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The NEBLINE, August 2002

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4-H School Enrichment in Action!

Arlene Hanna
Extension Associate

Science is a part of our everyday lives. It's everywhere and for everyone! 4-H School Enrichment offers six science-based projects to students and teachers in Lancaster County.

Science helps us gather facts, think critically and make the right decision. We learn to use our senses to obtain information about ourselves and the world around us. We can communicate with one another. We predict the future by using past observations. We investigate, interpret and make conclusions, then evaluate. These steps are all part of the science process. It's science in action!

Elementary grades are a good time for capturing children's interest in science. Lancaster County youth development programs and 4-H School Enrichment are doing their part to educate students in science. In school year 2001-2002, 18,514 Lancaster County youngsters participated in 4-H School Enrichment science programs.

GARBOLOGY welcomes second graders to the world of trash and the three R's: Reduce, Reuse, Recycle. Youngsters develop an increased awareness of garbage—where it comes from and where it goes, the problems it presents and possible solutions. Students make a dump and then a landfill. What is the difference? Do you know? They learn about littering, composting, packaging. They make paper and complete a recycling science



In 4-H School Enrichment Embryology, third grade students watched chicks hatch in the classroom.

project.

As a core subject in the science curriculum of the Lincoln Public Schools, all second graders are mandated to learn the lessons taught in Garbology and are tested on knowledge gained from the program. The hands-on/heads-on activities in this curriculum meet the National and Nebraska Learning Standards of Excellence.

"This is fun," said Jake from Lakeview Elementary. "I like to smash the cans I recycle. They're made into new cans, you know."

Students from Elliott Elementary have learned how worms can eat their garbage.

"We put special worms called red wigglers in this box

and they eat our lettuce, banana peels and other stuff. Then they poop or make stuff called castings and we can use this to help our plants grow," explained Amanda.

Yes indeed! About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. The castings can be added to potting or garden soil for richer plantings. These youngsters are learning about a new way to compost called **VERMICOMPOSTING**.

If you've been in a third grade classroom lately, you've probably heard about hatching baby chicks. **EMBRYOLOGY** was voted the favorite thing we did in third grade. The miracle of life unfolds as students study life cycles. Youngsters and teachers

are responsible for the care of fertile eggs throughout the 21-day incubation period, then the baby chicks hatch.

"We're pretty excited when those chicks hatch. This is a tremendous character building unit — teaching responsibility and so on. We hardly get anything else done these few weeks," said a teacher at St. Joseph's Catholic School.

Embryology is a core subject in the science program of the Lincoln Public Schools and meets the National and Nebraska Learning Standards of Excellence. Students are tested on information gained in this project.

see 4-H SCHOOL ENRICHMENT on page 11

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Bugged by Pests?

UNL Cooperative Extension in Lancaster County has **ANSWERS!**

- Insects, Spiders, Mice & More
- Gardening
- Agriculture & Acreage
- Food Safety & Nutrition
- Family Living
- Home & Community
- and much more!!

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NEP/4-H School Enrichment Participants Eat Healthier

"I am going to wash my hands longer and start eating healthier meals and handle my food more carefully," signed, Your Germ Buster Friend, Drew. This is just one example of the many positive changes which Lincoln Public School (LPS) students are making as a result of the **NUTRITION EDUCATION PROGRAM (NEP)/4-H SCHOOL ENRICHMENT** program, designed for income-eligible schools.

With funding from the USDA Food Stamp Nutrition Education Program, Lancaster County NEP staff developed teacher

see NEP on page 11



Students make "Yummy Bugs," a healthy snack made with ingredients from three food groups.

A Community of Character!

CHARACTER COUNTS! is a project of the Josephson Institute of Ethics which teaches youth ages 4-18 the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship. In Nebraska, Character Counts! was initiated by the state's 4-H program in 1996 and is coordinated through cooperative extension in many instances. In 1999, Character Counts! was set to Nebraska state standards for schools.

Currently, more than 45 public and private schools in Lancaster County have implemented Character Counts!



Character Counts! teaches students to be TeRRiFCC (Trustworthy, Respectful, Responsible, Fair, Caring, and good Citizens).

see CHARACTER COUNTS! on page 11

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road - Suite A
Lincoln, Nebraska 68526-1507

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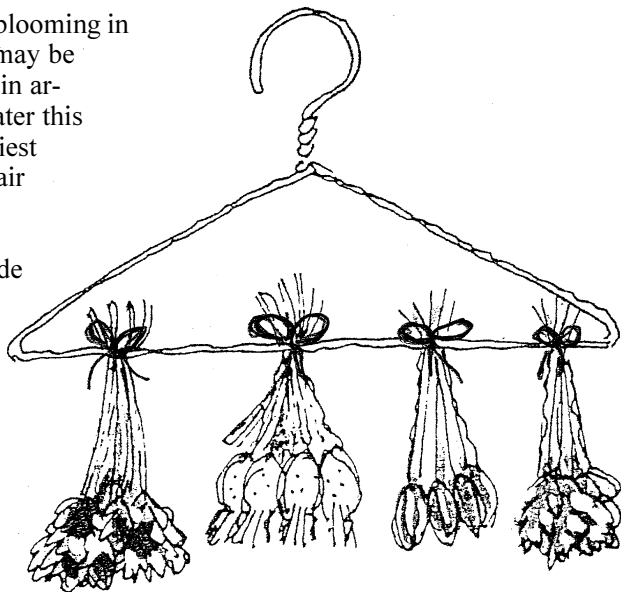


Horticulture

Perennials with Colorful Foliage

An Easy Way To Dry Flowers

Flowers blooming in your garden may be dried for use in arrangements later this year. The easiest method is to air dry plants by hanging bunches upside down in a dark, dry, well-ventilated area, such as a closet or attic. Select flowers that are near their peak of maturity.



Remove unnecessary foliage and gather the flowers by their stems into small bunches. Wrap a rubber band around the end of the stems and with the last loop, attach the stems to a hanger. The drying process is complete in three to five weeks.

Annual flowers suitable for hang drying include celosia (*Celosia cristata* or *plumosa*), larkspur (*Consolida ambigua*), globe amaranth (*Gomphrena globosa*), strawflower (*Helichrysum bracteatum*), statice (*Limonium sinuatum*) and blue salvia (*Salvia farinacea*).

Try the following **perennials**: yarrow (*Achillea* spp.), ornamental onion (*Allium* spp.), delphinium (*Delphinium x cultorum*), German statice

(*Goniolimon talaricum*), baby's breath (*Gypsophila paniculata*), coral bells (*Huchera sanguinea*), lavender (*Lavandula angustifolia*), liatris (*Liatris pycnostachya*), sea lavender (*Limonium latifolium*), Chinese lantern (*Physalis alkekengi*) and rose (*Rosa* spp.).

Wildflowers are also popular to dry. Try milkweed (*Asclepias syriaca*), shepherd's purse (*Capsella bursa-pastoris*), Queen Anne's lace (*Daucus carsta*), dock (*Rumex acetosa*), goldenrod (*Solidago* spp.) and cattails (*Typha* spp.).

Do not be afraid to experiment with flowers not listed here. Be creative and have fun with this project. (MJF)

Most perennials are grown for their attractive flowers. They bloom for a few days or weeks, but are green, unassuming plants during the remainder of the growing season. There are, however, some perennials that have colorful foliage. These perennials add color to the garden from spring to fall. The following is a partial list of perennials that have attractive foliage.

Hostas are a favorite foliage perennial. There are hundreds of hosta varieties. The varieties differ in leaf color, leaf shape, plant size and flower color. The foliage may be green, blue, gold or variegated. The leaves may be long and narrow, nearly round or heart-shaped. Hosta varieties vary in height from two to three inches to three to four feet. Flowers may be white, blue or purple. Some varieties have fragrant flowers.

Lungworts or pulmonarias are clump-forming perennials that possess distinctive white or silver spots on their foliage. Lungworts do best in partial to heavy shade.

Sedums are fleshy-leaved perennials that are grown chiefly for their late summer bloom. However, several varieties have colorful foliage. Sedums are easy to grow, tolerate dry conditions and have few pests. They perform best in full sun



Penstemon digitalis 'Husker Red'

and well-drained soils.

A perennial with burgundy foliage is **Penstemon digitalis 'Husker Red.'** 'Husker Red' grows two to three feet tall. It blooms in early summer. The flowers are white with a pink tinge. The foliage is burgundy or maroon-red. It does best in well-drained soils and full sun. As you might guess, 'Husker Red' was introduced by the University of Nebraska. It was selected as the 1996 Perennial Plant of the Year by the Perennial Plant Association.

Coral bells have been grown for many years for their showy flowers. In recent years, their popularity has soared due

to the introduction of several new varieties with attractive foliage. One of the most popular varieties is *Heuchera micrantha* 'Palace Purple'. In fact, it was selected as the 1991 Perennial Plant of the Year. 'Palace Purple' has maple-shaped leaves that are greenish-purple to dark purple. Plants are 15 to 18 inches tall with a similar spread. White flowers are produced in summer. Coral bells perform best in well-drained soils and partial shade to full sun.

Other perennials with colorful foliage include **snow-on-the-mountain, ajuga, lamb's ear, sage, houttuynia** and **artemisia**. (MJF)

All America Rose Selections, All Time Classics

What makes an All America Rose Selections (AARS) rose award winner a classic? That all

depends on who you ask. Even so, these five winners are mentioned again and again as gardener's all time favorites.

Peace, 1946 AARS Winner

1995 marked the 50th anniversary of the end of World War II. Also celebrating its 50th anniversary was the Peace rose, a true symbol that beauty and hope can survive even in the face of destruction. Widely regarded as "the rose of the century," Peace was the only AARS award winner in 1946. This rugged, leathery foliaged rose bears huge, yellow shaded flowers with a pink edge that last forever.

Mr. Lincoln, 1965 AARS Winner

For more than 30 years Mister Lincoln has been the gardener's rose of choice. Large, well-formed, dark red flowers bloom with an intense fragrance. This tall, robust hybrid tea is highly productive. The long-stemmed, beautiful blooms are set off by dark, green foliage and last through fall.

Queen Elizabeth, 1955 AARS Winner

Tall, stately plants are the idealization of grandifloras and Queen Elizabeth is truly the queen of this rose classification. This rose can produce an enormous display of coral shaded pink blooms. Queen Elizabeth is extremely hardy and



Peace rose

disease resistant.

