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## The NEBLINE, October 1999

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## Giving recipes a food safety update



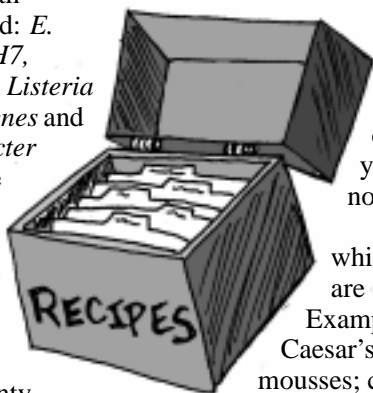
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The holiday season will soon be here. Many of us will be hosting family gatherings or preparing food to take to holiday events. Before you start mixing, stirring, cooking and baking, consider if any of your recipes need a food safety update. For example:

- Do you have favorite recipes that have been passed down through your family?
- Are you using food preparation techniques you saw others use as you grew up?
- Is your cookbook more than a few years old?

We wouldn't use the instruction book that came with the original Model T car for the most recent auto we purchased. Why is it different with food? Unknowingly, we may use outdated recipe directions inconsistent with what is now known about food safety.

New bacteria have emerged and others have gotten stronger since some of our favorite recipes were developed. For example, in 1990 the U.S. Public Health Service cited: *E. coli* O157:H7, *Salmonella*, *Listeria monocytogenes* and *Campylobacter jejuni* as the four most serious food-borne pathogens in the United States. Twenty years ago, three of these—*Campylobacter*, *Listeria* and *E. coli* O157:H7—weren't even recognized as sources of food-borne disease!



Here are some general checkpoints for evaluating recipes for food safety that come in part from U.S. Department of Agriculture (USDA) recommendations.

### Checkpoint 1: Oven Temperatures

Use a minimum oven temperature of 325 degrees F for cooking meat, poultry, casseroles containing them. Lower temperatures may not heat the food fast enough to prevent bacterial growth.

### Checkpoint 2: Eggs

One hundred years ago, an 1898 "Receipt Book" by B. J. Kendall, M.D., offered a "recipe for egg water to cure vomiting." Today we'd no longer consider giving a sick family member a glass of egg white mixed with water. However, without thinking, we may still follow the unsafe practices of:

- Licking the cake batter from the bowl;
- Tasting raw cookie dough;
- Making ice cream with raw eggs.

Consider the following when cooking with eggs:

- Cook eggs—whether scrambled, fried, poached, soft-cooked, made into an omelet, etc.—until the yolk and white are firm, not runny.
- Avoid recipes in which eggs remain raw or are only partially cooked. Examples could include Caesar's salad dressing; mousses; chiffons; homemade ice cream, mayonnaise or hollandaise sauce.
- Heat cooked egg bases for recipes, such as custard (baked and stirred) and quiche to an

internal temperature of 160 degrees F. At this temperature, a knife inserted near the center of a quiche or custard comes out clean. For a stirred custard, the mixture will coat a metal spoon.

- Egg-nogs and homemade ice creams can be safely made using a stirred custard base.

Chill the cooked custard base thoroughly before freezing for ice cream to assure it rapidly reaches a safe temperature.

• Chill cooked custard in a shallow pan on the top shelf of the refrigerator. For thicker foods such as custard sauce, limit depth to 2 inches. Loosely cover to allow heat to escape and to protect from accidental contamination during cooling. Stir occasionally to help it cool; use a clean spoon each time. Cover tightly when cooled.

Although commercial pasteurized egg products can be used in place of raw eggs in recipes such as homemade ice cream, for optimal safety it's safest to start with a cooked base that has been heated to an internal temperature of 160 degrees F. When serving people at high risk for food-borne illness such as young children, older individuals, people with an illness and pregnant women, it's best to use a cooked egg base.

### Checkpoint 3: Marinades

Marinades help flavor meat and poultry. They DO NOT kill bacteria. Here are some general guidelines for safely using marinades:

- Marinate in a covered container in the refrigerator, not on the counter. A glass container is a

safe choice for marinating. Acidic ingredients in some marinades such as wine, vinegar and lemon juice could react with certain metallic or glazed ceramic containers and leach into the food being marinated.

- Marinating time in the refrigerator shouldn't exceed the recommended storage time for that type and cut of fresh meat or poultry.

• If you're not certain how long to marinate a particular food—for best safety AND quality—limit time to 24 hours or less.

• If some of the marinade is to be used for basting during cooking or as a sauce on the cooked food, reserve a portion of the marinade and store in the refrigerator until ready to use.

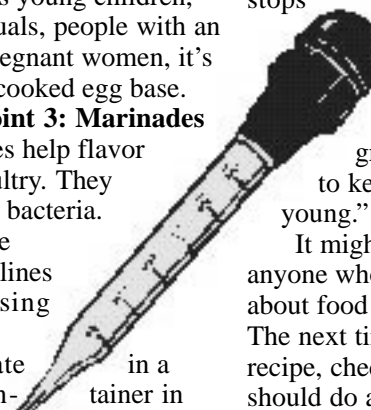
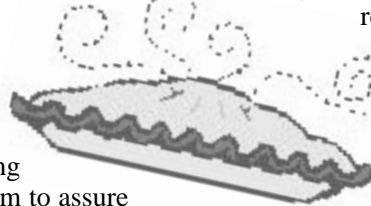
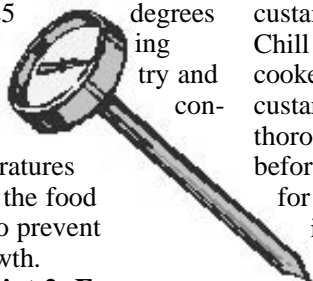
Do not put raw meat or poultry in it. When basting, don't recontaminate fully cooked meat or poultry by adding sauce with a brush that has been used on raw or undercooked foods.

- For greatest safety, don't re-use leftover marinade that has been in contact with raw meat or poultry.

### Model T or Latest Model?

Henry Ford, the person behind the Model T car, is quoted as saying, "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

It might also be said that anyone who keeps learning about food safety stays healthy! The next time you make a recipe, check to see if you should do a food safety update.



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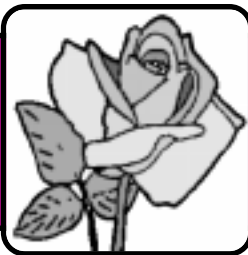
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# Horticulture

## Answers to composting questions

### What kinds of materials can be composted?

Yard and garden residues and other organic materials are suitable for composting. This includes leaves, grass clippings, straw, hay, sawdust and finely chopped or shredded tree and shrub prunings.

### Can kitchen scraps be added to a compost pile?

Certain kitchen scraps can be added to the compost pile, such as fruit and vegetable trimmings, coffee grounds and eggshells. Bury them in the pile to prevent odors and flies. Do not add meat scraps, bones, grease, whole eggs or dairy products to the compost pile because they are slow to decompose, will cause odors and can attract rodents.

### What is the optimum size for a compost pile?

The best size of an enclosed compost pile is 3' x 3' x 3'. If too small, it will dry out fast; if too large it will have poor air circulation and will be difficult to turn the pile.

### How can I avoid problems with unpleasant odors from the compost pile?

Odors may arise either from the addition of excessive amounts of wet plant materials like fruits or grass clippings, overwatering the pile or not turning an actively decomposing pile periodically. A properly prepared and adequately turned compost heap will generate little, if any, objectionable odor. Good aeration, provided by regularly turning over the materials in the pile, is essential for good, rapid decomposition.



Also, keeping the compost damp, but not waterlogged, will go along way towards preventing unpleasant odors.

### How long does it take to reach a finished product?

Generally, a compost pile that contains a good mixture of finely chopped materials, is turned regularly and kept moist, will be ready in 2 to 4 months. A pile or bin left unattended or material not shredded may take a year or longer to decompose. Piles prepared in the late fall will not be very well decomposed by the spring. When the compost is finished the pile will be about half its original size and have a pleasant, earthy smell.

### Of what value or use is the finished compost product?

Compost is used as an organic amendment to improve the physical, chemical and biological properties of the soils. For example, adding compost to garden soil will increase the moisture holding ability of sandy soils and improve the drainage and aeration of heavy clay soils. Over time, yearly additions of compost will create desirable soil structure making the soil easier to work. (MJM)

## What do they like to eat?

Are there certain birds you would like to attract to your urban landscape or acreage? You can do this by providing the foods they prefer to eat.



Cardinal: autumn-olive, dogwood, corn, sunflower, various berries.



Blue jay: acorns, cherry, sunflower, wild plum, cultivated grains.



Black-capped chickadee: sunflower, conifer tree seeds, blackberry, various berries.



American goldfinch: goldenrod, sunflower, mulberry, thistle seed, annual flower seeds.



Junco: millet, wheat, sunflower, grass seed. (MJM)

## Needle drop on evergreens

Contrary to popular belief, evergreens do not keep their needles indefinitely. Older, inner needles, discolor and drop off after one to several years, depending on the evergreen in question.

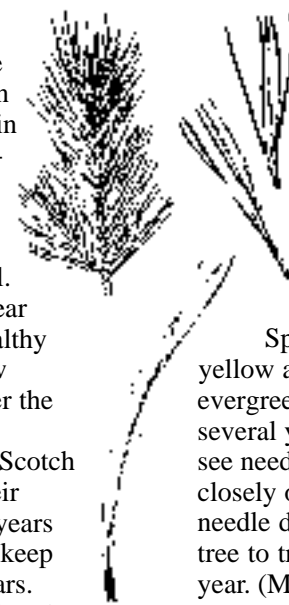
Sometimes the drop occurs slowly. On other occasions, many needles may turn yellow all at once in late summer or fall. Because weather triggers the condition, many evergreens are likely to show symptoms in the fall. If you are not familiar with this natural process, it could cause you a great deal of concern. Each species of evergreens usually keeps its needles for a definite length of time.

White pines are the most

dramatically affected. They usually keep three years of needles in summer and two in winter. The three-year old white pine needles turn yellow throughout the tree in fall. The tree will appear particularly unhealthy when these yellow needles outnumber the green ones.

Austrian and Scotch pine also keep their needles for three years and Norway pine keep theirs for four years.

Needles on arborvitae,



usually turn brown rather than yellow when they age. They often remain attached much longer than mature pine needles.

Japanese yew needles turn yellow and drop in late spring or early summer of their third year.

