6-1995

The NEBLINE, June 1995

The NEBLINE®

University of Nebraska Cooperative Extension
Lancaster County

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

You are the solution to nonpoint source pollution

Runoff from rainfall, snowmelt or irrigation can carry sediment, oil, grease, anti-freeze, fertilizers, pesticides, animal wastes and many other potential contaminants directly into our streams, lakes and rivers causing them to become polluted. Because most of this pollution comes from many dispersed sources, as opposed to a single identifiable source, it is referred to as nonpoint source (NPS) pollution. Unlike point source pollution which has been significantly reduced through legislation and regulation, there are very few laws dealing with NPS pollution and, in fact, it would be difficult to address this problem with laws and regulations. What is needed is a conscious, cooperative effort by everyone to take the steps necessary to reduce the impact of NPS pollution.

What can you do?

• Keep litter, pet wastes, leaves and grass clippings out of gutters and away from storm drains. Most storm drains convey runoff water directly to streams, lakes and rivers.

• Apply lawn and garden chemicals sparingly and according to label directions.

• Dispose of used oil, antifreeze, paints and other household chemicals properly. Contact the Lincoln-Lancaster County Health Department about the hazardous waste collection program.

• Clean up spilled brake fluid, oil, grease and antifreeze by using an absorbent material, such as kitty litter, and dispose of it in a safe manner rather than washing it into the street.

• Wash your car on the lawn where the detergent, road grime and excess water can infiltrate into the soil rather than running down the gutter and into the storm drain. Better yet, use a car wash. These facilities have traps for collecting the dirt, oil and grease washed off your car, and the rinse water drains to the sanitary sewer system where it can be treated.

• Control soil erosion and runoff on your property by planting ground covers or using mulch to stabilize erosion prone areas. (CB)

PRIORITY PROGRAM INDEX

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

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

Agricultural Competitiveness and Profitability
"NebraskaHERB Software Update"—page 3

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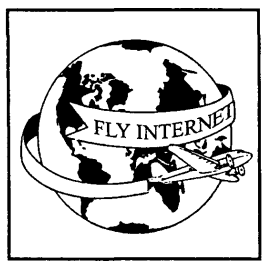
"Planning a Safe Food Picnic"—page 7

Strengthening Neighborhoods and Communities
"National Volunteer Week"—page 10

Accessing Extension information on Internet

Mark D. Hendricks
Extension Assistant
Computing & Communications



As more and more local citizens purchase computers and go "on-line," I've received a growing number of questions on how to get "wired." One of my favorite questions from Lancaster County computer users over the past year is how to access Extension information over the Internet. First, some explanation is needed.

The Internet is a world-wide network consisting of a multitude of computer and operating system types. Different system requirements are needed to access Internet resources on different levels. To keep this simple I will divide these levels of access into three categories, roughly defined by the software tools and required connection type:

• **E-mail**—involves a variety of systems allowing users to send and receive *electronic mail* and software; available on many platforms. This type of service is widely available to the home user through commercial providers (see chart).

• **Gopher**—a text-based system developed by the University of Minnesota, which provides on-line viewing of files (in text format), search, and file transfer. This type of service is becoming more widely available to the home user through commercial providers, although not all provide gopher access (see chart).

• **World-Wide Web (WWW)**—a graphical interface which requires a connection that supports **TCP/IP** *(Transmitter Control Protocol/ Internet Protocol)*. Because of the nature of the TCP/IP Internet connection, more information can be delivered faster to your computer. This facilitates the use of a graphical interface like Mosaic or NetScape. This also requires that you have a fast (14.4 baud or greater) modem for a dial-up in **SLIP** *(Serial Line Internet Protocol)* or **PPP** *(Point-to-Point Protocol)* connection, (if you're not hard-wired directly to the Internet). Some commercial providers listed (see chart) have SLIP and/or PPP services.

Exciting things are developing on the proverbial "information highway," and the University of Nebraska Institute of Agriculture and Natural Resources (IANR) is a good place to begin "crusin' the net." IANR research and Extension faculty use the Internet as one of their primary tools to provide information to Nebraska citizens efficiently and effectively, by delivering information to your home or business.

• **IANR Departmental Information:** Research information and graduate/undergraduate information provided by various departments.

• **NebFacts & NebGuides:** Popular informational publications on farm, ranch, home, community, and family living topics.

• **Newletters:** Several IANR Cooperative Extension Specialists archive monthly newsletters for easy key word searching on-line.

There is also an increasing amount of other University of Nebraska data available on-line including: the UNL Library System; NU Frontier—Campus-Wide Information System; and weather.

Please turn to Internet: page 11

Commercial on-ramps for accessing the Internet

Please contact one of the following companies* for subscription information. When you call be sure to ask for information on their Internet connection services and whether a free time trial is available.

America Online	800 827-6364
CERFNet	800 876-2373
CompuServe	800 848-8199
Delphi	800 695-4005
Genie	800 638-9636
Internet Express	800 592-1240
Netcom	800 353-6600
Prodigy	800 776-3449
PSI InterRamp	800 PSI-3031
U.S. Internet	800 218-USIT
UUNET	800 488-6383

Nebraska local access providers:

Connect Now (Synergy Comm.)	402 345-9669
Internet Nebraska	402 434-8680
Navix (Lincoln Telephone Co.)	402 436-4959

* IANR and the University of Nebraska Cooperative Extension in Lancaster County implies no endorsement of a company listed or nonendorsement of a company not listed.

List provided (from IANR) February 1995.

LANCASTER COUNTY EXTENSION PHONE NUMBERS:

Office (leave message after hours)	441-7180
After hours	441-7170
FAX	441-7148
Garden Gossip Hotline	441-7179
Composting Hotline	441-7147
Nebline RBBS	441-7149

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

University of Nebraska
Cooperative Extension
in Lancaster County
444 Cherrycreek Rd
Lincoln, Nebraska 68528-1507

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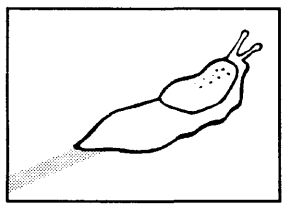
Horticulture

Slugs? Look for slime



Damage that occurs to the foliage of flower and vegetable plants at night could have any of several causes. One nocturnal pest "signs" its work by leaving a silvery, slimy trail wherever it goes.

Slugs are soft-bodied, slimy creatures that spend the daylight hours in damp, dark spots and come out at night to feed on garden plants. These snails without shells also feed on molds and decaying organic matter.

Slugs must have a great deal of moisture to survive, so they're most likely to become pests in well watered gardens mulched with leaves, grass or other organic materials.

Slugs can often be controlled simply by eliminating their daytime hiding places. Remove rotting boards and trash or other debris on the ground and pull mulches back from plants. Keep gardens weeded and surrounding grass cut short.

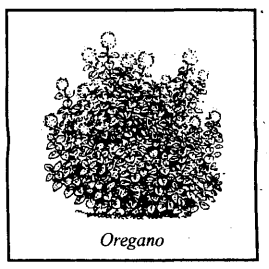
Trap slugs by placing old boards between rows of garden plants. Turn the boards over during the day and dispose of the slugs that have taken cover there.

Another control tactic is to place shallow pans, can lids or saucers a half-inch deep in the garden soil and fill them with beer. Slugs attracted to the beer will fall in and drown. Refill the containers after every rain or irrigation.

Slug baits sold by garden supply centers usually contain Mesurol or metaldehyde. Use baits according to label directions.

These pellets can be used in vegetable gardens, but efforts must be made to avoid getting the pellets on the plants. Carefully scatter the pellets directly on the soil. Keep pellets away from children, dogs and other pets. Confine pets during application to prevent them from believing they are being fed. Always consult the label for directions and cautions. (DJ)

Herbs in the garden



Oregano

Herbs are versatile plants that can be grown in small areas around the home without difficulty. Only garden soil with good drainage is satisfactory and plants should be in an area receiving at least 4 to 6 hours of full sunlight a day.

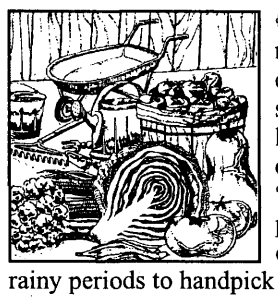
Annual herbs are those that must be started from seed each year. Herbs in this group include anise, basil, coriander, dill and summer savory.

Caraway, parsley and sweet marjoram are biennials or tender perennials that will usually continue to grow every year.

Some perennial herbs include chives, garlic, lavender, lemon balm, mints, sage, tarragon and thyme. These will grow in the same location year after year. Most perennial herbs grow in clumps or as small shrubs; but, mints are vigorous spreading plants and should be planted in a restricted area.

In addition to being used as flavoring, some herbs are good ground covers that can be grown in an odd spot in your landscape. Most home environments have room for a small pot, window box or small bed of herbs. (MJM)

Garden hints for June



- Heavy rains encourage slug problems. Go on extra "slug patrols" during rainy periods to handpick the pests.
- For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens, or fibrous-rooted begonias in combination with trailing plants such as English ivy.
- Remove old flower heads from annual bedding plants to keep them blooming.
- Disbud chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To disbud, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.
- Plant annual flowers in tubs or large containers for the porch or terrace. Be sure there are holes in the container's bottom to provide good drainage.
- Remove foliage from spring bulbs after it turns yellow and begins to dry. Set out bedding plants to cover the bare spots using care not to damage bulbs.
- Watch for and control blackspot and powdery mildew on rose foliage.
- Use bark mulch around young trees to protect them from lawnmower damage.
- Spring flowering shrubs such as spirea, viburnum and forsythia should be pruned as soon as they complete bloom.
- Mid- to late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this manner are spirea, lilac and viburnum.
- When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is in the ground.
- If you do not have much landscaping space, consider using some of the many dwarf varieties available. These are plants that have slow growth and stay small, so there is little maintenance pruning. There are numerous dwarf evergreens, flowering trees and shrubs from which to choose.
- After your vegetable garden is well established, it is best to water it thoroughly once a week rather than giving it a light watering every day. That way, a deeper root system is encouraged which will later help the plants tolerate dry weather.
- Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as your spring vegetables are removed.
- In most cases, blossom-end rot on tomato, pepper, squash and watermelon may be prevented by maintaining uniform soil moisture by mulching and watering correctly, planting in well drained soil, and not cultivating deeper than 1 inch within 1 foot of the plant. Also, avoid the use of high-nitrogen fertilizers.
- Continue plantings of warm-season crops such as beans, squash and tomatoes. Toward the end of the month, start seeds of Chinese cabbage and cauliflower for fall harvest.
- The best time to harvest most herbs is just before flowering when the leaves contain the maximum essential oils. Cut herbs early on a sunny day.
- Before pouring gasoline into the fuel tank of your lawn mower, garden tiller or other equipment, be sure to turn off the engine and allow it to cool at least five minutes.
- Identify garden pests before you attempt to control them. If you decide to use a chemical control, read the label carefully to be sure the chemical is compatible with the plant. Make sure you apply the proper amount at the proper time.
- Bats can be an important weapon in a chemical-free arsenal for bug control. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats to your yard by building and placing bat houses in your yard.
- Leftover vegetable and flower seeds may be stored in a cool, dry location for planting next year.
- Start a gardening notebook. Pay special attention to those plants which withstand drought conditions.
- During hot summer months, mulch can be especially useful for conserving water. For the vegetable garden, shredded leaves or grass clippings are a good mulch material. For ornamentals, pine needles or wood bark do the best job.
- Weed removal is important for a number of reasons. It conserves moisture and nutrients in the soil, and helps prevent the spread of disease and insects. (MJM)

Check plants

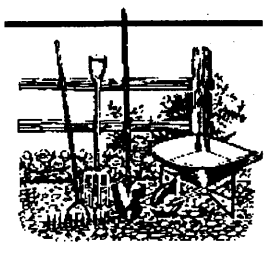
If your home has eaves, it is important to examine plants growing in that location. The eaves prevent most rain or snow from reaching the soil below. It may be necessary to water those areas during warm, winter periods. If this is a high maintenance area and a problem for you, consider moving the plants to another site or using plants which require less water. (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
June 24	**June 17**	**June 10**
1:30-3:00 p.m.	1:30-3:00 p.m.	1:30-3:00 p.m.

