7-1995

The NEBLINE, July 1995

The NEBLINE®

University of Nebraska Cooperative Extension
Lancaster County

July 1995
Vol. VIII, No. 7

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

Summertime is camp time

Ann Marie Moravec
Extension Assistant

Do you love to wander through the woods and learn about nature? Is canoeing something you would love to do? Have you ever fed a porcupine? Would you like to increase your awareness and self-confidence? Looking for a *fun* adventure this summer? If you answered *yes* to even one of these questions, you should find out about the Eastern Nebraska 4-H Center.

The 4-H Center is located within Schramm Park, about six miles south of the Gretna exit off Interstate 80. This beautiful camp is set on top of a hill with the flagpole at its center. Nestled in the woods to the north and east you will find 17 cabins. Each cabin is furnished with modern bathrooms, heat and 10 beds. To the west is a big, beautiful lodge where activities are held and meals are served. To the south is a large sports court donated by the Sunrise Kiwanis Club.

The 4-H Center is utilized by over 8,000 people throughout the year. Businesses and organizations use the center as a retreat. Thirty-five schools visit the camp to explore practical applications of school science projects. And of course there is 4-H CAMP!

Jim Bell has served as camp director for 12 years and puts all his energy into the camp. Talking to Jim, it's easy to see that he enjoys his job, the counselors, staff members and youth that visit the camp!

The 4-H Center employs four staff members year-round; 12 college-age staff to work the three summer months; several S.I.T.'s (Staff In Training) for 2-3 weeks during summer; and 72 volunteer counselors age 14 and over from throughout the Southeast District. Lancaster County is well-represented at the 4-H Center. Each year two or three youth from Lancaster County work their way up through the counselor ranks to become staff members.

"The Eastern Nebraska 4-H Center stresses friendship and building self-esteem," says Jim. Each of the 14 camps held each summer are different. The average length of camp is 3-4 days. Up to 135 campers are welcomed each session. Any youth age 8-14 is welcome to attend camp and need not be a 4-H member. Campers are encouraged to bring a friend; however, counselors are trained to be sensitive to those who don't. Nine times out of ten it takes only a short while for everyone to be having a great time together!

Each camp has its own theme, from fishing to sports to nature—and lots more. There are many popular activities during camp like the evening campfire with the skits, songs and friendships that make them special. Canoeing, animals and the Confidence Course are also popular, although kids will tell you they enjoy everything about 4-H camp.

Everyone carries away memories from the Eastern Nebraska 4-H Center. Camp Director Jim Bell sees something unique happen to counselors when they come to camp. "When a counselor gains self-confidence and realizes they can make mature decisions and bring success to a situation; that is the most memorable for me." All-around, the 4-H Center develops personal growth and is great leadership training.

The 4-H Center continues to grow in many different ways. The new Inspiration Center was built so the camp could host more than one group at a time and a deck is scheduled to be added on to the back of the center where visitors may gaze out over the natural habitat in the adjacent woods.

The 4-H Center retains one counselor for every six campers. Staff are trained to mainstream physically-challenged youth into camp in ways similar to the public school system.

Nature, crafts, photography, archery, a water slide, the Confidence Course, sports and much more are all part of the Eastern Nebraska 4-H Center. Jim Bell says it best: "While we have 4-H youth attending the camp, we're not here to sell the 4-H program—we're here as part of the overall University Extension program to help youth at risk build self-esteem and create an environment distinctively different from the troubled streets."

There is still time to take part in 4-H camp this summer. Call the Lancaster County Extension Office, 441-7180 or the Eastern Nebraska 4-H Center, (402) 332-4496 for more information. 4-H Camp is a great place for kids to grow socially, experience nature, make friends and have FUN!

4-H Camp is a great summer place to make new friends and have fun.

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
"Correct Timing Key to 2,4-D"—page 3

Natural Resources and Environmental Management
"Preserving Nebraska's Saline Wetlands"—page 5

Children, Youth and Families
"Plan Vacation with the Kids"—page 6

Nutrition, Food Safety and Quality
"Deceived by Food Safety Myths"—page 7

Strengthening Neighborhoods and Communities
"Mediation: A Community Resource"—page 10

Ag producers—recycle plastic pesticide containers

Most Fridays 9:00 a.m. - 3:00 p.m.

Collection Site	Date	Location
Countryside Cooperative	June 30	Raymond
Countryside Cooperative	July 7	Milford
Blue Valley Cooperative	July 14	Tamora
Dorchester Farmer's Co-op	July 21	Dorchester
Land O' Lakes	July 28	Wilber
Lancaster County Fair	August 3 (Thurs.)	Ag Hall, State Fair Park
Firth Cooperative Company	August 11	Firth
Southeast Nebraska Co-op	August 18	Beatrice
Farmer's Co-op Elevator	August 25	Plymouth
Lancaster Extension Conference Center	September 8	444 Cherrycreek Road, Lincoln
Lancaster Extension Conference Center	September 22	444 Cherrycreek Road, Lincoln

Correction

In the last issue of NEBLINE we ran an article on how to stop unwanted junk mail. We inadvertently gave you an old address. The correct address is:

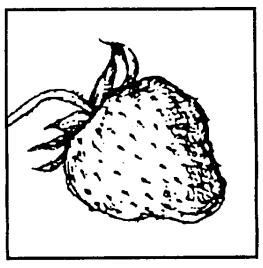
Mail Preference Service
Direct Marketing Association
Box 9008
Farmingdale, NY 11735-9008

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

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska

Horticulture

Be berry careful



The strawberry harvest may be over—but now is no time to turn your back on your strawberry patch. Post-harvest care is an important part of keeping your patch healthy and productive.

Home gardeners should consider renovating their berry patches after harvest. With yearly renovation, weed control and insect control, you can keep a strawberry planting producing for 5-10 years.

Begin the renovation by mowing or trimming off the leaves just above the crowns. Removing the foliage reduces the opportunities for disease organisms to get established.

Thin narrow and matted rows (8-10 inches wide) by tilling or hoeing. Thin plants (one plant every 6-8 inches) by removing older plants and leaving the younger, more vigorous ones. This gives your plants a little elbow room, reduces the competition for water and plant nutrients, and improves air circulation around them. Plants will then dry more quickly after rain or irrigation and are less likely to develop disease problems that need moisture to get established.

Apply a complete garden fertilizer, such as 12-12-12, at a rate of 3 to 4 pounds per 100 feet of row. Spread the fertilizer in bands several inches from plant crowns and scratch it into the soil.

Keep the patch weeded all summer to minimize shading and competition for water and plant nutrients.

Herbicides are available for use in strawberries; but, for small-scale home planting, it is recommended to hand pull weeds or shallow cultivate with a hoe or garden tiller. Cultivating more than 2-3 inches deep may damage the strawberry plants' roots. (DJ)

Garden hints for July

- Snapdragons should be pinched back after blooming to promote a second flush of bloom.

- Cut back and fertilize delphinium and phlox to encourage a second show of bloom.

- Many plants are easily increased by layering. Verbenas, euonymus, English ivy and climbing roses are some plants that will root if stems are fastened down on soft earth with a wire and covered with some soil.

- Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from being sealed by resting upon the bottom of the vase. It is best to carry a bucket of water to the garden for collecting blooms, rather than a cutting basket.

- Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about 6 inches.

- Get a second bloom from faded annuals by cutting them back to approximately half their height, then fertilize them with ½ cup of 5-10-10 per square yard of planted area and apply a generous layer of mulch.

- Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or wire twist-ties to secure.

- A brown or grayish cast over lawns can be caused by dull or improperly adjusted mower blades that shred grass rather than cut it.

- Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

- Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow all directions on every label. Be sure to wash all produce thoroughly before use.

- Control mosquitoes by eliminating all sources of stagnant water.

- A garden needs 1 inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

- For a fall harvest of lettuce, radishes, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

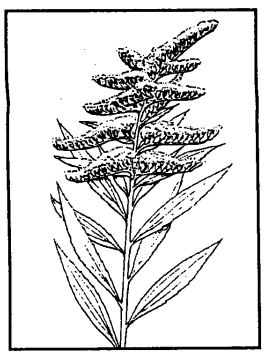
- Continue to make successive plantings of crops like beans, beets, cabbage and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

- Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

- Continue attracting insect eating birds to your garden area by providing them with a fresh water source. (MJM)

Find a place in your garden for goldenrod—Nebraska's flower

As you may well know, the Prairie goldenrod (*Solidago missouriensis*) is our state flower. This widespread summer and fall blooming perennial of the *Compositae* family is native to North America, with well over fifty species. They have wand-like stems, variously shaped leaves and heads of small yellow flowers. Besides Nebraska, other species of this flower have been adopted as state flowers by Alabama and Kentucky.

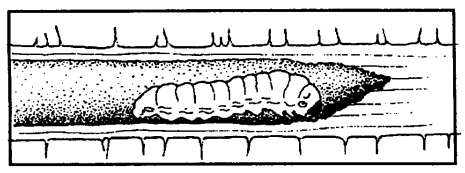


Because they are such common plants in rural areas, most people think of goldenrods as weeds and unsuitable for their flower garden. Most of these plants are striking in appearance. There are certain hybrids, developed in England, which make beautiful garden plants. These low maintenance, nearly pest-free plants deserve a place in your garden. Goldenrods make nice border plants or do well in a wildflower or prairie garden setting.

Goldenrods do not cause hayfever. Their pollen is too heavy to be carried by the wind. Ragweed, which inconspicuously blooms at the same time, is the culprit. (MJM)

Squash vine borers

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.



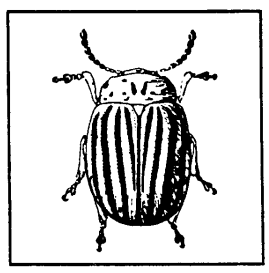
Now is the time to begin spraying to prevent loss of this year's squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. Apply malathion or dipel to the base of squash or pumpkin plants weekly, beginning when the vines begin to run or bush begins to grow. Follow all label directions and precautions when using insecticides. (MJM)

Tomato mulch

Planning to mulch your tomatoes? It's a good practice for several reasons. Mulches help control weeds and reduce water that is lost by evaporation. They also lessen fruit rot disease, keep the fruit cleaner and reduce soil compaction.

But, don't be in a hurry to get the mulches on. Organic mulches—such as straw or hay—may keep the soil cooler than optimum temperature for the best tomato growth. From mid-June on is probably the best time for mulching. (DJ)

Colorado potato beetle



One of the most widespread and destructive pests of potatoes is the Colorado potato beetle. Plants also affected by this pest include tomato, eggplant, pepper and petunia. They will even attack certain weeds such as buffalobur.

Identification of this pest is rather easy. The adult stage appears as a hard-shelled beetle about 3/8- to 1/2-inch long with 10 black and yellow stripes running the length of its body. These beetles lay orange eggs on the underside of leaves. The eggs then hatch in 4 to 7 days into the larval stage. The larvae are humpbacked, soft and have red bodies with two rows of conspicuous spots that run the length of the body. As the larvae grow, the body color changes to orange. Both the larvae and adults will feed on these plants.

Control of the Colorado potato beetle may be obtained by spraying the underside of the leaves and stems with an insecticide such as Sevin. Applications may need to be repeated. (MJM)

GARDEN CORNER

Q. I would like to minimize the use of chemical insecticides in my garden as much as possible. Are there pests that are particularly controllable by nonchemical means?

A. Tomato hornworms are easy to control by handpicking, once you get good at spotting them. They can consume large quantities of tomato foliage if they get very large, so you must be alert and eliminate them while they are small to prevent major damage.

Likewise, if you can eliminate the first few adult Colorado potato beetles that appear— along with any eggs they lay, you may be able to keep future generations under control by handpicking and destroying them.

A board placed in the garden in the evening will attract squash bugs by providing them a handy hiding place. Pick up the board in the morning and destroy the pests.

Cabbage loopers and cabbage worms on cabbage and other cole crops are usually very plentiful and difficult to control by hand-picking. An alternative to chemical insecticides is *Bacillus thuringiensis*, a bacterial disease of caterpillars sold under the trade names Dipel and Thuricide. It leaves no chemical residues and can be used right up to harvest. It is not effective against pests other than true caterpillars, however.

Large numbers of aphids may attract enough predators to provide some control. Strong sprays of water or soap solutions may also help reduce their numbers.

