when food is available, they have enormous appetites.
- Snakes require water and drink by submerging their mouths and sucking.
- Snakes do not have ears and are deaf to most sounds, but they are sensitive to ground vibrations.
- When a snake flicks its tongue, it is "tasting" odors in the air.
- Venomous snakes are resistant to their own venom, but can be killed by large amounts of it.
- There are over 100 species of snakes in the U.S., but only a small fraction are poisonous. (BPO)

Know the ozone zones

Stratospheric ozone is good. It blankets the upper atmosphere about 9 to 20 miles above the earth's surface. This ozone blocks damaging ultraviolet rays and stops heat from escaping from the earth.

Human-made chemicals such as chlorofluorocarbons (CFCs) and methyl bromide reduce the amount of ozone in the upper atmosphere. They are found in refrigerators, freezers, air conditioners and industrial cleaning processes.

You can take action to prevent the depletion of ozone by purchasing products that do not contain ozone depleting chemicals.

Ozone found closer to the earth is no longer good. Ground level ozone creates smog and harms human health and the environment. The main causes of ground level ozone are utilities, factories and motor vehicles.

The elderly, children and persons with respiratory or heart ailments are most sensitive to ozone pollution. Trees, plants and crops are also harmed by ozone.

You can make a difference here, too. Implement the following suggestions:

- Reduce automobile travel
- Tune your car and inflate tires properly
- Use water-base paints
- Don't burn yard waste or trash
- Use a push lawn mower or hand saw, if you are able. Small gas powered engines on lawn mowers, yard tools and boat motors do not yet have pollution control devices. (BPO)

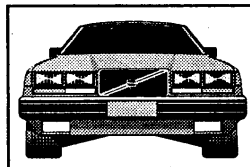


cycle using detergent.

- Line dry to avoid a build up of pesticide residues in the dryer.

For further information, ask for NebGuide G89-943, "Laundering Pesticide Contaminated Clothing." (WLS)

Time for a tune-up?



A few simple measures will put your car more in

tune with the environment.

Stay in tune, get some fresh air and don't sit idle. That's good advice for a lot of things, especially how you treat your car.

Michael Bie of the American Automobile Association in Madison, Wisconsin recommends that motorists keep their cars well-maintained year round. Get regular tune-ups and maintenance checks. Bie says improperly tuned engines burn up to eight percent more gasoline.

Another big fuel waster is low

tire pressure. For each pound of pressure below the recommended level, it can cut the fuel economy by as much as two percent.

Warming up a car is terrible for the environment in terms of the amount of gasoline a car uses while it's idling and the emissions it produces. What most motorists don't realize is that warming up a car is not recommended by the manufacturers. Letting a car idle in cold weather for an extended period of time can actually cause damage to the engine.

Bie says you should let the car warm up as you drive; just take it easy at first. Along with tire checks and tune-ups, that will cut gasoline consumption, curb pollution and save money. (DJ)

Plastic wear

You know all those plastic bottles you throw into the recyclable trash bin? Well, you might be wearing them soon.

Wellman, Inc. is a company that makes a fiber called Ecospun from recycled plastic bottles, which is used to make clothes. Here's how it works.

Both plastic and polyester, a material used to make clothing, are made from the same stuff; oil. Wellman, Inc. has found a way to turn melted plastic from the bottles into strands as thin as your hair. When the plastic strands are cooled, they are woven into fabric for jackets, sweaters, and T-shirts. It's one more way to clean up the earth. (ALH)



Can you name the Salt Valley Lakes?

1

2

3

4

5

6

7

8

9

10

11

12

13

Branched Oak

Bluestem

Wildwood

Meadowlark

Wagon Train

East & West Twin

Pawnee

Yankee Hill

Stage Coach

Capital Beach

Conestoga

Holmes

Olive Creek

(See Lake Answers below)

Environmental Focus

Understanding your water test report:

Hardness. Water readily dissolves calcium and magnesium from the soil and rocks. This is a widespread problem in Nebraska: Hardness of 15 to 40 grains per gallon is common and greater than 50 grains per gallon is not unusual. In addition to calcium and magnesium, iron and manganese also contribute to hardness.

Hardness minerals react with soaps and detergents producing scums and deposits which make unsightly rings in the bath tub and wash basin and leave deposits on clothes. Hardness also precipitates in appliances, water heaters and water pipes which reduce their capacity and eventually contribute to their early failure. The hardness minerals may also precipitate in a glass of water. Hardness minerals give water flavor and have no known health effect; they may even contribute to better cardiovascular condition.

The following scales may help interpret water hardness. To convert grains per gallon to parts per million multiple hardness (gpg) by 17.1.

MEASURES OF WATER HARDNESS		
mg/L	Grains per gallon	Description
0-60	0-3 1/2	<i>Soft</i> —no hardness problem
60-120	3 1/2-7	<i>Moderately hard</i> —increased hardness problems
120-180	7-10 1/2	<i>Hard</i> —selection of detergents helps solve cleaning problems
180-350	10 1/2-20 1/2	<i>Very hard</i> —select detergents and use some softening agent to cope with cleaning problems
Over 350	Over 20 1/2	<i>Extremely hard</i> —select detergents, use softening agent and consider ion-exchange softening to cope with hard water problems

Shop S.M.A.R.T.

Save Money And Reduce Trash

Recycling: for the birds?

Stop! Don't throw all that garbage out! Give some to the birds. You can make a collection box so birds can help themselves to your junk.

You can too

Americans recycle over half of the aluminum cans they use. That means more than 40 billion cans wind up as shiny new cars—instead of in garbage cans. (ALH)

Give drinking water a hand.

Lake Answers

1

2

3

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5

6

7

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10

11

12

13

Holmes

Capital Beach

Branched Oak

Wildwood

Meadowlark

Pawnee

East & West Twin

Conestoga

Yankee Hill

Bluestem

Olive Creek

Stage Coach

Wagon Train

Beware! Plants can be poisonous

Symptoms from plant poisonings vary greatly. Some plants only cause a skin irritation, such as a rash or red, itching area. Other plants, if eaten, may cause more serious problems. The serious symptoms range from nausea, vomiting, and diarrhea to heart problems, convulsions, coma and death. Fortunately, most plants do not cause severe poisoning.

To prevent a plant poisoning from occurring:

1. Teach children not to put leaves, stems, bark, seeds, nuts or berries from an unfamiliar plant into their mouths.

2. Know the botanical name of your house and yard plants.

3. Keep poisonous house plants out of reach of all children. Children as young as six months like to nibble on plants.

4. Never eat a wild plant or mushroom unless you are *positive* it is safe to eat.

5. Do not assume a plant is not poisonous because birds or other wildlife eat it.

6. Do not rely on cooking to destroy toxic chemicals in the plant.

7. Store bulbs and seeds out of sight and reach of children.

If anyone happens to eat part of a plant that you do not know about and shows symptoms that indicate possible poisoning, contact the Poison Control Center for Nebraska in Omaha at 1-800-955-9119. The Extension Office does have fact sheets that list poisonous plants called "Toxicity of Common House Plants" (#31) & "Plants Poisonous to Your Pet" (#27). (MJM)

Clouds are mysterious things

Clouds of tiny ice crystals add a mystery to our understanding of the world's climate. Scientists know that ice plays an important role in the dynamics of the atmosphere. Airborne ice particles give thunderstorms some of their electricity. They help control the amount of solar radiation that reaches the Earth's surface and the heat that bounces back to space. And ice combines with synthetic chemicals that are suspected of destroying the atmosphere's ozone layer. But scientists still don't know how or what role ice crystals play in the overall workings of the world's climate. Marcia Baker is atmospheric scientist at the University of Washington in Seattle. Baker has discovered clouds of tiny ice crystals, some no wider than a human hair, in unexpected parts of the atmosphere.

