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## The NEBLINE, September 1995

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# EPA recognizes Lincoln wastewater treatment plants for excellence

**Municipal wastewater treatment systems in Lincoln at the Northeast facility and the Theresa Street Plant are among major winners in the U.S. Environmental Protection Agency (EPA) Region 7's Annual Wastewater Operations and Maintenance Awards Program.**

The awards recognize municipal wastewater treatment plants in the region's four states of Nebraska, Iowa, Kansas and Missouri. Dennis Gramm, EPA Region 7 Administrator, while presenting the award, said that EPA and the state environmental agencies have instituted various initiatives to remind treatment facility operators that good, sound operational and maintenance practices protect our water sources from pollution. By being selected as regional winners, these communities have demonstrated their commitment to the preservation of water quality in Nebraska.

Mayor Mike Johanns accepted the award on behalf of the City of Lincoln. Each member of the staff at the Northeast facility and the Theresa Street Plant were given individual certificates of the award. Included in the recognition were Extension Educators Barbara Ogg and Warder Shires, who have been involved with the land application program for utilization of the biosolids from both treatment plants on agricultural land in Lancaster County. (WLS)

# Battling the Hessian fly

**\$** Surveys last fall indicated a significant presence of Hessian flies throughout the southern wheat growing areas of Nebraska. Growers need to consider the management of this insect when planning for fall planting.

Late summer is the best and, perhaps, only time to battle the Hessian fly. Generally, chemical controls are not a practical solution so cultural practices are the only means to prevent serious losses. To reduce Hessian fly fall infestations:

- control volunteer wheat before planting
- plant Hessian fly resistant or tolerant wheat varieties
- plant after the fly-safe date (*see map*)

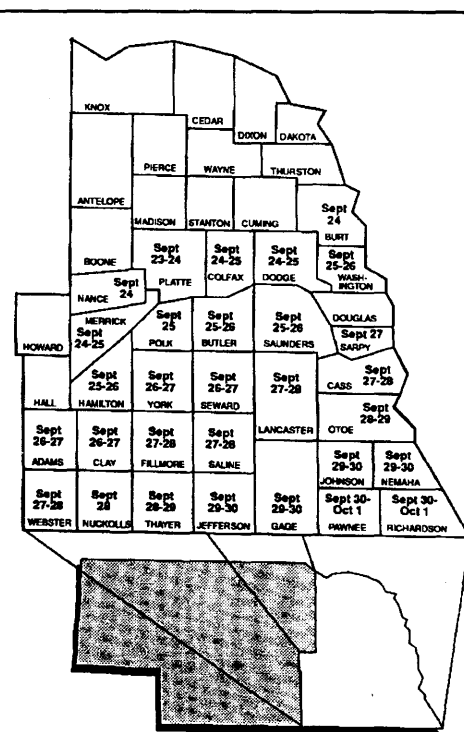
It is important that growers not rely solely on following the fly-safe planting date; rather, incorporate two or all three practices into their management program.

The Hessian fly spends the summer in the flaxseed stage on wheat stubble. In the fall, adults emerge to deposit eggs on early seeded or volunteer wheat. Plowing will bury many flax seeds deep enough to prevent adults from reaching the surface; however it may promote erosion. Planting after the fly-safe date allows seedlings to emerge after most adult flies

have died. Fly-safe dates are averages based on several years of observations. A hot, dry September can delay fly emergence. Moist, cool weather may cause average emergence dates to be earlier than the averages indicated on the map. Fly-safe dates have not been developed for western Nebraska; however, growers should not plant before the recommended date for their elevation. Also, this delayed planting will reduce potential problems from several other insects and diseases.

Producers wanting to plant early should strongly consider planting resistant varieties. Varietal resistance to the Hessian fly does not guarantee immunity, but it should reduce the probability of severe infestations. Among the Hessian fly-resistant varieties available are:

- Resistant—Arkan,<sup>®</sup> Brule,<sup>®</sup> Redland,<sup>®</sup> 2163, Norkan<sup>®</sup> and



*Fly-safe planting dates for eastern Nebraska for a year with average temperatures. Actual fly-safe dates may be earlier than normal in cool, wet weather conditions.*

Vista®

- Moderately resistant—  
Arapahoe,<sup>®</sup> Buckskin,<sup>®</sup> Colt,<sup>®</sup>  
Rawhide<sup>®</sup> and Vona<sup>®</sup>

Be careful when choosing wheat varieties because many popular varieties such as Karl,<sup>®</sup> Thunderbird,<sup>®</sup> Abilene,<sup>®</sup> Scout 66,<sup>®</sup> Siouxland,<sup>®</sup> Centura<sup>®</sup> and the TAM #'s are susceptible to the Hessian fly. (DV)



## 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

*"Battling the Hessian Fly"—page 1*



## Natural Resources and Environmental Management

*“Conservation Checklist”—page 4*



## Children, Youth and Families

*"First Weeks of School Year"—page 6*



## Nutrition, Food Safety and Quality

*"Eleven Freezing Questions"—page 7*



## Strengthening Neighborhoods and Communities

*"Winners are Born. Not Made"—page 10*

# Have a good start to the day

Getting yourself and your children up and out of the house in the morning can be a real challenge. And, if the day starts with a hassle, parents end up going to work—and children to school—feeling upset. Here are some tips for the morning rush that can be adapted to your own situation.

- **Set the stage for a stress-free morning.** Set the table for breakfast the night before, organize lunch boxes and check whether you have petty cash available for last-minute needs.
- **Involve children in preparations for the next day.** Lay out clothes the night before. Encourage school-age kids to listen to the weather report so they can decide what to wear the next day. Get them to think about what special things they will need for a class trip or science project.
- **Build in a time cushion.** Get up a little earlier so you have some time to yourself. You may be on "fast forward" but the kids will probably be in "slow motion", so a little extra time makes it possible for every

one to wake up, get dressed and enjoy breakfast without feeling so frazzled.

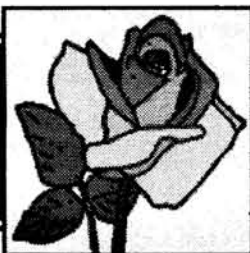
- **Create schedules and routines.** Specify times for the major events such as getting out of bed, eating breakfast and leaving the house. Within that framework, be clear about the sequence of steps in each part of the morning routine.
- **Talk over plans for the day.** Since family routines are not the same each day, adults need to check each other's schedules and make sure they agree on the day's plan. To cut down on the anxiety level, be sure to share schedule information with the children.
- **Establish some pleasant rituals.** Mornings are often hard for kids because the family is going off in different directions at the same time—to work, to school, to child care. Try to spend at least a few minutes as a family eating breakfast. A good-bye ritual is important for younger children—three kisses and a “see you later” or whatever you establish together.
- **Keep things in perspec-**

**five.** Try to avoid power struggles in the morning, it's usually not worth it. Be prepared for the unexpected. Your child may wake up with a fever, or your child care provider is sick, or whatever. In these situations, staying calm may not be easy but it is the only way to cope.

Source: Susan Ginsberg.  
Work and Family Life. Vol. 7,  
No. 7-8. (LB)

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

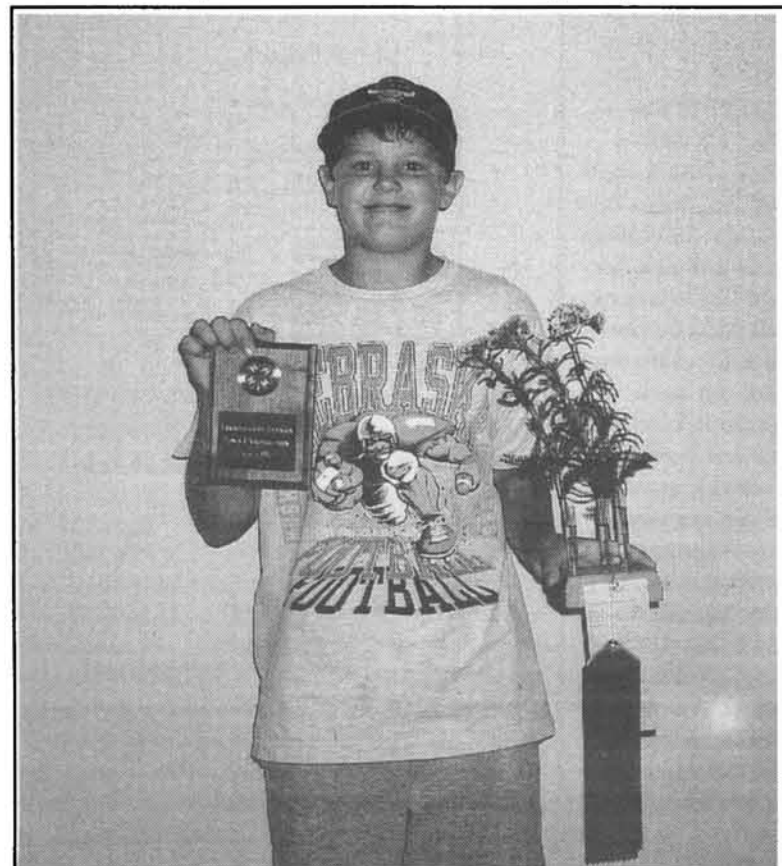
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## Horticulture

# The winner is ...

Sean White exhibited the "Best of Show" display at the 4-H Lancaster County Pre-Fair Flower and Vegetable Show. His winning flower exhibit was Summer Pastels Yarrow. While the exhibits were being judged, a workshop was held on how to identify plants. The participants played "Garden Jeopardy" and took a quiz on gardening techniques. This workshop and show helped prepare the 4-H'ers for the horticulture contest that was held in July and exhibiting at the Lancaster County Fair and Nebraska State Fair. (MJM)



Sean White wins "Best of Show" with his Summer Pastels Yarrow exhibit.



Plant peonies now; however, make sure the crowns are buried only 1 1/2 to 2 inches below ground level. Deeper planting keeps the plants from blooming.

Take root cuttings of such annual bedding plants as begonias, coleus, geraniums and impatiens. These can overwinter in a bright window and provide plants for next year's garden.

As the nights get cool, caladiums will lose leaves. Dig them up, allow them to dry and store them in a warm, dry place.

Perennial phlox should be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall and early spring are the best times to plant and transplant them.

To plant bulbs, loosen the soil and make a hole with a trowel or bulb planter. Do not force the bulb into the soil or you may damage the bottom of the bulb causing it to rot.

Divide lily-of-the-valley.

Select some accent plants for your landscape that will provide autumn colors. Trees that turn red include: flowering dogwood,

red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include: sumac, viburnum, winged euonymous and barberry.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will quickly delay their hardening process that has already begun in anticipation of winter several months ahead. New growth can be injured by an early freeze.

Tree-wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

If pesky seedlings of woody plants, such as elm or hackberry, are found growing in your hedge, remove them as soon as possible. If left too long, they will take over and leave gaps in the hedge when they are finally removed.

Rake up leaves, twigs and fruit from crabapple trees. Dispose of them in the trash to help control scab.

Water newly planted trees and shrubs to provide sufficient moisture and prevent winter damage. Add a 3-inch layer of an organic mulch, such as shredded bark, around the base of plants to retain soil moisture and regulate soil temperature.

Wood ashes contain phosphorous, calcium and potassium. These ashes can be placed on garden and flower beds.

Save seeds from favorite self-pollinating, non-hybrid flowers, such as marigolds, by allowing the flower heads to mature. Lay seeds on newspaper, turning often to dry; then, store them in glass jars or envelopes in a cool, dry, dark place.