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

Garden Gossip Hotline



441-7179

Accessible from any phone

Days between flowering and harvest of vegetables

The number of days between flowering and harvest for many vegetable crops offers a way of predicting harvest dates and explaining low yields or poor quality. The following predictions are only approximate as they may vary with the weather conditions and different variety types.

Clip and save this for reference throughout the gardening season. Here are some approximate number of days between flowering and harvest for a few of the common vegetables grown in Nebraska. (MJM)

15-18	*Cucumbers (slicing)*
4-8	*Cucumbers (pickling)*
7-14	*Edible podded peas*
14-20	*Hulled peas*
40-45	*Muskmelon*
45-55	*Peppers (green stage)*
60-70	*Peppers (red stage)*
80-110	*Pumpkin*
10-14	*Snap beans*
18-23	*Sweet corn (from 50% silking)*
45-50	*Tomatoes (red ripe)*
60-70	*Winter squash*
4-5	*Zucchini squash*

The Garden Corner

Q. Are there any problems in using lawn clippings for garden mulch?

A. Grass clippings make a fairly dense mulch, especially as they get wet and matted down. One potential drawback is that matted grass clippings tend to get somewhat smelly as they decompose. To solve this problem, apply no more than ½ inch of fresh clippings to the garden during each application. A total of 1½ inches of clippings is all that is needed.

Q. Is it true that trimming leaves from tomato and muskmelon plants will make the fruits ripen better by exposing them to sunlight?

A. No. In fact, it may slow the ripening of tomatoes and melons and make muskmelons less sweet. The leaves are the plant's food factories—they produce sugar by means of photosynthesis. Removing the leaves reduces the food material available for fruit production and means there is less sugar in the melons. Removing the leaves of tomato plants also exposes the fruits to direct sunlight which usually burns or scorches them.

Q. When and how can I take cuttings to propagate shrubs?

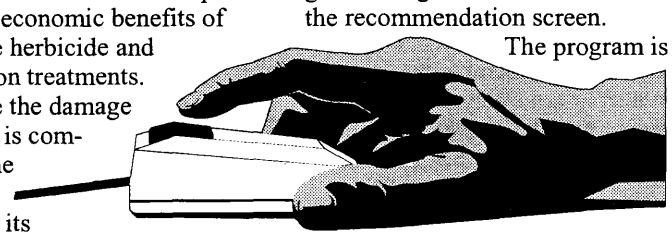
A. Take cuttings from deciduous shrubs in mid- to late July, just as this year's growth is beginning to harden in preparation for winter. Cuttings taken too early will be too soft and will rot. Cuttings taken too late will be too hard and will not root. Cuttings should be 4 to 6 inches long. They may be treated with a rooting hormone before being inserted into a moist rooting medium, such as perlite, vermiculite or a 1:1 mixture of peat moss and perlite. Place the pot with the rooting medium and the cuttings in a plastic bag. Set the bag in the shade outdoors or indoors. You should not need to add much water, if any, for several weeks. In the fall, transfer the cuttings to a coldframe for the winter. Next spring, plant them in a sheltered spot where they will not be subjected to full sun. By the next spring, they should be ready to be planted in the landscape.

NebraskaHERB software update

NebraskaHERB, a computer program which uses economic thresholds to aid in herbicide selection, has been updated with label information from 40 herbicide active ingredients. This user friendly program quickly: 1) determines whether it is cost effective to treat a field; 2) identifies the most economically effective treatment (including broadcast and band-applied herbicides and cultivation); and 3) ranks all other treatments in order of net profitability.

The user enters the grower's name, field location, anticipated crop selling price, crop cultivar, crop growth stage, row spacing, method of herbicide application and herbicide costs. Field scouting information on plant size, soil moisture and weed species and density are collected and entered. The model then calculates a *damage estimate,* the expected loss if no weed control measure is employed. The damage estimate calculation draws on years of research on the effects of weeds on crop yield. This is a critical step in the model because the costs associated with no weed control treatments can later be compared with the economic benefits of available herbicide and cultivation treatments.

Once the damage estimate is computed, the model searches its control efficiency files for effective herbicide treatments. The computer then identifies the most cost effective herbicide treatment and ranks all possible treatments in order of net gain. Such a ranking is possible because a cost of the pest population was estimated when the damage estimate was calculated. The program also lists the effectiveness of each treatment on each weed.

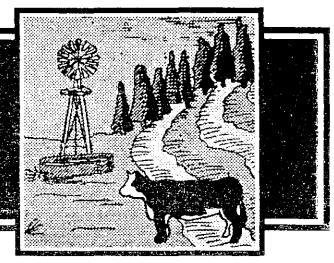


NebraskaHERB 4.0 contains updated label information on 40 herbicide active ingredients and over 100 treatments which can be used for postemergence weed control in corn, sorghum, wheat, soybeans and sugarbeets. Crop growth stage is interactive with the recommendation screen.

The program is available through the University of Nebraska Agronomy Department on 3.5" high density diskettes, runs on IBM compatible computers and is very user friendly. (DV)

For more information, contact:
John McNamara
362A Plant Science Hall
Univ. of Nebraska-Lincoln
Lincoln, NE 68583-0915
(402) 472-1544

Rural Sense



Finding solutions for perennial weed control on grazing lands

Normally, late June is the best time to treat broom snakeweed, vervain, goldenrod sagebrush, snow-on-the-mountain, western ironweed and western ragweed. There is a tendency to treat too late rather than too early. A good guideline for most perennials is to mow or apply the herbicide when weeds are in the early flower bud stage. Biennial thistles are an exception and should be treated in the rosette stage.

The most commonly used treatments are 2,4-D ester and a combination of 2,4-D and Banvel®. Tordon® is available for tough weeds and Crossbow® is effective on woody plants. Grazing restrictions are minimal, with the exception of milking dairy animals. See the June 10 issue of *Crop Watch* for specific restrictions.

Uneven terrain often makes a uniform herbicide application difficult on grazing land. A marking system helps eliminate missed strips. Use care when applying herbicides near sensitive crops, gardens, windbreaks and farmsteads. Injurious drift can occur for ½ mile or more. (DV)

Managing weeds in sorghum postemergence

Crop growth stage restrictions are an important consideration when choosing a postemergence herbicide for sorghum. Gauge treatments on crop growth stage in the majority of the field. Early applications may allow lower rates, better coverage and more effective weed control.

Laddok® at 2.4 pints per acre plus either oil concentrate or UAN effectively controls 2-4 inch broadleaf weeds and can be applied until sorghum is 12 inches tall. A 3.5 pint rate will control taller weeds and help suppress yellow nutsedge and field bindweed.

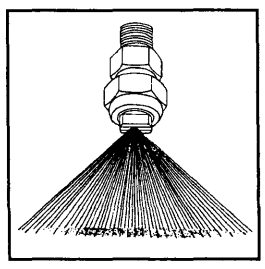
Apply atrazine 90 DF to completely emerged sorghum at a rate of 2.2 to 3.3 pounds per acre with water as the carrier. It will control grass and broadleaf weeds less than 1.5 inches tall. A rate of 1.3 pounds per acre plus oil concentrate also can be used to control broadleaf weeds 4 inches tall after the sorghum has reached the three-leaf stage. Do not use atrazine if the sorghum is more that 12 inches tall.

Apply Buctril® plus atrazine alone or with Banvel® or 2,4-D. The maximum sorghum growth stage for all Buctril® plus atrazine treatments is 12 inches. Buctril® plus atrazine at the rate of 1.5 to 2 pints per acre can be applied after sorghum emergence. When using the 3-pint rate, delay applications until the sorghum reaches the fourth-leaf stage. With 2,4-D or Banvel® tank mixes, use drop nozzles if the crop is taller than 8 inches. Do not apply in the boot stage.

Banvel® applications at 0.5 pints per acre alone or with 0.5 to 1.25 pounds active ingredient of atrazine should also be delayed until the sorghum is in the third-leaf stage. Banvel® can be applied to sorghum up to 15 inches tall. Use drop nozzles if the sorghum is over 8 inches tall.

2,4-D amine at 1 pint per acre or 2,4-D ester at 0.5 to 1.25 pints per acre can be used on 6- to 15-inch sorghum. Use the 1.25 pints per acre rate of 2,4-D ester for perennial broadleaf weeds. Use drop nozzles if the sorghum is over 8 inches tall. (WS)

Cleaning sprayer tips can help crops and the environment



Cleaning sprayers frequently and properly is an important step in safeguarding crops and the environment. As in most things, doing it right can prevent headaches in the future.

Sprayers should be cleaned in the field right after spraying in order to avoid potential accidents with leftover chemicals. The amount of cleaning—whether to use clear water or detergent—depends upon the tank's next use. A different crop and chemical will require more thorough cleaning, as any leftover chemicals from a different application could damage the next crop.

Alternating the cleanup site is important to avoid accumulating pesticide residue that can seep into groundwater. This also gives naturally occurring microbes a chance to break down the chemicals more effectively.

Keeping leftover chemicals in the tank for future use is not a safe practice. That creates a potential for spilling and accumulating microbes that could be hazardous to crops if reapplied. Carefully measuring out the amount needed for the field should avoid leftover application material. The best option for any leftover application material not exceeding five gallons is to dilute it and reapply to the fields. For any solution over that amount, consider contacting neighbors to see if they could use it or dispose as a hazardous waste.

If the chemical is still in the container, it can be stored up to a year without becoming a hazard.

Timeless tax tips for ag producers

Two excellent means of keeping both the individual operator and the IRS happy are to maintain separate business and personal checking accounts and establish a true employer-employee relationship with hired family members.

Establishing separate business and personal checking accounts not only makes the balancing act simpler, but it also enables the individual to follow the sometimes-obscure IRS guidelines. Tracing business deductions to satisfy IRS requirements is much easier when using separate accounts.

Producers and other business people employing family members must establish a true employer-employee relationship. In recent years, for example, it has become more common for agricultural producers to declare spouses as employees on their tax records. Not only does this acknowledge the active involvement many spouses have on the farm or ranch, but it also enables the producer to receive tax benefits from the spouse's contribution. Paying a spouse as an employee is a deductible expense, qualifying the individual for benefits such as health insurance.

Spouses and other employed family members, such as sons or daughters, need to maintain separate checking or savings accounts under their individual names to deposit wages received from the family business. (DV)

The question of fertilizing soybeans

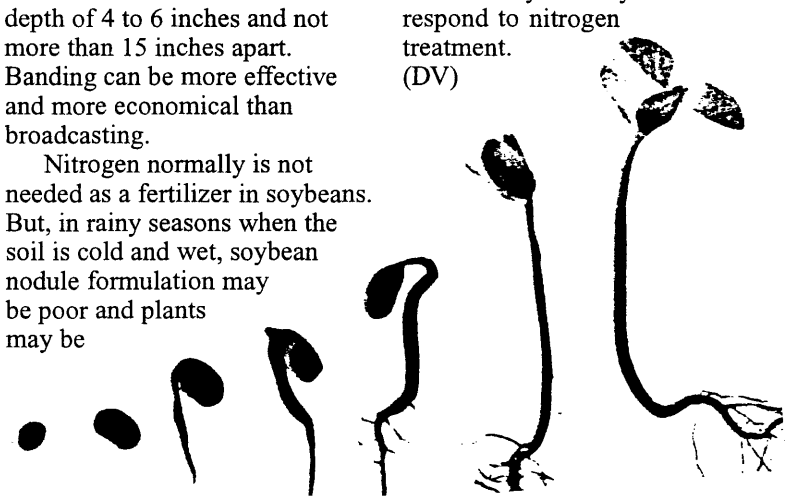
Soybean fields in Nebraska are more likely to be deficient in phosphorus than any other nutrient. Farmers considering fertilizing soybeans do not always need to apply phosphorus; they need to know whether or not the crop needs it.

Applying phosphorus directly to the soybean crop can increase soybean yields. Soybeans need phosphorus when the soil contains less than 10 ppm (parts per million), while corn or sorghum need phosphorus when soil contains less than 15 parts ppm. In soybean fields measuring below 6 ppm. studies have shown a consistent yield increase where phosphorus has been directly applied.

There are two common approaches to soybean fertilization. One is to fertilize the previous crop rather than directly apply fertilizer to the current soybean crop. Soybeans use phosphorus left over from the previous application, generally for corn or sorghum crops.

