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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

September 1996
Vol. IX, No. 9

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

Where 'o where have family traditions gone?

Lorene Bartos
Extension Educator

Where 'o where have family traditions gone? Remember the family dinners at grandmas on Sundays after church, the family picnic, gatherings for the holidays, vacations, the Sunday afternoon drive in the country, the school picnic, the neighborhood ball game or the farmers in the community getting together to harvest crops, shell corn or put up hay or spending the weekend with grandparents, aunts and uncles? Do you have family traditions? What traditions will your family remember?

Families and society continue to change. Extended families are further away from each other than before. Priorities are often focussed on issues other than the family. Work takes a large majority of the time of adults and teenage family members. Values and goals of families have also changed. We hear talk about QUALITY TIME and forget about time together as a family. As family structures and priorities change, sometimes families seem to drift apart. The time we have is spent focussed on ourselves, work and then the family. Rather

than setting priorities and making choices we try to do everything and "keep up with neighbors, family and friends." We might need to ask ourselves—do my

children have time to be kids, or is every minute of their time structured?

University of Nebraska-Lincoln family life specialists suggest a 12-step program for healthy families. In healthy families, members appreciate and support each other as individuals as well as family members. Steps for healthy families include:

1. Healthy families have healthy lifestyles. They participate in activities such as walking, biking and swimming, as a family.
2. Healthy families appreciate special times. A strong healthy relationship is a worthwhile goal for everyone. These families remember birthdays, anniversaries, and show appreciation through words, cards, time, gifts and other symbols of love.
3. Healthy families keep promises. Commitments are promises we make to ourselves or others. When kept, they reinforce the trust in a relationship. When broken, they create doubt and mistrust.
4. Healthy families talk it over. Communicating is the key to successful decision making, conflict resolution, child rearing, financial management and many other family issues. These families focus on improving

their families communication skills by practicing listening skills and understanding verbal and nonverbal language used by family members.

5. Healthy families respect each individual. These families support each other as individuals as well as family members. Has a family member succeeded because of individual talent or support from others?

6. Healthy families make time for each other. These families work together by sharing household tasks so they can finish quickly and have time together as a family.

7. Healthy families are fun. These families plan and do activities together that everyone will enjoy, just for the fun of it.

8. Healthy families believe in themselves. They have confidence that they can survive a family crisis.

9. Healthy families are involved. This type of family is involved in the community and helpful to neighbors and friends.

10. Healthy families are able to forgive. These families talk over issues that create conflict, doubt or blame. They forgive family members for actions that are upsetting.

11. Healthy families say thank you. They remember to say "thank you" and show

appreciation through words, hugs and other ways to show they care.

12. Healthy families share beliefs and values. These families talk about their values and live them consistently.

Everyone needs to take a moment to see how healthy their family is in the scheme of life. Take time to create family traditions, make a phone call or write a note to extended family members in other towns or states. Remember that people make time and money available for those things that are most important to them. Make your family a priority.



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.



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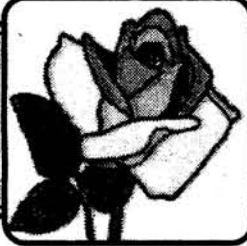
Strengthening Neighborhoods and Communities

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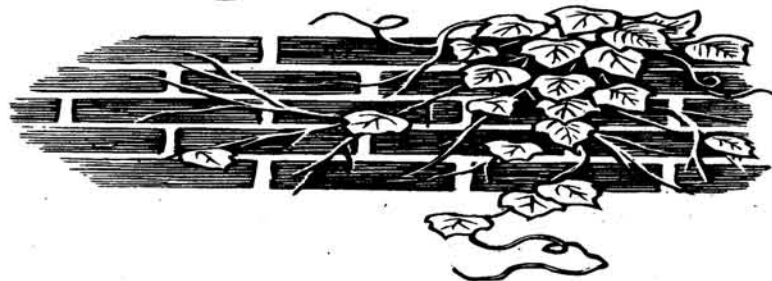
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Horticulture

The garden fence



Don Janssen
Extension Educator

Q. The local garden store usually has specials on spring flowering bulbs when I can get bulbs for only pennies apiece. What do I look for to make sure I'm getting a quality bulb?

A. Bulbs should be firm and healthy looking with no sign of mold or rot. Avoid soft bulbs or dried out bulbs that seem very lightweight for their size.

Q. Several of my house plants are dropping leaves. Could they have contracted some kind of disease while they were outdoors for the summer?

A. That's possible. But if you don't see any other signs of disease, chances are that your plants are merely reacting to vastly reduced light levels,

especially if you moved them indoors abruptly, with no chance to adjust gradually to the change.

Q. How do I dry gourds from my garden?

A. Begin by harvesting them after the rinds are hard and the stems have started to shrivel. Do not allow the gourds to be exposed to frost or freezing temperatures—the damage they suffer will make them rot rather than dry. Wash the gourds in a solution of non-bleaching household disinfectant and dry them thoroughly. Discard any gourds with bruises or other injuries—they won't keep. Cure gourds by hanging them in mesh onion bags in a cool, well-ventilated place out of direct sun. After gourds are dry and hard, coat them with transparent furniture wax. (DJ)

Play it again

Christmas cacti and poinsettia can flower around the holidays with a little special treatment in the fall. Holiday cacti and poinsettias flower in response to day length. To get them to bloom around the holidays, you need to manipulate the amount of light they receive starting in September.

Around the first of the month, place Christmas cacti where they will be exposed to 12 hours of darkness and temperatures below 70 degrees F every night.

Poinsettias need to be placed in total darkness from 5 p.m. to 8 a.m. daily, from September 30 until mid-December. Any light during that long night—from street lights, lamps or even flashlights—will delay or inhibit flowering. Give the plant bright light during the day and water whenever the soil feels dry. Bring the plant out of the long night treatment when it starts to show color in the bracts that we think of as the flowers.

An alternative with these plants is to simply let them find their own flowering schedules. Holiday cacti will tend to do some of this anyway, in response to cool temperatures and short days. It's not unusual for a Christmas or Thanksgiving cactus to flower again in the spring on its own. (DJ)

Golden rain tree

Most flowering trees bloom in the spring. An exception to this rule is the golden rain tree (*Koeleruteria paniculata*).

In late July or early August, it's covered with erect clusters of yellow flowers, which are followed by abundant one to two-inch, bladder-shaped, papery seed capsules. The capsules range in color from light yellow to brown.

The golden rain tree usually grows to a height of 20 to 30 feet. It generally has several main stems, though it can be trained to a single trunk. Multiple-leader trees tend to be shorter and more umbrella shaped than single-leader trees.

Leaves are compound, 12 to 14 inches long, with 15 leaflets about two to three inches long. In the fall, the leaves turn bright yellow.

The golden rain tree is hardy in Lancaster County. It will grow on a variety of soil types, but does best on light, well drained, sandy or gravelly soils. This would be a good tree for the summer cabin on the river or sand pit. It requires full sun for best growth.

This tree was introduced to the Western world from China in the mid-1700s. It's also known as the China tree and Pride of India. In most landscapes, it is attractive as an accent or specimen tree.

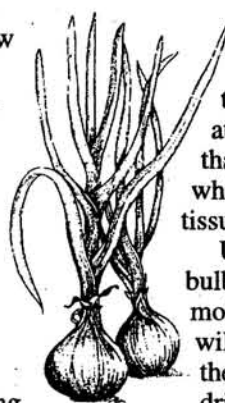
The golden rain tree is relatively free of insect and disease problems. (DJ)

Cure Onions Properly

You planted a storage-type onion, kept the row weeded and watered, and waited for harvest. But how do you know that it's harvest time? Harvest dry onions for storage when the majority of the onion tops have fallen over and dried out.

Loosen the roots with a spading fork, if necessary, before pulling the bulbs. Then spread them out in a shaded, dry, well ventilated area to cure. Handle them gently to prevent bruising or other injury that will shorten their storage life.

When the onion tops are completely dry all the way down to the bulb, snip the leaves off with scissors or pruning shears,



and sort the bulbs for storage. Divide them into two groups—those that are completely dry at the neck, and those that have thick necks which contain moist, green tissue.

Use the thick-necked bulbs first because of their moisture content. They will not store well, and if they're mixed with the drier bulbs, they may rot and spoil the rest of the harvest.

Store dry onions in slatted baskets, boxes or mesh bags in a dark, dry, cool (32 to 40 degrees F) place. Store only unblemished bulbs—bruises, cuts and other injuries can give spoilage organisms a foothold. (DJ)



September garden hints

- * Plant peonies now, but make sure the crowns are buried only one-and-a-half to two inches below ground level. Planting them deeper than two inches may keep them from blooming.
- * Root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year's garden.
- * Dig up caladiums before the first frost. Allow them to dry and store them in a dry place for the winter.
- * Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring is the best time to plant or transplant them.
- * Divide lily-of-the-valley.
- * Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.
- * Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applica-

- tions of fertilizer or excessive pruning at this time. Plants will delay the dormancy process they have already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.
- * Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.
- * If pesky seedlings of woody plants, such as elm, mulberry hackberry or maple, are found growing in your yard, remove them as soon as possible. If left too long, they will take over gardens and other landscape plantings.
- * Rake up leaves, twigs and fruit from crabapple trees and dispose of them in the trash to help control apple scab disease.
- * Water newly planted trees and shrubs to provide sufficient moisture and prevent winter damage. Add a three-inch layer of organic mulch, such as shredded bark, around the base of plants to retain soil moisture and regulate soil temperature.
- * Wood ashes contain phosphorous, potassium and calcium. It can be placed on vegetable gardens and flower beds.
- * Save seeds from favorite self-pollinating, non-hybrid flowers such as marigolds by allowing the flower heads to mature. Lay

Show winner!