One pest that almost demands chemical control is the cucumber beetle. This pest of squashes, melons and cucumbers carries the organism that causes bacterial wilt in these crops. There is no cure for the disease once it becomes established, so you have to prevent the insect from feeding and injecting the organism into the plants. About the only effective way to do this is to apply chemical insecticides as protective sprays. (DJ)

Late-plantings, wet conditions create difficult ag situations

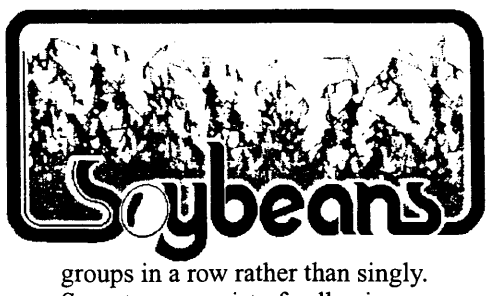
This year's extremely late-planted crops means unusually small plants later in the season that may be more susceptible to insect pests. We have already seen problems with flea beetles, a pest that is more severe on smaller corn plants. Other pests that can severely damage small plants are wireworms, cutworms, European corn borer, greenbugs and corn leaf aphids. However, late-planted corn may escape feeding by corn rootworm larvae because eggs will hatch before the corn root system has spread through the soil.

Saturated soil conditions early in the season often result in shallow-rooted plants that may be vulnerable to dry soil conditions later in the season. This shallow-rooted condition can make plants more susceptible to lodging from high winds.

Moist soil conditions usually result in herbicides that work pretty well. But, in cases where farmers could not get into the field, weed growth will get ahead of the crop. Timely cultivation or post-emergence herbicide treatments may be extremely important this year.

Remember, it is important to scout fields on a regular basis. The easiest time to control weeds is when they are small. Also, it is easiest when the economic benefit from your weed control is the greatest. (BPO)

Keep an eye on soybeans for phytophthora root and stem rot



Phytophthora root and stem rot on young soybean plants may be just around the corner in some areas of the state. If soils were saturated or flooded for several days and soil temperatures were in the 60° F to 70° F. range after plants formed the first or second trifoliate leaves, phytophthora root and stem rot could develop.

The disease is most common in heavy, tightly compacted, fine-textured soils; but, it can occur with other soil conditions as well. Affected plants usually occur in groups in a row rather than singly. Symptoms consist of yellowing between veins and along margins of lower leaves. Upper leaves become chlorotic, then the entire plant wilts. Wilted leaves commonly remain attached to stems. Wilting symptoms are accompanied by destruction of the lateral roots. At that time, a dark brown to black discoloration becomes evident on the lower stem from the soil line up to the first or second node. Internally, the cortex and vascular tissues are also discolored.

Seed or soil treatment with metalaxyl (Apron® or Ridomil,® respectively) and/or the use of race-specific resistant cultivars provides the best options for control in fields having a past history of phytophthora root and stem rot. (DV)

When do: hail + wind = replant?

Thunderstorms, high winds and *hail commonly* cause crop damage in Nebraska. Don't get too anxious about estimating stands since at least two to four days of 70° F. or warmer temperatures are necessary to stimulate new leaf growth in damaged plants. Assess plant survival at that time.

Defoliation of either corn or grain sorghum up to the seventh leaf stage will not affect grain yield. The growing points of these crops are below the surface until then and can sustain considerable defoliation without an effect on yield, assuming growing conditions following the storm damage are conducive to growth. Likewise, defoliation now will not affect grain yield of indeterminate soybean, however, determinate soybean may incur yield losses.

Remaining plant stands should be estimated too. Both corn and soybeans can incur considerable stand losses and still remain a better option than replanting because of the known 20% to 30% yield penalty for replanting these crops. Grain sorghum planted in the second week of June still has a fairly good yield potential.

Hybrid and variety selection for replanting are important. Early maturing corn and grain sorghum hybrids can still mature assuming an average fall frost date. Use early to mid-season soybeans that are normally grown in your area when planting or replanting soybeans in June. The photoperiod response of these varieties will allow them to mature before the normal frost date. Early season varieties imported from more northern soybean producing areas do not yield well.

The following University of Nebraska Extension publications are excellent resources:

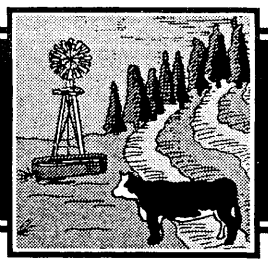
- *NebGuide G85-762,* "Soybean Yield Loss Due to Hail Damage"
- *NebGuide G86-812,* "Sorghum Yield Loss Due to Hail Damage"
- *NebGuide G86-803,* "Assessing Hail Damage to Corn"
- *NebGuide G83-673,* "Maturity Dates and Freeze Risks Based on Growing Degree Days"
- *EC 89-119,* "Hail Damage Assessment and Replant Decisions" (50¢) (DV)

Just the farm facts ma'am

- USDA-ERS says the average American spends about 11% of disposable personal income on food, 20-30% of which is spent on meat.
- A national restaurant association survey shows about 15% of the nation's 15 million college students consider themselves vegetarians; the motivating force is concern about fat rather than environmental or animal welfare concerns.
- Industrial consumption of grain, particularly corn, is growing at about 8 to 9% per year; about 1,000 products are now made from refined corn.
- A new wheat-based kitty litter has been patented and is now being produced for the $700 million-a-year industry. It contains enzymes that make sewage break down faster, plus the wheat neutralizes the ammonia smell.
- USDA researchers have found that wheat can be harvested with 3 feet of stubble left standing which decreases moisture loss and soil erosion. A new combine header leaves longer stubble than conventional headers by using plastic teeth on a high-speed rotating cylinder to strip grain off the stem.
- A recent poll of Iowa farm families shows 75% of farm women almost always maintain the family's business records, 60% work off-the-farm to help support their family and 60% perform field work while caring for their children and performing other farm chores.

Source: UNL-IANR, Center for Sustainable Agricultural Systems (BPO)

Rural $ense



Correct timing key to late season 2,4-D applications

Do not spray corn with 2,4-D from a week before tassel emergence until after the silks turn brown. Treatments during this critical time often interfere with pollination and reduce yield. After the silks turn brown, pollination is complete and 2,4-D can be safely used. The state's early-planted corn is now in the stage where it should not be sprayed with 2,4-D.

Do not spray grain sorghum with 2,4-D from the boot stage through the dough stage. As in corn, pollination problems and yield reductions result from spraying sorghum during this sensitive period. Between a 12-inch height and boot stage, use a drop extension to direct 2,4-D away from the sorghum whorl. Never use Banvel® on grain sorghum after it is 15 inches tall. (DV)

Tall weeds? Use bean bars for direct hit

Wiper applicators are popular for controlling tall weeds in short crops. Weeds should be at least 10 inches taller than the crop.

Roundup® is the preferred herbicide for wiper applications in sorghum and soybeans. Use a concentration of 25% Roundup in water to control broadleaf and grass weeds. Roundup concentrations of 20% work well on shattercane and volunteer corn, which are very susceptible to it.

Roundup is less effective against broadleaf weeds than grasses. Sunflower and pigweed control is usually good; but velvetleaf is not readily controlled. Dense weed stands make good herbicide coverage difficult with a wiper. Two passes in opposite directions will be required for good control.

Bean bars have become quite popular for controlling weed escapes in soybeans. Weeds do not have to be taller than the crop since they are individually sprayed with hand-held spray nozzles. Roundup is registered at a 5% concentration for straight stream nozzles and a 2% concentration for spreading nozzles. For shattercane and volunteer corn, reduce these concentrations.

Some crop damage occurs with Roundup in a bean bar since spray droplets contact the crop. Using Assure,® Basagran,® Blazer,® Classic,® Fusilade,® Pinnacle® and Poast® in bean bars provides weed control with less crop injury that Roundup. These herbicides are generally mixed at the per acre rate of herbicides and surfactants in 25 gallons of water. (DV)

Achieving weed control after winter wheat is a continual challenge

Controlling weeds after wheat harvest is an ongoing challenge for Nebraska producers.

The effectiveness of post-harvest weed control is often influenced by production practices associated with the previous wheat crop, such as winter wheat variety, fertilizer practices, planting date and seeding rate. Other factors influencing weed control include: weeds that are too large, cutting off weed tops with the combine, crop rotation, temperature when spraying, rain the day of spraying, streaks caused by sprayers, terraces, dust, straw chaff and weed seed distribution.

Many options, besides increasing the rate of herbicides, are available for controlling weeds after wheat harvest. It takes a total weed management package to obtain maximum weed control. Stands of vigorous winter wheat will compete better with weeds, allowing you to concentrate on weed control in the fallow. Timely weed control and weed control in the growing winter wheat with herbicides, if needed, will offer the best chances of reducing weed populations.

Cyclone® offers good control of barnyard grass that is small or mature, but is less effective on medium or large plants. Control is poor with Cyclone + atrazine when sprayed during the tillering to boot stage. However, once the barnyard grass has headed, Cyclone provides good control. Spraying after the grass has headed allows seed production. In addition, the longer the weeds grow the more soil water is used.

Several options are available for using nonselective herbicides with difficult-to-control weeds. With Cyclone® be sure to use a minimum of 2 pints of X-77® or equivalent surfactant per 100 gallons of solution. A surfactant also needs to be added to Roundup.® The label rates are 2 quarts per 100 gallons of spray solution (0.5% v/v). Landmaster BW® and Fallow Master® have a surfactant included. With Roundup Fallow Master and Landmaster BW, add ammonium sulfate (spray grade) at 17 pounds per 100 gallons of spray solution. The ammonium sulfate is the first item put into the spray tank after the water. Ammonium sulfate is especially helpful when stress conditions are present. However, since it is difficult to identify weeds under stress, it is wise to always add ammonium sulfate.

Improve control by increasing the rate of Roundup or Landmaster. A spray volume of 5 to 10 gallons per acre should be used with Roundup and Landmaster BW.

Atrazine combined with either Cyclone or Landmaster BW is an effective treatment if applied before weeds are too large. Use Landmaster BW plus atrazine on grasses from the tillering to boot stage. If weeds are mature use the Cyclone + atrazine combination. Do not use Roundup, Fallow Master or Landmaster BW on days when it will rain or when temperatures reach 95° F.

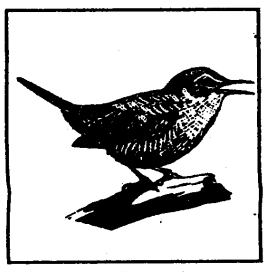
Split treatments have been especially effective. With the split treatment, make the first application in July or early August. In September, make a second application containing at least 1 pound/acre of atrazine with Cyclone, crop oil concentrate or alone depending on the amount and size of volunteer winter wheat, downy brome and/or jointed goatgrass present. The atrazine rate varies with soil and rainfall patterns. Be careful not to exceed the label rate for atrazine with the two combined treatments. The advantage of the split treatments is that they provide excellent control of volunteer winter wheat and other winter annual grasses. (WS)

Environmental Focus

EnviroFair 1995

Held during the Lancaster County Fair
Thursday • August 3 • 9-5 p.m.
Ag Hall • State Fair Park
Exhibits • Hands-On Activities
Free Admisssion • All Ages Welcome

The happy house wren



The house wren is a happy, bubbling, energetic little bird that is one of the most common backyard songsters. Their bursting song is a clear, loud, gurgling "tsi-tsi-tsi-tsi-oodle-oodle-oodle-oodle." The rhythm is somewhat like a car engine cranking. House wrens do have one bad habit: if the area seems too crowded, they sometimes will peck holes in other birds' eggs. Usually, though, this is not a problem of much concern. Overall, house wrens are fun and rewarding birds to have around; they are easy to attract to a birdhouse and they eat lots of troublesome insects.

This information on house wrens, plus more, is available at the Extension Office. Stop by and purchase "Who's Who in Great Plains Songbirds" ($3). (SE)

Attracting birds to your homestead

• Plant shrubs and trees which bear fruits eaten by birds.

• Add a birdbath to your yard.

• Provide birdseed in feeders throughout the year.

• Install birdhouses designed for particular species.

• Use ground covers instead of lawn. These areas will provide an excellent hunting ground for birds that feed on worms and insects.

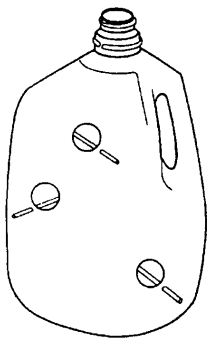
• Vary vegetation heights to accommodate birds with different feeding and nesting level preferences. Some birds feed on the ground, nest in shrubs and sing from treetops. Provide all three levels.

• Build a small soil mound faced with a stone retaining wall. Changes in slope are highly attractive to many ground feeders and the wall will have many crevices in which birds can dig and probe for insects. Combine the mound with a garden pool for an especially attractive feature.

• Plant flowers which produce birdseed as well as blooms. Among the many to choose from are asters, bachelor's-buttons, calendula, poppy, chrysanthemum, coneflowers, coreopsis, cosmos, dusty miller, marigold, phlox, portulaca, celosia, sunflower, verbena and zinnia. (MJM)

Sensible solutions

There are many ways to recycle. Try your hand at recycling for wildlife. It is fun, effective and inexpensive! For more information, pick up publication RP338 *Shelves, Houses and Feeders for Birds and Mammals* available at the Extension Office ($4).



