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September 2001

The NEBLINE, September 2001

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4-H Centennial–1902-2002

Ellen Kraft
Extension Assistant

In the beginning . . .

In the late 1890's and into the early 1900's, 4-H programs began throughout the country in response to young people and their need for a better agricultural education.

Boys and girls clubs were established to meet this need. This community club model engaged youth through "learning by doing". Most states organized clubs outside of schools with parents serving as volunteer leaders and educators providing appropriate educational materials.

No one individual is credited with originating the 4-H program, but rather the program was founded through collective efforts of several individuals over the course of a few years.

In 1907 or 1908, the first emblem used nationally was designed by O.H. Benson as a three-leaf clover. It stood for head, heart, and hands. In 1911, Benson suggested that the fourth H should be hustle, and the 4-H design was adopted. Later O.B. Martin suggested that health replace hustle. The 4-H emblem has stood for head, heart, hands, and health ever since.

By 1912, 73,000 boys and 23,000 girls were enrolled in club work.

Passage of the Smith-Lever Act of 1914, established the Cooperative Extension Service of which 4-H is a part. The act provides public financial support for extension programs. In 1921, the National Committee on Boy's and Girl's Club Work was formed, which coordinated private support on behalf of 4-H type programs.

The decade of 1913-1922 included World War I and its impact on the lives of all Americans. Young people in club work contributed to the war effort through food production and conservation, canning demonstrations and other efforts. Wartime



(Left) Walton Pig Club, circa 1967.



Phyllis Vance was a national winner at the 1973 National 4-H Club Congress.



1977 State Style Revue winners from Lancaster County.



Natalie Miller, a present day 4-H parent (Natalie Leach), was a State trophy winner herself in the early 1970s.

incentives probably introduced club work to more youth and adults than did anything else up to that time.

In 1918, the first use of the term "4-H Club" in a federal document appeared in a document by Gertrude L. Warren. By 1920, in addition to the organization of clubs for boys and girls, the system of volunteer leadership evolved and became well established. The clover symbol of the club movement had become familiar by the 1920's. Volunteer leaders were considered to

be essential to the success of 4-H, and training of these leaders a top priority.

Following World War I, 4-H focused on organizing including requirements for a standard club, roles of local 4-H leaders, project experiences, growth of county farm bureaus, and other county extension organizations contributing to the management of club work.

Between 1923 and 1932, 4-H crossed

See **4-H CENTENNIAL** on page 12

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4-H Centennial Quiz

1) In the 1890s, what county was home to the first boys' and girls' clubs in Nebraska?

- A. Red Willow
- B. York
- C. Sarpy
- D. Pierce

2) Even before 1910, young people competed in what activity at the Nebraska State Fair?

- A. Woodworking
- B. Small Engines
- C. Corn growing
- D. Photography

3) What state is credited with creating the 4-H emblem in 1908?

- A. Maryland
- B. Wisconsin
- C. Kansas
- D. Iowa

4) Where was the first organized Boys' and Girls' Camp held in Nebraska in 1912?

- A. Nebraska State 4-H Camp in Halsey
- B. Chadron State Park
- C. State Fair Grounds
- D. Eastern Nebraska 4-H Center

5) What year was Nebraska's first campsite, the State 4-H Camp at Halsey, dedicated?

- A. 1912
- B. 1930
- C. 1962
- D. 1988

** Bonus: Can you name the approximate locations of Nebraska's other two camps?

- 1) _____
- 2) _____

6) What was the result of the Smith-Lever Act of 1914?

- A. Establishment of the Cooperative Extension Service, of which 4-H is a part.
- B. Boys' and girls' clubs officially became known as "4-H Clubs."
- C. All school-age youth had to participate in a boys' or girls' club.
- D. The clover became the official symbol.

7) 4-H's school enrichment programs were established in the 1960s. What topics do they currently address? (There may be more than one correct answer.)

- A. Embryology
- B. Garbology
- C. Blue Sky Below My Feet (space travel)
- D. Nutrition, Fitness and Youth

8) How many youth were enrolled in Nebraska 4-H in the year 2000?

- A. 25,000
- B. 60,000
- C. 100,000
- D. 129,000

9) What year will National 4-H celebrate its 100th birthday?

- A. 2001
- B. 2002
- C. 2003
- D. 2004

10) Nebraska 4-H currently participates in exchange programs with the following countries: (There may be more than one correct answer.)

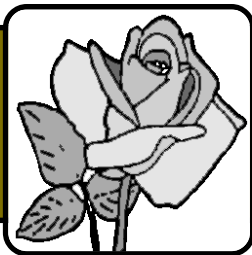
- A. Russia
- B. Armenia
- C. Japan
- D. Ukraine

Answers on page 12

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

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Horticulture

Seasonal Needle Drop on Evergreens

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

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

Each species of evergreens usually keeps its needles for a definite length of time. White pines are the most dramatically affected. They usually keep three years of needles in summer and two in winter. The three-year old

white pine needles turn yellow throughout the tree in fall. The tree will appear particularly unhealthy when these yellow needles outnumber the green ones. Austrian and Scotch pine also keep their needles for three years and Norway pine keep theirs for four years. Needles on arborvitae, usually turn brown rather than yellow when they age. They often remain attached much longer than mature pine needles. Japanese yew needles turn yellow and drop in late spring or early summer of their third year. Spruce and fir needles also yellow and drop with age. These evergreens retain needles for several years, so you may not see needle drop unless you look closely on inner branches. These needle drop patterns vary from tree to tree and from year to year. (MJF)

Horticulture information center

NUFACTS

24 hours a day, 7 days a week
1-800-832-5441; or
441-7188 in the Lincoln area



To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MJF)

NUFACTS

- 122 Fall Watering
- 138 Tree Stump Removal
- 151 Iris Care
- 152 Peony Care
- 153 Cannas
- 166 Tender Bulb Care
- 181 Dethatching a Lawn
- 182 Seeding a Lawn
- 184 Aerify Your Lawn
- 194 Fall Lawn Care
- 215 Moving Houseplants Indoors
- 239 Apple Harvesting
- 241 Fruit Storage
- 243 Harvesting Peaches and Pears
- 271 Drying Gourds
- 284 Sweet Potatoes
- 285 Storing Squash

Poison Ivy

Anyone who has ever experienced the blisters, swelling, and extreme itching from an unfortunate encounter with poison ivy, learns quickly to avoid it whenever possible. It grows in non-cultivated sites, such as along stream banks, roadways, railroad tracks, fence rows, and woodlands. It can even make an appearance in your ornamental shrub or perennial borders. Therefore, knowing how to identify and control it are the best defenses against accidental contact.

The best way to identify poison ivy (*Rhus radicans*) is by its characteristic compound leaf consisting of three leaflets. The leaflets are two to four inches long, dull or glossy green with pointed tips. The middle leaflet is generally larger than the two laterals. The margins of the leaflets are variable, appearing irregularly toothed, lobed, or smooth. The leaves are positioned alternately on the stems. In contrast, Virginia Creeper, a non-poisonous vine often mistaken for poison ivy, has five leaflets radiating from one point of attachment.

Poison ivy can be found in one of three forms; as an upright woody shrub, a trailing shrub running along the ground, or a woody vine. The vine is usually seen growing on trees or other objects for support. Yellowish-green flowers occur in compact clusters in leaf axils, and are produced in June or July. The waxy, berry-like fruit is grayish-white, with distinct lines marking the outer surface and is about three-sixteenths of an inch in diameter.

There are three methods that can be effective in eradicating poison ivy in ornamental beds. They include hand pulling or grubbing; severing the vine and then treating the regrowth with an herbicide; or applying an herbicide to individual leaflets.

Hand pulling is most successful when the soil is moist. The roots can be dug and pulled out in long pieces. Care should be taken to remove the entire root because the plant can resprout from sections of root left in the ground. Avoid skin contact by wearing gloves while you work and washing clothing and gloves immediately after. The washing machine should be rinsed thoroughly afterward to eliminate the possibility of contaminating other clothing.