Sean White won *Best of Show* with his exhibit of gomphrena 'Strawberry Fields' at the Lancaster County 4-H Pre-Fair Flower and Vegetable Show. While the exhibits were being judged, the 4-H'ers attended a horticulture workshop. They learned how to prepare exhibits for the Lancaster County Fair and how to identify fruits and vegetables for the horticulture contest. (MJM)



The Herb Garden

Tarragon

Another of the top nine culinary herbs, tarragon, comes in several forms. French tarragon is vegetatively propagated and not available from seed. Russian tarragon is grown from seed and is attractive as an ornamental plant, but it is flavorless. (DJ)



Crop Diagnostic Clinic a huge success!

\$ In July, more than 130 Nebraska agricultural professionals attended two-day sessions of the University of Nebraska Crop Management and Diagnostic Clinic at the Agricultural Research and Development Center (ARDC), in Ithaca, Nebraska. Individuals attending the clinic included certified crop advisors, independent crop consultants, seedsmen, chemical/fertilizer dealers, cooperative managers, farm managers and employees, crop producers and Extension educators. Most of the presentations included hands-on activities or field demonstrations in small groups to encourage interaction between presenters and participants. Individual presentations included growth and development of corn and soybeans, herbicide injury symptoms, crop-

weed competition, European corn borer and corn rootworm management, crop disease identification and management, soil compaction management, the use of yield monitors and soil sampling for variable rate fertilizer applications, irrigation systems management, and proper adjustment of no-till planter equipment. Presenters included UNL Cooperative Extension specialists, teaching and research faculty, and USDA-ARS scientists. Farmland Industries was an active partner in the establishment of this clinic, providing a grant to repair the solid set irrigation system so individual plots can be irrigated as needed. Neal Christensen, regional agronomist for Farmland Industries, also provided expertise as a presenter at the clinic.

The management team that organized this event included Extension Educators Keith Glewen, Saunders County, Barb Ogg and Dave Varner, Lancaster County, Dennis Ferraro, Douglas County, and Dan Duncan and Mark Schroeder, ARDC. Dr. Dale Flowerday, professor emeritus at UNL, came out of retirement and managed establishment of the field plots—an essential component of the clinic. Because of the continuing need for high-level training by Nebraska's agricultural professionals, the clinic will continue to be a priority program for UNL Cooperative Extension and will be conducted at ARDC on an annual basis. For more information, contact Extension Educators Barb Ogg (441-7180) or Keith Glewen (624-8030). (BPO)

Rural \$ense



Pesticide container recycling trailer makes September stops in Firth, Bennet and Wahoo

South and East Lancaster County crop producers/pesticide users can recycle their rinsed pesticide containers at the Firth Co-op on September 6, and at the Farmer's Co-op in Bennet on September 13. Crop producers in northern Lancaster County can bring containers to Otte Oil and Propane in Wahoo on September 20. All pesticide containers will be inspected to make sure that they have been triple rinsed or rinsed with a pressure rinser and have their lids and labels removed. Bring white or yellow one and two-and-one-half gallon

pesticide containers only; brown yard and garden pesticide containers cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable. A stationary trailer is located at the Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln, for recycling containers weekdays between 8:00 a.m. and 4:30 p.m. Please call ahead to make sure that someone will be available to inspect and collect your containers. (BPO/DV)

Controlling weeds in alfalfa stands

Weeds in established alfalfa can be easily controlled through fall treatments. Weed populations must not be allowed to achieve high levels or become competitive with the alfalfa. Herbicide treatments combined with appropriate cultural practices can help achieve weed-free alfalfa stands. Few weeds can compete with vigorously growing alfalfa that is mowed two or more times per season. Mowing healthy alfalfa at the right time weakens—and may kill—most annual and many perennial weeds. Herbicides can be integrated with proper cutting frequency and effective insect control measures so that alfalfa

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

Butyrac, Butoxone (2,4-DB), and Butcril can also be used for broadleaf weed control, but are temperature sensitive. Butyrac and Butoxone (2,4-DB) should not be used if the temperature will drop to 40 degrees F within three days after application. At 40 degrees F, the growth processes of many weed species will slow down and, consequently, the herbicide activity will be reduced. In order to avoid injury to the alfalfa, Butcril should not be used if temperatures are above 80 degrees F. Butcril and 2,4-DB will not control mustard larger than one inch in diameter. (DV)

This fall, reduce risk of wheat disease

Now is the time to get the jump on preventing wheat streak mosaic, crown and root rot, or leaf rust losses in the 1997 winter wheat crop. Good cultural practices in the fall—such as post-harvest weed control, planting resistant varieties, proper planting date, good seed quality and seedbed preparation—can reduce disease risk. Two key factors in reducing the threat of wheat streak mosaic are to control volunteer wheat and grass weeds in stubble fields and to plant at the proper time. Planting early, next to a weedy stubble field, is asking for trouble. A variety of tillage/

herbicide combinations can be used to control weeds. Recommended seeding date for winter wheat in Lancaster County is September 28. Healthy roots and crowns are critical to wheat's ability to tiller and produce large heads. When diseased, they fail to deliver the appropriate balance of nutrients, water and growth factors during the early stages of growth. This can cause loss of stands and/or poor tillering, and fewer and smaller heads. A loose seedbed and prolonged moisture stress, coupled with high soil temperatures, in the fall often result in early infection of crowns and

roots. Planting good quality seed into a firm seedbed at the proper time minimizes these risks. Variety selection is often based on yield potential, but even the best yielding varieties can fail if they are disease susceptible. In Eastern and Central Nebraska, leaf rust is always a potential threat. Planting leaf rust resistant varieties spreads that risk and eliminates the decision to spray with a fungicide in May to minimize rust losses. The following table gives a brief summary of how cultural practices affect wheat diseases. (DV)

How cultural practices influence wheat diseases

Cultural practice	Wheat diseases influenced	Best management practices	Other control options
Varieties	Rusts	Resistant varieties	Foliar fungicide
Seed quality	Soil-borne wheat mosaic	Resistant varieties	Proper planting date
	Loose smut	Certified seed	Seed treatment fungicide
	Common bunt	Certified seed	Seed treatment fungicide
	Scab	Certified seed	Seed treatment fungicide
Seedbed	Black point	Certified seed	Seed treatment fungicide
	Root and crown rot	Firm/mellow seedbed & proper planting date	Seed fungicide treatment
	Wheat streak mosaic	Proper planting date & good post-harvest weed control	Tolerant varieties
	Soil-borne wheat mosaic	Resistant varieties	Proper planting date
	Barley yellow dwarf	Proper planting date	Tolerant varieties
	High Plains virus	Proper planting date and post-harvest weed control	None
	Cephalosporium stripe	2-year rotation and tolerant varieties	Proper planting date
Residue management & post-harvest weed control	Wheat streak mosaic	Proper planting date & post-harvest weed control	Tolerant varieties
	Tan spot and septoria diseases	Foliar fungicide and rotation	Stubble mulching
	Sephaloeporium stripe	2-year rotation and tolerant varieties	Proper planting date

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- 421 Moss in Stock and Sprayer Tanks
- 422 Kill Alfalfa Stands in Fall
- 423 Timing Key to 2,4-D Use
- 424 Weed Wipers and Bean Bars
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Please turn to Page 11 for more rural news.



Environmental Focus

Going "batty"



During late summer and early fall, bats that were born in the spring leave their mothers. The young bats occasionally find their way into houses during the early evening hours. They enter by accident while looking for shelter.

The best way to remove a bat that has wandered into the home is **don't panic**. Bats do not act offensively—they just want back outside. Simply open the windows and any exterior doors in the room. The bat will probably circle the room using its echolocation until it detects the open window or door and flies out on its own. If possible, stay in the room with the lights on and make sure the bat leaves. This should only take a few minutes. A broom may be used to gently guide the animal outdoors.

If the bat disappears in the room, it has probably landed behind a curtain or in some hidden nook or cranny. In this case, open the windows, turn off the lights and isolate the bat by closing the door and blocking the space under the door with a towel. The bat should find its way out within an hour after

dark, as long as the weather is not too cold. Never use bare hands to pick up a bat because it may try to bite to protect itself.

Bats are not able to make holes to get into a home, but can easily get through existing holes as small as one-half inch in diameter. Sealing openings makes a home "bat-proof." There are no chemical controls registered for use against bats. Mothballs and ultrasound devices are not effective repellents.

If a bat colony is located in an attic or some other part of a building, you can easily scare the bats out in the evening and block their entry holes while they are gone. Be careful when cleaning up bat droppings (guano)—it may harbor disease organisms.

Bats are beneficial. They eat more mosquitoes and other insects than birds and bug zappers. To take advantage of the bats' insect eating habits, build a bat house and place it in your yard. For more information (including plans to build a bat house), send a self-addressed stamped envelope to "Build a Bat House", 444 Cherrycreek Road, Lincoln, NE 68528-1507. (SE)

The lunch bunch

When you bring a lunch or snack to school, how do you carry it? Do you use a lunch box or other reusable container? If you prefer paper bags, do you use the same bag several times before throwing it away? Conduct this survey.

How many students in your class bring lunches and/or snacks?

How many of these students usually carry their lunches or snacks in paper bags?

How many days are there in a school year?

If all of the students who use paper bags bring new bags each day, approximately how many paper bags will the members of your class use in a school year?