Tropicana, 1963 AARS Winner

This extremely popular hybrid tea rose has been described as ranging from coral orange to red orange. Its brilliant colors are offset with dark green foliage. Not only do Tropicana's large colorful blooms last forever, but so does its intense fruity fragrance. Big pointed buds are borne on long stout stems, making Tropicana an excellent choice for cutting gardens.

Double Delight, 1977 AARS Winner

Double Delight is nicely formed and features creamy white blooms with bright strawberry markings on the outer petal edges. This hybrid tea is very free blooming, intensely fragrant and certainly one of the most popular varieties since it won the 1977 award. Double Delight is highly prized as a cut flower during the summer's heat when its colors are most intense. (MJF)

2002 August/September Garden Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Backyard Farmer 7 p.m. NETV	2 Raise mower height to 3.5 inches	3 Use drip irrigation to conserve water
4	5 Cut herbs to dry	6	7	8 Backyard Farmer 7 p.m. NETV	9	10
11	12	13 Pick summer squash & zucchini	14 Remove old or non-producing plants from the garden	15 Backyard Farmer 7 p.m. NETV	16 Stop fertilizing roses	17
18	19 Control yellow nutsedge	20	21 Over seed tall fescue	22 Backyard Farmer 7 p.m. NETV	23	24
25	26 Divide peonies	27	28	29 Backyard Farmer 7 p.m. NETV	30	31 Divide daylilies
1	2 Pick flowers to dry or press	3 Evaluate garden plants	4 Power rake or aerify bluegrass lawn	5	6 Over seed bluegrass	7
8	9 Control perennial broadleaf weeds	10	11	12 Update garden journal	13	14 NU Landscape Connections, East Campus 9 a.m.
15	16 Check outdoor houseplants for insects	17 Divide lily-of-the-valley	18 Save annual flower seeds, like marigolds and zinnias	19	20 Turn compost pile	21
22/29	23/30	24 Bring outdoor houseplants inside before frost	25 Dig tender bulbs, tubers and corms before frost	26 Begin light/dark treatment to poinsettias	27	28

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. (MJF)

Stinging Wasps and Bees

Most stinging wasps and bees are beneficial and should not be destroyed unless they are a direct threat to humans. Many bees are important pollinators while wasps, like yellow jackets, are also efficient predators. But, despite their many benefits, there are times when these insects pose a hazard and must be controlled.

Most insect stings occur during late summer and fall when stinging insects are most abundant. Generally, these insects will not sting unless stepped on, touched or annoyed, but accidents do happen.

Avoid attracting wasps and bees: Many wasps and bees are scavengers and can be found around the same types of food and drink that we enjoy at outdoor events and picnics. In areas where these insects are active, follow these tips:

- do not leave foods in open containers
- put food scraps in sealed trash receptacles
- pick up fruit that has fallen to the ground from fruit trees
- avoid wearing brightly colored clothing or highly scented cosmetic products



Yellowjacket

PHOTO/Jim Kallisch, UNL Department of Entomology

If you have to treat a nest, it is generally NOT advisable to attempt control of stinging insects during the daytime — the adults are active and may attack in defense of the nest. Treat at night.

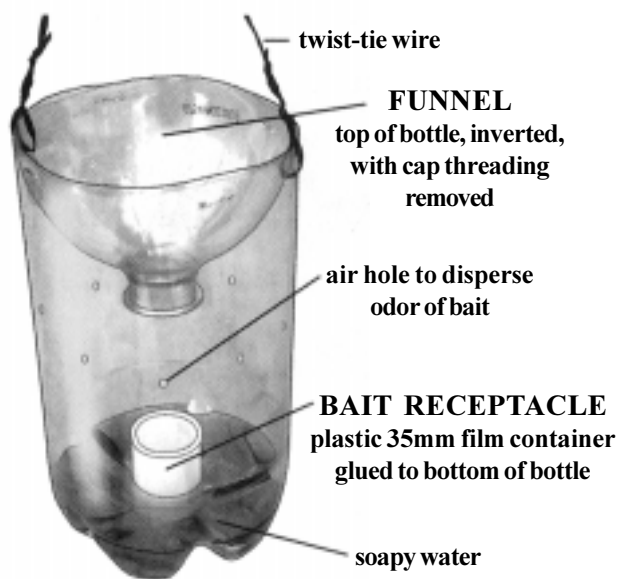
You may be able to apply an insecticide yourself. However, if you are allergic to bees and wasps, or if you are fearful, consider hiring a pest control professional. If you decide to do the job yourself, wear protective clothing.

Handling insect intruders in homes and automobiles: In your home, wait until the bee or wasp settles by a window or glass door and use a fly swatter. In

your car — don't panic! Never attempt to kill the intruder while the car is moving. When it is safe, stop the car and remove your uninvited guest.

Reducing yellowjackets in an area — use a bait trap. A simple trap (see the diagram) can be made to reduce the numbers of these wasps in an area. A recent study suggests that Mountain Dew® is more attractive to yellow jackets than even a commercial attractant. Pour a couple inches of the soda in the bottom of the trap and hang traps in a sunny location around the outside of the area to be protected.

An updated publication from University of Nebraska Cooperative Extension is available on stinging wasps and bees. The publication covers symptoms and treatment of stings and the biology and control of specific stinging wasp and bee species. These include yellowjackets, paper or umbrella wasps, honey bees, bumble bees, cicada killers, mud daubers, carpenter bees and digger wasps. There is also an important section on general management strategies for stinging wasps and bees. Visit the extension office to pick up your free copy of Stinging Wasps and Bees (NebGuide G-1447). You can also access this publication on line at <http://lancaster.unl.edu/enviro/pest/bug.htm> (SC)



Disposable yellowjacket trap made from a 2-liter pop bottle.

Bat Sightings Increase in August

In August, people call the extension office after finding misplaced bats inside their home. These bats are nearly always inexperienced "babies" that haven't yet learned how to use their sonar-like echolocation system to navigate skillfully in the darkness. If a bat accidentally gets in your house, it soon realizes it is in the wrong place, but cannot find its way outside.

If you find a bat in your home, DON'T PANIC. To remove a bat, only open the doors and windows that allow access to the outside. Wait for the bat to follow the fresh air. Bats usually rest during daytime. Therefore, if you want the bat to leave a room of its own accord, wait until nightfall and make sure the room is dark enough for the bat to realize it is night. Artificial

lights will only confuse the bat's instinct.

If the first method is unsuccessful, try to capture the bat and release it outdoors. Wear gloves. The bat can be netted or captured in a small box or can. Place the container over the bat, then carefully slide a piece of hard cardboard under it, ensuring you do not leave any space for the bat to fly away. These are fragile creatures and, therefore, should be handled with care.

Another method consists of using a tube (such as one from a roll of paper towels). Seal one end and leave the other open. Slowly move the tube into a horizontal position next to the bat, and often the bat will crawl inside in an attempt to hide.

People have come to admire

the beneficial and interesting nature of bats. A single bat can eat up to 3,000 insects in one night. By building and putting up a "bat house" in your yard, you can attract these interesting mammals to help control nuisance insects all summer long. To maximize your chances of attracting them, place your bat house 12-15 feet above the ground, and firmly attach it to the side of a building or a convenient tree. Sites near water are best. Shelter your bat house from prevailing winds but place it in a sunny exposure. Paint the roof on your bat house black so it will absorb heat in the winter. Plans for a bat house can be found at: <http://lancaster.unl.edu/enviro/pest/factsheets/265-95.htm> (BPO)

Environmental Focus



Water Conservation Tips

- ✓ Never pour water down the drain when there may be another use for it. Use it to water your indoor plants or garden.
- ✓ Do not waste water waiting for it to get hot. Capture it for other uses such as plants.
- ✓ Store drinking water in the refrigerator. Don't let the tap run while you are waiting for cool water.
- ✓ Don't let water run while brushing your teeth, washing your face or shaving.
- ✓ Operate automatic dishwashers only when full. Use the "light wash" feature if available to use less water.
- ✓ Most dishes placed in the dishwasher do not need to be rinsed. Remove only large particles of food from dishes before placing in dishwasher.
- ✓ Use the kitchen sink disposal sparingly as running it requires lots of water.
- ✓ Take shorter showers.
- ✓ Operate clothes washer only when fully loaded or set the water level for size of your load.
- ✓ Use a broom or blower instead of a hose to clean debris from the driveway or sidewalks.
- ✓ Follow water usage regulations for your area.
- ✓ Try to do one thing each day that will result in saving water.

Pesticides in Schools

Barb Ogg
Extension Educator

Do you know whether pesticides are used in the schools your kids or grandchildren attend? Do you know who applies pesticides? Or, more importantly, whether this person has the training necessary to apply pesticides safely?

The most common pesticides used in and around schools include insecticides used for insect pests, rodenticides used for mice and herbicides used for weed control on school grounds and on athletic fields.

Right now, there are no laws governing the application of pesticides in and around Nebraska's schools. Unless the pesticide applicator works for a commercial pest control company, a person who applies pesticides in schools is not required to have any special training or be certified by the State of Nebraska. Because of recent increased concern about the exposure of children to pesticides, legislators at the state and national level are focusing their attention on this gap in pesticide regulation.

Some states have already passed legislation to promote the use Integrated Pest Management (IPM) tactics in schools. The intent of "IPM in Schools"

legislation is to promote least-toxic methods and minimize exposure to students, teachers and others who spend much time in schools. Some states also require schools to notify parents when pesticides will be used on school grounds. Legislation will likely be introduced in Nebraska unicameral during its 2003 session.

There is a collaborative effort underway to encourage adoption of IPM in Nebraska's schools. A survey of school administrators is being developed to look at current pesticide use and policies of Nebraska's schools. An administrators guidebook will be developed to help school administrators make decisions about pest control in and around their schools.

Partners include University of Nebraska Cooperative Extension, Nebraska Department of Agriculture, Nebraska Department of Education, Nebraska Department of Health and Human Services, Nebraska Association of School Boards, Nebraska State Education Association, Nebraska Council of School Administrators and Nebraska State Senator Don Preister.