Vines growing on trees can be difficult to pull out of the



"Leaves of three – let it be:" poison ivy's identifying characteristic is its compound leaves consisting of three leaflets.

ground because their roots may be entangled with the tree's roots. Sever the vine at the base and carefully pull it out of the tree. Glyphosate (Roundup or Kleenup Grass & Weed Killer), a non-selective, translocated herbicide, can be applied to the new shoots that will soon emerge from the base of the old plant. This herbicide is most effective if applied to actively growing foliage. Poison ivy is difficult to control even with herbicides. You may not receive complete control from a single application and repeat applications to treat regrowth may be necessary. Other herbicide brands or formulations may be found at your local garden center. Be sure to read the label to ensure that poison ivy is listed on the label, then follow the manufacturer's directions.

When poison ivy is found in the midst of your prized ornamental plants, special care should be taken to eliminate it. Paint the individual leaflets with a non-selective herbicide like glyphosate to avoid harming desirable plants.

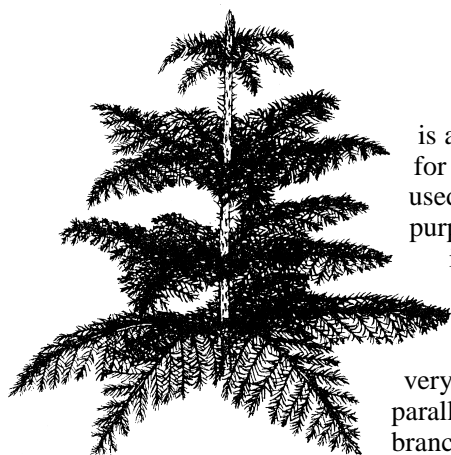
The blistering rash caused by poison ivy is the direct result of contact with the oily toxicant, known as urushiol. Urushiol is found in resin ducts within the plant's phloem. These ducts are found throughout the plant, including the roots, stems, bark, leaflets and certain flower parts. The plant has to be crushed, broken, or in some way injured

to release the resin.

Once urushiol is released, it can find its way to your skin by direct contact with the plant and then spread by touching other parts of the body. Because the sticky, oily substance is easily transmitted, there are indirect ways to contact it, for instance, from the fur of the family pet, garden tools, garden gloves, clothing, golf balls or other objects that have come in contact with an injured plant. Contrary to popular belief, the rash from poison ivy cannot be transmitted from touching the oozing blisters.

If you know you have contacted poison ivy, wash the area as soon as possible with soap and cool water. Warm water may cause the resin to penetrate the skin faster. Because urushiol can penetrate in a matter of minutes, you may still get a rash, but at least you have contained the infected area. A visible reaction, redness and swelling may be apparent within 12 to 24 hours. Contact your family physician or pharmacist for recommendations for effective non-prescription medication.

One additional caution is that people can contract a rash by exposure to smoke of burning poison ivy; be careful not to burn wood with the poison ivy vine attached to it. Take extreme caution to avoid inhaling smoke or contact of smoke with skin and clothing. (MJF)



The Norfolk Island pine is an evergreen plant suitable for a houseplant. It can be used in a variety of decorative purposes. In its native habitat, it can grow to a height of 220 feet with a trunk up to 10 feet in diameter.

As a small plant, it is very uniform with branches parallel to the ground. These branches have rows of soft,

bright green, half inch long needles that taper to a fine point.

The Norfolk Island pine is a long lasting houseplant that grows 3 to 6 inches a year. A large Norfolk Island pine makes an excellent display in entrance halls or foyers, and presents a good first impression of the home or office. Smaller plants are handsome attractions for coffee tables, desks, and end

tables. Norfolk Island pines grow well in indirect sunlight. Night temperatures of 50 to 55 degrees Fahrenheit and day temperatures of 68 to 72 degrees are optimal for plant growth. However, the Norfolk Island pine will tolerate temperatures between 45 and 85 degrees.

The soil should be kept only lightly moistened. This plant does not require as much water

as most common houseplants. It cannot tolerate soggy or saturated soil. Norfolk Island pines do not require frequent fertilization. Use any complete houseplant fertilizer and follow the manufacturer's recommendations. These pines need to be repotted every three to four years to allow for growth. (MJF)

Norfolk Island Pine

Tiny Flies In the House? Find the Source

There are several types of tiny flies — people commonly refer to them as “gnats” — that are sometimes found inside the home. The appearance of more than just one or two indicates that there is a breeding population close at hand.

Immature flies are known as maggots. Most fly maggots require a source of food (often decaying organic matter) that is moist or wet. Fly species may have specific food preferences. Knowing what type of fly you have can help you find the source — the key to solving the problem.



Fruit fly

Fruit Flies

Fruit flies are among the smallest flies found in homes. They usually are a light brown color and have bright red eyes.

Fruit flies most often are found hovering around overly ripe fruit that is the food source of the fruit fly maggots. Fermenting materials, such as leftover beer or soft drinks, also are a favorite food. Populations tend to be greatest in late summer and early fall as they infest fruits during the harvest season.

Control: Discard overripe fruit, and rinse out bottles and cans before recycling to eliminate common breeding sites. Fruit flies are common outdoors and are so tiny that they may come into homes through screens. Make a fruit fly trap with a glass jar, a plastic baggie, rubber band and a little fruit juice or beer (see the diagram).

Phorid flies

Phorid flies are also called “humpbacked” flies because of the extreme humpbacked appearance just behind the head. They are often confused with fruit flies, but do not have red eyes. These flies have the peculiar habit of running rapidly

along surfaces instead of immediately flying when disturbed.

Phorid flies breed in any moist decaying organic matter, especially when it is fermenting. Garbage disposals, rotting meat and vegetables, dirty mop buckets, faulty septic systems and animal feces may be the source of phorid flies.

Control: Find the source of the infestation and take measures to eliminate it.

Drain Flies



Drain fly

There are a couple types of small flies that emerge from drains of sinks and seem to hover over the sink area. One type looks like a very tiny moth; the other is a tiny dark-colored fly. Phorid flies may also breed in drains. Most of the time, the infestation is in the gelatinous gunk that lines the drain or from a garbage disposal, but flies can also be produced where there is a problem with broken or leaking pipes.

Control: The fastest way to solve this problem is by cleaning the drain pipes. Unfortunately, some household products are meant to dissolve clogs — not clean pipes. Bleach and hot water will not kill fly larvae breeding in the pipes. A “snake” or a stiff brush along with industrial strength drain cleaner will be most useful. Never pour insecticides down the drain.

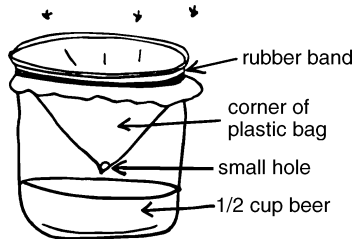
Fungus Gnats

Fungus gnats are small, dark-colored flies most often found collecting around windows during fall and winter and hopping across the soil surface of a plant. High organic matter plant mixtures and organic fertilizers, such as fish emulsion, encourage fungus gnat development. Over watering, a common problem during fall and winter, will increase fungi and fungus

Simple Fruit Fly Trap

Materials needed: jar, plastic bag, beer, rubber band

1. Pour approximately 1 inch beer into jar.
2. Place plastic bag over mouth of jar with one corner reaching down into jar.
3. Poke a small hole (no more than 1/8" diameter) in corner of bag with a pencil.
4. Secure bag around rim with rubber band or canning ring.
5. Place trap out-of-reach of children, pets.