But—what if you used a reusable fabric lunch and/or snack bag? How many trees and how much energy would you and your classmates save? For instructions and ideas about how to make a reusable fabric lunch bag, call Arlene at 441-7180. (ALH)

ALTO—the better lighter upper

In July 1994, the U.S. Environmental Protection Agency (EPA) ruled that used fluorescent lighting must be treated as a hazardous waste if it fails the Toxic Characteristic Leaching Procedure (TCLP) analysis. Most fluorescent bulb models marketed since the 1980s contain an average of 22 to 48 milligrams of mercury per bulb. Therefore, most bulbs fail the TCLP analysis, meaning that they are hazardous waste.

In response to the EPA ruling, Philips Lighting Company recently began marketing the ALTO fluorescent bulb. This bulb contains less than ten milligrams of mercury per four-

foot bulb and has about the same average lamp life as other, more hazardous bulbs. ALTO bulbs can be identified by their distinctive green ends.

Switching from traditional fluorescent bulbs to ALTO bulbs could save you money in disposal costs. You can enjoy a safer environment with no loss in lighting quality.

For additional information about ALTO bulbs, or to obtain a packet of information about fluorescent lighting waste disposal (including a current list of locally available recycling services), contact the Special Waste Program at (402) 441-6238. (DJ)

Hazardous household waste collection

Correction: The locations listed in the July NEBLINE were incorrect. Correct locations are listed below.

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, September 21	Lincoln-Lancaster County Health Department, 3140 N Street, south parking lot	9:00 a.m.-3:00 p.m.
Saturday, November 2	State Fair Park, 4-H Youth Complex	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 point. 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)

Lincoln's wastewater story: The ultimate recycling program

Barb Ogg
Extension Educator

What happens when you flush the toilet? It is surprising how many people do not know the whole story.

Sources of wastewater from Lincoln include homes, hospitals and businesses that are connected to Lincoln's sewer system. However, Lincoln's wastewater treatment facilities also reach outside Lincoln. In Lancaster County, black water from rural septic systems is transported by private companies to the Theresa Street Wastewater Treatment Plant for treatment and processing. Domestic wastewater includes used water from sinks, baths and showers, washing machines, dishwashers and garbage disposals in addition to human waste. In Lincoln, storm sewers which collect rainfall are separate from the treatment process and empty directly into Salt Creek. This is why Lincolniters should take care not to dump concentrated materials or contaminants down the storm sewer.

Wastewater is a potential hazard because feces and urine carry many disease-causing organisms. Wastewater may also contain harmful chemicals and heavy metals that can cause a variety of environmental and health problems. The mission of modern wastewater treatment is

to destroy disease-causing organisms through treatment, and to reduce concentrations of undesirable elements by requiring industries to reduce or even eliminate them before they enter the waste stream. Industries are required to limit the discharge of undesirable elements, and wastewater treatment personnel frequently monitor industrial discharge. When these efforts are successful, our environment and health are protected.

Wastewater treatment consists of a step-wise combination of biological and chemical processes that remove, destroy or inactivate a large portion of the pollutants and disease-causing organisms in wastewater. To make sure the processes are working properly, wastewater systems are monitored around the clock and wastewater samples are tested frequently. Without treatment, outbreaks of typhoid and cholera—diseases that we rarely hear of in the U.S.—would be much more common. Outbreaks of these diseases are most common in underdeveloped countries that have inadequate wastewater treatment facilities and whose people must use untreated water as their drinking source.

Most treatment methods include a preliminary step in which the solid materials are filtered out or allowed to settle and separate from the rest of the wastewater. Good bacteria,

growing naturally in the solids (sludge), provide some initial treatment for the sludge.

The wastewater receives further treatment through a combination of filtration and biological and chemical processes. At Lincoln's Theresa Street and Northeast Wastewater Treatment plants, additional processing takes place in the aerobic and anaerobic digesters which operate at temperatures over 95 degrees F. As part of the process at the Theresa Street facility, polymers are added to the sludge which permits water to be pressed out of the treated solids—now referred to as "biosolids."

After the water is pressed out of the biosolids, it is transported to Lancaster County farms and is used to fertilize field crops. Biosolids are high in organic matter and organic nitrogen and especially beneficial for soils deficient in phosphorus and other nutrients needed for plants to grow. This material meets EPA regulations and is applied to farmland at environmentally sound rates.

So, now you know what happens when you flush. It is the ultimate recycling story with a waste material being transformed into a product that has a beneficial use. For more information about the Biosolids Land Application Program, call the Lancaster County Extension Office and talk to Barb Ogg (441-7180). (BPO)

Walk!

Next time you have to go someplace That's fairly close to your home, Instead of riding with your folks, Just get there on your own.

Cars pollute the air we breathe— They use a lot of fuel—

So ride your bike or walk instead the next time you go to school.

It's a simple step and healthful, and you help to do your share; when you walk or ride your bike, you show the earth you care.

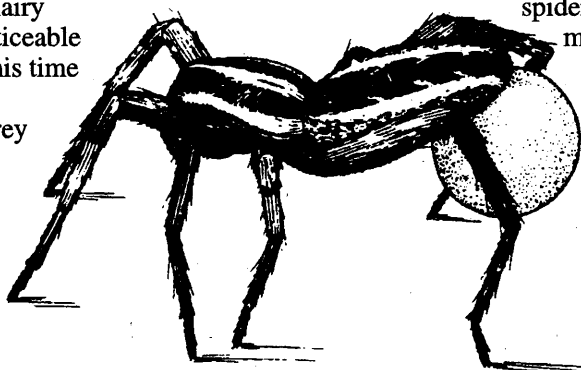
For one week, travel to school in a way that uses only

your energy and will *not* pollute the earth. For example, you might pedal on a bicycle or a unicycle, glide on a scooter, roller skate or roller blade, hop on a pogo stick, or walk. Use your imagination, travel safely, and have fun! (ALH)

Wolf spiders are big and hairy!

Wolf spiders are large, hairy spiders that are most noticeable in the late summer. At this time of year, wolf spiders are actively searching for prey and accidentally enter homes. They are most common in basements and lower floors, and are often found near water sources like showers, bathtubs and drains.

There are more than two thousand species of wolf spiders world wide. They vary in body length from less than one-quarter inch to more than one-inch. Wolf spiders have good eyesight, but do not aggressively hunt their prey. Instead they react to vibrations caused by movement



of their prey and pounce when the prey comes close.

Female wolf spiders carry their silken egg case for several weeks until the young spiders emerge. At that time, the mother spider rips the egg case with her mouthparts so that the young can emerge. After emerging,

spiderlings cling to their mother's back and ride with her for about a week.

Because some wolf spiders are so large and hairy, some people are overly afraid of them, but they rarely bite. Because wolf spiders are important insect predators, the best tactic is to carefully capture the spider and return it outdoors. You can prevent invasions by spiders and other insects by caulking cracks and entry points around windows, doors, and foundations. For more information on spiders, or to identify a specimen, contact the Lancaster County Extension Office (441-7180). (BPO)

Conservation action checklist

Things you can do to help save natural resources.

In your home . . .

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

In your yard . . .

- * Start a compost pile.

- * Put up birdfeeders, birdhouses and birdbaths.
- * Pull weeds instead of using herbicides.
- * Use organic fertilizers.
- * Compost your leaves and grass clippings.
- * Use mulch to conserve water in your garden.
- * Reuse plastic pots and containers.

On vacation . . .

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

In your car . . .

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

tires.

- * Buy a model with greater fuel efficiency when you are ready for a new car.
- * Do not litter our roads and highways. Save trash and dispose of it at a rest stop.

At your business . . .

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

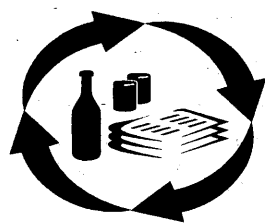
Spread the word . . .

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

Recycling depends on convenience

Say "recycle" and most people think "aluminum cans." Such is not the case, however. Lead-acid batteries beat all the rest and are recycled a whopping 98 percent of the time! Why are lead-acid batteries recycled almost all of the time compared to aluminum cans, which are recycled just slightly more than half the time? The lead-acid battery recycling rate is high because it's mandated in 30 states. Lead-acid batteries have value, as well as hazardous lead, and are easy to recycle. When most people get a new battery, they trade in their old one, which then gets recycled. Lead-acid batteries are banned from most landfills nationwide, but 20 states, including Nebraska, have yet to pass legislation requiring that they be recycled.

Those ever-present aluminum cans, on the other hand, are recycled only 55 percent of the



time nationally. In states that have beverage container legislation, they may be recycled as much as 95% of the time.

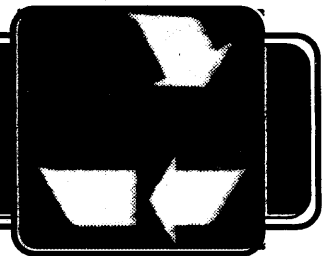
The biggest component in the waste stream is paper and paper board, even though the overall recycling rate is low. Just check your mailbox, kitchen table, desk or garage. Americans generate mounds and mounds of paper—yet only 35 percent is recovered. The recycling rate for corrugated containers is about twice as much, about 70 percent. One reason is because businesses break, bale and sell boxes on site rather than pay to have it hauled and landfilled.

What, then, drives recycling? First, if the product has monetary value. Secondly, if it's convenient to handle. Third, if the material is hazardous and the consumer or processor doesn't want it around. A fourth driving factor is legislation.

The United States has a "back end approach." That is, the burden of waste reduction, recycling and disposal is placed on local governments and the taxpayers. That is, the manufacturer of a blister pack or anything else doesn't have to take it back or pay money up front to cover its current life and beyond.