For more information about this effort, contact Clyde Ogg, UNL pesticide extension educator, at 472-1632. (BPO)



Farm Views

Farm Bill Informational Sessions Scheduled

A series of four informational sessions have been scheduled in Lancaster County to help farm land owners and farm operators understand the provisions in the Farm Security and Rural Investment Act of 2002. There are several new twists in the new bill. The new support system has three parts, Loans, Direct Payments, and Counter-Cyclical Payments. Greg Chewakin, CED of the Lancaster FSA office will explain how these will be administered. Extension Educator Tom Dorn will demonstrate computer software that has been developed by the University of Nebraska to aid with making decisions on whether it would be best to adjust base or update base and whether to update yields. Plan to attend one of the following locations:

- **Lancaster County Extension Education Center, Aug. 22 at 6:30 p.m. and Aug. 23 at 1:30 p.m.**
- **Firth Community Building, Aug. 27 at 8:30 a.m.**
- **Horizon Bank in Waverly, Aug. 28 at 8:30 a.m.**

Predicting the Last Irrigation

One of the important decisions irrigators must make this time of year is when to shut down the irrigation system for the season. Ideally, you will want to stop irrigating far enough ahead of maturity so the crop will extract as much moisture from the soil as possible, without hurting yield. This makes maximum use of the moisture present in the root zone, minimizes the amount of water pumped and gives you the driest possible soil at harvest time, which minimizes soil compaction and harvest problems.

Research has shown that a **medium season corn** at the beginning dent stage of growth, will take approximately four weeks time and will require an additional 5.3 inches of water to reach physiological maturity (black layer). At the full dent stage, it will take about two weeks to reach maturity and will require 2.5 inches of water.

Grain Sorghum requires about five inches of water to reach maturity from the soft dough stage, and two inches of water from the hard dough stage of growth.

Soybeans require about 6.5 inches before the beginning seed fill stage or 3.5 inches from the full seed fill stage to reach maturity. (Check seed fill stage by examining the development of seeds in the pods at one of the four uppermost nodes on the main stem that have fully developed leaves. The beginning seed fill stage is when bean seeds can just be detected by squeezing with the fingers in one of the pods. The full seed fill stage is when one of the pods contains full-sized bean seeds.)

An alternative way to look at this would be to figure out on what day a full soil profile would carry the crop through to maturity. The silty clay to silty

clay loam soils in southeast Nebraska hold about 1.6 to 1.8 inches of available water per foot of soil, respectively. If we assume we have a four foot root zone, we have about seven inches total available water holding capacity in the root zone. Research has shown that 60 % of the available moisture in the root zone can be depleted at crop maturity without reducing grain yield. We, therefore, can utilize about 4.2 inches of the available moisture without hurting yield.

Having discussed the above, we can now predict the day when a full profile on a silty clay soil would carry the various crops through to maturity. For a medium season corn, the target date would be when about half of the corn kernels have dented. For grain sorghum, it would occur about one week after the soft dough stage. For soybeans, it would be at, or just before the full seed fill stage.

If you use these guidelines, be certain your soil is at field capacity in the top four feet on the target date. If not, you will need to continue to irrigate until you have applied enough water to have filled the profile. For example, if the soil would have held another 1.5 inches on the target date, it will take a total of 1.5 inches of rainfall plus irrigation, in addition to the available soil moisture to finish out the crop.

Predicting the date of the last irrigation is an important water management decision. You can minimize expense and leave your soil in good shape for harvest without harming yields by following these simple guidelines. To learn more about predicting the last irrigation, ask for NebGuide G82-602 or point your browser to <http://www.ianr.unl.edu/pubs/irrigation/g602.htm>. (TD)

Whether it is best to plant alfalfa in the spring or fall depends on two factors, predominant weed species and soil moisture. If the predominant weed species are summer annuals such as foxtail and pigweed fall planting is best.

If the predominant weed species are winter annuals such as pennycress or downy brome, spring planting may be best. The winter annual weeds can be killed with tillage or herbicides in early spring and then the alfalfa planted into a clean seed bed. Pennycress, downy brome and other winter annual weeds will likely be more dominant in former wheat or alfalfa ground since they have the same growth habit as winter wheat.

The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, **provided adequate soil moisture is available**. As this article goes to press, the outlook for adequate soil moisture is dim. If we do get rain to build soil moisture, don't wait too



Photo courtesy of K-State Research and Extension

long to plant. The latest alfalfa should be seeded in the fall is Sept. 10 in Lancaster County. If planting cannot be completed by that time, it is best to wait for another season.

Alfalfa seed needs to be planted 1/4 to 1/2 inch deep in fine textured soils and 3/4 inch deep in sandy soils for best germination. Regardless of seeding time, it is critical that alfalfa be planted into a firm seed bed. If you leave footprints over 1/2 inch deep when walking across the seedbed, the soil is too loose. Harrowing with the spikes set flat or rolling with a packer will firm seedbeds provided there is some moisture

in the soil. Tillage dries the soil and creates a loose seedbed. If the untilled soil surface is already smooth, no-till planters have been very successful in establishing a good stand of alfalfa.

Before seeding alfalfa, whether you plant in spring or fall, do a complete soil test. Apply and incorporate lime and phosphorus fertilizer, if needed, and be sure to inoculate the seed. One good extension publication is NebGuide G-652, "Seeding and Renovating Alfalfa." It can be picked up at the extension office or accessed on-line at: <http://www.ianr.unl.edu/pubs/Range/g652.htm>. (TD)

Deadline Approaches to Terminate Oral Farm Leases

Generally, the turnover rate for rental land is very small in Nebraska, averaging about eight percent. This reflects the high level of communication between landowners and tenants and the high regard most landowners have for the ability of their tenant to produce top yields while being a careful steward of the land. Only in a few cases does a landlord terminate a lease because of poor management practices.

Oral (unwritten) leases are legally presumed to be year-to-year leases. A year-to-year lease has no fixed time period and is automatically renewed for another year until proper notice has been given to the tenant by the landowner (or vice versa) that the lease is terminated.

Written leases are in effect only for the period specified in

the lease itself, which may be one year, five years, etc. For written leases, no notice is required from the landlord to the tenant that the lease will not be renewed unless the lease specifically states that notice of termination is required. Unless it contains a renewal clause, the lease automatically terminates at the end of the lease period. The tenant generally has no right to have a written lease renewed unless the lease contains a renewal clause.

If a tenant "holds over" by not leaving after a written lease has ended, the tenant is legally considered to be a trespasser whom the landlord may remove by going to court. If the landowner does not remove the tenant, however, a year-to-year lease is automatically established by implication. If a holdover

tenant begins to work and incurs expenses for the next year's crop, the courts generally have ruled that the landowner has agreed by implication to the tenant's holding over.

The most common legal issue associated with oral farm leases is how a lease may legally be terminated. For year-to-year leases and holdover leases, six months advance notice must be given to legally terminate the lease. However, the lease date (the date from which the six months is counted) is different.

Oral year-to-year lease termination. For year-to-year leases, the Nebraska Supreme Court has ruled that the lease year begins on March 1. Notice to a tenant to vacate under an oral year-to-year lease (legally referred to as a "notice to quit") must be given six months in advance of the end of the lease, or no later than August 31.

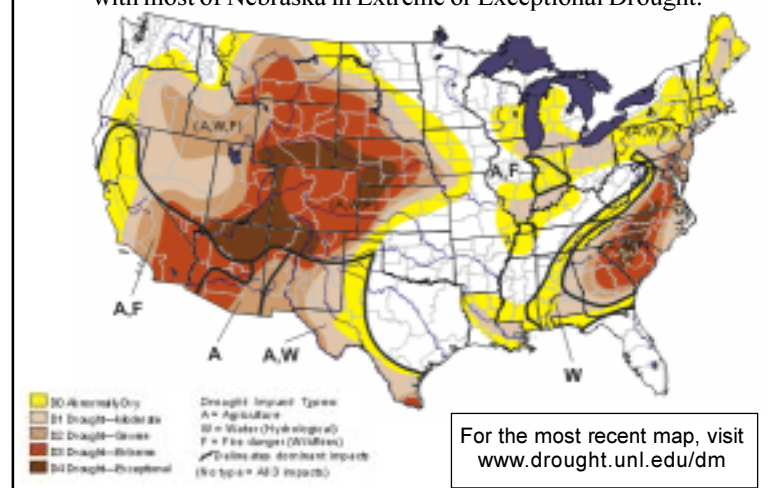
Holdover lease termination. On holdover leases, the lease date is established by when the lease began in the original written lease rather than automatically being March 1. If the original written lease began Jan. 1, the notice to quit from the landlord to the holdover tenant would have to be given at least six months in advance of the end of the lease, or no later than June 30.

To make a lease termination process go smoothly, follow these tips:

- Usually a tenant will know about the termination of a rental contract before the
- see FARM LEASES on page 11*

Latest U.S. Drought Monitor Map

As of July 30, Lancaster County is in Severe Drought conditions with most of Nebraska in Extreme or Exceptional Drought.



Designing a Low Maintenance Landscape

Most acreage owners prefer a landscape that requires minimal maintenance. To accomplish this goal, planning is required.

Planning begins with a thorough study of problem areas, desirable areas, site conditions and finally a study of the user's needs. This will lead to identifying the uses or functions of the public, private and service areas of the yard.

There are particular conditions in a landscape that relate specifically to maintenance.

One is the topography, otherwise known as the rise and fall of the land. A high maintenance situation exists where a steep slope requires mowing. Alternatives to mowing include planting a groundcover that doesn't require mowing. Another alternative might be installing terraces and retaining walls.

Soil type and drainage are other important factors relating to maintenance. A complete soil test will indicate your soil type, pH, and nutrient levels. Selecting plant material adapted for your soil will save on maintenance.

Climate and microclimate are other important site conditions to consider. Selecting plants hardy for your area will reduce maintenance needs. Microclimates include those areas unusually wet or dry, shady or sunny.

Choose plants adapted for those specific situations. Plants should be selected based on their ability to fill your design requirements rather than price.

Select those species of plants that grow to the desired height and spread. It doesn't make sense to plant a shrub that is going to overgrow its location in a few short years. Plant spacing is determined by the individual plant. However, plants look their best when allowed to mature into their natural shape.



Photo courtesy of USDA NRCS

A pond is the focal point of this backyard scene

At first plants properly spaced may look too small for the area, but given a little time, they will fill in nicely. Additionally, plants that are properly selected and spaced should have no need for drastic pruning to keep them in line.

Structural features in the landscape such as sidewalks, patios, decks, fences and steps should also be selected with maintenance in mind.