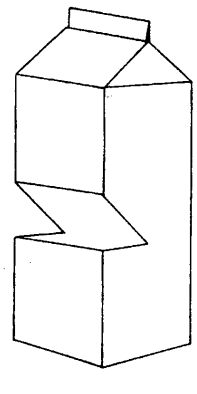
Milk Jug or Bleach Bottle Feeders

Materials:

½ gallon or gallon jug
small dowels or sticks
hanging cord

Construction:

First, be certain the jug is completely clean. Cut two or three holes several inches above the bottom of the jug. Size of the holes (from 2" to 4" diameter) depends on birds you wish to attract. Insert a dowel or stick below each hole as a perch. Fill to hole level with seed and hang in a convenient tree or shrub.

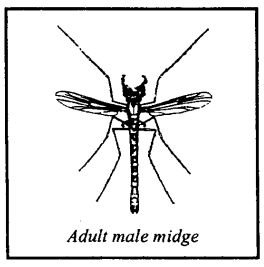


Cardboard Milk or Juice Carton Feeder

Cut a notch out of the container, fill and hang.
Note: *Never* use plastic bottles or jugs for bird housing. They overheat very quickly. (SE)

Midges: nuisance or gnats!

Barb Ogg
Extension Educator



Adult male midge

What looks like a mosquito, but does not bite? These insects are known as *midges*; but, the general public often refers to them as *gnats*. Like mosquitoes, midge populations are dependent on water, something that we have no shortage of in Nebraska this year. In the Lincoln area, homeowners in the Capital Beach area are perennially faced with large numbers of midges during periods of the warmer months. Typically, male midges swarm in large numbers at dusk. Mating occurs when females enter the swarm.

Like mosquitos, the midge larval stage is aquatic. The adult females lay eggs in masses over open water or attached to aquatic vegetation. They hatch in several days and the young larvae drop to the bottom where they build tube-like structures of bottom debris held together by strands of silk. One interesting fact is that the blood of some midge larvae (called bloodworms) is red, unlike the blood of most other insects. It is red because it contains hemoglobin which binds tightly to oxygen. This is necessary because of the stagnant, low oxygen conditions that may be present where these larvae live. The larvae are scavengers, feeding on bottom debris. Larval midges serve as food for fish.

During their swarming activities, adults are attracted to lights. Buildings with outside lighting will attract large numbers of these insects. If these lights are around building entrances, vent openings, air conditioning units or windows, the insects can find ways into the structure. The next day, dead midges can be found on window sills, possibly throughout the entire building. This causes concern to homeowners.

Control. Avoid the use of unnecessary lights around dusk when midges swarm. If midges are entering the house, make sure that vent openings and other entry points are sealed.

Pools of standing water should be drained, if possible. However, it is not possible to prevent midges from breeding in lakes and permanent bodies of water. Application of insecticides to foliage provides only temporary relief.

Use care with DEET repellents

Barb Ogg
Extension Educator

DEET (diethyl-toluamide) is the active ingredient in the most effective insect repellents used for mosquitoes, biting flies, ticks and chiggers. It has been used for a number of years. Recently, there have been reports in the media about persons who seem to have had a toxic reaction to a DEET-containing product.

At the present time, the EPA is reviewing the safety of DEET and possible side-effects of this active ingredient. When all the evidence is in, there may be changes in labeling, high strength products or even cancellation of DEET. At this time, we have very little information about the review.

The repellents on the market have widely varying percentages of DEET. Some products may contain less than 10% DEET, but "extra strength" products may contain more than 75% DEET. Even though there are widely differing concentrations, directions for using the product may seem to be very similar.

These products should be used with care. The toxic effects are rare incidences and when high-concentration products are used extravagantly and repeatedly on the skin. It is likely that adverse effects are accentuated in children so take extra care with the kids. Follow these precautions:

• Use products with lower strength DEET.

• Apply to clothing, not to skin, especially with products having high concentrations of DEET.

• Repeated use to the skin should be avoided as much as possible.

The dilemma is that products containing DEET are far more effective than other repellents; so, removal of DEET-containing products from the marketplace altogether would eliminate a valuable repellent. There may be other ways to reduce populations of biting insects to lessen the dependence on repellents. Call the Lancaster County Extension Office, 441-7180.

Teach science at home

The home is the child's first school and parents do teach children about many things by their actions as well as by the things they talk about. If we are aware of these facts, we can take advantage of everyday activities to teach children about a variety of academic subjects. We can even plan activities that will teach biological science in the home.

Children have abundant curiosity. They are eager to explore, discover and learn. Catching grasshoppers, listening to the chirping of a cricket and watching a cow being milked are fascinating experiences for young children. As teachers of our children, we should provide real learning activities and experiences that will enrich their understanding.

Young children have a sensitivity toward and seek an understanding of animals. Many concepts can be taught and ideas clarified when living with a bird, cat, dog, fish, gerbil or other animal. Pets are a child's special friend and they can help teach responsibility. Children soon learn that animals depend on them for proper care.

Have your little ones fed the ducks at the pond, seen a real live turkey, heard the cry of a baby pig and seen kittens just after they are born? Remember, children learn best from experience. If you cannot bring the experience home to your children, take your children to the experience. Nebraska has a generous supply and variety of animals and places where you and your family can visit to explore the world of animals. Take a trip to a farm or ranch, the sandhills or a recreation area, a park, the hatchery, the zoo or pet store.

Even walks in your neighborhood can increase your and your child's sensitivity to nature. At night hold a flashlight in front of your nose. Possibly hundreds of creatures are looking at you; moths, beetles, spiders, frogs, mice and cats; their eyes shine like jewels in the night. Then try turning out the light, and you'll see even more.

May we suggest another perspective? Consider taking your children on a crawl. They'll see things right before their eyes. See if you can tickle a spider web with a piece of grass so the spider mistakes the vibrations for an entrapped fly. Turn over stones and boards and discover what is hiding from the light. Try putting your ear to the ground and listening for movement nearby.

Here's a fun way to figure out the temperature at night. Have you ever listened to a cheerful cricket at night? As a cold-blooded insect, his body temperature and activity varies according to the temperature of his surroundings. Count the number of chirps he makes in 15 seconds and then add 40 and you will discover the approximate temperature. Shine a flashlight and try to locate the hiding place of the little ventriloquists. Finding the little creature can be quite a challenge. If you're very quiet and very lucky, you may be able to watch him make his cheery chirp.

Remember that nature needs to be discovered. We challenge you and your children to become more aware of our beautiful world and the exciting adventures that are all around us. Encourage science exploration when you are with your children.

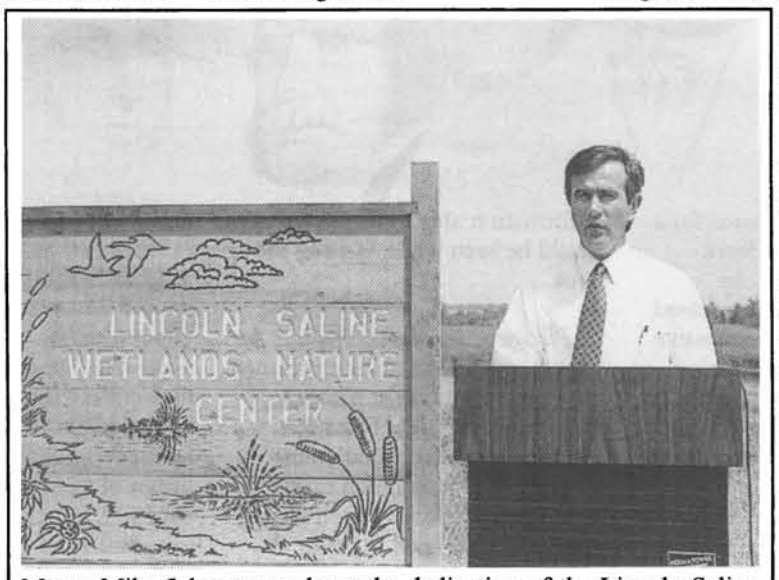
Source: Barbara Mason, Utah State University (SE)

Preserving Nebraska's unique saline wetlands

Corey Brubaker
Extension Educator

One of Nebraska's most unique natural resources are the saline wetlands found along Salt Creek and its tributaries in Lancaster and Saunders counties. The wetlands are remnants of what was once a vast inland sea and are fed by saline seeps and springs which flow from the underlying geologic formation. Although there are small areas of saline wetlands located throughout the Salt Creek basin, the largest areas are located along Rock Creek south and east of Ceresco; along Little Salt Creek, especially near its confluence with Salt Creek; and along Salt Creek from its confluence with Middle Creek in West Lincoln to its confluence with Jordan Creek west of Waverly.

Unfortunately, a majority of the saline wetlands along Salt Creek are either in or near the City of Lincoln and have been severely impacted by the city's growth and development. Many acres of wetlands were filled or drained as Lincoln grew to the north and west and two of the city's landfills were located in these areas. In addition to the filling and artificial drainage of existing wetlands, the channelization and resulting entrenchment of Salt Creek and its tributaries also lowered the water table of the adjacent wetlands to the extent that many of them were no longer wet enough to support wetland vegetation.



Mayor Mike Johanns speaks at the dedication of the Lincoln Saline Wetlands Nature Center, October , 1994.

In the 1980's, efforts were initiated to preserve and restore some of the remaining wetlands. One of the larger areas is the Jack Sinn Memorial Wildlife Management Area located along Rock Creek south of Ceresco. The 1,000-acre area contains remnants of saline wetlands and is being managed by the Nebraska Game and Parks Commission (NGPC). Two other saline wetland areas near Ceresco are being protected by the Lower Platte South Natural Resources District (LPSNRD) with perpetual conservation easements. The easements protect the wetlands by restricting land use and remain in effect even if the land is sold. Another saline wetland being restored and managed by the NGPC is Arbor Lake. Arbor Lake is located north of Lincoln on 27th Street. It was acquired by the City of Lincoln as mitigation for the destruction of a smaller saline wetland that was filled for the extension of Capitol Parkway and construction of the west bypass.

More recently, the LPSNRD, working with residents and developers in the Capitol Beach area, acquired a 100-acre tract of land adjacent to Capitol Beach Lake for development of the Lincoln Saline Wetlands Nature Center. An additional 30 acres was donated by a private landowner this spring and the NRD received a $68,000 grant from Nebraska's Environmental Trust to help fund the project. A contract was recently awarded to T.J. Osborn Construction to install several water control structures on the site. After the structures are completed, the nature center will be open for public use. Future plans for the site include viewing areas, hiking trails, parking areas and interpretive signs for public education.

Environmental Focus

UNL Environmental Programs on Internet

University of Nebraska Environmental Programs is now on the World Wide Web (WWW) of Internet. The Environmental Programs home page contains several items of interest to pesticide applicators, regulators, master gardeners and consumers.

The national pesticide applicator training core manual, *Applying Pesticides Correctly*, is available as an aid for pesticide applicators who are studying for certification. Interactive self-tests are available in each chapter. UNL Extension NebGuides and colored pictures are also accessible via the manual.

The Environmental Programs home page also includes the Nebraska Private Pesticide Applicator Self-Study Manual, *The Label* newsletter, pesticide-related sources of information such as EXTOXNET, and access to other Web sites at other universities and the Environmental Protection Agency. (DV)

The Environmental Programs WWW home page is located at: HTTP://IANRWWW.UNL.EDU/IANR/PAT/EPHOME.HTML

Old tires cool homes

Did you know:

• Nebraskan's generate 1.5 million scrap tires each year?

• All tires will be completely banned from disposal in the North Bluff Landfill after *September 1, 1995?*

If they cannot be put in the landfill, what can you do with your scrap tires? Take them to CMET, 3900 Industrial Avenue (465-0003). The disposal fee is $65 per ton of tires (about 65 cents per car tire). CMET will shred your old tires and transport them to the Sheldon Power Station in Hallam where they will be incinerated.

The Sheldon Power Station has been burning tires for about two years. The electricity generated provides electricity to southeast Nebraska during peak energy times of the year, like midsummer when there is a high energy demand. (Thank goodness for scrap tires!)

Tires also can be taken to collection sites at North Bluff Road or 48th Street landfills; but it will cost you more to dispose of them this way. These tires are also taken to the Sheldon Power Station via CMET.

Source: City of Lincoln Recycling Office (BPO)

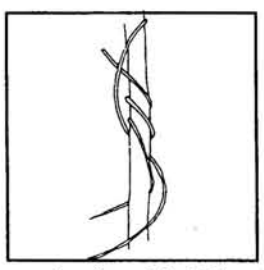
Take the water challenge

Do your children know how much water they use in a day? Probably not. Try this exercise to help them become aware of the many uses of water and the importance of conservation.