Increasingly, U.S. manufacturers, such as those producing lead-acid batteries and disposable cameras, are adopting the European "take-back approach." Their failure to act might lead to U.S. laws requiring that they do so. Source: *Environmental Echoes*. (BPO)

Environmental Focus



Soil facts

- * Soil makes up the outermost layer of our planet.
- * Topsoil is the most productive soil layer. It has varying amounts of organic matter, minerals and nutrients.
- * Five tons of top soil spread over an acre is as thick as a dime.
- * Natural processes can take 500 years to form one inch of top soil.
- * Soil scientists have identified more than 70,000 kinds of soil in the United States.
- * Soil is formed from rocks and decaying plants and animals.
- * An average soil sample is 45% minerals, 25% water, 25% air and 5% organic matter.
- * Different sized mineral particles, such as sand, silt and clay, give soil its texture.
- * Lichens help to break apart rocks to form soil.
- * Fungi and bacteria help break down organic matter in the soil.
- * Plant roots loosen the soil and allow oxygen to enter.
- * Roots hold soil together and help prevent erosion.
- * Five to ten tons of animal life can live in an acre of soil.
- * Earthworms digest organic matter, recycle nutrients and make the surface soil more fertile.
- * One earthworm can digest 36 tons of soil in one year.
- * Mice take seeds and other plant materials into their underground burrows, where this material eventually decays and become part of the soil. (MJM)

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- 700 Attracting Wildlife—Bat Houses
- 701 Bats
- 702 Beavers
- 703 Cleaning up After Rodents
- 704 Damage From Woodpeckers and Flickers
- 705 Earthworms
- 706 Eastern Cottontail Rabbits
- 707 Garter Snakes in the House
- 708 Garter Snakes in the Yard
- 709 Ground Squirrels
- 710 Moles
- 711 Pigeons
- 712 Preventing Wildlife Damage in Landscapes
- 713 Skunks in Yard
- 714 Squirrels
- 715 Voles
- 716 Woodchucks or Groundhogs
- 717 Mouse Control in the Home
- 718 Hantavirus
- 719 Nuisance Birds
- 720 Attracting Wildlife-Birds

...and more than 400 additional topics.



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Family Living

Alice's analysis

August 5, 1996 the county fair and olympics are over. The crops are looking good and school is about to begin. So, summer is about gone, I understand that Sizzling Summer Sampler was a fun and enjoyable evening. I would like to say THANK YOU to Roberta Newburn for all of her work.

August 2 was Health Awareness Day at the county fair. I understand 500 adults, 300 children and 200 more children from the Fair Fun Day tours enjoyed all of the displays. Thanks to Helen McMahon for chairing the FCE activities plus all the other ladies who helped Helen. I would also like to THANK Lorene and Pam for their enthusiastic and energetic help.

Please Note: Mark your calendar for September 23 at 11:30 a.m. for our September Council meeting at the Downtown Senior Center, 10 & O Street. We will have lunch and tour the center. Call in your reservations by September 18, 4:30 p.m. to Lorene or Pam (441-7180). Guests are welcome.

September is the month for planning the new year. Remember our FCE purposes are: to develop, strengthen, correlate community interests; and develop leadership among Lancaster County women. The activities are family choice TV, literacy, heritage skills, environment and leadership. Please let us know if you have any suggestions for the lessons.

FCE Council meeting

The September Council meeting is scheduled for Monday, September 23, 11:30 a.m. at the Downtown Senior Center, 10 & O Street. We will eat lunch, tour the center and hold our business meeting on second floor in Room 1. Lunch costs: for people under 60, lunch is \$3.00; for

To the club treasurers: Please fill out the forms, printed or typed, for each member. The state treasurer stressed this need at the state meeting.

October 28, the FCE Club Achievement Evening will be held at the Lancaster Extension Conference Center. More details in next month's NEBLINE.

It was enjoyable to see the boys and girls at the county fair as they exhibited their projects. For me, I watched the sheep, swine, and beef shows as well as the style show. I always enjoy seeing the trends of livestock types and the styles and fashions of today.

It was nice to see the young junior leaders give Fair Fun Day Tours to pre-school children from Lincoln. When you observe the young people doing this type of leadership, we know we have excellent leaders for tomorrow.

Did you visit the 4-H exhibits on the second floor of the 4-H building during county fair? Another great job by 4-H'ers. If anyone knows how we can get a new roof on the 4-H building, please let me know. It is sad to see water standing in puddles. I just hope things don't get ruined.

Thank you for the cards and prayers I have received since my surgery.

Thought for the month, by Marjorie Greenbie.

Beautiful young people are accidents of nature, but beautiful old people are works of art.

people over 60, a suggested donation of \$2.60. Please call Lorene or Pam at the Extension Office to sign up by Wednesday, September 18. This will be a chance to see one of the resources available for senior citizens. (LB)

The FCE leader training lesson is scheduled for Tuesday, September 24, 1 or 7 p.m. The title of the lesson is Physical, Psychosocial and Spiritual Growth for Women at Mid-Life. Lorene Bartos, Extension Educator will present the lesson. A guest speaker is planned. We will discuss the transitions women go through and the major mid-life tasks and changes that occur. Anyone interested may attend. Non FCE club members who wish to attend should call 441-7180 to register, so packets can be prepared. (LB)

District FCE Meeting

The District FCE (Family and Community Education Club) Meeting will be held Wednesday, September 25, at the ARDC Building in Ithaca. This is the Saunders County Extension Office. Registration begins at 8:30 a.m. and the meeting will be concluded by 3:00 p.m. The registration fee is \$7.00 and is due September 16. make checks payable to LeMara Eicke and

send them to her at: Box 973, Washington, NE 68068-0973.

The program will include up-to-date information on club issues, a report from Connie Larrington, state FCE president, a report on the Homemaker Exchange program and a tour of the Festival of Colors Garden. If you plan to attend, call Lorene or Pam at the Extension Office so car pooling can be arranged. (LB)

Low carbohydrate diet—a fad that should fade



Low carbohydrate diets, first popular in the 1960's, are on the rebound. Most

nutrition experts feel they should rebound out of sight.

Low carbohydrate diets are unbalanced nutritionally, are high in fat and protein, put extra work on the kidneys, and place the dieter at risk for dehydration and muscle loss. Despite these risks, interest in low-carbohydrate diets has increased. The reason: many diet faddists feel that low fat diets aren't working because recent reports show Americans seem to be getting fatter. Unfortunately, low carbohydrate diets don't work either, over the long run.

If low-fat diets are failing it's because "low fat" does not mean "low in calories." Excess energy intake over need will result in energy stored as fat. Many Americans feel that if a food is low fat, they can eat more of it—but the calories may still be

there. And without increased exercise, the extra calories become fat.

With low carbohydrate diets, weight loss first occurs through loss of water. With fewer carbohydrates to burn for an energy source, the body turns to other energy sources, such as fat and protein. Without sufficient carbohydrates, the body eventually will lose fat, but also muscle tissue and significant amounts of water. Dehydration is a possible risk. Typically, people who follow this diet pattern eventually return to a more mixed diet, and rehydration occurs. With rehydration comes weight gain, and the pattern continues.

A low carbohydrate diet means less variety, making it difficult to maintain. Most nutritionists call for six to 11 servings of breads and cereals, three to five for vegetables, and two to four of fruits per day. The low carbohydrate diet reverses the food pyramid by decreasing

fruits, vegetables, breads and cereals, but increasing the recommended amount of meat and dairy. Fat and protein are increased at the expense of carbohydrates.

The best way to lose weight is to eat a variety of foods, reduce calories and increase exercise. People don't need to pump iron to lose weight; walking and gardening, for instance, are pleasant activities that also burn calories.

Try to establish good habits that can be easily kept up. Low-carbohydrate diets are rigid in terms of what can and cannot be eaten, and therefore are difficult to maintain. Eating a variety of balanced foods provides more options, is healthier, and easier to maintain. Find a balance between taking pleasure in food without overdoing it.

SOURCE: Linda Boeckner, Ph.D., nutrition specialist, University of Nebraska Cooperative Extension (AH)

AARP offers 55 Alive-Mature Driver Course

If your driver's license expires in 1996 and you are 50 years of age or older, you are urged to enroll in the 55 Alive-Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Wednesday, September 18 and Thursday, September 19, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

Teaching kids to stay home alone



With the new school year starting shortly, many working parents are confronted with

the temptation to have their children be home alone for a few hours each day. Ideally, we should all have access to stimulating, affordable after school programs for our kids, but this is not the reality for many parents. They start asking themselves: "Is my child old enough to stay home alone after school this year?" It's a big decision for families and a big step for children. How can parents be sure their kids have the emotional maturity to take this step?

As a rule, children under 12 lack the decision making skills to function alone on a daily basis for an extended period of time, according to Earl A. Grollman and Gerri L. Sweder, authors of *The Working Parent Dilemma* (Beacon Press). However, age is only one factor; some 12 year olds are more self sufficient and self confident than some 14 year olds. Parents also need to consider a child's emotional maturity and common sense.

They need to ask if their child "feels ready" and wants to be alone.

When parents have decided that their children are ready and they feel sufficiently comfortable with their surrounding neighborhood, there's a lot they can do to make this experience positive and safe for kids. Here's what Grollman and Sweder suggest:

Start slowly. Leave your child alone for short periods of time at first. Gradually increase the length of time and add new responsibilities. Determine your child's reaction at each point.

Stay in touch by phone. Children feel much better about being home alone when they can pick up the phone and call a parent. Post all important phone numbers so they can call you.