Hot peppers will keep best if stored after they are dry. Pick the peppers and thread on a string to dry. Store in any cool, dry place.

Pot up chives, parsley and other herbs to extend the growing season in the house.

Harvesting guidelines: pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45 degrees Fahrenheit or lower can damage many tropical house plants.

Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried flower arrangements. Air dry these materials in a dark, cool location.

Autumn is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content. (MJM)

## Dealing with surface roots

How many times have you run your lawn mower over the surface roots of a large tree growing in your yard?

Bouncing along the mower scalps the grass and scars or damages a root, not to mention causing possible damage to the machine. What causes ugly surface roots? What can be done about them?

In many cases, the trouble stems from a decision made years earlier; the wrong tree was selected. The problem is commonly associated with maples, poplars and willows. But, that does not let other trees off the hook. Actually, any old tree or any tree large enough to shade your house can produce surface

roots.

Sometimes, years of heavy foot traffic or constant raking removes vegetation, exposing the area beneath the tree to erosion. The deeper the erosion, the greater the root exposure.

To solve surface root problems, some people are tempted to remove the roots. This is an acceptable solution if the root is disturbing a driveway or sidewalk; but, solving one problem through root removal may create another. Removing a large root will damage the tree. Always make a clean, neat cut.

If you do not disturb the exposed root, a couple of other things can be done. One is to "top dress" the root area with

good topsoil and sow grass seed. The layer of new soil should be only 1 or 2 inches thick.

Another solution—the preferred one—is to plant a ground cover instead of grass to hide the roots. Ask a nurseryman for plants that grow under limited light conditions.

The most drastic step of all, of course, would be to remove the tree. If you remove it and decide to replace it with a new tree or if you decide to add other shade trees to your landscape, ask a nurseryman about planting an oak, honeylocust, ginkgo, Kentucky coffee tree or other species that normally cause only minimal surface root problems. (DJ)

## Garden Gossip Hotline

441-7179

441-7179

## GARDEN CORNER

**Q. When do I mulch my strawberries?**

**A.** Wait until temperatures are in the 20s and strawberry plants have stopped growing—generally after Thanksgiving. Mulching before that will smother the plants.

**Q. Why is fall a good time to fertilize the lawn and landscape plants?**

**A.** The cool-weather grasses used in lawns grow best under the cool, moist conditions that tend to prevail in fall and spring. Fertilizing in the fall makes nutrients available at a time of peak root growth. A strong root system makes for healthy, dense turf that can resist attack by insects and diseases and invasion by weeds. Likewise, the roots of trees and shrubs continue to grow until the ground freezes; so, they also benefit from fertilizer applied in the fall.

**Q. I've put the cart before the horse—I've ordered quite a few spring flowering bulbs without deciding beforehand where I'm going to plant them. What kind of site do they do best in?**

**A.** The very early flowering bulbs may be planted under deciduous trees because they'll have flowered and died back before the trees leaf out to shade them. Late flowering bulbs should be planted where they will get a full day's sun. There the foliage will be able to make food for the bulbs to store and draw from for next year's flower display. The most important consideration, however, is drainage—bulbs planted in poorly drained or low-lying, wet areas tend to rot. (DJ)

The UNL Department of Horticulture presents

## FESTIVAL OF COLOR

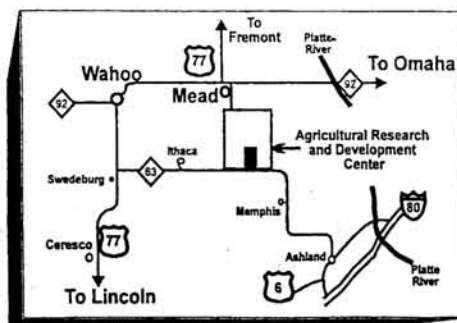
Saturday, September 9

10 a.m. to 4 p.m.

**John Seaton Anderson Turf and Ornamental Research Facility, University of Nebraska Agricultural Research and Development Center, Ithaca**

Activities, displays and demonstrations on landscaping and horticulture with an emphasis on water conservation and contamination prevention

Guided Tours • "WaterSmart" Children's Activities • Tent Talks Nursery Vendors • Food Court Diagnosis of Plant Problems and Weed Identification





# Choose wheat seed carefully to avoid disease problems

With the high incidence of head and leaf diseases in eastern and south central Nebraska, growers should be cautious about using their own wheat for seeding this fall. Growers in these areas may want to obtain seed from western Nebraska where disease incidence was light and yields and test weights were good. Although certified seed is a fairly good guarantee of high seed quality, it is not always necessary to use certified seed each year. If certified seed is not used, then take these precautions:

- Do not use seed from fields with scab, loose smut, burnt or Septoria glume blotch.
  - Have the germination checked.
  - Treat the seed with a seed treatment fungicide.
  - Increase the seed rate if you still have doubts about the quality or you do not have answers to any of the above.
- When choosing wheat varieties, select those that compliment each other in maturity, yield and disease resistance. There is no perfect variety;

however, there is a range of disease resistance of tolerance among varieties. For example, Alliance® is susceptible to leaf rust but has some tolerance to wheat streak mosaic. The reverse is true for Arapahoe® Longhorn®, Redland® and Vista® are moderately resistant or tolerant to both diseases. Resistance to disease does not always guarantee good yields; however, it is insurance against disease losses. Disease outbreaks are difficult to predict, so planning ahead may pay off in the long run. (DV)

## Controlling fall alfalfa weeds

Weed control in established alfalfa can be easily achieved through fall treatments. Weed populations should not be allowed to achieve high numbers or become competitive with the alfalfa. A herbicide treatment in the absence of good cultural practices will seldom give the desired results. Management is a major role in maintaining weed-free alfalfa stands.

Few weeds can compete with vigorously growing alfalfa that is mowed two or more times a season. Mowing healthy alfalfa at the right time weakens—and may kill—most annual and many perennial weeds. Herbicides can be integrated with proper cutting frequency and effective insect control measures so the alfalfa

production is maximized and weed growth minimized.

Treatments such as Karmex®, Lexone®, Sencor®, Sinbar® and Velpar® will control both winter annual grasses and broadleaf weeds in alfalfa established one year or longer. These treatments are made in late fall or early spring to dormant alfalfa to control winter annuals such as downy brome and pennycress. Karmex® fits best on soils with low organic matter. These herbicides may cause alfalfa injury if the soil organic matter is less than 1%.

Butyrac®, Butoxone® (2,4-DB) and Buctril® can also be used for broadleaf weed control but are temperature sensitive. Butyrac® and Butoxone® (2,4-

DB) should not be used if the temperature will drop to 40° within 3 days following application. At 40°, the growth processes of many weed species will slow down and, consequently, the herbicide activity will be reduced. In order to avoid injury to the alfalfa, Buctril should not be used if temperatures are above 70°. Buctril and 2,4-DB will not control mustard larger than 1" in diameter. (WS)

## Access pesticide info toll-free

The National Pesticide Telecommunications Network (NPTN) is available weekdays to provide science-based information on pesticide-related issues, including:

- pesticide product information

- pesticide poisoning recognition management
- toxicology and symptomatic reviews
- health and environmental effects, and clean-up and disposal procedures

To reach the Network, call the

toll-free number, (800) 858-7378, between 8:30 a.m. and 6:30 p.m. Monday through Friday.

In addition, NPTN information will soon be available electronically.

NPTN is now housed at Oregon State University. (DV)

## Use desiccants to facilitate harvest

Desiccants can be used to dry weeds in soybeans and grain sorghum, facilitating harvest. Desiccants should not be applied until the crop matures. Early applications will have the same effect on crop yields as frost. Timely early harvest is especially important where wheat is to be seeded after harvest.

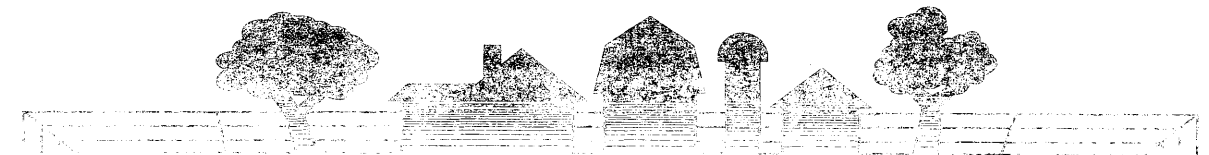
Gramoxone Extra® is registered as a desiccant for soybeans. For indeterminate soybean varieties (most of those grown in Nebraska), applications should be

made after 65% of the soybean pods have turned brown. The treatment will "dry up" green weeds and speed the crop dry-down. However, Gramoxone Extra® falls short of drying up black nightshade berries.

Roundup® is registered as a preharvest treatment for soybeans. Applications are to be made after soybean pods have lost all green color and a minimum of 7 days before harvest. Aerial applications are limited to a maximum rate of 1 quart

Roundup® per acre. This treatment is not effective in drying up black nightshade berries.

Sodium chlorate, available under several trade names, is available as a desiccant for grain sorghum. Apply after the sorghum is ready for a frost (grain moisture of 30% or less). Sodium chlorate is widely used in the south as a cotton desiccant. On short notice, it is often unavailable in our area. If sodium chlorate use is anticipated, make arrangements with a supplier now. (DV)



## Women in Agriculture: The Critical Difference

*The eleventh annual farm and ranch management conference for women*

**September 14 & 15, 1995**

**Holiday Inn  
Kearney, Nebraska**

Presented by:  
Department of Agricultural Economics  
Nebraska Cooperative Extension  
Institute of Agriculture and Natural Resources  
University of Nebraska-Lincoln

Call 1-800-535-3456  
for more  
information  
or to register.

## Conservation Reserve Program: What will the next 10 years bring?

The Conservation Reserve Program (CRP) took over 36 million acres of highly erodible land (HEL) out of crop production in the U. S.

In Nebraska, approximately 1,377,109 acres and in Lancaster County, approximately 28,195 acres are under CRP contracts. These acres have been planted primarily to warm- and cool-season native grasses. Estimates suggest that over the next 10 years, approximately 60 to 80% will be returned to crop production. The benefits of CRP are well known! The big question now is how to farm HEL land in a sustainable way, while maintaining the benefits of 10 years under permanent vegetation.

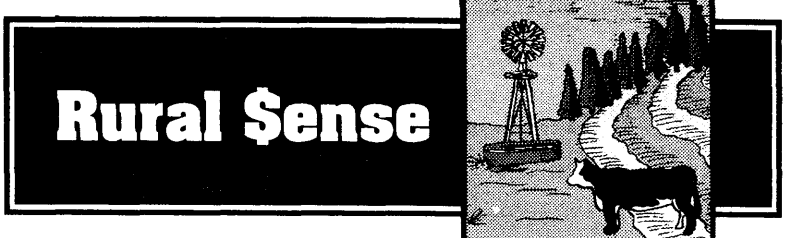
As the CRP contract expiration dates get closer, many questions have been raised:

- What will farmers do?
- What are their options?
- What economic and environmental impacts will occur?
- Will land use decisions be based on economics?

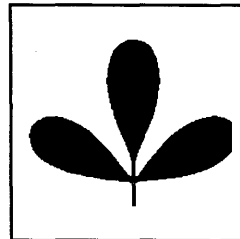
Researchers from across the country express the same concerns: returning CRP land to conventional cropping systems will not meet the economic, environmental or conservation demands of today's society. Alternate systems have been and are being looked at to give landowners some viable options before the moldboard plow comes out of the shed.

The focus of most research includes no-till, reduced tillage, haying and grazing. No-till is at the center of attention because it minimizes degradation of soil structure that in turn increases water infiltration, decreases soil erosion and improves water quality.

