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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

July 1996
Vol. IX, No. 7

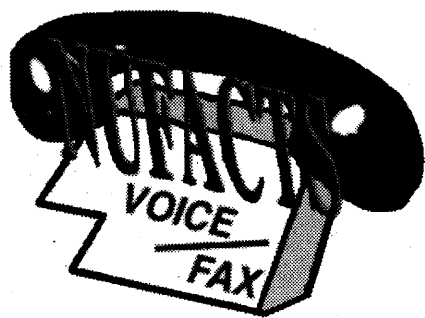
Horticulture ■ Rural Sense ■ Family Living ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

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SEE THE COMPLETE
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CATALOG ON PAGE 11.

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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

"What are biosolids?"—page 3



Natural Resources and Environmental Management

"Chiggers: the bitey mites of summer"—page 4



Youth and Family Initiative

"Adolescents with too much free time"—page 7



Nutrition, Food Safety and Quality

"Kids learn health habits by cooking"—page 6



Strengthening Neighborhoods and Communities

"Literacy rate affects community"—page 10

Integrated Pest Management

Don Janssen
Extension Educator

If you are a home gardener who routinely uses resistant varieties, garden sanitation, biological pest controls, and careful surveillance of your plants to minimize plant health problems and avoid use of chemical pesticides, you have been practicing Integrated Pest Management.

Integrated Pest Management (IPM) is both a philosophical and practical approach to pest control. IPM looks at the interrelationships of plants and their environment, and then uses a holistic approach to manage pests.

With IPM, pesticides are an option, but they are just one choice of the many things that a gardener can use to effectively manage pests. An IPM approach tries to prevent problems and minimize the need for controls. Home gardeners who plant resistant or tolerant varieties to reduce the incidence of plant disease, rotate closely related crops around the vegetable garden to prevent carryover of disease organisms

in the soil and clean-up garden debris in the fall to eliminate overwintering insects and disease organisms are already practicing some aspects of IPM.

Managing soil fertility and watering keep plants growing vigorously and help them resist attack by insects and diseases. Drought or lack of nutrients stresses plants and makes them more vulnerable to pests. Therefore, soil sampling, fertilizing and watering are also important aspects of IPM.

Controlling weeds is an important part of an IPM approach to gardening, too, because weeds compete with crop plants for water, nutrients and sunlight; they can be reservoirs of disease organisms and insects.

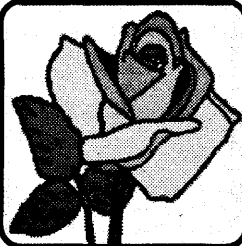
Monitoring crops for insect problems, properly identifying both pests and beneficial insects present, and making control choices based on the likelihood of serious damage and ability of natural enemies to control pests are major features of IPM.

The aim with IPM is not trying to eradicate insects but keeping damage within reasonable limits. Many home gardeners want to minimize pesticide use and are willing to tolerate some damage if it means

See Pest Management-Page 12

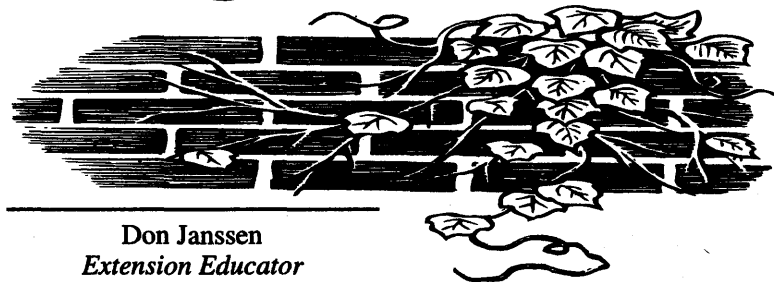
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Horticulture

The garden fence



Don Janssen
Extension Educator

Q. I have planted a lot of annual flowers for cutting in my garden this year. How can I make them last after I cut them?

A. Start by cutting them early in the morning or late in the evening when they are crisp with water. During the heat of the day, they may be wilted and may not recover. Select flowers that are not quite in full bloom or past it. Cut them with a sharp knife or shears; tearing or smashing the stems can interfere with water uptake. Place cut flowers in a container of warm water as soon as they are cut; this prevents air bubble formation in the stems that will block water uptake. Leave flowers in the warm water for about 2 hours so they take up as much water as they can hold. Arrange them in a clean container filled with fresh water and a few drops of a commercial flower preservative, or some Seven-Up® (or a similar product) and a few drops of chlorine bleach. The sugar in the soft drink will provide some food for the plant and the bleach will inhibit bacteria growth that would clog the flowers' water-conducting tubes. Keep the arrangement as cool as possible, recut stems and change the water every other day.

Q. What is the best time to weed the garden?

A. For your well-being, avoid working during the hottest part of the day. If you pull or chop weeds early in the day and leave them on the soil surface, the sun will kill them. A potential drawback to working in the garden early in the morning is that plants may be wet with dew and your brushing against the foliage could spread plant disease.

Q. Why do the first flowers fall off my squash plants without producing any fruits?

A. The first flowers to appear are male flowers. They contribute the pollen that is necessary for fruit formation by the female flowers. More male flowers will continue to appear; losing the first few does not affect your total harvest. (DJ)

Get summer patch disease off your turf

Summer patch is a persistent and devastating turf disease. The fungus resides in soil and when the grass plants become stressed it attacks the leaves, roots and crowns. If summer patch was a problem in your lawn last year, it is likely to occur again this summer. Chemical control is most effective when fungicides are applied as preventative rather than curative treatments. Make the first application no later than early May and repeat if needed. Treatment after mid-August is usually not needed. Benomyl is a recommended fungicide.

Follow these control measures to keep your turf healthy. Keep the turf deeply watered to avoid drought stress. Avoid fertilizing with excess nitrogen in early spring and during hot summer months. Reduce soil compaction by aerating in early fall or mid-spring. Keep your lawn mowed to the recommended height. Since this fungus can easily overwinter in excess thatch, keep your thatch layer to a minimum. If you are considering starting a new lawn, use varieties that offer some resistance to summer patch. (MJM)

It's haircut time for your petunias

Taking the hedge shears to your straggly petunias sounds like a pretty drastic step. But it is a good way to rejuvenate them into dramatic bloom.

Whacking off the straggly growth in mid-July, cleaning up dead or dying foliage, pulling any encroaching weeds, and fertilizing with one pinch of 5-10-5 per plant is just what petunias need.

Though the thought of wasting a whole bed of flowers can be kind of scary, the results are worth the initial uncertainty. Cutting the plants back to 3 to 4 inches tall, leaving just a stub or two of stem and some foliage, in effect, startles them into a surge of new growth. They produce a lot of branches; after 2 to 4 weeks, loads of flowers bloom that last until frost kills the plants. (DJ)

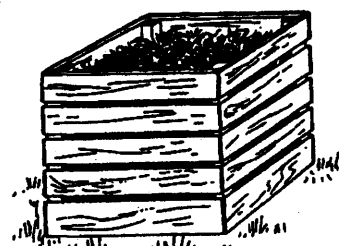
Compost for disease control

For 20 years, scientists have been exploring the possibility that compost may help control some diseases. The addition of compost reduced disease levels in potting mixes. Damping off and root rot diseases were reduced significantly with the addition of compost. Compost added to alfalfa fields resulted in healthier root systems and thicker plant stands.

Phytophthora, a serious disease in soybeans and numerous other plants, has been reduced through the addition of compost and other cultural practices. Rhizoctonia, rootknot nematodes and bacterial spot were reduced on experimental plots of peas and

beans. Compost added to tomato fields reduced early blight, bacterial leaf spot and nematodes. Other research has shown reduced mosaic virus spread by white fly and control of crown rot in tomatoes.

Gardeners who have regularly used compost in their gardens know the benefits of



compost. The addition of compost to their soil reduces the need for fertilizer, conserves soil moisture and may actually help in disease control. The possible reduction in disease problems is another excellent reason to begin your own compost pile. A word of warning—before adding your own compost to the garden, make sure it is mature and fully composted. Immature compost pulls nitrogen away from plants until it is mature. Also, do not add diseased plant material to your compost pile. Compost science and soil microbiology are just beginning to unlock the secrets of compost's actions. (DJ)

July garden hints

* Snapdragons should be pinched back after blooming to promote a second flush of growth.

* Cut back and fertilize delphinium and phlox to encourage a second flowering.

* Many plants are easily propagated by layering. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if their stems are fastened down and covered with soil.

* Cutting flowers is best done with sharp shears or a knife that will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the stem's base from resting on the bottom of the vase. It is best to carry a bucket of water to your garden for collecting flowers rather than a cutting basket.

* Divide and transplant bearded

iris using the vigorous ends of the rhizomes.

Discard the old center portion. Cut the leaves back to about 6 inches.

* Tall flowers should be staked to prevent damage by wind. Use stakes that are large enough to support the plant but are not too conspicuous; use soft twine or twist ties to secure them.

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

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



* Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

* Control mosquitoes by eliminating all sources of stagnant water.

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

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

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

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

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

Vacation care of plants

Your lawn and garden do not take a break when you go on vacation. To keep things under control while you are gone, include provisions for landscape and garden care in your vacation plans.

Arrange to have your lawn mowed regularly. A shaggy lawn is a tip-off that no one is home. Letting the grass grow long and then cutting it short is also rough on the turf.

A neglected garden is another indication that you are away. Though it would be asking a lot of even good friends to expect them to weed the garden, you

can probably find someone willing to harvest it for you.

Regularly picking cucumbers, peppers and summer squash is necessary to keep them producing. Keeping up with the harvest means there is less overripe or rotting produce to attract insects.

To keep the weeds from taking over while you are gone, eliminate as many of them as possible before you leave and put down a thick mulch between the rows. A thorough watering before you mulch will help crops withstand any dry weather that occurs while you are gone. (DJ)

The Herb Garden

Don Janssen
Extension Educator

Rosemary

Rosemary comes in many cultivars; the same cultivar grown on the West Coast may look very different when grown in Nebraska. Since seedlings can take months to grow, it is best purchased as a potted plant for most home gardens. Outdoors it

likes full sun and can be kept on the dry side.

The pungent, curved needle-like leaves have many uses. It is easily dried by hanging woody stemmed bunches in a warm place. The leaves can then be stripped off and bottled. Rosemary is a very pungent herb; it is best used sparingly on bland foods. In cooking, it is frequently used with chicken; in baking, it can be used in breads.



Biosolids?..What are biosolids?

\$ Biosolids are the processed, organic residuals that come from a wastewater treatment plant. Some people refer to this material as sludge; the word *sludge* can refer to types of material other than organic residuals from a treatment plant.

The three, white, egg-shaped storage tanks, south of Cornhusker Highway at the Salt Creek bridge west of 27th Street, are an important part of the processing which turns *sludge* into *biosolids*. These storage tanks, called anaerobic digesters, process wastewater

from the Theresa Street Wastewater Treatment Plant so the bacteria in it are greatly reduced and much safer. After this process, the material can be applied to soil as fertilizer for feed grains like corn and grain sorghum.

When used carefully, this material (an excellent soil conditioner/fertilizer with 65% organic matter) can be used so it will not endanger the environment. The beneficial application of biosolids to cropland is the very best end-use of this material. The land use of biosolids does not take up valuable landfill space and is more economical

than other disposal methods.