A concrete patio or walk should be maintenance free for 10 to 15 years, if properly installed. Asphalt should be sealed about every two years to keep the edges from breaking. Wooden structures requiring paint may need a fresh coat every few years. Redwood, cedar or pressure treated wood should have a life span of about 20 years. Brick set on sand may need resetting every three to five years, where brick set in mortar should last 20 to 30 years. When considering various landscape and construction materials, compare the initial cost and maintenance to long-term cost and durability.

Other features of low

maintenance landscapes include the use of planting beds rather than isolated plantings. It is much easier to mow around a bed with a continuous edge rather than around individual plants. Grouping plants with similar cultural needs saves time both in site preparation and installation as well as continued cultural care.

The use of a mulch around the base of plants aids plant growth and often eliminates hand trimming. The proper installation of edging materials such as plastic or steel will also save on maintenance by keeping mulch in and lawn out. It too should eliminate hand trimming.

Construction materials such as patio pavers or stepping stones are better choices for high traffic areas that won't allow the successful growth of grass or other groundcover.

There is no such thing as a landscape that takes care of itself. However, proper planning, selection and installation of landscape plants and structures will reduce the amount of time a landscape requires to look its best. (DJ)

Urban Agriculture



Free Disease Testing for Backyard Poultry Flocks

University of the Nebraska Cooperative Extension now has a full-time diagnostic poultry veterinarian, Dr. Grasso Ebako, who is part of the Department of Veterinary and Biomedical Sciences.

Among other duties, Dr. Ebako has received a grant from the Nebraska Poultry Industries to do poultry diseases surveillance in the state of Nebraska, focusing on backyard poultry farms. More than a dozen diseases are monitored, including West Nile Virus and Avian Influenza.

Because some backyard flocks do not vaccinate their

birds, they are a serious threat to the entire poultry industry in the state, says Dr. Ebako.

The grant pays for Dr. Ebako to make farm visits and take blood and fecal samples for testing. He also educates and emphasizes the importance of:

- disease prevention
- disease control
- biosecurity measures
- bioterrorism measures.

These services would normally cost more than \$300.

People with backyard poultry flocks can set up an appointment by calling 472-1434.

New Pesticide Disposal Instructions

The EPA Pesticide Registration Notice 2001-6 has set new disposal instructions for empty and partially filled **non-antimicrobial, residential/household use pesticide products**. The new instructions are printed on the labels and are as follows:

Pressurized Containers

- a) Do not puncture or incinerate.
- b) **If empty:** Place in trash or offer for recycling, if available.
- c) **If partially filled:** Call your local solid waste agency for disposal instructions.

Non-Pressurized Containers

- a) **If empty:** Do not reuse this container. Place in trash or offer for recycling if available.
- b) **If partially filled:** Call your local solid waste agency for disposal instructions.

In Lancaster County, the agency for disposal instructions is the Lincoln-Lancaster County Health Department. Visit its Web site at www.ci.lincoln.ne.us/city/health or call 441-8000. (DJ)

NU Landscape Connections – A Showcase Event

Festival of Color and Gardener's Gala have combined to form one event. The new program name is: NU Landscape Connections. It will be held on Sept. 14, from 9 a.m. to 3:30 p.m. on the University of Nebraska East Campus. This event is free to the public.

NU Landscape Connections will allow a sharing of resources among university programs while allowing the university to showcase its academic programs, research, award-winning campus landscapes and scientific expertise.

The theme and focus of this program builds on a strong personal connection of Nebraska's people to the university and includes:

- a deeper appreciation of our universal connection to nature and plants;
- better understanding of the connection between science, design and functionality of beautiful outdoor environments as are showcased at the



PHOTO courtesy of UNL Botanical Garden and Arboretum

Yuetter Garden is one of the many gardens on East Campus which will be part of NU Landscape Connections Sept. 14.

University of Nebraska - Lincoln Botanical Garden and Arboretum (UNLBGA);

- cooperation among UNL units to broaden sensitivity to the sustainability and environmental friendliness of built land-

scapes;

- and perhaps most important, a greater awareness of Nebraska's urban and rural landscape richness.

Additional event attractions include:

- **Tours:** Maxwell Arboretum, Larson Tractor Museum
- **Design:** principles, perceptions, natural landscaping
- **Ornamentals:** grasses, shrubs, trees, perennials
- **Maintenance:** soil, turf, pruning, flower beds
- **Wildlife:** butterflies, birds, snakes, bats
- **Ponds:** site, equipment, plants, algae, fish
- **Also:** growing organic, antique tools, flower arranging,

vendors, children's activities and much more!

The event is sponsored by the UNLBGA/Landscape Services, the Friends of Maxwell Arboretum and the UNL Institute of Agricultural and Natural Resources, including Nebraska Statewide Arboretum, Department of Agronomy/Horticulture and Division of Cooperative Extension.

For more information, call 472-2679. (DJ)

Other August/September UNL Programs and Events of Interest

- Aug. 22 **"The Art of Nature: The Nature of Avian Art,"** Dr. Paul A. Johnsgard, Prof. of Biological Sciences, Nebraska Union, 14th & R St., 7-8:30 pm. Call 472-2679 to pre-register.
- Sept. 4 **East Campus Prairie Tour,** Jeff Culbertson, East Campus landscape manager, meet east of C. Y. Thompson Library, 12:20-12:50 p.m. Call 472-2679.



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Enjoy this Caesar salad recipe from the National Cancer Institute's (NCI) 5 A Day Program. The goal of 5 A Day is to increase fruit and vegetable consumption in the United States to 5 to 9 servings every day. Eating fruits and vegetables can improve your health and reduce the risk of cancer and other diseases, including heart disease, hypertension, diabetes, and macular degeneration.



This recipe was created by TV cooking personality and cookbook author, Graham Kerr. For more recipes and health promotion tips from NCI, check: www.5aday.gov.

Mighty Caesar

Croutons

2 cups whole wheat bread cubes
Olive oil cooking spray

Dressing

3/4 cup plain low-fat yogurt
2 teaspoons Dijon mustard
1-1/2 tablespoons balsamic vinegar
1 to 3 cloves garlic, chopped

Salad

8 cups cut or torn romaine lettuce
1/4 cup grated or shaved Parmesan cheese
(optional) 1-pound chicken breasts, cooked, skin discarded and sliced

- 1) Preheat the oven to 350 degrees F. Scatter the bread cubes in a single layer on a baking sheet. Coat lightly with olive oil pan spray and bake 15 minutes.
- 2) Whisk together the yogurt, mustard, vinegar and garlic. Pour over the romaine lettuce and toss. Scatter the cheese on top. Divide among four plates and serve as a side dish or lay chicken breast slices on top to make a full meal.

Serves: 4

Fruit and Vegetable Servings Per Person: 2

Nutritional Analysis Per Serving: With Chicken Breast: 277 calories, 6 g fat, 22 g carbohydrates, 4g fiber, 384 mg sodium.

Have You Checked the FOOD Web Site Lately?

We've added several items to the Lancaster Extension Food Web site based on calls to our office. Here are some of the things available:

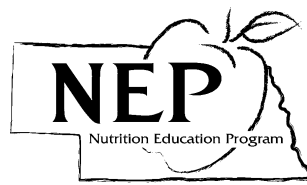
- Directions for canning and freezing foods: <http://lancaster.unl.edu/food/foodpres.htm>
- Making homemade ice cream without using raw eggs: <http://lancaster.unl.edu/food/icecream.htm>
- Grill It Safely! (Includes food safety tips plus links to recipes featuring beef, pork and turkey) <http://lancaster.unl.edu/food/articles/grilling.htm>
- To sign up for when something new is added to the total Lancaster Extension Web site, visit: <http://lancaster.unl.edu/announce.htm>

www.lancaster.unl.edu/food

Rated "Among the Best"



Those Delicious, Nutritious Snacks!



Karen Wobig
Extension Assistant

Snacks are an important part of a child's day. They provide needed energy and nutrients. It often is a long time between lunch and supper/dinner. Cooperative Extension from the University of Kansas State and Iowa State University offers these four tips for healthy snacking:

- Choose snacks low in sugar, salt and fat.
- Avoid snacking close to meals, so children will be hungry for their lunch or supper.
- Choose snack foods from the five food groups: grain, vegetable, fruit, dairy and protein.
- Avoid expensive pre-packaged snack foods that fall into the fats, oils and sweets category.

During the past school year, nearly 600 first grade students attending Lincoln Public Schools experienced first hand the fun of learning about healthy eating and making snacks nutritious. They learned a snack should contain



foods into fun, "out of the ordinary" designs. Children delight in making "creatures" to eat, especially when they help with the food preparation. Try the following creative, nutritious snack:

Most children immediately call the "bug" a spider. Discuss with them an insect has six legs and a spider has eight legs. Possible insects could be ladybugs, ants, flies and beetles.

foods from two different food groups, such as half an apple (fruit group) and a graham cracker (grain group). An

activity that teaches this concept, and can be used both at home and in school, is to have a variety of food pictures from the five food groups and have children put them in pairs. Each pair should represent two different food groups to make a complete "snack." Cutting pictures out of magazines works well.

This summer, turn your otherwise ordinary snack

Yummy Bugs

2 round or oval crackers
1 tablespoon peanut butter
6 to 8 pretzel sticks
2 raisins

- 1) Wash hands.
- 2) Spread the peanut butter on one cracker.
- 3) Press the pretzel sticks into the peanut butter, 3 or 4 on each side.
- 4) Put the raisins in the peanut butter, on one end.
- 5) Place the other cracker on top.

Makes 1 serving

Sample The Spectrum Color Your Diet With Summer Fruits and Vegetables

It's time to get colorful, says the National Cancer Institute (NCI). With seasonal fruits and vegetables filling produce stands and farmers markets, it's the perfect time to give your health a bright and vivid multi-hued boost. Color your daily diet with bright oranges (carrots, mandarin oranges, sweet potatoes and mango), deep reds (tomatoes, cherries and strawberries), dark greens (broccoli, asparagus and kale), beautiful blues and purples (blueberries, eggplant and plums), and accent it with sunshine yellow (squash, pineapple and corn).

"Here's the rule to live by when filling up your plate," advises Gloria Stables, M.S., R.D., director of the NCI's 5 A Day Program: "Sample the spectrum. The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are getting from your fruit and vegetable choices."

As Stables points out, aesthetics aren't the only reason to eat the rainbow of colors. Nutrition research shows that colorful fruits and vegetables contain essential vitamins, minerals and phytochemicals that help prevent diseases such as cancer, promote health and help you feel great.