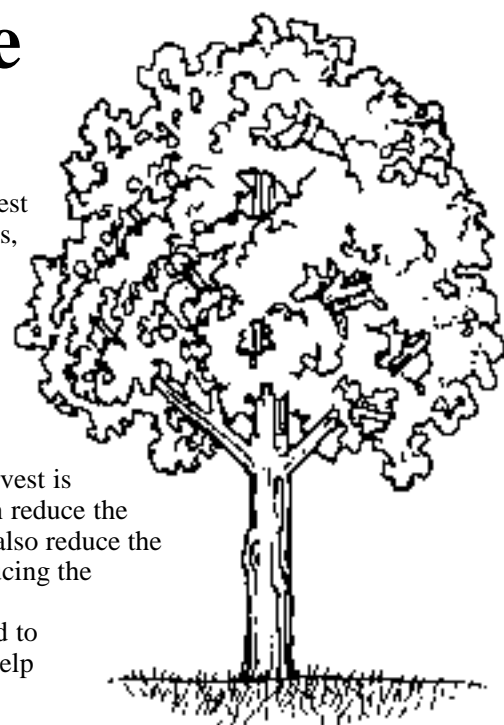
Spruce and fir needles also yellow and drop with age. These evergreens retain needles for several years, so you may not see needle drop unless you look closely on inner branches. These needle drop patterns vary from tree to tree and from year to year. (MJM)

## Fall clean up in the orchard

Care for the home orchard does not stop when the harvest ends. A critical part of the pest control program remains, the fall orchard clean up. Cleaning up fallen fruits and leaves eliminates many insect pests and disease organisms that would overwinter in the orchard. They could be a problem for next year's growing season.

Clean up is not strictly a fall chore. Fruits that drop and diseased leaves that fall at any time during the growing season should be cleaned up as soon as possible. The major clean up occurs in the fall after harvest is over and trees have lost their leaves. A fall clean up can reduce the incidence of fungal diseases, such as apple scab. It can also reduce the pressure on trees by pests such as apple maggot by reducing the overwintering population of insects.

A fall clean up probably will not eliminate the need to use pesticides to control these problems, but it should help make chemical controls more effective. (MJM)



## 1999 October/November Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Pick last apples and pears	6 Pick squash, pumpkins and gourds before frost	7	8	9
10	11	12	13 Plant spring flowering bulbs	14 Fertilize tall fescue	15 Fertilize bluegrass	16
17	18 Clean up garden	19	20 Rake and compost leaves	21	22	23
24	25	26	27 Clean up perennial flower beds	28 Prune and mulch roses	29 Put up bird feeders	30
31	1 Clean up fallen fruit	2 Mulch perennial plants	3 Clean, repair and organize garden tools	4	5 Organize garden supplies	6
7	8	9	10	11 Make wish list for next year	12	13
14	15	16	17 Pick bag worms from evergreens	18	19	20
21	22	23 Check house plants for insects	24	25	26	27
28	29	30 Check all stored bulbs and tubers for rot				

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

# Responsible hunting and landowner relations

Hunting in Nebraska is a time-honored tradition that has brought excitement, comradery and enjoyment to countless individuals throughout the years. Unfortunately, the hunting season is usually accompanied by rule violations, complaints and citations that come from a disregard for hunting regulations and a disrespect for the rights of landowners. According to the Nebraska Game and Parks Commission, the two biggest complaints associated with hunters every year are hunting on land without permission and shooting from roads. These problems can be caused from simple ignorance about Nebraska laws but are usually the result of a blatant contempt for the statutes meant to regulate hunting activities. So what is the solution to these problems? Simply put, it comes down to respect and courtesy by hunters. Respect for the laws of Nebraska, the rights of property owners and treating people with the courtesy you would expect from others. Hunting is a privilege for Nebraskans and many of the problems associated with hunting can be avoided if hunters would view their ability to hunt as a benefit and not a right.

Both landowners and hunters need to understand the rights of property owners to avoid possible confrontations and violations of Nebraska law. To clear up some possible misconceptions about landowner rights, here are the most common problems.

1. *Land must be posted with signs that prohibit hunting/ trespassing.* False.

Nebraska law states that any person entering property for hunting/fishing/trapping without the express permission of the

landowner/renter, is either trespassing or hunting without permission. Although "No Hunting" and "No Trespassing" signs help to discourage people from illegally entering private land, they are in no way required to keep people from hunting someone's personal property.

2. *Only the landowner can press charges against a trespassing hunter.* False.

Special signs that state "Hunting by written permission only" can be posted on a landowner's property. These signs allow law enforcement officers to contact hunters in the field and require them to produce written permission, by the owner, stating they are allowed to hunt the area. Failure to produce a document granting permission enables the law enforcement officer to issue a citation without the landowner being present.

3. *A landowner cannot prove a person was on their land without permission.* False.

A landowner can take down a vehicle license plate number and write down a description of the individuals involved. This information, along with a signed affidavit by the landowner stating that the parties in question did not have permission to hunt, is often times enough for law enforcement (Game & Parks or sheriff) to cite a person for trespassing. The landowner is also not required to be present in court. Finally, as a safety issue for landowners, law enforcement should be left to the proper authorities. Landowners should never try to detain a hunter.

4. *The landowner retains hunting rights when the land is being rented.* False.

Nebraska law says that unless formally stated that the

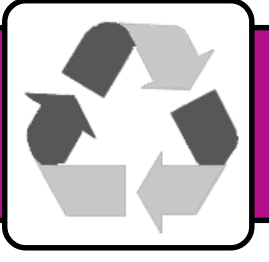


owner retains hunting privileges when the rental agreement is established, the operator has the hunting rights and ability to grant permission to hunters on land they rent. This situation is analogous to renting an apartment. The renter has the right to allow people to enter the apartment even though they do not own the property. Uncomfortable situations of the landowner and the renter granting hunting permission to different people at the same time, have undoubtedly occurred, but can be avoided by a simple agreement between the operator and owner as to who controls hunting on the property.

Most hunters are respectful, seek and ask permission and follow the regulations when they are hunting. If you are in that majority of hunters, then this article will hopefully clear any possible misconceptions and help you to educate fellow hunters about some of the common problems associated with hunting. Hunters who violate laws need to be made aware of the problems they are causing and hopefully change their actions. As the saying goes, "One rotten apple spoils the whole bunch," and nothing could be more true than in hunting. A hundred good experiences between hunters and landowners can be destroyed by one bad experience. It is our responsibility, as ethical hunters, to represent the hunting community every time we enter the

*continued on page 11*

## Environmental Focus



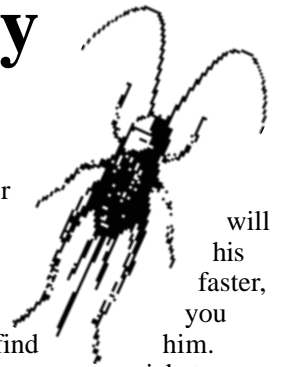
# Jumpin' jiminy crickets

Homeowners are reporting lots of crickets this fall. There are several species that may be a problem in the fall but the crickets that I have noticed are very large, black, field crickets. An annoying feature is that the male field cricket chirps loudly to attract a mate. If a male cricket accidentally finds its way into our home, we can have many sleepless nights until he dies a lonely death.

Crickets become adults in the late summer and breeding activities become their major focus. Because they typically inhabit cracks and crevices, they often find their way inside our houses by exploring around the foundations and exterior doorways of our houses. The warmth within is agreeable to them and, as far as a male cricket is concerned, our houses are good echo chambers to make themselves louder. Crickets have a high water requirement and will move toward where there is a source of moisture. This is why we may hear them under a refrigerator (drip pans provide water), under the sink (sweating or leaky pipes) or in the basement (in drains).

What to do about crickets? It depends on the annoyance level that the cricket causes. If you ignore the cricket it will eventually die, having no food and being unable to breed inside the home. If you are really "bugged" by the chirping cricket you will be motivated to search for and destroy it. Remember, the cricket will be attracted to water and removing

water sources will cause his demise faster, even if you cannot find him.



To prevent cricket invasions, the best control options include reducing the attractiveness of your home to crickets. This may involve removing dense overgrowth, mulch and piles of debris (wood piles, lumber, etc) near the house. Tall grass and weeds should be removed near the foundation or the house. Clean up your garbage collection area, especially if it is close to the house. These areas can be prime breeding and feeding sites.

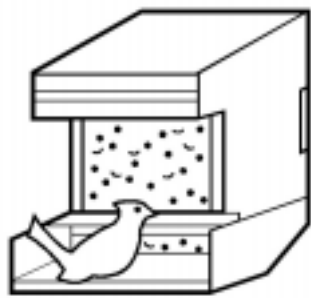
Examine the exterior of your home for cracks and holes that may be providing a passageway inside and seal these openings. All doors should be equipped with tight-fitting weather stripping. Windows, especially basement ones, must also fit tight.

Other control options include turning off porch and garage lights that attract crickets at night. Mercury vapor lights are particularly attractive to crickets and other flying insects. If possible, they should be replaced with sodium vapor lights.

If you are finding crickets inside the house, get some mouse glue boards and put them in the corners of rooms. This passive method of control is just as effective as insecticides used inside the home. For the cricket

*continued on page 11*

# Autumn is a great time to clean your feeder



Take a moment to think about your bird feeder. When was the last time you cleaned it? To minimize the spread of disease at your feeder follow these seven easy steps:

1. Give the birds enough space. Do you have too many birds and only one feeder? Add another feeder if the feeder is crowded.
2. Clean your feeder and the droppings on the perching area each time you fill your feeder.
3. Disinfect the feeder once or twice a month with one part of liquid chlorine household bleach in nine parts of warm water. If possible, immerse the feeder for two to three minutes and allow to air dry.
4. Feed birds only high quality food. Moldy seed, bread or spoiled leftovers doesn't do them any more good than it would you.
5. Keep rodents out of food. Mice can carry some bird diseases.
6. Act early and spread the word. Don't wait until you see sick birds huddled at the feeder and tell your friends who feed birds, to take the above precautions.
7. Check your feeder for sharp edges where birds might cut themselves. Small scratches or cuts allow bacteria and viruses to infect a bird more easily. Source: Oregon State Extension Service. (SC)

## Last chance for disposing of household hazardous waste in 1999!

**Saturday, October 23, 9 a.m. - 3 p.m.**

Lincoln-Lancaster County Health Department (LLCHD) 3140 "N" Street, south parking lot

Lancaster county residents only

For more information, call LLCHD at 441-8040.