The other common option is to apply phosphorus in a band, either as a starter or knifed in to a depth of 4 to 6 inches and not more than 15 inches apart. Banding can be more effective and more economical than broadcasting.

Nitrogen normally is not needed as a fertilizer in soybeans. But, in rainy seasons when the soil is cold and wet, soybean nodule formulation may be poor and plants may be yellow, indicating possible nitrogen deficiency. To test for nitrogen deficiency, preplant a strip with nitrogen at the same time nitrogen is put on for corn. If the strip is greener later in the season, nitrogen is needed. If not, it is unlikely that soybeans will respond to nitrogen treatment. (DV)



Using alfalfa for pasture

Alfalfa is usually thought of as best for hay or silage; but, more and more its best use is for grazing.

Alfalfa produces high yields of high-quality forage without nitrogen fertilizer. Alfalfa pasture can support a large number of livestock, resulting in superior weight gains and milk production.

Alfalfa has a longer and more uniform growing season than any grass. Also, alfalfa's deep root system allows the plant to continue to grow using subsoil moisture, even when drought has halted the growth of many other plants.

Nothing beats alfalfa for versatility. When prospects are good for high hay prices, pasture can be cut for hay rather than used for grazing. When hay prices are depressed, good grazing is still available from alfalfa pastures. Also, decisions concerning hay versus grazing may be adjusted three or four times a year. No grass can offer that flexibility.

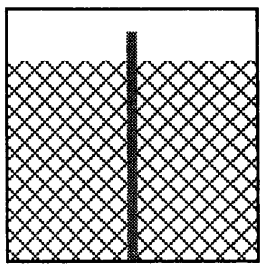
Grazing alfalfa not only produces—it saves. Dairies save by lower feed costs, less labor in feeding and harvesting feed, and lower machinery costs.

Beef producers also benefit from alfalfa by raising feeders faster and to higher weights before grain finishing with less supplement. Calves also have higher weaning weights grazing alfalfa.

Bloat and stand persistence challenge the decision to graze alfalfa, but grazing is still one of alfalfa's best uses. (WS)

Environmental Focus

Keep birds and animals from ravaging garden



Many gardeners anxiously wait to see new sprouts in their garden, but, according to UNL Wildlife Specialist Scott Hygnstrom, many small animals are ready to munch the young plants back to the ground.

Cottontail rabbits are a common nuisance in a sprouting garden because they love to eat fresh, fast-growing plants. Other garden offenders are 13-lined ground squirrels, tree squirrels and birds, not to mention dogs and cats.

The best way to keep animals, except birds, out of the garden is to surround it with a 2-foot tall chicken wire fence. This method physically keeps animals out without harming or scaring them. It gives definite, safe results and will last for several years.

First, hoe a 4-inch deep trench around the perimeter of the garden. Place a few posts in the ground and stretch the 2-foot high chicken wire around the posts. Use wire to secure the fence. Finally, bury the bottom of the fence in the trench to keep animals from digging under the barrier.

Chemical taste repellents applied to plants discourage animals from eating them. However, repellents wear off, must be applied continually and may not work in some cases. Many taste repellents are intended for ornamental plants; so, if the repellent is used in the garden, check the label to make sure it's registered for garden use.

Area repellents are placed to keep animals out of a specific area. Repellents that discourage rabbits include dried blood meal, mothballs and possibly, predator dung. An area deer repellent can be made by hanging small mesh bags containing hotel-sized deodorant soap or human hair around the garden.

Animal scare tactics are another option. Fake predators like stuffed owls and plastic snakes can be placed in the garden area to deter small animals and birds. However, animals get accustomed to these objects, so they must be moved around to make them appear more threatening.

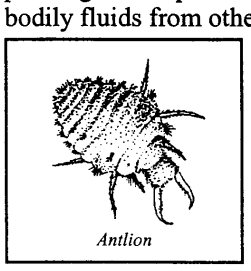
Strips of tinfoil, plastic streamers or several tin pie plates hung together on a tree will create noise when the wind blows, helping to scare the animals. Reflective items tend to magnify this effect. These items also will need to be moved occasionally to appear more threatening.

Electric fences are another possibility, but probably not the best method. They are expensive to maintain. A basic fence charger costs about $40; and, it must have a constant power supply to remain effective. This isn't a very good option if children are around the garden. (BPO)

Beneficial vs. destructive insects

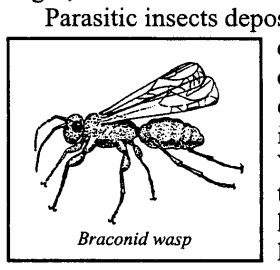
Many gardeners assume that every insect they see is destructive. The truth is that of the approximately 80,000 species of insects in North America, more that half are beneficial.

Predatory insects and mites can control garden pests. Some of these insects have large mouth parts that allow them to tear up and devour their prey. Others have piercing mouth parts that suck the bodily fluids from other insects.


Antlion

Predators include *antlions, dragonflies, fireflies, soldier bugs, ground beetles* and *ladybugs.* You can often identify predacious beetles by looking at them. If a beetle's jaw is short and chunky, it is a plant eater. If the jaw is long and pointed with sharp cutting edges, it eats other insects.

Parasitic insects deposit their


Braconid wasp

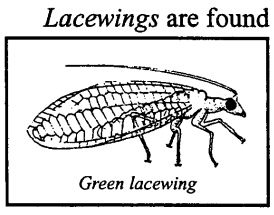
eggs on or in other insects. When the eggs hatch, the larva feed inside the victim's body. A good example of this is the parasitized tomato hornworm. The white cocoons develop on the skin of the hornworm from eggs laid by *braconid wasp.* As the wasps develop, they kill their host.

Ladybugs will eat 2½ times

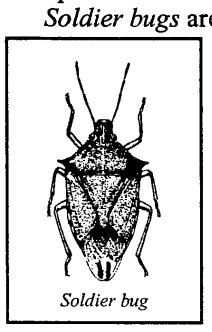

Ladybug

their weight each day in aphids, mealybugs, scale insects and mites.

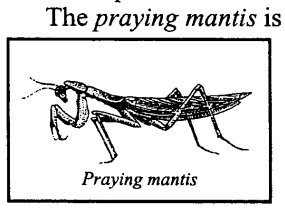
Lacewings are found throughout North America. The larva feed on aphids, thrips, scale, mealybugs, mites, moth eggs and small caterpillars.


Green lacewing

Soldier bugs are shield shaped, yellow or brown bugs about a half-inch long. After the nymphs hatch from their eggs, they become intense predators. They will eat many kinds of caterpillars, including gypsy moth caterpillars, and Colorado potato beetle larvae.


Soldier bug

The *praying mantis* is a large, predatory insect that consumes huge quantities of beetles, caterpillars and grasshoppers. The young eat aphids, flies and other small insects. Learn to recognize these and other beneficial insects in your garden.


Praying mantis

Some gardeners may want to stack the deck in their favor and order beneficial insects for the garden. Before the order is placed, make a list of the specific pests you need to control. Then, select the beneficial insects that you will need to control those specific pests. Provide a delivery address where the shipment will be cared for as soon as it arrives and will not be exposed to temperature extremes. Know and understand proper release practices so that you will be prepared to make the releases when the shipment arrives. Know proper storage requirements if the release is not to be made immediately after arrival. (MJM)

Sources for beneficial insects

ARBICO
P.O. Box 4247 CRB
Tucson, AZ 85738
800-827-2847
lacewing, praying mantis, lady beetle, soldier bug, aphid parasite, caterpillar parasite

Bozeman Bio-Tech
Box 3146
Bozeman, MT 59772
406-587-5891
lacewing, lady beetle, praying mantis

Great Lakes IPM
10220 Church Rd. NE
Vestaburg, MI 48891
517-268-5693
lacewing, lady beetle, praying mantis, whitefly parasite

Hydro-Gardens, Inc.
P.O. Box 9707
Colorado Springs, CO 80932
800-634-6362
lacewings, lady beetle, whitefly parasite

Ladies In Red
P.O. Box 202
Sherwood, OR 97140
503-625-5495
lady beetle, praying mantis

M & R Durango, Inc.
P.O. Box 886
Bayfield, CO 81122
800-526-4075
lacewing, lady beetle, whitefly parasite

Consider these methods to remove iron from your water

Iron can be a major nuisance in a private water supply. It gives water a bitter, metallic taste, stains clothes and fixtures, and promotes the growth of iron bacteria slimes in plumbing. A water quality standard of 0.3 milligrams per liter (mg/1) has been set for drinking water. Some individuals, however, can taste iron at concentrations as small as 0.1 mg/l. A number of treatment processes are available for removing iron. The selection of a treatment process depends on the chemical form of the iron and its concentration. Iron can be present in two forms—oxidized or reduced. The reduced form of iron is present in an oxygen-free environment such as groundwater. This form of iron is soluble and colorless. Reduced iron at concentrations of less than 3.0 mg/1 can either be removed through water softening or sequestered by the addition of polyphosphates. Reduced iron is oxidized to a red or yellow, insoluble precipitate when exposed to air or oxidizing agents such as chlorine, peroxide, or permanganate. Oxidized iron can be removed through filtration.

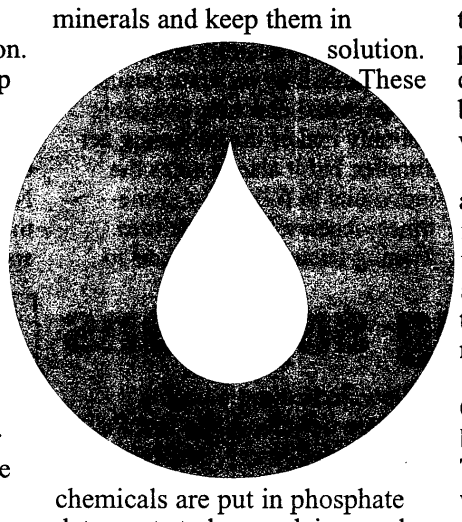
Water Softening

In addition to removing calcium and magnesium in exchange for sodium, water softeners also remove the reduced form of iron. Water softeners may remove up to 3.0 mg/1 of iron. Since iron removal reduces the softening capacity of the unit, the softener will have to be recharged more often.

It is important to note that a water softener exchanges only the reduced form of iron; red oxidized iron will foul the unit. If the iron has been oxidized before softening by exposure to air or chlorine, a sand filter should be put in front of the softener to protect it.

Polyphosphates

Polyphosphates are a family of chemicals which can surround minerals and keep them in solution. These



chemicals are put in phosphate detergents to keep calcium and magnesium from forming a gray film on clothing and fixtures. Polyphosphates injected into the water system can prevent the precipitation of reduced iron at concentrations up to 3.0 mg/1, but they cannot sequester iron which is already oxidized.

Since polyphosphates do not actually remove iron, water that is treated with these chemicals will retain a metallic taste. In addition, too great a concentration of polyphosphates will make water feel slippery.

Oxidation Followed by Filtration

The treatment process for water with very high concentrations of iron (above 10 mg/1) is oxidation followed by filtration. Iron is usually oxidized through the addition of chlorine, although peroxide, permanganate, and air may be used as well. After the oxidizing agent is added, the water should be retained to allow time for the red or yellow iron precipitate to form and the particles agglomerate to a filterable size. The red or yellow iron precipitate can then be filtered out with a sand filter. A sand filter must be backwashed periodically to remove the accumulated iron.

Oxidizing Filter

Iron can be oxidized and filtered by a single unit. Oxidizing filters contain sand coated with manganese dioxide, which oxidizes the iron to a red precipitate and then filters it out of solution.