Handle the fear factor. It's normal for kids alone to feel afraid of unexplained noises or a strange person coming to the door. Ask kids about specific situations and teach them proper responses. Handle the process as a game: What would you do if...you were hungry? ...you lost your key? ...you wanted to visit a

friend? Go over these and add new scenarios from time to time. You want your kids to be careful and alert but not too scared to enjoy themselves.

Use your neighborhood as a resource. Establish a support network among neighbors. Children are less likely to feel lonely when they have friends to visit and play with. Have at least two neighbors your kids can call if they need help.

Make your home safer. Teach kids that doors and windows must always be locked. Make sure a child can view an outsider without opening the door. If children think their keys may have been stolen, they should not return until a security check has been made. Leave the radio on (talk shows sound like a conversation). You may also want to invest in a call-screening device for your telephone.

Survey the outside of your home. Make changes to increase your child's safety. For example: Keep garage doors locked. Cut back shrubbery. Don't leave notes on doors or windows or lights on inside during the day. (LB)

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.

Volunteers eligible for economical food through SHARE program

One-hundred sixty-one families ordered 225 food packages at an economical price through the SHARE program. The Carol Yoakum Family Resource Center (Arnold Heights) coordinates this nationally sponsored program for the Lincoln community. Participants provide volunteer service, contribute \$13.00 in cash or foods stamps (no checks) and \$1.00 for transportation and other expenses and receive a food package which is valued at approximately \$30. Because there is no government funding, the SHARE program is open to all who wish to participate. There is no limit to the quantity purchased. Two hours of verified volunteer service per package ordered is required. Any service freely given to non-household members is considered eligible volunteer service.

Carmela Sanchez Casados, Carol Yoakum Family Resource Center Director, said, "We are pleased to offer this program to the Arnold Heights community, as well as all outside our neighborhood who are interested. It's a nice way to reward people who provide community service. Volunteers help in a variety of ways such as mowing an elderly person's yard, housesitting for a neighbor who is hospitalized, visiting shut-ins, helping at the local school and involvement in community organizations such as family resource centers, 4-H, scouts, and Kiwanis."

Jenise and Phil Mizell, Lincoln SHARE volunteer distribution coordinators, want their children to understand the importance of doing things for

others. "We volunteer as a family and have enjoyed getting to know people in our Arnold Heights neighborhood. We encourage parents to take their children to nursing homes to visit the elderly as a way to fulfill their SHARE volunteer hours. Philicia and Tyson, our five and four year old, feel like they are contributing to our community and family. They really liked the variety of fresh fruits we received through SHARE. The produce stayed fresh for a long time and were of excellent quality."

SHARE stands for self help and resource exchange. SHARE provides a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. The mission of SHARE is to create and serve an international network of locally based community organizations engaged in self help food distribution systems, economic development, community service and educational programs.

It is a unique opportunity to make a difference. SHARE is designed to utilize all that people have to offer; their time, talents, goods and services. This forms a partnership that connects individuals to the community and provides a network for everyone to help themselves lead a fuller life.

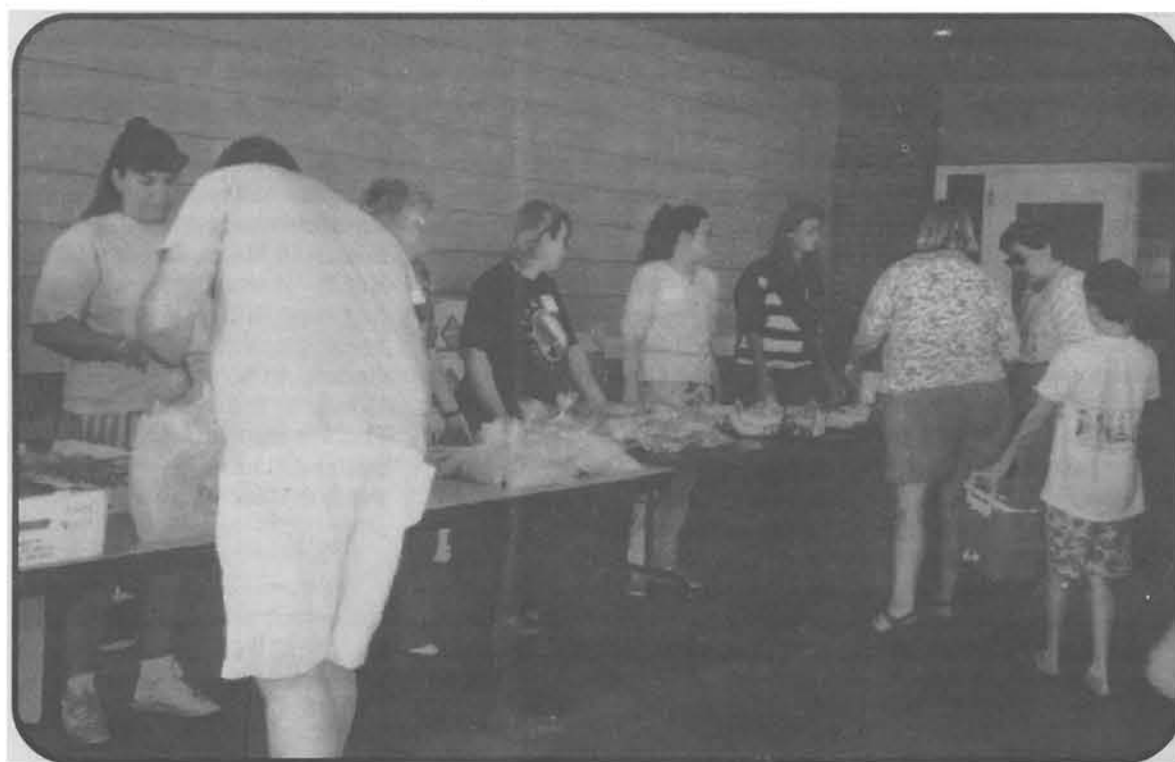
The food comes from a professional purchasing staff that buys from growers, manufacturers, and producers. SHARE-Iowa is one of 27 affiliated programs coordinated nationally by World SHARE. Each month

World-SHARE purchases over 12 million pounds of food without the use of state or federal funding. The food is trucked to each of the affiliated warehouses and distributed through a network of community host sites. Because of the bulk buying power and the volunteer distribution network, savings of up to 60% on nutritious foods are passed on to the participants.

The content of the food package varies from month to month. The food package for July included one head of cauliflower, one package of pasta macaroni, ten medium potatoes, one smoked ham (serves 3), three chicken breasts, two turkey sausages (1 pound each), four beef patties (4 ounces each), one ready to eat package (1 pound) garden salad, five peaches, four oranges, five bananas, five plums, three tomatoes, two cucumbers, and four pears.

Pre-registration is required. Sign up for a SHARE package at the Carol M. Yoakum Family Resource Center, 4621 Northwest 48 Street on the first Tuesday of each month. Payment is due at the time of sign up on these dates: September 3, October 1, November 5, and December 3. Distribution dates of the food SHARE packages at the Carol M. Yoakum Family Resource Center are: September 28, October 26, November 23 and December 21. Friends may sign up and pick up food on your behalf.

For more information about SHARE call Carmela Sanchez Casados at (402) 470-0221.



Families pick up SHARE food packages at the Carol Yoakum Family Resource Center in Arnold Heights neighborhood.

Health Awareness Day/Envirofair success

Health Awareness Day/EnviroFair sponsored by the Family and Community Education Council, Lancaster County Cooperative Extension and the Lancaster County Agriculture Society was again a successful event. Thanks to Helen McMahon and the committee for a well planned day. Twenty-five agencies and organizations provided booths to promote awareness of important environmental and health issues. Over 1000 youth and adults attended. A special thanks to all who staffed booths. Anyone having suggestions for next year's event please call Lorene (441-7180). (LB)

Family Living



Home alone checklist

Is your child ready to stay home alone after school? If you can answer "yes" to the following questions, it's a good sign your child is ready to take this step.

- Does your child like the idea of staying home alone?
- Does he/she know how to use the telephone?
- Does he/she communicate well with adults?
- Is he/she able to lock and unlock doors by him/herself?
- Does he/she follow home safety rules?

- Does he/she react calmly when something goes wrong?
 - Is he/she good at following instructions and solving problems?
 - Does he/she tell you about what happens in his/her life?
 - Do you have a close relationship?
 - Can you deal with an emergency that might arise?
- Source: Herb Lingren, UNL Family Life Specialist. (LB)

Make it with wool contest

September is National Sewing month and we are looking for sewing enthusiasts for the Make It With Wool Contest. The District VI Contest which Lancaster County attends is October 26, 1996 in Nebraska City. Registration deadline is October 12. Information packets are available at the Extension Office. Wool outfits for the contest must have been constructed since January 1, 1996.