## Head lice videotape available

An eight-minute videotape that discusses head lice management is now available at the Lancaster County Extension office. This tape shows live lice (highly magnified), nits (lice eggs) and provides tips on inspection, treatments and prevention. The video features a combing demonstration using a metal lice comb. Parents faced with head lice treatments will find this videotape helpful, but it may also be useful for daycare centers, schools and other health and childcare professionals who work with families. It can be purchased at the Lancaster County Extension office for \$10. To view this video, call (402) 441-7180 and make an appointment with Barb Ogg or Soni Cochran. Lincoln residents can watch this videotape on cable access Channel 5 during the months of September and October at the following days and times:

- Mondays: 11:30 a.m. and 10:30 p.m.
- Tuesdays: 9 p.m.
- Fridays: 10:30 a.m. and 9 p.m.
- Saturdays: 12:30 p.m.
- Sundays: 10:30 a.m.

In addition to the videotape, written information about managing head lice management is also available at the Lancaster County Extension office. Call the extension office and request *Head Lice Management*, Fact Sheet 018-99 and *Quick Guide for Removing Head Lice Safely*, Fact Sheet 030-99. (BPO)



## Farm Views

# The value of composting

Living on the farm or an acreage provides an excellent opportunity to get into composting and to gain the benefits of the composted material on your land. Regardless of the size of your rural establishment, you are bound to have an abundance of vegetation and other raw materials that form a good compost mixture. Recent environmental concerns has placed increased emphasis on disposal methods of all types of waste and previous practices, such as burning or dumping, are no longer acceptable. Composting is one of the most effective management tools one can utilize to dispose of discarded organic materials.

If you have never established a composting facility the time to start is now. Even though it is the end of the growing season, there are massive amounts of residue and other waste that needs to be eliminated from around the farmstead and garden. Leaves, dead grass and even tree limbs may be ground, chipped or just placed whole into a compost pile. Animal manure is another waste that can be turned into safer and more valuable additive to the soil. Properly stored and composted manure can make a valuable contribution to cropping and pasture management programs. Composting animal waste and bedding before spreading it on fields reduces the chance of pollution. Properly composted material will reach temperatures between 85 and 135 degrees F. After three days at temperatures of 130 degrees, many parasites, pathogenic

bacteria and weed seeds will be destroyed. Also, composting stall waste for one or two months, reduces the volume of waste 40 to 70 percent and this means less work.

But, remember, it is not all that simple because composting is somewhat of a science and you have to know what you are doing to turn waste into a beneficial product for your soil. So the first step, if you lack experience and information on composting, is to learn the tricks of the trade. That may mean reading all the information you can gather on composting, taking instructions on procedures to follow and building the facilities to meet the needs of your own project. There are actually a lot of opportunities to learn about composting from a multitude of sources such as publications, construction guides and operations handbooks. Cooperative extension offers these educational materials in addition to workshops and demonstrations. Also recycling organizations hold conferences and seminars to share knowledge and experience of successful composting operations from across the country.

As mentioned earlier, the real benefit derived from composting, besides proper recycling of organic wastes, is the gains in soil fertility when properly composted organic material is returned to the land. All composted waste material has nutrient value for the soil and it provides organic matter which improves the structure of that soil and, in the end, its productivity. (WS)

# Plateau herbicide cleared for use in Nebraska

In the ongoing effort to control leafy spurge, Nebraska has been granted an emergency exemption to use the herbicide Plateau to fight the damaging weed. The exemption is effective August 1, 1999 through July 1, 2000 on rangelands and pastures, as well as, land enrolled in the Conservation Reserve Program.

Nebraska Department of Agriculture petitioned for the exemption, because Plateau is the first herbicide that provides consistent, long-term control of leafy spurge and can be used in environmentally sensitive areas, such as near trees, along streams or bodies of water, on low-lying areas and in mixed pastures. Research trials conducted by the University of Nebraska and published by USDA, show that

Plateau herbicide is a highly effective herbicide against leafy spurge. Plateau herbicide is known to also control other weeds such as field bindweed, thistles, crabgrass, downy brome and nut sedge.

For the control of leafy spurge, Plateau herbicide should be applied in accordance with the use directions provided in the special weed control section of the leaflet label. A single application may be made in the fall at a maximum rate of 12 fluid ounces per acre, or 8 fluid ounces may be applied in the fall, followed by 4 fluid ounces in the spring. Applications in the fall are most effective if accomplished before the first freeze. Be sure to follow specific label instructions in any case. (WS)

# October is the best time to treat hard to control pasture weeds

## Leafy spurge

Leafy spurge is probably the worst weed we have in terms of being hard to kill and potential damage to pastures. Leafy spurge is a persistent, deep-rooted perennial which reproduces by both seeds and roots. It is found primarily on untilled land and is a noxious weed in Nebraska.

The plants will grow two to three feet high with many long, narrow leaves on the main stem. The top of the plant has specialized leaves called bracts which looks like a clover leaflet as opposed to the linear lower down on the plant. These bracts turn yellow in the spring and are frequently mistaken for flowers. The true flowers, which appear in late May, are small and not very showy. Being a spurge, the plant has a white milky sap that can be used to help identify it from other weeds.

Because leafy spurge spreads by rhizomes, as well as seeds, it tends to grow in very dense clumps which get bigger with each passing year. Not only does it tend to crowd out other forage plants, the spurge is mildly poisonous to cattle. It is rarely fatal but it does make the animal sick and they soon learn to avoid grazing near it. Therefore, the carrying capacity of pastures are essentially destroyed wherever leafy spurge is growing. For more information on how to identify leafy spurge contact Lancaster County Extension office for NebGuide G834.

## Musk thistle

We have been making a

little headway on musk thistle in recent years through the introduction of biological controls, mainly a weevil that feeds on the seed in the head and other insects that attack the plant directly.

In spite of the biological help we are receiving, musk thistle continues to be a big



problem in pastures and along roadsides. Unlike leafy spurge, which is a perennial, musk thistle is primarily a biennial, but may act as a winter annual or, less frequently, as an annual. It is a prolific seed producer as one plant can produce as many as 20,000 seeds.

The best time to control many perennial weeds is in the fall. This is because as the weed begins the "dormant" stage of its life cycle, nutrients from the summer's top growth are translocated into the root system. When this occurs, herbicides that have been applied this fall can actively move with the nutrients into the root system. Besides leafy spurge and musk thistle; Canada thistle, Russian knapweed, field bindweed and many

other perennial weeds are all most effectively treated at this time.

The most effective herbicides for controlling these perennial weeds include Tordon or a combination of 2,4-D and Tordon. Banvel and Roundup combinations with 2,4-D are useful on Canada thistle and field bindweed. Ally at 0.1 ounce and Curtail at 2-4 pints per acre also can be used for Canada thistle control. For leafy spurge, Tordon seems to work well, but even with rates of 2-4 quarts per acre, repeat applications may be required over several years to bring the patches under control. Plateau is now cleared for use on the most sensitive grazing lands including mixed pastures and shelterbelts (see related article at bottom of page). Applications of Plateau herbicide

provide long-term, consistent—95% or better—control of leafy spurge and reduces the total herbicide load on the environment.

As always, care should be taken to avoid spray drift when using any of these products, especially when used near valuable trees, water sources and other environmentally sensitive areas such as vineyards. Be sure to read and follow the label directions for correct application, amounts and methods. Tordon use for perennial weeds is limited to non-crop areas. (TD)

*Disclaimer: Use of trade names is for clarity only and not as an endorsement of products mentioned.*

# Grain storage information on the web

Low export demand and tight commercial storage space, combined with a better than normal yield for many dryland crops in eastern Nebraska, has resulted in grain stocks that exceed the available storage space in some areas. Even where on-farm storage is available, grain may need to be held on the farm longer than usual until grain can be pushed through the "pipeline" and on to domestic and foreign markets. This grain must be kept in good condition, free of molds, insect damage, etc.

The University of Nebraska has a large number of NebGuides and extension circulars on grain storage, aeration, drying and insect management. In addition, extension specialists have responded to grain storage shortages by developing a number of information sheets on grain storage dealing with converting existing structures to hold grain, piling grain outside

as a last resort, engineering aeration systems, calculating



bushels in non-standard grain storage situation, etc.

I have created a web page containing all of the available grain storage information from the University of Nebraska, as well as selected publications from other mid-western universities. It can be found on the Lancaster County Extension Nebraska Production Agriculture web pages under Crops. Most of this information can be downloaded by clicking on the reference indicated. The direct address of the Grain Storage page is: <http://www.ianr.unl.edu/ianr/lanco/ag/crops/storage.htm> (TD)

## A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: [www.lanco.unl.edu](http://www.lanco.unl.edu)

Some shortcuts:

[www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

[www.lanco.unl.edu/ag](http://www.lanco.unl.edu/ag)

[www.lanco.unl.edu/enviro](http://www.lanco.unl.edu/enviro)

[www.lanco.unl.edu/nebline](http://www.lanco.unl.edu/nebline)

[www.lanco.unl.edu/hort](http://www.lanco.unl.edu/hort)

[www.lanco.unl.edu/family](http://www.lanco.unl.edu/family)

[www.lanco.unl.edu/4h](http://www.lanco.unl.edu/4h)

[www.lanco.unl.edu/contact](http://www.lanco.unl.edu/contact)

## Fall and winter care of water gardens

Many gardeners are enjoying a renewed interest in water gardening. Water adds a special effect to the landscape and fish are easy-to-care-for pets. A properly functioning water garden takes care of itself naturally throughout the growing season. Submerged plants and scavengers help keep algae populations from getting out of hand. However, water gardens do require late season attention for their survival.

Keep falling leaves and twigs out of the pond to prevent injury to the fish. Prevention is also easier than having to clean the entire pool in the fall. Netting stretched across the pool is an easy preventative to catch leaves or use a skimmer to remove leaves on a regular basis.

If your pond contains fish, be sure to feed them extra food beginning when temperatures cool and continue until the water temperature drops below 45 degrees F. This allows the fish to build up additional fat stores for winter survival. If the fish are to remain in the pond throughout the winter, it is necessary to keep an area free of ice throughout the winter. This allows the exchange of gases such as carbon dioxide, methane and hydrogen sulfide which are produced from decaying organic matter. The build up of these gases is toxic to fish. A one foot diameter opening per 100 square foot of pond surface area is adequate.

Stop fertilizing water garden plants when the daytime water temperature drops below 60 degrees F. This will give plants the opportunity to go dormant. As the leaves of hardy plants yellow or are frozen, cut the leaves off back to the crown.

The short, small leaves produced late in the season should remain attached. Lower hardy plants to the bottom of the pool where they will survive the winter. If there is danger of the pool freezing solid, remove the plants, in their containers, from the pond and place them in a non-freezing area. Put the containers inside a plastic bag and cover with moist material such as newspapers or peat moss to retain moisture.