Recent observations have shown that their concentrations are high in surprising places, specifically in regions of the upper atmosphere where the relative humidity is low.

Baker says that goes against the conventional wisdom about the upper atmosphere. Dry regions were thought to be places where ice could not form or even exist. So in a way, scientists are stuck.

Baker says they can't yet figure out how these clouds of ice crystals affect the planetary thermostat.

Ice clouds, and clouds in general, are the most ill-understood part of the climate question. To the extent that they reflect solar radiation, they have a cooling effect on the surface of the earth. On the other hand, they also trap radiation that the earth is emitting, which might otherwise escape to space. That's a warming effect. All clouds have both properties.

Which property has the upper hand depends on a cloud's altitude, density and other factors. Baker says researchers have a lot of work to do before they even know how widespread these ice clouds are. (DJ)

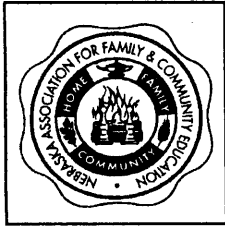
GARDEN GOSSIP HOTLINE

441-7179

Accessible from any phone

Family Living

Roberta's remarks



Summer is fast approaching and with it comes our annual state convention. We'll be traveling to Broken Bow, June 7-9. The theme for this year's convention is "Pioneer Heritage: The Vision Moves On." At our March council meeting, delegates were elected. They are: Roberta Newburn, Alice Doane, Ann Meier, Jimmi Ann Brandt and Jean Wheelock.

Remember that all FCE members are welcome at the convention, so don't be shy, come on along! Registration forms for the convention are available at the Extension Office. Fees and forms must be postmarked by May 12, 1995.

Our Playhouse Night has been cancelled. We sold only about 50 tickets. In order to continue the "special" FCE Club Night at the playhouse in the future, we need to sell at least another 150 tickets. That number would be nearly 60% of our membership. In years past, we have been able to interest only about 25% of our members. With a decreased membership, it will certainly be a challenge to interest that many; but, hopefully, we all have enjoyed the night so much we can make a special effort to get others interested. Perhaps next year our choices of plays will be more interesting as well. Thanks to those of you who did support our special night!

Only five clubs sent in the lesson suggestion form. This is our one chance each year to tell the state officers what we are interested in. Without your input, someone else will decide what the new lessons will be. Thanks to those clubs who did respond!

Many of you are asking, "What changes am I going to see since I'm paying higher dues?" Well, for one, you should be receiving *Your FCE Speaks*—which is our every member national publication. For the first time, we will have communication from our national organization and our state organization. In addition, all club presidents of 1994 received a packet of information concerning the L.O.V.E. (Let Our Violence End) campaign. This information is an example of the kind of "issue education" we will be receiving in the future from national. All issues will be closely related to family and community. There will be more.

Our next council meeting will be June 26, 7-9 p.m., at the Lancaster Extension Conference Center. Dr. Connie LaBarr, director of Consumer Information for the Soybean Board, will be our guest speaker.

S.S.S. = Sizzling Summer Sampler! This will be a very special evening, Tuesday, July 11. Set aside this date NOW and plan on bringing a friend or two. Believe me, it will be fun! (LB)

—Roberta Newburn, Council Chair

Strengthening Nebraska Families: A Community Commitment

A series of interactive satellite programs to enhance community resources in support of families.
For community resource persons and interested community members

Monday, May 1
John DeFrain
Herb Lingren

Empowerment of Nebraska Families
• The Community and Family Strengths
• External and Internal Resources: Problem Solving for Families in Crisis
• Risk and Prevention Factors—Building Resiliency and Strength in Families

Monday, May 22
Diane Nelson
Harriet Egerton
Tina Fardella
Carol Fichter
Katie McLeese-Stephenson
Dr. David Schor

Good Beginnings—Forming a Partnership Between Local Communities and State Government
• Improved access to health, parent education, and early care and education for children prenatal to age five, at the community level. Concrete examples of Good Beginnings Programs and commitments from the state partnership.

Monday, June 5
Pat Steffens
Julia Torquati

Parenting—A Focus on Communication, Behavior, and Child and Adolescent Development
• Does the community have a role?
• Developing awareness of appropriate age related behavior. Building support networks for parents.

Monday, June 19
Shirley Niemeyer
Kathy Prochaska-Cue

Housing and the Community: The Issues
• Housing: Affordable? Available? Appropriate?
• Housing and Family Health
• Safe Housing, Crime, and the Community

Monday, July 10
Roger C. Lott
Barbara Sturges
Brian Jory
William Meredith
Jan Nealer

Families in Trouble: Recognizing Symptoms
• The Legal System and Protection of Children
• Designing Policies and Community Safety-Nets
• Child Abuse and Family Violence

Monday, September 11
Janet Black
Tina Fardella
Jeff Hart
Ed Schulenberg
Georgia Stevens

Planning for the Future
• Keeping the Momentum Going
• What's Next?

These downlinks will be held noon to 2 p.m. and are open to anyone interested in families. All downlinks except July 10, will be at the Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln. The July 10 downlink will be held at the East Campus Union, UN-L East Campus. For more information contact Lorene Bartos or LaDeane Jha or to preregister call 441-7180.

Surviving the stress of "add-ons"

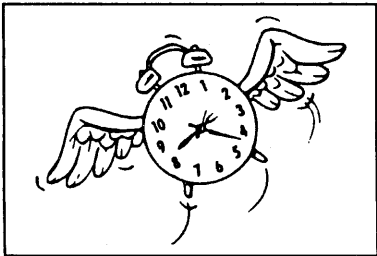
We seem to be living in the "add-on" generation. One task and then another are taken on; then the phone rings and we "add-on" one more thing.

Or perhaps we get cornered by a friend in the store—leaving with more than the purchased items—with another phone call to make, another job to get done, or another event to squeeze into the calendar.

Researchers say that people today experience 1,000 times more events per year than did their

great grandparents. And that leads to too many things to do ... too many choices to make ... too much stress. People end up feeling trapped in a race against time, becoming part of the Hurry Up Epidemic, telling ourselves, our children, our co-workers, and our spouses to hurry up.

The authors of *The Positioning of the Mind* suggest considering the fact that less is actually more. To prove this point, take the following quiz by matching up the listed documents with the number of words each of them contains.



Lord's Prayer, 56; The Ten Commandments, 297; and the Gettysburg Address, 226. On the other hand, a government order

setting the price of cabbage took 26,911 words, the information on the Total® cereal package, 1,268; and the Sunday edition of the New York Times averages more than 500,000 words.

Less can actually amount to more. It seems this principle might be helpful in everyone's daily life as a way to reduce the "hurry up epidemic." Less time spent in front of the television and more time

spent talking with or doing activities with families, less fat in diets and more fruits and vegetables, less frowns and more smiles, less add-ons and more minutes to enjoy the people and world around us.