Save a gallon milk jug or two half-gallon milk cartons after use. Clean them thoroughly with soap and rinse carefully. Ask your children to take the "Water Challenge" by requesting that they try to get by on a gallon of water for a day (per child). They must use this water in place of faucet use such as for drinking, and rinsing teeth, toothbrush, hands, face, dinner plates, and so on. The only liquid they will be allowed to drink for the day is water, or if they want juice, it must be made from this water. (The rationed water must be used for everything, except flushing.) Can they do it? Let them try it for a day. They will discover that, indeed, it is a challenge! (SE)

Source: Earth Child by Kathryn Sheehan & Mary Waidner, Ph.D.

One of the plains' ugly dodders



Dodder or strangleweed is an annual parasitic plant. There are several species found in Nebraska. All are native, separated only by subtle flower and fruit differences. Because it lacks chlorophyll, the plant is a yellowish color. The lack of chlorophyll also means it cannot produce any food, thus it produces small suckers that attach to a host plant in order to take what nutrition (food) it needs for growth. It appears to be a stringy mess because of its narrow, twining stems and leaves that have been reduced to thread-like scales. Numerous, compact, white flowers appear in late summer. The two-celled fruit capsules burst open to release 2 to 4 seeds, which is the only way the plant reestablishes itself each year. Seeds germinate on the soil surface in early spring. The resulting plant is a 2-4 inch long thread-like plant with a small root system. Once this plant attaches itself to a (host) plant, the root system disappears and the dodder becomes completely dependent on its host.

Unfortunately, there is little that can be done once this plant has wrapped itself around its host plant, especially if its your prized flower or some other desirable ornamental or herb. Pulling the dodder from its host is often futile and usually results in the stripping of the green leaves, branches and stem tips of the ornamental. However, if you want to prevent seed production, this type of control is necessary and must be done early (before flowering).

Chemical control is extremely limited because of dodder's parasitic nature. Only Dacthal is labeled for the preemergence control of dodder. This herbicide is labeled for weed control with a number of woody and herbaceous ornamental species, but there are some sensitive species (i.e., pansy), so make sure you read and follow the label before making an application.

Dodder seeds are fairly long-lived in the soil; so, do not expect elimination of this weed in one year, unless you prevent seed production the first year it infests an area. A few weeds in a landscape is often tolerated; but, if it's one like dodder, relying on your ornamentals for food, it needs to be controlled. (DJ)

Make an underwater viewer

Have you ever tried to open your eyes underwater? Most of what you'll see is a big blur. That's because light behaves differently in water than it does in the air. Our eyes are especially designed to see in the air; but, the eyes of fish and other sea creatures are designed to see underwater. You can make your underwater exploration clearer by making this simple viewer out of scraps of recycled materials.

Take an empty and cleaned half-gallon milk carton and cut off the top and bottom. Cover one end with a piece of clear cellophane and secure with a rubber band. For clearer underwater viewing, simply place the plastic-covered end into the water and look through the carton. You'll see many things you never noticed before! (ALH)

Solid waste recycling facts

Did you know ...

• Nebraskans recycled about 22% of their solid waste in 1993? (It was only 17% in 1990)

• paper and paper board products comprise the largest type of waste (about 37%) going to the landfill.

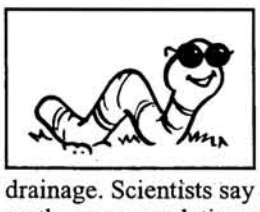
• that 10-30% of the solid waste generated in the U.S. is construction waste and rubble?

• construction of a single family dwelling generates two to seven tons of waste, including 15 to 70 pounds of hazardous waste.

Source: Environmental Echoes, UNL (BPO)

Worms: nature's perfect no-till plow

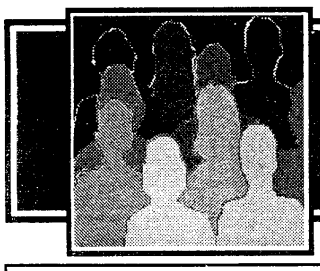
Research on earthworms? You bet. According to Agricultural Research (May 1995), several USDA-ARS researchers are studying the beneficial aspects of earthworm populations and techniques that will encourage worm populations. A healthy earthworm population improves plant growth by opening channels that loosen the soil and providing paths for roots. Worm activity also works in organic matter, increases the quality of topsoil and decreases soil erosion by allowing better drainage. Scientists say that earthworm populations are a biological indicator of the quality of the soil.



Farmers that use no-till and reduced tillage crop production are promoting the increase of worm populations. The surface residue moderates the soil temperature and helps keep the soil moist—two factors that encourage worm populations.

The moldboard plow (or the garden rototiller) discourages earthworms because it removes plant residue from the soil surface and breaks worm burrows. Worm burrows can survive for years if the soil is not tilled.

So, take earthworm seriously—they are more than fish bait and food for the birds. (BPO)



Family Living

Roberta's remarks

Happy summertime to everyone! Hopefully, by the time this paper goes to press, we will be done with "springtime" rains and have dried out. Time to get started on summer FCE activities.

Normally, we take a little break between June and September; this year is an exception and we hope you will all take note. As usual, we will be having a council meeting June 26, 7 p.m. Featured speaker will be Dr. Connie LaBarr, director of Consumer Information for the Soybean Board. We would not have invited her to speak if we hadn't known in advance that she has a very educational and entertaining presentation to make–so, be sure to come and bring a friend or two.

Another date to mark on your calendar is Tuesday, July 11, 6 p.m. Our first Sizzling Summer Sampler will be held at this time. A light supper will be served first at $3 per person. This event is open to the public and it will be necessary to make reservations for the evening. Please feel free to invite a friend or two. Send a check in the necessary amount (payable to Lancaster County FCE) to LaDonna Pankoke, Council Treasurer, 5401 Braemer Road, Lincoln, NE 68516. Reservations must be in by July 6 and your check is your reservation. Verna Deinert and LaDonna have planned four workshop like programs for the evening, to be repeated four times throughout the evening so you will be able to attend all four events. We plan to be completely finished no later than 9:30. You will learn: How to Preserve and Record Your Heritage; How to Use and Buy a Breadmaker; The Newest in Quilting Gadgets; and The Pampered Chef will show the best of kitchen gadgets and implements. Plan on attending!

On Thursday, August 10, 7 p.m., we will be sponsoring a fund-raiser for Fresh Start. Fresh Start is Nebraska's ONLY transitional housing for women, unaccompanied by a child. Geri True of Greathouse Associates Limited will be presenting "Cheap Chic"—ways to decorate your home using inexpensive, yet chic, goods. Geri is an award winning interior designer with 13 years of experience. This is a fund-raiser. Geri will be donating her time and expertise for this worthy cause. We will be asking for a $5 donation at the door; but, of course, we will accept larger donations, too! This event is open to the public, so feel free to invite and inform others. No reservations are necessary.

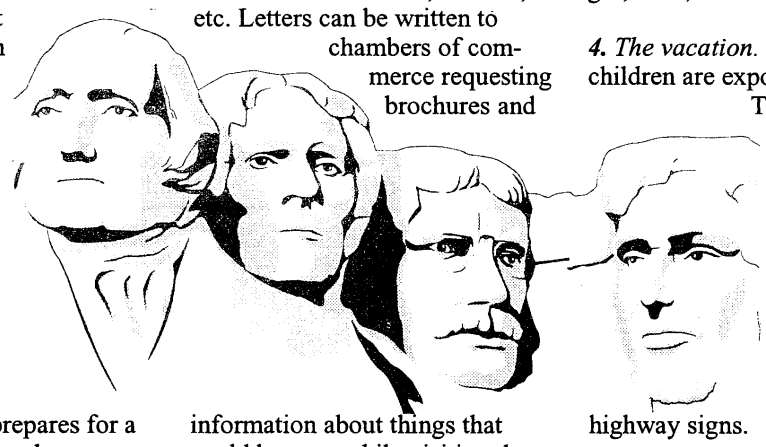
Our organization is about family, community and education. The above activities are designed to address these priorities and deserve your support. Please plan on attending! Thanks, in advance, for your support.

A final and special note regarding family, community and education emphasis. The Salt Creek Circle FCE Club donated $100 to the FCE Scholarship Fund in honor of the late Eddie Moormeier. Eddie's wife, Betty, of Roca, has been a member of the Salt Creek Circle Club since 1979. Eddie died May 27, 1994. Eddie was a dairy farmer. Both he and Betty were active in showing dairy cows. Their three sons and two grandsons are continuing that tradition now. Eddie was the leader of the Central Dairy 4-H Club for many years and served as a director of the Lancaster County Fair Board from 1973 to 1981. We thank the Salt Creek Circle Club for their generous donation that furthers the important emphasis of this organization.

—Roberta Newburn, FCE Council Chair

Plan vacation with the kids

How to make a family vacation beneficial to children is a question many families have as they begin planning their summer schedules. For children to benefit fully from a vacation and for you to really get your money's worth out of a vacation planning should start early and the children should be included. Let's look at how children can be included and benefit from this planning.



1. Choosing where to go. As a family prepares for a vacation, children can learn decision making skills. As alternate locations are discussed, they learn to look at the positive and negative aspects of each place. They also learn that not everyone thinks the same as they do, and that negotiation and compromise are often necessary in group decision making.

2. Obtaining information about the area. This can be done in two ways—writing letters and talking to people who have lived in or have visited the area you plan to visit. Children can ask questions that show their special interests. Children learn to write in school, but writing letters gives them an opportunity to see why one needs to learn to write. Vacation planning can teach how to write a formal letter with date, address, etc. Letters can be written to chambers of commerce requesting brochures and information about things that could be seen while visiting the area.

3. Planning the time schedule. As you read the information received, decisions about what places to visit must be made. Estimates must be made based on your interests and how much time you will want to spend at each place. You may also need to make advance reservations to ensure attendance at some functions. Then, decisions can be made as to where you want to spend your nights. Cities must be determined first. Figuring how far you can drive in a day enhances children's mathematic skills. They can figure mileage between cities and, based on speed limits in each area, how far you can travel. They learn to estimate time for stops such as gas, food, rest and sightseeing.

4. The vacation. On a vacation, children are exposed to new areas. They learn about the geography and geology firsthand by being there. They can learn about map reading as they help to be navigators on the trip. They also learn to read highway signs.

5. Make a scrapbook and/or a picture album of the trip. When you return home, let the children make a scrapbook of things that they collected on the trip. Or, if you take pictures or buy postcards, let them prepare a picture album. Either of these can have a written narration to tell the story of their trip. This helps children learn to compose and organize things in chronological order, and to write something that has meaning.

6. Plan ahead and enjoy your vacation. (LB)

Family fun vital to healthy living

Merely teaching children how to cope with problems isn't showing them how to experience joy. Not being down doesn't necessarily mean being up. Here's how to teach the important life skill of having fun:

1. Make ordinary things fun. The great thing about fun is that it doesn't have to cost anything or even take extra time. Happiness is actually just a way of looking at life, being willing to use any opportunity to laugh at something that might come your way.

2. Teach children the magic of anticipation. Kids learn from their parents how to look forward to things. It's important to sit down with children daily and talk about upcoming happy events and show them how to anticipate good times. It doesn't have to be major event, like a trip to Disney World or a holiday with tons of presents. Something simple, like talking about next weekend, will do just fine.

3. Help children to be realistic about what's going to happen. Sometimes kids' imaginations know no bounds. Parents don't want to spoil the anticipation, but also shouldn't let their child's version of things swing wildly away from what's practical.

4. Savor the moment. Children tend to be absorbed in the experience, while adults may step back and reflect it. Parents should be careful not to push children into adopting their analytical style. It's okay to let children simply experience the wonderment of something, like rolling in a pile of leaves. They don't need to label what they're feeling.

5. Take plenty of strolls down memory lane. It's okay to reminisce about old times, to savor things that happened in the past and keep them alive in your child's memory. Taking photographs and gathering souvenirs are very good ways. Also, telling stories about things the child has done.

6. Encourage the playful side of children. Show kids how to be light, how to take pleasure from life and to be pleased with themselves. Laughing at a child's silly jokes helps to develop a marvelous sense of humor.

Source: Herbert Lingren, Ph.D., Family Life Scientist (LJ)

fce Volunteers needed

FCE members are needed to help serve as hostesses or at the registration table for Health Awareness Day. Two-hour shifts are available from 9 a.m. to 5 p.m. on Thursday, August 3.

Call Darlene Navratil, chair, at 423-3674 to volunteer. (LB)

Seven ways to be a happier parent

☺ Make two positive statements about yourself in front of your child every day.

☺ Do something nice for yourself. Show your children that you consider yourself a person of worth.

☺ Don't take yourself too seriously. Ask yourself, "what's the worst thing that could happen?" If it's not all that bad, don't get so upset about it.