Ten years of increased organic matter, improved soil structure, increased water infiltration, better aggregation and reduced soil erosion are benefits too valuable to throw out the window. There is information available at the Extension Office and more is on the way. Please watch THE NEBLINE for upcoming CRP workshops. (SP)



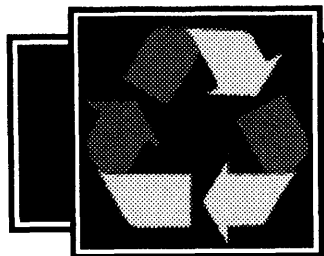
## Kill alfalfa stands and leave residue for soil protection



As an alfalfa stand ages, it becomes less productive and eventually must be replaced. Two to three alfalfa plants per square foot will produce maximum yields in older stands on dryland. Stands thicker than this will not produce more forage because the lack of moisture limits production. Therefore, it is usually best to rotate to another crop for several years before reseeding alfalfa.

Fall is an excellent time to kill alfalfa with herbicides in preparation for next year's row crop. The increased use of no-till treatments makes this a popular alternative to plowing. Plowing is an age-old process in which the alfalfa is not always completely killed. Herbicides are more economical than plowing, very effective and will leave the soil in a condition which is less susceptible to erosion. Applying herbicides in the fall will eliminate hurried applications in the spring and possible planting delays due to product label restrictions.

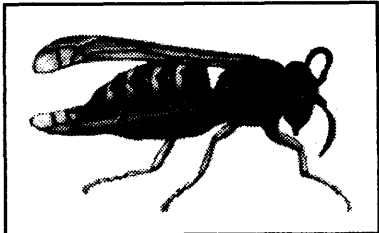
An economical, consistent alfalfa control treatment is a combination of 1 quart 2,4-D (4 lb/gal) + 0.5 pint of Banvel per acre. Make sure that the alfalfa has at least 4 inches of top growth so there is sufficient plant surface area for herbicide uptake. Applications made in October prior to a hard freeze will produce the best results. (WS)



## Environmental Focus

# Tread cautiously in late summer!

Don't get stung by angry yellow jackets



The distinct yellow and black markings of bees and wasps are meant to warn us that these insects sting. Of all stinging bees and wasps, yellow jackets (a kind of paper wasp) are among the most volatile and quick to attack when disturbed. They can be a

problem when they build nests in and around human dwellings. In late summer their colonies grow to contain thousands of workers.

Many people get stung when working in the yard. Yellow jackets vigorously defend their nest when someone disturbs its entrance. Underground nests are common and often started in old rodent burrows. They may also nest in voids of concrete block foundations, wall voids and attics.

Locations that are attractive to yellow jackets are dumpsters with leaking soda pop cans, under fruit trees where fruit has fallen and is fermenting, and bleachers and picnic areas where people are drinking sweet liquids. Why are these places attractive to yellow jackets? Yellow jackets feed on fruit juices, sweet liquids and fermenting fruits. Even though the adults feed on sweet fruity liquids, they capture high-protein insects that they feed to the young grubs in the nest.

Simple non-insecticidal ways to discourage yellow jackets are to rinse cans that have held fruit juices or pop and clean up fermenting fruit under trees. Refuse in trash cans should be sealed in heavy plastic bags to discourage leakage. Garbage pickup should be frequent. If fruit juices have leaked, the area around the trash can or dumpsters should be washed down. If eating outdoors, drink sweet, fruity liquids in covered, rather than open containers.

How do you destroy a yellow jacket nest? *Very carefully!* Aerial nests can be controlled by spraying a liquid insecticide or aerosol into the opening and then wetting down the surface of the nest. Nests in the ground or in a void area are best controlled by using a dust formulation in the entry area because workers will contaminate the nest by tracking the insecticide into the nest. You may need to use a duster to force dust into the opening. Be sure to read the label before purchasing any insecticide to make sure it is labeled for wasp control. Always follow the directions carefully.

Because bees and wasps are active in the daytime, apply insecticides in the evening or nighttime when all the insects are in the hive. Nighttime application is also very important to keep the applicator from getting stung. For more information, pick up NebGuide G891, "Stinging Wasps and Bees," at the Extension Office. (BPO)

## The earth

If Earth were only a few feet in diameter, floating a few feet above a field somewhere, people would come from everywhere to marvel at it. People would walk around it, marveling at its big pools of water, its little pools and the water flowing between the pools. People would marvel at the bumps on it, and the holes in it, and they would marvel at the very thin layer of gas surrounding it and at the water suspended in the gas. The people would marvel at all the creatures in the water. The people would declare it precious because it was the only one, and they would protect it so that it would not be hurt. The ball would be the greatest wonder known, and people would come to behold it, to be healed, to gain knowledge, to know beauty and to wonder how it could be. People would love it, and defend it with their lives, because they would somehow know that their lives, their own roundness, could be nothing without it. If Earth were only a few feet in diameter. —author unknown (ALH)



### Rats and mice:

- run along or climb

electrical wires, ropes, cables, vines, shrubs and trees to gain entry to a building.

- climb almost any rough vertical surface, such as wood, brick, concrete and weathered sheet metal.

- Gnaw through a wide variety of materials including

aluminum sheeting, wood, rubber, vinyl, plastic and concrete block.

### Rats can:

- jump up 36 inches vertically and 48 inches horizontally.
- drop 50 feet without serious injury.
- burrow straight down into the ground at least 36 inches.
- swim 1/2 mile in open water, dive through water traps in plumbing and travel in sewer lines against a substantial water current.

# Conservation checklist

Things you can do to help save natural resources



### In your home ...

- Recycle newspapers, cans, glass bottles, aluminum foil and motor oil.
- Investigate local recycling centers that take items your garbage hauler does not.
- Use cold water in the washer whenever possible.
- Do not use electrical appliances for things you can easily do by hand, such as opening cans.
- Store food in reusable containers instead of plastic wrap or aluminum foil.
- Do not leave water running needlessly.
- Turn off the lights, T.V. or other electrical appliances when you are out of the room.
- Install a water saving shower head.
- Take unwanted and reusable items to a charitable organization or thrift shop.
- During the winter months, turn your heat down and wear a sweater.
- Get an energy audit from your utility company.

### In your yard ...

- Start a compost pile.
- Put up birdfeeders, bird-

houses and birdbaths.

- Pull weeds instead of using herbicides.
- Use organic fertilizers.
- Compost your leaves and grass clippings.
- Use mulch to conserve water in your garden.
- Reuse plastic pots and containers.

### On vacation ...

- Carry reusable cups, dishes and flatware.
- Do not pick flowers or keep wild creatures for pets, leave plants and animals where you find them.
- Watch out for wildlife, give consideration to all living things you see crossing the road.
- When hiking, stay on the trail, do not trample fragile undergrowth.

### In your car ...

- Keep your car tuned up.
- Carpool, if possible.
- Use public transportation whenever possible.
- Recycle your engine oil.
- Keep your tires properly inflated to save gas.
- Keep your wheels properly aligned to save your tires.

- Buy a more fuel-efficient model when you are ready for a new car.

- Do not litter our roads and highways, save trash and dispose of it at a rest stop.

### At your business ...

- Recycle computer paper and cardboard.
- Use scrap paper for informal notes to yourself and others.
- Print or copy on both sides of the paper.
- Reuse manila envelopes and file folders.
- Use washable coffee mugs instead of throw away cups.
- Use the stairs instead of the elevator.

### Spread the word ...

- Convert by example, encourage your family, friends and neighbors to save resources.
- Learn about conservation issues in your community or state.
- Volunteer your time to conservation projects.
- Teach children to respect nature and the environment. (MJM)

# Pack an earth-friendly lunch

As a new school year begins, it is time to think about school lunches. Many students will eat hot school lunches. Some will choose to carry their lunch. We suggest keeping in mind the environment when packing a lunch.

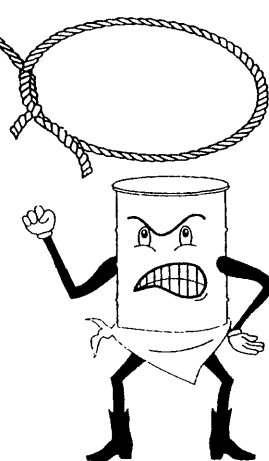
Consider the "wasteless" lunch which includes:

- Reusable lunch sack or box.
- Reusable food containers—plastic containers with sealable lids.
- Reusable drink containers.

- Cloth napkins.
  - Reusable tableware (forks, spoons, etc.)
  - Even lunch scraps can be composted!
- Enjoy lunch and save the environment! (LB)

# Household Hazardous Waste Round-Up to be held October 7

EPA BANNED	CHEMICALS
Common Name	Other Names
DDT	Anofex, Dedelo, Pentachlorin, Rukseam, Zerdane, Santobane, Chlorophenothane
Chlordane	Chlordane, Clordano, Chlordox, Belt, Niran, Gold Crest, C-100, Kilex Lindane, Ortho-Klor
Silvex (2,4,5-TP)	O-X-D, Weed-B-Gon, Propon, Silvi-rhap, Sta-fast, Ded-Weed, Kuran
2,4,5-T	Brush-off, Ded-Weed, Brushkiller, Fortex, Reddiox, Fence Rider, Triloxon, Veon
PCP (p-chlorophenol)	Dowicide, Pentacon, Santobrite, Thompson's Wood Fix



The Lincoln-Lancaster County Health Department will hold the final collection for 1995 Saturday, October 7, 9 a.m. to 3 p.m. The collection site will be the former Health Department parking lot, 2200 St. Mary's Avenue.

As you do your fall cleaning, set aside items that should go to this collection.

Items that will be collected in addition to EPA-banned chemicals are pesticides, items containing PCB's, solvents, heavy metals (liquid mercury, lithium and nickel), cadmium rechargeable batteries, and silver and mercury button batteries.

Why not check with your neighbors, have a neighborhood collection and make one trip to the collection site? (LB)

# Did you know that ...



**Cooperative Extension System**

**Please turn to page 11 for more Environmental Focus news**

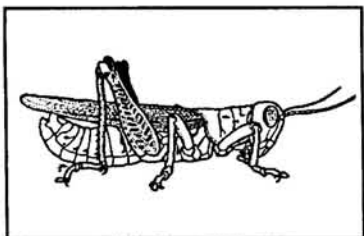


# Hoirs of hungry hoppers!

For the past month or so, we have heard reports that large populations of small grasshopper have been observed in many areas of the county. The young "hoppers" seem to be coming from pasture areas, native grasses and CRP acres. If you have noticed them, at a minimum, you should watch this situation carefully. You may want to consider an insecticide treatment, especially in weedy, waste areas or pastures. When the small hoppers reach adulthood in September, they will have an appetite that would be analogous to that of a 15-year-old boy. They will also not be easy to control with an insecticide.

These are not insects to dismiss lightly. Biblical accounts of swarming "locusts" described the natural devastation that grasshoppers can inflict on human civilizations. In more modern times, grasshopper outbreaks have occurred in the Great Plains in the 1870s, 1930s and 1950s, coinciding with droughty conditions.

In North America, there are several grasshopper species that defoliate field crops and garden produce as well as trees and shrubs. Grasshopper injury to plants consists primarily of leaf feeding, but grasshoppers also feed on stems, blossoms, ripening seeds and fruits. During



heavy outbreaks, hoppers may feed down to the crown of perennial plants, damaging them beyond recovery. Four grasshopper species—the *migratory*, *differential*, *two-striped* and *red-legged*—cause about 90 percent of the total damage to cultivated crops. Another 25 species cause extensive damage to rangeland.