It just so happens that the City of Lincoln will have approximately 10-15% extra biosolids this summer and fall for land application. If you would like to try this material on your cropland, you will need to apply it with a manure spreader or have someone apply it for you. You may have your labor cost partially defrayed as the city is currently paying farmers \$0.65 per cubic yard toward their application costs. For more information about how to get into this land application program, call Extension Educator Barb Ogg. (BPO)

Waverly/Greenwood area water and nutrient management tour

Farmers, acreage owners and others living in the Waverly/Greenwood area are invited to participate in a twilight tour July 1 beginning at 6 p.m. Activities will begin at Mick Minchow's (162nd and Raymond Road), continue at 190th and Greenwood Road, and conclude at the Farmers Cooperative in Waverly with dinner at approximately 9 p.m.

Tour participants will be some of the first to hear specific details about the Lower Platte South Natural Resources District's Groundwater Management Plan. Past experience with

water quality challenges in the Waverly/Greenwood area make this a high priority for improved water and nutrient management.

Demonstrations will be centered around irrigation well plugging, pivot sprinkler heads, water meters, chlorophyll meters, deep soil sampling, moisture probing, irrigation scheduling and anhydrous controller units. The evening will conclude with an overview of research conducted in the Waverly/Greenwood area by the University of Nebraska Water Center and a brief overview of the Groundwater Management

Plan by the Lower Platte South Natural Resources District's staff.

Door prizes—including soil probes, sprayer calibration kits, soil moisture rods and more—will be given away at the conclusion of the program. Tour sponsors include University of Nebraska Cooperative Extension, Lower Platte South Natural Resources District, Farmers Cooperative Company in Waverly and the Greenwood Farmers Cooperative. For further information, contact Dave Varner at 441-7180. (DV)

Summer pasture weed control

Ward Shires
Extension Educator

Early to mid-June is a popular time to spray pasture weeds and woody plants; though that is not always the smartest thing to do.

Why do we spray weeds in pastures? Is it to kill plants that are poor forage—or is it just force of habit and to make the pasture look nicer?

We often suggest using herbicides in pastures; the more experience we get with grazing and pasture management, the less spraying we see necessary.

In fact, anytime a pasture is sprayed, it indicates that grazing has not been as effective as it could be or that the owner wants a quick fix.

First, if a pasture is to be profitable, it must have high management input and a low, controlled dollar input. Spraying costs money.

Second, livestock eat many plants we call weeds. When they do, these plants are no longer weeds. In fact, most weeds can be good feed if grazed when they are young and tender.

Third, unpalatable weeds usually become established in

pastures after grass is weakened by severe grazing. These weeds thrive when grazing management fails to encourage vigorous grass regrowth.

Finally, unless pasture and livestock are managed to benefit both plants and animals, the weeds will be back despite your spraying.

So why spray pastures? If you graze properly but wish to hasten the process of replacing uneaten weeds with vigorous grass, that is one good reason. Otherwise, spraying may be simply cosmetic and a waste of money.

Some protection from summer sun

The Nebraska Department of Health's *Harvest for a Lifetime!* project is a cancer control program for farmers, farm workers and their families. It promotes positive health behaviors that can reduce the risk of certain kinds of cancer.

Harvest for a Lifetime! has used a community-based approach to its educational efforts, and has joined with agricultural, educational and health organizations in local communities to promote cancer prevention and early detection. County Extension educators have been instrumental in disseminating information and coordinating community programs. During the summer

months, *Harvest for a Lifetime!* focuses on the prevention of skin cancer among rural residents.

Since farmers and farm families have high exposure to the sun's harmful rays, here are a few important tips to reduce the risk of skin cancer due to overexposure to the sun:

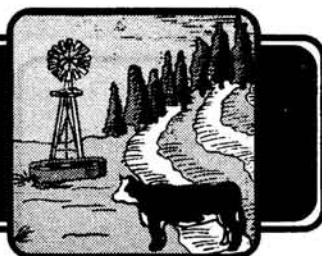
- Use a sunscreen product with an SPF of 14 or higher to provide adequate protection (30 or higher for maximum protection). A Nebraska Department of Health survey has shown that only 27.5 percent of rural residents use sunscreen or sunblock when outside on a sunny day for more than 1 hour.
- Sunscreen should be used even on cloudy days. It should

be reapplied every hour, especially if you have been swimming or perspiring. Be sure to protect your lips with an SPF 15+ lip balm, too.

• Wear protective clothing. Long-sleeved shirts, long pants and wide-brimmed hats offer the best protection. Although rural residents may be aware of the preventive value of protective clothing, many do not wear it. In the same survey, about 37 percent said they always or usually wore protective clothing when outside on a sunny day for more than 1 hour.

• Baseball-style hats do not offer the best protection because the ears and neck are still exposed to the sun.

Rural Sense



Crop Management and Diagnostic Clinics at ARDC in July!

There will be two 2-day Crop Management and Diagnostic Clinics in July at the University of Nebraska Agricultural Research and Development Center at Ithaca, Nebraska. Sessions will be July 19-20 and 24-25 from 8:30 a.m. to 5:00 p.m. These clinics are designed for industry personnel, crop consultants, Extension educators and governmental agency personnel, and crop managers and producers.

The first day will include insect, weed and disease identification and management; day two will focus on soil fertility, compaction and water management issues. Organizers have applied for Continuing Education Units in the Certified Crop Advisor Program in the areas of soils and water management, soil fertility, pest management and crop production.

Dr. Dale Flowerday, Professor Emeritus of Agronomy at UNL, is coordinating the field activities of these two-day training sessions. UNL faculty teaching at the clinic will include John Foster, Ken Frank, DeLynn Hay, Paul Hay, Paul Jasa, Alice Jones, Dave Keith, Lenis Nelson, Z B Mayo, Alex Martin, Steve Mason, Jim Peterson, Rick Waldren, John Watkins, Kelly Wertz, John Witkowski, Bob Wright and Dave Wysong.

Cost for each two-day clinic will be \$225 if you preregister before July 1. After July 1, the cost will be \$250 per clinic. Participants will receive training materials including a reference notebook. As most of this training will be in the field, participants should bring rain gear, if needed. On day one, participants will congregate at the new Research and Education Building at 8:30 a.m. to register. For more information about this clinic or for a registration form, call Keith Glewen (402-624-8030) or Barb Ogg (402-441-7180). (BPO)

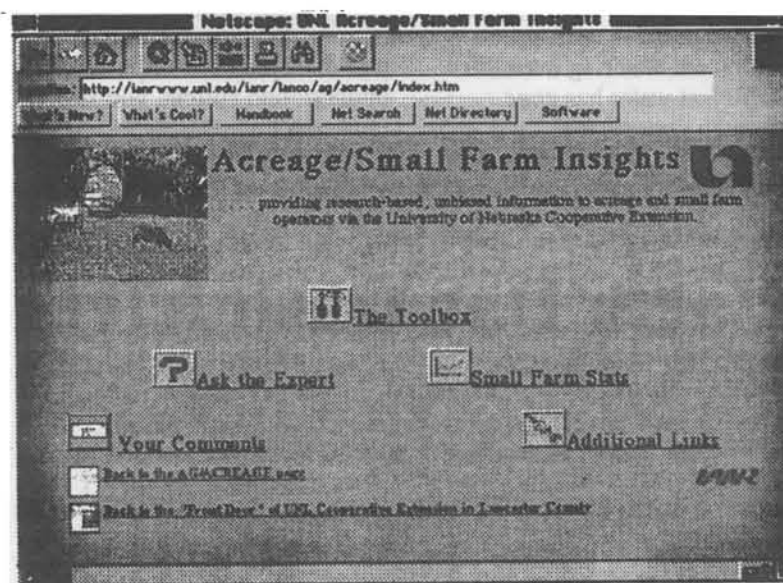
Find ag/acreage info in cyberspace!

You can now access agricultural and acreage information via two Lancaster County Internet Web sites. "Ag/Acreage" targets commercial farmers and can be found at <http://ianrwww.unl.edu/ianr/lanco/ag> while "Acreage and Small Farm Insights" (designed for smaller operations) can be found at <http://ianrwww.unl.edu/ianr/lanco/ag/acreage>.

Visit these sites the next time you are surfing on the Web. You will find quick and easy access to Extension

publications, educational programs and much more. Questions may be communicated through this page via e-mail directly to Extension staff. We also link you to many other sources of information on the Internet.

Our goal is to provide you with the reliable information you need in a timely and efficient manner. Give us some feedback on our website by e-mailing your comments via the Internet. We look forward to meeting you in cyberspace! (DV)

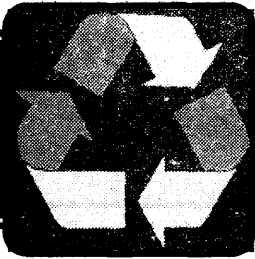


While farm work requires long hours in the sun, there are additional ways to reduce the risk of skin cancer.

When purchasing farm equipment, consider the benefits of sun protective features, like enclosed cabs. Try to limit exposure during the intense midday sun (10 a.m. to 3 p.m.).

Learn how to examine your skin for cancer and perform monthly self-examinations.

Early detection is the best prevention. Have a complete physical examination every year. If you have any questions about changes in your skin, talk to your doctor or pharmacist. (DV)



Environmental Focus

Poison ivy can be an itch

Each year people come in contact with poison ivy and it is usually because they do not recognize the plant. Not coming into contact with poison ivy is always the best prevention, but plants themselves can be controlled by either mechanical or chemical methods.

Young poison ivy plants can be pulled out in the early spring, if the soil is moist. If the soil is dry, the roots will break off in the ground and sprout new plants. Be sure you wear protective clothing such as gloves and a long-sleeved shirt when working around or removing poison ivy.

Vines growing up a tree

should be severed at the base of the plant and the vine removed from the tree if possible. Destroy or bury the plants, but do not burn them. Smoke can carry the poison oils in a dispersed form through the air.

Chemical herbicides, such as products containing 2,4-D can be used to control poison ivy. Mix the herbicide according to label instructions and thoroughly wet the leaves, stem, shoots and bark of the plants. For best results, spray as soon as the plant is fully leafed out in the spring. To prevent drift problems, spray early in the morning when there is little wind. Retreatment may be necessary. (MJM)

Is an inch too much? Are two too many?

In the summer months, most water used in residential areas is applied to landscapes. By learning how much water to apply to your landscape and when to apply it, you simultaneously support four landscape irrigation goals: reducing costs, conserving water, reducing non-point pollution and maintaining an attractive landscape.

Does your irrigation system apply water uniformly? Uniformity means every plant or soil surface receives the same amount of water. For example, one area should not receive 1/2" of water while another area receives 1 1/2".

Another factor to adjust in your irrigation system is water pressure. Proper pressure helps minimize wind effects. Excessive water pressure creates small particles of water that are easily moved away from the planned application pattern by wind. Distorted patterns mean some landscape areas will require additional watering even after sufficient water has gone through your system.

By watering just after sunrise when wind is minimal,

you can reduce the effect of wind. However, your system should be designed for the highest wind speeds expected during the growing season.