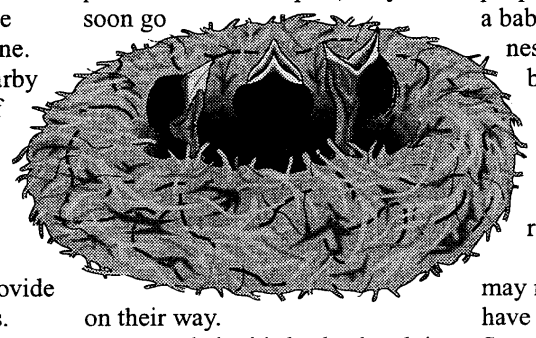
The system needs to be backwashed periodically, and the media recharged with permanganate. An oxidizing filter, good for removing iron at concentrations up to 10 mg/1, should be carefully sized to match the household water demand, and should be regularly backwashed and recharged. Proper sizing and maintenance helps prevent fouling and iron bleed-through. (DJ)

IRON CONCENTRATION	CHEMICAL FORM OF IRON	TREATMENT METHOD
Less than 3.0 mg/1	Colorless-reduced	Water softener or polyphosphates
3.0 - 10.0 mg/1	Both colorless-reduced and red-oxidized	Oxidizing filter
More than 10.0 mg/1	Both colorless-reduced and red-oxidized	Oxidation followed by filtration

Risk in "rescuing" baby animals

In spring, people frequently come across baby animals. You may find nests during garden and yard work, when trimming trees or when you're simply enjoying the outdoors. If you do find a baby animal, the best thing to do is leave it alone. Most likely, the mother is nearby and will return to take care of her baby. Unfortunately, many people feel that if they discover a baby animal, they must "rescue" it. "Rescued" baby animals rarely survive because the person cannot provide for the animal's special needs. Below are a few of the most common springtime baby animals found:

Lancaster County has an abundant cottontail rabbit population. They often nest in lawns by making a shallow depression and covering it with fur or a grass blanket. The mother leaves the litter of four to six babies in the nest during the day and returns each night to nurse them. Pets, raking or mowing may disturb the nest. If the babies are not injured, simply return them to the nest and cover them with the blanket material. Rabbits are weaned and independent at three weeks. So, if you leave them undisturbed and protect them from pets, they will soon go



on their way.

Many baby birds also hatch in spring. Baby birds hatch blind and naked. Parents feed them every five to fifteen minutes during daylight hours. When fully feathered, the young begin to explore their surroundings and they generally leave the nest before they can fly. The parents do not teach the young how to fly or hunt but they do support the young while they learn on their own. If you find a feathered baby bird, leave it alone. The parents are nearby watching and waiting for you to leave so they can bring food. If the bird is naked, pick it up and warm it in your hands. Then, return it to the nest. Many people believe that if you handle a baby bird and return it to the nest, the parents will abandon it because they smell your human scent. This is not true. Birds have a poor sense of smell. The parents will care for the baby bird if you return it to the nest.

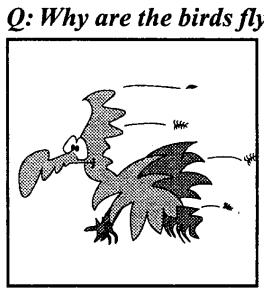
Occasionally, a baby animal may need help. The parents may have been killed or driven away. Something may have damaged the nest or injured the animal. If you must intervene, your goal should be to return the baby to the wild, not to make it a pet. First, give the animal shelter and warmth. Next, call for professional advice about how to care for the animal you have found (such as Wildlife Rescue, humane societies, nature centers or veterinarians). (SE)

Source: University of Wisconsin-Cooperative Extension Service

Environmental Focus

Wacky wildlife ways

Q: Why are the birds flying into my picture window?



A: In the early spring, birds are trying to establish territories for nesting sites. A bird may fly into the window because it is attacking a bird in its territory when actually it is a reflection of itself. Cutting down the reflection on the window will prevent a window attack. A sheer cloth or crinkled plastic wrap placed in select places on the inside of the window will help cut down on window reflections.

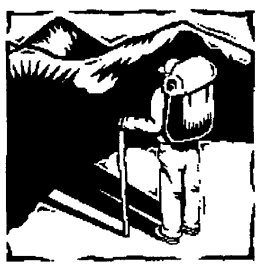
Q: Why are squirrels chewing on the wires in my car? Can I do anything about it?

A: Not all squirrels exhibit this behavior. Some car wires are encased in a soybean base which can be attractive to some squirrels. The best control of this habit is to deny the squirrels access to the car. Keep it in a garage, use a taste repellent on the wires, or cover entries to the wires. Another option is to trap the offending squirrels and remove them from the area. If you have any questions, contact your local Extension Office.

Q: Why are the grackles dropping fecal matter into my pool?

A: Grackles are very tidy after young have hatched to prevent predators from finding the nest. Fecal matter from the young is covered with a sac-like membrane which enables the adults to dispose of the waste easily away from the nest. The pool is an attractive disposal site because the water will reduce the smell from the fecal matter. (SB/BPO)

Practice hiking etiquette



If you enjoy taking long hikes in the woods on a favorite winding trail, be careful. If you're not following the "minimum impact" ethic, you might be damaging the land. A responsible hiker must follow the minimum impact ethic as a rule of environmental etiquette. The principle means that you should always act in a way that endangers the land the least. Here are a few guidelines to follow:

- Avoid popular spots in favor of less-traveled areas. Popular trails get damaged when thousands of cleated boots dislodge the soil.
- Don't "overboot" when you hike. Soft-soled running shoes are more than adequate in a mossy glen, and they won't tear up the ground.
- Whatever you carry into the outdoors, carry out. Take along a large plastic bag to remove litter left by less thoughtful hikers.
- Stay on the marked trail and don't take short cuts, which create unnecessary erosion.
- Never take home "souvenirs" from your hike. Removing a small item may seem insignificant, but everything plays a role in nature. An abandoned bird's nest might be reinhabited next year.
- Consider off-season hiking. A trek over a frozen trail can be delightful on a cold, sunny winter day. Heavy-soled shoes won't damage the earth in these conditions.
- Never construct your own trail markers. They only confuse others.

If you love the outdoors and want to preserve it for current and future hikers, follow the minimum impact ethic. You can do your part to help save the land.

Source: Penn State (SE)

Junking your junk mail

Is your mailbox filled with junk mail? Not only is it a nuisance for those who do no wish to receive it, junk mail also contributes to the solid waste problem and drains natural resources. Junk mail is typically the unsolicited second and third-class promotional mail you receive.

Americans receive almost 2 million tons of junk mail each year. Junk mail uses paper from 100 million trees annually. If you do not enjoy reading junk mail, there are steps to take to reduce the amount of unwanted junk mail you receive.

To stop unwanted junk mail that you are currently receiving:

1. Tear off mailing label.
2. Remove the pre-addressed enclosed envelope.
3. Write a note or letter requesting removal from their list.
4. Mail the letter and label back to the company.

To stop future junk mail, write a letter to the Mail Preference Service and ask them to remove your name from future mailing lists. Send to:

Direct Marketing Association
Mail Preference Service
11 West 42nd Street
PO Box 3861
New York, NY 10163

This action only reduces the flow of mail coming from national lists. Local mailing lists (community, statewide, etc.) will not receive a notice of your request to eliminate your name from the Direct Mail Association. You will have to contact the senders directly.

Help save the environment, take a few minutes to reduce the junk mail you receive. (LB)

New pesticide packaging designed for safer handling

Many chemical companies are developing new approaches to pesticide handling with the user's safety in mind. Two examples are gel packs and no-glug jugs.

Gel packs are water-soluble bags filled with a pesticide gel formulation. These premeasured packs provide an amount required for a given number of acres.

To use, remove the gel pack from its outer package and add the pack to water in a spray tank. The pack dissolves and the pesticide is released. Because the pesticide is self-contained in the pack, the user doesn't come into direct contact with it.

Even though the pesticide is self-contained, gel pack users still must wear protective clothing such as coveralls, nitrile gloves, a chemical-resistant apron, goggles or face shield, and chemical resistant shoes, shoe coverings or boots.

Gel packs allow for more convenient handling, calibration and mixing. They also reduce the number of pesticide containers to rinse, recycle or otherwise dispose of because the pack dissolves.

No-glug jugs are improved versions of traditional pesticide containers which often "glug" because air can't escape as quickly as the liquid pesticide. Glugging slows down pouring and can cause splashes and pesticide exposure.

No-glug jugs have special handles that allow air to enter as easily as liquid is poured out. The liquid flows smoothly and evenly, without glugging, and reduces potential pesticide exposure.

Empty no-glug jugs still must be triple- or pressure-rinsed before recycling. Again, users must follow label instructions and wear protective gear.

With or without the new safety features, carefully following package label directions for handling, application and disposal is crucial. These features offer the best protection when used properly.

Source: Larry Schulze, Ph.D., pesticide coordinator, Water Center/Environmental Programs, NU/IANR (DV)

Infected/infested plant materials

Gardeners have realized the limitations of fungicides and insecticides this growing season. Rainfalls have washed off protective products and limited their effective protection time on the plants. As plants and produce succumb to what mother nature is dishing out, cleanup of infected and infested plant materials is very important. All diseases and insects have some survival structure which enables them to live until the next growing season or until a susceptible host is grown.

Remove disease-infected plant material from the garden and burn or remove from the landscape area. Do not compost, because many disease organisms can survive in home compost piles. Pick up and dispose of fallen fruit as well. Control tall growing weeds and remove other debris around the garden to prevent overwintering sites for insects such as stem borers.

This year has definitely been favorable for disease development and insect infestations. Sanitation is one important way we can remove and reduce the chance for problems next year. (DJ)

Far-Out Whale Facts

When a humpback whale feeds, it can increase the size of its throat by temporarily dislocating its jaw.

Male sperm whales can dive straight down to more than a mile deep. They can hold their breath for an hour without coming up for air.

A blue whale calf weighs about 5,500 pounds at birth.

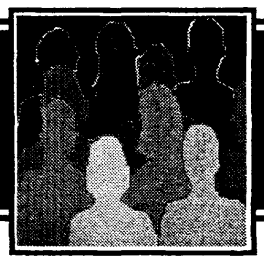
Blue whale calves grow amazingly quick. They gain up to eight pounds an hour. That adds up to about 200 pounds a day!

Blue whales are the largest animals that have ever lived. They are even larger than the largest dinosaurs.

Male humpback whales sing during breeding season. Their slow, rhythmic songs combine patterns of high- and low-pitched sounds, such as whistles, moos, groans and grunts.

Members of the same group of humpbacks sing the same song.

A humpback whale's song lasts for about 7 to 30 minutes and may be repeated for hours. (ACH)



Family Living

Roberta's remarks

Summer is fast approaching and with that our annual State Convention. We will be traveling to Broken Bow, June 7. The closing luncheon will be held on Friday, June 9. Delegates will be reporting on convention happenings at our June 26 council meeting. Dr. Connie LaBarr, director of consumer information for the Soybean Board, will be our speaker. The meeting will begin at 7 p.m. In addition, you will have the opportunity to meet our 1995 scholarship winner, Michele Kratochvil of Valparaiso.

Verna Deinert and LaDonna Pankoke will have the final details for our Sizzling Summer Sampler at the June council meeting. This event will be something new for us and perhaps it can be an annual event. Mark the date on your calendar, Tuesday, July 11, and plan on bringing a friend or two. It will be an educational as well as an entertaining evening as you "sample" the workshop like programs that have been planned. A light supper will be served; so, come right from work. There will be a nominal charge for the supper.

Many thanks go to Jean Wheelock. Jean is our Literacy Links chair and has done a great job in trying to get the program going. Since there was no response to her plea for volunteers, I think it is safe to assume that the organization is not interested in doing this project. The Literacy Links program is a very good program and desperately needed in the Lincoln Public Schools. If this program did not appeal to you, perhaps as an individual you might consider calling Lincoln Public Schools Ventures in Partnership and volunteering for any of the many, many other volunteer programs they have. The need for volunteers is great. Jean was also in charge of the Creative Writing Contest. This contest was open to all fifth graders. Students were asked to write a paper with the theme—"My favorite character in a book I have read is..." Winners are: first place—Whitney Hoesing from Norris School; second place—Jennifer Koutecky from Eagle School; and third place—Adam Root from Hamlow School in Waverly. All three winners received gift certificates from Barnes and Nobel Bookstore. Our first place winner's paper will be judged at our state convention.

Jimmi Anne Brandt was chair again this year for the Environmental Poster Contest. For some unknown reason, there were no entries.

There will be two entries from Lancaster County for the Cultural Arts Contest at State Convention. In the photo category, Joy Kruse is our county winner and her picture will be taken to convention to be judged. LaDonna Pankoke of Glamor Girls is the winner in the quilting category. Her entry will be judged at convention as well. Actually, the judging at convention is done by the membership at large. County winners' entries will be displayed in the two categories. Everyone is encouraged to view the exhibits and vote for the winning entry. Perhaps we will have a state winner, too. Prizes at the county level will be awarded at our annual Achievement Day held in October.