Each person must determine how and where to best apply the "less is more" principle. It could well be worth the effort.

Source: Kay McKinzie, 4-H Youth Specialist, NU/IANR (LJ)

- The Declaration of Independence
- A government order setting the price of cabbage
- The Lord's Prayer
- The Gettysburg Address
- The Sunday edition of the New York Times
- The Ten Commandments
- Information on an 8 oz. package of Total® cereal

226	56	297	300
26,911	500,000	1,268	

The documents that mean the most and have the greatest impact are the ones with the fewest words.

The Declaration of Independence has only 300 words; The



To clean a fiberglass shower stall without scratching the surface, liquid cleaners are best. Avoid abrasive cleaners because they may scratch, discolor or dull the finish. Follow the cleaning instructions that came with the shower stall. In general, all-purpose cleaners, baking soda or borax are effective for routine cleaning of fiberglass fixtures. For hard water deposits, rust scale or mildew, use a tub/tile/sink cleaner that states on the label that it is effective on the specific soil. (LB)

Healthy Eating

This combination of chicken, Swiss cheese, kidney beans, and raw vegetables is low in sodium compared to a typical chef's salad. For example, ½ ounce of Swiss cheese and 1 ounce of cooked unsalted chicken contain 56 milligrams of sodium; ½ ounce of processed cheese and 1 ounce of boiled ham have 610 milligrams of sodium. This salad also has about half the fat of a typical chef's salad.

Brown Bag Chef's Salad

- 1/3 cup lettuce, torn into pieces
- 1/3 cup spinach, torn into pieces
- 1/4 cup kidney beans, cooked, drained (see NOTE)
- 2 tablespoons carrot, shredded
- 2 green pepper rings
- 2 radishes, sliced
- 2 broccoli florets
- 2 tomato wedges
- 1/2 ounce (2 tablespoons) Swiss cheese strips
- 1 ounce (¼ cup) chicken, cooked, cut in strips
- 1 ½ tablespoons low-calorie Italian dressing

Toss spinach and lettuce pieces together in serving container. Mix remaining vegetables and place on greens. Top with cheese and chicken strips; cover tightly. Chill. Put dressing in separate container. Pour dressing over salad just before eating. One serving.

NOTE: Salad should be carried in an insulated container or refrigerated at work until lunchtime. Canned kidney beans can be used in place of drained home cooked kidney beans. Sodium will be 406 milligrams. Leftover beans can be frozen for use another time.

Per serving:

Calories	210
Total fat	8 grams
Saturated fatty acids	3 grams
Cholesterol	37 milligrams
Sodium	257 milligrams (AH)

Family Fun Fair—May 13

Sponsored by EFNEP and Lincoln Housing Authority

The new Arnold Heights Family Resource Center will be the site of a Family Fun Fair sponsored by the Expanded Food and Nutrition Education Program (EFNEP) and the Lincoln Housing Authority, Saturday, May 13, 10 a.m. to noon. The new facility is located at 4621 NW 48 Street.

Clowns, cloggers, petting zoo, educational games and nutritious snacks will be a part of the free family event.

The Lincoln Housing Authority Arnold Heights Family

Resource Center will be a hub for many family-centered programs. University of Nebraska Cooperative Extension in Lancaster County will provide EFNEP and 4-H programs. The YWCA will offer childhood educare programs for infants through kindergarten age children. The Lincoln Action Program will administer the Head Start Project and Family Self-Sufficiency Program; Southeast Community College offers Adult Basic Education and GED; senior service will be offered through the

Lincoln Area Agency on Aging; the Lincoln/Lancaster County Health Department will provide health clinics; the Welcome Baby and Nurturing Parent Programs will be provided by Lincoln/Lancaster Family Resource Center, Inc.; WIC programming will be provided by Family Services.

For more information about the Arnold Heights Family Resource Center, contact Carmella Sanchez-Casados, Service Coordinator, 470-0221. (MB)

14 healthy reasons to vacation



As you plan ahead, trying to decide what to do this summer, Herb Lingren, UN-L Family Life Specialist, suggests several healthy reasons to take a vacation.

Getting away from it all can bring a new perspective to old dilemmas and spark a positive charge in your mental outlook. You'll get to know yourself (and other family members) a little better. Upon returning home, you'll be happier, healthier, and much more effective in coping with stress. Here are some reasons why vacations can be beneficial:

1. *Relaxation.* By changing pace your batteries are recharged so you return feeling refreshed and renewed.

2. *Stimulation of new sights.* "You get a new perspective on your own world if you visit a different place," according to Edward Heath, professor of recreation at Texas A & M University.

3. *Meeting new people.* "A vacation gives us the opportunity to form new friendships—or just to satisfy our curiosity about how other people live. This gives us a broader perspective on our own lives," Heath says.

4. *Fellowship and camaraderie.* Sharing an adventure with other people allows us to share their enthusiasm, too.

5. *Adventure.* "Travel returns a sense of adventure to your life—pulling yourself off your native turf is going to make demands on your resourcefulness to find suitable lodging and food. You're allowed to experiment with your personality and lifestyle," says R. Curtis, author of "Taking Off."

6. *Surprise.* "It is the unexpected in life that we learn from. We gain the most when we put ourselves on the line and remain open to new experiences," Curtis states.

7. *Beauty.* When you open your eyes in the middle of a beautiful environment, you start to feel tuned in. You can actually begin to feel beautiful yourself.

8. *Anticipation.* "Anticipation is pleasurable. The trip is too, because you reap the rewards of extensive preparation," Heath said.

9. *Memories.* Pleasant past memories provide happiness and a motivation for the future.

10. *Freedom.* "A vacation gives us the freedom to do what we want to do. You'll see the mundane world can be transcended at will. You're not a prisoner if you choose not to be," reflects Heath.

11. *Self-discovery.* A vacation can be a great opportunity for sorting out life's experiences by letting the soul talk to itself.

12. *Appreciation of things taken for granted.* Curtis comments, "When you get home, you will get more from life. You'll see

the miracles where you live."

13. *Time stands still.* "When time is standing still for you, that's good. There's evidence that happy people are those who can give full attention to what's good at that moment," Heath said.

14. *Happiness.* "The major goal of a vacation is happiness," says Heath. "Your leisure makes up a large segment of your life and it can and should be a valuable force for good."

Source: Herbert Lingren, Ph.D., Family Life Specialist, NU/IANR (LB)



Adding variety to sandwiches

Are sandwiches the mainstay of your bag lunches? If so, add some variety by using these ideas for breads and add-ons:

Breads. Enriched and whole-grain breads most of which are low in fat provide you with energy, vitamins and iron. For extra dietary fiber, choose whole-grain breads frequently.

Try these kinds:

- Whole-wheat
- French
- Raisin
- Rye
- Boston brown
- Herb
- Potato
- Cinnamon
- Multi-grain
- Cheese
- Oatmeal
- Pumpernickel
- Onion
- Bran

Try these shapes:

- Pita
- English muffin
- Bagel
- Kaiser roll
- Hard roll
- Crackers
- Frankfurter roll
- Sub roll
- Hamburger roll
- Tortillas
- Biscuit
- Rice cakes

When choosing breads, keep in mind:

• *Many breads are now made with whole-grains.* Choose them often for more fiber. To be sure what you buy is a whole-grain bread, read the label carefully. Not all dark breads are whole-grain.