Irrigation systems should also include a way to reduce runoff. Much of Lancaster County has "heavy soils." That is, they include a high percentage of silt and clay particles. These types of soils often have infiltration rates of less than 1/2" per hour. You should adjust your system accordingly—usually not more than 1/2" per hour. If your landscape needs more water, add another 1/2" the next day.

The final factor in efficient irrigation is one that is most often forgotten—your landscape may have changed since installation. Increased size of plant material may now block or distort the spray pattern. You may have to modify either the plants or the irrigation system.

If you use a hose and portable sprinklers rather than an underground system, you still must aim toward distribution that is uniform and appropriate to your soil's infiltration rate. (DJ)

Earth Day trash trivia

The average American generates more than 1,200 pounds of trash annually. That is a total of 196 million tons of garbage every year—enough to fill the New Orleans Superdome from top to bottom, twice a day, every day! This includes:

- * 2 billion disposable batteries
- * enough aluminum to rebuild our commercial air fleet four times
- * enough office and writing paper to build a wall 12 feet high from Los Angeles to New York City
- * 28 billion glass bottles and jars—enough to fill the Twin Towers of New York's Trade Center every 2 weeks
- * 240-260 million tires
- * 2.5 million plastic bottles every hour (you figure the annual amount)
- * 500 million disposable cigarette lighters (that is 1,369,863 every day)

The amount of trash we throw away has more than doubled in the past 30 years while the population has increased by only 38 percent. (LB)



RESPECT
THE EARTH
...RECYCLE!

Chiggers: the bitey mites of summer

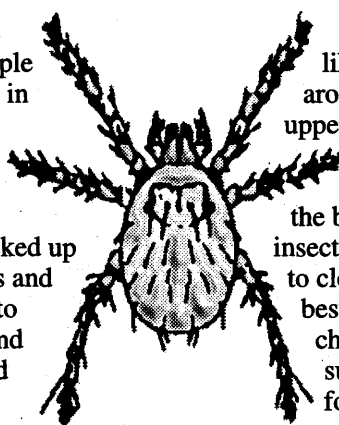


Chiggers are the tiny, immature stages of mites that feed briefly under the skin of

vertebrate animals and humans. In Nebraska, they become most active around July 4—people who camp or picnic in wooded areas in midsummer are likely to experience chigger bites.

Chiggers are picked up from grasses, weeds and bushes in response to movement. They tend to crawl upward and eventually feed

where clothing fits snugly against the skin. Most chigger bites will occur on the legs and ankles of someone who walked or stood in vegetation. A person



sitting on the ground will more likely be bitten around the waist and upper legs where underwear elastic is tight against the body. The use of an insect repellent applied to clothing offers the best way to prevent chigger bites. Be sure to read and follow all label

directions when using any type of repellent.

The intense itching is caused by an allergic response your body produces to the fluids the mite produces during its feeding. By the time you know that you have been bitten by a chigger, the mite has already finished feeding and has dropped off your body to continue its life cycle.

There is no good cure to stop the intense itching of chigger bites. If you can keep from scratching them, they will heal faster.

Reduce chigger populations in your yard by keeping your grass mowed short to reduce humidity. (BPO)

A guide to ultimate wildlife watching

We have all had it happen. You look up from the trail just in time to see an animal dive out of sight—a swoop of a wing, a flash of antler, a slap of beaver's tail. Fortunately, there are simple ways you can help blend into any animal's surroundings. In return, you will be treated to a wildlife show that makes your heart pound and your senses hum.

The ultimate wildlife watching experience is behavior watching—viewing animals without interrupting their normal activities. Instead of just a glimpse, you have an encounter—a chance not only to identify the animal, but to identify with it.

Follow these tips from experienced behavior watchers. With the right combination of patience and know-how, you will be able to witness wildlife without startling them or sapping their energy. It is a feeling you will never forget!

Viewing tips

Fade into the woodwork:

- * Wear natural colors and unscented lotions.
- * Walk softly so as not to snap twigs.
- * Crouch behind boulders or vegetation to hide your figure or break up your outline.

Let animals be themselves:

- * Resist the temptation to "save" baby animals. Mom is usually watching from a safe distance.

* Let animals eat their natural foods. Sharing your sandwich may harm their wildlife digestive systems and get animals hooked on handouts.

* Let patience reward you. Resist the urge to throw rocks to see a flock of birds fly.

Stick to the sidelines:

- * Use binoculars or zoom

eggs or young to danger.

Come to your senses:

* Use your peripheral vision rather than turning your head.

* Look for out-of-place shapes like horizontal shapes in a mostly vertical forest or an oblong shape on a tree branch.

* Watch for out-of-place motions.

Be easy to be with:

* Relax your muscles—animals can easily detect tension.

* Make yourself as small and unassuming as possible.

* Avert your gaze; animals may interpret a direct stare as a threat.

Think like an animal:

* Look in high visitation areas: trail intersections, perches, ledges, overlooking open areas and drinking sites.

* Take note of the season—would the animal be looking for a mate, feathering its nest or preparing to migrate.

* Factor in the weather. After a rain, many animals emerge to feed on displaced insects, flooded-out rodents and more.

Excerpt from National Watchable Wildlife Partners. (SE)



Sometimes you don't even have to leave your car to see wildlife up close!

lenses to get that close-up.

* Aim for pictures of assured dignified animals instead of stressed victims.

* Give nests a wide berth. Your visit could lead a predator to the nest or cause parents to leave their nests and expose their

Air; our invisible, tasteless friend

Air. It is invisible. You cannot taste it, hear it or (hopefully) smell it—but it is there. Without it, we could not live. It is important stuff! Before we can talk to young children about air pollution and its effects, they need to know that air is a real substance. The following experiments will help demonstrate the existence of air to your children. There is one place we can "see" air—underwater. Next time your child takes a bath, try these simple experiments:

1. Hold apparently empty cups and containers underwater

sideways and watch the bubbles. What are the bubbles? (Air.) Where did they come from? (From the cup.) So, was the cup really empty? (No, it was full of air.)

2. Give your child a straw and have him/her blow air bubbles into the water.

3. Blow up a balloon and ask your child what is in it. (Air.) Hold it underwater and release the air. What happened to the air in the balloon? (It floated through the water and you see it as bubbles.)

4. Take a clear drinking cup

and stuff a wadded up dry rag or tissue into the bottom of it. Push the cup completely underwater, open end first. (Be sure the cup is not tilted or the air will escape.) Lift the cup out of the water and examine the rag or tissue. Did it get wet? (No.) Repeat—but this time, slightly tilt the cup so that some air is released. Ask about what is happening. (The air is leaving the inside of the cup and water is taking its place.) Lift the cup out of the water and feel the rag or tissue: indeed, the water has replaced the air in the cup and dampened the rag. (ALH)

Skeeters driving you crazy? What the heck can you do?



Mosquitoes are annoying, biting insects that thrive when rainy conditions allow stagnant pools of water to collect. Nebraska's May rainy period produced these stagnant pools of water. Female mosquitoes emerging from water must have a blood meal to produce fertile eggs. They lay their eggs in standing water or in containers that fill with water after it rains.

Prevent mosquitoes by emptying containers after it rains. Mosquito larvae in a pond can be killed with Bt, a bacterium that kills mosquito larvae, but is non-toxic to animals that drink the pond water. Bt products come in wafers or donuts

and are found at many garden centers. The number of Bt donuts needed for control will depend on the size of your pond.

Unfortunately, some adult mosquitoes can fly several miles, so dumping containers and treating ponds will not completely eliminate the problem. For most people, personal repellents containing DEET are often the most effective way to prevent mosquito bites. However, products that have a high concentration of DEET can be a problem for very old, very young or sensitive individuals who should not use them on bare skin. Check the label for this ingredient. The

chemical name of DEET is diethyl-toluamide or something similar.

Another substance that has a slight repellent effect against mosquitoes is citronella. Citronella is added to candles and found in some products that are marketed as mosquito repellents.

You can also purchase burnable coils that will repel mosquitoes. These coils contain a pyrethrin-type insecticide and should be used outdoors or in well-ventilated areas. Be sure to read and follow all label directions when using a repellent or a product intended for insect control. (BPO)

Lincoln-Lancaster County Health Department 1996 Hazardous Household Waste Collection

Reminder: These collections are for **households** only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

Date	Location	Time
Saturday, July 27	State Fair Park, parking lot northwest of Ag Hall	9:00 a.m.-3:00 p.m.
Saturday, September 21	Nebraska Wesleyan University, parking lot, 56th & Huntington	9:00 a.m.-3:00 p.m.
Saturday, November 2	Lincoln-Lancaster County Health Department, 3140 N Street, south parking lot	9:00 a.m.-3:00 p.m.

Household Hazardous Waste Collection will take:

Pesticides—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc.

Items Containing PCBs—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors, and televisions.

Solvents—Mineral spirits, turpentine, paint strippers and thinners, varnishes, stains, polishes, and waxes.

Heavy Metals—Wastes containing mercury such as thermometers and fluorescent bulbs. (Most batteries can now be recycled locally.)

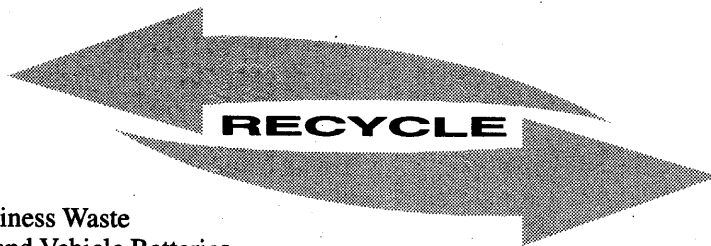
Keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport to a collection. Do not mix chemicals!

Do Not Bring

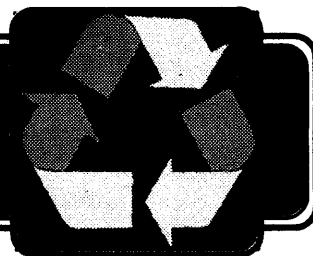
Latex Paint
Medicines
Fertilizers
Explosives and Ammunition
Antifreeze
Used Oil

General Household Trash or Business Waste
Alkaline, Carbon-zinc, Zinc-air and Vehicle Batteries

If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department, 441-8040. (LB)



Environmental Focus

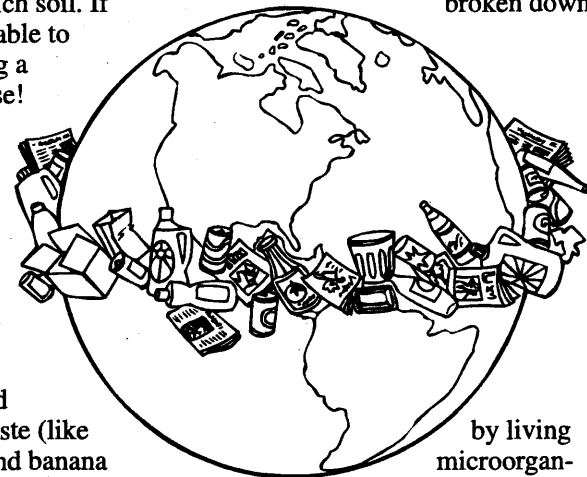


Plant a reverse garden

Biodegradable. That is a big word for little children. If you have a compost pile, it takes time, but your youngsters can watch grass clippings, leaves, and food waste break down into humus or rich soil. If that is not available to you, try planting a garden in reverse!