☺ Learn to laugh. Look for delightful, amusing and funny situations in your everyday life.

☺ When you look back on your day, look at what you did right and take pleasure in it. If you make a mistake, correct it and move on. Don't dwell on it!

☺ Like yourself!

☺ Try and schedule some time for yourself every day, even if it's only 10 or 15 minutes. (LB)

fce

Sizzling Summer Sampler

Tuesday July 11 6 P.M.

SSSizzling with fun, food and information!

For more information see Roberta's Remarks above

fce

Public invited

Fresh Start Fund-Raiser

Thursday August 10 7 P.M.

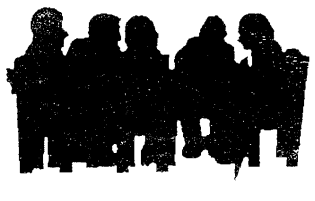
"Cheap Chic" featuring Award-winning Interior Designer Geri True

For more information see Roberta's Remarks above

fce

Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Cooperative Extension Office

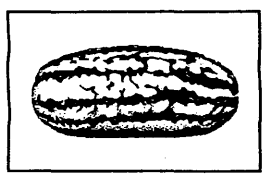
Don't be deceived by these food safety myths

As many as 80 million Americans may suffer some form of foodborne illnesses yearly. Because the symptoms of cramps, diarrhea, vomiting, chills, nausea and fever are similar to flu, it's often passed off as some "bug" that's going around. Since the food poisoning incident at a fast food place on the west coast where two people died and hundreds became ill, foodborne illness has received more attention. Simply undercooking a piece of meat may make the difference between staying healthy and becoming ill.

Different people have different levels of immunity and one often can't see, smell or taste a potential food poisoner. Therefore, it's difficult to make a judgment call whether a food is safe to eat.

Usually, the cost of the tossed food is much less than the cost of treatment (often a trip to the emergency room) and possible lost wages. The best policy for foodborne illness is to strive for prevention. The Center for Disease Control and Prevention estimates that proper precautionary practices in our own homes could prevent about 85% of all foodborne illness. Here are some common myths discussed in "Tufts University Diet & Nutrition Letter."

MYTH # 1: *Salmonella is found only in animal foods.*



Salmonella frequently is associated with chicken and eggs. However, salmonella bacteria on the ground can get on the surface of other foods, such as melons. When melons are cut, if there's salmonella on the surface, the knife can transfer it to the fruit. Therefore, it's important to wash a melon in cold water before cutting it open. Then, either refrigerate it or eat it within a couple of hours before the bacteria have a chance to multiply.

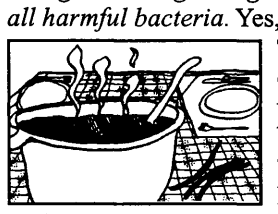
The article also warns that all fruits and vegetables should be rinsed prior to eating. Also, some potentially harmful bacteria are capable of growing on foods such as cooked rice and pasta. To be on the safe side, refrigerate leftovers within *two* hours of heating them.

MYTH # 2: *Putting foods in the refrigerator automatically stops bacterial growth.* There are three fallacies to this myth. First, your refrigerator must be below 40 degrees F to slow down bacterial growth. A recent survey, however, found that one-fifth of all refrigerators registered temperatures of 50 degrees or higher! Refrigerator thermometers are available at most hardware stores and houseware sections of department stores for about $5.

The second fallacy is that refrigeration, in particular freezing, kills bacteria. Wrong! It only slows their growth. While *frozen foods* can be kept indefinitely at 0 degrees F or less (taste and texture may suffer after several months), keep most *refrigerated holiday* leftovers no more than a day or two before reheating and eating them. Once frozen foods are thawed, however, they should be eaten shortly thereafter before bacteria can grow appreciably. Thaw frozen foods in the refrigerator, not on the counter.

Refrigeration alone is enough to kill bacteria, is the third fallacy. Large leftover food, such as a big pot of soup or piece of meat may not cool fast enough in the center to be safe. Divide larger food into smaller sections and refrigerate in shallow containers.

MYTH # 3: *Heating a food hot enough and long enough will kill all harmful bacteria.* Yes, and no.



"Yes," cooking will kill bacteria; "no," harmful toxins produced by some bacteria resist high temperatures. For example, staphylococcus bacteria which live in noses, throats and skin infections are an easily obtainable source of potentially harmful toxins.

If a perishable food, in particular foods containing meat, poultry or dairy products, has set out at room temperature for more than two hours, it could be a potential source of staph-related illness. Use special care when handling "buffet" foods. Don't add

Please turn to Myths: page 11

Free "Home Freezing of Fruits and Vegetables" workshop July 25

✓ What type of containers work best for freezing?

✓ What's the difference between fruit frozen in a syrup pack, in sugar or in an unsweetened dry pack?

✓ How do you keep frozen fruit from darkening?

✓ How do you blanch vegetables?

✓ How long can you keep frozen foods?

If you'd like to know the answers to these questions and more, plan to attend a free workshop, "Home Freezing of Fruits and Vegetables" on Tuesday, July 25. This workshop will be offered 1:30 to 2:30 p.m. and repeated 7 to 8 p.m.

Fruits and vegetables are an excellent source of fiber and important vitamins and minerals. You'll hear, see and taste as you learn from Alice Henneman, Extension Educator, how to enjoy the summer harvest year round. Each participant will receive take-home materials that give specific information for freezing various fruits and vegetables.

There is no charge for this program. Preregistration is requested by calling 441-7180 to ensure adequate materials for participants. (AH)

Don't eat the daisies but the daylilies are tasty

Edible flowers can provide an attractive way to brighten your meals. *Be sure to pick flowers that have not been sprayed with pesticides.* Use flowers as soon after picking as possible. Here are some of the major edible flowers, according to Eileen Schofield, Kansas State University.

Major Edible Flowers

Bachelor's Buttons	Calendula (Pot Marigold)	*Chrysanthemum
Clover, red	Dandelion	*Daylily
Elder	Geranium, Scented	Gladiolus
Hibiscus	Hollyhock	Honeysuckle
*Lavender	Lilac	*Marigold
*Nasturtium	Pansy	*Rose
Squash Blossom	Tulip	Viola, Violet

* most flavorful)

Please turn to Flowers: page 11

Please turn to page 11 for more Family Living news

Family Living

Strengthening Nebraska Families site change

The July 10, 1995 interactive satellite videoconference, *Families in Trouble: Recognizing Symptoms* will be held at UNL East Campus Union instead of the Lancaster Extension Conference Center. The program is from 12:00 to 2:00 p.m. Check the room postings in the Union for the room assignment. (LJ)

Family Fun Fair successful

The Family Fun Fair, sponsored at the Arnold Heights Family Resource Center, attracted over 120 people. Families appreciated the opportunity to make nutritious snacks, and learn about safety, health and nutrition from Lincoln Fire Department, Lincoln-Lancaster County Health Department, Kiwanis members, EFNEP, 4-H, and the Family Service WIC program. Families congregated on the outdoor patio for entertainment by the Klogging Kids and April's Animals. Mother Goose, sponsored by the YWCA, and a clown provided interactive learning for the children. Charlene Morris, Nobuko Nyman, Marilyn Waldron and Maureen Burson represented UNL Cooperative Extension at the event.

Healthy Eating

Confetti Coleslaw

Make slaw with a nonfat dressing instead of mayonnaise and save 11 grams of fat and 6 milligrams of cholesterol.

4 servings, about 1/2 cup each

Per serving:

Calories	35
Total fat	Trace
Saturated fatty acids	Trace
Cholesterol	0
Sodium	5 milligrams

2 cups green cabbage, finely chopped
1/4 cup green pepper, finely chopped
1/4 cup red pepper, finely chopped
1 tablespoon onion, finely chopped
2 tablespoons vinegar
1 tablespoon water
1½ tablespoons sugar
1/8 teaspoon celery seed
1/8 teaspoon pepper

To prepare:
Toss vegetables together lightly. Mix remaining ingredients together for dressing. Mix dressing and vegetables. Chill well.

Notes:
—This salad keeps well in the refrigerator for one or two days.
—Green peppers may be used in place of red peppers. A small amount of shredded carrot adds color.
Source: USDA Health and Human Nutrition Information Service (AH)

Do you invite frustrations?

Did you ever wonder why everything happens to you? The answer could be that you bring it on yourself. We all have personal styles which could invite hassles. You could be setting yourself up for more than your share of frustration if you:

• *Need to be in control of the situation.* People who seek constant control are apt to regard anything that occurs outside their sphere of influence–even a minor difference–as a hassle, and react accordingly.

• *Look for approval all the time.* Those who need constant approval set themselves up for disappointment since no one can be liked by everyone all the time.

• *Don't accept criticism well.* Criticism is always difficult, but people who view it as a personal attack are more stress-prone than those who find ways to use criticism for personal growth.

• *Having trouble saying no.* People who can't say no often overextend themselves and trigger a flurry of hassles trying to get everything done—and resentments when that's impossible.

• *Get angry when you feel life isn't fair.* Everybody has the wish as a child for life to be fair, but those who carry the unrealistic wish into adulthood, face the inevitable stress of disappointment.

Recognizing what we do to create our own problems is the first step toward coping. Modifying behavior when possible–or at least understanding its causes–can ease stress.

Source: UNL Balance Newsletter (LB)

Household Hints

Spills on fabrics from beverages containing sugar, such as wine or ginger ale, may seem to disappear. But, don't be fooled–they may still be there! Once the stain is exposed to air, the sugar oxidizes and leaves an invisible stain, which ultimately turns yellow or brown. The stain never left ... it was there all along. To correct the problem, immediately treat even light stains you can't see, before they dry. For washable fabrics, sponge or soak the spill in cool water. Pretreat with a stain stick or gel, prewash stain remover, or laundry detergent. Launder as soon as possible. (LB)

4-H & Youth

4-H Bulletin Board

- HELP! We need your help as fair assistants and helpers in the home economics area on entry day, Monday, July 31 and judging day, Tuesday, August 1. If you are 12 years of age or older, you can be a tremendous help to the county fair. Call the Extension Office to sign up for times and areas. Thank you! (AMM)
- Make sure to read your fair book for details on supporting information for exhibits, schedules, etc. Your cooperation in making sure exhibits are prepared properly for entry is much appreciated! (AMM)
- Due to a scheduling conflict, 4-H members participating in the Lancaster County Fair Household Pets Show must remove their exhibits from demonstration rooms A and B immediately following the show. (ALH)
- The Lancaster County Fair 4-H Long Hair and Short Hair Cat Shows are combined this year. Check in and vet check will be 8:00-8:45 a.m. August 5. The cat show begins at 9:00 a.m. in demonstration rooms A and B. (ALH)
- Dog Diseases, Vaccination and Nutrition is the title of a workshop featuring Dr. Fran Savage, veterinarian, 4-H parent and dog show enthusiast. If you own a dog, you will want to attend this 1½ hour session 7:00 p.m., Tuesday, July 25 at the Lancaster Extension Conference Center. (DS)
- Don't get confused: I.D. affidavits that were filled out by June 15 are not the same as Lancaster County Fair and Nebraska State Fair entries which are due July 17! (LJ)

Attention 4-H club leaders and independent members

Please let us know when your club will be working at the fair 4-H food booths by sending in the confirmation post cards sent to you in your project update letter. As you know, clubs and individuals were assigned to specific time slots this year.

Response has been good; however, we still have not heard from some of you.

Working in the food booth is an excellent service project for clubs and gives youth an opportunity to learn skills they might later use as they apply for first jobs at various fast food restaurants. If your club was missed, or if you have youth or adults who would volunteer for more than one shift, please call Penny Cariotto at 488-3792 or Pam Stearley at 488-1277. Thanks for all your support. (LJ)

4-H food booth volunteer alert

What: Training for *all* food booth volunteers

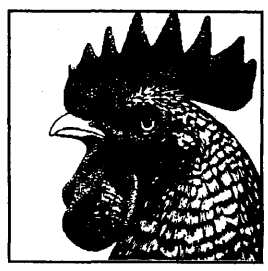
Where: State Fair Park, 4-H demo rooms, just south of the 4-H Rock Cafe in the 4-H Youth Complex. (Check fair book map)

When: Wednesday, July 19, 7:00 - 8:30 P.M.

Time: This training is important for everyone involved. You will meet the supervisors of each food booth, learn all about customer service, make change and visit your food booth. (LJ)

Have some family fowl fun July 13

If you enjoy poultry, you'll love this outing. The Maddens (Don, Cleo and Julie) have shown birds for over 30 years. They rank first or first runner-up in the nation in over 10 breeds of poultry. They have more than 75 breeds of chickens, waterfowl, pheasants, turkeys and pigeons and have served as superintendents of the Lancaster County Fair Open Class Poultry Show for approximately 18 years.