• *Crackers, biscuits, and other grain products can be high in sodium or fat.* Check nutrition labels.

• *Many breads come in a variety of sizes.* Snack-size pumpernickel and small pita pockets are two possible choices if you're not in the mood for a bigger serving of bread.

ADD-ONS

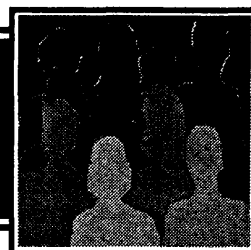
Keep calories, fat, and sodium in mind when you choose condiments, spreads, and other foods that you add to sandwiches. Check the nutrition label if you don't know what the levels are in commercial products. Instead of salad dressing, mayonnaise, or

butter, try these lowfat, low-sodium add-ons for moistness, flavor, and variety: (To prevent a soggy sandwich, pack these items in a separate container)

- Lettuce leaves/salad greens
- Sliced tomatoes
- Sliced apples
- Bean or alfalfa sprouts
- Drained crushed pineapple
- Lowfat cottage cheese mixed in a blender
- Sliced cucumber
- Plain lowfat yogurt
- Sliced onion
- Sliced zucchini
- Sliced radishes
- Shredded carrots
- Spinach leaves

For a fact sheet giving more information on planning sack lunches, send a self-addressed, stamped envelope to: Safe and Healthy Sack Lunches; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road, Lincoln, NE 68528-1507.

Family Living



ALL ARE WELCOME

EFNEP

FAMILY FUN FAIR

SATURDAY, MAY 13, 1995
10 A.M. - NOON
ARNOLD HEIGHTS FAMILY RESOURCE CENTER
4621 NW 48TH STREET
(1 block north of Superior)

DOOR PRIZES

SPONSORED BY THE EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP) AND LINCOLN HOUSING AUTHORITY

*Directions: From Interstate 80, take Exit 304 and go north on N.W. 48th for 6.5 miles. From Highway 34, go south on N.W. 48th for 9 miles.

CLOWNS

PETTING ZOO

FUN! FUN! FUN!

SNACKS

GAMES

FIRE TRUCK DEMO

CLOGGERS

SAFETY BEAR

Microwave-safe cookware decisions



With the variety of cookware available today, it may be hard to tell which items are microwave-safe and which may ruin the oven or harm the user.

To determine if a dish or bowl is microwave safe, use this easy test. Place the empty dish in the center of the microwave oven. Place a one-cup glass measure filled with cold water in any corner of the oven. Heat on HIGH (100% power) for one minute. If the dish is cold and the water is warm, the dish is safe. If the dish is warm or melts, it is unsafe.

Cookware and wraps that are safe for microwave use should be non-porous, non-flammable and free of toxic or chemical substances that can transfer from the container to the food when heated. Safe materials can withstand high temperatures reached by high-sugar or high-fat foods and should

allow microwaves to penetrate, but not be absorbed or reflected.

Safe microwave cookware and wraps include:

- Glass and glass ceramic cookware, including those with glass covers and plastic specifically designed for the microwave oven.

- Microwave oven cooking bags, paper towels, paper plates and plastic wrap, but only if the package indicates microwave-safe.

- Wax paper, which is often used for covering foods or containers because it retains heat without steaming food.

- Trays, containers and special browning or crisping devices provided with food specifically designed for microwave cooking, provided package directions are followed exactly.

- Straw baskets which have no metal trim or nails holding them together (when lined with a cloth napkin, they can be used to reheat and serve breads, muffins, etc.). Avoid using straw baskets with metal nails.

As a general rule, anything made of or containing metal isn't microwave safe. Metals reflect microwaves, which can cause arcing, or sparks that can damage the microwave oven and cause fires. Metal cookware, aluminum foil, metal twist-ties, dishes with gold or silver trim, and aluminum pans in which frozen foods are often packaged, should not be used in a microwave oven.

Other items which are not microwave safe include:

- Containers designed for refrigerator storage such as margarine tubs, whipped topping bowls and cottage cheese cartons are unsuitable for microwave cooking. High heat can cause melting and hazardous chemicals to transfer to the food.

- Paper napkins, towels, plastic

plates or foam containers not labeled microwave-safe also may contain undesirable chemicals.

- Avoid using brown grocery bags and newspapers because they may contain recycled materials and metals which also could cause arcing or contain hazardous chemicals which can transfer to the food.

- Bottles and jars with openings smaller than the jar itself, such as pancake syrup bottles, shouldn't be used. When the food in the large bottom part of the bottle gets hot, steam cannot easily escape. The food can "explode" and spurt out the top, causing damage to the oven, possible burns, and a large mess to clean up.

- Wooden bowls can warp and split from microwave usage.

- Melamine dinnerware can burn, char and become brittle when used in the microwave.

Sources: Julie Albrecht, Ph.D., Food Specialist, NU/IANR; Pace Picante Sauce lesson plan. (AH)

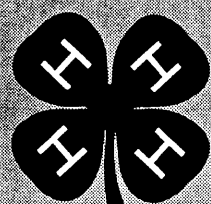
Play Safe Food with your group!



Looking for a fun activity that's also educational for your

next group meeting? Call Alice Henneman, Extension Educator (441-7180), for a free copy of *Safe Food: A Game of Chance*. Learn about potentially harmful foods (you may be surprised!), meat and egg safety, when it's "time to toss" and much more! (AH)

Please turn to page 11 for more Family Living news



4-H & Youth

4-H Bulletin Board

ExpoVisions applications are due by Friday, May 19. Pick up a registration packet from the Extension Office and join in the fun! ExpoVisions is scheduled for June 7-9 at UNL.

Teen Council will not be meeting this month. We'll see you June 11.

Leaders, parents, and 4-H members: Mark your calendars today for Monday, May 15 when leader training is scheduled. There will be a morning session at 9:30 a.m. and an evening session at 7:00 p.m. For more information, see "Exhibiting" article.

June 1, 1995 is the deadline for registering for 4-H projects! Call your leader or the Extension Office to make sure you are signed up for your 4-H projects!

Attention CWF participants: Remember our summer planning meeting on Monday, May 22, 7:00 p.m.!

Attention cat project members: The small animal workshop planned for Saturday, May 6, 1995 has been cancelled. To replace this event, Eagle Eyes, a Lancaster County 4-H club, invites cat project members to participate in workshops that may help you get ready for the county fair. Come to the Lancaster Extension Conference Center, 444 Cherrycreek Road, from 7-9 p.m., Monday, May 15 and Monday, June 19. You may bring your cat. For more information, call Belinda Gillam at 464-6526. (ALH)

Exhibiting at the county fair

Are you sure where to put the entry tag on your dress? Where do I take engineering exhibits? Who is in charge of interview judging? What is interview judging? Are these some questions that pop into your head? Well, let 4-H Leader Training answer all your fears!

Monday, May 15, 9:30 a.m.

and 7:00 p.m., this exciting and important meeting will take place. The evening session will be televised on CableVision Channel 21 from 7:00-8:00 p.m. Please make sure to tape the training if you are unable to watch or attend.