**Life Cycle.** Grasshoppers have three life stages—egg, nymph and adult. In the fall, the female grasshopper lays egg pods in the soil, often in range, pasture or other grassy areas that are not tilled. Because egg pods are susceptible to fungal diseases favored by wet soil, survival of eggs is best during dry years. Outbreaks are often related to periods of drought.

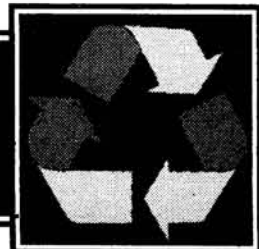
Most nymphs start feeding within one day after eggs hatch and usually feed on the same plants as adults. Eggs hatch during late May through July and the tiny nymphs may feed for several weeks before they are noticed. The immature stage is vulnerable to weather conditions, disease, predators, parasites and insecticides.

Most years, climatic conditions and biological controls act together to reduce populations of grasshoppers so they cause minimal damage to crops and garden plants. Many plants will withstand minor grasshopper feeding. But, when climatic conditions and biological controls do not control grasshopper populations, severe damage can result and control may be necessary.

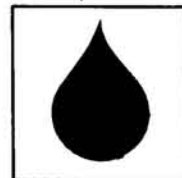
**Migration.** When the density of grasshoppers is very high, there may be a shortage of food and small grasshoppers will migrate to find food. Likewise, adult grasshoppers are winged and may migrate, by flight, to find food if it is in short supply. Grasses are thought to be the normal food of grasshoppers, but migrating grasshoppers feed on nearly any kind of vegetation and may destroy every green plant in their path.

**Grasshopper Control.** Grasshoppers are easiest to control when they are small and confined to weedy areas like grassy terraces, fence rows and roadside ditches. Use insecticide sprays or baits. Read the label to make sure the insecticide you have selected can be safely used on any plants you are spraying. For more information, contact University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (BPO/DJ)

## Environmental Focus



## Conserve water with drip irrigation



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

Drip irrigation is a slow-process watering technique which supplies water directly over a plant's root system. Drip systems may be on the soil surface or buried. Run-off and erosion are eliminated because the water application rate can be controlled to the point that the flow equals the rate at which the soil can absorb it.

Less water needs to be applied with a drip system because it is only applied where it is needed, over the plant roots. Areas between rows in a garden or plants in a landscape bed remain dry. This not only saves water but limits weed growth in these areas.

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

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

Another form of drip irrigation involves the use of "soaker" hoses. These are hoses with a series of small holes in them. They can be stretched along a row of plants in a garden or around plants in a landscape bed. These have several advantages over the "spaghetti" tube system. They are readily available in most stores selling garden supplies, rabbits do not frequently chew on them, and they do not clog as the "spaghetti" tubes.

With a drip irrigation system, soil moisture can be carefully regulated. Plants do not have to endure dry periods or water-logged conditions. This can result in healthier, faster growing plants. (DJ)

## What is the connection between these two photos?

### Answer:

A straight pipe.

There are approximately 300 miles of underground storm drains in the City of Lincoln with about 12,000 inlets and 250 outlets. This



network of underground pipes along with a network of open drainage ditches conveys runoff water from lawns, gardens, streets and parking lots and any contaminants it picks up along the way directly into local streams and lakes. Anything that is rinsed down the gutter or dumped in a storm drain, whether intentionally or unintentionally, will eventually end up in a stream or lake. Because most of this pollution comes from many dispersed sources throughout a watershed, it is referred to as *nonpoint source pollution*. To prevent this from occurring, everyone who lives or works in a watershed needs to be aware of how their actions may impact water quality.

A *watershed* is a geographic area from which all runoff drains to a common outlet such as a stream, river, lake or wetland. Watersheds come in all shapes and sizes and may include many different land uses. They can encompass farms, forests, towns and cities or merely include the lawns and gardens of a few homeowners which

drain into a pond. The Holmes Lake watershed encompasses 3,456 acres most of which lies within the City of Lincoln. Land use in the Holmes Lake watershed is predominantly urban with less than 25% of the area being used for agriculture.

The urbanization of the Holmes Lake watershed has had a significant impact on water quality in Holmes Lake. Runoff from construction sites has contributed thousands of tons of sediment to the lake. The increasing number of lawns and gardens in the watershed and the associated use of fertilizers and pesticides has increased the potential of contamination from these sources. In addition, the increasing number of automobiles in the watershed has increased the risk of contamination from oil, grease, antifreeze and other materials associated with the operation and maintenance of motor vehicles.

Although all of these potential sources of contamination have contributed to the water quality problems in Holmes Lake, sediment and excess nutrients have caused the greatest amount of damage. The



primary reason for the no swimming ordinance at Holmes Lake is poor water clarity which is caused by large amounts of suspended sediment and/or uncontrolled growth of algae. Suspended sediments cause the water to appear brown or turbid and are the result of soil erosion in the watershed above the lake. Algae colors the water green or brown and can form surface scums. Uncontrolled growth of algae occurs when nutrients, especially phosphorus, are in abundant supply. Although there is no health risk associated with the sediment or algae, poor water clarity would make it very difficult to find and rescue a swimmer in trouble.

In addition to poor water clarity, fecal coliform levels in excess of state standards for water quality have also been found in Holmes Lake at times during the past few years. Coliform bacteria are microscopic, generally harmless organisms that live in the digestive tracts of many warm-blooded animals. Although they are not directly pathogenic (disease-causing), they often occur with other, more dangerous

strains of bacteria such as shigella and salmonella. Drinking water contaminated with coliform bacteria can cause vomiting and/or severe diarrhea.

In order to reduce the possibility of surface water

contamination by storm water discharge, the City of Lincoln is in the process of implementing a storm water management plan. One component of that plan is a modification of the ordinances governing the construction and maintenance of storm sewers. The city has already revised the Storm Sewer Design Standards to limit the peak rate of storm water discharge from subdivisions after their development. The revision will essentially require the use of storm water detention structures which would store runoff for short periods of time rather than conveying it directly to streams. Since storing the water would allow some of the sediment and pollutants to settle out, the new ordinance will enhance storm water quality as well as reducing peak discharges.

Although the city ordinance will help reduce nonpoint source pollution in new developments, it will have no effect in areas that have already been developed. Therefore, a conscious, cooperative effort by everyone in the Holmes Lake watershed is the key to minimizing the impact of nonpoint source pollution on Holmes Lake.

### How can you help?

- Keep litter, pet wastes, leaves and grass clippings out of gutters and away from storm drains.

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

- Dispose of used oil, antifreeze, paints and other household chemicals properly.

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

- Wash your car on the lawn where the detergent, road grime and excess water can infiltrate into the soil rather than running down the gutter and into the storm drain.

- Get involved. The Storm Water Awareness Project (SWAP), a program of the Lincoln-Lancaster County Health Department, needs volunteers to help with stenciling storm drains and distributing informational door hangers to residents in the neighborhoods where the storm drains are being stenciled. The next scheduled day for stenciling is September 9. If you or your organization would like to help, contact Harry Heafer at 441-8035. (CB)





## Family Living

### Roberta's remarks



At our June council meeting, I had the pleasure of presenting to the council at large our 1995 scholarship winner, Michele Kratochvil. Michele will be a junior at UN-L this fall in the College of Human Resources and Family Sciences. This hardworking young woman is working two jobs this summer. Congratulations again, Michele. (RN/LB)



Hopefully, you have all had a good summer! It is time now to get back to business with regard to local FCE clubs. By now, club presidents or a representative should have picked up your club reorganizational packet. Dated material is enclosed in this packet so it is very important that your club president have this prior to your first meeting in September. It will be necessary to have dues sent in by October 1 so our council treasurer can get this information to the state office as soon as possible. Sending dues in on time eliminates a lot of pressure for the state treasurer to have to scramble with last-minute send-ins right at Christmas. Having this information as soon as possible also will enable the county council and state board to more accurately plan for 1996. Again, please pick up your packet NOW—don't wait till our next council meeting.

I would like to bring to your attention a special chart in the latest edition of our national publication—fce TODAY. On page two is a breakdown of how your \$12.50 NAFCE annual dues are spent. Please take the time to read this.

Our next council meeting will be held Monday, September 25, 7 p.m. Kathy Neiswanger will be presenting the program, Massage Therapy. This will be the perfect opportunity for newly elected presidents for 1996 to attend a council meeting with the outgoing president. Having both presidents present would be a real advantage to the council and members at large. We would like your input for our 1996 agenda. Perhaps there are some things you would like to see changed or added; maybe you would like to see everything remain the same; hopefully, if you are dissatisfied with something, you will take this opportunity to voice your opinion; maybe you have ideas for programs. Please come and remember, anyone can attend council meetings—you don't have to be a president—past or present!

See you in September.

—Roberta Newburn, Council Chair

## First weeks of school year require extra patience



The new school year brings on many adjustments for kids, says Dr. James Van Horn,

Extension family sociologist, Penn State University. Parents tend to minimize the importance of this adjustment, and sometimes view each school year as being similar to the last.

Children are susceptible to pressures created in school. If your child did satisfactory work last year, that work will probably continue, but not necessarily. Each new school year, new subjects, and new teachers will call for a certain amount of adjustment on the part of the student. An individual child's manner of adjustment may even differ from year to year.

One year the child may return to school and the parent will barely notice the change, says Van Horn. The very next year, the child may become very "cocky" or noticeably quiet or moody. In a study of ninth- and tenth-grade girls who were asked to list problems or areas of difficulty, adjustment to school work was listed the greatest number of times. Other studies of youth have shown similar results.

Van Horn stresses that patience, understanding and encouragement are called for as each school year begins. At



times, adults tend to minimize the impact on the child that a new school year brings. It is important to remember that the child in our family is not the same person he/she was last year. The child has developed, grown more and probably quite rapidly. Interests change, new doubts arise, old friends move on. All of these and more mean that the child must redesign at least a few aspects of his/her life. For some children this is not an easy task.

The study of the pre-teen girls also found that the second biggest problem centered around personal-psychological relations, their relationships with others. Here again, Van Horn adds, the child's relationships may be grounded in school. Classmates of last year are no longer class-

mates. Everyone seems to be on a different schedule. Over the summer some friends moved away physically or they may have moved away emotionally. Friends of last year may choose new friends this year. Your son or daughter may not be included. Then another and often severe adjustment may be needed.

The third leading problem reported in the study on pre-teen girls had to do with their social and recreational activities. They worry about these activities and often these worries grow as the child begins another year of school. Because so many of our children's waking hours are taken up with school activities, the child's social and recreational life truly belong to the school. Therefore, adjustment is necessary.

Most children adjust very well to back-to-school pressures but some do not. Parents need to be extra patient, understanding, and encouraging. With your help most of the pressures will subside in a few weeks and your child will adjust to the normal routine of school life.

Source: J. Van Horn, Assoc. Prof.-Family Sociology Extension Specialist, Ag. Economics and Rural Sociology, Penn State, July 1987. (LB)

## Turning trash into treasures

Have a "Money Smart" holiday season by turning "Trash into Treasures." As the holiday season approaches, we begin to think about gifts, entertaining, decorating, costumes and how to make it all fit into the time and budget available. A how-to workshop will be presented on Monday, October

9, 1995, 1-3 p.m. or 7-9 p.m. To register, send \$3 by October 2, 1995 to Money Smart Holidays, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Make checks payable to Lancaster County Cooperative Extension.