Tropical water lilies and other non-hardy water plants can be overwintered in various ways. The goal is to keep the plant alive, but not growing vigorously. Plants can be kept in a washtub, tank or even in an aquarium in a greenhouse or under artificial lights. Plants need light for 12 to 18 hours. The water temperature should be maintained around 70 degrees F. Plants which form tubers, such as tropical water lilies, can also be stored as a dormant tuber. The plants should not be fertilized after August. This forces the lily to form a tuber. Allow the plant to remain in the pond until all leaves are killed by frost. A hard tuber must be present in order for the plant to survive. Once tuber formation is complete, remove it from the container and wash it off. If the tuber has roots or stem tissue attached, let it air dry for a few days and then break the roots and stems off. Place the tuber in a jar filled with distilled water



and store it in a cool (55 degrees F), dark location. Check the container regularly and replace the water if it is discolored. In the spring, place the container in a sunny warm location. When sprouts form, plant the tuber in sand. Place the planted tuber in a container of water so that developing leaves can float. When the leaves have grown to the water's surface and white feeder roots can be seen, remove the plant from the tuber and plant it into a standard container. Place the lily in the outdoor pond when the minimum water temperature is 70 degrees F or more.

If the pond has an inch or more accumulation of silt, leaves or debris, the pond requires cleaning. Place some of the original pond water into a holding tank for the fish. Cover it so fish don't jump out. Remove the remaining water from the pond. Remove and cover plants with wet newspaper or other moist material and place the plants in a shady location. After all the water is removed, scrub the pool floor with a stiff brush and water. Leave the algae growing on the side of pool. Rinse the pool and drain once

*continued on page 12*

## Household invaders

It is once again the time when insects inadvertently enter homes and buildings from the surrounding landscape. Common accidental invaders include boxelder bugs, spiders, millipedes and elm leaf beetles.

Accidental invaders are generally harmless to people and property. They do not feed on people, pets, houseplants, stored products or furnishings. They cannot sting and they do not carry disease. Accidental invaders cannot reproduce indoors. They are nuisances just by their presence especially when they occur in large numbers.

The preferred management for accidental invaders is prevention; stop them before they enter the house. Typical exclusion or pest-proofing activities include use of tight-fitting doors and windows; sealing openings and cracks around pipes, wires, windows, doors, chimneys and foundations; repairing or replacing window, door and vent screens; and keeping siding, eaves and soffits in good repair.

Residual insecticide barriers can supplement pest-proofing and may be applied by a profes-

sional pest control firm or by the homeowner. Insecticide protection is short lived and may have to be repeated. Homeowners may spray permethrin, chlorpyrifos (Dursban) or diazinon around the home's exterior. Additional insecticides are available to commercial pest control operators.

Treat the southern and western sides of residences where insects are most common. Apply the insecticide according to label directions to siding, foundation, windowsills, door thresholds and to the lawn or landscape several feet from the building. Insecticides must be applied before insects begin to enter buildings to be effective (early to mid-October for boxelder bugs, millipedes and spiders).

Direct application of insecticide to clusters of insects outside on the siding and foundation may reduce the outdoor population and limit the number that will get into the house. Begin spraying as the insects congregate in late summer and repeat as necessary. The insecticides mentioned or a soapy water spray (5 tablespoons



of liquid detergent per gallon of water) can be used outside. The soap solution kills only the bugs sprayed. It has no residual effect and does not prevent others from coming to the site.

Remove insects that have already entered the home with a dustpan or vacuum. A household aerosol spray containing pyrethrin, resmethrin or other materials labeled for indoor use provides some relief, but is not a long-term solution to the problem. Aerosol sprays do not control concealed pests. Use insecticides indoors sparingly.

Insects that emerge from overwintering sites inside a home during winter and spring, all entered the building the previous fall. They did not reproduce indoors. Unfortunately, there is no practical method to control insects before they emerge. (DJ)

## Acresage Insights



## Tractor safety tips (part 10)



Tractors are one of the most important pieces of equipment on a farm, yet they are also among the most dangerous. More deaths are caused by tractors than by any other type of farm accident. It is, therefore, imperative that tractor owners routinely check their tractors and keep in mind the following safety guidelines:

If the tractor is equipped with a front-end loader, operate the tractor in a down position. When the loader bucket is up, the tractor's center of gravity moves to a higher position. This makes the tractor unstable and subject to side rollover. If the bucket must be up to complete a task, operate the tractor in a lower gear, do not turn sharply and return the bucket to the down position when possible.

Tractors are designed to tow loads from the rear hitch only. Never hitch a load to the axle or seat as this will cause the tractor to upset backwards. Always match your load to the tractor.

Tractors that are too small for the load will have problems stopping once the load begins to move. If the tractor needs extra weight for balance, add front weights as necessary. Balance the weight of the load on the trailing implement in order to minimize the stress at the hitch point.

Only hitch equipment to the tractor at the draw bar unless the equipment has been specifically designed to attach to the three-point hitch. Draw bars can be attached to the lower arms of the three-point hitch. Inadvertently, the three-point could be raised increasing the potential for a rear rollover. Attaching equipment higher than the draw bar can produce enough torque to cause it to roll over to the rear. (DJ)

## Transplanting peonies

The peony has been a popular perennial in American gardens since the 1800's. The peony is hardy, dependable, long-lived and easy to grow. Gardeners value the peony for its large, colorful flowers in spring and attractive, season-long foliage.

Peonies can be left undisturbed in the garden for many years. Occasionally, however, it becomes necessary to move established plants. Peonies shaded by large trees or shrubs bloom poorly and should be moved to a sunny site. The redesign of a perennial bed or border may require moving the peonies. Large, old plants may become overcrowded and flower

poorly. Large, poorly blooming peonies should be dug, divided and transplanted to improve performance.

Moving established plants is a simple procedure. Cut the peony stems near ground level in September. Then carefully dig around and under each plant. Try to retain as much of the root system as possible. Promptly replant the peony in a sunny, well-drained site.

Division of large peony clumps requires a few additional steps. After digging up the plant, gently shake the clump to remove loose soil from the root

*continued on page 12*

## Learn at your convenience

—24 hours a day, 7 days a week—

### NUFACTS (audio) Information Center

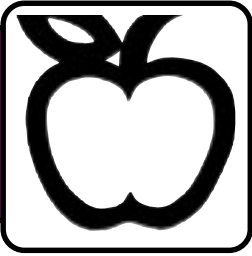
NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

### Acresage & Small Farm Insights Web Site

Visit our Internet web site at: <http://www.ianr.unl.edu/ianr/dodge/acresage/index.htm> to learn about Extension programs, publications and links to other acresage and small farm information.

### "Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

October is Popcorn Poppin' Month. Did you know Nebraska has consistently ranked in the top two states in the nation in popcorn production. Nutritious, low calorie and crunchy, popcorn naturally appeals to all ages. Enjoy this recipe from the Popcorn Board. For more popcorn recipes and information, check the Popcorn Board's web site at: [www.popcorn.org](http://www.popcorn.org)

### Cheery Cherry Popcorn

- 2 1/2 quarts air-popped popcorn
- Butter flavored spray (like PAM)
- 1 package cherry flavored gelatin

Put popcorn into a very large bowl and spray lightly with butter flavored oil. Sprinkle with gelatin. Put in 350 degree oven for five minutes. Gelatin will dissolve slightly and stick to the popcorn. (AH)

## Consider non-food treats for halloween

"Offering nonfood treats benefits not only the Halloween doorbell ringer, but the treater as well" advises Pat Kendall, Food Science and Human Nutrition Specialist, Colorado State University Cooperative Extension.

Why? Because there is no leftover candy sitting around saying "Eat me!" Just box up the favors not given out and save them for next year recommends Kendall. Here are some non-food treats suggested by Kendall: pencils, erasers, stickers, miniature toys, crayons, and rubber spiders or worms.

Check the party favor section at supermarkets, discount stores and other stores for

additional ideas for small non-food treats. One mother in a discussion group on the Internet said she gave quarters wrapped in plastic wrap and tied with orange ribbon. They were suitable for all ages and no one was disappointed.

Kendall goes on to advise if the idea of nonfood treats doesn't grab a person's fancy, to consider a less sweet alternative such as juice box packages, small packages of nuts or raisins, and coupons good at local fast food establishments. Another possibility from Kendall is a package of instant cocoa mix the trick-or-treaters can enjoy after a chilly night out!



## Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

### Q: What causes popcorn to pop?

**A:** According to the Popcorn Board: "Popcorn's ability to pop lies in the fact that the kernels contain a small amount of water stored in a circle of soft starch inside the hard outer casing. When heated, the water expands, creating pressure within, until eventually the casing gives way, and the kernels explode and pop, allowing the water to escape as steam, turning the kernels inside out."

### Q: Is there anything I can do if popcorn has lost its pop?

**A:** If your popcorn does not pop into fluffy, crunchy kernels, it may have lost some of its moisture according to the Popcorn Board. The Board suggests: rejuvenate popcorn by filling a 1-quart jar 3/4 full with popcorn. Add one tablespoon of water. Cover and shake every five to 10 minutes until all the water is absorbed. In two to four days it should be perfect for popping. (AH)

## Modified food guide pyramid for ages 70+

Older adults looking for some good advice about foods to meet their needs as they grow older soon may not need look much farther. A group of researchers at the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University have developed a modified food guide pyramid especially for people over age 70.

The pyramid is designed for healthy, independent living adults looking for some guidance on food choices to help them stay healthy. As individuals grow older, they often find they can't eat as they once did. Energy needs decrease but the need for vitamins, minerals and protein is pretty much the same as in younger days, if not higher in some cases. The modified food pyramid for adults over age 70 still follows basic dietary principles :

- eat a variety of foods;
- choose foods from all of the food groups; and
- balance food intake with physical activity.

In addition to these basic principles the modified pyramid

suggests that a "supplement" flag be added at the very top of the pyramid, and that eight or more servings of water will make up the base of the pyramid. The "supplement" flag brings attention to the need for nutrients such as calcium, vitamin D and vitamin B12 that may be harder to get as a person ages.