There have been changes in the schedule, lot and class changes,

plus many details to remember. The information given in this training is extremely important, especially for brand new 4-H leaders. If you have any questions on the training or anything about the county fair, contact your key leader or Ann Marie for more information. (AMM)

'95 Lancaster County Fair changes

LaDeane Jha
Extension Educator

Positive changes are in the wind for the 1995 Lancaster County Fair to be held Wednesday, August 2, through Sunday August 6. In order to accommodate some of the growth of the fair, some changes in days and times of traditional events have been made and as you look through the 1995 Lancaster County Fair Book, notice the new events we have added. In fact, one of the big changes is an additional day of the fair on Sunday to accommodate another day of the rodeo, a huge car event, the final "Cruising with the Cops" and the open class dog obedience show.

Although the fair opens Wednesday, August 2, at 11:00 a.m., you won't want to miss the horse events at the coliseum prior to the official opening of the fair. Starting Monday, July 31, through Thursday, August 3, 4-H horse events will take place from early morning until late into the evening. New this year is a cattle

penning contest on the afternoon of Sunday, July 30.

The fair opens with a very busy schedule on Wednesday, August 2. Pigeons, poultry, household pets, sheep and dog obedience shows as well as horse, halter, trail and western riding classes will offer a wide variety of events to keep you busy. Opening night of the fair will feature the new llama show and a free watermelon feed. This is a great night to bring the family out, see the llama's, take a peek at the stationary exhibits, see the animals (including the longhorn steer exhibit) and get in the mood for the events to come at the fair.

EnviroFair, Health Awareness Day and Fair Fun Day will be back this year on Thursday, August 3 and the horse game show, bucket calf show, and the 4-H Style Revue at 7:00 p.m. will round out another busy day at the fair.

A major change will show up on Friday, August 4, when beef and dairy lovers will have a chance to watch the beef and dairy shows at the same time. The east arena ring will be split, with beef showing at the east end of the arena and dairy at the west end. The Family Barbeque this year

will feature beef instead of pork and for your added enjoyment, *Sweetwater*, a musical group will entertain during the event. After the barbeque you will have lots of options—the Farm Family Award ceremony with Ken Killion, cowboy poet and the Hay Hauling Contest will take place in the east arena starting at 6:30 p.m. Friday is also the first night of the rodeo and will be followed by a rodeo dance featuring *High Caliber*.

Watch for the 4-H and open class dog agility shows in the east arena on Saturday, August 5, and the cat show at the demo complex. These shows are always crowd pleasers and are expected to be bigger than ever. The Bicycle Safety Rodeo, demonstrations, and Cloverbud Show and Tell take place on Saturday, as does the Mini Tractor Pull and Big Wheel Race which will take place in Ag Hall. The Garden Tractor Pull and another night of the rodeo offers choices for Saturday night and Saturday will end with a youth dance at the grandstand featuring *Flatwater*.

Although the fair will conclude on Sunday this year, 4-H exhibits and animals will be released, as usual, on Saturday, August 5 between 4:00 and 6:00 p.m. (LJ)



Exploring Cultures

—a 4-H multicultural day camp—

Sponsored by University of Nebraska Cooperative Extension

All Lancaster County youth 9 years of age or older are invited to attend.

Thursday, June 15 • 9:00 a.m. - 4:30 p.m.
Bethany Park Shelter • 65th & Vine Street
\$3 per child (scholarships available)

Registration is limited to the first 80 youth.
You need not be a 4-H member to register.

Preregister by June 7, 1995 by returning the attached permission slip and registration with a check for \$3 per child made out to University of Nebraska Cooperative Extension

Partial funding for the event is provided by the UNL International Affairs Office

"Exploring Cultures" Day Camp



Name of child/children and age(s) _____

Address _____ City _____ ZIP code _____

Phone number _____ Emergency phone number _____

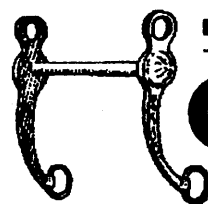
Parent(s) and/or guardian name _____

Where parent or guardian can be reached during the day _____

Any special dietary or other restrictions which day camp counselors should be aware of _____

I give my permission for the above child/children to attend the "Exploring Cultures" Day Camp sponsored by University of Nebraska Cooperative Extension in Lancaster County June 15, 1995 from 9 a.m. to 4:30 p.m.

Signature _____



HORSE BITS

Registration deadlines

Below are several deadlines which 4-H members should mark on their calendars. If you have questions, contact Cindy Blome, Extension Assistant, 441-7180.

District and state horse show registrations are due to the Extension Office no later than May 22, if you are planning to compete. Along with your registration you should also submit your horse ID.

All other horse ID's are due to the office no later than June 1.

Predistrict horse show will be June 10 and 11, at the State Fair Park, East Arena. (CB)

Horse VIPS meeting

The May 4-H Horse VIPS meeting is scheduled for Wednesday, May 10, 7:30 p.m. Many decisions regarding policies, clinics, workshops and the county fair agenda are being voted upon at these monthly meetings. Your input does count and can really make a difference in the planning of various activities. Plan to attend or send a representative from your club. (CB)

Centered riding clinic

Sunday, May 21, 8:30 a.m. to 6 p.m., at State Fair Park, East Arena, the 4-H Horse VIPS Committee will be presenting a "Centered Riding Clinic." The one-hour lesson will be taught by Julie Rubey and Joyce Ulrich; instructors of "centered riding." Preregistration is requested. The fee for a one-hour lesson is \$30. The registration deadline was April 21; but space is still available. If you are interested; please contact Cindy Blome, Extension Assistant, 441-7180. A registration fee to audit the clinic will be collected at the door.

Wahoo clinic

Mark your calendar for the Wahoo Clinic to be held May 13 and 14 at the Saunders County Fairgrounds. Saturday, May 13 is geared for the Level I and II riders. Sunday, May 14 will offer clinics designed for the Level II, III and IV riders. Each day will begin at 8:30 a.m. featuring demonstrations and group participation with your horse. There is no charge for this clinic. For further information, contact your club leader and/or Cindy.

Hippology • horse bowl • horse judging

Do you have any interest in competing on a hippology, horse bowl or horse judging team. Some team meetings have already begun; but, there is still room for YOU! Interested? Are you still not sure what each team has to offer and what it really means? Contact Cindy and she can fill you in on what, who, where, when and how! We really need you. Adult volunteers are encouraged to sign up as well. (CB)

Contest workshops in June

One of the best parts about being in 4-H is getting to take part in contests, such as: judging, modeling, demonstrations and table setting! These activities can sharpen your skills and teach you new skills for a lifetime.

Workshops are held at least a month before the actual contest or event to help 4-H members understand what is expected of them and how to take part.

Attending any of the workshops does not mean you are obligated to take part in the contest or event. Here are the dates and times for the workshops:

Lifetime Skills Judging Contest Workshop
Monday, June 12, 1:00 p.m.

Practice Demonstration Workshop
Wednesday, June 21, 1:00 p.m.

Table Setting Contest Workshop
Wednesday, June 21, 3:00 p.m.

Practice Style Revue Workshop*
Monday, July 10, 3:00 p.m.

*Note: The Lifetime Skills Judging Contest is scheduled for July 10, 1:00 p.m., so come judge at the contest and stay for the practice Style Revue. (AMM)

What is ExpoVisions all about?

You may have read various articles or have seen the word ExpoVisions floating around the 4-H program and don't know what it is—well here's a brief overview.