1. Fill a deep pan with soil. Gather together different types of garbage and plant them under the soil. Some items to include are dead leaves, food waste (like an apple core and banana peel), an old sock, a tin can, a wad of newspaper, a plastic container or bag, and a foam cup.
2. Sprinkle the soil with water every couple of days. After one week, dig up the garbage. What, if anything, is happening to the trash? Replant the objects and continue to sprinkle with water every other day.
3. Wait 2 weeks more and uncover the garbage again. Do you see any noticeable changes in the objects? Are some items

beginning to decompose (or rot)? What items do not seem to show any change? Explain to your children the meaning of biodegradability (when an object is capable of being broken down



by living microorganisms present in the soil). Is there any evidence that some items are biodegradable? Replant one more time and continue to water regularly.

4. After an additional 2 weeks, uncover the objects for the last time. Are there any items that have almost completely rotted away? Which items are still intact? From your original list of items, sort the objects into two groups: biodegradable and not. What can you conclude from this experiment? (ALH)

Missouri River again on endangered list

For the second year in a row, American Rivers (an environmental group based in Washington, D.C.) has included the Missouri River on its list of endangered rivers. The Missouri River is listed in fifth place. The river is endangered due to the contamination from industrial

discharges and agricultural herbicides, according to the group. American Rivers also said the damming and channelization of the river have eliminated or endangered habitat for fish and wildlife.

Source: Water Current. (BPO)

Night-time noises: Explore the chorus of nature with your kids

When looking for a good family night outing, consider investigating night sounds. Seeking the source of sounds can blend the excitement of a hunt with the curiosity of the unknown.

Critters that make sounds change throughout the season and offer a variety of viewing opportunities. Plus, kids will remember this type of family activity for a long time.

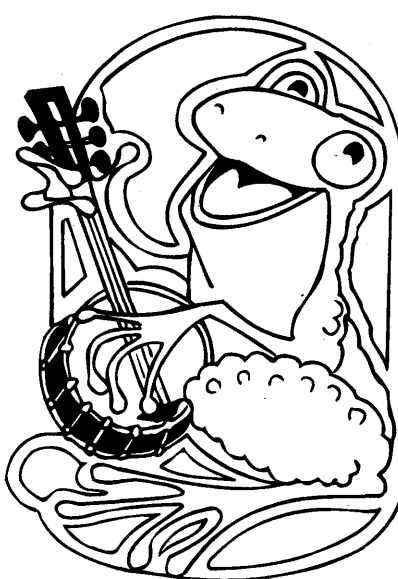
Chorus and cricket frog season goes through June, although chorus frogs will continue singing throughout the summer after heavy rains. The chorus frog has three dark stripes or rows of dots down its back and sometimes has a dark triangle between its eyes. The sound they make resembles crisp notes like running a fingernail over the fine teeth of a stiff comb. The chorus frog is found statewide in shallow water from

roadside ditches to permanent wetlands.

The cricket frog (with a solid, dark, triangular mark between its eyes and a stripe on the back of its thigh on its rear legs) is found in the eastern two-thirds of Nebraska around the marshy borders of streams and ponds. They make a gick-gick-gick sound, like two pebbles clicking together, beginning at about one gick per second and gradually accelerating.

The equipment needed to go on a sound hunt is minimal: flashlights, old shoes or knee-high boots for wading in shallow water, and a jar to capture the little sound-maker for a closer look. Seek an area where people will not be startled to see the flashlights, or at a local nature center.

Stand very quietly and try to locate the direction of the sound.



The vocalizations are made by the male frogs as they fill and then collapse a vocal sack that generates the sound as the air rushes out. As the chorus frog's vocal sack touches the water,

little waves will generate. Panning the water with a flashlight will help locate the frog. Once located, keep the light shining on the frog. Look closely, because the frog's cryptic coloration will blend him in with his surroundings. The light will "hide" you from his view—the observer may be able to reach down and grab him before he dives.

These frogs sing day and night. They can be scoped out in the daytime before the night visit. The kids will enjoy the night hunt even more if they are in on this step.

As the season progresses, a wide variety of insects sing in backyards and the countryside. Many belong to the katydid or tree cricket families and are very enjoyable to watch sing after they are located. The exact direction that an insect song is

coming from can be very difficult to determine because of their high frequency pitch.

Have adults and children spread out and approach the sound from different angles. This "triangulation" process will help pinpoint the sound's source. But, the insect may detect humans and stop singing—you must be patient and wait quietly until it resumes its song.

When the soundmaker is found with the flashlight, it will continue to "sing" while being watched. Remember, all of these soundmakers are really males singing to attract a mate. Without the call of the critters in their courtship ritual, the night would be quiet and much less interesting.

Source: Tom Seibert, UNL Extension wildlife specialist, youth. (BPO)



Family Living

Alice's Analysis

The Scottish Coast

When I was outside this evening (May 26), I felt I was in Stonehaven, Scotland. The cool mist and fog was coming in off the sea. However, it was coming in from Omaha or the Platte River. Just two years ago we were in Scotland and seeing my cousins and the weather was just like this week. Just another thought on weather, have we had spring yet? It seems we have gone from winter to summer back to winter and summer again until this week. Spring may be here.

With Literacy on our minds. My thought for the day is "Books are the everburning lamps of accumulated wisdom" by G.W. Curtis.

May 11 turned out to be a great day. If you recall, we hosted Ted's retirement "Bash". The almanac was right for a change, there was no rain but it was wrong about the warm prediction. It was cool. That didn't stop the visiting that was taking place. Many stories, some truths and some lies were told, however, this translated into a good time. Besides all of this visiting, there was a lot of popcorn, peanuts, pop, lamb, pork, beef, over 1,000 rolls, and salads/relishes that disappeared. One of Ted's students brought his border collie dog and some duck for a demonstration. That also went over very well. The big surprise for Ted was when our grandchildren sang for him and the group. One longtime friend said this was the best retirement party he has ever attended. People came from New Jersey to California, Oklahoma to Minnesota and all surrounding states. There were more than 550 family and friends in attendance. The scholarship established has met the goal so the "bash", in our minds, was a big success.

This is Memorial Day weekend. I was in the Ben Franklin Store at 70 and Vine and bought a bunch of white silk roses the other day. These roses had drops of water on them. It looked so real, I had to feel them to be sure it wasn't water. I took some to Missouri this week to put on my folk's grave. They looked so real they reminded me of the white rose bush that climbed the fence around the house when I was young. We always took some to the graves for Memorial Day. Memorial Day for me, when I was a child, was going with grandmother, mother, Aunt Dora and cousin Gordon to distribute flowers to the graves and finish up grave visiting and grave hunting. We also met mother's cousin Ethel Noland at the cemetery. Ethel was also Harry Truman's first cousin. Now the trips seem to mean much more than ever.

I hope you have marked your calendar for July 9, 6 to 9 p.m. for the Sizzling Summer Sampler. See announcement in this NEBLINE issue.

By the time you read this I hope the members and myself who attend the State FCE meeting in Hastings will have had all the answers to our questions. I understand they have only 300 members registered. We will have a full report next month.

Sizzling Summer Sampler

Tuesday, July 9, 1996
6-9 p.m. - \$5.00
At Lancaster Extension
Conference Center,
444 Cherrycreek Road

Sponsored by:
Lancaster County Association for Family and Community Education

Learnshops

The Serger Search presented by Sew Creative
Sewing in the 90's presented by The Fabric Gallery
Tote Painting presented by Bev Thurber
Table Setting Extraordinaire presented by Willow Hollow

A light supper will be served at 6 p.m.
Make your reservation now!!

Please send a check for \$5.00 payable to
Lancaster County FCE;
Roberta Newburn
Route 1 Box 82C
Martell, NE 68404
Reservations must be received by July 5

Kids learn health habits by cooking

Maureen Burson
Extension Educator



Food brings families together and summer is the ideal time for children to learn some important cooking skills.

Cooking provides children with fun, hands-on ways to use reading, math and science skills which sometimes become rusty over the summer. Children are becoming more self-reliant at earlier ages and increasingly responsible for what they choose to eat. A 1991 Gallup survey found that 87% of fourth through eighth graders sampled make some of their own meals.

Children learn their eating habits from adults. Like adults, they often choose foods because of availability rather than preference. Some families post their grocery list in a place (such as on the refrigerator) which gives all members the opportunity to add items to the list. The family member(s) who actually do the shopping make the decision on which items are actually purchased.

Some families enroll in 4-H foods projects as a way to teach

their children basic food and nutrition skills. Children do not need to be enrolled in a 4-H club to take part in the learning experiences. Contact the Extension office to learn which projects would be most appropriate for your family.

Here is a checklist which upper elementary children may use to evaluate their kitchen safety and cleanliness practices. Place an "X" in front of each item listed that you do when working in the kitchen.

_____ I always wash my hands with soap and water and clean my fingernails.

_____ I wipe up any spills on the floor.

_____ I keep the cabinet doors and drawers closed so someone doesn't bump into them.

_____ I wash all utensils and countertops with soap and water.

_____ I refrigerate leftovers as quickly as possible.

_____ I use a cutting board and knife safely.

_____ I don't plug in appliances with wet hands.

If you have permission to use the microwave, do you do the following?

_____ I avoid putting any metal, twist ties or colored paper

products in the microwave.

_____ I never operate the microwave empty.

_____ I use microwave safe dishes (glass or paper).

_____ I vent the food to be cooked in the microwave to avoid steam burns and always open microwave popcorn packages carefully.

If you have permission to use the stove, do you do the following?

_____ I always turn pan handles to the inside.

_____ I always open pan lids away from me.

_____ I always use hot mitts when handling heated pans and skillets, and always keep the mitts away from any heat source.

All of these kitchen safety statements are good tips to follow. If you didn't "X" one or more of the statements listed above, try to improve your kitchen safety skills by doing what that statement suggests. If you did "X" all the statements, congratulations for being kitchen safety wise.

Source: "On Your Own In Rural America" by Deb Schroeder and Susan Williams, UNL Extension Educators.



Safe handling of fruits and vegetables

Fruits and vegetables are a mainstay of the American diet. Consumers should eat more fruits and vegetables for better health. Here's how you can ensure that produce is safe and wholesome.

At the Store

Trust your senses. Look for fresh looking fruits and vegetables that are not bruised, shriveled, moldy, or slimy. Don't buy anything that smells bad. Don't buy packaged vegetables that look slimy. Some fruits will have their own juice and some vegetables are packed in water, and that's OK.

Buy only what you need. Most fresh fruits and vegetables are not "stock-up" items. Some, such as apples, potatoes, and most citrus can be stored at home, but most items should be bought to be used within a few days.

Handle produce gently at the store. Keep produce on top in the cart (putting groceries on top of produce will bruise it). Set produce gently on the checkout belt so it doesn't bruise. Some items that seem hardy, such as cauliflower, actually are very delicate and bruise easily.

At Home

Put produce away promptly. Keep most of your produce in

the crisper. It has a slightly higher humidity than the rest of the refrigerator, and this is better for fruits and vegetables. Remember to keep all cut fruits and vegetables covered in the refrigerator.