The recommended servings within each food group have been adjusted for older adults to better match their energy needs while maintaining adequate nutrient intakes. The modified pyramid recommends the following number of servings for the older adult:

- 6 servings of bread, fortified cereal rice and pasta
- 3 servings of vegetables
- 2 servings of fruits
- 3 servings of milk, yogurt and cheese
- 2 servings of meat, poultry, fish, dry beans, eggs and nuts

Older adults also are encouraged to consider primarily whole grain, enriched or fortified foods from the bread, cereal, rice and pasta group. To make additional gains in fiber intake, food choices from vegetables and

fruits should include the whole product more often than juices. Fruits and vegetables of deeper color also will be richer in vitamins and minerals and would make good selections.

Along with encouraging a higher fiber intake is a strong recommendation to get more fluids. Fluid needs can vary depending on the older adult's level of physical activity, use of medications and kidney function. One thing is certain—the thirst mechanism isn't a good indicator for when to take a drink because older persons don't always easily detect their thirst. The modified pyramid for older adults advocates at least eight glasses of fluid daily. Coffee, tea and alcohol shouldn't be a major portion of the fluid intake.

**SOURCES:** Linda Boeckner, Ph.D., R.D., nutrition specialist, NU/IANR; Russell RM, Rasmussen H and Lichtenstein AH. "Modified food guide pyramid for people over seventy years of age." J. Nutr. 129751-753, 1999. (AH)

## Kids in the kitchen

Children like helping in the kitchen and are often more willing to eat foods they help prepare. It's important that you give kitchen tasks appropriate for a child's age. Here are some recommendations that the U.S. Dept. of Agriculture gives in its materials on the Food Guide Pyramid for Young Children.

Remember: Children have to be shown how to do these activities. Each child has his or her own pace for learning, so give it time and the skills will come. Expect a few spills — it's a small price to pay for helping your children become comfortable around food.

**2-year-olds:** wipe table tops; scrub vegetables; tear lettuce or greens; break cauliflower; snap green beans; wash salad greens; play with utensils; bring ingredients from one place to another.

**3-year-olds:** can do what 2-year-olds do, plus . . . wrap potatoes in foil for baking; knead and shape yeast dough; pour liquids; mix ingredients; shake liquids in covered container; spread soft spreads; place things in trash.

**4-year-olds:** Can do all that 2- and 3-years-olds do, plus . . .

peel oranges or hard cooked eggs; move hands to form round shape; cut parsley or green onions with dull scissors; mash bananas using fork; set table.



**5- to 6-year-olds:** Can do all that 2-, 3-, and 4-years-olds do, plus . . . measure ingredients, cut with blunt knife, use a manual egg beater.

When your child is helping you with food preparation, remember to stress handwashing. Wash hands using soap and warm running water before and after handling food or utensils to prepare food.

## Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a supplementary copy of reproduction-ready handwashing activities. This activity can be used with any number of people.

Call Alice Henneman at 441-7180 to check out the Clean Hands Kit and receive about 15 minutes of training on using it. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. (AH)



**YOUR information center... around the clock**

### NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

- 376 How to Soften Brown Sugar
- 380 Substituting Milk for Water in Cooking
- 385 Don't Use Rusty Pans

and many more...

### Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry: [www.lanco.unl.edu/food](http://www.lanco.unl.edu/food)

### FREE monthly Food Relections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)

### Diabetes Study Course

Call Alice Henneman (441-7180) for more information.

# Jean's Journal

Jean Wheelock  
FCE Council Chair



October is such a beautiful month with a variety of colors in reds, oranges, scarlets, tans and browns everywhere we look. What a perfect time of the year to go outside for a nature walk just to inhale fresh air and invigorate our being. There is a hidden treasure right here in your own backyard that many people have yet to discover. It is the Pioneers Park Nature Center located in the southwest corner of Pioneers Park. The park is located at Coddington and West Van Dorn Streets. We have 360 acres with six miles of hiking trails throughout the nature center. You can choose to walk in the prairie and enjoy the beauty of the tall grasses or meander through the woods watching the squirrels as they get ready for the coming winter season. If you enjoy watching

birds, this is the place to be, especially now with migration in full swing.

They are open year round, except Christmas and New Year's Day and there is no admission fee. The mission is to interpret the natural history of Nebraska and the Central Great Plains; to promote the enjoyment, appreciation and awareness of our natural environment; to practice and foster a conservation ethic; and to provide a sanctuary for wildlife and a peaceful retreat for people of all ages. The annual spooktacular event scheduled for October 28, 29 and 30 is a time to walk the candle lit trails with the aid of a silly costumed character as you go from station to station to learn about the goings on of nature from other costumed characters.

Another fun family event is their hayrack rides on the

weekends now through November. December 11 will be the winter songfest singing songs of the season as you walk through the woods. They offer programs on owls, the night skies, birds and nature crafts. Some of the programs are for a child/adult team, children only or adults only. There is a fee for these programs and they ask you to call 441-7895 for information.

At our Achievement Day celebration recognition of 60 years of service to FCE was presented to Stella Maye Ehlers; 50 years of service to Winona Ketelhut, Phyllis Speidel, Junerose Kayser and Eleanor Cyr. Congratulations to all of you. What a wealth of knowledge these lovely ladies have to share with all of us. Many thanks to Janis Kenning, "The Pencil Lady", for a fun presentation on her pencil collection.

## - FCE News -

### The Family and Community Education (FCE) leader training lessons for 2000 are:

- Herbal Remedies, January 6
- Indoor Air Quality...Be Safe...Prevent Accidental Poisonings, January 25
- Becoming Financially Fit, February 22
- Heart Healthy Foods that Help You Keep on Ticking, March 28
- Is It Alzheimers?, September 26

All leader training lessons will be given at 1 p.m. If you are interested in these trainings, call the extension office at 441-7180 to register so we can have a supply of materials. Lessons are open to anyone interested in these areas.

Study lessons that are also available are:

- Bridging the Miles: Long Distance Families
- Healthy Meals
- Home Ventilation
- Managing Mold and Mildew in the Home
- Parents Again: Grandparents Becoming "Grand" Parents
- Shopping via Telephone and Television
- When a Loved One or Dear Friend Dies (LB)

# NU Family Week activities

Lancaster County Extension will broadcast two video conferences during the week of November 8<sup>th</sup> in celebration of NU Family Week. Each conference will include a satellite delivered presentation, local discussion groups, a state-wide call-in discussion and a satellite wrap-up.

### Video Conference One

#### Raising Successful Kids

November 8

7:30-9 p.m.

Lancaster Extension Education Center

Parents want their children to be successful and have a happy childhood. There is not a prescription for raising such children, but there are tools and common sense approaches that are being used by many parents. Learn what University of Nebraska experts are finding from research and listen to parents and children who seem to be "doing things right." Some of the topics to be discussed are:

- using a child's interests to help him or her develop;
- responding to an active child versus a quiet child;
- passing on goals and values to a child;
- the impact sports and activities have on children; and
- how family stress and changes affect children.

### Video Conference Two

#### Being in the Middle—The Sandwich Generation

November 9

7:30-9 p.m.

Lancaster Extension Education Center

It has been described in a variety of ways; being in the middle, the sandwich generation and sometimes the "hoggie" generation, with three or four generations involved. Adult children are finding themselves taking care of their children and looking after their parents. People are living longer. Balancing the needs of children, parents and yourself is often a struggle that needs to be discussed openly and frankly. If you are in between, then you should join us. We will discuss:

- Getting ahead of the situation before it becomes a crisis;
- Working with your siblings;
- improving communication between all family members; and
- finding support from relatives, friends and community.



continued on page 11

## Family Living



### HOUSEHOLD HINTS



by Lorene Bartos, Extension Educator

#### Paint removal from fabrics

To remove paint from fabrics, the treatment depends on whether the paint is water or oil-based. For water-based paints, rinse the soiled area in warm water, then launder. Removal must be done while the paint is still wet; when dry, water-based paints become permanent. For oil-based paints, check the paint can label, then use the same solvent recommended as a paint thinner. If there is no label, use turpentine. Always test on an inconspicuous area of the garment first. Rinse, then pretreat with a prewash stain remover, bar soap or laundry detergent. Rinse again, then launder. (LB)

## AARP offers 55 Alive — Mature Driver Course

If your driver's license expires in 2000 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, December 14 and Wednesday, December 15, 9 a.m. to 2 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

## Character Counts! Corner

### An evening Character Counts! workshop

A Character Counts! workshop to qualify people to use the Character Counts! curriculum or to find out more about the program has been scheduled for all interested persons in the community.

When? Thursday, October 28

Time? 6-9 p.m.

Where? Lancaster Extension Education Center

Cost? \$5 per person (4-H organizational leaders will receive complimentary registration)

To Register? Call 441-7180. Payment can be made the evening of the workshop.

For more information, ask for LaDeane or Lorene at 441-7180. (LJ)

### Character Counts! tip

LaDeane Jha  
Extension Educator

A character-based decision making model:

In about 90% of the ethical problems we face we know what we should do. The real question is whether we are willing to do the right thing when it is likely to cost more than we want to pay.

When making ethical decisions think about the following:

1. Ethical decisions take into account the interest and well-being of all persons likely to be affected by your actions. ("stakeholders")
2. Ethical decisions put the core ethical values of trustworthiness, respect, responsibility, fairness, caring and citizenship above others.
3. If it is clearly necessary to violate one core ethical value to honor another core ethical value, do the thing that you sincerely believe will produce the greatest amount of good in the long run. (LJ)







## 4-H & Youth

# 4-H Bulletin Board

• Just a reminder—4-H leaders, remember to check your 4-H club's mailbox at the extension office. Also, there are fair ribbons, comment sheets and exhibits that need to be picked up. (TK)

• Teen Council meeting is Sunday, November 14, 3-5 p.m. All teens interested in joining Teen Council are invited to attend or call Tracy at 441-7180. See you there! (TK)

• 4-H Ambassadors will meet Sunday, November 14, 2 p.m. (LB)

## 4-H CAN Fight Hunger Food Hunger Campaign



Help fight hunger in the Southeast District by supporting the 4-H Youth Advisory Council's 4-H CAN Fight Food Hunger Campaign. Collect donated food now until December 15 and donate it to a charity of your 4-H club's choice. You can also bring it to the extension office and we will donate it to the food pantry. Please report to Tracy the total weight of the food collected, the number of 4-H'ers working on the project and the approximate number of hours worked on the project. Call Tracy at 441-7180 for more information and for 4-H CAN Fight Hunger promotional material. (TK)

## Lancaster County Born and Raised beef

November will be here before you know it. As you pick out those special market animals, keep in mind the Lancaster County Born and Raised contest that is held each year at the county fair to help promote Lancaster County beef.