The state director is Alice Doane, Route 1 Box 71, Waverly, NE 68462, phone 402-786-3555; district director is Deana Guhde, Route 2 Box 26A, Brock, NE 69320, phone 402-242-2291. For more information call Lorene at 441-7180. (LB)



Household Hints



Most housecleaning work is done in the kitchen and the bathroom, and working from the cleanest to the dirtiest areas is the best way to clean these rooms. For example, in the bathroom clean the mirror first, then the sink, toilet, tub/shower and finally the floor. In the kitchen, clean the sink and countertops, range and stove top, and then the floor. (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

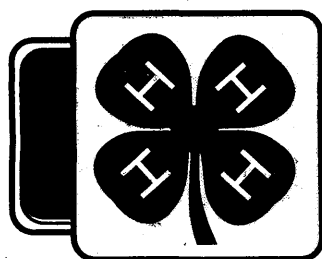
- Creamy Vegetable Bake**
1 package (3.8 ounces) scalloped potatoes
1 cup mixed vegetable juice cocktail
1 zucchini, cubed
1 small tomato, chopped
1 green pepper, cut into thin strips
1 small onion, thinly sliced
2 tablespoons margarine
1 teaspoon dried basil leaves
3/4 cup 2% milk

In 2-quart microwave-safe casserole dish combine potatoes and vegetable juice until sauce is dissolved. Stir in zucchini, tomato, pepper, onion, margarine and basil. Cover loosely with plastic wrap; cook on high 6 to 8 minutes, stirring once. Stir in milk. Re-cover and cook on high 7 to 9 minutes or until potatoes and vegetables are just tender, stirring once. Let stand 5 minutes. Makes 4 servings. This is an official 5-A-Day recipe. Recipe provided by the Idaho Potato Commission.

Nutrient analysis per serving: Calories, 63; Fat, 1 g; Cholesterol, 1 mg; fiber, 2 g; sodium, 310 mg; percent calories from fat, 16%.

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, #11; % 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.



4-H & Youth

HORSE BITS

During the week of July 14-18, 588 youth participated in the State 4-H Horse Expo at Fonner Park, Grand Island.

Lancaster County 4-H youth shined in various areas and horsemanship levels during their 4-day bid for the state horse awards.

One of the high points of the show was the presentation of the Reserve Champion Horse Judging Trophy to the Lancaster County 4-H Horse Judging Team, coached by Melody Nielsen and assisted by Janet Ball. Congratulations to all! (CB)

4-H club opportunity for community service

Keep Nebraska Beautiful has a brochure of helpful hints on how to sponsor a litter-free event. For more information or a copy of the brochure, call Keep Nebraska Beautiful, (402) 486-4562.

Step right up! Nominations wanted for 4-H Council

Everyone involved in or interested in 4-H in Lancaster County is encouraged to nominate talented, dedicated youth and adults to run for a position on the 4-H Council. The Lancaster County 4-H Council is composed of seven adults and seven youth who are committed to seeing that the 4-H program is a catalyst for positive growth for all youth in the county. Each council member is elected to a two-year term and may serve two terms. Current members and the areas from which they were elected are noted below. Asterisks indicate those positions up for election this year. Forms to nominate someone are available at the Extension office. If you have questions, contact LaDeane

at 441-7180. (LJ)
* Diane Fry – Northwest adult
Scott Christensen – Northwest youth
* Rhonda Tucker – Lincoln youth
Robin Stearley – Lincoln youth
Janet Anderson – Lincoln adult
Galen Madsen – Lincoln adult
Brett Jurgens – Northeast youth
* Marvin Mueller – Northeast adult
* Emily Mitchell – Southeast youth
* Rosie VerMaas – Southeast adult
Kent Rosenboom – Southwest youth
Brent Sieck – Southwest adult
JoHanna Madsen – At large
* Ardel Harger – At large

Welcome!

The Lancaster County 4-H Council is pleased to announce the appointment of Diane Fry to the council. She is filling the seat vacated by Deb Heitbrink from the Northwest District. Diane brings to the council several years of commitment to 4-H as a leader, a VIPs committee member and 4-H parent. (LJ)

Barriers to Participation

A Search Institute study with middle school youth focusing on barriers to program participation found:

Nothing interests me

Youth 51%
Parents 42%

Transportation problems

Youth 42%
Parents 51%

Didn't know what programs exist

Youth 40%
Parents 53%

Program costs

Youth 32%
Parents 57%

Have to watch younger siblings

Youth 28%
Parents 8%

Too busy with chores at home

Youth 23%
Parents 14%

Wasn't comfortable with people leading

Youth 22%
Parents 19%

Not enough time

Youth 35%

Credit: Clover Notes, July, 1996, Janet Fox (LJ)

4-H School Enrichment on the move!

Arlene Hanna
Extension Assistant

Want to learn about the 3 R's? Or how important our groundwater is? How does a chicken hatch? And how do astronauts live and work in space? 4-H School Enrichment has the answers and more!

4-H School Enrichment is a science-based, supplemental education program for teachers and students in Lancaster County. Approximately 13,000 youth participate in school enrichment annually. Curriculum is designed to use the experiential learning method, so youngsters "learn by doing" in creative, innovative ways.

In 4-H School Enrichment, youth develop life skills—those tools we use for coping with daily circumstances, making important decisions, and

enhancing the quality of our lives. Skills may include personal development, communicating, working and relating with others, problem solving and decision making, acquiring, analyzing and using information, and managing resources.

School Enrichment programs include Garbology, Embryology, Blue Sky Below My Feet and 4-H Water Riches.

Garbology is a solid waste management program that encourages second graders to reduce, reuse and recycle. Sorting garbage, discovering types of packaging and making recycled paper are activities in this unit.

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

classroom.

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

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

So—you may see your student taking part in 4-H School Enrichment. Join the fun! 4-H School Enrichment is an educational experience for the whole family!

Congratulations! Winners all

LaDeane Jha
Extension Educator

Winners were evident all over State Fair Park during the Lancaster County Fair.

Ribbons, trophies, champions and contest winners were visible in every building, cage, stall and arena. Behind each award were achievements representing hard work and commitment to learning skills that will last a lifetime.

Congratulations to all of you who gave demonstrations, modeled, showed horses, groomed and fitted your animals, baked, sewed, grew beautiful flowers, nutritious vegetables and fruit. We applaud those of you who crafted, designed, interviewed, kept your stalls clean and showed animals from pygmy goats to hedgehogs. Way to go to all who answered questions at quiz bowls, cared for their cats, washed their pigs, clipped their sheep, or dressed up their rabbits, dogs and llamas. Vigorous applause to all youth who exhibited good sportsmanship, citizenship, and responsibility and who gave service during the fair. Hurrahs to youth who were engaged in positive activities and showed, through their actions, the positive influence of 4-H in their lives. A big thanks to the

Ambassadors who spent long hours at the fair, representing the 4-H program, answering questions and providing service. Job well done, Teen Council for an outstanding Ice Cream Social, and congratulations to the Rockin' Rangers 4-H club who gave youth with special challenges their very own day at the fair.

Superintendents, you were fantastic—thanks for making it possible for youth to have positive experiences and for great shows and displays. To all the volunteers who set up cages, displays, exhibits and equipment—job well done. Thanks to the fair board for their efforts and time, to the judges who gave positive feedback and encouragement, and to the 4-H Council who dedicated themselves to a week in the 4-H food booths. The food booths were fantastic—we couldn't have done it without lots of terrific 4-H club members, parents, leaders and other volunteers. A great big thank you and congratulations to all organizational and project leaders who taught, encouraged, set an example, brought exhibits, supervised youth camping on the fairgrounds, and both congratulated and consoled youth. Did you see the Cloverbuds show and display? Great work Cloverbud committee and Soni. Thanks to those volunteers who took the time to honor a 4-H assistant during the style revue and ap-

plause to the key leaders who organized a wonderful open house.

Winners were observed in other roles, too. A young dairy exhibitor took time to show a little girl how a cow is milked, teens served as guides for day care center children at Fair Fun Day and many youth served as assistant superintendents, youth leaders and fantastic helpers. The VIP luncheon sponsored by the Ambassadors went off without a hitch. Random acts of kindness were observed during the entire fair and everyone pitched in when needed.

A special thanks to all Extension personnel who made things happen. Congratulations to Larry, Kathy, Pam, Melissa, Annette and Susan, who managed to keep their sanity while making entries, answering phone calls, compiling results, making changes in programs, creating posters, designing tickets vouchers and programs and working with superintendents. Mary Jane, Soni, Ann Marie, Arlene, Cindy, Renee—it wouldn't have happened without you. Thanks to Extension educators, to John Hudson, to Scott and to John Gonzalez. It's a team effort. Positive attitudes, cheerful smiles and lots of talent were much in evidence. Thanks!

Sharing Our Best Cookbook

The new Nebraska 4-H Cookbook is off the press. In fact, many of you may have seen it at the county fair. The cookbook features 300 recipes in seven sections, plus a special section "Friends of 4-H" including recipes from 4-H supporters such as Tom Osborne, Bob Kerrey, Gerald R. Ford, Warren Neilson, Roger Welsch and many more. You can cook your favorite camp grub or dig out a favorite recipe from the old 4-H

Friends Cookbook. Also included is the food guide pyramid, food safety and nutritional analysis of each recipe. Photographs from the 4-H 1995 State Fair Photography Exhibit are featured throughout the book.

Cookbooks sell for \$13.00 including tax and may be purchased at the Extension office or through clubs who decide to sell the books. A form will be available for club members to use for selling the cookbooks. Clubs will

take advance orders and must pay for books when they are picked up. Two dollars from the sale of each book will stay with the club selling them and additional proceeds will go to the Nebraska 4-H Development Foundation's general fund and a newly created grant program supporting county programming. Think ahead to Christmas—they would make great gifts. (LJ)

4-H awards book competition

The National 4-H Awards Book competition is still in the process of changing. Lancaster County will continue their competition as they have in the past, using the form *Building Your 4-H Records*. The awards competition will remain as it has

been in the past through the county and district levels. What will happen beyond the district level is uncertain. There is no national event scheduled for 1997, but top state winners will participate in a trip of some kind. This year's state winners are

participating in a Southern Extension Regional event in Memphis, Tennessee. We will continue to provide information as we learn more. 4-H awards books will be due in the Extension office by October 1, 1996. (LJ)

4-H & Youth



Robin Hood?