They invite you to come to their farm July 13, 7 p.m. to learn how to wash your birds and prepare them for show. They will also discuss what to expect at the show. You will get to see birds of many different breeds and learn something about each breed.

This is an opportunity to learn how to prepare your birds for the fair and see some beautiful birds and learn more about them. Call Cleo at 787-7215 by July 11 to reserve a spot for your family. The Madden farm is located approximately 2 3/4 miles south of Sprague on SW 14th (yellow house, east side). (DS)

Bucket calves for rural families

Youth and adults alike are invited to the Snell Dairy Farm 1½ miles east of Denton on West Denton Road for a hands-on bucket calf workshop. The workshop will be Friday, July 7, 7:00 p.m.

You will learn:
- where to shop for a calf
- how to care for your calf
- what your calf needs to be vaccinated against
- how to feed your calf
- about housing requirements

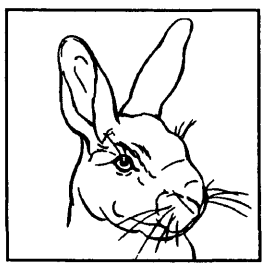
You will also have the opportunity to:
- measure the height of a calf
- estimate the weight, with the aid of a weight tape
- practice haltering a calf
- fit a calf for show
- fill out a sample bucket calf record sheet
- participate in a practice bucket calf show.

You are encouraged to bring your own bucket calf along, if you can.

To make reservations, please call LaDeane Jha, 441-7180, by July 5.

A bucket calf progress show will be held at the Sarpy County fairgrounds in Springfield, Nebraska, July 11. Check in from 9:00-10:00 a.m., interviews and record book judging at 10:30 a.m., show at noon. (DS)

Showing rabbits: grooming & conditioning



Who could better teach grooming, conditioning, showmanship and characteristics of different rabbit breeds than Merlin Dana?

Merlin has been breeding and showing rabbits for more than 10 years. He has been judging for 8 years in more than a dozen counties. He and his wife, Jean, have more than 100 Holland Lops, Mini Rex and Jersy Woolies in their rabbitry.

Merlin and Jean will host a workshop to teach grooming, conditioning and showmanship of rabbits, Saturday, July 15, 9:30 a.m., 7200 Morrill Avenue, Lincoln. To register for this workshop, call Merlin or Jean at 466-6745 by July 12. (DS)

From the home office in Lincoln, NE Top ten Lancaster County Fair tips

1. Remember that *Monday, July 17* is the last day to preregister for contests.

2. The *Table Setting Contest* has new rules this year. An entry tag must be completed before the 4-H member will be able to present their table to the judge. Therefore, if they feel there is anything unique about their table, they should let the judge know. A new table setting brochure is available at the Extension Office.

3. *Helpers* (ages 12 and over and adults) are needed for entry day and judging day. Writing comments, displaying exhibits, etc. are all areas we need your help in! Call the Extension Office to sign up!

4. *Style Revue* narrations are very important and need to be sent in by July 17. Please make sure that when writing them you read the information sheet that comes along with it. Your cooperation in this area would help us a great deal when preparing narrations for the public style revue. If you have never modeled before, call Ann Marie for tips and information.

5. Remember, *exhibits* will not be brought back to the Extension Office after the fair. If you know that you are unable to pick them up on Saturday, August 5 from 4-6 p.m., you need to make arrangements with your club leader, friends, neighbor, etc. Exhibits not picked up will be donated to charity.

6. Many exhibits require *supporting information* to make them complete. Please remember to read your fair book and supply the needed attachments to your exhibit. Your exhibit will not be accepted by the superintendent if it is not complete.

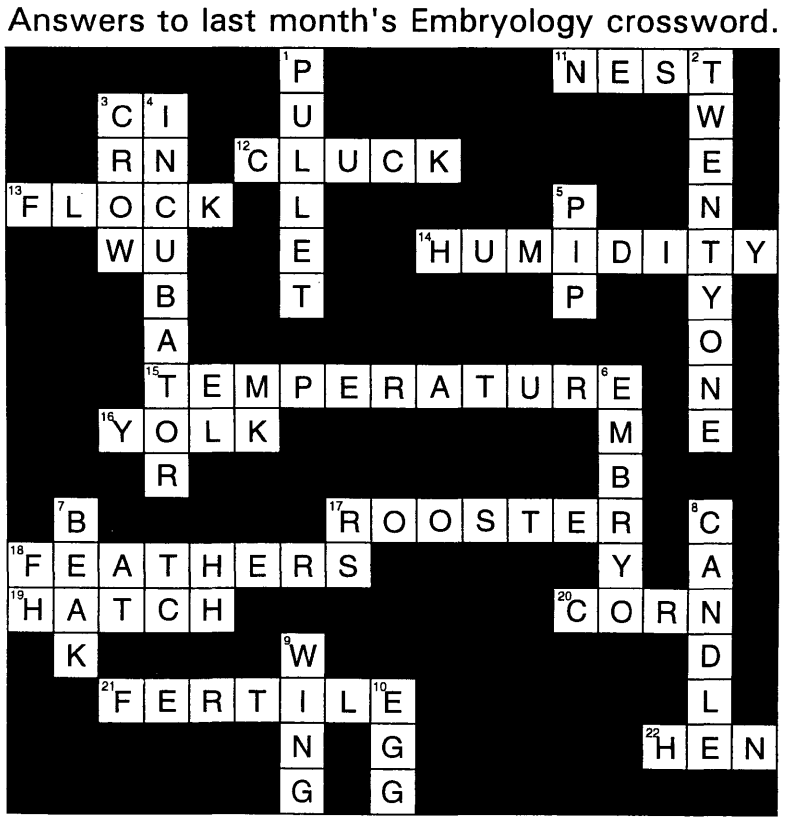
7. *Interview judging* is available for a variety of projects. Refer to page 7 of your fair book for more information and call the Extension Office to sign up. This is really *fun* and a good experience!

8. The *4-H Food Booths* need your help! If you or your club has not signed up for a time, please call Penny Cariotto at 488-3792 or Pam Stearley at 488-1277 to take part! Have fun, make new friends and learn something new!

9. All *static exhibits* must be entered on Monday, July 31 from 4-8 p.m. Exhibits will not be accepted at a later time. Please check your fair book for times, places and information.

10. Remember, the *fair* is a learning experience, it is a time for families to spend time together and it is FUN for everyone! If we can help you in any way, please contact the Lancaster County Extension Office. (AMM)

Answers to last month's Embryology crossword.



HORSE BITS

1995 4-H Lancaster County Fair Updates

Several changes have taken place regarding the 4-H horse show classes and schedule after the fair book went to print: *Please* make these changes in your fair book.

Page 1, *delete* Sunday, July 23 trail competition

Page 57, *delete* English horse show superintendents (Staci Griess and Patty Rieber)

Pages 61-62, *delete* Western horse show superintendents (Dick Cowell and Clayton Kelling)

Page 63, *delete* entire horse competitive trail show (has been cancelled due to low participation)

Note: Club leaders—remember to bring or send in all county fair information regarding your club's participation and exhibitors by Monday, July 10. Questions? Contact Cindy at the Extension Office.

District Horse Show

Congratulations to all of those 4-H horse members who showed and qualified at the district shows enabling them to participate in the state level activities.

These riders will compete at the 1995 Nebraska State 4-H Horse Exposition July 10-13, Fonner Park, Grand Island.

Activities include:

Monday, July 10—calf roping, public speaking and horse bowl

Tuesday, July 11—halter, showmanship, horse judging and hippology

Wednesday, July 12—all English and Western classes

Thursday, July 13—reining, barrel racing and pole bending

Monday, July 10—Preregistration for all horses participating in the Lancaster County Fair. Level I Horsemanship Level Test; Parental Permission to Camp on Grounds Form; club leaders—number of stalls needed (include tack rooms); independent members—number of stalls; club volunteer sign-up sheet. (CB)

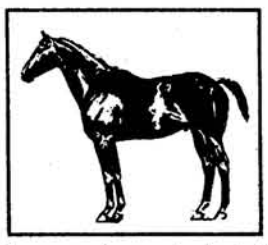
Nebraska State 4-H Horse Show, July 10-13, Fonner Park, Grand Island.

Wednesday, July 19, 4-H Horse VIPS "working" board meeting, 7:30 p.m. Short business meeting followed by a "working" fair meeting.

Wednesday, July 26, 7:30 p.m. 4-H horse pre-fair briefing; all 4-H horse members are encouraged to attend. Dressage ride times will be given, stall assignments made, other 4-H horse county fair announcements. (CB)

Lancaster County Fair 4-H Horse Show, July 31-August 3, State Fair Park. (CB)

Horse show safety rules and precautions



• At a show, tie your horse far enough away from strange horses so they cannot fight.

• When leading your horse, always walk beside the horse, not ahead or behind. Always turn the horse to the right and walk around him.

• Never wrap a lead strap, halter shank, or reins around your hand, wrist or body. A bad accident could result if the horse spooks. Keep long lines and leads off the ground to prevent them from entangling your feet.

• When using a double-rigged saddle, buckle or tie the front cinch first, the rear cinch last; when unsaddling, unbuckle the rear cinch first. Failing to do so can spook your horse and cause a bad accident.

• Soon after starting to ride, dismount and tighten the girth. Horses often swell up when first saddled, and failure to tighten girths later can result in serious accidents.

• Keep your horse under control at all times and maintain a secure seat. Horses are easily frightened by strange objects and noises. Anticipate these things and steady your horse.

• If your horse is frightened by an obstacle, steady him; give him time to overcome his fear. Then ride by the obstacle, do not punish him.

• When your horse is too full of steam, work him on a long line a few minutes before riding him.

• Don't try to show a green horse. Teach the horse at home, not in the ring.

• Avoid letting the horse kick when close to other horses. Space horses when possible. If your horse is a kicker, tie a red ribbon or a piece of red yarn on his tail so others will know to watch out for him.

• Keep calm, confident and collected. Remember that a nervous showman creates an unfavorable impression.

• Carefully and courteously follow the instructions of the judge and ring master. Follow instructions exactly.

• Be courteous and respect the right of other exhibitors.

• Be a good sport. Win without bragging and lose without complaining.

• Know your horse's peculiarities. If someone else is riding him, tell them what to expect.

• Do not punish your horse, except at the instant of disobedi-

Please turn to Horse: page 11

4-H & Youth

In preparation for the Lancaster County Fair Cat Show, Belinda Gillam (left) looks over Emily Veburg's cat Oreo.

Fair Fun Day '95
Thursday, August 3
State Fair Park

Designed for kindergarten graduates through 4th grade

Day Care Groups	Watch your mail for further information and sign-up
9:00-10:30 a.m.	Contact: Extension Assistant
10:45 a.m.-12:15 p.m.	Cindy Blome, 441-7180
1:00-2:30 p.m.	

Fair Fun Day '95 volunteers needed

Interested in leading a tour group or participating in a *special* hands-on county fair activity? If so, then plan to be at Fair Fun Day, Thursday, August 3. We need enthusiastic and responsible help from 4-H members, youth and adult. They are needed to serve as tour guides and instructors for Lancaster County day care centers.

There are three tour times. 9:00-10:30 a.m., 10:45 a.m.-12:15 p.m. and 1:00-2:30 p.m. A training session will be set up two weeks prior to the fair.

Each tour features the following educational and fun stops: participation in EnviroFair activities, making a recycled craft, seeing the home economics and engineering projects and visiting the animals that compete at the fair.

Want to volunteer to lead a tour or help at a particular tour stop? Call Cindy at the Extension Office, 441-7180, by July 15. Please indicate if you would be able to help with one or more tours. (CB)

Miss Rodeo '95 contest

This year will mark the second annual Lancaster County Fair Rodeo. To help promote this rodeo, as well as the Lancaster County Fair, we will crown a Miss Rodeo Lancaster County 1995 during the Friday night performance. Contestants will compete all day Friday, August 4 in the areas of horsemanship, personality and appearance. They will be asked to give a three-minute speech about their favorite event in the rodeo. They will also model one outfit of their choice reflecting western styles.

This is a great opportunity for young ladies between the ages of 16 and 19 (as of January 1, 1995). A $100 savings bond will be awarded to the new queen as well as various prizes for all the contestants. For more information, please contact Tausha Broer at 438-2506. This is not a 4-H sponsored activity. (LJ)

Tobacco-Free Nebraska grants available

Tobacco use among Nebraska teens is a significant problem. Nebraska teens use tobacco at a rate higher than the national average. In Nebraska, 34% of high school students reported smoking. This compares with 29% nationwide. Statewide, 15% of high school students reported using chewing tobacco or snuff. National health goals call for the reduction of all tobacco use among children and youth to 15% by the year 2000.