Ideas and patterns for making items that reduce, reuse and

recycle things around the house will be presented. Money saving holiday tips will help make your holiday season more enjoyable for you and your family. Start thinking about and planning for the holidays now. For more information call Lorene at 441-7180. (LB)

## Dieter's guide to label claims

If you're dieting, check out the new nutrition labels. Here are some tips from a recent FDA Consumer on how to use the new food label when dieting:

• **Look at the serving size.** It is about the same for similar items. So it's easy to compare the nutritional qualities of similar foods.

• **Check the "Nutrition Facts" section.** Look at the column called "% Daily Value." It tells you if a food is high or

low in fat, fiber and other nutrients of interest to dieters.

Fat content is the most important information for dieters on the food label. The reason: Fat is the densest source of calories, with nine calories per gram, while carbohydrate and protein each provide four calories per gram. By limiting fat alone, consumers will likely lower their calories as well and thus their weight.

In addition, dieters may also

want to check fiber content. Fiber can be an important aid in weight maintenance, because eating enough of it can help make a person feel full and thus not eat as much.

• **Look for claims like "fat-free," "low-fat" and "high-fiber."** These claims are usually on the front of the package. If present, the claims will signal that the food contains desirable levels of fat and fiber—two nutrients of concern to dieters. (AH)

## Laugh—it's good for you!

How often do you laugh? It almost goes without saying that people who have joy in their lives are more likely to feel good about themselves. It also seems fairly obvious that having a sense of humor helps people cope with stress. There is a growing body of scientific evidence that humor and laughter benefit health in measurable ways. Dr. William Fry of Stanford University reports that laughter stimulates the heart, lungs, upper body and back, much like exercise. He says that laughing 100 times a day has the same effect as a 10-minute workout on a rowing machine. Laughter also promotes the release of catecholamine, a substance that aids blood circulation and healing. Other studies suggest that laughter increases antibodies that fight disease, helps to relieve pain and reduces stress as much as biofeedback therapy.

Many hospitals now stock a humor room or "laughmobile" with funny movies, cartoons, games, joke books and even live comedy acts. So the message is: we should all find things to laugh about—every day. (LJ)

## Household Hints

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

# fce

### FCE Leader Training September 26

Support Systems in Crisis Situations is the topic of the FCE leader training lesson scheduled for Tuesday, September 26, 1 or 7 p.m. Information on how to deal with crisis situations and where to go for help will be presented by Lorene Bartos, Extension Educator, and other community resources. This training is open to anyone interested. Non-FCE members are asked to call 441-7180 to register, so materials can be prepared. You never know when something unexpected will happen to you or your family. Plan now to attend and be prepared. (LB)

### Lancaster County FCE Council September 25

The Lancaster County FCE Council will hold its September meeting Monday, September 25 at 7 p.m. This is the final meeting for the year and election of officers will be held. Make sure your club is represented and has a voice in next year's programming. The program will be on Message Therapy presented by Kathy Neiswanger. Mark your calendar NOW! (LB)

# Eleven freezing questions



**1. What is freezer burn?**

It is dehydration or drying that occurs on the surface of a product if it is improperly wrapped. The food is safe to eat but will be of poorer quality. To prevent freezer burn, the package must be free of air and sealed airtight.

**2. Does freezing kill germs?**

Freezing does not kill all germs (microorganisms) present in food, but it does prevent their growth and multiplication if the food is held at 0° F or less. When thawed, the surviving organisms can grow again.

**3. Will it pay to buy a freezer?**

A freezer is usually more of a convenience than a saving. To make the best use of it, (1) keep the freezer full, (2) use and replace the food—don't just store it, and (3) use older food first.

**4. Is a chest or upright freezer best?**

This depends on personal preference as well as available floor space. Generally speaking, the upright freezer is easier to organize and takes up less floor space. Chest freezers, however, are more economical to operate.

**5. What kind of packaging materials should be used for freezing?**

Packaging materials must be moisture-vapor resistant; durable and leakproof; not become brittle and crack at low temperatures; resistant to oil, grease or water; protect foods from absorption of off-flavors or odors; easy to seal; and easy to mark. Good freezing materials include rigid containers made of aluminum, glass, plastic, tin or heavily waxed cardboard;

bags and sheets of moisture-vapor resistant wraps; and laminated papers made specially for freezing.

**6. Can aluminum foil be used as a freezer wrap?**

Heavy duty aluminum foil can be used as a freezer wrap. Because it can be torn or punctured easily, it is wise to use an overwrap. Light weight (household) aluminum foil is not satisfactory for home freezing.

**7. Can bread wrappers be used for freezing?**

No. Bread wrappers are not sufficiently moisture-vapor resistant to be used for freezing. A freezer weight polyethylene bag should be used.

**8. Can milk or cottage cheese cartons be used for freezing foods?**

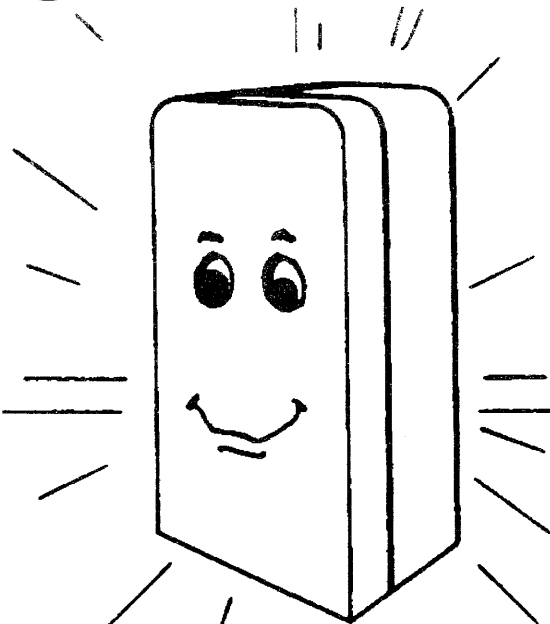
Cardboard cartons for cottage cheese, ice cream or milk are not sufficiently moisture-vapor resistant to be suitable for long term freezer storage.

**9. Is it safe to freeze fruits without sugar?**

Yes; sugar is not used as a preservative but only to maintain flavor, color and texture.

**10. What causes frost or ice crystals to appear on the surface of frozen vegetables such as broccoli?**

Inadequate draining of vegetables before freezing, slow



freezing or fluctuation of storage temperatures above 0° F. may cause undesirable formation of large and excessive ice crystals. This can affect the texture as well as appearance of frozen vegetables.

**11. Are frozen vegetables safe to eat if they are not blanched?**

Yes. They are safe to eat, but the quality (color, flavor and texture) will be poorer than that of vegetables which have been blanched. Blanching slows or stops the action of enzymes which cause loss of flavor, color and texture.

For more information on freezing fruits and vegetables, send a self-addressed, stamped envelope to: Freezing Fruits and Vegetables, Fact Sheet #108-94; c/o Alice Henneman; UN-L Cooperative Extension in Lancaster County; Lincoln, NE 68528-1507.

Source: *So Easy to Preserve, Cooperative Extension, University of Georgia, 1993.* (AH)

## Family Living



# Expanded Food and Nutrition Education Program (EFNEP)

## Tips for making healthy fast food choices

*Eating a variety of foods and getting enough nutrients is possible through making healthy fast food choices.*

### PICKING THE MAIN ITEM

Doubles and other large sandwiches have more fat in them than smaller or "regular" sandwiches, but can be eaten once in awhile.

- Limit breaded, deep-fried fish and chicken.
- Use cheese, lettuce and tomatoes on sandwiches instead of "special sauces."

### SIDE DISHES

- Skip the fries or order a small serving.
- Choose plain baked potatoes with cheese you add yourself.
- Green bean salad, cole slaw and potato salad are ways to get vegetables.

### SALAD BARS

- Choose only small amounts of creamy salads.
- Only use enough dressing to "wet" your salad, don't use the entire package. (Examples: At one popular fast food restaurant, a "serving" of dressing is 1/5 of the large packet. The whole packet of dressing can range from 60 calories to 400 calories depending upon your selection.)
- Fat calories can be better spent on more cheeses, meats, or adding pasta items instead of dressings.

### BREAKFAST

- Limit fried items such as hash browns.
- Choose English muffins or toast rather than biscuits.
- Cold cereals which are low in sugar and high in fiber are good choices.
- Choosing a small bran muffin instead of a danish can cut out 16 to 22 grams of fat at nine calories per gram.

Adapted from: *Have a Healthy Baby, part of the Expanded Food and Nutrition Education Program, Purdue University Cooperative Extension.* (MB)

# Tips on dining alone

People living alone may neglect their nutrition, but planning ahead can make a tremendous difference in the life of the solo diner.

To begin with, cooking for one is more of a challenge for the single diner; most recipes are geared for families, and many stores package items in bulk.

Because eating is a social activity, the thought of eating alone may make it difficult to become motivated to plan interesting, well-balanced meals. It seems easier to eat whatever happens to be on hand, or even to skip meals.

Full-time workers often run out of energy at the end of the day and don't want to bother with cooking a meal, especially if they live alone. Others just don't enjoy cooking. When planning a larger meal, however, leftovers can be packaged into individual containers. Freezing them enables the solo diner to have a tasty, nutritious, low-fuss meal on hand for later.

More food companies are catering to the eat-and-run single diner: there are frozen entrees galore in the freezer and microwave section, and packaged salads are available at most supermarkets. Check out the store specials, and purchase them in smaller quantities. Buy fresh vegetables in smaller amounts to

avoid spoilage. Or buy frozen vegetables in bulk, and then only take out the portions needed. Buy fresh fruit and some unripened fruit to eat later in the week.

If it's affordable, go out to eat. Find a friend or a group of friends who enjoy eating out, or invite people over for dinner. Join groups, clubs, or throw potluck parties for other ways of meeting new people and enjoying a fun, lively dinner party.

Still, pleasure can be taken in eating alone at home. Take the time to prepare an attractive-looking dinner. Set the table, light candles, turn on music. Treat yourself and create a festive atmosphere by bringing out special plates and dishes. Try reading, listening to music, or even watching television while eating. Eating in another room also can make the meal more festive.

Taking the time to prepare a well-balanced meal and a well-set table is important when eating alone. Sitting down to a meal, instead of snacking sporadically in the kitchen, will boost spirits that may flag at mealtime. Relieve stress by eating nutritiously and enjoying what you eat.

Source: *Linda Boeckner, Ph.D., Nutrition Specialist, NU/IANR* (AH)

# Laundering athletic uniforms

Whether it's the fall, winter or spring sports season, cleaning uniforms always presents challenges.

First, as with any clothing, it's important to read and follow the care label to avoid costly errors. Remember, the manufacturer is not responsible for mistakes made by not following label instructions. But, if directions were followed and the garment still bleeds, filing complaints with the store or writing the com-

pany that manufactured the garment is appropriate.

Most athletic uniforms are made from synthetic fibers. The care label will give the fiber content and care procedures. Follow these recommendations carefully:

Prior to cleaning, test the uniform for colorfastness and wash any garment that is not colorfast separately. If not, the color may bleed on other items. Washing on a low temperature will reduce the chance of

bleeding. Laundering is the most effective method of removing heavy soil from most athletic uniforms. Mud stains and grass stains may require a pretreating product.

If machine drying is recommended on the care label, shrinkage and wrinkles can be minimized by drying the garments on a low temperature, removing them as soon as they are dry and immediately hanging on a hanger. (LB)

## Healthy eating



Snacks are an important part of children's daily food intake. It's difficult for children to get all the nutrients they need to promote growth and development in three meals a day. Here's a snack you and your child may enjoy.