4-H Shooting Sports Archer Bryce Lemke recently duplicated the famous Robin Hood feat by splitting one arrow with another in the bulls-eye!

4-H SERIES environmental training for West Lincoln youth

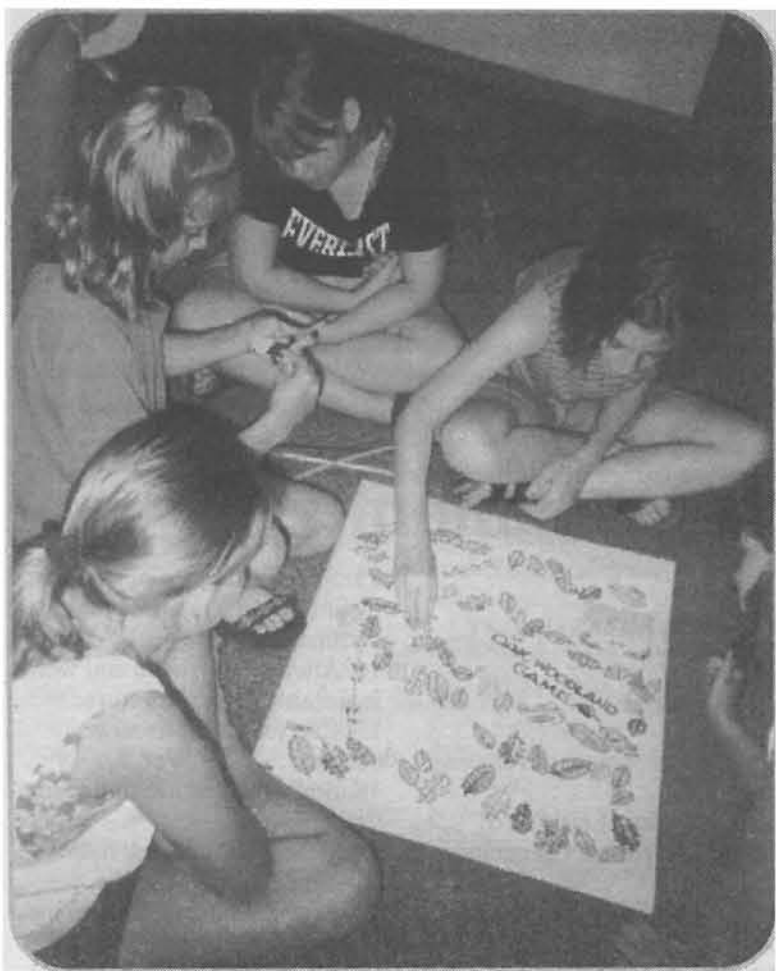
Matt Yoakum
Youth Leadership Committee

Tuesday, July 9, 1996, four representatives from the West Lincoln Family Resource Center and I attended Statewide 4-H SERIES Training at the UNL East Campus Union to become teen SERIES teachers.

We enjoyed the training and learned a lot. We benefited from the experience—some learned how to handle snails and we all made new friends from around the

state. We learned how to interact with people and to teach youth SERIES concepts. We learned about our environment and how to protect it, live with it and benefit from it.

We on the Youth Leadership Committee plan to use our training to teach in schools around Lincoln and we plan to have an environment fun day to kick off our community involvement recycling program. Our recycling program is part of the SERIES unit Recycle/Reuse.



Oak Woodland, Wildlife game. Learning how trees benefit the environment at West Lincoln School.



4-H SERIES Oak Woodland, Wildlife training at West Lincoln School. A special creature for a very special niche.

4-H Phone-A-Thon pledge drive

The Lancaster County 4-H Foundation and the Nebraska 4-H Development Foundation have partnered to enhance the ability of 4-H to help youth develop life skills. 4-H teen members will contact 4-H friends during Nebraska 4-H Week, October 8-15 at which time 4-H supporters will have the opportunity to enrich 4-H programming for youth and volunteers by making a pledge. Your pledge will:

- provide leadership



opportunities and scholarships for youth

- provide funds for the development of new projects and educational opportunities for Nebraska and Lancaster County youth
- enhance school enrichment programs that reach over 12,000

youth in the county

- train volunteer leaders
- recognize 4-H achievement

Make a pledge prior to the phone-a-thon by responding to the correspondence you will receive prior to the event or be prepared to make a pledge when a 4-H member calls you in October.

We appreciate the support you provide our program and expect to "make the best better" through this activity. Thank you. (LJ)



Community & Leadership Development

Tired of fighting?

Check this out: A Conflict Resolution Skills Workshop

Empowering youth to be catalysts for change

What is it?

It's a life skill and it's free! Effective conflict resolution empowers youth with valuable peace making skills. You learn to solve problems non-violently and to communicate needs without creating conflict.

What's in this for me?

Food for thought and your stomach! We will provide lunch and snacks, along with ideas and skills that will enable you to create harmony between you and other people, like your friends and family. You will also:

- ✓ Develop your skills to identify, resolve, and prevent conflict
- ✓ Increase your communication skills
- ✓ Encourage your leadership skills
- ✓ Build awareness of cultural diversity and its impact on conflict
- ✓ Promote the idea of cooperation and mutual respect.
- ✓ Eat pizza and hang!

What else do I need to know?

It's happening in October 1996 and January 1997

To sign up, fill out a registration form available at:
Lancaster County Extension Office
444 Cherry Creek Road, Lincoln, NE 68528-1507
Phone: 441-7180
For more information please call Wendy at 471-4515 or Susan (or Becky) at 434-9480.

This program is made possible through the Lancaster County Juvenile Justice Review Committee, multi-agency contributions, and grants from the Nebraska Crime Commission and AmeriCorps, the national service initiative.

Training provided by Lincoln-Lancaster Mediation Center

Reflective listening

Reflective listening involves recalling the person's message, identifying the feelings that were expressed, and verbally reflecting back the person's feelings using your own words. This includes rephrasing the emotional part of the person's message using a feeling word. It expresses to the other person that you understand.

Guidelines for reflective listening:

- Rephrase what the person has said. Say the same thing in a different way, with different words.
- Get at the emotional tone expressed by the person. Speak with the same feeling.
- Pay attention to the nonverbal cues that may express the person's feelings.
- Stick with the person. Don't lag behind or go farther ahead in the conversation.

Use reflective listening when:

the other person —

- talks about or expresses feeling (sometimes nonverbally)
- has a problem
- is sharing ideas that are important to him or her
- is angry, assaultive, resistant

or when you —

- are unsure what the other person means
- think you understand and want to check it out
- want to "share" or be with the other person

Source: Sheryl Carson, Extension Educator, North Panhandle EPU, Sheridan County. (LJ)

Conflict Resolution Skills workshop



Middle school/junior high and high school youth are invited to build an important life skill—effective conflict resolution—during one of the Conflict Resolution Skills Workshops scheduled over the next few

months. Through interactive learning and hands-on activities such as role-playing, these workshops empower youth with constructive communications skills and non-violent strategies for managing conflict. The workshops are conducted by

well-qualified trainers and each two-day session accommodates 30 participants. There is no cost. Transportation is available for youth. Snacks and lunch are provided each day. Call LaDeane for more information or for a registration form. (LJ)

West Lincoln youth plant trees and plan a first ever community environmental day

"This tree is mine" was the proud claim made by a West Lincoln youth as he finished the hard work of planting, mulching and watering a new tree on the West Lincoln School grounds. Through grants made available from National 4-H and SERIES Learn and Serve, 13 trees were recently planted by West Lincoln young people on the West



Job well done—new tree planted at West Lincoln School through National 4-H Tree Planting Grant.

Lincoln School grounds. Kids planned the planting day and were excited as the nursery and Lincoln Public School personnel arrived with the trees and equipment needed to help them with their project. Each tree was adopted by one or more of the kids who have participated in a summer-long learning program featuring the 4-H SERIES unit *Oak, Woodland, Wildlife*. By adopting trees, they have agreed to care and nurture them over the next year. The trees have been measured, identified, and each youth has learned what care is necessary to keep them thriving.

Prior to the tree planting, all youth involved participated in training that included information on trees, habitat and niches. They made creatures for specific niches, did leaf prints, played environmental games and prepared to plant their adopted trees. Congratulations to all youth who are making a difference. (LJ)



Already enjoying the shade of "adopted" West Lincoln tree.



West Lincoln tree planting crew with one of their newly planted trees.



20 clues to rural community survival



1. Evidence of community pride.
2. Emphasis on quality in business and community life.
3. Willingness to invest in the future.
4. Participatory approach to community decision-making.
5. Cooperative community spirit.
6. Realistic appraisal of future opportunities.
7. Awareness of competitive positioning.
8. Knowledge of the physical environment.
9. Active economic development program.
10. Deliberate transition of power to a younger generation of leaders.
11. Acceptance of women in leadership roles.
12. Strong belief in and support for education.
13. Problem-solving approach to providing health care.
14. Strong multi-generational family orientation.

15. Strong presence of traditional institutions that are integral to community life.
 16. Attention to sound and well-maintained infrastructure.
 17. Careful use of fiscal resources.
 18. Sophisticated use of information resources.
 19. Willingness to seek help from the outside.
 20. Conviction that, in the long run, you have to do it yourself.
- Source: Heartland Center for Leadership Development, 941 O Street, Suite 920, Lincoln, NE 68508. Phone: 474-7667. (LJ)

How to get what you want

One of the best ways to improve your odds of getting what you want from anyone is to think about your request *before* you actually make it. The big reason many people fail to get what they want is that they are too afraid to ask or they view their requests as *all-or-nothing* gambits—instead of a series of negotiations and compromises. Here are strategies to help you begin the “asking” process and avoid becoming angry if things don’t go exactly as planned.