Here are the specifics...

Reds

When you add deep reds or bright pinks to your daily diet,

you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon and guava. A diet rich in lycopene has been suggested to reduce the risk of select cancers, including prostate cancer.

Greens

Your mom said, "Eat your greens." The National Cancer Institute says, "Eat your greens." You probably tell your family "Eat your greens." But do you know why this color is so essential to your diet? Not only do these vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, the carotenoids — lutein and zeaxanthin — that are found in spinach, collards, kale and broccoli have antioxidant

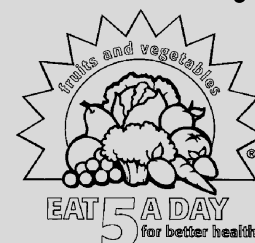
properties that protect your eyes by keeping your retina strong. Also, research shows that green cruciferous vegetables (like cabbage, Brussel sprouts, cauliflower, kale and turnips) may reduce the risk of cancerous tumors!

Oranges

Orange, the color of a blazing sun, is a must-have in your daily diet. Orange fruits and vegetables like sweet potatoes, mangos, carrots, and apricots, include beta carotene. This carotenoid is a natural antioxidant and enhances your immune system. In addition to being a powerful health-protector, the orange group is rich in Vitamin C and Vitamin E. Folate, most often found in leafy greens, is also found in orange fruits and

see *SPECTRUM* on page 11

5 A Day for Better Health



One recommendation of President Bush's new "Healthier US Initiative" (www.whitehouse.gov/infocus/fitness) is "Eat a Nutritious Diet." One of the administration actions is to promote the National 5 A Day for Better Health Program that encourages Americans to eat more fruits and vegetables.

Follow the links in UNL Lancaster County Extension's July/August "Food Reflections" online newsletter for tips and recipes for enjoying 5 A Day (or more!) of fruits and vegetables. To view the newsletter, scroll to the YELLOW "Hot Topics" box and click on "Follow These Links to 5 A Day Adventures" at <http://lancaster.unl.edu/food>

Lines from Lynn

Lynn Bush
FCE Council Chair

I hope everyone is enjoying their summer in spite of too much heat and too little rain.

As I reflect back on this summer, I can honestly say I am a survivor, I have survived graduation, lots of company, 10 hour work days so I could take time off for "oodles" of ball games, excessive heat and humidity and even

another birthday.

However, as I write this, I have only worked eight hours today, the weather is cooler and breezy and I have nothing marked on my calendar. Ah...the good life!

I was in Grand Island at a ball game on July 15. I missed the Sizzling Summer Sampler. I have heard from several people it was a success. They enjoyed the style show, the food, as usual got an A+. Sixty-five people

attended.

The Family Community Education (FCE) Convention is coming up Aug. 19-20. Be sure to mark you calendar for Sept. 23, our next council meeting. You'll get a report from Joy, Ann and Donna on the convention.

It's almost time for FCE clubs to reorganize. While you're sitting in the air-conditioning hoping for rain, also be thinking of ways to bring more members into the FCE organization.



★ FCE News ★

Family Community Education (FCE) Council Meeting

The Family Community Education (FCE) September Council meeting will be Monday, Sept. 23, 7 p.m. at the Walt Branch Library, 6701 S. 14 St. The meeting will follow a tour of the library. All interested FCE members are invited to attend.

FCE Leader Training

The October FCE and community leader training lesson "Energy Isn't the Only Thing You will Save" will be presented Tuesday, Sept. 24 at 1 p.m. by Lorene Bartos, Extension Educator.

The rising energy costs can hit both householders and communities in the pocketbook. Requests are up 47 percent for housing energy assistance in Nebraska. Residential prices for natural gas, heating oil and propane are 40-100 percent higher than a year ago. Dollars lost in energy costs are not available for other household and community needs. Explore new energy efficient materials, how to locate more efficient appliances and equipment, changes in windows and ways householders can save energy and dollars.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

Be Involved at School

Can you believe the summer school vacation is nearly over and the time has arrived to prepare for the new school year. Amid the excitement of buying new clothes and school supplies, it may be time to assess your commitment to involvement in your child's education.

Over the past two decades a body of research has evolved that shows the importance of strong parent involvement in education. Academic achievement for children and schools is linked to parental involvement and meaningful partnerships in all areas of school and commu-

nity life

Increasing numbers of two breadwinner families, one-parent families and parents who hold more than one job makes time an issue for nearly everyone.

However, in spite of busy lifestyles, many parents simply don't know what to do or how to do it. The following are a few suggestions.

- Provide a home environment that supports children's learning needs.
- Volunteer to provide some assistance at school if at all possible.
- Become an activist and deci-

sion-maker in organizations such as the local PTA/PTO, or community advocacy groups that advise local school boards and school districts.

- Attend school sponsored activities.
- Maintain open channels of communication with teachers and continually monitor children's progress in school.
- Tutor children at home using specific learning activities designed by the teacher to reinforce work being done in the school.
- Be positive about school. (LJ)

The Power of Stories

LaDeane Jha
Extension Educator

An orphan boy sat on a great stone mending an arrow. And the stone spoke, "Shall I tell you stories?" The boy said, "What are stories?" The stone answered, "All things that happened in the world before this." From the stone came all the stories that people of the Seneca Nation tell one another.

— A Seneca Indian Tale

Stories are the basis of all cultures and it is speculated they are so enduring because they have served a vital purpose over time. Most stories are passed on orally and have existed as (1) a form of entertainment; (2) a means to educate; and (3) a way to transmit culture from generation to generation. Family stories are a way to communicate beliefs, attitudes, feelings, customs and traditions among generations. Appreciation of the past, pride in your present family

and a rich legacy for the future are results of telling family stories.

How are Family Stories Generated?

One of my favorite childhood memories is sitting in a room crowded with family relatives and listening to an uncle regale us with story after story about growing up as part of my grandparents family. He was a

see *STORIES* on page 11

Family Living



by Lorene Bartos, Extension Educator

The colder the water, the more difficult it is to get clothes clean. Greasy soil is more difficult to remove in lower temperatures and laundry detergents are less effective in cold water. For best results, wash using a warm wash cycle and use cold water for rinsing.

Teens: A Delicate Balance

LaDeane Jha
Extension Educator

As any parent knows, life with a teen is an adventure for which most of us are ill-prepared. We remember what we were like as teens (or maybe sometimes conveniently forget) and often we desperately want our teens to avoid some of the disappointments, hard knocks and mistakes we experienced at a similar age. The result is the challenging task of finding the right balance between support and control. We all know as our children grow and mature we need to gradually give them additional responsibility and independence. What is difficult is knowing where the balance is. There is a danger of exerting too much control, but there is an equal danger in accepting the notion that at certain ages teens become independent and there is no longer a need for support and guidance.

So what can parents do? One of the first steps is to make changes in our attitudes about parenting teens. Taking the time to be actively involved with teens is often more useful and rewarding than worrying about too little or too much control. By

giving our full, undivided attention to teens we send a strong message we care about them and we are willing to make our relationship a priority.

At all stages of development, parents should model the behavior we expect from our children. If we expect teens to behave in certain ways, we need to make sure our own behaviors support the desired outcome. How can we expect teens to obey traffic regulations if they see a parent consistently speed, refuse to wear a seat belt or react to traffic situations in an angry and aggressive manner? We teach by what we model.

As parents we have the ability and the responsibility to counter the trend of letting go too soon. We also have the ability and responsibility to let our teens gradually assume more control over their lives. Teens still need guidance and support in abundance from parents while still being acknowledged as capable and increasingly independent people.

By taking an active and positive approach to parenting, we can help teens develop the assets and values that will help them through the challenging adolescent years and beyond.

American Character Week

Sept. 6-17

For more information about American Character Week, visit www.charactercounts.org/acw

CHARACTER COUNTS! Corner

When your children return to school in the next few weeks, most of them will be exposed to character education as a regular part of their school day. Children will be encouraged to be TRRFCC — Trustworthy, Respectful, Responsible, Fair, Caring and good Citizens. This message will be taught, modeled, enforced and advocated. Youth will have opportunities to practice each of the Six Pillars and your help in reinforcing those core, universal values is important to your child's character development. If you would like more information contact the office at 441-7180 and ask for a Character Counts! brochure. (LJ)



Make It Yourself with Wool Contest

The 2002 District III Make It Yourself with Wool Contest will be held Nov. 2 at the Lancaster Education Extension Center. Entry deadline is Oct. 19. A new category this year is "Made for Others." Youth and adults are encouraged to enter. This contest is to promote the beauty and versatility of wool fabrics and yarns. Applications are available at the Extension Office, 441-7180. (LB)



4-H & Youth

4-H Scholarships Available

The Lancaster County 4-H program offers a variety of scholarships to active senior 4-H members in Lancaster County. The following lists the scholarships available for the 2003 school year. To obtain an application for any of these scholarships, please contact the Lancaster County Extension office or call Deanna Karmazin at 441-7180. (DK)

4-H Council — awards eight \$300 scholarships to any active Lancaster County 4-H'er.

Amy Countryman Memorial — \$1,000 to a senior at Waverly High School currently enrolled in 4-H. Amy Countryman was active in the 4-H horse program and this scholarship is given in her memory.

Lincoln Center Kiwanis — awards two \$500 scholarships to a current high school senior who is active in 4-H.

Teen Council — two scholarships to a current 4-H'er who is active in Teen Council and helps with at least one major fund raiser during their senior year.

Lane Scholarship — one \$200 scholarship is awarded to a current 4-H'er who attends Raymond Central High School.

Livestock Exhibitors — After Fair Review Meeting

All 4-H and FFA livestock exhibitors are encouraged to attend the after fair review meeting on Sunday, Aug. 18, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. This is your chance to voice your opinions and make changes to the fair book. If you are unable to attend and would like to share your opinions, please call Deanna at 441-7180. (DK)

Fair's Over, Now What? — Parent and Leader Training

Leaders, parents and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. See you Tuesday, Sept. 24, 9:30 a.m. or 7 p.m. (TK)

LOST during the Household Pets Show at the County Fair: a white tote bag with red lettering. If found please call Mary at 435-3414!

4-H Friends Sing at Saltdogs

Julie Thomson
4-H Parent

Hannah Spencer and Terra Thomson met in first grade at a school chess club and discovered their mothers were 4-H alumni. Terra invited Hannah to be a Clover Kid, and Hannah invited Terra to her church choir. Since then they have performed together in two 4-H Song Contest groups and in many choir performances at Trinity Methodist Church. Their audition to sing the national anthem for the 4-H Centennial Night at the Saltdogs was their first duet.