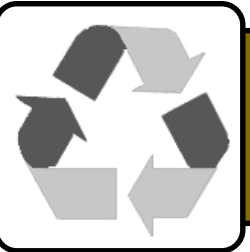
Fruit flies will be attracted by the fermenting beer, find their way through the tiny hole in the bottom of the funnel, and not be able to find their way out.

gnat development. Fungus gnats can reproduce on indoor plants and cause little if any damage. They also occur outdoors where they breed in mushrooms and other decaying plant materials.

Control: To control fungus gnats, correct the conditions of the breeding area. Allow the soil to dry thoroughly between watering and eliminate decomposing plant materials. This reduces the amount of fungi where fungus gnats breed. Where fungus gnats are a problem, insecticides can supplement the cultural control of reduced watering.

Most of these tiny flies are very common outdoors and can easily enter the house through window screens. Inside, the right conditions will start an infestation. Insecticides are usually not needed and will seldom solve the problem if the source of the infestation isn't found and corrected. (BPO)

Environmental Focus



The Kids are Back in School – So are Head Lice. . .

Soni Cochran
Extension Associate

You thought you had everything figured out: soccer schedules, music lessons, school supplies, lunches, new shoes and socks. Did you plan for head lice?

As we head back into the new school year, there are some steps you can take to help reduce an infestation of head lice in your home.

Prevention

1) Inspection: Check your child's scalp at least once a week for evidence of head lice. By the time a child starts scratching he/she may have had lice for 30-days. Look closely at the nape of the neck and behind the ears. You usually won't see the adult lice but you may find the “nits” (lice eggs). The nits are laid close to the scalp and attached to individual hair shafts. If your child's school sends a note home reporting head lice in the classroom, check your child's scalp more often.

2) Combs and Brushes: Everyone in the house should have their own hair care items. This includes combs, brushes and hair accessories. Store the items in separate bins or containers. Make it a routine practice to clean the items.

3) Hair Styles: If your child has long hair, pull it back into a ponytail, braid or put the hair up when your child is at school or participating in activities.

4) Sharing: Teach your child not to share hats, hair accessories or combs with their friends at school or in the neighborhood.

5) School: Work with the

teachers, health specialists, and administrators in your school. If you find head lice on your child, report it immediately. The school can check other children in the class and send a note home to parents asking that they monitor for lice. By working with your school, you can help prevent reinfestations.

Head lice are found in children of all socioeconomic classes. They are very contagious and can spread easily. While there is no reason to panic (head lice do not carry serious diseases), taking action quickly is the best way to prevent the infestation of other family members. It is also important for parents to remain calm because they will need the cooperation of their child to successfully treat this problem.

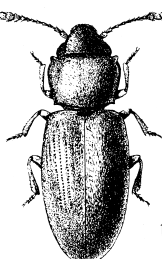
Resources to help you manage head lice are available from the Lancaster County Extension office. You have access to free, “reproduction-ready” fact sheets that can be shared with your school, friends, and family. A Spanish version is also available. In addition, the award-winning video “Removing Head Lice Safely” can be purchased for \$10. The video can be viewed on-line for free via the Extension office web site.

For more information on head lice or to request the fact sheets and video, call the Lancaster County Extension office at 441-7180 or visit the office web site at www.lancaster.unl.edu.

Next month's NEBLINE - “My child was sent home with head lice, now what do I do?”

New Home? New Bugs!

A common household invader in late summer is the foreign grain beetle, which is very tiny, only 1/12" long. It is reddish-brown and has a clubbed antennae. The foreign grain beetle is a minor pest of grain products that are moist, moldy and out-of-condition because it feeds almost exclusively on fungi. Consequently, these beetles can be found in damp stored grain, spilled grain, animal feeds, and musty cereal products. They are observed in grain mills, food processing plants, damp basements, around rotting windowsills, under moldy wallpaper and on moist surfaces near leaky faucets. The strong-flying beetles are attracted to light and can sometimes be found at windows or in overhead light globes.



Foreign grain beetle

Many years ago, foreign grain beetles were nicknamed “plaster beetles” by home builders, because they appeared inside walls and rooms of new buildings that had just been plastered. Even though we don't use plaster as much today, there is still a strong association between these beetles and new homes and many pest control operators sometimes refer to these beetles as “new house bugs.”

Just drive through a new suburb and look at all the homes under construction. In new construction, there are periods when timbers are exposed to rain, humidity, snow and more. Wherever moisture occurs and timbers or drywall get wet, you can expect mold growth and later, beetle activity.

In August and September, Lancaster County staff can

expect several calls and visits from clientele who are dismayed to find hundreds of these beetles in their brand new homes. The beetles emerge from under baseboards, from behind electric outlets and from around light fixtures in ceilings. Because they are strong flyers, the beetles will spread throughout the house.

The first step to solving the problem is identification to make sure that it is not a serious wood destroying beetle emerging from wood used in construction. Once the foreign grain beetle is identified, steps should be taken to eliminate moisture problems that may be contributing to the problem. In a new house, moisture in the timbers will dry out gradually over the next months. We encourage new home owners to be patient. Over the course of several months, the beetles will gradually vanish and are not likely to reappear. (SC)

Fall Household Hazardous Waste Collections

Saturday, Sept. 22 • 9:00 a.m.–3:00 p.m.
Pfizer Inc, 601 W. Cornhusker Hwy, Lincoln

Saturday, Nov. 3 • 9:00 a.m.–3:00 p.m.
State Fair Park, 4-H Youth Complex, Lincoln

Items that you can bring for disposal:

Heavy metals: items containing mercury such as thermometers and thermostats.

Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.

Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex, PCP.

PCBs: Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors and televisions.

Leave products in their original container and keep the label intact. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do not bring:

Latex paint, medicines, explosives or ammunition, fertilizers, used oil, general household trash, antifreeze or batteries.

Questions? Call the Lincoln-Lancaster County Health Department at 441-8040. (BPO)



Farm Views

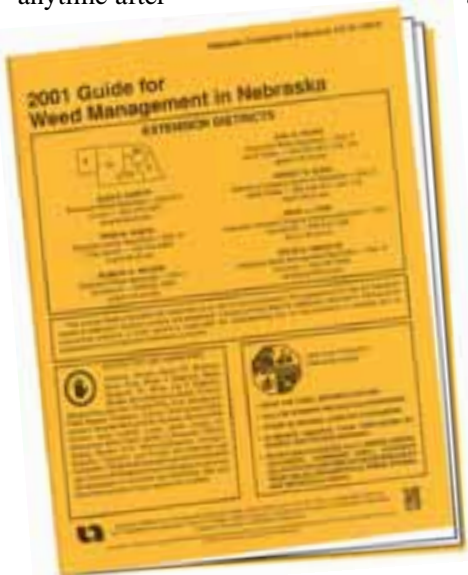
Fall Is a Good Time to Control Problem Weeds

Fall is an excellent time to control several species of perennial weeds in pastures and waste areas. Food storage in the root systems of many perennial plants such as field bindweed, Canada thistle, and leafy spurge takes place in the fall. Herbicides applied at this time readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the chemical doesn't completely kill the weed, it goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made anytime after

mid-September but before hard freezes occur. Treatments can even be made after a light frost has occurred as long as the plants are still active and growing. Daytime temperature in the 50's are satisfactory for effective control.

In addition to obtaining excellent control on the target weeds, the potential for drift damage to non-target species is lessened in the fall. Most field crops and gardens are finished producing by this time, and the current year's growth on perennial shrubs and trees is hardened off making them less susceptible to damage.

For recommendations on specific weeds in crops, pastures and non-crop areas, consult the *2001 Guide for Weed Management in Nebraska* EC 01-130-D available for \$2 when picked up at the Extension office or one could consult the web version at <http://www.ianr.unl.edu/pubs/FieldCrops/ec130.htm> (TD)



Nitrogen Fertilizer Sources

Anhydrous ammonia is produced commercially by reacting nitrogen gas from the atmosphere, in the presence of a catalyst, with steam and methane (natural gas). All other commercial nitrogen fertilizers are derived from anhydrous ammonia. Because natural gas is used to produce anhydrous ammonia and therefore all commercial nitrogen fertilizers, high energy prices result in high prices for nitrogen fertilizer.