4-H clubs in the state have an opportunity to apply for funding to develop projects that would creat a "Tobacco-Free Nebraska for Youth." Applicants with the strongest plans for decreasing tobacco use among young people will be eligible for a grant in the $200-$500 range. Money can be used for a variety of purposes including training, the purchase of educational materials, travel, meals, lodging, postage, printing and supplies. Clubs may work together or on their own.

The deadline for project submission is July 28 and projects and reports must be turned in by November 30. For an application or more information, call LaDeane at 441-7180. (LJ)

Quiz bowls makes competition fun!

Do you participate in a quiz bowl? Read what Belinda Gillam, superintendent of the cat show, says about why the cat quiz bowl is important to 4-H members.

Belinda indicates that the Cat VIPS Committee decided to have a quiz bowl at the Lancaster County Fair because it gives 4-H members an opportunity to test their knowledge about cats.

"Sometimes, we tend to think that the end result of a project, like cats, is actually getting to show," says Belinda. "In reality, showing may not be for everyone. The quiz bowl gives kids a chance to participate even if their cats don't like the fair."

Belinda further explains that "one of the most important things, we feel as a committee, is that the quiz bowl should be fun. Sometimes, we can put too much emphasis on winning and not enough on learning and having a good time. Competition can be competitive, yet fun."

"The true emphasis of the cat project is to teach proper care of our pets," reports Belinda. "Hopefully, in the quiz bowl, we are exposing our 4-H members to the opportunity of increased knowledge, participation and fun. The quiz bowl also offers an individual public speaking experience without being the only one in the public eye. This works really well for those 4-H members who do not like being the only one in front of an audience."

So—if you want to test your knowledge and have fun too, sign up for the quiz bowl of your choice. Dog, cat, rabbit and dairy goat quiz bowls are scheduled at the Lancaster County Fair. See your fair book for details. (ALH)

Tired of fighting? Learn peacemaking

Here is a chance for junior high and high school 4-H youth to develop valuable peace-making skills, learn to solve problems nonviolently, and communicate needs without creating conflict.

Three opportunities for participation are available:

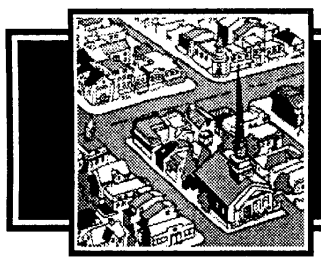
• Monday, August 14 through Tuesday, August 15, 1995

• Thursday, October 26 through Friday, October 27, 1995

• Thursday, January 25 through Friday, January 26, 1996

Each workshop will be held on non-school days from 8:00 a.m. to 5:00 p.m. Lunch and snacks will be provided along with ideas and skills that will enable you to create harmony between you and other people, like your friends and families. There is no cost to individuals attending. This program is made possible through the Lancaster County Juvenile Justice Review Committee, multi-agency contributions, and grants from the Nebraska Crime Commission, and Americorps, the national service initiative. To obtain a registration form, call LaDeane Jha. (LJ)

Please turn to page 11 for more 4-H and Youth news



Community & Leadership Development

Avoiding taking risks?

We all have a tendency to avoid risks. Let's face it, every time you try something new, you run the risk of failing. Ironically, avoiding risk is the worst risk you can take because it's the surest guarantee of boredom, frustration, stagnation and ultimate failure.

Promoting, supporting and rewarding risk is the way to transform risk avoiders into risktakers. Here are some guidelines to help you establish a healthy risktaking environment:

• *Use yourself as an example.* Talk openly about errors you have made and how you learned from them. (If you aren't making any mistakes, perhaps you aren't trying anything new.)

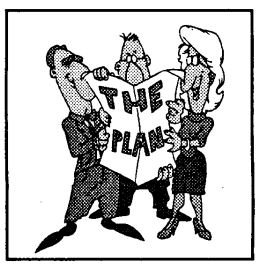
• *Celebrate setbacks as well as successes.* Of course, the greatest rewards will go to those who take risks that pay off. But, you also need encouragement when you take a chance and fall on your face. Without this support, you'll be reluctant to try again.

• *Don't ask others to bail you out when you are a risktaker.* You'll deprive yourself of the chance to learn and grow from experience. Worse, you expect others to bail you out again.

• *Encourage smart risks, not foolish chances.* You always should have a clear goal in mind before you go out on a limb. Make sure you have considered the worst possible outcome of your actions. Can you live with it? Always have an alternative plan in case things turn sour.

Source: Herbert Lingren, Ph.D., Extension Family Life Specialist (LJ)

Are you part of an effective team?



We all work with teams at some point in our lives. For some of us, it is a work team, for others it may be a social, community, or religious team. Most of us have been on teams that were fun and accomplished many tasks. We've also experienced teams that were ineffective and full of conflict and strife. The Human Resource Institute has identified nine characteristics of an effective team. Which of these fit the teams that you are a member of? How might you incorporate some of these ideas to make a more effective team?

1. The "atmosphere" tends to be informal, comfortable and relaxed.

2. There is a lot of discussion in which virtually everyone participates; but, it remains pertinent to the task of the team.

3. The task or objective of the team is well understood and accepted by its members.

4. The members listen to one another.

5. They agree to disagree. The team is comfortable with this and shows no signs of avoiding conflict or keeping everything on the "social surface."

6. Most decisions are reached by a kind of consensus in which it is clear that everybody is in general agreement and willing to go along.

7. Criticism is frequent, frank, and relatively comfortable. There is little evidence of personal attack.

8. People are free in expressing their feelings as well as their ideas on the problem and the team's operation.

9. When action is taken, clear assignments are made and accepted. (LJ)

Protecting your child from abduction

• *Empower your child!* Explain that sometimes it's "okay" to say no to an adult.

• Teach your child *positive body language*

—look up when talking

—look everyone in the eye, not down on the ground.

• Decide on a *"password"* with your child. Teach your child not to leave with anyone unless they say the password.

• If your child is ever home alone, tell him/her to *never answer the phone or the front door.* An answering machine allows for screening of phone calls.

• Talk with your child about *"good touch," "bad touch," and "private touch."* If he/she feels bad about the way someone touches him/her, they should tell a parent, teacher, guidance counselor, or a trusted adult. The important thing is that they tell someone about it!

• If your child is followed by a car ...

• *Have him/her go in the opposite direction.* It's easier for your child to turn around and run the other way than it is for the car to turn around.

• If your child must run away from a stranger, let him/her know *it's okay to drop their books.*

• *Parents:* You must be aware of the problems in your community. Establish a communication bridge with your child. Any child, just like any adult, can be a victim. Prepare your children in advance–with an attitude, a plan, with deterents like a password, a personal alarm or knowing how to drop their books and run!

• *REMEMBER: Most harm caused to children is from someone who is not a stranger!*

Source: WorkWell, Inc. supported in part by Lincoln-Lancaster County Health Dept.

Mediation: a community resource

LaDeane Jha
Extension Educator

The Lincoln/Lancaster Mediation Center is a resource available to all residents of Lancaster County to help reach win-win solutions when there is conflict. Mediation is a method of dispute resolution which helps people in conflict reach mutually agreeable solutions to problems with the assistance of a neutral mediator. Mediators are not judges and they make no decisions for any parties involved. A mediator helps parties realize and explain their needs, clarify issues, explore solutions, and negotiate an agreement. Through mediation, all parties find a solution that will work for them.

Disputes which are often mediated include:

- family and juvenile matters
- education disputes
- employer and employee disputes
- business and consumer matters
- landlord and tenant conflicts
- neighbor and community disputes
- governmental and organizational conflicts
- other civil matters.

What are some of the benefits of mediation?

- Parties keep control over the outcome of their own problems.
- Feelings and facts are considered with the help of an unbiased mediator.
- Mediation promotes better relationships through improved communication and constructive problem-solving.
- Problems can be settled promptly. A session is scheduled as soon as both parties agree to come to the table. Most mediations last about two hours.
- Mediation is inexpensive and based upon the parties' ability to pay. No one is denied services for an inability to pay.
- Mediation is private and confidential.

How does it work?

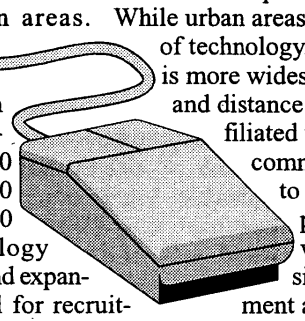
Either party can request mediation by calling the Mediation Center at 402-434-9480. Referrals can also be made by friends, courts, attorneys, social services and others. Once the parties agree to mediate, the time and place that is convenient for both parties is arranged by the Mediation Center.

A series of conflict resolution workshops targeted at youth is being sponsored by the Mediation Center in cooperation with several community agencies including Cooperative Extension. We strongly urge all youth interested in learning a lifelong skill to sign up for this exciting opportunity. (See related article "Tired of Fighting?" on page 9 for registration information.)

Telecommunications: rural residents out in front of urbanites

When it comes to telecommunications knowledge and use, rural residents appear to be out in front, according to a recent study.

An on-going policy study of rural telecommunications funded by the Rural Policy Research Institute (RUPRI), at the University of Nebraska-Lincoln, indicates that overall computer use is higher in rural versus urban areas. While urban areas may be on the cutting edge of technology, rural telecommunication use is more widespread in order to overcome isolation and distance.



Researchers affiliated with RUPRI polled all businesses in 20 communities with populations from 700 to 2,500 in a six-state area. More than 50 percent of those polled felt technology was important for business retention and expansion. Sixty percent felt that it was vital for recruitment and 70 percent for future growth. Sixty-one percent believed technology was necessary for increased production.

The majority of those not interested in technology were either older and on the verge of retirement, or involved in businesses such as appliance repair where they felt that technology would have minimal impact. Business people in favor of technology felt that it would increase their efficiency, expand their marketing area, and erase distance.

While the majority of residents felt that telecommunications was important, the technological sophistication of those polled varied from highly sophisticated to beginning level. However, more than one-third of the respondents already knew how to access the technology, whether or not they were currently using it in their business.

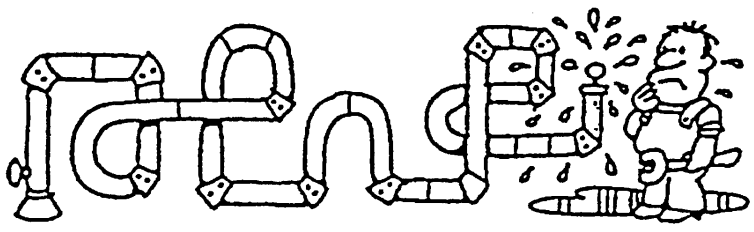
Many rural communities have an information structure and fiber optics network; but, they haven't been trained to exploit the technology to its fullest advantage. In order to offset this, the RUPRI is spearheading a new project starting in July that is designed to train rural businesses to access the internet.

Persons interested in learning more about the study should call Karen Loftis, (402) 472-1725, for information about "Navigating the Net."

Source: John Allen, Ph.D., Rural Sociologist, NU/IANR (LJ)

COOPERATIVE EXTENSION SYSTEM

Crisis Home Repairs
for Lancaster County Homeowners



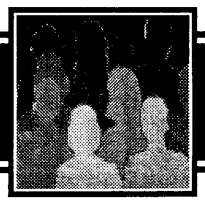
For more information call Lincoln Action Program, Judy Adams at 471-4515

PUBLIC INVITATION

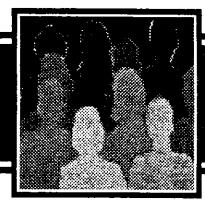
Lancaster County Extension Board Meeting

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



Human Resources News *continued*



How to get plenty of fiber

We keep hearing that Americans aren't eating enough fiber. How much is enough and what foods are best for fiber?

Although most health authorities agree that fiber is important in the diet, it's not yet known exactly how much and what types of fiber are needed each day. Some health organizations have suggested that healthy adult Americans increase dietary fiber to 20–30 grams per day, roughly twice what most Americans eat now. They also suggest an upper limit of 35 grams per day to avoid any adverse effects such as bloating, gas, or cramping.

Fiber should come from a variety of food sources including vegetables, fruits and whole-grain products. You can get about 20 grams of dietary fiber if you choose at least:

• *3 servings a day of vegetables* such as broccoli spears, corn, baked potato, and kidney beans *plus*

• *2 servings a day of fruit* such as pear, apple, banana, figs, and orange *plus*

• *3 servings a day of whole-grain products* such as whole-wheat bread, hot oatmeal, or other whole-grain cereal.

If you're not used to eating foods that are high in fiber, increase fiber gradually. Since fiber draws water into the large intestine, be sure to drink plenty of liquids—8 or more cups a day—including water, juice, milk, and other beverages, soups, and so forth, to avoid cramping.