They are also musicians. Both girls play violin; Hannah has been taking Suzuki violin lessons for several years, and Terra started a year ago. Hannah also plays the flute, and Terra plays piano.

They share many 4-H interests as well. This will be the third year that they've done a team demonstration for the



Terra Thomson (left) and Hannah Spencer (right) sang the national anthem during 4-H Centennial Theme Night at the Lincoln Saltdogs in July.

county fair. Their first was on chess, and they are both members of the Checkmates 4-H Chess Club. They are also founding members of the Sunshine Clover Kitties Club. Their interest in art, and in the Celebrate Art project, brought about their pottery and origami demonstrations.

Many of their 4-H projects are the same, including Entomology, Citizen Safety, and Tennis, as well as sewing and cooking projects.

They are also active in their schools and community. They perform in their school choirs and orchestras. Every year they enter the School Science Fair. They volunteer in the community, sometimes as 4-H representatives, and are library volunteers for the summer reading program.

They hope to go into business together, selling beaded jewelry and other crafts items they have made.

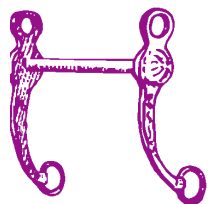
4-H has given Terra and Hannah many opportunities to further their education and their character, and to become close friends. They plan to continue their friendship and 4-H involvement for many years.



Celebrate 25 Years of 4-H Camp in Gretna

The Eastern Nebraska 4-H Center is celebrating its 25th year of providing kids with lasting memories and life skills. As part of the celebration, campers and other supporting organizations and individuals have raised several thousand dollars toward the purchase of a much needed camp lawnmower. The Camp Board is now asking

4-H clubs and other individuals to contribute the last \$2,000 toward the purchase. If your 4-H club or if you as an individual can contribute to this effort, please send your contribution to Nebraska 4-H Foundation — 25th Anniversary Fund, Attention: Kelly Krambeck, 21520 W. Hwy 31, Gretna, NE 68028. (LJ)



HORSE BITS

Time to Re-Organize

When the county fair ends, we clean up and begin to think about what we'll do differently next year for our 4-H horse program. After working at the 4-H Horse Exposition in Grand Island last month, my thoughts are of how nice it would be to have Lancaster County represented at next year's Expo with judging, horse bowl and hippology teams. So expect to hear from me in the near future as I begin soliciting names of interested exhibitors from club leaders.

My other initial thought is we need to increase participation of adults and youth at our monthly Horse VIPS Committee meetings. As we get busy in the spring we tend to assume everything in 4-H will be taken care of as usual. We have expanded the fair by at least one set of classes in each of the past three years, while at the same time the number of people attending and volunteering at the Horse VIPS Committee meetings has steadily declined. If the

attendance trend continues, one of our first priorities will be to noticeably decrease the size of the county fair horse show in the future so it can be planned and managed by a smaller number of volunteers. All interested persons are invited and encouraged to attend these meetings. They are held the second Wednesday of each month at 7 p.m. at the Lancaster Extension Education Center (unless the location is otherwise posted). We strongly encourage club leaders and/or at least one representative of each club to be present monthly. We also love seeing all those people who have helped and run the show for years with no connection to a particular club; just a sincere interest in the 4-H horse program.

Lastly, please go out of your way to notice and sincerely thank those youth and adults who have been active and involved in coordinating and planning 4-H horse activities for so many years. We couldn't present such a wonderful program without them.

2002 4-H State Horse Exposition

The 2002 State 4-H Horse Exposition in Grand Island is behind us and I think most exhibitors and their families would agree it was a great experience, as usual.

Lancaster County Hippology Team, which consisted of Terra Steinhauser, Victoria Kirilloff and Kalie Larson, were reserve champions in the Hippology Contest.

Lancaster County had 34 exhibitors who brought back 16 purple ribbons, 34 blue, 26 red and six white. Purple ribbon winners were Rachel Braunsroth (Advanced Western Horsemanship); Sierra Fredrick (Junior Western Please, Junior Western Horsemanship and Junior Showmanship); Jessica Frink (Senior Pole Bending and Senior Showmanship); Mindy Leach (Junior Barrel Racing); Morgan Marshall (Junior English Pleasure and Junior Western Horsemanship); Micah Messick (Junior Western Horsemanship and Halter); Jacob Messick (Senior Pole Bending); Kyle Ryan (Senior Western Horsemanship); Amberlee Schoneweis (Junior Barrel Racing); Ashley Schoneweis (Senior Barrel Racing); and Michela Winters (Senior Showmanship).

Congratulations to all exhibitors!

Trip of a Lifetime



Taryn Overton
4-H Member

Friendship, good times, education and laughter. All are true of the Citizenship Washington Focus (CWF) trip. Everyone had such a good time! Thirty-two teens, five sponsors and one bus driver departed on June 10, not to return for 15 days. We traveled by bus to Chicago; Ontario, Canada; Niagara Falls; Corning, New York; New York City; Philadelphia; Valley Forge; Gettysburg; Washington, DC; Mount Vernon; Monticello and the Indianapolis Speedway. We also drove through the Appalachian, Pocono, Allegheny and the Blue Ridge Mountains, which was a real plus. They were beautiful! By the end of the trip, we had all developed new friendships because we had so much time to chat on the bus. Movies, cards and hairstyling helped pass the time, too. This was the trip of a lifetime.



32 Lancaster County 4-H teens participated in this year's Citizen Washington Focus trip.

theater.

We spent five days with delegations from other states at the National 4-H Center near Washington, DC. There we held mock congressional sessions where we followed legislation through the process of becoming a law. It's great to learn by doing. Each day we traveled into the city to tour important sites like the Capitol, the Smithsonian,

the Holocaust Museum, Arlington Cemetery and all of the memorials. Wednesday, at the Nebraska breakfast, we were excited to meet all five of our Congressmen and Senators.

Sometimes we walked around as one big group. Then we'd have to count off like toddlers to make sure no one had wandered off. We even got all 37 of us safely on and off the metro! Wow, was that a chore! Other times we got to follow our own interests in small groups.

Hey, not everything was serious, though. At the 4-H talent show we did a "synchronized swimming" routine (on a dry stage) that was good for lots of laughs. We also had a fun day of games that involved getting dirty and wet.

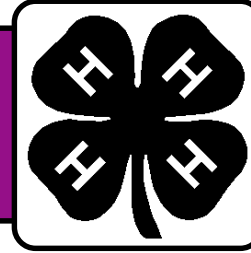
This trip was a great opportunity to have fun while learning about citizenship and our country's history. We're looking forward to picture-swapping and reminiscing at a reunion in the near future. When it's your turn, go for it!



Taryn (far right) with friends she made on the trip.



The Liberty Bell in Philadelphia was one of the stops on the way to D.C.



4-H & Youth

The Nebraska State Fair



Aug. 24-Sept. 2
www.statefair.org

Partial 4-H Schedule

For complete 4-H schedule visit online at <http://4h.unl.edu/fair/2002/02schedule.htm>

Aug. 24	10 a.m.	4-H Exhibit Hall Open (new hours 10 a.m.-9 p.m. on weekdays and 9 a.m.-9p.m. weekends including Labor Day)
	10 a.m.	Presentations, Youth Complex Demo Rooms
	7 p.m.	Dairy Goat Showmanship
Aug. 25	8 a.m.	Dairy Goat Show
Aug. 31	8 a.m.	Presentations continued
	10 a.m.	Shopping in Style Show, Devaney Sports Center
	2 p.m.	Fashion Show, Devaney Sports Center
	3 p.m.	Sheep Lead Show
	5 p.m.	Breeding Sheep Show
	7:30 p.m.	Sheep Showmanship
Sept. 1	8 a.m.	Presentations continued
	8 a.m.	Market Steer and Heifer Show
	8 a.m.	Sheep Show
	8 p.m.	Swine Showmanship
Sept. 2	8 a.m.	Presentations continued thru morning
	8 a.m.	Dairy Cattle Show
	8 a.m.	Breeding Heifer Show, followed by Market Finals
	8 a.m.	Breeding Gilts, followed by Market Barrows
	9 a.m.	Music Contest, Open Air Auditorium

4-H Alumni Reunion Aug. 31

Connect and reconnect with 4-H friends at the 4-H Alumni Reunion and Breakfast held Saturday, Aug. 31, 8-11 a.m. at the Nebraska State Fair in the indoor arena attached to the 4-H Exhibit Hall! The event is in honor of the 4-H Centennial.

The breakfast will feature pancakes and sausage. You'll find entertainment for the whole family, 4-H memorabilia, a chance to recognize four- and five-generation 4-H families, and honored 4-H alumni.

Check out the 4-H Vintage Fashion Show at 11-11:30 a.m. in the Open-air Auditorium.

Everyone is invited to the FREE Ice Cream Social with 4-H Clover Mint flavor developed by NU's Dairy Store. Ice Cream Social is at the 4-H Exhibit Hall from 3 p.m. until the ice cream runs out!

Tickets are \$5 in advance at local Cooperative Extension offices. There is no charge for children age 5 and under. People purchasing their tickets by Aug. 20 will receive half-off the \$6 State Fair gate fee from 8-10 a.m. on Aug. 31. Breakfast tickets will be sold at the door for \$7.

Questions? Contact Trish Spencer at 472-9016.

Community Service Corner

State Fair Volunteers Needed!

4-H EXHIBIT HALL — Volunteers are needed in EVERY area of 4-H-related activities and events at the fair. People interested in helping can contact Janet Fox at 472-9582.

4-H HOME ENVIRONMENT AREAS — Volunteers are needed in foods, home environment, clothing and child development areas on Aug. 21, Aug. 22, Sept. 2 (evening) and Sept. 3. Please contact Angie Rushman at 483-2592.

4-H ALUMNI REUNION — If you're planning to attend the 4-H Alumni Reunion and Breakfast, please consider volunteering and helping to make this event extra special. Call Trish Spencer at 472-9016.

4-H CYBER FAIR — The Cyber Fair Committee would like to have at least 20 youth volunteers this year as well as volunteers who speak Spanish. Visit Web site: <http://4h.unl.edu/cyberfair>.