Remember these important dates: June 26 and July 11.

—Roberta Newburn, FCE Council Chair

fce

The FCE Council meeting is scheduled for Monday, June 26, 7 p.m. Dr. Connie LaBarr, Director of Consumer Information for the Soybean Board, will present the program. Delegates to the State FCE Convention will report on the convention. All club members are invited to attend. (LB)

People can live for months on a good compliment!

Red flags of dual careers

Managing two jobs, a home, children and marriage are challenging under the best circumstances. If any of the following conditions apply, you are at an increased risk for developing conflict—within yourself or between yourself and your mate—over your work and family roles.

• Dual-career couple who work different shifts.

• Dual-career couple with small children.

• Routine sacrifice of sleep or lunch hours to home chores or child care.

• Perception that home chores and child care responsibilities are unfairly distributed between you and your mate.

• A belief that your job and home responsibilities interfere with one another to a large extent.

• A tendency to try to get as much work (home/office) accomplished as possible, combined with reluctance to put some chores lower down on the priority list.

Generally, couples who best manage career and home conflicts do the following:

1. They don't lose sight of the marriage. The marriage is the keystone of the family. By keeping their relationship a priority, the family can withstand daily hassles and occasional periods of over involvement with one's job.

2. They say "no" to low-priority tasks and activities. Successful couples don't try to do everything. The *Superwoman* and *Superman* approach leads to burnout. Setting priorities also adds to the perception of having more *control*, a factor shown to improve stress resilience substantially.

3. They talk about their stress. One study revealed that couples under high stress who adopted the values and expectations of the "masculine role" were more dissatisfied with their lives. The components of the masculine role most associated with physical and emotional distress were:

• *restricted emotionality*: not expressing feelings;

• *reduced affection*: less shows of tenderness and affection;

• *preoccupation with success*: focus on career advancement while neglecting relationships.

Taking time to talk about stressful events with a mate provides relief and builds intimacy.

4. They don't try to work and engage in family activities at the same time. Busy parents often try to play with the kids and concentrate on a business presentation all at once, thereby doing neither well.

5. They are involved in at least one regular family ritual. Going to church every week, having a regular weekend outing, bedtime stories—all of those contribute to a sense of predictability in an otherwise fast-paced family week. Successful families convey a sense of wanting to spend time together, then they do it.

Prioritizing, making the marriage the centerpiece of the family, self-disclosure, shows of affection, and family rituals can all be a part of your life.

By taking the reins of control over life events instead of being dragged along by them, you can improve your resilience to stress. Research shows that people who believe they have more say-so over events affecting their life are healthier, happier, and likely to live longer. (LB)

Source: Dr. Paul Coleman. Getting to the Heart of the Matter: How to Resolve Ongoing Conflicts in Your Marriage Once and for All. 1994.

Read between nutrition headlines

With so many conflicting nutrition recommendations–how can you tell what to believe anymore? As reported in *Food Insight,* a publication of the International Food Information Council Foundation, here are some tips to help you decide:

• Compare yourself to the study subjects before drawing any conclusions or making sweeping changes in your habits. For instance, if the study subjects have four legs and you have two legs, don't rush out to change your life on the basis of the study.

If the subjects are two-legged, you still might want to ask yourself how closely they resemble you. If you are female, young and slim...then maybe you should take lightly the results of a study done on overweight, old men who ate 14 bran muffins a day.

• Consider the number of subjects and the amount of product they consumed in the study. Research conducted with 14 pigs who ate 24 grapefruits every day is really not substantial.

• Examine the credibility of the findings. Publication in a peer reviewed journal is a very good indication that health claims and conclusions have been substantiated by an expert panel.

• Be skeptical. You can't believe everything you read. (AH)

Creating adult/adult relationships between children and parents

Solving conflicts between parents and children often is difficult and doesn't always get easier when children become adults.

Oddly enough, adult children most often argue with their parents about the same things they argued about when they were kids. No matter what happens, the parent will always be the parent and the adult child will always be the child. Parents and children who respect each other in these roles, better respect each other as adults.

Individuals who, as children, got along with their parents often have fantastic relationships with their parents as adults. Even those who often disagreed with their parents may find their relationship improves as they grow older.

In many families, "emotional junk" builds up between parents and children. This prevents them from having an adult/adult relationship. This can be overcome if both parents and children work to break through this impediment to have a more mutual and balanced relationship.

Forming a balanced adult/adult relationship between a parent and child isn't easy. The parent must be willing to see and respond to the child as an adult, not just as a child. The parent has to give up some control and the child has to give up childlike thinking and acting, and be willing to assume more control. They must move to a "win-win" position.

When conflicts between parents and adult children arise, both need to approach the conflict quietly and unemotionally to maintain an adult/adult level. A person who acts like an adult is more likely to be treated like one.

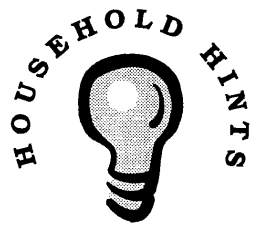
Unnecessary confrontation often leads to a standoff—which can lead to deterioration in the relationship. Angry people become defensive.

When parent/child relationships are dysfunctional, both parties probably need therapy to begin to reconcile. Both the parent and child often feel wounded and a lot of forgiveness and healing is necessary to repair a relationship.

Forgiveness and reconciliation is a difficult process when a lot of pain and anger are present, so don't expect a strained relationship to change quickly. In the meantime, neither side should bring up subjects that push "hot buttons" and provoke conflict.

Regardless of the relationship's health, it's always a good idea to treat the other person with care and respect. Saying "I love you"—without waiting for the other person—is a great healer.

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



Light streaks may appear when cleaning vertical surfaces, such as appliances and walls, with spray cleaners. This is usually caused when the cleaner drips down the surface because it stays on longer and cleans more thoroughly than areas where it is wiped off sooner. To remove streaks, respray and wipe the surface. To prevent streaks, always work from the bottom to the top of vertical surfaces. (LB)

Planning a safe food picnic

Good picnic food safety practices start in your kitchen and end with repacking food after the picnic. Here are some tips from "Food News for Consumers," a publication of the U. S. Department of Agriculture (USDA). To assure a safe picnic outing:

In the kitchen:
- Wash hands, work area and all utensils before preparing food.
- Marinate in the refrigerator.
- Don't thaw on the counter.

Menu planning:
- Plan to take only the amounts of food that you'll use.
- With proper cooler and ice, most foods are safe for short periods.
- Salads with store-bought mayonnaise are safe, if kept cold.
- Avoid creamy or custard foods.
- If a cooler is not an option, take fruits, vegetables, hard cheese, canned or dried meats, dry cereal, bread, peanut butter, crackers.

Packing it up:
- Start with *cold* food; pack right from the refrigerator.
- Always use an insulated cooler. Include a cold source in the cooler such as ice or ice packs.
- Take along disposable wash cloths.
- Plan to keep hot foods hot with a thermos or insulated dish.

On the road:
- Don't put the cooler in the trunk.
- Keep the cooler in the shade at the picnic.
- Keep the lid on; avoid repeated openings.
- Replenish the ice if it begins to melt.

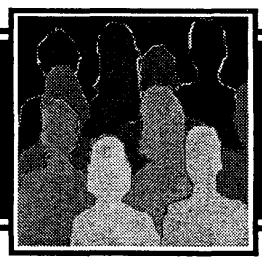
Heat and eat:
- Keep food cold until cooking on the grill.
- Cook completely at the picnic site, no partial or precooking ahead.
- Cook thoroughly–meat and poultry should not be pink, juices should run clear and fish should flake with a fork.
- Use a fresh plate for serving cooked food.
- Be careful that raw meat juices don't touch other food.

Come and get it:
- In hot weather, food should *never* sit out for over an hour.
- Serve smaller portions, so food does not stay out of the cooler too long.
- Serve food quickly from the cooler and replace it inside the cooler fast.

Repacking:
- Leftovers? If there is still ice in the cooler when you get home and the food didn't sit out at the picnic, the food is okay to save.

If you have additional questions about warm weather food safety, call the USDA Meat and Poultry Hotline at 1-800-535-4555. Hours: Monday through Friday, 9 a.m. to 3 p.m. CST. (AH)

Family Living



Videoconference: "Making a Difference in Supermarkets"

Health, industry and interested consumer representatives are invited to participate in a satellite videoconference on working together to create supermarket nutrition education programs. "Making a Difference in Supermarkets," a national program developed by the Centers for Disease Control and Prevention will be offered Thursday, June 22, 12 to 4 p.m. at the Lancaster Extension Conference Center. The Nebraska Department of Health and the University of Nebraska Cooperative Extension in Lancaster County are the local sponsors.

Participants will learn more about how consumer attitudes and expectations affect their shopping behavior and apply this knowledge in providing nutrition education programs in a supermarket. Janet Tenney, manager of Nutrition Programs for Giant Foods, Inc., a regional food chain in Maryland, will lead the program activities.

There is no charge for this program. Preregistration is requested by calling 441-7180 to assure adequate materials for participants. For more information about the program and continuing education credits, call Alice Henneman (441-7180) or Kathy Goddard (471-2781). (AH)

Reduced fat cheeses

Several varieties of reduced fat and virtually fat-free cheeses are now available. One of the differences you may find is a milder flavor. Some of the cooking techniques for using the new lowfat and no fat cheeses are different than for the regular cheeses.

Here are some suggestions for cooking with the "reduced fat" cheeses from the National Dairy Board. Keep in mind that variations in fat content and formulation may affect performance:
- When making a sauce with reduced fat cheese, keep heat exposure to a minimum, using grated, diced or slivered cheese and adding it at the very end of the cooking. Remove from heat and stir until melted. The addition of such condiments as mustard, salsa or various spices will complement the cheese's milk flavor.
- Most reduced fat cheeses melt smoothly when layered in a casserole.
- Top casseroles and baked pasta dishes with reduced fat cheese near the end of the baking time and heat until just melted. Serve immediately. Cheeses with very lowfat levels take longer to melt and may produce a "skim" when baked.
- When broiling reduced fat cheese slices on an open-faced sandwich, place it as far from the heat as possible or use a lower broiling temperature.
- To "lighten" a favorite recipe without altering the flavor or texture of the dish, replace up to one-half of the full fat cheese with a reduced fat variety.
- "Nonfat" cheeses—the Cheddar and American types—are best served "as is" in sandwiches, as a snack, on cheese boards and in salads. They tend to have a mild flavor. If desired, they can be enhanced with mustards, salsas, chutneys, red hot sauces, spices or herbs. Serve at room temperature for best texture. (AH)

Put "zest" in your life

Have you ever come across the word "zest" in a recipe and wondered what it meant?

"Zest" refers to gratings from the outer peel of any citrus fruit such as oranges, lemons and limes. Use a citrus "zester" or a small gauge grater to remove only the colored portion of the peel. The white layer or "pith" is quite bitter.

Add a citrus zest with a light hand as it is quite flavorful. Leaf through your cookbooks for ideas on how to incorporate zest into recipes you currently use. For example, you'll find citrus zest used in several fruit, dessert, vegetable and rice dishes. If you're trying to cut down on salt, sugar and fat; adding a citrus zest may be just the ticket for adding zest back into recipes.

Use the juice from remaining lemons or limes as a flavor enhancer. Again, check your cookbooks for ideas. Combining equal parts lime or lemon juice and honey makes a nice dressing for fruit salads; use in moderation ... a little goes a long way. This dressing will also keep light colored fruits like bananas, apples and pears from turning dark. (AH)

Family Community Leadership

Become involved in making decisions that affect you and your community

For more information, contact your local Cooperative Extension Office

Adolescents and their friends

As youth enter adolescence, friends occupy an increasingly important role in their lives. New kinds of friends such as opposite sex with romantic ties and peers from outside the neighborhood circle emerge. At this age, many young people shift their priority relationship from family to friends. They want to spend more of their social and leisure time with friends and less time in family activities.