Throw away any produce you have kept too long—if it is moldy or slimy, if it smells bad, or if it is past the "best if used by" date.

Once you're ready to eat your fresh fruits and vegetables, you need to handle them properly. Germs can adhere to the surface of produce and can be passed to the flesh when the item is cut or handled. Therefore, **the most important thing you can do is wash all fruits and vegetables in clean drinking water before eating.**

This applies to all fruits and vegetables, even if you don't eat the rind or skin (such as melons and oranges). Remember to wash produce just before you use it, not when you put it away. The one exception is leafy greens, such as lettuce, which should be rinsed before refrigerating to maintain their crispness.

You should not use detergent when washing fruits and vegetables because you might eat detergent residues left on the fruits and vegetables. Produce

items are porous and can absorb the detergent. Detergent is not labeled by the Food and Drug Administration for use on foods.

In addition to washing, you should peel and discard outer leaves or rinds. Scrub hearty vegetables, such as potatoes and carrots, if you want to eat the fiber- and nutrient-rich skin.

Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce.

Keep refrigerators clean and cold. Cover and refrigerate produce you have cut.

Wash your hands thoroughly after using the bathroom or changing diapers, and before preparing food.

Read and follow label instructions, such as "keep refrigerated" or "use by (a certain date)." This information is on most items precut for you at the store.

Hold prepared fruit salads and other cut produce items in the refrigerator until just before serving. Discard cut produce items if they have been out of the refrigerator for four hours or more.

Most importantly, enjoy your fresh fruits and vegetables—a great tasting way to good health. Source: Produce Marketing Association

Drop in on our nutrition & food safety internet website

Visit our county Nutrition and Food Safety website at:

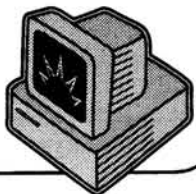
<http://ianrwww.unl.edu/ianr/lanco/family/safety.htm>.

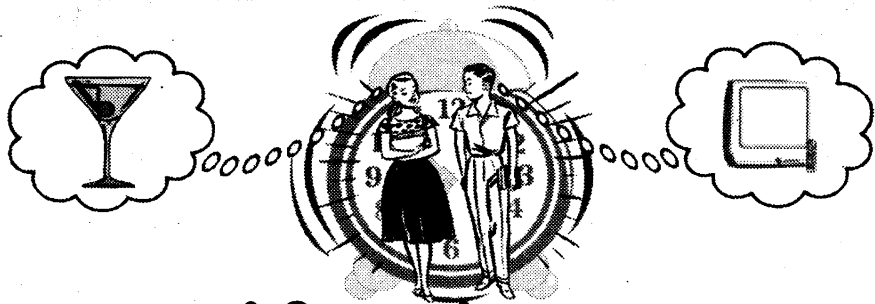
Learn about extension programs. Access Extension publications. Connect to other reliable internet sources of nutrition and food safety information.

Send an e-mail message directly from our web site to Alice Henneman with your comments on how we can make this site most helpful for you.

Subscribe to "FoodTalk" and receive a monthly e-mail message on a "how to" tip for food, nutrition or food safety. Replies on the featured topic are compiled and returned in a FoodTalk-Back message. To subscribe, send this request:

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Family Living



Adolescents' free time seen as unsupervised, unproductive



Millions of American adolescents spend much of their free time without supervision, a Carnegie Corporation report says. The report offers a bleak description of young people who rarely read but often devote themselves to watching television and involvement in drugs, gangs, violence and sex.

The report, which offers the most detailed examination yet of how adolescents use their free time, cited some unsettling statistics: One study indicated that adolescents spend an average of just five minutes a day in one-on-one interaction with their fathers and 20 minutes of such time with their mothers.

"By any standards, America's young adolescents have a great deal of discretionary time," the report said. "Much of it is unstructured, unsupervised and unproductive for the young person."

On average, teenagers watch about 21 hours of television each week, compared with 5.6 hours

spent on homework and 1.8 hours reading for pleasure. For the most part, the time spent with their families is not one-on-one interaction with a parent but is devoted to meals or watching television.

Another study cited in the report indicated that nearly 30 percent of eighth graders are home alone after school for two or more hours and low-income students were most likely to be home alone for more than three hours.

Adolescents devote most of their waking hours to the basics, such as school, homework, eating, chores or paid employment, the report said. But about 40 percent of their time, or five hours a day, is discretionary.

This large block of free time offers many opportunities for young people to fall into dangerous activities, the report said. Unsupervised time after school, for example, is the most common occasion for adolescents to have sexual intercourse, often at a boy's house while his

parents are at work.

The report, written by a special task force, estimates that half of the nation's 20 million young adolescents, ages 10 to 15, are at some risk of not reaching their full potential; in large part, because of the opportunities they face for destructive activities in their free time.

Never before have young people needed out-of-school programs so desperately, the task force said, pointing to the increase in one-parent homes, dual-working couples and the relatively new risks of drugs, AIDS and gangs.

The task force calls on community organizations, schools and parents to engage young people in constructive after-school activities and to make a more focused effort to attract youngsters older than 12 and those from low-income communities.

Parents and community leaders need to make a concerted effort to provide quality activities to all youth during discretionary

time. Think about what your neighborhood, church, service club, or you personally can do to attack this problem. Then, make it happen. (LJ)



How much is enough water?

Water is high on the list of necessities we cannot live without. Almost all of the body's living cells need and depend on water to function. Active people who are outdoors a lot, especially need sufficient fluids during the hotter summer months.

Water accounts for 55 to 60 percent of a person's weight. A fluid loss of as little as 2-3 percent of body weight impairs performance. Fluid losses of 7-10 percent of body weight will lead to heat stroke and death. For a 150-pound person, a 2-3 percent fluid loss equates to 3 to 4 1/2 pounds of body weight. It takes two cups of fluid to replace every pound lost.

Balance is attained when we ingest the same amount of water as we lose. For most adults, this means consuming approximately 10 cups of water daily. Six to eight cups of this should come through beverages; the rest can be supplied by food.

All foods contain some water. Vegetables have 70 to 90 percent and meat between 40 and 75 percent. While thirst is a fairly good indicator that the body needs to replenish its water supply, it is not a perfect mechanism. That's why it's advisable to drink six to eight cups of fluids each day, thirsty or not. This recommendation is of special importance to the elderly whose thirst receptors may be less acute.

All liquids are not created equal in their ability to satisfy our fluid needs. Alcohol and caffeine-containing beverages, such as coffee and tea, actually increase water output because of their diuretic effect. For example, you must drink eight ounces of water to metabolize 1 ounce of pure alcohol. That cotton-mouth feeling after a few alcoholic beverages is the result of dehydration. When someone is already somewhat dehydrated, such as by heat or exercise, alcohol may not be the best drink for quenching thirst. (AH)

Making ice cream without raw eggs

Alice Henneman
Extension Educator

Protect yourself from the danger of possible Salmonella infection by using a homemade ice cream recipe made without eggs or one with a cooked egg base. Egg mixtures used in making cooked bases for ice cream are safe if they reach 160°F when tested with a thermometer. At this temperature, the mixture should coat a metal spoon.

Another option is to use your regular recipe and substitute commercial "pasteurized" egg substitutes, such as Egg Beaters®, in place of the raw eggs.

Here are two suitable recipes, one made without eggs and the other with a cooked base.

Eggless Vanilla Ice Cream
2 cups milk
2 cups whipping cream or half and half

1 cup sugar
2 teaspoons vanilla
Combine ingredients and stir briskly, about two minutes, until sugar is dissolved. (Undissolved sugar crystals may be a cause of large ice crystal formation.) Pour into a 1-gallon ice cream freezer can and freeze according to manufacturer's directions.

Cooked Egg Homemade Ice Cream

With this basic stirred custard recipe, courtesy of the American Egg Board, you can prepare your choice of vanilla or peppermint ice cream.

A stirred custard, also known as a soft custard or a custard sauce, is cooked on top of the range to a creamy, but pourable, consistency. Some cooks like to cook the mixture in a double boiler over hot water; a heavy saucepan over low heat works as well. A stirred custard is the base for this homemade ice cream

recipe.
2 cups milk
3/4 cup sugar
2 eggs, well beaten
1 tablespoon flour
1/4 teaspoon salt
1 cup half and half
1 cup heavy cream
In a large saucepan, beat together milk, sugar, eggs, flour and salt. Cook over medium heat, stirring constantly until mixture reaches 160°F or until it just coats a metal spoon. Cool quickly by placing pan in bowl of ice or cold water; continue to stir mixture. Add half and half and heavy cream; combine well.

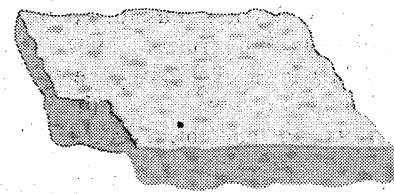
Add desired flavorings.* Freeze according to your ice cream maker's instructions. Makes 2 quarts.
*Vanilla Ice Cream: Add 2 teaspoons vanilla extract.
*Peppermint Ice Cream: Add 2 teaspoons peppermint extract. As mixture begins to freeze, add 15 crushed peppermint candy rounds and 8 to 10 drops red food coloring (optional). (AH)

Kitchen spills? Sponges soak it to 'em

Sponges are often better than pads or cloths for cleaning kitchen and bathroom surfaces. They hold more liquid and distribute the cleaner faster and more evenly over the area being cleaned. A bonus is that they're easy to hold and you can even cut them to fit your own hand size.

Cellulose sponges are great for regular cleaning. Nylon-backed sponges are helpful for tougher jobs where you need a firmer grip.

To avoid transferring soils and germs from heavily soiled areas to lightly soiled ones or to food preparations areas, use different colored sponges to



clean different areas of the kitchen and bathroom—countertops, sinks, floors, toilets, etc. Launder sponges frequently to remove soils and germs.

When wiping up juices from meats and poultry, use paper towels. Clean up juices then discard the towel. Disinfect cutting boards or surfaces contaminated by the meat/poultry.

You can use sponges for cleaning and clean, dry cotton cloths for drying and shining surfaces. Cloths made from synthetic fibers, such as polyester, don't absorb water as well as cotton.

Cloths are great for getting into those small, tight areas where only a fingertip can reach. An old toothbrush is also useful for getting into small areas or scrubbing heavily soiled areas, such as the grout between bathroom tiles.

Don't use a fabric softener when laundering and drying cleaning cloths. The softener leaves a film that can cause streaking on the surface being dried. (LB)



Healthy Eating



Each month for the next year, I'll be sharing a fruit or vegetable recipe from the 5-A-Day program.*
LOOK AT THE END OF THE RECIPE FOR HOW TO OBTAIN 12 NEW RECIPES EACH MONTH
Chicken and Rice Casserole with Summer Vegetables - Serves 6
1 tablespoon vegetable oil
1 medium onion, chopped
2 cloves garlic, minced
1 red sweet pepper, chopped
1 medium zucchini, chopped
1 pound chicken breast meat, trimmed and cut into 3 inch pieces
2 medium tomatoes, chopped
1 cup brown rice
3 cups unsalted chicken broth
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
3 tablespoons chopped parsley

Coat the bottom of a large, heavy-bottom saucepan with the vegetable oil. Add onion, garlic, red pepper and zucchini to the pan. Cook over low heat, stirring occasionally, until the vegetables are very soft, about 5 minutes. Add chicken and turn the heat up to medium-high. Stir until the chicken is cooked lightly on all sides. Add tomatoes, rice, chicken broth and salt. Bring the broth to a boil and then adjust the heat to maintain a slow simmer. Let the casserole simmer until rice is tender, about 45 minutes. Stir in pepper and parsley, serve.