Natural sources also contribute to plant-available nitrogen. The conversion of nitrogen gas to plant available forms occurs naturally in the root nodules of leguminous plants. A small amount of nitrogen is converted to reactive forms in thunderstorms, which then convert to plant-available forms in the soil. Finally, microbial breakdown of plant residues and animal waste

also contributes to the plant-available nitrogen in the soil.

Both man made and naturally occurring sources of nitrogen are acted upon by microbial and chemical processes in the soil which change the chemical composition of the nitrogen. This process is known as the nitrogen cycle. Producers should be aware of the potential fate of any nitrogen source, including potential loss of nitrogen to the atmosphere or to leaching below the root zone under certain conditions.

For more information on nitrogen fertilizers and their fate in the soil, ask for Lancaster County in-house fact sheet *Nitrogen Sources* by Extension Educator, Tom Dorn. Ask for publication number 288-01.(TD)



Photo courtesy of Kansas State University Research & Extension

Prepare Grain Bins and Equipment Before Harvest

With harvest rapidly approaching, now is the time to prepare grain bins and harvesting equipment to help ensure that grain going into storage will remain in good condition. Don't wait until the middle of harvest to discover that a bin foundation is severely cracked, or find even later that insects from grain left in the combine last fall have become a problem in a bin of new grain.

Harvesting Equipment

Remove all traces of old grain from combines, truck beds, grain carts, augers, and any other equipment used for harvesting, transporting, and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain.

Site

Check the bin site, and remove any items or debris that would interfere with safe, unobstructed movement around the bin. Remove any spilled grain and mow the site to reduce the chances of insect or rodent infestation. If necessary, re-grade the site so that water readily drains away from bin foundations.

Electrical

Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed, or broken insulation. Exposed wiring should be run through water-proof, dust-tight conduit. Avoid kinking the conduit, and make sure all connections are secure. Check control boxes for rodent damage. If rodent damage is found, clean and repair or replace damaged wiring, relays, and other components and seal

over openings that allowed rodent entry. An aeration system breakdown with a bin of high moisture corn can become a serious problem in only a few days, depending on the moisture and temperature of the grain. Preventative maintenance now can prevent downtime during harvest.

Aeration Systems

Check fans, heaters, transitions, and ducts for corrosion and damage. Remove any accumulated dust and dirt that will reduce the operating efficiency. Be sure that all connections are tight.

Bins

Inspect bins and foundations for structural problems. Inspect the bin roof and sides, inside and out, for leaks, loose or sheared bolts, corrosion, etc. Check the roof vents and access hatch, and caulk any cracks where flashing meets the roof line. Be sure the access ladder is complete and securely fastened to the bin. Repair or replace any deteriorated components.

Ensure that the bins are **clean**. Remove any old grain with brooms and shop vacuums. Never put new grain on top of old. Don't forget to clean bins not being used for storage this year as these can be a source of insects that will migrate to other bins.

If long term storage (over 10 months) is anticipated, consider treating the cleaned bin with protective insecticides at least two weeks before adding any grain. Apply the spray to the point of runoff to as many interior surfaces as possible, especially joints, seams, cracks, ledges, and corners. Also spray outside the bin at the foundation

and near doors, vents, ducts, and fans. Malathion, methoxychlor, Tempo, Reldan (stored sorghum only), or diatomaceous earth can be used for treating bin surfaces. Methoxychlor and Tempo should not be applied directly to the grain. As with all pesticides, read and follow product label instructions for handling, dilution, mixing, and application directions. Note: Do not spray bins where soybeans will be stored. Stored soybeans rarely experience insect problems and few insecticides are labeled for use on soybeans.

It is generally impossible to thoroughly clean under perforated drying floors. Although by removing the drying fan, and using an extension pipe and grain vacuum, much of the accumulated debris can be removed. The bin should then be fumigated with chloropicrin. (Chloropicrin is a "Restricted Use Pesticide" sold under several brand names and requires gas monitoring devices and respirator protection.)

Stored grain represents a major investment. Precautions taken before grain is put into the bin can pay dividends later by helping to assure that quality is maintained. (TD)

Disclaimer: Use of brand names is for clarity only and not intended as an endorsement of one product over another. Read and follow product label directions.

Sources: David P. Shelton, Extension Agricultural Engineer; David D. Jones, Associate Professor, Biological Systems Engineering; and Keith J. Jarvi, Extension Assistant, Integrated Pest Management

Crop Residues: An Economical Source of Feed

As fall approaches livestock producers must make plans for feeding their livestock during the late fall and winter months. One economical and often under utilized source of feed is grain crop residues. To determine if crop residues are an appropriate feedstuff to use in your operation, there are many factors you must consider.

1) Location – For fields of crop residues to be used effec-

tively, the location of the field(s) should be within a reasonable distance from where you typically house your animals during the fall and winter months.

2) Shelter and Fencing – As is the case anywhere you raise livestock, there must be adequate shelter and proper fencing. Without these two necessities you are risking the health of your animals.

3) Water availability – Probably the most important factor when deciding on an appropriate field to graze is the availability of water for the animals. Fields without a reliable source of water, or that do not have easy access to transport water to the animals, should not be used.

If fields meet these basic criteria, you will still want to consider some other factors such

as the amount of forage available to the animals, weather conditions (such as drought and frost), crop production practices, animals to be placed on the crop residue, and the cost to rent (if applicable) before making a final decision. If a field(s) of crop residue can meet the needs of your livestock operation, do not be afraid to incorporate this economical and readily available source of feed into your livestock

nutrition management program. For more information on grazing crop residues, you can access the University of Nebraska Cooperative Extension NebGuide "Grazing Crop Residues" on the web at www.ianr.unl.edu/pubs/beef/ec278.htm or by contacting Lance Cummins-Brown, extension educator, at the Lancaster County Extension Office. (LCB)

Nebraska Forest Service Ends Tree Distribution Program

Seventy-six years of history came to an end this past spring when the Nebraska Forest Service (NFS) decided to end the “tree distribution” program. The first distribution of seedlings came in 1926 under the old congressional authority of the Clarke-McNary act of 1924. The total number of trees distributed the first year was 33,900. By 1934, the program was distributing over a million seedlings a year for conservation purposes. The peak



years were the late 70’s and early 80’s when over three million seedlings were distributed annually. Though the Nebraska Forest Service will not be operating a tree distribution program, the professional foresters will continue to be available to landowners, NRD’s, and other government agencies in Nebraska. Since conservation tree and shrub planting remains a high-priority need across Nebraska,

the Natural Resources Districts (NRD) managers have formed a committee to develop options for the 23 NRD’s. One option is to develop a working relationship directly with the United States Forest Service and purchase seedling from the Bessey Nursery in Halsey. Though many details have yet to be determined and there are many unknowns at this time, most Natural Resources Districts intend to have tree planting programs available for the spring of 2002. (DJ)

Livestock Buildings

Selecting a building that is right for your farm livestock should include meeting all your personal needs in addition to your livestock’s needs. Providing adequate housing for your animals, including proper ventilation and space, is essential and will ensure they are getting the housing they need to remain healthy and productive.



Consider several factors when choosing a building for your livestock.