At this age, many teens interact with many peer groups, some of whom may have norms and value systems very different from their own. However, it is unfair for adults to assume that all teens fit one stereotype. Research shows that most teens interact with friends who have similar family values. Furthermore, the negative influence of peers is often overemphasized.

The following are some facts about parent, adolescent and peer relations that may be helpful.

1. During adolescence, parents and adolescents become more physically and psychologically distant from each other. This normal distancing is manifested by decreases in emotional closeness and warmth, increases in parent-adolescent conflict and disagreement, and an increase in time adolescents spend with peers.

2 Increases in family strains (economic pressures, divorce, etc.) have prompted teenagers to depend more on peers for emotional support. By the high school years, most teenagers report feeling closer to friends than parents.

3. Parent-adolescent conflict increases between childhood and early adolescence, although in most families, its frequency and intensity remain low. Typically, conflict and disagreement are the result of relationship negotiation and continuing attempts by parents to socialize their adolescents, and do not signal the breakdown of parent-adolescent relations.

4. In 10 to 20 percent of families, parents and adolescents are in distressed relationships characterized by emotional coldness and frequent outbursts of anger and conflict. Adolescents in these families are at high risk for a variety of psychological and behavioral problems.

5. Youth gangs, commonly associated with inner-city neighborhoods, are becoming a recognizable peer group among youth in smaller cities, suburbs, and even rural areas. Gangs are particularly visible in communities with a significant portion of economically disadvantaged families.

6. Formal dating patterns of two generations ago have been replaced with informal socializing patterns in mixed-sex groups. This encourages casual sexual relationships that heighten the risk of exposure to AIDS and other STDs.

7. As high schools become more culturally diverse environments, ethnicity is replacing individual abilities or interests as the basis for defining peer "crowds." Crowds can be an important source of ethnic identity, but also the focus of racial tension in schools.

8. There has been an increase in part-time employment among youth, it has had little impact on peer relations. To find time for work, teenagers drop extracurricular activities, reduce time spent on homework, and withdraw from family interactions; but, they "protect" time spent with friends.

It is critically important that families provide a safe, supportive, nurturing environment for adolescents as they struggle for identity and autonomy. At the same time, families must provide limits and expectations for all members to live by. (LJ)

Adapted from an article by H. G. Lingren and Pat Steffens, Extension Family Life Specialists

Healthy Eating

Spinach Orange Salad

Fruits and vegetables served together make an interesting salad. The light orange juice dressing adds a sweet-tart flavor. Serve this salad with a baked chicken breast, seasoned lima beans and a hot crispy roll. Angel food cake with a lightly sweetened fruit topping would add a finish to the meal. You don't need a serving of milk if you've already had your two or three servings.

4 servings, about 1 cup each

Per serving:

Calories	110
Total fat	8 grams
Saturated fatty acids	Trace
Cholesterol	0
Sodium	25 milligrams

4 cups washed spinach, torn into pieces
2 medium oranges, sectioned
1/2 cup red onion, sliced
2/3 cup mushrooms, sliced
1/4 cup orange juice
2 tablespoons vinegar
2 tablespoons vegetable oil
1/2 teaspoon ground ginger
1/4 teaspoon pepper

To prepare:
Wash spinach, tear into pieces and place in bowl. Add orange sections, onion and mushrooms. Toss lightly to mix. Mix orange juice, vinegar, oil, ginger and pepper well. Pour over spinach mixture. Toss to mix. Chill.

Source: Eat a Variety of Foods, USDA-HNIS Home and Garden Bulletin No. 253-2. (AH)

4-H & Youth

4-H Bulletin Board

- Teen Council meeting is scheduled for Sunday, June 11 from 3:00-5:00 p.m. Let's plan a great Ice Cream Social for the county fair! (AMM)
- Remember to attend the Practice Lifetime Skills Judging Workshop, Monday, June 12, 1:00-3:00 p.m. Anyone interested in the judging contest is welcome to attend and find out what it is all about. Call Ann Marie for more information. (AMM)
- Demonstration and Table Setting Contests have something in common. They both have workshops on Wednesday, June 21. The demonstration workshop will be 1:00-2:45 p.m. and the table setting workshop will be 3:00-4:30 p.m. Plan on attending and take part in the *fun!* (AMM)
- Mark Monday, July 10 on your calendar for two great events! The Lifetime Skills Judging Contest will be held at 1:00 p.m. and immediately following will be the Practice Style Review. So why not make an afternoon of it and take part in both! Call Ann Marie for more information. (AMM)
- A *new* training video is available for the new Folk Arts project! The video is available for checkout from the office. This project is brand new for this year and is a great enhancement for the family life projects. Ask Ann Marie or LaDeane for more information. (AMM)
- Ak-Sar-Ben broiler entries are due in the Extension Office by June 26. 4-H members may order 50 or 100 broiler chicks and will pay only a $5 entry fee and shipping ($17.50 for 50 and $25.00 for 100) on the chicks which are provided by Campbells' Soup Company. (DS)

Animal identification affidavits due

All 4-H beef, sheep, dairy, swine and goats must be tagged, ear notched, tattooed and/or identified on 4-H Identifcation Certificates or Ownership Affidavits to be eligible for 4-H shows. These affidavits must be on file at your University of Nebraska Cooperative Extension Office by June 15 of the current year.

In addition to the June 15 deadline for filing identification forms, there is a 4:30 p.m., July 17 (horse entries are due July 10) deadline for entering animals in the Lancaster County Fair. Entries accepted after this time will be charged $5 per exhibitor and will not be listed in the show programs.

Affidavits and entry forms are available at the Extension Office. Some important dates and rules:

Sheep

- Lamb tagging will take place at State Fair Park west of the north 4-H barn Saturday, June 3, 9:00 a.m. to noon and Thursday, June 15, 4:00 to 6:00 p.m. (or by appointment).
- Scales will be set up to weigh lambs for the county rate of gain contest.
- Each exhibitor may tag 30 lambs at $.50 each.
- All market lambs must be tagged.
- Commercial ewes may use a flock tag.
- Registered ewes should be identified by the number that is in their ear and on their registration.

Swine

- All swine must be identified by ear notches in both ears (each exhibitor may identify 40 swine).
- At the Lancaster County Fair 4-H Swine Show this year, no health papers or health inspection will be required since this is a terminal show.

Feeder Calves

- A herd tag, tatoo, or state 4-H tag number will be acceptable identification for feeder calves at the Lancaster County Fair 4-H Show
- Some progress shows may require a Nebraska state 4-H ear tag
- State 4-H livestock show regulations regarding Ak-Sar-Ben state that: beef feeder calves (a) must be identified with specially designed official Nebraska 4-H ear tags, and (b) tagging of 4-H project animals must be done under the supervision of Lancaster County Extension Staff and/or by someone designated by Lancaster County Extension Staff and/or the 4-H Council
- Organizational leaders in Lancaster County, shall be the designated person(s) to supervise application of all Nebraska 4-H tags, except for their own child(ren)'s calves, and they will sign the affidavit stating that they will, by June 15, personally supervise the application of those tags that they pick up. (DS)

State 4-H Dog Judges' Videoconference

If you are interested in learning about judging dogs, then the place to be is the Lancaster Extension Conference Center, Tuesday, June 13 for the State 4-H Dog Judge's Videoconference. Registration will begin at 7:45 p.m. and the videoconference will be from 8:00 to 10:00 p.m. This dynamic videoconference will feature the following information sessions:

- Youth development concepts of judging
- Judging obedience
- Judging showmanship
- Blending AKC with 4-H and teaching as you judge

This videoconference targets persons currently judging 4-H dog shows or those interested in becoming 4-H dog judges. Youth enrolled in dog projects and volunteers working in the 4-H dog project would also benefit from participation in this session. Please sign up for this excellent opportunity by calling the office by 4:30 p.m., Tuesday, June 6. (DS)

Attention 4-H gardeners

The 4-H Pre-Fair Vegetable & Flower Show will be held July 5, 1-4 p.m. at the Lancaster County Extension Center. 4-H members planning to exhibit at the Lancaster County Fair can bring one exhibit, either a flower or vegetable, to the pre-fair show. Follow the rules outlined in the fair book for exhibiting. Ribbons will be given to each exhibit and an overall "best of show" exhibit will be recognized.

While exhibits are judged, a workshop will be held to prepare individuals for the county fair and horticulture contest, July 10.

4-H Horticulture Home Study Manual

A home study manual is available to 4-H members interested in preparing for the 4-H Horticulture Contest. This manual will help you prepare for the plant identification portion of the 4-H Horticulture Contest held July 10. If you're interested in receiving this home study manual, contact Mary Jane.

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*_____

Other county fair info

New policy on picking up county fair exhibits

Extension staff will no longer take responsibility for exhibits not picked up at the close of the fair on Saturday, August 5. If you will be unable to pick up your exhibit, please make arrangements with someone else to do so. Anything left at the fair will be thrown away or given to charity. We no longer have storage space at the office to accommodate the number of exhibits being left. Thanks for your cooperation! (LJ)

Child development update

If you are enrolled in child development and plan on entering a toy made for a baby, toddler, preschooler or grade-schooler, please read the following:

Many exhibits in 4-H require that the 4-H member use their creativity and actually "make" the exhibit. There have been some cases where exhibits entered in the toy classes have not been "made." Workmanship is one of the things being judged, and if the article or part of the article is not "made" or "constructed" in some way, there is no workmanship to judge.

Please remember this when preparing exhibits for the fair. If you have any questions, please let us know. The scoresheets for these classes are available for review. Thanks for your cooperation. (AMM)

New: Parental permission to camp on grounds

It will be necessary for youth who anticipate staying overnight on the fairgrounds during the Lancaster County Fair to have a signed permission form on file at the Extension Office by July 10 for horse exhibitors and July 17 for all other animal exhibitors. The permission form must designate an adult who will be staying with the youth. The person may be a 4-H club leader, parent, or other responsible adult. Forms are available at the Extension Office. (LJ)

County 4-H contests are 4-U!

Every year there are five different contests organized for any 4-H member who wants to take part. They are a lot of *fun,* you can learn a lot, you can make new friends and you will learn to perfect your communication skills! Let's take a look at these contests and why you should be a part of the *fun!*

Lifetime Skills Judging Contest. This contest is broken into junior and senior divisions and will be held Monday, July 10 at 1:00 pm. Individuals will review situations and then, from the information given or shown, answer five questions. This contest will test your knowledge in a variety of different areas and will help you to defend your answers by giving oral reasons. A workshop will be held Monday, June 12 at 1:00 p.m. to preview the contest. Challenging, *fun* and worthwhile can describe the Lifetime Skills Judging Contest. *No preregistration is necessary.*

Music Contest. A 4-H group of three or more individuals perform their own routine *live* on the stage of UNL's Kimball Hall at the 4-H Music Contest! The group will be able to sing, dance or play instruments within a six minute time period. This great group activity helps you to understand how to work with a number of people, have *fun,* build confidence on stage and show off your talents! The 4-H Music Contest is held Thursday, July 27 at UNL Kimball Hall. *Pre-registration is due by Monday, July 17 and the start time will be determined by the number of groups competing.*

Style Revue. Any 4-H member enrolled in Decorate Your Duds or a sewing project more advanced than Sewing For Fun is eligible to model in the style revue. The individual must model a complete wearable outfit and various areas are judged in the different projects. The judging is held Wednesday, July 26 at the First Lutheran Church on 70th & A Streets. A publc style revue is held Thursday, August 3 at the Bob Devaney Sports Center at 7:00 p.m during the Lancaster County Fair. A style review workshop is scheduled for Monday, July 10 immediately following the Lifetime Skills Contest. A great way to build confidence, model the outfit *you* made and have *fun* on stage! *Preregistration is due by Monday, July 17.*

Table Setting Contest. First you select an area (formal, birthday, casual, picnic or holiday) then you bring your card table, one place setting, a menu, a centerpiece and anything else you would like for your table and come to the Table Setting Contest! Present your table to the judge and get ideas from other 4-H members involved. A Table Setting Workshop will be held Wednesday, June 21 from 3:00-4:30 p.m. immediately following the demonstration workshop. The Table Setting Contest will be held during the county fair Friday, August 4, Ag Hall beginning at 9:00 a.m. An everyday occurance such as setting the table can be fun, educational and creative. *Preregistration is due by Monday, July 17.*

Demonstration Contest. Sharing ideas with others is the key to the 4-H Demonstration Contest. Any 4-H member is welcome to do a demonstration on any topic they choose. An individual demonstration cannot exceed 20 minutes and a team demo cannot exceed 30 minutes. The demonstration contest will be held twice to accommodate everyone's schedule. The first contest is Monday, July 17—preregistration is due by July 10 for this contest. The second contest will be held Saturday, August 5 at the Lancaster County Fair—preregistration for this contest is July 17. The county fair contest will also include the Beef Ambassador Contest, Turkey BBQ Contest and Egg Preparation Contest. A demonstration workshop is scheduled for Wednesday, June 21 at 1:00 p.m. Learn to speak in front of a group, share your creative ideas with others and be a winner in the demonstration contest! (AMM)

The 5-W's of 4-H contests

WHO
All youth enrolled in the 4-H program and interested in *fun!*

WHAT
Choose from the
- Music Contest
- Lifetime Skills
- Judging Contest
- Style Revue
- Table Setting Contest
- Demonstration Contest

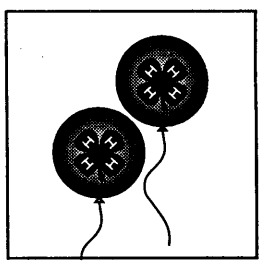
WHERE
- Kimball Hall
- State Fair Park
- Bob Devaney Sports Center
- Lancaster Extension Conference Center

WHY
To help 4-H members become better communicators, leaders, educators and to have FUN!