Nutrient analysis per serving: Calories, 262; fat, 6 g; cholesterol, 41 mg; fiber, 3 g; sodium, 255 mg; percent calories from fat, 21%.

For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #9; % Alice Henneman; UN-L Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

* Eating lots of fruits and vegetables as part of a low fat, high-fiber diet may help reduce your risk of cancer. The goal of the National 5-A-Day Program, a collaborative effort between the National Cancer Institute and the Produce for Better Health Foundation, is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5-3.5 servings to five servings a day by the year 2000.



HORSE BITS

Cindy Blome
Youth Extension Aide

• 4-H Horse Pre-Fair Briefing—Monday, July 22, 7:00-9:00 p.m., 4-H Youth Arena, State Fair Park. All exhibitors, leaders, parents and volunteers are encouraged to attend.

• 4-H Horse VIPS Meeting—Wednesday, July 10, 7:00-8:30 p.m. Leaders, parents, volunteers, project members invited.

• Congratulations to the 4-H Horse Judging Team! They placed 4th at the Pitzen Horse Judging Clinic held May 29! Huge *thanks* to their coach Melodie Nielsen and their adult sponsor Janet Ball.

Traveling With Your Horse

Almost everyone who owns a horse will eventually travel with that horse. The traveling time can be enjoyable and a good experience. Proper planning and preparation for the transport of horses is the key to a pleasant and successful trip. People go almost everywhere with their horses. Many go to shows and other competitive horse events. Trail rides and camping are also appealing to many horse owners. Trips to shows and trail rides are primarily for pleasure and enjoyment. However, some trips are for business—to breeding farms, horse sales and training clinics. Horse owners should address a number of considerations before traveling with a horse. Correct procedures vary depending on the reason for travel, the distance, weather conditions and the type of trailer. The horse owner may consider several alternative before finding the best solution to ensure a safe

and pleasant experience. These include driving habits, health requirements, the use of blankets and sheets, unloading during the trip and overnight stabling.

Physical Facilities and Conditions at the Destination

Whatever the destination, it is good planning to call management about available accommodations. In addition, talk to someone who has taken horses to that location and who can provide information about the locale. Do not take anything for granted and always call ahead to verify expectations.

Driving Habits

Proper and safe driving habits are essential when hauling horses. Potential drivers should first practice with an empty horse trailer before actually transporting horses. If the driver is not accomplished at backing a trailer, practice should be done with an empty trailer with no onlookers. Many horses that do not trailer well are the result of poor drivers.

Drivers must practice defensive driving at all times. All stops, starts and lane changes should be done gradually. Turning should be completed at a much slower speed with a trailer. Fast turns not only increase the risk of injury but also result in bad trailering habits, such as wall climbing.

Traveling with a horse can be fun if the trip is planned properly.

Next month, watch for information about health consideration and feeding habits when traveling with your horse.

Good luck to all 4-H horse exhibitors at the State Horse Show July 15-18

4-H district dairy shows

Any 4-H dairy exhibitor interested in showing at the district show should contact the county Extension office as soon as possible, 441-7180. The district shows will be held July 13 in Beatrice, July 22 in Fremont and July 23 in Grand Island. Entries are due to the county holding the show July 8 for Beatrice and July 15 for Fremont and Grand Island.

The forms can be obtained at the Extension office and should be forwarded from here if possible. (LT)

Attention bucket calf exhibitors!

Janice Halling will be holding another bucket calf workshop to discuss fair preparation July 9 at 6:30 p.m. The workshop will be at the Mitch Schwarzenbach Farm, 1001 N 190th (3/4 mile north of 190th and O Streets). Topics will include what to take to the fair, how to bathe your



calf, how to tie your calf in the stall, getting ready for the show and showing in the arena. Janice will also answer questions exhibitors may have about record books and interviews. This is an excellent opportunity to ask questions about calf care and the fair. (LT)

Fair Fun Day '96 volunteers needed

Interested in leading a tour group or participating in a special hands-on county fair activity? If so, plan to be at Fair Fun Day, Friday, August 2.

We need enthusiastic and responsible help from 4-H members, youth and adults. They are needed to serve as tour guides and instructors for Lancaster County daycare centers.

There are two tour times, 9:30-11:30 a.m. and 1:00-3:00 p.m.

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

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

Attention all 4-H clubs and independents

Have you sent back all the information requested in the fair letter that you received a few weeks ago? This includes:

1. Confirmation postcard about assigned food booth times
2. Fair order forms
3. Updated project list (this must be in no later than July 15)

Most clubs were assigned a time to work in the food booth.

If for some reason you or your club were not assigned a time, please call Rosie VerMaas at 792-2517.

Thanks for helping the 4-H staff make the Lancaster County Fair an educational and enjoyable experience for all!

Words that help kids take pride

As county fair approaches, all of us want our youngsters to feel proud of their accomplishments. Here are some words that validate a child's feelings and give him/her encouragement.

I/We love you.
That's great!
Good job!
You look terrific.

You're very special.
That smile is great.
Let's talk about you.
I'm/We're so proud of you.
I can see why you're angry.
Let's talk about it.
I believe you can do it.
Thanks for your help.
You're such a good worker.
You do _____ so well.
Do the best you can.

You're going to be just fine.
How can you/we fix it?
Give it your best.
You are what matters.
We can do it together.
What did you like best about today?
Believe in yourself.
I really like being your mom/dad.
You're so nice to be around today. (AH)

4-H Pre-Fair Flower and Vegetable Show/Workshop

Monday, July 8, 1:00-4:00 p.m.

Entry of exhibits: 1:00-1:30 p.m.

Workshop: 1:30-3:30 p.m.

Show results: 3:30-4:00 p.m.

This event will help 4-H members improve their skills at selecting exhibits to show at the Lancaster County Fair and prepare them for the horticulture contest Monday, July 15.

Rules

1. 4-H members can enter one exhibit, either a flower, herb or vegetable.
2. Follow the rules outlined in the 1996 Lancaster County Fair Book for exhibiting. (MJM)

4-H ice cream 4-U!

We're having an Ice Cream Social Saturday, August 3 6:00 - 8:30 p.m. at the State Fair Park Demo Mall 75 cents for a cup or cone to help raise money for 4-H Teen Council youth education programs

Be a SERIES teen volunteer or adult coach

LaDeane Jha
Extension Educator

A workshop featuring an inquiry-based science program that emphasizes youth teaching other youth is slated for July 9, 1996 from 10:00 a.m. to 5:00 p.m. at the University of Nebraska-Lincoln East Campus Union.

SERIES (Science, Experiences, Resources and Informal Education) teaches youth to help others, ask probing

questions, use problem-solving approaches to life and give service to their communities.

Youth enjoy the hands-on, interactive nature of the curriculum and quickly get into the spirit of SERIES by designing experiments and answering "why" questions through "messaging around." Not only do youth learn about science, but they take it a step beyond by applying principles learned to community service.

All participants receive training using snails. Snail racing introduces youth to scientific

methods and helps them see practical applications of science. For example, if snails react negatively to salt or acids, they might consider a way to keep snails out of a garden.

Other areas of science training will include:

From Planted Earth Understanding Seeds and Soils Chemicals are Us Recycle/Reuse Cycles From Ridges to Rivers Watersheds

Youth then take training into the community by setting up recycling sites, helping with

hazardous waste collection or planting trees.

SERIES is for youth in grades 8 and up. Adult volunteers to coach teen teachers are also encouraged to attend training. Cost of registration is \$10 for teens and \$15 for adults. Science teachers, elementary teachers, museum directors and camp leaders would also find the workshop helpful.

Registration is due by July 1 and includes a T-shirt and noon meal. Obtain a brochure and registration blank from the Extension office and mail



completed form and check to Nebraska State 4-H Office, c/o Kathleen Lodl, 114 Ag Hall, University of Nebraska, Lincoln, NE 68583-0700.

A celebration of SERIES activities is scheduled from 5:30 - 7:30 p.m. Displays and recognition of SERIES projects throughout the state will be featured.

If you have questions, please call LaDeane at 441-7180.

County fair contests and judging

Everybody do a demo!

The Demonstration Contest is one of the best ways to share your expertise and ideas with others! A demonstration can be done in a variety of areas and you don't have to do a demo on a project you are taking unless you want to. Demonstrations can be done as an individual or as a team.

We have two demonstration contests in order to accommodate everyone's needs. The first one is Thursday, July 18, at the Lancaster Extension Conference Center. The time will vary depending on the number of entries. Registration for this contest is due by Monday, July 8. The second contest will be held Saturday, August 3, beginning at 8:30 a.m. at the Lancaster County Fair, Demo Complex. Registration for this contest is due Monday, July 15. All parents, relatives and friends are welcome to come and watch both contests!

A workshop will be held Thursday, June 27, 2:30-4:00 p.m. If you have an idea for a demo, have a demo worked out or don't have any ideas, come and take part in this workshop!

Super table setting

Everybody needs to know how to set the table and plan a nutritious menu, so why not start practicing with the Table Setting Contest? You furnish a card table, one place setting, centerpiece and written menu in one of these categories: holiday, formal, picnic, birthday or casual. Be prepared to answer a couple of questions from the judge about your display. We provide the learning and the FUN!

An updated table setting booklet is available from the office with details and tips on doing the best table setting ever! The contest will be held Thursday, August 1, 1:30 p.m. at Ag

Hall. Please call the Extension office to register by July 15.

Join the Bicycle Safety Contest!

The 4-H Bicycle Safety Contest is set for Saturday, August 3, 9:00 a.m., at the 1996 Lancaster County Fair! To enter this contest, you need to preregister by Monday, July 15. 4-H members do not need to be enrolled in the bicycle project to enter this contest. All participants must wear a white shirt and 4-H identification. If you want to test your knowledge about bicycle safety and riding your bicycle properly, join the rest of the gang at the Bike Rodeo!

Let's talk about it

Let's talk about the fact that the county fair is one month away. Let's talk about the fact that 4-H members everywhere are working hard on their 4-H projects. Let's talk about the fact that you can talk with the judge about your exhibit. It's called **interview judging** and it is **great!**

Interview judging entails the 4-H member sitting with the judge for about five minutes to discuss their exhibit, the process they used, why they used a certain technique, etc. It is very easy and fun! Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills.

Interview judging takes place Wednesday, July 31, second floor of the 4-H Building, State Fair Park. Sign up begins July 1. Call the office and sign up for the times you want to interview judge. Not all project areas have interview judging available (see page 8 of the fair book for a listing of projects eligible for interview judging). If you have two items in a project area, sign up for ten minutes back-to-back, this makes it easier for everyone. Plan to take part in interview

judging, you'll be glad you did!