There are several factors you must consider when choosing the building that is right for you. First, you must consider what you intend to use the building for, whether it be a farrowing barn or a stable to keep a few horses. The animal species will greatly affect the number of animals you can house in the facility. Each animal should have an adequate

amount of resting space to make sure it is comfortable, an adequate amount of feed access, and free access to clean, fresh water. Ventilation and air quality are also critical when planning livestock housing. Many facilities may require ventilation fans to move an adequate amount of air within the facility. It is very

critical you do not overlook the ventilation factor as animals residing in a poorly ventilated area will be at greater risk of sickness and disease. Special architectural requirements for the building, such as wider doors to get large equipment through, should also be considered for your livestock building. Determine how you will clean livestock waste from the facility before it is built. Finally, when you are selecting a building, you must decide where you want to locate it and if you are planning any major site renovations in the next few years. This could make a big impact on any future projects you have planned. (DJ)

Water Quickies for September

Water-saving showers use about 2.5 gallons per minute at a water pressure of 80 pounds per square inch, compared to traditional showers that use up to 10 gallons per minute. Water pressure can affect water flow. With low water pressure, select a low-flow shower head that delivers the water needed at low pressure. Some showers have special controls to reduce sudden bursts of hot water that may occur when other water using appliances are turned on. Demand-initiated water softening equipment regenerate soft water in response to the demand for treated water rather than on a set timed schedule. The need for regeneration is determined by measuring gallons

of water used, or by measuring the change in electrical conductivity of the resin bed, or by sensing a change in water hardness. These units can save water by eliminating unnecessary regeneration cycles. Making decisions about water and energy saving equipment means searching for consumer information, talking with the professionals, considering the existing water and appliance system and the household needs. For more information on these devices, or additional ways to save water, ask for the University of Nebraska Cooperative Extension NebFact NF97-338, “Making Decisions: Household Water Saving

Equipment and Practices,” available at the extension office. Visit websites such as WaterWiser by the American Water Works Association in cooperation with the Bureau of Reclamation at www.waterwiser.org/frameset.cfm or EPA’s Energy Star® site at www.epa.gov/appdstar/estar/prodnews.html or the Department of Energy’s Energy and Appliances at www.eren.doe.gov/buildings/buying_appliances.html. Other sources include publications such as “Consumer Reports.” Visit with your professional plumber about water saving ideas and your water system. (DJ)

Fall Fertilizing is Best for Lawns

If fertilizing your lawn is a once-a-year chore, do it now as early fall is the best time to rejuvenate lawns. By mid-September, most lawn abilities to use nutrients peaks, and they’re craving a “meal.” Nitrogen helps grass develop a thicker stand and healthier root system, which increases its ability to withstand

pests and stress. Lawns also benefit from a second application in October, which should be applied just before the last mowing. Add a third application in April or May. A well-developed root system is essential during the hottest, driest weeks of summer. Many lawn owners can save

money on fertilizer by keeping grass clippings on the lawn after mowing. Clippings can cut a lawn’s nitrogen needs by 25 percent each year, and may eliminate the need to apply phosphorus and potassium. If mowing frequently, don’t remove more than a third of the turf’s height each time. (DJ)

Acreage Insights



Fall Dandelion Treatment



Don’t want to see these yellow flowers in spring? Spray them now.

To avoid yellow dandelions spoiling the beauty of your emerald-green lawn next summer, spray them now. Mid-September through October is the best time to treat dandelions because they’re actively growing and storing food for winter. At this stage, herbicide applications kill the top growth and the weed’s deep tap root. Spray dandelions with a liquid herbicide that contains MCP, dicamba, 2,4-D or a mixture of those chemicals. Check the label before purchasing or applying. Chemicals affect each type of grass differently, so make sure to use one suitable for the lawn. Combinations of fertilizer and broadleaf herbicide spray also are effective

for tall fescue or Kentucky bluegrass lawns. The treatment will be more effective under these conditions:

- Dandelions must be actively growing. If necessary, water them for a week to encourage growth.
- Soil moisture should be plentiful because drought-stricken dandelions are less sensitive to sprays.
- Weeds shouldn’t receive water for at least 24 hours after the application.
- Dandelions shouldn’t be mowed for several days before or after treatment.
- Temperatures should be between 50 and 80 degrees F and wind speeds should be less than 5 mph. (DJ)

There’s Nothing Fishy About This Nebraska Grad’s Work.



Deb Ohlinger doesn’t fish, but she is a best friend to those who do. She is a civil engineer who is helping to restore Nebraska lakes—she got her feet wet on lake projects while completing her degree in biological systems engineering at the University of Nebraska-Lincoln. Thanks to Deb’s work, a few of Nebraska’s lakes have less sediment in the water, better access to deeper waters and improved fish habitat. Wagon Train Lake near Hickman and Summit Lake near Tekamah are two on her professional projects list, plus she’s finishing a master’s degree at NU to become even more of an expert on water and civil engineering.

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Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

National 5 A Day for Better Health is celebrated during September. The 5 A Day program, jointly sponsored by the Produce for Better Health Foundation (PBHF) and the National Cancer Institute, promotes eating a combined total of 5 or more fruits and vegetables daily. Here's a recipe, courtesy of PBHF to get you on your way to 5 A Day. For more information, check these Web sites: www.5aday.gov and www.5aday.com

Autumn Fruit Salad

2 tablespoons honey
2 tablespoons lemon juice
2 Granny Smith apples, cubed
2 red pears, cubed
1/2 cup dried apricots, sliced into thin strips
3 8-ounce containers low-fat spiced apple or vanilla yogurt

In a medium bowl, whisk together honey and lemon juice. Add fruit and toss well. For each person, spoon a half container of yogurt into a small bowl and top with a 1/2 cup fruit. Serve.

Serves 6. Nutritional Analysis: Calories: 206 Kcal, Fat: 1.9 g, Cholesterol: 0 mg, Fiber: 3.4 g, Sodium: 76 mg, % Calories form Fat: 8%

Feeding Baby during the First Year

Alice Henneman, MS, RD
Extension Educator
&
Kendra Schmit, RD
Extension Assistant-NEP

If you grow as rapidly as a newborn, and you currently weighed 130 pounds, you'd tip the scales at almost four hundred pounds in just a year! Babies triple their birth weight the first year.

Assuring that infants receive adequate nutrients during their first year is essential to their growth and development! Whether you're caring for your own child, a grandchild or babysitting for others, here are some tips to follow:

- Whenever possible, breast milk is best during the first year of life.
- If breast-feeding isn't possible, an infant formula is an acceptable choice.
- Specialized formulas are available if an infant is allergic to regular infant formulas. The baby's pediatrician can advise on the best choice.
- Proper formula dilution, mixing and storage are very important; follow directions carefully.
- Avoid serving regular cow's milk until infants are one year old. Before then, infants may experience an allergic

reaction. When you begin serving regular cow's milk, serve whole milk. It's usually recommended that children drink whole milk until age 2 for proper development. Don't switch to a lower fat milk until the baby's doctor recommends this switch.

- Do not serve cereal mixed with formula from a bottle.



Photo courtesy of the USDA Photography Center

Whenever possible, breast milk is best during the first year of life.

There's no proof that this practice helps babies sleep better. Plus, there is a possibility of choking when served cereal from a bottle.

- Always hold a baby when bottle-feeding. Babies who are put to bed with a bottle are more likely to have cavities and there is a possibility of choking.
- It's best for parents to check with their physician before starting infants on solids. Not all babies are ready to begin eating solids at the same time. The American Academy of Pediatrics recommends that breast milk or a prepared infant formula be the

only nutrient fed to infants until 4 to 6 months of age.

- Do not serve infants honey during the first year of life. It may contain the type of bacteria that can cause botulism in infants. Botulism can cause death.

- Infants may be allergic to egg whites; wait until about 12 months before offering this food.

They may be able to tolerate egg yolks around 8 months. Follow guidelines given by the parent's physician.

- Serve only 100 percent juice in small quantities so it doesn't interfere with the infant's eating other nutritious foods. The American Academy of Pediatrics recommends giving juice only to infants who are approximately 6 months or older and who can drink from a cup. The Academy of Pediatrics recommends offering no more than a TOTAL of 4 to 6 ounces of juice a day to infants.

- When introducing new foods, try only one at a time. And wait about a week before trying another new food so you can tell if there are any allergic reactions to it.