WHEN
July and August 1995

See related article for more information on 4-H contests.

Let's work in the 4-H food booth!



One of the most fun things you can do at the county fair is work in the 4-H food booth! You make new friends, learn about working with people and help the 4-H Council make money to fund the Lancaster County 4-H Program!

• Some changes have been made in scheduling workers for the food booths this year. The 4-H Council has assigned clubs and independent members to work in the food booths during the county fair. They have taken into consideration the age of the 4-H members and the food booth they are working in and the types of projects the 4-H members are enrolled in so they won't overlap a show/contest.

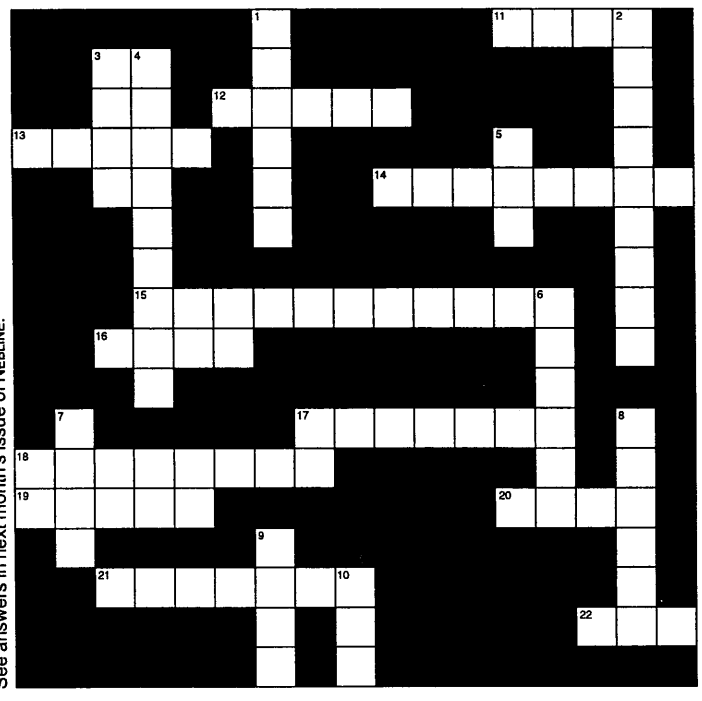
• It is the responsibility of the 4-H club/member to find a replacement if the assigned shift will not fit their schedule. A confirmation card will then be sent back by the leader to the 4-H Council Food Booth Committee by July 1.

Hopefully, this procedure will work for everyone involved. The 4-H Council appreciates the support of the 4-H members, parents and all volunteers! If you have any questions, please call Penny Carriotto at 488-3792 or Pam Stearley at 488-1277. See you at the Lancaster County Fair 4-H Food Booth! (AMM)

Embryology Crossword

Down - 1 to 10
1. A young hen
2. Days required for a chicken egg to hatch
3. A sound made by a rooster.
4. A machine used for hatching eggs
5. The breaking of the egg shell before the chick emerges
6. The chick in its earliest stage of development
7. A bird's bill
8. Process of examining an egg by holding it in front of a light
9. A movable, feathered limb of a chicken
10. Which came first, the ___ or the chicken?

Across - 11 to 22
11. Where a hen will lay an egg
12. A sound made by a hen
13. A group of chickens
14. Moisture in the air
15. A thermometer is used to record this
16. Yellow portion of an egg
17. A male chicken
18. The covering over a chicken's body
19. To emerge out of an egg
20. Common feed for chickens
21. Opposite of infertile
22. A female chicken



See answers in next month's issue of NEBLINE.

4-H & Youth

1995 Fair Fun Day
Thursday, August 3
State Fair Park

Designed for kindergarten graduates through 4th grade

Day Care Groups
9:00-10:30 a.m.
10:45 a.m.-12:15 p.m.
1:00-2:30 p.m.

Watch your mail for further information and sign-up
Contact: Extension Assistant Cindy Blome, 441-7180

HORSE BITS

District and State Horse Shows

The District and State Horse Shows will be held Friday, June 16 in Fairbury, Monday, June 19 in Weeping Water (Level II English classes offered) and Wednesday, June 21 in Tekamah. The 1995 4-H Horse Expo is July 10-13 in Grand Island. (CB)

Pre-District Warm-Up

The two-day training activity will be held Saturday and Sunday, June 10 and 11 at the 4-H arena, State Fair Park. Advanced registration is not required and younger 4-H members are encouraged to attend; even if they are not old enough to participate at districts. The registration fee is $3 per event with no limit to the number of events per exhibitor.

Training sessions Saturday, June 10 will begin at 10:00 a.m. with English Pleasure and English Equitation classes. The afternoon sessions will begin at 1:00 p.m. with Western Pleasure and Western Horsemanship. Instruction will be given to each rider on the rail pattern as required at district qualification shows. Riding in groups according to ribbon designations will also follow the procedures of the district shows. Group riding sessions will be divided into junior and senior age groups.

Training sessions Sunday, June 11 will include reining patterns at 9:00 a.m., pole bending at 1:00 p.m. and barrel racing at 3:00 p.m.

Qualified instructors will supervise each event. This is not a competitive show, but an instruction clinic to help riders qualify at one of the district qualification shows to be held Friday, June 16 at Fairbury; Monday, June 19 at Weeping Water; or Wednesday, June 21 at Tekamah. All English riders will be required to attend the Weeping Water District Show. (CB)

Level Testing

Club leaders, remember that all registered 4-H club members *must* have passed their Level I—Horsemanship Test prior to the start of the county fair. Several revisions are being made to the levels testing program; but at this time, the following testing procedure should be followed. As soon as the new program is available and in place, an outline will be sent to all 4-H club leaders and independent members:

Level I—Club leader

Level II—Club leader or visiting leader

Level III—Someone other than 4-H member's own club leader that has been approved by the Extension Office. A list is available from the office or club leader

Level IV—List of approved Level IV examiners is available through the office

If you would like to be considered as a Level III or IV examiner, please contact Cindy at the office. (CB)

Tips for Buying First Horse Include Age, Soundness, Disposition

What to look for in buying a horse depends upon who it's for and what the horse will be used for. Is the rider a beginner or advanced? Is the horse for western roping or English jumping? The horse should be compatible with the experience of the rider.

A horse should be safe and dependable, especially if it's for a child. The horse should be quiet and have a good personality, not irritable and nippy. Horses can be found through newspaper ads, 4-H groups, horse breeders and trainers, or horse sales and livestock auctions. If you plan to buy at an auction, a knowledgeable person should come along on the trip to pick out details the untrained eye wouldn't see.

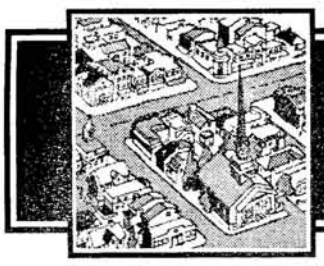
A horse under age four will still have its coltish ways and lack experience with a rider. Horses five and older are usually more physically and mentally mature, making them a better choice for the beginning rider.

You get what you pay for when you buy a horse. A $500 horse may seem economical, but there's probably a reason for the price. A horse may be unruly, poorly trained or have health problems, so beware. A first horse should be worth between $1,000 and $3,500.

Have a veterinarian health check the animal before buying. Make sure the horse is sound in its feet and not lame.

Once you have the horse, get to know it through day-to-day working and grooming. It's a good idea to ride the new horse in an enclosed area the first few times until horse and the rider become better acquainted.

Source: Kathy Anderson, Ph.D., Horse Specialist UNL (CB)



Shires to serve as interim unit leader

During the next few months, the Lancaster County Extension Board and the University of Nebraska Cooperative Extension will be looking for a replacement for retiring unit leader Don D. Miller. During this period, Warder "Gus" Shires will be the interim unit leader of the University of Nebraska Cooperative Extension in Lancaster County.

Shires has been an Extension Educator, Agriculture, in Lancaster County since April 1, 1985. His primary program areas include:

- Agriculture and Natural Resources
- Solid Waste Management
- Land Application of Biosolids and Organic Fertilizers
- 4-H Horse Activities

Before moving to Lancaster County, he was the agent chair in Nemaha County. He has also served 20 years as an Air Force pilot. Currently, he is a member of the Nebraska wing of the Civil Air Patrol.

Shires is a native of Elliot, Iowa. He received his B.S. and M.S. in Agronomy and Agricultural Education at the University of Nebraska.

National Volunteer Week

During National Volunteer Week, April 23-29, the Lancaster County Extension Office extended a hearty "Thank You" to the hundreds of volunteers who help us fulfill our mission. Without their positive support, our ability to reach out to our community would be considerably lessened.

Because volunteers have made positive changes in the lives of others, the Points of Light Foundation has established the theme "Volunteer: Because Change is Possible" for 1995. According to a "Giving and Volunteering in the United States 1994" survey conducted by the Independent Sector and Gallup, 89.2 million people volunteered 19.5 billion hours in 1993. The value of this time in 1993 was an estimated $182 billion. Forty-eight percent of Americans volunteered an average of 4.2 hours per week in 1993.

Twenty-seven percent of the volunteers gave five or more hours per week doing community service. Thirty-seven percent of the volunteers reported that they were giving more hours than three years ago, up 33 percent.

The most significant increases in volunteering occurred among senior citizens, age 75 and older and among divorced, separated and widowed persons. Certain demographic groups are asked to volunteer less often: African Americans and Hispanics; families with household incomes under $20,000; single people; people who are divorced, widowed or separated; and persons who are not employed. But, when asked, these groups volunteered at a similar or even higher rate than the national average.

Nearly 75 percent of those surveyed believed that organizations such as Cooperative Extension and 4-H play a major role in making communities a better place to live.

Here, as everywhere, Cooperative Extension is engaging more people more effectively in volunteer and community service aimed at creating a positive environment for people in their communities. For information about joining the fantastic group of volunteers in the Lancaster County Extension Office, call 441-7180.

Adapted from an article by Janet E. Fox, 4-H Youth Development Specialist, NU/IANR (LJ)

Factors in delegating effectively

Multiply effectiveness through delegation.

1. Define responsibilities clearly. Describe freedoms and limitations. This allows for consistency.
2. When delegating, delegate complete segments rather than bits and pieces.
3. Maximize strengths through choosing the right people for the appropriate task. Determine strengths and weaknesses of staff and delegate accordingly.
4. Provide adequate feedback. Be honest and accurate in assessment of how they are doing. Emphasize what went wrong, not who.
5. Set goals and performance standards together.
6. Provide support through sharing knowledge, information, and plans with them.
7. Give those with responsibility for implementing a program a voice in the decision making. Freely consult with those involved.
8. Commend and encourage. Reward accomplishments.
9. Let go! Fully delegate and allow for personal success or failure. Delegation also involves the transfer of authority–remember our definition.
10. Thank yous!