For many of us who grew up with 4-H Club Week or Nebraska State 4-H Conference—they are now called ExpoVisions. This three-day camp is held on the University of Nebraska Lincoln

Campus. Youth attending ExpoVisions have a few things in common: they're over the age of 14, many belong to 4-H, they come to Lincoln to learn more about themselves and experience dormitory life for three days.

The purpose of ExpoVisions is to help youth understand or learn more about the interests which may lead to a major in college and

to help them grow as youth leaders in Nebraska. The three days are filled with workshops (participants select), educational activities and FUN! Any 4-H member you ask who has attended ExpoVisions has super things to say.

If this interests you, rush to get a registration packet and send it in by Friday, May 19. You will be very glad you did! (AMM)

Speech contest winners announced



Excited youth and parents filled the Lancaster Extension Conference Center on

March 17 for the 1995 Lancaster County 4-H Speech Contest. All three conference rooms were kept busy as novices, juniors, and seniors presented their speeches to audiences of proud parents, grandparents, siblings and other supporters. Another room was bustling with activity as youth participated in the Public Service Announcement (PSA) competition.

The speeches and PSA's were

outstanding and each participant is to be congratulated on the commitment they made to participate and develop an important lifetime skill. Youth chosen to represent Lancaster County at district competition include: Armen Bader, Crystal Nelson, Lindsey Wittstruck, Jenny Knudsen, JoHanna Madsen, Kevin Sehn, and Gene Gillam. (LJ)

Checkout new food label teaching kit

A variety of hands-on experiences are included in the new Food Label Lesson checkout kit. The kit, available to 4-H and EFNEP volunteers and staff is a fun and educational way to teach youth how to make healthy food choices.

Participants will learn how to read food labels, specifically focusing on fat and sugar consumption. Youth will have an opportunity to look at the fat

content in different types of milk and microwave popcorn. They will also compare the sugar content of different types of cereals and soda. 4-H members will practice measuring and math skills.

The kit includes a lesson plan, member handouts, visuals, and materials needed for the hands-on activities.

A 30-minute videotape featuring the Friendly Faces 4-H

Club participating in the Food Label Training is also available for checkout. The lesson is taught by Alice Henneman and Maureen Burson.

Simply call the Lancaster County Extension Office to reserve the kit or video. They are available to all adult and youth groups wishing to learn about the new food label. (MHB)

Color-up some tasty treats

Does the color of food change its taste? Try this simple experiment and see what happens. Use a few drops of food coloring to make familiar foods turn unusual colors. Try making blue milk, green mashed potatoes, or pink scrambled eggs. Ask family and friends to try the weird looking foods. How many people refused to taste them? How many people thought the foods tasted strange?

Food coloring really doesn't change the taste or smell of foods. But, turning familiar foods unfamiliar colors may trick your senses so the foods may seem less appetizing. (ALH)

Watch Channel 21, Lincoln CableVision
Saturdays in May for

"Make the Best Better"
(4-H New Leader Training)

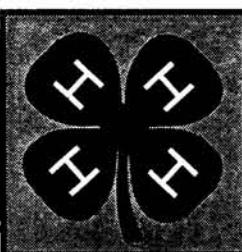
with
Ann Marie Moravec
Extension Assistant

9 a.m.—Make the Best Better Part I
(recorded November 1994)

10 a.m.—Make the Best Better Part II
(recorded January 1995)

11 a.m.—Make the Best Better Part III
(recorded February 1995)

4-H & Youth



Cloverbuds spring forth



Ethan Hatcher (left) with his lamb and Ben Hatcher with his calf.

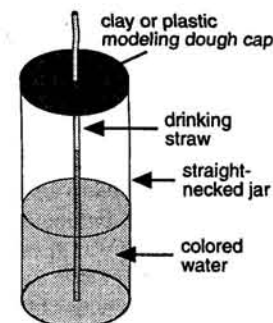
Cloverbuds are bursting upon the scene! The 4-H Cloverbud program is an exciting, new opportunity for five- to seven-year-olds to become involved in 4-H with their friends and family.

Parental involvement is the key that makes the program tick, as each parent takes their turn in leading the group through a new adventure, and exploring a fun, new topic at each meeting.

The program is specially designed with the developmental needs of five- to seven-year-old children in mind and Cloverbud classes at the county fair will be non-competitive with emphasis on learning, success and building positive self-esteem in the child. To start your own group or for more information, call 441-7180. (DS)

Easy to make thermometer

Make this simple thermometer. It won't register degrees Fahrenheit, but it will tell you when things heat up. The water in the straw rises. (ALH)



4-H Shorts

Reindeer Antifreeze

Most animals don't like to eat moss. It's hard to digest, and it has little nutritional value. But, reindeer fill up with lots of moss. Why? The moss contains a special chemical that helps reindeer keep their body fluids warm. When the reindeer make their yearly journey across the icy arctic region, the chemical keeps them from freezing—much as antifreeze keeps a car from freezing up in the winter. (ALH)

4-H is Big in Lancaster County
Lancaster County youth participating in 4-H: 13,160

Total potential 4-H youth in Lancaster County: 38,970

Percentage of youth in the county reached by 4-H: 33.8%

Total volunteers in Lancaster County working with 4-H: 1110 (LJ)

Youth Entrepreneurship Camp

The Nebraska Center for Entrepreneurship is hosting a camp for high school sophomores and juniors June 13 through 16. The purpose of the camp is for youth to learn how entrepreneurial activity can affect their lives now. Campers will develop a business idea that they can use to create their own summer or part-time job. The cost of the camp is \$300. Several \$150 scholarships are available. Contact Robin Anderson, Nebraska Center for Entrepreneurship, 402/472-3353, for more information.

—Karen Melang (LJ)

Skin Deep

People shed their skins in tiny bits. New skin constantly replaces old skin. Old skin flakes form most of the dust in your house—about 75% of it. (ALH)

Head



Heart



Hands



Health



4-H... More Than You
Ever Imagined.



For more information,
contact your
County Extension Office.

GARDEN GOSSIP HOTLINE



441-7179



Community & Leadership Development

Leadership Development Institute Grads Celebrate



Councilwoman Colleen Seng presents certificate and mug to graduate Steve Duvall of the 40th & A Neighborhood Association.



The 1995 Neighborhood Leadership Development Institute honored 16 graduates of Phase II—Capacity Building. Capacity Building gives neighborhood association leaders tools to encourage members to move beyond expectations. Neighborhoods are faced with many new challenges and so it is necessary for leaders to understand how to use strengths that are available within their neighborhoods and develop a vision and mission for their area. Sessions attended included: session one: Community Resourcing; session two: Opportunity Connections through Networking; Temperament Based Strategies; session three: Building and Vision; session four: Proactive Futuring; A Grant Development Seminar.

Councilwoman Colleen Seng encouraged graduates to be aware of the characteristics of a healthy community. She explained the phases that a neighborhood goes through as being (1) growth; (2) development; (3) stability; and (4) retrenchment. She encouraged graduates not to be afraid to use leadership and not be afraid to speak out or "yell."