- Iron-fortified rice cereal is usually the first cereal offered as babies are least likely to be allergic to it. It's frequently recommended to continue fortified baby cereal through the first year of life.

10 Tips Spell F-O-O-D S-A-F-E-T-Y Success

September is National Food Safety Education Month™, one of the initiatives supported by the National Food Safety Initiative. One of the goals of the month is to “educate the public to handle and prepare food properly at home, where food safety is equally important—whether cooking from scratch or serving take-out meals and restaurant leftovers.”

Alice Henneman, MS, RD
Extension Educator
&
Joyce Jensen, REHS
Lincoln/Lancaster County
Health Department

Do you know the most important thing you can do to keep from getting sick?

HINT: It only takes about 20 seconds.

HINT: Almost everyone can do it.

HINT: It's not expensive. According to the Centers for Disease Control, the answer is “WASH YOUR HANDS.”

Clean hands—and clean cooking utensils and surfaces—are your first defense against food-borne illness.

Like washing your hands, most of the things you can do to help prevent a food-borne illness are really easy. Here are 10 simple food safety tips, that together spell F-O-O-D S-A-F-E-T-Y.

F = Fight bacteria by washing your hands often. Wash for about 20 seconds with hot, soapy water BEFORE fixing or eating foods

cut and/or peeled fruits and vegetables sit at room temperature longer than two hours.

D = Divide leftovers into small, shallow containers for rapid cooling in the refrigerator.

S = Set your refrigerator to run at 40 degrees F and your freezer at 0 degrees F to help stop harmful bacteria from growing. Keep an appliance thermometer in your refrigerator/freezer to monitor temperatures.

A = Avoid cross-contamination. Wash cutting boards, knives and other utensils in the dishwasher or with hot soapy water and rinse with hot water after they come in contact with raw meat, poultry and seafood, and before using them for another item. Avoid placing cooked food on a plate that held these raw foods.

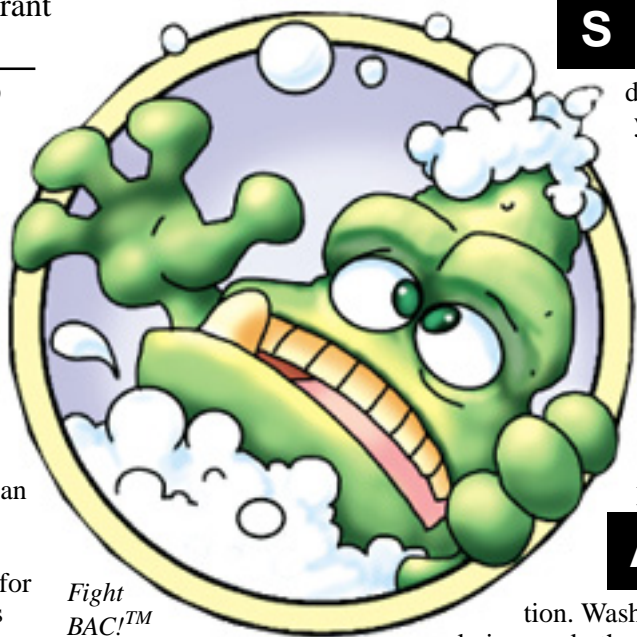
F = Fruits and vegetables should be thoroughly cleaned before eating. Wash fruits and vegetables thoroughly with running tap water just before eating. This includes fruits and vegetables that you peel or cut, such as melons, oranges or cucumbers. Bacteria

adheres to the surface of these and can be transferred to the part you eat when it is cut or peeled.

E = Eat foods that you know are safe. Most of the bacteria that commonly cause food-borne illness can't be seen, smelled or tasted. When in doubt, toss it out!

T = Take the temperature of perishable foods such as meat, poultry and seafood to assure harmful bacteria are destroyed. Cook hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal, lamb steaks and roasts may be cooked to 145 degrees F for medium rare and to 160 degrees F for medium. Whole poultry should be cooked to 180 degrees F as measured in the thigh; breast meat to 170 degrees F. All cuts of pork should reach 160 degrees F. Thoroughly cook fish until it is opaque and flakes with a fork.

Y = Yolks and whites of eggs should be cooked until firm to avoid possible food-borne illness from *salmonella*. Store fresh eggs in their original carton and use within three weeks for best quality. Use hard-cooked eggs within one week—do NOT return them to the egg carton for storage. Refrigerate them in a clean container.



Fight BAC!™

and AFTER using the bathroom, changing diapers, handling pets, coughing or blowing your nose.

O = Only thaw perishable food in the refrigerator or the microwave. Never defrost food on the kitchen counter. Cook food immediately after thawing in a microwave.

O = Order perishable takeout foods so they're delivered shortly before serving. Whether takeout or prepared at home, avoid letting foods such as meat, poultry, seafood, dairy products, eggs,

Fridge Quiz!

Put your knowledge of proper refrigeration to the test. (AH)

1. Should hot food be placed directly in the refrigerator? YES or NO
2. Refrigeration prevents bacterial growth. TRUE or FALSE
3. At what temperature should you set your refrigerator? ____ degrees F

Answers:

1. **Yes**, but divide large quantities of food into shallow containers for quicker cooling.
2. **False**. Refrigeration slows, but does not prevent the growth of harmful bacteria.
3. **40**

degrees F to discourage the growth of food-borne bacteria. Keep an appliance thermometer in your refrigerator and check the temperature regularly.

Source: Adapted from materials provided by the Partnership for Food Safety Education



Fight BAC!™

Clarice’s Column

Clarice Steffens
FCE Council Chair



It’s a Monday morning—I’ve completed my walk (a great morning for that), had breakfast and read the paper. The walk should have cleared some cobwebs from my brain, the breakfast satisfied the hunger, and the newspaper horoscope tells me I should “start to organize the activities of the week.” The first activity I need to organize this week is this article, so here goes!

I’ve just returned from the Family Community Education (FCE) State Convention in Kearney. Approximately 170 women attended activities beginning on Thursday at the Archway and continuing on Friday with a jam-packed day of

meetings at the Holiday Inn. Those attending included Nebraskans Harriet Steenson, National FCE President, Dee Rudolph, National Treasurer, Connie Larrington, the National Central Region Public Policy Representative and Marlene Olson of Columbus, the Nebraska State President. We learned of a new statewide project, HOPE, Helping Other People Everyday. Several people from Lancaster County attended and we will share our comments and observations at the September Council meeting. Next year’s convention will be in Sidney on August 19 and 20.

Our next Council meeting will be September 24, 7 p.m. at the extension office. The hosts will be Busy Bees, Helpful Homemakers and Tuesday Tinkers. I hope many of you will be in attendance.

Achievement Day will be

October 23 at 7 p.m. Please mark your calendar for this event. Kathy Peters will be the guest speaker.

It is time to collect items for the Food Bank. This is our county project and items can be brought to the September Council meeting or to Achievement Day. Let’s all participate and make this a successful project.

It’s also time to reorganize our clubs for 2002. Packets are ready and should be picked up soon as some information needs to be returned in October. You will notice minor changes in the 2002 membership form.

The themes for the State Convention were “Leading with Vision,” “Looking to FCE” and “We Can Do It.” Let’s keep this in mind as we reorganize for 2002 and all do our part to make our organization a more vital group.

★ FCE News ★

September Family Community Education (FCE) Council Meeting

The September Council meeting is scheduled for Monday, September 24, 7 p.m. The business meeting will follow the program being planned by the Busy Bees, Helpful Homemakers and Tuesday Tinkers FCE Clubs. All FCE members are invited to attend. (LB)

FCE Leader Training

The FCE leader training lesson, “Indoor Air Quality: Know the Asthma Triggers” is scheduled for Tuesday, September 25, 1 p.m. and will be presented by Lorene Bartos, extension educator.