The suggested levels of fiber are not meant for children, the elderly, or people on special diets, due to limited research with these groups. Because high-fiber foods are usually bulky and low in calories, small children, for example, may find it difficult to eat enough to get the calories they need to grow. However, everyone, including small children, should include fruits, vegetables, and grain products in their daily diet.

A few additional fiber facts:

• *The form of the food will affect its fiber content.* Compare the fiber in these three forms of apples:

APPLE JUICE (3/4 cup)
0.2 grams fiber
APPLESAUCE (1/2 cup)
1.5 grams fiber
MEDIUM APPLE (whole)
3.0 grams fiber

In general, for the most fiber, eat fruits and vegetables with their peel.

• *All whole-wheat bread is brown, but not all brown bread is whole-wheat.* By law, bread that is labeled "whole-wheat" must be made from 100 percent whole-wheat flour. Bread labeled "wheat bread" need not be made from whole-wheat flour and is likely made from mostly white flour.

• *Dietary fiber will be listed on the new nutrition labels on foods.* The amount of dietary fiber in a serving of food is listed in grams (g) and as a percent of the Daily Value on the new "Nutrition Facts" food labels. (AH)

Diet and headaches

The next time you have a headache, consider if it could be something you ate. Food triggers have most often been linked to *migraine* headaches. Some food and dietary practices frequently associated with migraines include the following according to *Environmental Nutrition* newsletter:

• *Alcohol.* Alcoholic beverages can dilate blood vessels and cause headaches in susceptible individuals.

• *Certain food additives.* Aspartame, an artificial sweetener and monosodium glutamate (MSG), have sometimes been mentioned in relation to headaches for a small number of people. Sodium nitrites, found in such foods as luncheon meats, hot dogs, bacon and smoked foods, are another additive possibly linked to headaches for certain individuals.

• *Tyramine.* Tyramine is an amino acid found in aged cheese, beer and red wine, especially Chianti, to name a few common foods. Check with your physician or nutrition counselor for a more extensive list if you feel you might be sensitive to tyramine.

• *Phenylethylamine.* This substance is found in chocolate has been linked with headaches for some people.

• *Caffeine withdrawal.* If you have weekend headaches when coffee intake is typically less, you may be suffering from caffeine withdrawal. Either continue your typical coffee, tea or cola consumption or gradually cut back during the week.

• *Food temperature and skipping meals.* Alternating between very hot and cold foods can sometimes cause problems. Let foods warm or cool slightly before eating. Skipped meals can also trigger headaches–the answer, of course, is to eat something.

Does this mean you have to give up chocolate, etc. if you have migraines? Not necessarily. If your headaches get better when you omit a food and return when it's added back, it's likely to be the trigger. Otherwise, chances are that you can tolerate that particular food. Check with your physician for more information about diet and headaches in relation to your particular situation. (AH)

Myths

From Page 7

fresh food to foods that have set out a few hours; exchange the fresh food for the other food.

To prolong the safety of a perishable food, either hold it in a chafing dish or warming tray that maintains the food at an internal temperature of 140 degrees F or above or nestle the serving dish in a bed of crushed ice.

A few final thoughts ...

• Cook red meat to 160 degrees F for greatest safety. Cook poultry to 180 degrees F. Use a meat thermometer to check that it's cooked all the way through. To check visually, red meat is done when it's brown or grey inside. Poultry juices run clear and fish flakes with a fork when done.

• Cook eggs until the yolks and whites are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked. Buy a prepared egg nog which has been pasteurized. Or, you can use pasteurized egg substitutes (available in the freezer section of most grocery stores and usually marketed as a cholesterol-lowered product) in making your nog. (AH)

Flowers

From Page 7

Be careful about consuming flowers not on this list unless someone knowledgeable in this area, such as a horticulturist, has identified them as safe to eat. Flowers of certain plants can be toxic.

Here are some additional tips for adding flowers to your meals:

• Flavor varies among different varieties of marigolds, daylilies and different colors of mums; taste a few to find one with good flavor.

• Remove calyx (green base of flowers); if using individual petals or florets, remove white bases (often bitter).

• Most flowers have a delicate flavor that does not withstand long cooking. For best results, they should be used raw or added to cooked mixtures at the last minute.

Some suggested uses include:

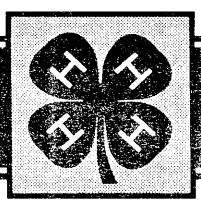
• Add petals to vinegars or butter, let stand for a few days to develop flavor, and use to season salads or hot vegetables, fish, etc.

• Add petals or small, whole flowers to dips, salads, soups, omelettes, stir-fried mixtures, or desserts.

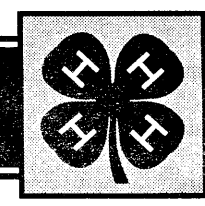
• Stuff whole flowers (squash blossoms, nasturtiums) with meat, fish, or egg salad.

• Dip squash blossoms or clusters of elder flowers in batter and fry.

• Use mild-flavored flowers in salads; add sweet flowers to fruit mixtures or use as garnishes for desserts; use the more versatile, strong-flavored flowers with cheese, eggs, vegetables, pasta, or meats. (AH)



4-H & Youth News *continued*



Horse

From Page 9

except at the instant of disobedience. If you wait even a minute, he will not know why you are punishing him. Punish without anger, lest your punishment be too severe. Never strike your horse about the head.

• Never ride off and leave a mounting horse alone.

• Make sure the excess latigo strap does not work loose and drag. The horse may step on the latigo or it may hang up on something, scaring the horse and causing him to injure the rider.

• Manners and suitability to the owner are prime qualities in any horse. Above all, know your horse, and make sure that your manners are at least equal to his.

• *Never race.* Horse play is only for the unmounted horse, not for the horse and rider.

• Always treat other people on horses and afoot in the same way you would like to be treated.

• Always wear boots when riding and handling horses. Tennis shoes can slip through the stirrups. Soft-soled shoes will allow your toes to curl around the stirrup. Be certain your boots are not too wide for your stirrup. You should have an extra ½ inch of width between the side of the stirrup and your boot.

• If you use a lead shank with a chain, use it properly. Never jerk or yank on the lead strap when you have the chain under your horse's chin. Remember that the use of a chain to control your horse is a poor substitute for good training.

• Before jumping, learn to go over a cavaletti with and without stirrups.

• Riders should wear "hard hats" with neck harness at all times when jumping.

• If a rider should fall from the horse while jumping, he or she should not be moved until checked by a nurse or physician.

• Bridle reins, stirrup leathers, headstalls, curbstraps and cinch straps should be kept in the best possible condition. Check these items frequently for signs of wear, cracking or fraying. Replace or repair any that need care. (CB)

Self-esteem grows without ribbon color

These are exciting times for 4-H members and their families. Summer activities and county fairs provide the setting for a wide range of emotions ... happiness, determination, courage, sadness, pride, frustration, disappointment and the thrill of a lifetime. These activities also provide the opportunity for 4-H members and their families to make memories they will recall years later.

Kay McKinzie, University of Nebraska 4-H specialist, has a special memory she recalls from her years as a 4-H member. She remembers standing ready to enter the show ring with her senior yearling Holstein, Princess. It was 110 degrees in the shade and, at the last minute, Kay decided to give Princess a drink. She led Princess to the tank and proceeded to attempt to get her to drink. Just as Kay gave her best push on the halter, Princess lowered her head and into the tank Kay went. She crawled out just as her class was being called to the ring.

Of all the memories Kay has of county fairs—she picks this one as her favorite. Why is that? She was embarrassed by what had happened. But, Kay feels it's a special memory because her 4-H leader brushed her off, smoothed out her wet hair and said, "Go on ... lead her into the ring ... you can do it." And she and Princess did.

Maybe that memory is special because as she looks back on it now, it points out the difference between winning and being successful. To win is to gain a victory in a contest, so says the dictionary. Success is a favorable termination of a venture. Kay didn't win with Princess, if her only goal was a purple ribbon; but, she and her heifer were successful. They did go into the show ring, they did compete, they received a blue ribbon, and they made a lasting memory.

As 4-H members put the finishing touches on their exhibits, register for contests and work with livestock, the emphasis on winning shouldn't overshadow the many successes they can enjoy in their project work.

Competition is a natural human trait. It's part of the instinct that has allowed survival over the centuries. It's tough to keep winning and the sense of feeling successful, even with less than a purple ribbon, in perspective. But, we can try.

When you see a 4-H member at a contest or county fair, don't ask them what ribbon they won. Go beyond that. Have them tell you about that exhibit or animal. What's the animal's name, or what special things they've done with it? Where did they get the idea for their exhibit? Where are they going to wear the outfit they made? Was it hard to do? What else do they want to make or do?

No matter what the ribbon placing, confidence and self-esteem grow in an environment that is filled with support.

Security and acceptance are at the heart of successful competition. By keeping winning in perspective, we're helping 4-H members to develop the "courage to try ... the courage to be imperfect." It's a trait they'll be able to apply the rest of their life.

Source: Kay McKinzie (DS)

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.

Jeffrey D. Gaskins
Publication & Resource Assistant

NOTICE

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

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FAX	441-7148
GARDEN GOSSIP HOTLINE	441-7179
COMPOSTING HOTLINE	441-7147

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.

July 5
Star City Rabbit Raisers 4-H Club Meeting.....7:00 p.m.

July 7
Bucket Calf "Learnshop"—*Snell Dairy, 6605 West Denton Road*.....7:00 p.m.
Pesticide Container Recycling, *Countryside Cooperative, Milford*

July 9
4-H Teen Council Meeting.....3:00-5:00 p.m.

July 10
Horticulture, Weed & Tree ID Judging Contest.....10:00 a.m.
Lifetime Skills Judging Contest.....1:00 p.m.
Practice Style Revue..... approx 3:00 p.m.
Strengthening Nebraska Families Videoconference—*East Campus Union*..... noon-2:00 p.m.
Extension Board Meeting.....7:30 p.m.
County Fair Horse Entries Due

July 10-13
Nebraska State 4-H Horse Show—*Grand Island*

July 11
Bucket Calf Progress Show—*Sarpy County Fairgrounds, Springfield*..... 9:00 a.m.
Sizzling Summer Sampler..... 6:00 p.m.
4-H Council Meeting.....7:00 p.m.
4-H Production Livestock Booster Club Meeting..... 8:00 p.m.

July 11-13
Wet-n-Wild II Camp—*Gretna*

July 13
Poultry Outing—*Madden Farm, Sprague*.....7:00 p.m.

July 14
Pesticide Container Recycling, *Blue Valley Cooperative, Tamora*

July 14-16
Sports Camp—*Gretna*

July 15
Rabbit Showmanship, Grooming and Conditioning Workshop—..... 9:30 a.m.
Dana Home, 7200 Morrill Avenue

July 17
Pre-entry Deadline for Livestock, County and State Fairs
4-H Demonstration Contest

July 18
Star City Rabbit Raisers 4-H Club Meeting.....7:00 p.m.

July 18-21
Summer Safari II Camp—*Gretna*

July 19
4-H Horse VIPS Meeting.....7:30 p.m.
4-H Food Booth Training—*State Fair Park*.....7:00-8:30 p.m.

July 20
Fair Board Meeting.....7:30 p.m.

July 21
Pesticide Container Recycling, *Dorchester Farmer's Co-op, Dorchester*

July 21-24
Summer Safari II Camp—*Gretna*

July 22
4-H Shooting Sports BB Gun, Pellet Rifle and Pistol Contest—.....times assigned
Lancaster Building, State Fair Park

July 25
Dog Diseases, Vaccination and Nutrition Workshop.....7:00 p.m.
"Home Freezing of Fruits and Vegetables" Workshop.....1:30 or 7:00 p.m.

July 26
4-H Shooting Sports Archery Contest—*Prairie Bowman Range*..... times assigned
Style Revue Judging—*First Lutheran Church*.....times tba
4-H Fair Superintendents and Leader Meeting.....7:00 p.m.
4-H Horse Pre-Fair Briefing.....7:30 p.m.

July 27
Music Contest—*Kimball Hall*..... 7:00 p.m.

July 28
Submission deadline, "Tobacco-Free Nebraska for Youth"
Pesticide Container Recycling, *Land O' Lakes, Wilber*

July 29
4-H Shooting Sports Smallbore Rifle—*Lincoln Parks and Recreation Center*..... times assigned
4-H Trapshooting Contests—*Isaac Walton League*

July 31-August 3
Lancaster County Fair 4-H Horse Shows—*State Fair Park*

July 31
County Fair Entry Day for Stationary Exhibits—*State Fair Park*.....4:00-8:00 p.m.

August 2-6
Lancaster County Fair—*State Fair Park*

August 3
Pesticide Container Recycling, *Lancaster County Fair, Ag Hall, State Fair Park*

August 4
Ak-Sar-Ben Entries Deadline