Each graduate and instructor was presented with a certificate and mug. The institute was sponsored by the City of Lincoln Urban Development Office and UNL Cooperative Extension in Lancaster County provided instructors and facilitators. (LB)

Don Miller to retire May 31

Don D. Miller, Lancaster County Extension Educator, Unit Leader, will retire from the University of Nebraska Cooperative Extension in Lancaster County May 31, after more than thirty-five years of service. Miller has been employed by the University of Nebraska Cooperative Extension since his graduation from the University of Nebraska in 1959, starting as an Extension Agent in Box Butte County. In 1965, he was promoted to Box Butte County Extension Agent Chair. Miller held the same position in Hall County from 1970 to 1976, at which time he moved to Lancaster County as Agent Chair (now called Unit Leader).

Miller received his B.S. in Agriculture in 1959 from the University of Nebraska and his M.S. in Education from Colorado State University in 1966. He has received numerous honors and awards including the Thirty-five Year Service Award; Distinguished Service Award and Appreciation Award from UNL; the Outstanding Service Award from the Nebraska Cooperative Extension Association; the Kiwanis Leadership Award; the Distinguished Extension Agent Award; and Appreciation Award from the Institute of Agriculture and Natural Resources.

Other accomplishments and appointments include membership on the UNL Academic Senate Tenure Committee; a lay member of the Nebraska 4-H Development Foundation; Nebraska 4-H Development Foundation Board member; member of the Leadership Center Advisory Committee; member of the Southeast Research and Extension Center Urban Task Force; and Promotion and Tenure Committee. Miller is also serving

as Lieutenant Governor of Kiwanis Division 21.

Miller considers some of his significant accomplishments in Extension to be the roles he played in Community Development in the Lancaster County Communities of Malcolm, Denton, Walton and Bennet, and with the Nebraska Community Improvement Program. He has applied the learning techniques developed in community improvement to neighborhood associations, in his work with the Highlands Neighborhood Goals Workshop. He has been very active in the future of Extension through his work on the Futures Focus Workshop and Long Range Planning Workshop, and the Extension Futures Task Force. Miller was also the main proponent of the development of this publication, the NEBLINE, where he has been the editor-in-chief for seven years.

Miller provided leadership in applying computer technology to Extension work. He was active in the Nebraska Microcomputer Association, served as Interim Director of IANR Computing

Services (1988-89) and was instrumental in the computerization of the Lancaster County Cooperative Extension Office.

In his role as unit leader his current activities have included Community Economic Development through his Community Goals Workshops and Leadership Seminars and networking with villages and neighborhoods. He also is responsible for the administration of all Lancaster County Extension programs, including Extension board training and educational support, community public relations and program

support and budgeting and financial planning from non-tax sources.

Don Miller leaves the Cooperative Extension set-up to continue providing leadership and expertise to the county, but at the same time he will be missed as one of those leaders. His guidance has shaped this office into a premier Extension facility. The staff of the University of Nebraska Cooperative Extension in Lancaster County wish Don the best of luck in his future endeavors!

Please join us for an "Open House" for Don Miller, Friday, May 12, at the Lancaster Extension Conference Center, 444 Cherrycreek Road, from 3:30-5:30 p.m. (MDH)

Public Invitation

Retirement Open House for

Don D. Miller

Friday, May 12th
3:30-5:30 P.M.

Lancaster Extension
Conference Center
444 Cherrycreek Road

Suggested steps for organizing a new neighborhood organization

1.0 Advance planning

- 1.1 Person or persons interested in forming ad-hoc committee
- 1.2 Obtain map from City-County Planning Department
- 1.3 Form a vision of geographic area to be considered
 - 1.3.1 Common neighborhood
 - 1.3.2 Commercial and retail business locations
 - 1.3.3 Overview of community based organizations in the area

2.0 Forming the ad-hoc committee

- 2.1 Contact 7-9 residents of the area supportive of the neighborhood
- 2.2 Set meeting date for the group to review pros and cons of forming
- 2.3 Meet in the neighborhood either in a home, school or organization
- 2.4 Contact UNL Cooperative Extension in Lancaster County for resources and assistance at the first meeting

3.0 First ad-hoc committee meeting agenda

- 3.1 Provide refreshments and name tags
- 3.2 Self introductions
- 3.3 Extension Educator will:
 - 3.3.1 Provide an overview of why neighborhood is successful
 - 3.3.2 Review the organizational steps and neighborhood areas
 - 3.3.3 Ask for support of committee to conduct neighborhood meeting
 - 3.3.4 Share organizational materials and suggested guidelines to follow

4.0 Accomplishments prior to neighborhood meeting

- 4.1 Draft a constitution and by-laws for a non-profit organization
- 4.2 Obtain legal assistance from a neighborhood volunteer
- 4.3 Obtain meeting place 60 days in advance
- 4.4 Organize the agenda for the meeting
- 4.5 Design information poster to be sent to each resident and business
- 4.6 Obtain candidates from ad-hoc committee and the neighborhood to be officers and directors
- 4.7 Agree upon a list of immediate and long range goals for the neighborhood

5.0 Conduct the neighborhood organizational meeting

- 5.1 Advanced invitations
- 5.2 Well organized program and speakers
- 5.3 Acceptable MC for the event
- 5.4 Have proper audio visual equipment
- 5.5 Invite councilperson and/or mayor to support the effort
- 5.6 Determine time, date and place of first board meeting
- 5.7 Obtain volunteers for neighborhood committees
- 5.8 Obtain first meeting volunteer leaders for committees
- 5.9 Plan training for committee chair prior to first meeting

6.0 Develop an action plan with each committee

7.0 Report back to the neighborhood the details of action plans and ask for more neighborhood support through committees

8.0 Conduct monthly board meeting with public invited

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



Rural Sense News *continued*



Soybean seed treatment

Nebraska soybean growers generally have not relied on fungicide seed treatments to protect the seed/seedling from seed- and soil-borne pathogens. Production practices that minimize seed/seedling problems include use of high quality seed, delaying planting until soil temperatures are in the mid to upper 60's, planting at the proper depth in a well-prepared seed bed and annual rotation with other crops such as corn or sorghum. While these practices are still encouraged, the increasing adoption of various conservation tillage systems has significantly affected our recommendations regarding fungicide seed treatments on soybeans.

Several factors associated with the soil environment are inherent with ridge-till and other conservation tillage systems and affect seed germination and seedling establishment:

1. *Cooler soil.* Because no-till or ridge-till fields tend to have more surface residue, soils warm up more slowly. If no-till growers attempt to plant as early as their conventional-till neighbors, germination may be delayed and seedling vigor may decrease.

2. *Wetter soil.* Increased surface residue tends to contribute to higher soil moisture. While this may benefit plant growth during periods of moisture stress, it usually hurts seedling emergence.

3. *Poor seed/soil contact.* Reduced tillage systems may contribute to poorer seed-to-soil contact and improper seed placement due to the increase in partially decayed plant residue.

4. *Weed infestations.* Some seed and root pathogens are parasitic on specific weed hosts, if weeds are not controlled under conservation tillage systems. These weed hosts can provide for higher survival rates and more rapid buildup of pathogens which can cause early season soybean diseases.

Our position on fungicide seed treatment for soybeans has been "fine-tuned" due to the increase interest in and adoption of conservation tillage in Nebraska. Our recommendation is: Soybean producers attempting to maximize economic returns by: 1) planting early, 2) planting in narrow rows or 3) employing reduced tillage practices should use high quality seed that has been treated with a fungicide. (DV)

Spurge

From page 3

Tordon® per acre; or Tordon 22K® at 2 to 4 quarts per acre. The treatments would cost \$6 per acre for 2,4-D, \$15 for 2,4-D plus Tordon® and \$45-\$90 per acre for Tordon®. Apply 2,4-D in the spring just before the plant flowers. A second treatment in late fall, if moisture permits good regrowth and provides an increased control. If only one treatment a year is possible, make it in the spring to prevent seed production. Do not expect to eliminate leafy spurge in one or two years. It will take several years to make progress.