This lesson is designed to educate people about indoor air quality and the many asthma triggers in a home.

Anyone interested is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

FCE Reorganizational Packets

Presidents of Family and Community Education (FCE) clubs: If you have not picked up your reorganizational packets please do so soon. It includes the dues information for your club treasurer which has a due date of October 1. There are other October deadlines within the packet. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

FCE Leader Training Lessons for 2002

All leader training lessons will be presented at 1 p.m.

- January 7 Aim for Fitness
- January 29 Positive Communication for Families
- February 26 Growing communities of Character at Work
- March 26 Nutrition and Osteoporosis
- September 24 Energy Isn’t the Only Thing You Will Save

Study lessons available include:

- Long Term Care: Options, Costs and Preparation
- Parents Again: Grandparents Becoming “Grand” Parents
- Servant Leadership
- Telemedicine: The Future is Here
- When a Loved One or Dear Friend Dies (LB)

Look at the Big Picture

LaDeane Jha
Extension Educator

When stresses build up in families, it’s important to step back and look at the “big picture.” Resources such as cars, a house, tools, clothes, and money are important and they may help people solve some of their problems. However, it is usually personal, family, and community resources that help sustain us when families feel stress.

The “big picture” has much to do with the way families look at things. One family sees it as a problem, another sees the situation as a challenge. The way you look at a situation influences how you react and handle stress. In fact, your outlook may be more important than the events themselves in determining how able you are to handle difficult times effectively.

Emphasize the opportunity. Don’t fight change—deal with it. Look for ways to make it work to your advantage. Be realistic

about what to expect. Don’t expect the worst—it often doesn’t happen. But don’t have unreasonably high expectations either. Optimists not only feel better about themselves and their lives, but actually manage their lives better whatever happens.

Concentrate only on events you can control. Pouring effort into events that are beyond your control will take time that is needed elsewhere. Part of controlling events is planning.

See **BIG PICTURE** on page 11

Family Living



by Lorene Bartos, Extension Educator

Fall Cleaning

An all-purpose cleaner will do a good job on painted wood, but not on unfinished or varnished wood. For these surfaces, use a cleaning and/or polishing product formulated for wood. Similarly, all-purpose cleaners are not recommended for use on carpets. These products may affect the carpet dyes or remove the soil guard. For safe, effective cleaning on carpets, use a carpet cleaner.

All-purpose and multi-purpose cleaners work well on a multitude of surfaces and are truly convenient to use. The label directions will specify the surfaces on which they can be used.

Children Who are Ready to Read and Learn

“As parents, the most important thing we can do is read to our children early and often. Reading is the path to success in school and life. When children learn to love books, they learn to love learning.”

—First Lady Laura Bush

Going to school for the first time or even returning to school after a summer of fun, is an exciting time for children. Parents play a vital role in preparing children for learning to read and to learn. The following are some suggestions parents might use as they help their children be ready to read and learn.

- Talk with infants and young children before they learn to read. Talk with and listen to your child as you play and do daily activities together.
- Set aside a reading time every day (30 minutes is ideal) and read to your child no matter what the age of your child. Help your child learn new words and their meanings as you read.
- Take children to the library and let them choose books to read at home.

- Create a special place in your home for children to draw, read, and write. Keep books and other reading materials where your child can reach them.

- Suggest reading as a free-time activity. Set a good example by reading in front of your child.

- Restrict the amount and kind of TV your child watches.
- Read favorite books over and over again.
- Read stories with rhyming words and lines that repeat.

Invite the child to join in on these parts.

- Discuss new words. For example, “This big house is called a palace. Who do you think lives in a palace?”

- Stop and ask about the pictures and about what is happening in the story.

- Read from a variety of children’s books, including fairy tales, song books, poems, and information books.

Reading is at the heart of all learning. Children who can’t read well have difficulty learning. (LJ)

Based on information from Partnership for Family Involvement in Education.

CHARACTER COUNTS! Corner

Trustworthiness in the Workplace

Performance reviews are important in helping employees and organizations achieve their full potential. How would you rate as an employee if you were evaluated on the following aspects of trustworthiness?

- Does not take items from work for personal use.
- Keeps confidences.
- Is honest, open and ethical in relationships with others.
- Earns the trust and confidence of others.
- Leads by example.
- Exhibits personal integrity in the use of corporate property.
- Does not knowingly sell or promote faulty products or services.
- Stands by personal commitments.
- Does not violate ethical principles to keep or win approval.
- Always tells the whole truth without rationalization. (LJ)





4-H & Youth

Fair's Over, Now What? Parent and Leader Meeting

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 there Tuesday, September 25, 9:30 a.m. or 7 p.m. (TK)

Award Nominations

Nominations are needed for the following awards by October 31. Application forms are available at the extension office.

4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—presented to junior or senior high school 4-H members who have demonstrated personal integrity, lead well-rounded lives, and possess a willingness to assume responsibility. They do not need to currently hold leadership positions, but should be recognized by their peers and adults who work with them, as emerging leaders. Two 4-H members will be selected from Lancaster County. (LB)

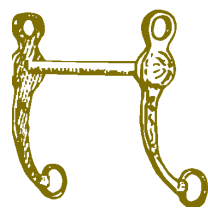
Shooting Club and Class News

The 4-H **SMALLBORE CLUB** will start up September 16, 2002 at the Lincoln Parks and Recreation Shooting Range at 10th and Military at 4 p.m. This club will include basic marksmanship and safety skills, and is geared toward competing in NRA and USA shooting matches. We can have a total of ten members. Previous shooting sport club members will be given preference in joining the smallbore club, but anyone with a serious intent on learning shooting skills is encouraged to join. Members must be 12 to 17 years old by January 1, 2002. Target rifles, targets, and safety equipment is provided. Standard target ammunition is provided at cost. Club dues will be set to pay for range time. If you have any questions and meeting dates, call Bill Dutton at 486-4649. (LB)

Club meeting dates:
September 16, 23, 30
October 7, 14, 21, 30
November 4, 18, 25
December 2, 9, 16
January 6, 13, 20, 27
February 3, 10, 17, 24
March 3, 10, 17, 24
April 7, 14, 21, 28

4-H BB GUN CLASSES will meet at the Lancaster Building at State Fair Park 7-9 p.m. on Tuesdays, September 25, October 9 and 23, November 6 and 20. Five sessions will cover basic gun safety, marksmanship, four position shooting, target scoring, and rules. This class is intended for the novice marksman 8-12 years old and has little or no prior training. Students will need to bring CLEAR SHOOTING GLASSES or wear their regular prescription glasses to the first session. They need to wear comfortable clothes and wear low shoes (no hiking boots). BB guns will be provided for the sessions, but if the student wishes they may purchase a Daisy 499 from the company. Do not bring guns other than the 499 to the class. All guns brought into the building must be in a case. Membership in the Lancaster County 4-H Shooting Sports Club is required for insurance and memberships are available for \$8 at the door. Questions contact Gene Veburg at 421-7274, email EVebug@msn.com or gene@fortoutpost.com (emails preferred). (LB)

The **BB/AIR RIFLE DIVISION** of the Lancaster County 4-H Shooting Sports Club in association with the Lincoln City Parks and Recreation Department is sponsoring a **TEAMS ONLY** competition on January 25, 2002 at the Lancaster Building, State Fair Park. Teams will be three person and one alternate for BB. This is a non-sanctioned event. USA shooting rules with modifications. Number of teams will be limited, with preference given to Southeast Nebraska entries. Deadline for registration is **ABSOLUTELY** January 10, 2002. Medals will be given for the top three teams in each junior and senior divisions, medals for top scorers in each position for junior and senior divisions. Register or questions to Gene Veburg email EVebug@msn.com or gene@fortoutpost.com. Watch for details on the Lancaster County 4-H website. (LB)



HORSE BITS

4-H Achievement Night Award Winners for Horse Exhibitors

On Tuesday, August 7, the Lancaster County 4-H Horse VIPS Committee sponsored a potluck dinner to celebrate the achievements of horse exhibitors during the year. Franklyn Manning, VIPS Committee Chair, was master of ceremonies. During the ceremony, awards were given to top exhibitors in several categories of this year's County Fair.