### Zucchini Carrot Cookies

- |                           |                           |
|---------------------------|---------------------------|
| 3/4 cup margarine         | 2 teaspoons baking powder |
| 3/4 cup sugar             | 1/2 teaspoon baking soda  |
| 1 egg                     | 2 teaspoons cinnamon      |
| 1 teaspoon vanilla        | 1 cup shredded zucchini   |
| 2 1/2 cups enriched flour | 1/2 cup shredded carrots  |

Source: *Healthful Snacks for Children Two to Five Years of Age by Darlene Martin, Extension Nutrition Specialist. For a copy of this NebGuide with additional snack ideas and recipes, send a self-addressed, stamped envelope to: Healthful Snacks, G95-1248; c/o Alice Henneman; UN-L Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.* (AH)



*Healthy Mothers  
Healthy Babies*

**24-Hour Helpline  
1-800-862-1889**





## 4-H awards book competition set

It's time to update your 4-H record books and get them ready to enter in the 1995 Lancaster County 4-H Award Book Competition. "Building Your 4-H Record" is an excellent way to document your accomplishments in 4-H. Most members who have kept this record find that filling out college and scholarship applications is much easier. Record books are due in the Extension Office by October 4, 1995. If you have questions about how to start building your record, please call Ann Marie Moravec at 441-7180. (LJ)

## "I Dare You" awards

"I Dare You" award applications are due to the Extension Office October 4. These awards are given to one male and one female outstanding 4-H member. Nominations may be submitted by 4-H leaders, parents or members. Applications are available at the Extension Office. If you have questions, call LaDeane. (LJ)

## Fair Fun Day a big success

A huge THANK YOU and bouquets of flowers to each of you that made the 1995 edition of FAIR FUN DAY a huge success!  
Two hundred and eighty daycare children from 12 Lincoln area daycare centers were taken on guided tours throughout the fair. New this

year was a trolley ride to the coliseum where all children were treated to a delicious snack and drink as they watched and "touched" several volunteer ponies and horses while listening to grooming tips from three 4-H horse club members representing Flying Hoofs and Apple Hill Gang 4-H clubs.

The EnviroFair and Health Awareness activities proved to be a very educational and interesting experience for all the children, as well as the guides. Input for next year's Fair Fun Day is in the planning stage, suggestions can be given to Cindy at 441-7180. (CB)

# Attention 4-H seniors! Scholarship applications

Now is the time to check out Lancaster County scholarships for 4-H members planning to attend institutions of higher learning after high school. Kiwanis, Lane, Jonathan Backes, Hutchinson and the Havelock Business Association scholarship applications are due in the Extension Office October 4, by 4:30 p.m. or must be postmarked by October 4.  
Each scholarship has different requirements, so request only those applications that fit you.

**Kiwanis**  
\$250. Must be a high school senior and currently enrolled in 4-H. Selection based on 4-H projects, scholastic standing, activity involvement and

financial need.  
**Birdie E. Hutchinson**  
\$200. Must enroll in the College of Human Resources and Family Services and major in home economics. Selection based on 4-H projects, scholastic standing, activity involvement and financial need.

**Jonathan Milligan Backes Memorial 4-H Scholarship**  
\$500. Must enroll full-time at the University of Nebraska, Institute of Agriculture and Natural Resources. Must be a high school senior currently enrolled in 4-H, with a minimum of three years 4-H experience. Selection based on 4-H projects, scholastic standing, activity involvement and recommendations.

**Havelock Business Association**

\$250. Must be a high school senior and a 4-H, FFA or FHA member in good standing from Waverly High School or Lincoln Northeast High School. Selection based on 4-H, FFA and FHA projects or programs, scholastic standing, activity involvement and financial need.

**Lane Community**  
\$200. Must be a 4-H member attending Raymond Central High School and have a minimum of three years 4-H experience. Selection based on 4-H projects, scholastic standing, activity involvement and recommendations.

Request all applications from the Extension Office. If you have questions, please contact LaDeane at 441-7180. Other scholarships are offered throughout the year, so stay alert and watch NEBLINE. (LJ)

## The County Fair

(or why county agents all have gray hair)  
by Glenn Brunkow  
From The County Agent Magazine



Everyone enjoys the local county 4-H fair  
A blessed event that happens once a year  
Everyone, that is, except the county agent  
To whom the thought of it causes great fear.  
Their eyes are blank their skin is white  
They're quickly losing their mind and it shows  
Cause the following chain of calamities  
Is usually about how the typical fair goes  
Someone left the hose on, the tanks overflowin'  
The run-off is creative a quaint little bog  
And that dead pig layin' in that pen over there  
At one time had been the champion market hog  
A stray tomcat, who was just passin' through  
Scattered all the exhibits at the dog show  
The exhibit building had to be evacuated  
It seems the boiler was just about to blow  
There's a small grease fire in the foodstand  
Some wise guy turned all the rabbits loose  
A steer stampeded by draggin' its owner  
Did you know someone stole the champion goose?  
Who's in charge of the fashion revue?  
And have you seen the other foods judge?  
Cause the one that showed up on time  
Just o'ded on her third plate of fudge.  
So if your local county agent looks lost  
And you wonder what they're tryin' to find  
Just smile and give them plenty of room  
They're just lookin' for their last piece of mind.

## What: 4-H Open House

When: Monday, September 18, 1995  
6:30-8:00 p.m.  
Where: Lancaster Extension Conference Center  
444 Cherrycreek Road, Lincoln  
Who: You—Adults and Children  
(8 years & older)  
Why: To learn more about the 4-H program

4-H—for Youth—for America  
FOR YOU!—4-H

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

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln NE 68528-1507. A 4-H recruiter will contact you. Please call 441-7180 for more information.

Name \_\_\_\_\_ ☐ Female ☐ Male Birthdate \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Grade in school \_\_\_\_\_ School \_\_\_\_\_  
Parent(s) name \_\_\_\_\_  
Parent's previous involvement with 4-H \_\_\_\_\_  
Check project area of interest:  

<input type="checkbox"/> Dogs	<input type="checkbox"/> Foods	<input type="checkbox"/> Woodworking	<input type="checkbox"/> Livestock
<input type="checkbox"/> Cats	<input type="checkbox"/> Clothing	<input type="checkbox"/> Model Rockets	<input type="checkbox"/> Horses
<input type="checkbox"/> Rabbits	<input type="checkbox"/> Home Environment	<input type="checkbox"/> Flowers/Gardening	<input type="checkbox"/> Safety
<input type="checkbox"/> Other Household Pets	<input type="checkbox"/> Child Care	<input type="checkbox"/> Photography	<input type="checkbox"/> Shooting Sports

  
Are you interested in becoming a 4-H volunteer? Check your interest:  

<input type="checkbox"/> Club Leader	<input type="checkbox"/> Project Assistant	<input type="checkbox"/> Helping a 4-H'er at home	<input type="checkbox"/> Attending meetings
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## 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

# 4-H Council nominations

Take a few minutes to nominate outstanding people to represent you on the 1995-96 Lancaster County 4-H Council. Members of the 4-H Council serve a vital role in seeing that the 4-H program in Lancaster County moves forward and continues to provide outstanding opportunities for youth to develop lifelong skills. It is essential that those nominated be dedicated to seeing that the work of the council is done.

Seven youth and seven adults currently serve on the council. One member of the council is appointed to serve as a member of the Lancaster County Extension Board and one as a representative to the Lancaster County Agricultural Society. 4-H members in at least the ninth grade, leaders, interested parents or community members are eligible to hold a position on the council and are encouraged to submit nominations.

Each council position is held for two years and members may be elected for no more than two terms. Seven members of the

council will be elected this year to fill the positions currently held by the following members:

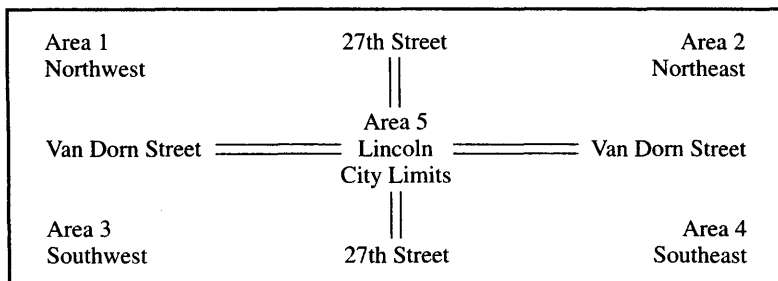
**Area 1:** Charles Parrot—youth  
**Area 2:** Jason Minchow—youth  
**Area 3:** Jayme Grundman—youth  
 Gwen Thorpe—adult  
**Area 5:** Robin Stearley—youth  
 Penny Cariotto—adult  
 Pam Stearley—adult

*Continuing on the council are:*

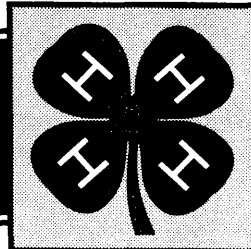
**Area 1:** Deb Heitbrink—adult  
**Area 2:** Rod Lemke—adult  
**Area 4:** Jason Snover—adult  
 Eric Mitchell—youth  
**Area 5:** Rhonda Tucker—youth  
**At Large:** Ardel Harger—adult  
 Kent Rosenboom—youth

Determining the educational needs of youth and deciding how to deliver programs to meet those needs is the purpose of the volunteers who serve on the 4-H Council. The council is also responsible for determining 4-H policies, establishing and appointing planning committees and finding resources to support 4-H events. Typically there are meetings throughout the year on the first Tuesday of each month.

All 4-H volunteers and 4-H members in ninth grade or older are eligible to vote. Members will represent areas of Lancaster County as indicated on the map. Nominations are due to the Extension Office by September 26. (LJ)



## 4-H & Youth



### 4-H Council Nominations

*I nominate the following for consideration by the 4-H Council Nomination Committee:*

Area 1 (Northwest): Youth \_\_\_\_\_  
 Area 2 (Northeast): Youth \_\_\_\_\_  
 Area 3 (Southwest): Youth \_\_\_\_\_  
 Adult \_\_\_\_\_  
 Area 5 (Lincoln): Youth \_\_\_\_\_  
 Adult \_\_\_\_\_  
 Adult \_\_\_\_\_

## To all 4-H animal and Cloverbud exhibitors

We would like to send out a HUGE "thank you" to all of the super-intendents, exhibitors and 4-H families that were exhibiting animals and/or Cloverbud exhibits at the Lancaster County Fair.

It was a pleasure to have the opportunity to work with each and everyone of you.

We appreciate your support and dedication that you give to the 4-H program.

—Renee Hunt, Cindy Blome and Shery Post (CB)

## A BIG THANK YOU!

There is a great deal of hard work that goes into the 4-H program in Lancaster County. It isn't just the week of the fair either ... it is all year 'round.

The 4-H clubs are meeting once or twice a month holding meetings, doing community service projects, plus preparing their projects. Volunteers that don't have a 4-H club or a 4-H member in their household are doing presentations at leaders forums or thinking up new, innovative ideas to "make the best better." Extension staff are organizing and preparing educational events and making sure everyone has what they need to be successful.

For a whole year, leaders, superintendents, volunteers, 4-H members and staff are working hard and are finally able to celebrate at the Lancaster County Fair! Remember, the emphasis isn't solely on the county fair, but it is a time of celebration and a time to "show off" what they made or prepared. I have heard so many compliments and positive notes about the "family" atmosphere and what a great achievement this is for everyone involved.