Tordon 22K® is much more effective than 2,4-D against leafy spurge. A 2-quart-per-acre application usually provides 50-80% control a year later and the 4-quart rate gives 90-100% control. Spring is the best time to apply Tordon®; although it is also effective at other times. Tordon® is long-lasting and mobile in the soil. It should not be used near trees or on sandy soil where the water table is within 15 feet of the surface at any time. (WS)

When combining liquid nitrogen and herbicides to save time, evaluate potential problems

Corn and sorghum sometimes emerge before preemergence herbicides can be applied. While certain preemergence herbicides can be applied after crop emergence, they are not labeled for application with fluid fertilizer after emergence, due to risk of injury. (Emerged corn is more tolerant than sorghum of fertilizer-herbicide mixtures.) Some growers may accept the injury in return for accomplishing two jobs at once.

Dual® and Lasso® applied with liquid nitrogen on emerged corn and sorghum would result in injury similar to fertilizer alone. Injury is more serious with atrazine combinations and even more severe with Bladex®. Emerged corn and sorghum are most tolerant in the spike stage to liquid nitrogen and these herbicides; but, they become less tolerant as plants grow.

Experiments conducted in Minnesota have shown that atrazine applied to four-leaf corn with 60 pounds nitrogen per acre caused heavy burning with widespread necrosis on the second, third and fourth leaves. This injury, from which the corn recovers, is similar to the injury caused by 150 pounds nitrogen/acre applied by itself. Injury to emerged corn is usually more severe with herbicide combinations in liquid nitrogen than fertilizer alone and is particularly severe with Bladex® or Extrazine® in liquid nitrogen. If liquid nitrogen must be applied to emerged corn, early post herbicides should be applied in water several days before the liquid nitrogen application. Cool, wet weather can be expected to increase the injury caused by such treatment. (WS)

Dressing for protection

If you mix, handle or apply pesticides, you can significantly reduce the risk of pesticide poisoning and meet the requirements of the Worker Protection Standard by wearing the appropriate personal protective equipment (PPE). The Worker Protection Standard requires specific forms of personal protective equipment to be worn while mixing, calibrating or applying agricultural pesticides. The equipment and work attire requirements for each pesticide's active ingredient are listed on the label. (The PPE requirements may be different for applicators and mixers/handlers.)

Sources of protective clothing and equipment are plentiful. Typically, agricultural chemical dealers are excellent sources.

For more information, two Extension NebGuides are available. "Protective Clothing and Equipment for Pesticide Applicators" (G758) provides a list of sources of protective clothing and equipment for pesticide applicators. The second, "Worker Protection Standard for Agricultural Pesticides" (G1219), helps determine whether individuals are covered by the standard and provides general guidelines on how to comply. (WS)



Human Resources News *continued*



How many servings of grain products should I eat?

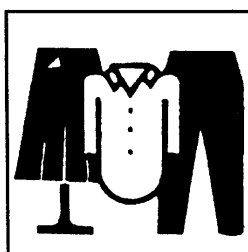
Eat six or more servings of grain products a day. This may seem like a lot, but it really is quite reasonable because so many foods are in this group. Try to include several whole-grain ones.

Grain Products count as a serving:

1 slice bread	4" diameter pancake
1 ounce ready-to-eat cereal	½ cup cooked rice
½ cup cooked cereal	½ cup cooked pasta
½ english muffin or bagel	½ hamburger roll
1 tortilla	½ medium doughnut
3-4 small plain crackers	2 medium cookies

Doughnuts and cookies contain added fat and sugar—go easy! (AH)

A wardrobe with a future



Proper storage can keep garments looking good season after season. The following are storage tips for a longer lasting wardrobe.

Follow the garment's care instructions and wash or dryclean everything before storage. Garments that look clean may have invisible stains that will appear over time. For example, if beverage stains are blotted up, they will seem to disappear when the area dries. But, if left untreated, the sugar in the beverage will oxidize, causing a yellow or brownish stain. It's also important to

make all necessary repairs prior to storage so garments will be wear-ready.

Store items in a cool, well-ventilated area, away from artificial or natural light. Avoid hot attics, damp basements and garages. Store woolens in cedar chests or other airtight containers. Add mothballs to the latter, and be sure they are suspended above or separated from the clothes. To minimize wrinkles in sweaters and other knits, fold and wrap them in white tissue paper before storage. (LB)

PUBLIC INVITATION

Lancaster County Extension Board Meeting

Held at the
Lancaster Extension Conference Center
the second Monday of every month at 7:30 P.M.

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

Family Community Leadership

Become involved in making decisions
that affect you and your community



For more information, contact your local Cooperative Extension Office

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.

Don D. Miller

Don D. Miller
Extension Educator, Lancaster County

Jeffrey D. Gaskins

Jeffrey D. Gaskins
Extension Assistant, Media & Marketing

Mark D. Hendricks

Mark D. Hendricks
Extension Assistant, Computing and Communications

Notice!

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

Contributing staff:

Lorene Bartos, Extension Educator	Don Janssen, Extension Educator
Cindy Blome, Extension Assistant	LaDeane Jha, Extension Educator
Corey Brubaker, Extension Educator	Mary Jane McReynolds, Extension Assistant
Maureen Burson, Extension Educator	Don D. Miller, Extension Educator
Soni Ericksen, Extension Assistant	Ann Marie Moravec, Extension Assistant
Jeff Gaskins, Extension Assistant	Barb Ogg, Extension Educator
Arlene Hanna, Extension Assistant	Warder Shires, Extension Educator
Mark Hendricks, Extension Assistant	Dave Swarts, Extension Assistant
Alice Henneman, Extension Educator	Dave Varner, Extension Educator

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444 Cherrycreek Road, Lincoln, Nebraska
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Extension Calendar

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

May 1

Camp Counselor Application Due for Halsey
Cornucopia Gardening Award Entry Due

May 2

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

May 8

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

May 10

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

May 13

Family Fun Fair, *Arnold Heights Family Resource Center*..... 10:00 a.m.-noon

May 13-14

Wahoo Horse Clinic, *Saunders County Fairgrounds*..... Begins at 8:30 a.m.

May 15

"How to Exhibit" 4-H Leader Training..... 9:30 a.m. & 7:00 p.m.
Eagle Eyes 4-H Club Small Animal Workshop..... 7:00-9:00 p.m.

May 16

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

May 18

Fair Board Meeting..... 7:30 p.m.

May 19

ExpoVisions Applications Due

May 21

Centered Riding Clinic, *State Fair Park East Arena*..... 8:30 a.m.-6:00 p.m.

May 22

District & State 4-H Horse Entries Due
CWF Planning Meeting..... 7:00 p.m.

June 1

4-H Project Registration Deadline
4-H Horse ID Deadline Date

June 2

Staff In Training (SIT Training) — *Gretna*

June 3

4-H Lamb Tagging Day..... 9:00 a.m.-noon

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