Delegation does not eliminate work, it changes it.

Source: The Effective Management of Volunteer Programs, Marlene Wilson, 1981. (LB)

"Work and Family Policies in the Midwest: Business, People and Economic Development"

An executive summary, "Work and Family Policies in the Midwest: Business, People and Economic Development," provides valuable information about ways in which companies have implemented policies and programs designed to assist employees in managing work and family responsibilities more effectively. Over 400 businesses in North Dakota, South Dakota, Iowa and Nebraska were randomly selected and interviewed in this research supported by a North Central Regional Center for Rural Development grant. Companies were asked questions about:

- Flexibility in work arrangements (time and place)
- Types of leaves offered (vacation, sick, funeral, and family)
- Assistance with dependent care arrangements (child and elderly)
- Climate of organizational and supervisory support
- Economic benefits (health and life insurance)

Findings from the study include:

- Larger companies offer more support in terms of dependent care, organizational climate and economic benefit.
- Companies with a higher percentage of women are more likely to be flexible and offer assistance with dependent care.
- The organizational climate is less favorable and economic benefits less generous in companies with a high percentage of part-time workers despite the fact that they offer greater flexibility.
- Firms that are subsidaries of larger companies, which determine policy, are more generous in terms of leave, dependent care, organizational climate and economic benefits than those that are independently owned. However, independently owned firms are more likely to be flexible.

Companies that wish to be more supportive of employees could, according to the report:

- Ask employees about their needs and potential solutions in balancing work and personal issues (task force, needs assessment).
- Adopt low-cost policies and benefits: flexible work arrangements, information and referral services for dependent care needs. There are many low-cost and creative ways to be supportive of employees' needs.
- Maintain or establish an employee assistance program for employees and their families.
- Sponsor workshops and/or offer information about work and family issues (parenting, stress management and retirement planning).
- Continue to offer economic benefits (health and life insurance).
- Promote an alliance of business, citizen groups and community leaders who will commit to an ongoing process of addressing work and family issues.
- Offer flexible spending accounts/pre-tax transfers.
- Evaluate current policies and benefits for part-time employees. (LJ)

Practices of exemplary leaders

The following have been found to be practices of exemplary leaders:

Challenging the Process
Searching for opportunities
Experimenting

Inspiring a Shared Vision
Envisioning the future
Enlisting others

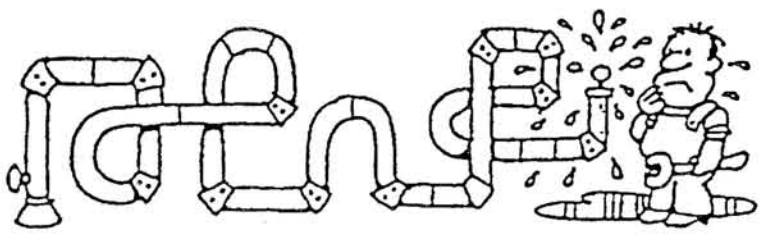
Enabling Others to Act
Fostering collaboration
Strengthening others

Modeling the Way
Setting an example
Planning small wins

Encouraging the Heart
Recognizing contributions
Celebrating accomplishments

From the *Leadership Challenge* by James M. Kouzes and Barry Z. Posner, San Francisco: Jossey-Bass, Inc. 1987. (LJ)

Crisis Home Repairs
for Lancaster County Homeowners



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

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 Extension Office receptionist 8:00 a.m.-4:30 p.m. M-F

Internet

From page 1

IANR Gopher
To the right is the root menu of the IANR *gopher (figure 1).* The address of this menu is **unlvm.unl.edu**. Once you are at this menu you can easily find IANR and UNL information, including information on how to use the Internet. This gopher is interconnected with more than 5,000 other known gophers (gopher accessible servers) around the world. This interface is basically a "point and shoot" menu: using your arrow keys, you move your cursor to a selected menu item and hit the enter key— which takes you to the next menu layer.

World-Wide Web
Perhaps more significant and certainly more fun is the power of using a World-Wide Web (WWW) browser to look at the Internet through a graphical "point and click" environment where the user can navigate through endless connections of "pages" related to as many topics as there are topics to list ... in otherwords, everything under the sun.

IANR WWW Home Page
Figure 2 shows IANR's Home Page as of May 4, 1995. The items underlined are menu items which are selectable and lead to more information on the topic. IANR's WWW page is linked to other Extension pages, University of Nebraska pages, State of Nebraska pages as well as many other locations. **IANR Home Page Address is http://unlvm.unl.edu.**

IANR Information Page
Figure 3 shows the IANR information page. This menu leads to most of the Extension and IANR information developed on campus. Here is where you can get weather information, access newsletters and check into the horticulture department.

figure 1

```
------------------------------------------------------------------------------
Rice CMS Gopher 2.4.1                                          unlvm.unl.edu
1/19
                                  (root menu)
<menu>      Institute of Ag & Natural Resources (IANR) Information
<document>  What's New on IANR Gopher (last update Mar 7)
<document>  Welcome to IANR Gopher
<document>  YTERM users please read
<document>           OTHER GOPHERS
<menu>      NU Frontier - Campus-Wide Information System (CWIS)
<menu>      Selected Gopher Servers
<menu>      Gophers of the World
<menu>      Gopher Jewels - Gophers by Subject
<menu>      Electronic Phonebooks
<menu>      Search Gopherspace using Veronica and Jughead
<document>           OTHER INFORMATION
<menu>      Ag Market Reports
<menu>      Current News
<menu>      Farm Bill Information
<menu>      Government
<menu>          Internet Information, including Gopher
<menu>      Personal Computer Information
<menu>      Weather
1= Help       2=          3= Return    4= Print      5= Receive  6= Find
7= Backward   8= Forward  9= Bookmark 10= Booklist  11=         12= Quit
------------------------------------------------------------------------------
```

figure 2

University of Nebraska-Lincoln Institute of Agriculture & Natural Resources (IANR) WWW Home Page

What's New on this server - Last updated March 8

IANR Information from Divisions, Departments, Centers

International News
1995 Farm Bill Information
Weather World

Nebraska WWW Servers
Federal Government WWW Servers
Other WWW Servers
Internet Information

Institute of Agriculture & Natural Resources Gopher
Selected Gophers
Gopher Jewels - Gophers by Subject
Gophers of the World

SUGGESTIONS or QUESTIONS about IANR WWW

figure 3

IANR Information

April 21, 1995

About IANR
Agricultural Economics
Biological Systems Engineering
Calendar of Events
CALMIT - Center for Advanced Land Mgt Info Tech
Environmental Education from Forestry, Fisheries & Wildlife Dept
Environmental Programs
Fact Sheets
Family and Consumer Sciences
Food Science & Technology/Food Processing Center
Horticulture
Industrial Agriculture Products Center
Insect Ecology
Nematode Information
Newsletters
Water Center

Source: Some of the above information is taken directly from the University of Nebraska-Lincoln, Institute of Agriculture and Natural Resources pamphlet "IANR on the Internet: Making University of Nebraska Information Available To the World."

Watch Channel 21, Lincoln CableVision
Saturdays in May for

"Make the Best Better"

(4-H New Leader Training)
with
Ann Marie Moravec

9 a.m.—Make the Best Better Part 1 (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)

A message from Fireman Bill

Fire has been an important part of our lives since our ancestors lived in caves. Since the Stone Age, we have used fire to cook food and to keep us warm on a cold night. If left uncontrolled, fire also has the ability to bring needless injury or death to those we love. Today's kids play perhaps the most important role in fire prevention and fire safety in their homes, where most fatal fires occur. Your pals at Southeast Fire would like you to be a "Cool, Fire Safe Kid." Here's how:

If you find matches or a cigarette lighter, tell an adult right away. Also, keep matches and lighters away from younger brothers, sisters and friends.

Ask your family to help you devise or review a home fire escape plan so your family will know what to do and where to go in case of a fire.

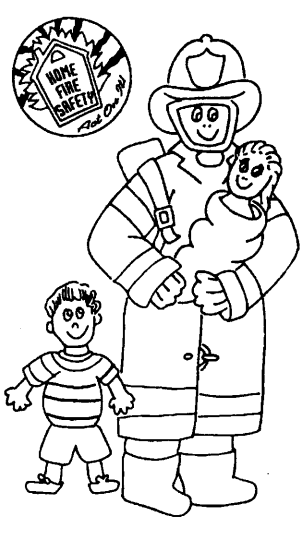
Make sure your home has a properly installed UL listed smoke detector. Ask the grown-ups in your home to test the detector at least once a week.

If you see a fire breaking out, get away from it and tell an adult right away. Also, remember to STOP, DROP and ROLL if your clothing catches on fire.

Know how to call for help. In Lancaster County, you can summon the fire department, police and/or sheriff department and ambulance services by dialing 911. This is a FREE CALL from any phone (including pay phones and cellulars)!

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

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

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

THE NEBLINE is produced and edited by Jeff Gaskins, publication & resource assistant. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Jeff Gaskins (402) 441-7180 for more information .

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

PHONE NUMBERS:

Office (leave message after hours) 441-7180
After hours 441-7170
FAX 441-7148
GARDEN GOSSIP HOTLINE 441-7179
COMPOSTING HOTLINE 441-7147
NEBLINE RBBS 441-7149
OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

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

June 1
4-H Project Registration Deadline
4-H Horse ID Deadline Date

June 2
Staff In Training (SIT Training)—*4-H Camp*
4-H Production Livestock Booster Club Meeting..... 8:00 p.m.
Pesticide Container Recycling—*Waverly Farmer's Union Co-op*..... 9:00 a.m.-3:00 p.m.

June 3
4-H Lamb Tagging Day—*4-H North Barn*..... 9:00 a.m.-noon

June 3-5
Camp Counselor Training—*Gretna*

June 6
4-H Council Meeting.....7:00 p.m.

June 6-8
Fish Camp—*Gretna*

June 7-9
ExpoVisions—*UNL Campus, Lincoln*

June 9
Pesticide Container Recycling—*Greenwood Farmer's Co-op*.....9:00 a.m.-3:00 p.m.

June 9-12
Outdoor Skills I Camp—*Gretna*

June 10-11
Horse Pre-District Warm Up Show—*4-H Arena, State Fair Park*

June 11
Teen Council Meeting..... 3:00-5:00 p.m.

June 12
Extension Board Meeting.....7:30 p.m.
Practice Lifetime Skills Judging.....1:00 p.m.

June 13
State 4-H Dog Judge's Videoconference.....8:00-10:00 p.m.

June 13-16
Niobrara Camp—*Gretna*
Summer Safari I Camp—*Gretna*

June 14
4-H Horse VIPS Meeting.....7:30 p.m.

June 15
"Exploring Cultures" Day Camp.....9:00 a.m.-4:30 p.m.
Canoe Trip Applications Due
4-H Lamb Tagging Day—*4-H North Barn*.....4:00-6:00 p.m.
Fair Board Meeting..... 7:30 p.m.
4-H Cattle, Dairy Goats, Sheep and Swine ID's Deadline

June 16
District Horse Show—*Fairbury*
Pesticide Container Recycling—*Farmer's Union Co-op, Gretna*..... 9:00 a.m.-3:00 p.m.

June 17-21
Boldly Bound Camp—*Gretna*

June 19
District Horse Show—*Weeping Water*

June 20
Star City Rabbit Raisers 4-H Club Meeting.....7:00 p.m.

June 21
Practice Demonstration Workshop..... 1:00 p.m.
District Horse Show—*Tekamah*
Table Setting Workshop.....3:00-4:30 p.m.

June 22-25
Outdoor Skills II Camp—*Gretna*

June 22
"Making a Difference in Supermarkets" Workshop.....noon-4:00 p.m.

June 23
Pesticide Container Recycling—*Otte Oil & Propane, Wahoo*..... 9:00 a.m.-3:00 p.m.

June 26
Ak-Sar-Ben Broiler Entries Due

June 26-28
Wet-n-Wild I Camp—*Gretna*

June 27-30
Niobrara II Camp—*Gretna*

June 29-July 2
Backstage Camp—*Gretna*

June 30
Pesticide Container Recycling—*Countryside Cooperative, Raymond*..... 9:00 a.m.-3:00 p.m.

July 1
State and National 4-H Scholarship Applications Due