A BIG THANK YOU goes to everyone in the 4-H program. You are the reason 4-H is a strong and vital program in Lancaster County! CONGRATULATIONS! (AMM)

## 4-H school enrichment in full swing

Are your youngsters making recycled paper or discussing the water cycle? Or asking about space junk? They may be—because the **4-H School Enrichment Program** is introduced to approximately 12,000 students in Lancaster County annually. This program brings science-based materials into the classroom and provides "hands-on" experiences for the students. The projects inspire responsibility and enhance life skills.

**Garbology** is a solid waste management program that encourages second-grade students to reduce, reuse and recycle. Sorting garbage, discovering types of packaging

and making recycled paper are activities in this unit.

The miracle of life unfolds in **Embryology** as third graders study life cycles. Students and teachers are responsible for the care of fertile eggs throughout the 21-day incubation period, then...baby chicks are hatched right in the classroom.

**Blue Sky Below My Feet** relates science and space technology to daily living for fourth-grade students. By using features from the space shuttle program as working models, students learn how forces, fibers and food affect their lives on earth and astronauts while in space.

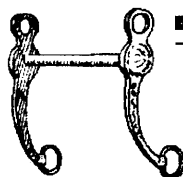
With an emphasis on quantity and quality, **Water Riches** looks at the complexities of one of our most precious natural resources—water. Fifth-grade students determine ways to manage our water supply and commit to the preservation and conservation of this natural resource.

**Wheat Science** defines the importance of wheat to our global community. Sixth-grade students learn the whole process from growing wheat to producing a product! Yes, that wonderful smell is from the classroom—your youngster is making homemade bread!

**The Waste Stream** intro-

duces the mythical community of Sludge Falls. Like many communities, Sludge Falls has its share of waste problems. Students determine solutions while dealing with solid waste, waste water and hazardous waste.

So—you may see your student taking part in a 4-H project, becoming a 4-H member and choosing a variety of other activities because 4-H brings opportunities and resources your way! Watch for your youngster's participation in the **4-H School Enrichment Program**, an educational experience for the family! (ALH)



## ORSE BITS

**Horse Herdsmanship Awards** Herdsmanship at the county fair is the ability of exhibitors to display their animals and equipment in a clean and organized manner. The herdsman contest always provides close competition among all of the 4-H horse clubs.

The champion "Large Horse Club Winner," for the second year in a row, was the Flying Hoofs 4-H Club. Sherre Miller is the club leader and parent advisor.

The champion "Small Horse Club Winner" was the Low Riders 4-H Club. Jackie Colton is the club leader.

Purple ribbon winners: Pine Lake Road Riders, Boots & Spurs, Freedom Riders, Horse's Pride, Wee Amigos, Wilderness Park Cinches, Pacesetters and Young Riders 4-H Clubs. Independents were: Pat Smith, Kelly Heather, Mary Beth Vokoun, Katie Schwenke, Lisa Rieck, the Ryan Family and Carrie Alm.

Blue Ribbon Winners: Apple Hill Gang, Hunter's Pride and the

Regulators 4-H clubs. Independents were: the Tichota Family, Gwen Crawford, the Hollman Family and the McMahon Family. White ribbon Winners: Rockin' Rangers.

Ribbons were presented to those clubs present at the 4-H Horse Awards Banquet.

### Wittstruck Award

Each year the Wilhemina Fischer Wittstruck Memorial Trophy goes to the individual who gains the most points from preselected premium events at the Lancaster County Fair. At least one showmanship class is mandatory. The top honor in 1995 was a very hard decision. The four top individuals were so close in points that a break down in their champion and reserve champion winnings were the deciding factors in choosing the top 4-H horse individual. This year's Wilhemina Fischer Wittstruck Memorial Trophy winner was Katie Schwenke. Katie received her award from Mr. Dwayne Wittstruck at the 4-H Horse Awards Banquet.

The four finalists were Alyson

Young, Jamie Allen, Amy Ryan and Katie Schwenke.

Katie received six purple ribbons, three champion and one reserve champion trophy. Katie's parents are Eugene and Jan Schwenke. Katie is an independent 4-H member.

### Top Barrel Racer

The Jean Card Memorial Trophy was awarded to Ryan Ehrlich for having the top individual time in the barrel racing event at the Lancaster County Fair. Ryan completed his run in 15.1 seconds which placed him above 50 other contestants from all three age divisions. Ryan is the son of Fred and Heather Ehrlich. He is a member of the Pine Lake Road Riders 4-H Club under the direction of Suzanne Border.

### Top Trail Award

The All-Around Trail Rider Award, sponsored by Dick and Cookie Confer is given to the 4-H trail rider that earns the highest score in the obstacle trail class. The judge selected the rider with the least faults from all divisions. Alyson Young was the 1995 recipient of the All-Around Trail Award. Alyson's parents are Paul and Micheline Young. She is a member of the Rockin' Rangers 4-H Club, under the direction of Rich and Katie Fortner. (CB)

## Judging results

The Lancaster County Fair Judging Contest was very hotly contested. Each animal area was well represented.

Junior Dairy Cattle Judging Contest trophy winner was Tyson Ritz of Malcolm. Senior Dairy Cattle Judging Contest trophy winner was Josie Swarts of Milford. Purple ribbons were presented to Tyler Heidtbrink, Jason Meyer, Corey Heidtbrink, Bridget Hespen and Lance Steinhansen.

Junior Dairy Goat Judging Contest trophy winner was Desiree Bramhall and the reserve winner was Nathan Flider. Senior Dairy Goat Judging Contest trophy winner was Justin Birkett. Reserve winner was Mindee Lieske. A purple ribbon was presented to Recardo Montano.

Junior Livestock Judging Contest trophy winner was Jaycee Lorenson. Intermediate Livestock Judging Contest trophy winner was Tara Hepburn. Senior Livestock Judging Contest Trophy winner was Tom Mueller. FFA Livestock Judging Contest trophy winner was Bridget Hespen. Purple ribbons were presented to Haze Lockee and Daniel Landon.





# Time wasters

Many of us could do our jobs both at home and work much more effectively if we evaluated those things that we do that waste time. Take a look at the following list. Are you guilty of any of these top time wasters?

- worrying about something you have no control over, like yesterday
- not communicating effectively
- being negative, defensive, critical, petty
- being inflexible, rigid, non-changeable
- saying yes to every request; feeling guilty when you say no
- not remembering the 80-20 rule (80% of the work gets done in 20% of the time)
- not taking time for self-renewal
- not scheduling time for healthy, enjoyable family life

Now what can you do to be a time saver? Think about those things that are truly most important to you, evaluate current habits and start working on time wasters one at a time until time wasters are eliminated from your routines. (LJ)

# Winners are made, not born



Dr. Walter Doyle Staples indicates that most of us aren't happy with our lives in at least one area—health, career, relationships, spirituality—but we don't know how to change.

Even though we tell ourselves that work, relationships, finances or something else outside ourselves is making us unhappy, the real problem is our personal belief system. We all have a personal belief system that forms our self-concept or self-image. The self-concept that we project usually becomes our reality. People who believe they can accomplish great things usually do because when they look around, they see opportunities to bring their dreams into reality. So, if we can change our

beliefs, we can change the world.

According to Dr. Staples, there are ten core beliefs that are unique to all peak-performing men and women. Consider each one carefully and imagine what your world would look like if you made these beliefs part of your life today.

- Winners are not born, they are made.
- The dominant force in your existence is the way you think.
- You can create your own reality.
- There is some benefit to be had from every adversity.

- Each one of your beliefs is a choice.
- You are never defeated until you accept defeat as a reality and stop trying.
- The only real limitations on what you can accomplish are those you impose on yourself.
- You already possess the ability to excel in at least one key area of your life.
- There can be no great success without great commitment.
- You need the support and cooperation of other people to achieve any worthwhile goal. (LJ)

# Top ten strategies for small business

Dun and Bradstreet recently asked several thousand small-business owners what they think it takes to make a small business go. These are ranked in order of importance.

1. Make sure there is a need for your products or services at a price people can afford. This is basic market research.
2. Know the basics of business management. As a business grows, so does the need for management skills in accounting, bookkeeping, personnel, finances and marketing.
3. Have a winning attitude. If you love what you do, you will have such an attitude.
4. Have enough capital. Most small-business owners warn that you will need more than originally planned. One owner said: "Estimate how much cash you need during the first year—then double that figure."
5. Manage cash flow well. Examine how you extend credit to your customers.
6. Manage time well. One of the best ways to manage your time is to make good use of the

- time of others. You do this by surrounding yourself with good people and giving them all the responsibility you can.
7. Pay attention to people. Finding, keeping and managing good personnel is key to success.
  8. Make sure customers are satisfied with the quality you provide. Many business owners say success means aiming for high quality, not necessarily low cost.
  9. Know how to compete. Carve a niche in the marketplace and then dominate that niche. Many business owners say sticking to their original vision or business plan is critical to success.
  10. Learn to cope with regulations and paperwork. The most important thing is to simplify as much as possible. Make the routine tasks as easy as possible, and there will be more time and energy to spend on the other nine strategies.

Source: *Small Business Services, Dun and Bradstreet Informatino Services.* (LB)

# Language spoken at home?

LaDeane Jha  
Extension Educator

Every ten years the Census Bureau conducts a census of the population. One of the questions asked to people in 1990 was if they spoke a language other than English at home. For those who answered yes, they were asked which language they spoke and how well they spoke English. This is what the Census Bureau learned.

In 1990, 31.8 million U.S. residents, or 14 percent of the population 5 years-old and over, reported they spoke a language other than English at home. These figures compare with 23.1 million persons or 11 percent in 1980.

The top 15 languages other than English spoken at home are listed in the accompanying table. After English, Spanish was the most common language spoken at home in 1990. More than half who spoke another language reported that they spoke Spanish—this was a sharp increase over 1980.

Other top 15 non-English languages spoken at home in 1990 reflected both new and old immigration patterns to the United States. The recent immigration of Asian and Pacific Islander groups is evident in the dramatic increases between 1980 and 1990 in the number of speakers of Vietnamese, Hindi, Korean, Chinese and Tagalog. In contrast, significant declines were noted over the decade in the number of speakers of some European lan-

guages (such as Italian, Polish and Greek) whose peak wave of immigration was early in this century.

Another interesting statistic gathered by the Census Bureau is the states that had the largest percentage of persons who spoke another language. New Mexico had the largest percentage followed by California (see map). Only five other states had a figure of 20 percent or more. In contrast, the majority of states fewer than 10 percent of the

population spoke another language at home. In seven states—all in the south—3 percent or fewer did.

Language is increasingly important in the way businesses market goods. It is not unusual to find information

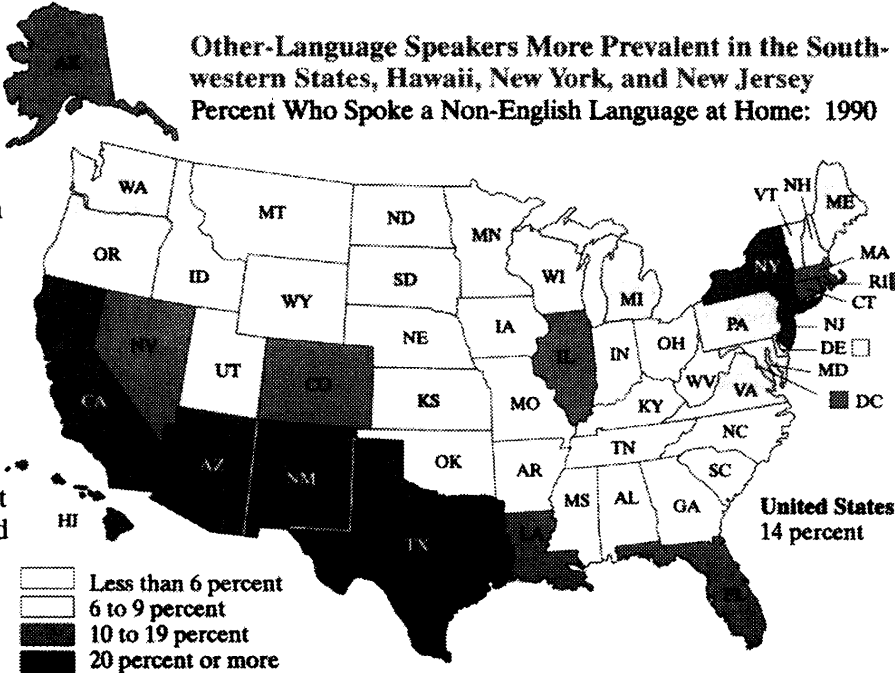
in more than one language on instruction sheets or label information. The implications of new immigration and resulting language patterns are important to think of in business, education and programming.