STATE FAIR VOLUNTEER PROGRAM — The Nebraska State Fair is in the process of creating a volunteer program. Interested? Questions? Contact Connie Decker, Volunteer Coordinator, at 473-4104 or e-mail cdecker@statefair.org.

CELEBRATING
100 YEARS OF 4-H
1902 - 2002



FOR MY CLUB,
MY COMMUNITY,
MY COUNTRY AND
MY WORLD



Bid On Nebraska's Limited Edition 4-H Garfield Print

Purchase a limited edition Garfield print and help Nebraska 4-H at the same time! In honor of the national centennial, Garfield creator and 4-H alum Jim Davis has created an acrylic Garfield print on canvas, which has been made into 54 high-quality, signed prints. One print is being auctioned off each week on e-bay through Nov. 23. Each week, one state 4-H Foundation receives half of the selling price (highest bid) of the print. **Nebraska's week to receive half of the proceeds is Sept. 1-7.** Bidding is open to anyone 18 years and older; the minimum opening bid is \$250. View the print at: www.4-hmall.org/garfieldprint.htm



Community & Home Living

STAFF HIGHLIGHTS

Pollution-Prevention Interns Assist Lincoln Businesses

Several area businesses this summer have received no-cost assistance to reduce pollution and potentially save money.

The assistance was offered over 11 weeks this summer by Beth Fry and Gabriel Hodill, summer interns working out of the Lancaster County Cooperative Extension. After completing a University of Nebraska-Lincoln civil engineering course, "Pollution Prevention — Principles and Practice," the interns brought informational updates about new technologies and products to participating business owners, as well as assessed their work situations and provide them with a detailed report on how to conserve resources. Information about the businesses is confidential.

Gabriel Hodill, from Columbia, Missouri, is a senior in Biological-Environmental Engineering at the University of Missouri-Columbia. Beth Fry, from Columbus, Nebraska, is a senior in Biological Systems Engineering at the University of Nebraska-Lincoln. Gabriel and Beth enjoyed being able to increase environmental awareness by speaking to several civic groups within the community this summer.

Waste awareness often



Gabriel Hodill (left) and Beth Fry (right)

comes only after someone has had the time and inclination to study the situation and point out more efficient ways of doing things, said Bruce Dvorak, a UNL engineering associate professor and intern adviser. The internship provided this opportunity. The interns have worked with businesses such as farm cooperatives, dry cleaners, print shops, auto repair shops and more. If all 229 Nebraska businesses that have participated in the program had followed all intern recommendations, Dvorak said, each year they could potentially save as much as \$2.9 million, divert 21 million pounds of solid waste from the landfill and avoid generating 32,000 gallons of hazardous material.

Partners in Pollution Prevention internships are sponsored by The University of Nebraska, the Nebraska Department of Environmental Quality and the Environmental Protection Agency Region VII. For more information about the program, contact Dvorak at 472-3431. (GH/BF)

Arlene Hanna and earth wellness festival Receive Ventures In Partnership Awards

Arlene Hanna, extension associate in 4-H/Youth Development, and earth wellness festival (ewf) were recognized at the annual Ventures in Partnerships (VIP) Kickoff on Aug. 15.

ewf is a yearlong school curriculum with a one-day festival offering 5th graders hands-on experiences to discover the interdependency of land, water, air and living resources.

Arlene's leadership in the 4-H School Enrichment program and ewf were highlighted as she received an award for volunteering over 1,000 hours in Lincoln Public



Arlene Hanna, ewf co-chair

Schools (LPS). ewf received a special honor for achieving over 5,000 volunteer hours during the past school year. "It is a pleasure to associate with Ventures in Partnerships and the Lincoln Public Schools," Arlene said. "4-H School Enrichment and ewf educate around 18,500 youth annually in five different programs. We are honored to be a part of the core curriculum of the Lincoln Public Schools."

The VIP program was established to foster cooperation between LPS and area businesses and organizations.

Lancaster Extension Embarks on New Neighborhoods Project

Why NWT?

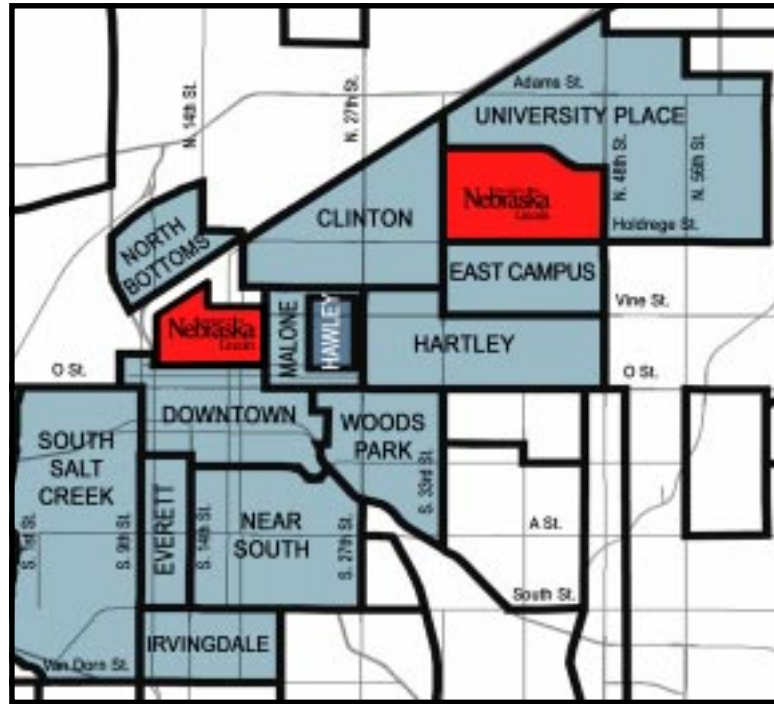
Neighbors Working Together (NWT) is about neighborhood leadership. Strong neighborhoods nurture families and ultimately strengthen the larger community.

Neighbors Working Together creates a supportive network facilitating leadership and collaboration across neighborhoods adjacent to the University of Nebraska. The project works to strengthen relationships between the university and those neighborhoods through improved communications and cooperation.

Program Objectives

Through monthly meetings, neighborhood workshops, leadership training, needs assessments and collaboration with other groups, **Neighbors Working Together**:

- Offers university technical assistance and leadership training based on needs identified by the neighborhoods.
- Facilitates ways for neighborhoods to collaborate and share concerns, resources, and ideas.
- Helps neighborhoods identify emergent leaders and develop a dynamic capacity to lead effectively.



Participating neighborhoods. Note: Hawley Neighborhood overlaps Malone Neighborhood.

- Encourages neighborhood and university commitment to community-based action.
- Improves relationships between the University of Nebraska-Lincoln and adjacent neighborhoods.

federally funded grant through the U.S. Department of Housing and Urban Development.

For more information on NWT, contact: Extension Educator Dr. LaDeane R. Jha or Graduate Assistant William Manzi Freitas at UNL Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528. Phone: 441-7180.

Neighbors Working Together (NWT) is one of four projects in the **Community Outreach Partnership Center's** (COPC) program, a

2002 Nebraska Pioneer Farm Awards

Farm families whose land has been owned by members of the same family for 100 years or more were recognized at the 47th Annual Nebraska Pioneer Farm Awards program presented during the 2002 Lancaster County Fair. Sponsored by the Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers, the program has honored nearly 6,000 families in 93 Nebraska counties at various county fairs.

Honoree's received an engraved plaque and a gatepost marker as permanent recognition of this milestone.

This year's Lancaster County honorees are:

- Melvin and Linda Deinert, Lincoln (family farm located west of Lincoln)
- Harold and Verna Deinert, Lincoln (family farm located west of Lincoln)
- Diane Gropp, Crete (family farm located near Sprague)

- Stephen and Georgia Kratochvil, Raymond
- Ronald and Linda Meyer, Hallam
- Brad Moser, Hallam
- Ray and Marian Mulder, Firth
- J. Steve Nordstrom, Waverly
- Marcelene Rolofson and Orpha Faye Holland, Lincoln (family farm located near Raymond)
- Gladys Wright, Phoenix, AZ (family farm located near Waverly)

Lead Is a Hazard, Especially for Kids

Why is lead a hazard? Lead poisoning is one of the most serious health threats for children in and around the home. Lead may cause learning and behavior problems. It may damage hearing and the nervous system, including the brain.

One in nine American children have an elevated blood-lead level. In 1990, between 6 and 12 million U.S. children were estimated as exposed to lead in house dust and soil (U.S. Department of Health and Human Services 1991). More recently, the Centers for Disease Control and Prevention estimated almost one million U.S. children age 1-5 have elevated blood lead levels, and more than one-fifth of African-American children living in housing built before 1946 have elevated blood lead levels (Centers for Disease Control and Prevention 1997).

A primary reason for elevated blood lead level is lead-based paint from older homes. Most homes built before 1960 contain leaded paint. Some homes built as recently as 1978 may also contain lead paint. This paint could be on window frames, walls, the outside of homes or other surfaces.

Lead may also be found in soil around the home or in drinking water. Lead-contaminated soil is a problem when children play outdoors or when soil is tracked inside the home. Soils may be contaminated by flaking, peeling or chalking lead-based paint that follows the "drip line" of the house.

Most well or city water does not naturally contain lead. Water usually picks up lead inside your home from household plumbing made with lead materials. Boiling the water will not reduce the

amount of lead.

Lead paint in good condition is not usually a problem except in places where painted surfaces rub against each other and create dust. For example, when you open a window, the painted surfaces rub against each other.

If your home has lead-based paint hire a person with special training for correcting lead problems if you are doing remodeling or paint is flaking. It is best not to remove lead paint yourself. Sanding or scraping generates large amounts of lead dust which can cause health problems if not done correctly.

Precautions to take to protect children from lead poisoning are:

- Keep areas where children play as dust-free and clean as possible.

FARM LEASES*continued from page 5*

- deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by August 31 and have proof that it was sent.
- An attorney should be involved in all stages of the termination process. It's easy to make a mistake and something done wrong won't stand up in court if a disagreement occurs.
 - A tenant should never let a rental agreement reach termination due to poor management practices. Keep the line of communication open and visit with the landlord regularly.
 - If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or the reason for the termination.