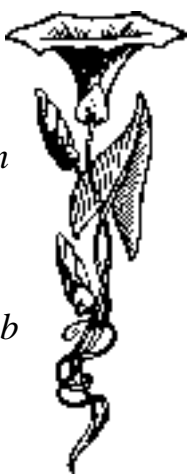
The Lancaster County Born and Raised contest is open to all market beef born and raised in Lancaster County. This calf can be one from your own herd or one you bought from someone else in the county.

If the calf is purchased from a cattle breeder, all you have to do is have a copy of the bill of sale showing the origin of the calf. If the calf was home raised, a written statement that the calf was born and raised in Lancaster County needs to be turned in, signed by a parent or guardian.

Entries for this contest are taken at check in at county fair. If you have any questions, call the extension office. (DK)



*Our sincere sympathy is extended to the family of Amy Countryman in their time of sorrow and loss. Amy was a member of the Wee Amigos 4-H Club and was killed in a car accident Friday, September 24.*



## Community service opportunities

### Kiwanis Pancake Festival

Lincoln Center Kiwanis, a strong supporter of the 4-H program, is looking for help at their Pancake Festival, Thursday, November 4, 4-8 p.m. For more information on helping anytime during those hours, call Lorene at 441-7180.

### Holiday Gifts

Holiday gifts needed. There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for 3 and 4 year old children. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed.

If gifts are wrapped, please indicate what the item is, the cost (\$3-\$4 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by December 1.

For more information, contact Lorene at 441-7180. This is an excellent community service program for 4-H, FCE and other community clubs. Individuals may also participate.

### Quilt and craft supplies needed at Senior Centers

Cotton and knit fabric for quilts, clean, old nylons for stuffing quilts, lace and yarn are needed. If you would like to help with the project, call Lorene at 441-7180 or drop off the items at the extension office. (LB)

## The Wittstruck award

On Tuesday, August 10, Horse Achievement night was held to honor all horse exhibitors who showed at this year's Lancaster County Fair. At the end of the evening, the Wittstruck trophy was given to the "all-around champion individual". The award is given to the exhibitor with the most points, with points being based on the results of six classes chosen by the exhibitor. Riders must ride from at least three of four categories of classes, with showmanship mandatory.

This year's Wittstruck award winner was Josh Blum, son of Gary and Lori Blum, of Malcolm. Josh is a member of the Ropes 'n Riggins 4-H Horse Club. He was also the winner of the Franklyn Manning Barrel Racing award for the fastest time in barrels at this year's fair. Congratulations Josh! (EK)



## America Recycles Day Sunday, November 15, 1999

The theme for the third annual America Recycles Day is "For Our Children's Future...Buy Recycled Today." Maybe you're already putting plastic bottles in your recycling bin. But did you know that you may be wearing them or walking on them?

Some t-shirts are made from EcoSpun, a fiber made completely from recycled plastic soda bottles. Recycled milk bottles, tires, diapers, cardboard, soda bottles and more are used to make shoes. And some writing papers are made from recycled blue jeans or old money.

So—celebrate America Recycles Day all year around by closing the loop and buying recycled products. (ALH)

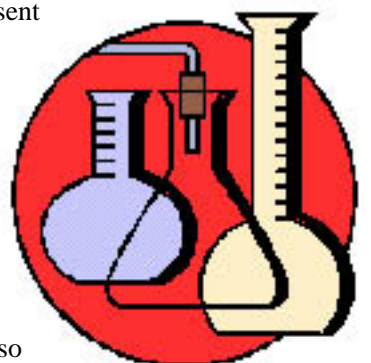


## Top awards for Family and Consumer Science Contest participants

Congratulations to the following individuals who were chosen to represent Lancaster County at the 1999 State Family and Consumer Sciences Contest. They exhibited knowledge and decision-making abilities in being chosen for this event.

Laura Conroy, daughter of Thomas and Kathleen Conroy, was a Top 10 Individual in the Senior Division, receiving 5<sup>th</sup> place. 183 contestants participated in this division.

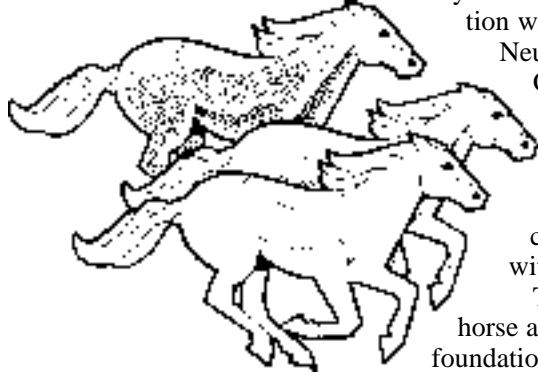
The Intermediate Division Team was awarded 1<sup>st</sup> place out of 31 teams. The team consisted of Rachel Carlson, daughter of Randy and Rebecca Carlson, Andrew Kabes, son of Dale and Marilee Kabes, and Emily Veburg, daughter of Gene and Charlotte Veburg. Rachel Carlson was a Top 10 Individual, receiving 7<sup>th</sup> place and Andrew Kabes was also a Top 10 Individual, receiving 10<sup>th</sup> place. There were 95 individuals participating in the Intermediate Division. (TK)



# HORSE BITS

## The Nebraska Horse Conference

The Nebraska Horse Conference will be held at the Animal Science Complex on East Campus, University of Nebraska, Saturday, October 23, 8 a.m. Keynote presentation will be given by Bryan Neubert of Alturas, California. Mr.



Neubert has been a cowboy on several large ranches in California and Nevada. By "thinking about the horse from the horses' point of view" he was able to perfect his observational skills and horse-handling techniques while working on ranches as well as working with mustangs at government wild horse and burro adoption centers around the West. He has also done much work with the Bureau of Land Management.

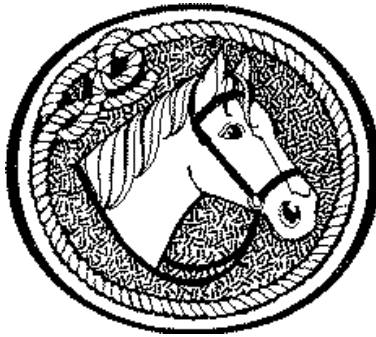
To start the conference, Bryan will take an unstarted horse and show how he communicates with him to build a foundation necessary for the rest of his young horses' life. In the afternoon, he will show basic horse handling principles, which, if applied to any horse, are a valuable learning experience for all horse people.

For more information, call Ellen at 441-7180. (EK)

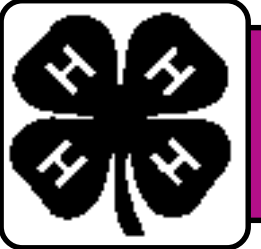
## AQHA World Championship Show

The AQHA World Championship Show will be November 7-20 in Oklahoma City. Each year more than 3,200 American Quarter Horse exhibitors from around the world compete for a championship title.

The extension office is scheduled to receive 15 passes available to any 4-H members who wish to attend the show. If you are interested in a free pass or would like to see a show schedule, contact Ellen at 441-7180. (EK)



## 4-H & Youth



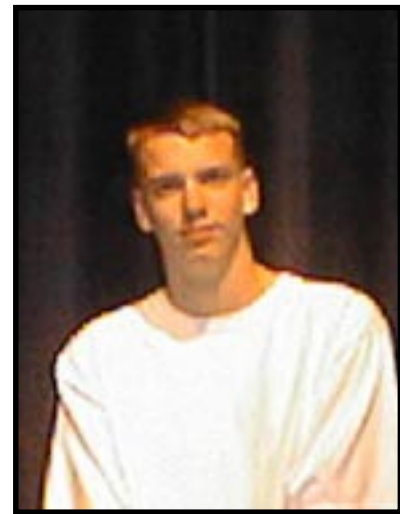
## Make a Difference Day

October 23 is Make a Difference Day. A small act of kindness can make a difference to a person, family or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at <http://www.usaweekend.com/diffday/index.html> and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes from participants). Please share your finished projects and activities with us. (TK)

## 4-H BB gun/rifle will meet

4-H BB gun/pellet rifle discipline will start practices Monday, November 8, 7 p.m. in the Lancaster Building, State Fair Park. The group will meet on Monday evenings throughout the year. If you are interested, call Gene Veburg at 421-1274 or Lorene at 441-7180 for more information. (LB)

## Lemke wins state



Bryce Lemke, son of Mark and Bonnie Lemke of Walton, won the Intermediate Livestock Judging contest at the Nebraska State Fair. Bryce competed against 112 exhibitors from across the state. Congratulations Bryce! (DK)

## Celebration of youth: creativity in textiles and design



### Fiber Art by Nebraska Youth in 4-H



Through October 21, 1999  
Robert Hillestad Textiles Gallery  
College of Human Resources and Family Sciences  
Home Economics Building-East Campus  
35<sup>th</sup> and Holdrege, Lincoln, NE  
(402) 472-2911

Gallery Hours: Monday-Friday, 10 a.m.-4 p.m.

This show is presented in recognition of the efforts of youth across Nebraska and exemplifies the artistic and creative fiber arts and textiles of youth participating at the Nebraska State Fair. The exhibit is funded by the UN-L 4-H Youth Development Office. Cooperative Extension Division in cooperation with the Department of Textiles, Clothing and Design, College of Human Resources and Family Sciences.

Visit the Gallery web site at: <http://ianrwww.unl.edu/ianr/tcd/gallery> (TK)

## CWF re-organizational meeting

The Lancaster County CWF group will have a re-organizational meeting Wednesday, November 3 starting at 7 p.m.

All youth who will be 14 years old by June, 2002 are encouraged to come and learn about the program.

If you would like more information about the CWF program, contact Deanna Karmazin at 441-7180. (DK)

## Shooting sports meeting

Youth and parents interested in shooting sports are invited to the re-organizational meeting of the Lancaster County 4-H Shooting Sports Club Monday, November 1 at 7 p.m.

Shooting sports disciplines offered through 4-H include air rifle (BB and pellet), archery, shotgun (trapshooting), small bore rifle, pellet pistol and muzzleloading. All 4-H instructors are specially certified through the University of Nebraska Cooperative Extension to focus on teaching safe and responsible use of firearm and archery equipment.

Each discipline holds practice sessions throughout the year. Youth may participate in more than one area.

If you enjoy shooting sports or would like to learn more about them, this is the club to join. New members are welcome. For additional information, call Lorene at 441-7180. (LB)



## Lancaster County placed fifth in state competition

The Lancaster County Intermediate Livestock Judging team placed fifth overall in the state livestock judging contest. Team members were Bryce Lemke, Steve Landon, Matt Hollman and Emily Johnson. (DK)



## Community Focus

### Public notice

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Three current extension board members will be completing their terms this December. These vacancies will be filled with terms beginning in January 2000.