Information from U.S. Department of Commerce, Economics and Statistics Administration, Census Questionnaire Content, 1990 CQC-16 "We asked ... you told us."

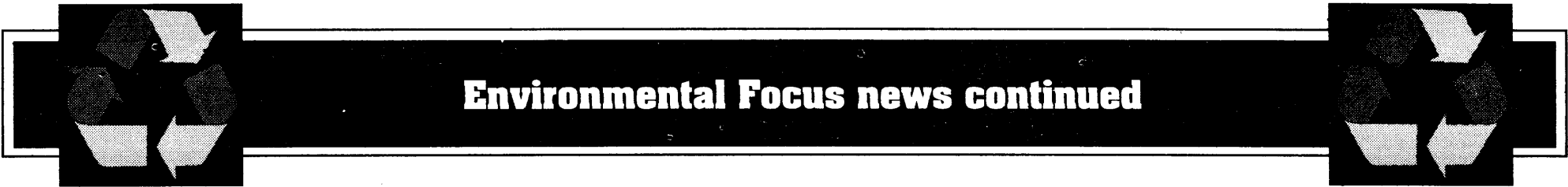
Top 15 Languages Other Than English Spoken at Home: 1990 and 1980

Language	Number (thousands)		Percent change, 1980-90
	1990	1980	
Spanish	17,345	11,116	56
French	1,930	*1,609	20
German	1,548	1,587	-2
Chinese	1,319	631	109
Italian	1,309	1,618	-19
Tagalog (Pilipino)	843	*452	87
Polish	723	821	-12
Korean	626	266	135
Vietnamese	507	195	161
Portuguese	431	352	22
Japanese	428	336	27
Greek	388	401	-3
Arabic	355	217	63
Hindi (Urdu)	331	*130	155
Russian	242	173	40

\*3 years and over; all other figures, 5 years and over



This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done. (LB)



# Awareness through empathy

One of the most important approaches for the alteration of one's basic attitudes and lifestyle towards living in harmony with Earth is that of empathy—putting oneself into the situation of another living thing, be it plant or animal. It is essential for developing a real understanding of nature in young children.

The process can be accomplished by reading imaginative books that place children in the worlds of other living creatures. Through role playing, children can “become” a snail, a Canadian goose, an ant, a spider, a turtle, a butterfly. Here are some activities that enhance the experience of empathy.

Observe a creature in its natural habitat. By watching a spider spinning its intricate web, a child can better relate to the creature and its fragile environment.

Learn about an animal and how it uses its senses to move about, find food and so on. For instance, a mole has very poor eyesight, but is familiar with its underground world through its sense of hearing, touch and smell.

Write a diary entry for a day in the life of another creature.

Create simple props or costumes to enrich the role playing experience, such as tying a pair of silky scarves to your child's wrists and collar to simulate a pair of butterfly wings.

The concept of “being and becoming” effectively demonstrates the idea of empathy with many of Earth's creatures.

(ALH)

# Don't put the welcome mat out!

Cooler temperatures are coming and you may find a few uninvited guests making their way into your home. Millipedes, crickets and wolf spiders are some common “accidental invaders” that stumble into homes trying to escape the chill of fall. Most of these visitors are not going to cause a problem because they won't be able to survive in the home environment. Our homes are too dry and there probably won't be enough food to keep these pests alive.

Many of these short-lived visitors can be controlled without pesticides—a flyswatter, broom or vacuum will work nicely. Gently sweep the beneficial wolf spider into a jar and release it outside away from the house. Snakes who find their way into the home should also be captured and released.

Accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unchecked openings around the home. These creatures, unlike accidental invaders, can take up permanent residence in your house. Their control can be more difficult and expensive if they become established.

Protect your home from unwanted guests by “pest-proofing.” By taking a few moments now to inspect your property, you may prevent rodents, snakes and insects from using your home as a winter hideaway.

Here are some things you might look for:

- Make sure all cracks around the outside of your house are sealed so mice, rats, snakes and insects can't squeeze in (rats can get through openings 1/2" in diameter—mice can get through holes no bigger than a dime). To fill openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Stuffing cracks with cloth won't help and rodents may use it for bedding.
- Holes and other rodent damage in your home or garage need to be repaired and protected. Make repairs and if necessary, cover the damage with hardware cloth (1/4" squares). If you cover rodent damage with a piece of wood, rodents may chew right through it again.
- Doors, windows and screens should be in good repair and fit tightly. Caulking will also keep pests out and help lower fuel bills.
- Do your floor drains need screens? If so, ask a professional to help you select the screen size.
- Check around your dryer vent and other openings to make sure they aren't being used as a handy way to get into your house.
- Removing leaves and grass clippings from around the foundation, cleaning out window wells and general yard clean-up will get rid of hiding places for pests near the home.

Related publications available at no charge from the Extension Office include: NebGuide G1216—Rodent Proof Construction: Structural; NebGuide G908—Controlling Snake Problems Around the House; NebGuide G1105—Controlling House Mice; NebGuide G1106—Controlling Rats; In-House Fact Sheet 012-93—Centipedes and Millipedes; and many more. For more information, contact the Extension Office. (SE)

# What is a blue moon?

A full moon happens once about every 28 days. When there are two full moons in one month, the second one is called a “blue moon.” This happens very rarely, hence the saying “once in a blue moon.”

(ALH)

# Can livestock manure pass the proximity test?

Livestock manure odors not only pose a growing source of irritation between producers and neighbors; odors often lead to stringent zoning regulations and greater scrutiny of other agricultural environmental issues.

In a report from Dr. Rick Koelsch, livestock bioenvironmental engineer, NU/IANR, he stated that more than 160 compounds identified thus far contribute to livestock odors, and 30 have low odor detection levels of less than 1 part per billion. Among the most annoying odors are sulfur-containing compounds, ammonia, volatile organic acids and others.

These livestock odor-related nuisances have increased because of greater reliance on manure storage and greater concentrations of animals.

Manure maintained in an aerobic state (oxygen present) has less odor because chemical reactions stabilize the organic compounds. Aerobic conditions are why heavily bedded manure spread daily generates few neighbor complaints.

Anaerobic conditions (oxygen not present), dominant in most manure storages, produce high concentrations of volatile, odorous compounds. Sulfur-containing compounds in pig slurry, for example, increase more than tenfold during the first 24 hours of storage. Most odors stem from incomplete anaerobic decomposition.

Dilution always has been nature's primary tool for controlling odors. However, greater concentrations of animals has overwhelmed nature's ability to dilute odors to tolerable levels.

Other factors contributing to manure odor include:

- Temperature. A 20° F increase in temperature doubles the speed of the odor-producing chemical reactions.
- Manure moisture content. The wetter the manure, the more anaerobic the conditions and the stronger the odor.
- Time. Manure accumulating longer than 3 to 5 days creates more offensive odors.
- Range of pH. The typical manure pH is 7 to 8. A pH of more than 9 dramatically slows anaerobic activity, which means less odor.

To determine if odor nuisance may require producer attention, circle the most appropriate responses to the following questions.

	Low Risk	Medium Risk	High Risk
Do Neighbors Complain?	Never	Occasionally in recent years	Several times in recent years
Neighbor proximity to facility?	None within 2,500'	Some within 1,000-2,500'	Some within 1,000'
	No schools or communities within 1 mile	School or community within 1 mile	School or community within 1 mile
Livestock expansion plans?	None in past, none expected	Some in past or is expected	Substantially in past or is expected
Manure storage? daily	Less than 1 week or spread	Stored longer term as a solid	Stored longer term as a liquid

Responses of several medium or high-risk answers warrant consideration of odor control practices. (DJ)

# Precaution needed with the storage of pesticides

Because pesticide products are made to combat unwelcome pests, precautions are necessary to protect family members from accidental poisoning or exposure.

Rose Marie Tondl, textiles, clothing and design specialist and Larry Schulze, pesticide coordinator, NU/IANR said child-resistant packaging for some pesticides has been in effect since the early 1980's. The packaging also contains signal words such as “danger” or “warning”.

Child-resistant packaging shouldn't be the only preventive force in poison control. These important safety recommendations should be followed at all times:

- Use an Integrated Pest Management (IPM) approach. Always identify the pest first. Recognize and use multiple means of pest control. Pesticides can be valuable pest controls when the need is established through IPM.
- Always store pesticide products out of children's reach. When appropriate, install child-proof safety latches on cabinets.
- If no children live in the home, but young visitors are expected, be aware that accidental ingestion can occur in homes not set up with children's needs in mind. Alert caregivers, grandparents and others to potential hazards.
- Before using a pesticide, read the label, follow directions carefully and pay close attention to precautions and restrictions on product use.
- Prior to applying a pesticide product indoors or outdoors: always follow label directions and when required, remove children, pets and toys from the area for the time recommended by the label.
- If interrupted while using a pesticide, put the container out of children's reach.
- Keep child-resistant packaging intact; reseal containers properly after each use.
- Always keep pesticides in their original containers.
- Teach children that pesticides are intended to kill or repel certain pests and should be handled only by adults.
- Post the telephone number of the local poison control center near the telephone.
- Use pesticide protective equipment and clothing as directed by the label.

The Environmental Protection Agency now requires pesticide manufacturers to certify that their child-resistant packaging will meet certain standards of effectiveness, compatibility and durability. Manufacturers must keep data on file to substantiate their certification.

No matter what the season, safety precautions should be followed all year. (DJ)



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.

**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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NEBLINE  
FEEDBACK  
FORM



In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

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

Extension Calendar

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

September 5

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

September 9

Festival of Color—Ag. Research & Development Center, Mead

September 10

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

September 11

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

September 12-14

Husker Harvest Days—Grand Island

September 13

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

September 14-15

Women in Agriculture—Holiday Inn, Kearney

September 18

4-H Promotion Open House

September 21

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

September 20-25

Ak-Sar-Ben 4-H Livestock Exposition—Ak-Sar-Ben Field, Omaha

September 25

FCE Council Meeting..... 7:00 p.m.

September 26

FCE Leader Training..... 1:00 or 7:00 p.m.  
Lancaster County 4-H Council nominations due

October 1

Chris Clover Awards Books Due to Leaders

October 1-7

National 4-H Week

October 7

Household Hazardous Waste Collection—2200 St. Mary's Ave..... 9:00 a.m.-3:00 p.m.

October 3

4-H Council Meeting..... 7:00 p.m.  
4-H Production Livestock Booster Club Meeting..... 7:30 p.m.

October 4

County Award Books & Scholarship Applications Due

October 9

"Money Smart" Holidays..... 1:00-3:00 p.m. and 7:00-9:00 p.m.