Style Revue notes

Friday, August 2, 7:00 p.m., Bob Devaney Sports Center is the time to see 4-H members show off their outfits. All parents, friends and relatives are invited to attend this wonderful event.

Style Revue judging will take place Wednesday, July 24, First Lutheran Church (approximately 70th and A Streets). 4-H members must call the office and sign up for a block of time to be judged. Each 4-H member will need to have their registration sheet into the office by Monday, July 15.

Any 4-H member enrolled in a sewing/clothing project (except for Sewing for Fun) is eligible to model. A workshop will be held Monday, July 15, 3:00 p.m. Tips on modeling and selecting accessories will be given at the workshop.

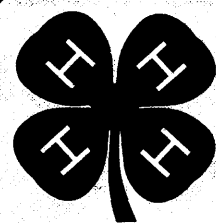
You be the judge lifetime skills

The Lifetime Skills Judging Contest is *your* chance to be the judge! This contest involves situations based on topics chosen at the state level. The situations are similar to a story problem and then five questions have placing or multiple choice answers. Oral questions are also asked, one in the junior and two in the senior division.

This contest is a lot of fun and you do learn a great deal. The Home Economics Judging Contest will be held Monday, July 15, 1:00 p.m., with registration beginning at 12:45 p.m. The top six individuals in the senior division will represent Lancaster County at the State Home Economics Judging Contest during the State Fair. So, come on out and test your skills as you be the judge.

For more information about any of these contests, call Ann Marie at 441-7180. (AMM)

4-H & Youth



BULLETIN BOARD

Remember to sign up to help at the fair if you are 12 years old and older. We need help on entry day from 4:00-8:00 p.m. and on judging day, all day. Call the Extension office to sign up! Thanks for your help in advance!

All workshops are open to everyone, even parents. Please know that if you attend the workshop, that doesn't mean that you are obligated to participate in the contest. The workshops are available to help you understand what is expected of you at the actual contest.

Make sure that you have all information and a completed entry tag attached to each exhibit you bring to the fair. Reading the entire lot section of the fair book helps you to understand what is needed for a complete exhibit.

All animal preregistration for county fair are due by Monday, July 8.

Monday, July 15 is the deadline to enter the Bicycle Safety Contest, the August 3 Demonstration Contest, Style Revue and the Table Setting Contest. The Demonstration Contest and Style Revue have special forms which need to be in at this time. You may call in to register for the others. THANKS!

4-H Rabbit VIPS Meeting—Thursday, July 18, 7:00-8:30 p.m. Leaders, parents, volunteers, project members invited.

You did such a great job last year taking exhibits home on the last day of the fair...please remember to keep it up this year as well! Sunday, August 4 from 4:00-6:00 p.m. is the release time.

Teaching youngsters to accept differences

Arlene Hanna
Extension Assistant

A newborn baby does not display prejudice towards any person or race of people; this is something probably learned from the adults in his/her life. Just as a biased attitude may be learned at home, tolerance and love also start there. To help your children establish good feelings about other races and people of different backgrounds and cultures, here are some everyday strategies you and your family can pursue.

- It is normal that all people are different, so help to foster a respect for these differences.
- Avoid jokes and expressions that stereotype people. Even the slightest indication of a biased attitude will be absorbed by children.
- Try to teach your children as much as you can about the cultures of other groups of people. How are their lifestyles the same as yours and how are they different?

- Know your community and get involved in some project with your neighbors.

- Try not to generalize from isolated incidents. Treat each person you meet as an individual, not just as a member of his or her "group."

- With your children, read books and watch programs that are free of racial stereotypes in character, language or illustration.

Let's Be Enemies, by Janice M. Udry. Illustrations by Maurice Sendak.

This is a simple story about the endurance of friendship. Ages 3-5.

The Butter Battle Book, by Dr. Suess.

In this story the Yooks, who eat their bread with the butter side up, and the neighboring Zooks, who eat their bread with the butter side down, are engaged in a long-running battle. In an attempt to outdo each other, they develop more and more sophisticated weaponry. A satire of the nuclear arms race that children can understand. Ages 5 and up.

Food booth training

What: A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year. Many things have changed!

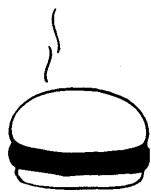
Where: State Fair Park, 4-H Demo Rooms, just south of the 4-H Rock Cafe in the 4-H Youth Complex. (Check fair book map.)

When: Thursday, July 25, 6:00-8:00 p.m.

**Workshops: Customer Service
Making Change and Taking Orders
Food Safety**

**Your Responsibilities as a Volunteer
Visit: Food Booths**

Bonus: Certificate of Completion and lots of fun



Join us in the "Race Against Hunger"

Extension staff will be working to fill collection drums in support of the annual Food Bank Drive.

The "Race Against Hunger" drive is scheduled for July 8-19

You can support this effort by helping fill the collection drums located at the Extension office

(8:00a.m. - 4:30p.m., Monday through Friday).

Last year the office collected over 166 lbs.

This year's goal is 250 lbs.

Check it out!



Ever wonder what information you may have missed by being an **Independent Member**? Wonder no more—just check the independent member mailbox located with the club boxes at the Extension office.

Please turn to Page 10 for more 4-H news.



Community & Leadership Development

Tips for summer safety

Summer is the time when many people are outside. Yard work and bicycling are popular pastimes during the summer months. Safety is important in both of these activities.

Bicycle Safety

• Teach these bicycle safety rules to youth and follow them yourself.

• Stop before riding out into traffic from a driveway, sidewalk, alley or parking lot. Look left, right and left again. When there is no traffic, enter the roadway.

• Ride on the right with traffic.

• Obey all traffic signs, including stop signs and red lights. Kids under 12 should walk, not ride, through busy intersections.

• Look back and yield to traffic coming from behind before turning left at intersections.

Lawn Mower Safety

Because many youth operate lawn mowers at home or on the farm, it's extremely important

for them to learn safety rules. An object hit just right by a mower could be propelled up to 35-feet at almost 200 miles per hour. As with any piece of power equipment, the strength and maturity of the operator should always be the primary consideration when determining who should use lawnmowers and under what conditions.

Tips:

• Read the owner's manual before operating.

• Check the lawn mower before it's fueled and started.

• Check the gasoline level and fill if necessary. Never fill the gas tank while the engine is hot or running. Be careful not to spill. If you spill wipe it up right away. DO NOT START the engine until it is dry because a spark could start a fire.

• Wear hearing and eye protection.

• Always be supervised by an adult.

• Wear proper clothing—sturdy closed-toe shoes, gloves, long pants and sun protection.

• Never allow extra riders. (LB)

Literacy rate affects the community



According to "Work Force 2000," more than 3/4 of those entering the nation's work force between now and the year 2000 will have limited verbal and writing skills. With these limited skills, they will be suited for fewer than half of the jobs being created. We know that literacy requirements rise as a society becomes more technologically advanced. Thus, the \$5 billion a year spent nationally to support people receiving public assistance who are unemployable due to illiteracy has a significant impact on the community.

Research has shown that the level of parental education, particularly that of the mother, is a strong factor in predicting the literacy proficiency of children. Findings such as this have laid the groundwork for the development of family literacy programs to attack the cycle of illiteracy that often remains unbroken from generation to generation. Because of this intergenerational effect of the parents' education on the child's, it is unlikely that we will be able to make a major difference for the child unless we place equal priority on education for the parent. The Even Start Program is an excellent example of a community program that

makes intergenerational literacy a priority.

The magnitude of the literacy problem and the consequences it could have for our nation's economic competitiveness, democratic traditions, and even national defense are frightening realities to business people, policy makers, the media and the general citizenry. It is imperative that we all support programs that make literacy a priority.

Some facts about literacy in the U.S.A.

• Americans who do not complete high school have two-thirds the lifetime earning capacity of those who graduate. Those who do not finish grad school have only one-half the lifetime earning capacity of graduates. — U.S. Department of Education

• 34.8% of women who are heads of households do not have a high school diploma, whereas 24.7% of couples and men who head households do not have a high school diploma. — U.S. Department of Labor, Women's Bureau

• In addition to the 20% functional illiteracy rate, another 34% of American adults are only marginally literate. — U.S. Department of Education

• 75% of unemployed adults

have reading or writing difficulties. — Jonathan Kozol, *Illiterate America*

• It is estimated that 15 million adults holding jobs today are functionally illiterate. — *Nation's Business Magazine*

• On average, an illiterate adult earns 42% less than a high school graduate. — *Laubach Literacy Action*

• The average kindergarten student has seen more than 5,000 hours of TV, having spent more time in front of the TV than it takes to earn a bachelor's degree. — U.S. Department of Education

• People with less than six years of schooling are four times as likely to be receiving public assistance as those attaining six or more years of education.

• Nearly 3 million American adults have never attended school. — *American Association of Retired Persons*

• 60% of America's prison inmates are illiterate and 85% of all juvenile offenders have problems reading. — U.S. Department of Education

• It is estimated that the cost of illiteracy to business and taxpayers is \$20 billion per year. — *United Way, "Illiteracy: A National Crisis"* (LJ)

West Lincoln youth—making a difference in their community

Planting trees, working as peer teachers, initiating a program for recycling/reusing and planning a community celebration are ways that the youth of West Lincoln plan to make a difference in their neighborhood. A total of \$2200 has been made available through two Learn and Serve Grants and a National 4-H Tree Planting Grant to help youth carry out projects that will enhance the quality of life in the West Lincoln School area. The youth in the 4-H clubs of the West Lincoln Family Resource Center and youth from Goodrich Middle School are leading the way. With help and support from UNL Cooperative Extension in Lancaster County, the West Lincoln Family Resource Center,

West Lincoln School, and Goodrich Middle School, these youth will make a difference.

Hands-on educational experiences and an emphasis on fun, cooperation, inclusiveness and citizenship will be the standard as they carry out their plans. Youth will take responsibility for the care and maintenance of newly planted trees, sponsor learning activities for younger children, and provide information to the entire community. Through posters, demonstrations and brochures, youth will share their stories and successes. The celebration will invite community members to learn and applaud their efforts. Youth from Goodrich Middle School will work with youth in

the West Lincoln neighborhood through peer teaching of the SERIES "Recycle/Reuse" curriculum in after school or summer programs. As part of their activities, they may establish recycling sites in their community and organize a neighborhood cleanup day.

Through active involvement in community activities, the youth in West Lincoln will develop a deeper understanding of citizenship and their ability to help determine the quality of life in their community. Youth will grow in self-esteem as they lead the way in their community. West Lincoln will benefit from the enthusiasm, leadership and hard work of the youth in their community.

Way to go West Lincoln youth! (LJ)



Planting trees, being involved in their neighborhood, recycling and planning a community celebration are plans that won a 4-H club at the West Lincoln Family Resource Center and a group of teens from the neighborhood, grants totaling \$2,200.

Its fair time... ready, get set...go!

Diane Fry
4-H Key Leader

Well, it's that time of year again to be starting—I mean finishing—your 4-H projects for the county fair. Hopefully, everyone has read and reread their 4-H bible—the 1996 Lancaster County Fair Book. Please remember to check for any supportive information your project may need to enter it at the fair. Be sure and check with your key leader if you have any questions or if you need entry tags or other forms for demonstrations and style revue.