Extension board members represent and assist University of Nebraska Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness; Strengthening Nebraska Communities; and Water Quality and Environment. The board meets monthly.

Registered Lancaster County voters interested in serving a three-year term should submit an application postmarked no later than November 1. Additional information and an application can be obtained from the Lancaster County Extension Office, 444 Cherry Creek Road, or phone 441-7180. (GB)

### Questions about water?



Water Information: Call 1-800-832-5441 (when directed, enter the topic number of the desired message)

#### Domestic Water Contaminants

- 851 Drinking Water: Bacteria
- 852 Drinking Water: Hard Water
- 853 Drinking Water: Hydrogen Sulfide
- 854 Drinking Water: Iron and Manganese
- 855 Drinking Water: Lead
- 856 Drinking Water: Man-made Chemicals
- 857 Drinking Water: Nitrate-Nitrogen
- 858 Drinking Water: Sulfates
- 859 Drinking Water: Copper
- 860 Drinking Water: Fluoride
- 861 Drinking Water: Nitrate and Blue Baby Syndrome



#### Water Quality and the Environment

- 865 Understanding Groundwater
- 866 Glossary of Water-related Terms
- 867 Best Management Practices for Agricultural Pesticides to Protect Water Quality
- 868 Plugging Abandoned Wells
- 869 Conserving Water in the Landscape
- 875 Shock Chlorination of Domestic Water Supplies

#### Water Treatment

- 801 Buying a Water Softener
- 862 Is Bottled Water Safer Than Tap Water?
- 863 Storing Water for an Emergency
- 864 Emergency Water Purification
- 876 Water Treatment Equipment: A Buyer's Guide
- 877 Water Treatment Equipment: An Overview
- 878 Water Treatment Equipment: Test Water Before Buying



## Y2K and emergency preparedness—subject of extension workshops

Tom Dorn  
Extension Educator

One second past midnight on December 31 will be the start of the year 2000 (shortened to Y2K by many people). This date will be expressed by many older computer programs as 01-01-00. The fear is, some computer programs may interpret the double zero (00) as the year 1900 instead of 2000. This may cause some computer programs to malfunction and therefore is referred to as the "Y2K bug". Programmers have been hard at work for the past several years converting date sensitive programming to a four digit year code in computer systems used by governmental departments and critical industries (medical, transportation, utilities, etc.).

There are many opinions on the severity of the Y2K problem and its effect on supplies and services that we take for granted

in everyday life. Regardless of your personal opinion on Y2K, it is a reminder to all of us to be prepared for any potential disaster. Anyone who was living in eastern Nebraska during the blizzard of October 1997 will attest to the fact that we do occasionally experience extended power outages.

The extension staff in Lancaster County believes that any preparation that people make should cover the most likely scenarios first and preparations should be done according to a list of priorities, covering the most critical needs first (such as a supply of drinking water). We also feel that money spent on Y2K emergency preparations should be for items that can be used for any emergency, either natural or man made, and for items that will be consumed even if no disaster occurs.

We are planning two evening (7 to 9:30) workshops on preparing for Y2K and other

emergencies. On Monday, November 22, we will cover Community Readiness for Y2K. What have utilities, financial institutions and governmental agencies done to protect services?

On Monday, November 29, we will cover Individual and Home Readiness for emergency situations. Topics include: water storage and emergency water purification. Will your sewer work if the power is out? Storing emergency food supplies and food preparation in an emergency situation. Suggested non-food emergency supplies and equipment. Safe sources of heat when the power is out. And how to stave off cabin fever (life without TV).

Both workshops will have relevance to people living in town as well as people living on farms and acreages. Watch for more information in the November NEBLINE. (TD)

### O Pioneers!

*O Pioneers!*, Willa Cather's epic novel of life on the Nebraska prairie one hundred years ago, will come to the Kimball Hall stage at the University of Nebraska-Lincoln this fall in the world premiere of a new opera by Tyler White, NU's Director of Orchestral Activities. Commissioned by the NU School of Music, the production represents the first operatic treatment of a full-length Cather novel.

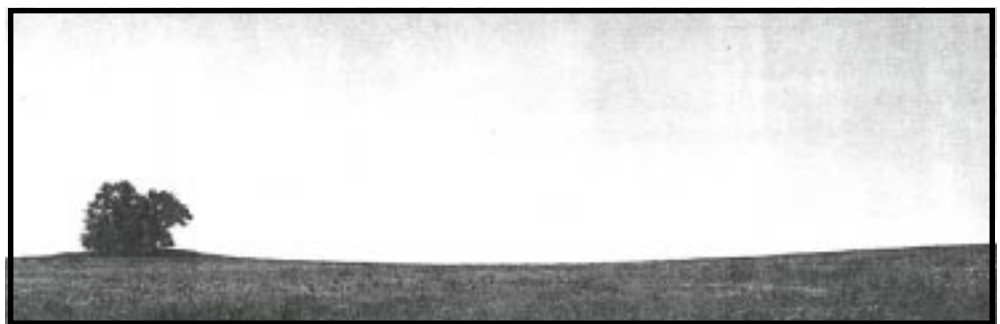
*O Pioneers!* is uniquely suited among Cather's works for this distinction since it is not only one of Cather's best-loved works but also her first novel set in Nebraska and the first of her works to gain lasting fame.

*O Pioneers!* centers on the story of Alexandra Bergson, the daughter of Swedish immigrants struggling to farm the then-

barren plains of southern Nebraska. Her belief in the power and beauty of her new country enables her to awaken the land's fruitfulness, but her success with the land may come at the cost of love and family. Crossing Alexandra's story is

style, the composer freely intersperses passages of spoken dialogue and symphonic interludes with the familiar operatic forms of aria, ensemble, and recitative.

Tyler White has been interested in Cather's works



that of her younger brother, Emil, and his hopeless illicit love for the wife of a neighboring farmer. Overarching both stories is the brooding presence of the land itself and its windswept spaces.

White's musical treatment of the story stresses both its lyricism and its drama. Working in an expansive neo-Romantic

since he, like Cather herself, moved to the Great Plains as a child. A native of Atlanta, Georgia, raised in Manhattan, Kansas, White was educated at the University of North Carolina-Chapel Hill and Cornell University. He has received commissions for the Atlanta Symphony Orchestra, Cleveland Chamber Symphony, the St. Luke's Trio, and other ensembles, as well as numerous prizes and other awards. In 1997, his cello concerto *Threnos* became the first work by a Nebraskan to win the Omaha Symphony Guild International New Music Competition. As a composer, White has two symphonies, two concertos, and numerous smaller orchestral and chamber works to his credit; *O Pioneers!* is his first opera.

*O Pioneers!* will premiere November 12<sup>th</sup> (8 p.m.) and November 14<sup>th</sup> (3 p.m.) at Kimball Hall, 11<sup>th</sup> & "R" Streets. Reserved seats are \$14 adults and \$7 students and are available at the Lied Center Box Office, 12<sup>th</sup> & "R" Streets, or call 402-472-4747. (GB)

## E.N. Thompson Forum for World Issues 1999-2000 schedule for speakers

The E. N. Thompson Forum on World Issues offers thought provoking speakers on key global issues. This provides members of our community an outstanding opportunity to increase global perspectives on issues confronting our changing world.

All lectures are presented free of charge and held at the Lied Center for Performing Arts, 12<sup>th</sup> and R Streets, Lincoln.

Upcoming presentations are as follows:

Eugenia Zukerman, Tuesday, November 9, 1999, 3:30 p.m.

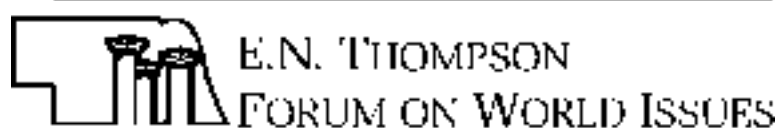
Archbishop Tutu, Tuesday, January 25, 2000, 3 or 3:30 p.m.

To be announced

Robert McNamara et al., Tuesday, February 8, 2000, 3:30 p.m.

Theo Colborn, Tuesday, March 7, 2000, 3:30 p.m.

Michael Kirby, Tuesday, April 18, 2000, 3:30 p.m. (GB)



## Responsible hunting and landowner relations

continued from page 3

field, not only for the benefit of continued hunting opportunities, but also for future generations and the perception of hunters as a whole. Here are a few ideas on how hunters can make the privilege of hunting more harmonious with landowners rights and the laws of Nebraska.

1. *Always seek and ask permission.* If a landowner is gone, come back another time, don't assume you can hunt. Also, ask permission every time you hunt a piece of ground. A landowner giving you permission a few years ago, does not mean you can hunt it whenever you want. Trespassing on someone's property not only damages the relationship with the landowner, but can also be a \$50-\$100 fine plus court costs, which makes for a very expensive pheasant. Finally, let the landowners who allow you access to their land know how much you appreciate their courtesy with maybe a gift or at least a phone call and a thank you. A fresh jar of salsa or a batch of cookies is a small price to pay for the hours of enjoyment you get from hunting.

2. *Always be courteous.* Please and thank you, really do

work. Many landowners not only complain about the violation of their property rights but also the rude attitude taken towards them. Think of your own property. How would you feel if someone walked into your front yard and picked a flower, or into your garden and took a tomato? Remember that you are a guest on someone's land and they are entitled to your best behavior during that time.

3. *Always let the landowner know who is on their property.* When you do receive permission, personal information (i.e. a business card) and a license plate number is a great way to give the landowner peace of mind. It also shows them that you will take responsibility for your actions should anything go wrong.

4. *Always obey the laws and regulations of Nebraska.* Two common violations include shooting from a road and having a loaded shotgun in a vehicle. Both are illegal. Hunters must be off the road and out of the right-of-way to hunt. Many hunters have been tempted to take game that they see from the road, but this ill-conceived act not only violates Nebraska laws, but also

damages the relationship between hunters and the rural community.

5.) *Always be a safe hunter.* The things you were taught when you were learning to hunt, the basics of safe hunting, should always be at the forefront of any hunting excursion. The concepts that potential hunters are taught in hunter education classes, should be closely followed to ensure a safe hunting trip. Things like gun safety, adherence to laws and a cautious attitude will make hunting safe for not only the hunters involved but also the landowners and homeowners in the area that is being hunted.