This article was taken from a University of Nebraska Publication NF 91-42 authored by Extension Water and Agricultural Law Specialist, J. David Aiken, who has reviewed this article for correctness. (TD)

**LEAD***continued from page 10*

- Leave lead-based paint undisturbed if it is in good condition.
 - Keep lead dust out of the home by using door mats to wipe feet before entering.
 - If you work in a situation that involves lead, you may unknowingly bring lead into your home on your hands or clothes.
 - Eat a balanced diet, rich in calcium and iron.
- Lead poisoning is preventable by identifying and controlling sources of lead in and around the home. If you are concerned about paint in your home contact the Lincoln/Lancaster County Health Department, 441-8000, for assistance. Children six-months to six-years can be tested free. (LB)

SPECTRUM*continued from page 6*

vegetables and is a vitamin B that may help prevent some birth defects. With a chemical make-up this good for you, the orange group should always be part of your daily diet.

Yellows

Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with Vitamin C, manganese, and the natural enzyme, bromelain. Bromelain is great to add to a meal to aid in digestion and reduce bloating. Additionally, corn and pears are high in fiber. Yellow fruits and vegetables belong to many different families, but they all share the common bond of health enhancing and great taste.

Blues/Purples

Blues and purples not only add beautiful shades of tranquility and richness to your plate, they add health-enhancing flavonoids, phytochemicals, and antioxidants. Anthocyanins, a phytochemical, are pigments responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.

Savor the Spectrum of the Season

This is not a single-color season. When it comes to your health, you'll fare best with a multi-colored diet. By putting something of every color on your plate or in your lunch bag, you are more likely to eat at least 5 servings of fruits and vegetables every day. Think colorful: 1 cup of dark, leafy GREENS, 1/2 cup of RED tomatoes, 1/2 cup of YELLOW peppers, 6 oz. ORANGE juice and 1/2 cup of BLUEberries. This season, get your "5 A Day" the colorful way!

Source: National Cancer Institute. (AH)

STORIES*continued from page 7*

master storyteller and even though he may have embellished some of the stories he told, we all grew up with a sense of what it was like for our father's family as they struggled with life and conquered adversity. Stories he told us are still retold at family gatherings and reunions.

Not all stories come from an oral tradition. My father was not quite the storyteller my uncle was, but he left a treasured book of stories from his boyhood that all of us enjoy and gain insights from. Just recently I received a book of collected histories of my mother's family. It is full of wonderful family stories that will be read and re-read, told and re-told to future generations.

The Magic of Stories

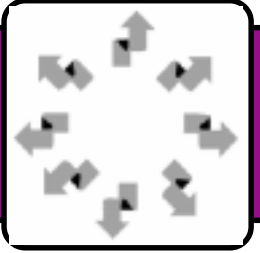
To find out what "magic" storytelling can bring your family members, you might try one of the following activities suggested by Barbara Brahm, Extension Educator in Hancock County. Try these at a family gathering or at the dinner table.

Family Treasure: Find a family collectible to give a younger member of the family, but don't give it away without giving its special story. Present it in front of other family members so all will understand the significance of the gift.

Happenings: On individual slips of paper, write such things as the funniest thing ever to happened to me, the most embarrassing, the weirdest, the scariest, etc. Then give each person a few minutes to explain the stories behind the statements.

Porch Gatherings: Invite family, friends or neighbors to sit on the porch, deck, patio or under a shady tree and share lemonade and big old-fashioned cookies. Share of read stories and reminisce about the past.

Create memories every day. Encourage family members to begin a journal of "everyday happenings," recording their feelings and thoughts, because someday someone in the future will want to know "how it was."

Miscellaneous**4-H SCHOOL ENRICHMENT***continued from page 1*

BLUE SKY BELOW MY FEET links space technology to the everyday interest of fourth grade students. By using features from the space shuttle program as working models, youngsters learn how forces, fibers and food affect their daily lives on earth and astronauts while in space. Youth learn about gravity, taste space food and communicate with NASA via the Internet. With the exploration of Mars and the building of the space station Alpha, students become globally aware of their place and responsibility in the universe.

With an emphasis on quantity and quality, **4-H WATER RICHES** looks at the complexities of one of our most precious natural resources—water. Fifth grade students determine ways to manage our water supply and commit to the preservation and conservation of this natural resource.

Each year, approximately 3,000 fifth graders attend **earth wellness festival**, an environmental education experience sponsored by ten Lancaster County education resource agencies. Youngsters explore, create and discover the relationships and interdependency of land, water, air and living resources, identify the human impact on our planet and recognize how they can enrich the world around them. The **earth wellness festival Kit For Kids** meets the National and Nebraska Learning Standards of Excellence. The water and wetlands section of the curriculum is a core subject in the science curriculum of the Lincoln Public Schools.

As you can see, 4-H youth development programs offer educational opportunities in science for youngsters in Lancaster County. Watch for your student's participation in 4-H School Enrichment. It's science in action!

NEP*continued from page 1*

curriculum manuals and kits to correlate to LPS' required health text for grades one, four and five. The kits contain hands-on educational materials compiled from national, state and local resources.

Teachers sign up for the three-week program, which includes NEP staff teaching a food safety lesson (hand washing) when the kits are delivered, teachers using the kit supplies in the classroom and NEP staff helping students prepare a nutritious snack when the kits are picked up.

This past year, 2,283 students in 105 classrooms experienced an average of 10 hours of nutrition instruction through the NEP/4-H School Enrichment program. All teachers indicated they plan to re-enroll in the program next year. Teachers say, "We marveled at how well the entire kit was put together. We tripled the amount of time we spent teaching students from four hours to 12 hours."

As the amount of classroom instruction time has increased, teachers have noticed students choosing healthier eating habits. For example, a classroom of first-graders collected food for the poor and sorted it by food groups so those receiving their food would have a nutritious, balanced meal. (MB)

CHARACTER COUNTS!*continued from page 1*

programs in their classrooms. Teachers indicate the biggest benefit is vocabulary. "There is a common language that children and teachers are using and it helps build understanding," said one teacher. Teachers and administrators have seen Character Counts! build character and improve student behavior.

A recent, five-year study of Character Counts! in South Dakota showed that middle and high school students in Character Counts! cut crime and drug use sharply. Results showed that in a two-year time period:

- Students who said they had broken into another's property, dropped 50%.
- Students who said they had taken something without paying, fell 46%.
- Students who said they had defaced or vandalized property, declined 46%.
- Students who said they had drunk alcoholic beverages, dropped 31%.
- Students who said they had taken illegal drugs, dropped 32%.
- Students who said they had teased someone because of race or ethnicity, dropped 45%.

In Lancaster County, Character Counts! is truly a community effort. More than 18,000 youth participate in the program. Nearly 3,500 teachers, parents and individuals have been trained and give resource materials in Character Counts! More than 50 community organizations, churches, and service clubs have been involved with the Character Education movement through training, donations, grants, programs or implementation as part of their programming. (LJ)

Cultural Insights: Celebrating Holidays



Boshra Rida
Extension Volunteer In Service To America

Many Arabic countries observe and celebrate common days as holidays. Friday is the most common one which is the weekly holiday. Friday means the day of congregation. In many countries, shops and offices may be found open after mid-day prayers, where Muslims gather in the mosque for an address followed by prayer. Government offices are invariably closed for the whole day. On Friday people meet each other and may visit relatives and friends.

The second common

holiday is the first day of the Islamic Year, which is a lunar year. It is the day when the Prophet Mohammed migrated from Mecca to Medina safely. In Iraq the tenth day of Muharram, the first lunar month, is observed as a holiday in memory of the martyrdom of Imam Hussain, the Prophet's grandson.

The Prophet's birthday is another common holiday observed. People celebrate this day in the mosques and distribute candies.

Fitri-Festival and Adha-Festival are major holidays for Muslims. The Fitri-Festival, which is the first day of the month following Ramadan, people celebrates the fast breaking. Folks gather in a large facility in the neighborhood

mosque and join in prayer of Eid (festival). On this day, they visit relatives and friends and give gifts to the children. The Adha-Festival is the celebration of Sacrifice. It comes two months and ten days after the Fitri-Festival. Muslims celebrate the sacrifice of the lamb in place of Ismail by his father Abraham. After the prayer, they sacrifice an animal then they distribute it among the poor and needy, relatives, friends and the family. People visit each other and give gifts to the children.

Most arabic countries observe the first day of May, the Labor day, as a holiday.

Celebrations such as Independence Day, Army Day, Republic Day are unique to each country.

The NEBLINE

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Lancaster County



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Extension Calendar

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

AUGUST

- 15 Fair Board Meeting, *Lancaster Event Center* 7 p.m.
- 18 4-H Livestock VIPS Meeting (fair review) 7 p.m.
- 21 State Fair Entry Day, *State Fair Park*

August 24-September 2 NEBRASKA STATE FAIR, *State Fair Park*

- 31 4-H Alumni Reunion, *State Fair Park* 8–11 a.m.

SEPTEMBER

- 3 4-H Council Meeting 7 p.m.
- 8 4-H Teen Council Meeting 3–5 p.m.
- 11 Horse VIPS Meeting 7 p.m.
- 14 NU Landscape Connections, *UNL East Campus* 9 a.m.–3:30 p.m.
- 12 Rabbit VIPS Meeting 7 p.m.
- 13 Extension Board Meeting 8 a.m.
- 19 Fair Board Meeting, *Lancaster Event Center*
- 23 Family Community Education (FCE) Council Meeting, *Walt Branch Library* ... 7 p.m.
- 24 Fair's Over-Now What? Leader Training 9:30 a.m. or 7 p.m.
- 25–29 Ak-Sar-Ben 4-H Livestock Exposition, *Omaha*

2002

LANCASTER COUNTY FAIR

More than 40,000 people attended this year's Lancaster County Fair, almost doubling expectations! The entire fair was a 4-H Centennial Celebration with the Centennial honored at, and incorporated into, most 4-H activities and events. The recently completed Exhibit Hall proved to be a welcome (and "cool") addition to the fair. A special thanks to all the dedicated volunteers who make this community event possible!



This poster showcasing green earned purple.



The Bicycle Contest included a bike inspection which taught the importance of equipment safety.



A first year dairy exhibitor leads the way.



Patriotic was "in" at this year's Style Revue.



4-H Teen Council members did free face painting.



Pleasure Driving in the Miniature Horse Show.



This team demonstration mixed how-to's with nutrition facts and mixer safety during their fruit smoothie demonstration.



Hare grooming was an integral part of the rabbit show.



Youth recorded public service announcements at the Clover Kids PSA workshop.



NEBLINE FEEDBACK

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