In addition to the many projects 4-H members may enter at the fair, also consider contests and other events that are available for 4-H members to participate in. Some of these are demonstrations, judging contests (Horticulture, Weed & Tree ID and Lifetime Skills), shooting sports contests, style revue judging, interview judging, table setting contest, quiz bowls and the bicycle safety contest. A great way for clubs to be involved is to help at the Snack Shack and Rock Cafe. Our club has enjoyed working and having fun volunteering our time for this worthwhile 4-H project.

Family events include the animal shows, watermelon feed, Health Awareness Day/EnviroFair, style revue, ice cream social, family barbecue, pancake feed and the Hay Hauling Contest.

Check you 4-H Fair Book for times and places for all these events. Have a fun, safe summer and see you at the fair!



FCE volunteers needed

FCE members and friends are needed to help serve as hostesses or at the registration table for Health Awareness Day. Two-hour shifts are available from 9 a.m. to 5 p.m. Friday, August 2. Call Helen McMahon, chair, at 466-2557 to volunteer.

Garden Gossip
Hotline
441-7179

Travel Tip

When packing for camping trips or outdoor activities, add a stain stick or gel to your camping supplies. This will come in handy when you get stains on clothing and are away from home. Just rub any stains with stick/gel before putting the garment or items in the laundry. The stick/gel is effective for up to a week and will help keep stains from setting. (LB)



NUFACTS

MESSAGE ACCESS NUMBERS

YARD GARDEN

110	Good City Trees
111	Tree Borer Insects
112	Euonymous Scale
113	Pine Needle Drop
114	Mulches
115	Dormant Spray Use
116	Yews
117	Tree Snow Damage
118	Pruning Trees and Shrubs
119	Powdery Mildew on Ornamentals
120	Christmas Tree Care
121	Pruning Evergreens
122	Fall Watering
123	Bronze Birch Borer Control
124	Wood for Fireplace
125	Needle Blight of Pines
126	Pine Sawfly
127	Tree Watering
128	Iron Chlorosis of Pin Oak
129	Diseases of Crab Apple
130	New Trees and Shrubs Care
131	Pine Tip Blight
132	Hackberry Nipple Galls
133	Tree Twig Girdler
134	Yellowing and Drooping Leaves
135	Tree and Shrub Fertilizing
136	No Tree Topping
137	Deicing Salt Injury
138	Tree Stump Removal
139	Rabbit Damage to Plants
140	Mite Injury
141	Leaf Scorch
142	Bagworms
143	What to do with Leaves

150	Perennials in Landscape
151	Iris Care
152	Peony Care
153	Cannas
154	Wildflowers
155	Vines in Landscape
156	Black Spot on Roses
157	Winter Rose Care
158	Scented Geraniums
159	Rock Gardens
160	Spring Bulb Planting
161	Fuchsia
162	Ferns
163	Annual Flowers
164	Drying Flowers
165	Groundcovers
166	Tender Bulb Care
167	Hostas
168	Geraniums
169	Clematis
170	Spring Bulb Forcing
171	Improving Clay Soils
172	Climbing Roses
173	Rose Fertilizing

Turf

180	Summer Patch of Turf
181	Dethatching a Lawn
182	Seeding a Lawn
183	Poison Ivy Control
184	Aerify Your Lawn
185	Sodding a Lawn
186	Bluegrass Billbugs
187	White Grubs in Turf
188	Lawn Renovation
189	Zoysia Lawn Care
190	Tall Fescue Lawn Care
191	Kentucky Bluegrass Lawn Care
192	Buffalograss Lawn Care
193	Crabgrass Control
194	Fall Lawn Care
195	Turf Watering
196	Moss Problems
197	Growing Grass in Shade
198	Mushrooms in Lawn
199	Fertilizing Lawns
200	Broadleaf Weed Control
201	Earthworms in Lawns
202	Mildew Disease of Lawns
203	Nutsedge in Lawns

Houseplants

210	Amaryllis
211	Easter Lily Care
212	Swedish Ivy
213	Prayer Plant
214	Houseplant Insects
215	Cyclamens
216	Moving Houseplants Indoors
217	Boston Fern
218	African Violet Care
219	Poinsettia Care
220	Houseplant Leaf Yellowing
221	Holiday Cactus Blooming
222	Winter Houseplant Care
223	Repotting Houseplants
224	Houseplant Artificial Light

Fruits

230	Pruning Grapes
231	Apple Maggot Control
232	Everbearing Raspberries
233	Raspberry Anthracnose
234	Pruning Pear Trees
235	Grafting
236	Strawberry Winter Care
237	Strawberries
238	Strawberry Leaf Spot
239	Apple Harvesting
240	Pruning Apple Trees
241	Fruit Storage
242	Pruning Peach Trees
243	Harvesting Peaches and Pears
244	Why Fruit Trees Fail to Bear
245	Apple Leaf Spot

Vegetables

260	Carrots
261	Rhubarb
262	Garden Clean Up
263	Herb Gardens
264	Vegetables in Containers
265	Vegetable Transplants
266	Composting
267	Water Management
268	Blossom End Rot
269	Colorado Potato Beetle

270	Squash Bug
271	Drying Gourds
272	Cutworm Control
273	Fall Vegetable Gardening
274	Tomatoes
275	Asparagus Harvesting and Care
276	Asparagus Planting
277	Squash Vine Borer
278	Vegetable Pest Control
279	Tomato Problems
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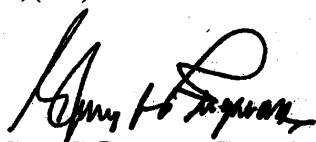
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The NEBLINE

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Lancaster County

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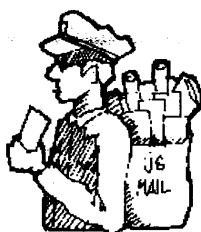
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OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

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

July 1

Registration due for SERIES

July 1-3

Wet-n-Wild II Camp—4-H Camp, Gretna

July 2

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

July 5

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

July 6-7

First Timers Camp—4-H Camp, Gretna

July 8

4-H Shooting Sports Contest Entry Deadline

4-H Flower and Vegetable Show and Workshop 1:00-4:00 p.m.

Extension Board Meeting 7:30 p.m.

County Fair 4-H Animal Pre-Entries Due

Registrations for July 18 Demonstration Contest due

July 9

4-H Bucket Calf Workshop—Schwarzenbach Farm 6:30 p.m.

SERIES Training—East Campus Union 10:00 a.m.-5:00 p.m.

July 9-11

Wet-n-Wild III Camp—4-H Camp, Gretna

July 10

4-H Horse VIPs Meeting, 7:00 p.m.

July 10-12

ExpoVisions

July 11

4-H Beef VIPs Meeting 7:00 p.m.

July 12-14

Sports Camp—4-H Camp, Gretna

July 13

4-H Shooting Sports Air Rifle Contest—Lancaster Bldg., State Fair Park 8:00 a.m.- noon

District Dairy Show—Beatrice

July 14

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

July 15

State Fair 4-H Animal Entries Due

Preregistration due for Table Setting Contest, Bicycle Safety Contest, August 3

Demonstration Contest and Style Revue

Practice Style Revue 3:00 p.m.

Home Ec, Horticulture, Weed & Tree ID Judging Contest

July 15-18

4-H State Horse Expo—Grand Island

July 16-19

Summer Safari II Camp—4-H Camp, Gretna

July 18

4-H Rabbit VIPs Meeting 7:00 p.m.

Fair Board Meeting 7:30 p.m.

Demonstration Contest (tba)

July 20

4-H Shooting Sports Air Pistol Contest 9:00 a.m.

July 19-20

University of Nebraska Crop Management and Diagnostic Clinic—

ARDC (Agricultural Research and Development Center) Research and Education Building 8:00 a.m.-5:00 p.m.

July 22

Horse Pre-Fair Briefing—Youth Arena, State Fair Park 7:00-9:00 p.m.

District Dairy Show—Fremont

July 23

District Dairy Show—Grand Island

July 24

Style Revue Judging—First Lutheran Church

4-H Superintendent's Meeting

4-H Shooting Sports Archery Contest—Prairie Bowman Archery Club Outdoor Range 6:30 p.m.

July 24-25

University of Nebraska Crop Management and Diagnostic Clinic—

ARDC (Agricultural Research and Development Center) Research and Education Building 8:00 a.m.-5:00 p.m.

July 25

Food Booth Training—Demo Rooms, State Fair Park 6:00-8:00 p.m.

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

July 27

4-H Shooting Sports Smallbore Rifle Contest—Lincoln Parks & Rec Range, 10th & Military 8:00 a.m.-noon

4-H Shooting Sports Trapshooting Contest—Lincoln Trap & Skeet Club Range, 4855 N 48th 1:00 p.m.

July 28

County Fair 4-H Horse Show Check-in noon-5:00 p.m.

July 30

County Fair Entry Day—Stationary Exhibits 4:00-8:00 p.m.

July 31

County Fair Judging Day for Stationary Exhibits

County Fair Animal Check-in (Sheep, Swine, Rabbits, Poultry, Angora Goats)—State Fair Park 4:00-8:00 p.m.

4-H Sheep Weigh-in—State Fair Park 4:00-8:00 p.m.

Pest Management (Continued)

keeping chemicals out of their garden. So, the IPM approach is well suited to them.

Sometimes chemical controls are necessary. Cucumber beetles, for instance, carry the organisms responsible for bacterial wilt disease in cucumbers and other squash-family crops. There is no cure for this disease except prevention. The only way to prevent it is to stop the beetles before they can feed on your young plants and transmit the disease. The only reliable way to do that is to use chemical pesticides. Using a pesticide labeled for cucumber beetle control on your affected crops, mixing and applying it according to label directions, and disposing of any leftovers and empty containers properly reduces the chance of environmental contamination or accidental poisoning of non-target organisms.

Alternatives exist for other

pests. Cabbage worms, that plague cabbage and other cabbage-family crops, can be controlled with *Bacillus thuringiensis*, a bacterial disease of caterpillars that is sold as an insecticide under several trade names. When the caterpillars ingest it, they stop feeding almost immediately and die in a few days. Unlike chemical pesticides, *B. thuringiensis* can be used right up to harvest with no danger of chemical residues remaining on your crops. It is harmless to humans, animals or insects (other than caterpillars).

A similar product, milky spore disease, is used to control Japanese beetles in landscapes.

Insects that prey on other insects can help control pests in your garden. A predator like the ladybird beetle (who feeds primarily on aphids) will not give the instant control that an insecticide spray gives; over time, it will reduce aphid numbers to tolerable levels.

A problem with chemical insecticides in your garden is that often they are more effective on wiping out the beneficial insects than the pests. Then, when these pests make a comeback, there are few natural enemies to help keep their numbers in check. The result can be a population explosion and a bigger problem than you had originally.

To preserve beneficial insects, learn to identify them. If possible, avoid spraying when they are present.

To make spraying more efficient, learn something about life cycles of insect pests and use chemicals when they will be the most effective. To prevent damage to sweet corn from European corn borer or corn earworm, for instance, apply a preventive spray to developing ears before the worms chew their way inside. Once there, they are safe from pesticides.