Hunting is a wonderful past time, an activity that builds bonds, teaches valuable lessons and provides pleasure to many Nebraskans. The legacy from hunting should be one of mutual respect and friendship between the hunter and the landowner and it is our duty as hunters to forge that partnership and continue to develop the relationships. This can only be done if we use common sense, ethical actions when afield, sound education and information when we fellowship with others in the hunting community. (DS)



## NU Family Week activities

continued from page 7

In addition, you will learn about legal, safety and financial issues and how to deal with any related problems that arise.

This is an outstanding opportunity to interact with experts in the field and hear some of your concerns addressed. Cost is \$15 per evening per family or \$10 per evening per family if registration is submitted by November 1. Please ask about scholarships, if needed. For registration material, contact the extension office at 441-7180 or if you have additional questions ask for LaDeane.

UN Cooperative Extension in Lancaster County Extension is pleased to be one of the sites sponsoring a celebration of Nebraska Families during the week of November 8<sup>th</sup>. (LJ)



## Halloween safety tips

Trick-or-Treaters

Carry a flashlight.

Walk, don't run.

Stay on sidewalks.

Obey traffic signals.

Stay in familiar neighborhoods.

Don't cut across yards or driveways.

Make sure costumes don't drag on the ground.

Shoes should fit (even if they don't go with your costume).

Avoid wearing masks while walking from house to house.

Carry only flexible knives, swords or other props.

Wear clothing with reflective markings or tape.

Approach only houses that are lit.



### Parents

- Make your child eat dinner before setting out.
- Children should carry quarters so they can call home.
- Ideally, young children of any age should be accompanied by an adult.
- If you buy a costume, look for one made of flame-retardant material.
- Older children should know where to reach you and when to be home.
- You should know where they're going.
- Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything.
- Look at the wrapping carefully and toss out anything that looks suspect.

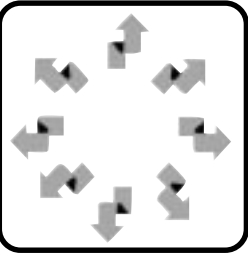
### Homeowners

- Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- Battery powered jack o'lantern candles are preferable to a real flame.
- If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing.
- Make sure paper or cloth yard decorations won't be blown into a flaming candle.
- Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be microwaved later.
- Non-food treats: plastic rings, pencils, stickers, erasers, coins.

### Drivers

- Go slow, slow, slow all evening.
- Adult Halloween party goers should have a designated driver. (LJ)

## Miscellaneous



### Jumpin' jiminy crickets

continued from page 3

chirping under the refrigerator, put a little corn meal in the center of the glue board and place it as close to the chirping sound as you can. Outside the house, a perimeter treatment can be useful. We recommend trying a granular formulation that has a corn cob base—crickets eat the bait and die pretty quickly.

Crickets are important insects in the balance of nature,

consuming vegetative material of all kinds. Some species, like mole crickets, are food for many vertebrate and invertebrate animals. When I was a kid, my grandpa said that crickets make the best live bait for panfish, even though they don't stay on the hook very well. You might try catching a few crickets and do a little fall fishing! (BPO)



## Peer pressure and teens

Peer pressure is overrated as a negative influence in the lives of children. In fact, it can be a positive force. Generally, adolescents choose friends with similar values and tastes to theirs; however, parents still retain the major influence over the child's life. Research shows that parents who monitor their children can help prevent a number of risky behaviors, including alcohol use, sexual activity, delinquency and other misconduct that may be influenced by peers. Monitoring also gives children the message that with increasing privileges comes increasing responsibilities.

Parental monitoring means establishing guidelines and limits for your child in order to keep track of what is going on in his or her social world. It means knowing:

Where your kids are.

Who they are with.

What kinds of activities have been planned.

How they will get there and back again.

Parental monitoring also means making expectations clear with the child about what to do in an emergency. But parental monitoring does not mean demanding obedience, attempting to control a child's choices and behavior, or imposing a parent's will on the child.

While children may complain that parents "don't trust them" or that they are being unreasonable,

there is security in knowing that parents care enough to ask. Parents need to understand that monitoring is an important right and responsibility of parenting.

If you wait until the teen years to begin monitoring it will feel too much like you are trying to control them. Teens will turn the issue into a power struggle. So start monitoring children early in ways that are age appropriate. This will help children accept this as a part of life. Teenagers need increasing freedom to begin their road to independence and they need parents who monitor their behavior in a respectful and appropriate way. Starting early may be the best strategy, but it is never too late to begin.

Since you cannot always be around to monitor children, family rules will help parents monitor their children when they are out of sight. A phone call to a parent at home or at work at an agreed-upon time or when plans change will help parents know where their children are. If the parent is not available by phone, a neighbor or relative can serve as the connection.

The most effective remedy for negative peer pressure is effective parents who set high standards and are demanding but wrap this approach with warmth, love and involvement. (LJ)

## Lancaster County Extension office welcomes new employee

Karen Wobig began working at Lancaster County Extension as an Extension Assistant with NEP on September 7. She will be working with Lincoln Housing Authority and Head Start families, Lincoln Public Schools, WIC programs and various groups and individuals. She grew up on a farm in northeast Nebraska, but has lived in Lincoln since 1973, receiving both her Bachelors and Masters degrees in Human Development and the Family from UNL. Karen and her husband Randy have a 12 year old daughter, Sarah. (MB)



# The NEBLINE

Nebraska Cooperative Extension  
Newsletter  
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

**NOTICE:** All programs and events listed in this newsletter will be held at the Lancaster Extension Education 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.

- Mary Abbott, Extension Assistant
- Lorene Bartos, Extension Educator
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Linda Detsauer, Nutrition Advisor
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Assistant
- Arlene Hanna, Extension Associate
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Ellen Kraft, Extension Assistant
- Tracy Kulm, Extension Assistant
- Deanna Karmazin, Extension Assistant
- Mary Kolar, Publication & Resource Assistant
- Mary Jane McReynolds, Extension Assistant
- Nobuko Nyman, Nutrition Advisor
- Barb Ogg, Extension Educator
- Sondra Phillips, Nutrition Advisor
- Warder Shires, Extension Educator
- David Smith, Extension Technologist
- Marilyn Waldron, Nutrition Advisor
- Jim Wies, Extension Assistant
- Karen Wobig, Extension Assistant



# Extension Calendar

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

- October 14**  
4-H Rabbit VIPs Meeting ..... 7 p.m.
- October 15**  
4-H Awards Books and Scholarships Due
- October 23**  
Make A Difference Day
- October 26**  
Character Counts! Training ..... 9 a.m.-noon and 1-4 p.m.  
Raising Successful Children & Adolescents ..... 7 p.m., Ruth Staples Building
- October 28**  
Character Counts! Training ..... 6-9 p.m.
- November 1**  
Lancaster County 4-H Shooting Sports Club Re-Organizational Meeting ..... 7 p.m.  
Extension Board Applications Due
- November 2**  
4-H Council Meeting ..... 7 p.m.  
4-H Production Livestock Booster Club Meeting ..... 7:30 p.m.
- November 3**  
CWF Re-Organizational Meeting ..... 7 p.m.
- November 8 & 9**  
NU Family Week Seminars ..... 7:30 - 9:00 p.m.
- November 10**  
Horse VIPs Meeting ..... 7 p.m.
- November 14**  
4-H Ambassador Meeting ..... 2 p.m.  
4-H Teen Council Meeting ..... 3-5 p.m.
- November 15**  
America Recycles Day  
Extension Board Meeting ..... 6 p.m.
- November 18  
Rabbit VIPs Meeting ..... 7 p.m.
- November 22**  
Emergency Preparedness Workshop Focus: Community Readiness for Y2K ..... 7- 9:30 p.m.
- November 29**  
Emergency Preparedness Workshop Focus: Individual and Home Readiness ..... 7- 9:30 p.m.

### Phone numbers & addresses:

- Office (leave message after hours) ..... 441-7180
- After hours ..... 441-7170
- FAX ..... 441-7148
- COMPOSTING HOTLINE ..... 441-7139
- NUFACTS INFORMATION CENTER ..... 441-7188
- EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
- WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday**

## Raising successful children and adolescents

Join Drs. Lisa Crockett, Marcela Raffaelli and Gustavo Carlo for an informal panel discussion on issues of interest to parents on Tuesday, October 26. This event is free to the public and hosted by the Department of Psychology at UNL. Listen to the experts talk about tough issues such as peer and family influence and promoting positive behavior. Refreshments and child care provided (RSVP to 472-0737 if you are bringing children).

Date: Tuesday, October 26 at 7:00 p.m.  
Location: Ruth Staples Building (35<sup>th</sup> and Fair Street; UNL East Campus) (LJ)



### Fall and winter care of water gardens

*continued from page 5*

again. Fill the pool with fresh water and allow the chlorine to evaporate and water temperature to stabilize. Blend the new pond water with water in the holding tank until its water temperature is within 3 degrees F of the pond water. Release your fish and

scavengers into the pool. Divide and repot those plants that need it and put them back in the pool or store them in a frost free area for winter.

Water gardens are a beautiful addition to the home landscape. However, they are not a

low maintenance addition. For a lower maintenance water garden, select only hardy species and install a pond that is deep enough for overwintering plant material. Installing a water heater is also an excellent alternative. (DJ)



### Transplanting peonies

*continued from page 5*

system. Using a sharp knife, divide the clump into sections. Each section should have at least three to five buds (eyes) and a good portion of the root system.

Peonies perform best in full sun and well-drained soils. When selecting a planting site, choose an area that receives full sun. Avoid shady areas near large trees and shrubs. Poorly drained soils can often be improved by working in large amounts of compost or peat.

When planting peonies, dig

a hole large enough for the entire root system. Place the peony plant in the hole so the buds are no more than one inch below the soil surface. (Peonies often fail to bloom satisfactorily if the buds are more than two inches deep.) Fill the hole with soil, firming the soil around the plant as you backfill. Then water thoroughly.

In late fall (November), apply a two to four inch layer of mulch over the newly planted peonies. Straw is an excellent

mulch. Mulching will prevent repeated freezing and thawing of the soil during the winter months that could damage the plants. Remove the mulch in early spring before growth begins.

Transplanted peonies will not bloom well the first spring. In fact, it's advisable to remove any flower buds that form the first year to maximize plant growth. Transplanted peonies should bloom well by the third or fourth year. (DJ)



## Nebline Feedback

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

1. Change your address or order a subscription (*please print*)
2. Submit general comments and/or story ideas

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

- Order subscription (*free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065*)
- Change of Address

Comments \_\_\_\_\_

Story Idea(s) \_\_\_\_\_

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