• **Tell yourself there is nothing to fear except fear itself.** Fear of punishment or rejection is why most people hesitate to ask for what they

want. They are afraid that going out on an emotional limb will result in humiliation if they fail. **Strategy:** Before making your request, take plenty of time to remind yourself of the importance of what you are asking for. Tell yourself the only thing that matters is whether or not you are making good and well-articulated points.

• **Before you try to sell others, sell yourself.** The most important elements involved in asking for what you want—and getting it—are *self confidence* and *determination*. Unless you believe in your heart that you will eventually win over the other side, you will likely falter

or become upset at the first sign of resistance. An extreme emotional reaction to any hurdle will almost certainly doom your mission, causing the other side to take you and your points less seriously.

• **Organize your thoughts.**

You can’t expect to get the results you want if the other side doesn’t understand your request. **Strategy:** Write out exactly what you want. Then redraft your points until your reasoning is clear, ordered and can be easily related. Practice in front of a mirror, or discuss the points with friends to be sure they make sense and you didn’t leave anything out.

• **Ask in an enthusiastic**

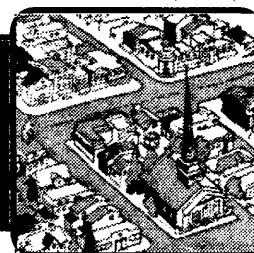
manner and voice. Maintain steady eye contact to show that you mean business but also exhibit respect and admiration for the person to whom you are speaking. In general, you stand a much better chance of getting what you want when you make people feel at ease and show them that you are truly excited about what you are requesting.

• **Learn the art of saying thank you.** Whether or not you get what you want, say *thank you*. Gratitude will leave the other person open to giving you

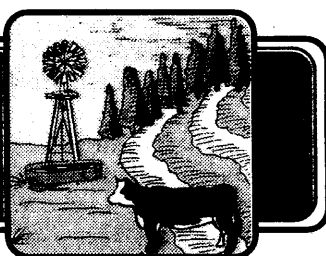
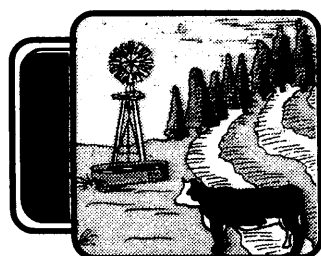
what you want—or more of what you want—sometime in the future. **Strategy:** Say thank you directly to the person—and follow up with a written note. In some cases, flowers or a gift may be appropriate.

Learning the art of expressing gratitude will force you to focus on the positive. It will also keep you from holding a grudge, which is difficult to hide and only works against you in the long run. (LJ)

Community & Leadership Development



Rural \$ense



Agricultural Marketing strategies

Agricultural Marketing is college in the real world. Perhaps you took a marketing class in college. Most likely your marketing decisions were made on paper, and what mattered most was your grade. Today, marketing decisions can determine if you make the grade. They affect how well you do in business this year, and may decide if you’ll be in business next year.

Dramatic changes in federal farm programs will lower support payments and place responsibility for risk management on producers, but they’ll also give greater flexibility in management decisions. They exemplify the old truth that the only thing constant is change. You can manage change to try to stay ahead of the curve, or you can watch change—perhaps as it rolls right over you! But you can’t change the fact that change is a part of everyone’s life. Many people see change as chaos, but out of chaos comes opportunity. Managing how the changes in agriculture affect you makes it easier for you to better take advantage of the opportunities, and minimize the risks.

The best thing to do is to put change to work for you. You can do that when you pay attention to what’s happening in the world, understand market trends, and construct a marketing plan that lets you lock in and protect prices. *Agricultural Marketing* is about putting together such a plan. You’ll learn:

- what historic price patterns are and what they mean to you
- how the futures markets operate, so you can use them in your marketing plan
- ways to use marketing fundamentals and technical analysis to make sound decisions on buying and selling
- concepts of using basis

determination in pricing your crops and livestock

- how to reduce price risk through use of agricultural futures and options
- how international trade issues affect the prices on your farm
- when and when not to use storage
- how transportation of your harvest affects production costs on your farm
- how to use producer marketing contracts with agricultural firms to your advantage
- ways the world economy affects agricultural markets and your price
- ways to use the day’s national and world events to decide when and how to adjust your marketing plan
- how to use charts and theories

The instructor, Dr. Jim Kendrick, University of Nebraska-Lincoln, is an award-winning, nationally recognized agricultural economist. Producers across the country enjoy his interesting, informative and relevant marketing presentations. You’ll receive large doses of common sense tips, coupled with irreverent quips about “sacred agricultural cows” and some chuckles over what Dr. Kendrick calls the “no-brainer marketing strategies some people use.”

The training comes to you on 15 video tapes that contain two to three one-hour presentations. Each lesson is taped just days before you receive it. Examples are fresh. You learn how world events and marketing principles combine today. Watch the tapes when you want and as often as you want. If you don’t understand a concept or principle, watch the tape again. Or call the toll-free 800 number

for help. Each tape is indexed for quick reference.

When you enroll, you have access to a toll-free 800 number to call and ask your individual marketing questions. Get marketing help specific to your concerns. Talk to people knowledgeable in marketing.

Here’s what you do:

1. Subscribe. (Call the Cooperative Extension office for a registration form.)
2. Watch the VHS video tape you receive every week. Each tape will contain two or three hours of instruction.
3. Test your knowledge. Take the four quizzes and two tests. Answers will be on the next tape, and you will grade yourself. If something isn’t clear, watch the tape again. Or,
4. Call to get answers to your questions via a toll-free 800 number. You can call 24 hours a day, seven days a week. If no one is in when you call, leave your question. Someone will get back to you.

Important information:

• Cost: \$300. You’ll receive 15 video tapes, each tape containing two or three one-hour presentations. That’s less than \$7 per hour of instruction! One tape will arrive at your address via priority mail weekly, beginning Sept. 3, 1996, and running through Dec. 17.

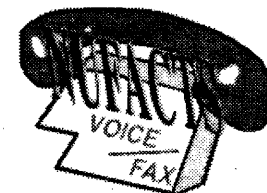
• Textbook, *Notes and Readings*, revised August 1996. Cost \$50. *Notes and Readings* contains current marketing charts, explanations of marketing terms, fact sheets, marketing articles, and detailed information on marketing principles, concepts and theories. *Notes and Readings* is optional; most producers say they find it a valuable reference.

• Have questions? Need more information? Call Betty, toll-free, at 1-800-755-7765.

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- 332 Making Homemade Ice Cream
- 333 Packing Safe Sack Lunches
- 334 Storing Food Safely in Your Fridge
- 335 Thawing a Turkey
- 336 Traveling Safely With Food
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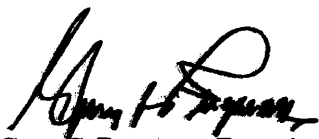
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Lancaster County

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Gary C. Bergman, Extension Educator—Unit Leader

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

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Extension Calendar

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

September 1

4-H Market Steers & Heifers Show—*State Fair Park* 8:00 a.m.
4-H Market Lambs & Showmanship Show—*State Fair Park* 8:00 a.m.
4-H Rabbits Must be in Place—*State Fair Park* 9:00 a.m.

September 2

4-H Dairy Cattle Show—*State Fair Park* 8:00 a.m.
4-H Rabbit Show—*State Fair Park* 8:00 a.m.
4-H Breeding Heifer Show—*State Fair Park* 8:00 a.m.
4-H Swine Show—*State Fair Park* 8:00 a.m.

September 3

State Fair Exhibits Must be Picked up—*State Fair Park* 5:00-7:00 p.m.
4-H Council Meeting 7:00 p.m.

September 8

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

September 9

Extension Board Meeting 7:00 p.m.

September 10-12

Husker Harvest Days—*Grand Island*

September 11

4-H Horse VIPS Meeting 7:00 p.m.

September 14

Festival of Color—*Mead* 9:00 a.m.-4:00 p.m.

September 15

Prairiefest (Nine Mile Prairie)—*Lincoln* 1:00-4:00 p.m.

September 18-19

55 Alive Mature Driving Course 10:00 a.m.-2:30 p.m.

September 19

4-H Rabbit VIPS Meeting 7:00 p.m.
Fair Board Meeting 7:00 p.m.

September 23

FCE Council Meeting—*Downtown Senior Center* 11:30 a.m.

September 24

FCE Leader Training –
Physical, Psychosocial and Spiritual Growth for Women 1:00 or 7:00 p.m.

September 25

District FCE Meeting—*ARDC, Ithaca* 8:30 a.m.-3:00 p.m.
Ak-Sar-Ben Horse Check-in—*Omaha* 9:30 a.m.
Ak-Sar-Ben Horse Show—*Omaha* 1:00 p.m.

September 26-28

North Central 4-H Leaders Forum—*Columbus, OH*

September 27

Ak-Sar-Ben Beef, Lambs, Swine, Dairy Check-in—*Omaha*

September 28

Ak-Sar-Ben Lamb and Dairy Show—*Omaha* 8:00 a.m.

September 29

Ak-Sar-Ben Market Heifer, Market Steer, Catch-a-Calf and Swine Shows—*Omaha* 7:30 a.m.

October 1

Award Books Due

October 8-15

4-H Phone-A-Thon pledge drive

PUBLIC INVITATION

Lancaster County

Extension Board Meeting

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

Monthly agenda available for review

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