Winner of the Wittstruck Award, sponsored by Dwayne and Joan Wittstruck and given annually to the top horse exhibitor, was Liz Judds. Liz received purple ribbons in the six classes she chose to use for the award; English Pleasure, Working Pleasure, Western Pleasure, Western Horsemanship, Trail, and Showmanship.

The overall Confer Trail



Liz Judds, 2001 Wittstruck trophy winner, and Franklyn Manning

Award, sponsored by Dick Confer, was given to Megan Miller. Megan received a nearly perfect score on her trail ride.

The winner of this year's Manning Barrel Award was Amberlee Schoneweis. Amberlee rode her pattern in Junior Barrels in a time of 16.540.

Top ten winners in the horse judging contest were:

Elementary: Samantha Cajka (1st Place), Tanya O'Donnell, Nicole Schaffer, Elizabeth Harris, Taylor Holliday, Molly Shrader, Bethany Zimbelman, Shanna Blanchard, Jessica Harris, and Ethan Essink.

Junior: Joanna Duhachek (1st Place), Morgan Marshall, Martina Dye, Kyle O'Donnell, Candace Kerner, Amberlee Schoneweis, Audrey Zimbelman, Cassie Krueger, Jenna Taylor, and Jessica Fitl.

Senior: Morgan Snyder (1st Place), Teresa Perrin, Kelly Heather, Lindsay Schoneweis, Pat Smith, Anna Wishart, Beth Sieck, Vanessa Wishart, Kim Zalewski, and Laura Olson.

A special thank you goes out to Linda Smith and Tim Marshall who were superintendent and assistant superintendent



Amberlee Schoneweis, Manning Family Barrel trophy winner (front row), with her family Rod, Connie, and Lindsay.

of the county fair horse show for the last two years. Their hard work and constant attention kept the horse show on schedule and running as if everything had been exactly the way it was supposed to be! We had a great year. And to the individual superintendents of each show, thanks. (EK)

Needed: 4-H Ambassadors

4-H members who will be in grades 9–12 in the fall, are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.

4-H Ambassadors:

- Promote 4-H through PSA’s and displays.
- Serve as master/mistress of ceremonies at events.
- Develop marketing skills through selling ads for the fair flyer.
- Provide leadership for 4-H activities.

To apply, send a letter stating why you would like to be an ambassador and a resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

4-H Bulletin Board

Teen Council will meet Sunday, September 9, 3–5 p.m. All teens are welcome to join the fun.

2001 Ak-Sar-Ben Youth Exhibition Schedule of Events

Wednesday, Sept. 19

8-9:30 a.m. Check-in horse entries

8:30–9:30 a.m. Indoor Arena open for practice

10 a.m.– 5 a.m. HORSE SHOW - Indoor Arena

- Junior Western Horsemanship
- Finals Junior Western Horsemanship
- Senior Western Horsemanship
- Finals Senior Western Horsemanship
- Junior & Senior Pony Pleasure (combined)
- Junior Western Pleasure
- Finals Junior Western Pleasure
- Senior Western Pleasure
- Finals Senior Western Pleasure
- Advanced Western Horsemanship
- Advanced Western Pleasure
- Two-Year Old Snaffle Bit Western Pleasure
- Three-Year Old Snaffle Bit Western Pleasure
- Premier horse exhibitor activities, as scheduled

4 p.m. Livestock Barn Open for Feeder Calves, Breeding Heifers

South parking lot available to horse exhibitors

Cattle tie outs first available

7 p.m. Ak-Sar-Ben Rodeo

Present Wolf Brothers Buckles

Thursday, Sept. 20

7–11 a.m. Check-in breeding beef

8–9:30 a.m. Check-in horse entries

8:30–9:30 a.m. Arena open for warm-up and practice

10 a.m.–5 p.m. Horse show-Indoor Arena

- Junior English Equitation
- Senior English Equitation
- Junior English Pleasure
- Senior English Pleasure
- Advanced English Equitation
- Advanced English Pleasure
- Hunter Hack
- Junior Reining
- Senior Reining
- Junior Pole Bending
- Senior Pole Bending
- Junior Barrel Racing
- Senior Barrel Racing

9:30 a.m.–2:15 p.m.-School tours

10 a.m. Breeding beef must be on grounds

1– 4 p.m. Check-in feeder calves

3 p.m. Feeder calves must be on grounds

4 p.m. Livestock barn open for market lambs,,dairy & market swine

7 p.m. AK-SAR-BEN RODEO - Livestock parade breeding heifers/ feeder calves

Present Berryman Farm Buckles

Friday, Sept. 21

7 a.m.-Noon Check-in market beef

7:30 a.m. Judging of breeding beef

- Chianina
- Salers
- Herefords & Polled Herefords
- Gelbvieh
- Simmental
- Commercial
- Maine-Anjou
- Limousin
- Shorthorn
- Angus
- Tarantaise
- Charolais
- Breeding Beef Showmanship

8 a.m. Check-in Market Lambs

Premier exhibitor activities as scheduled.

Breeding beef/feeder calves, sheep, dairy

9:15 a.m.–3 p.m. School tours

9 a.m. Judging of feeder calves- Indoor Arena

- Feeder Heifers
- Champion Feeder Heifer
- Feeder Steers
- Champion Feeder Steers
- Feeder Calf Showmanship

11a.m. All market lambs, dairy and market beef must be on grounds

2 p.m. Ambassadors Luncheon

1 p.m. Check-in dairy

2 p.m. Catch-a-calf record books due in livestock office

6 p.m. Check-in swine

7:30 p.m. AK-SAR-BEN RODEO

Parade of champions and reserve

Feeder calves and dairy cattle

Catch-a-Calf (Group 1)

Saturday, Sept. 22

7 a.m.–1 p.m. Judge 3 divisions of market steers indoor arena

8 a.m. Continue check- in & weighing swine

Judging of market lambs, followed by showmanship

8 a.m.–1 p.m. Judging of 4-H dairy indoor arena followed by showmanship (two rings) Hoisteins. Jerseys. Milkine Short horns. Ayrshires. Brown Swiss and Guernseys

Premier Exhibitor activities as scheduled Market Beef. Swine & Poultry.

11 a.m. All market swine must be in place

11:30 a.m.–2:30 p.m. Weigh- in market boilers

2:30 p.m. AK-SAR-BEN RODEO

Catch-a-Calf (Group 2)

4 p.m. Market broilers must be in pens

5 p.m. Load all lambs, except grand champions and divisions champions or after completion of show.

7 p.m. Market swine showmanship

7:30 p.m. Ak-Sar-Ben Rodeo-

Parade of grand champion and reserve grand champion lambs

Catch-A-Calf (Group 3)

Sunday, Sept. 23

7 a.m.–1 p.m. Judging of market steers; market heifers indoor arena Judging catch-a-calf

Judging of market swine

8 a.m. Judging of market beef showmanship

8 a.m. Catholic Mass in General Office Building

9 a.m. Judging of market broilers (all day)

10 a.m. Protestant Services in General Office Building

12 Noon All market beef not in auction or carcass contest released

2 p.m. Horse pull in outdoor arena

Invitational Quiz Bowl, as scheduled

2:30 p.m. Ak-Sar-Ben Rodeo

Catch-a-Calf (Group 4)

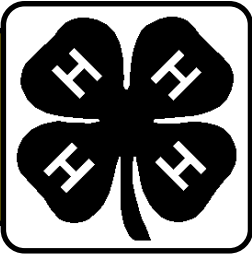
4 p.m. Load all market swine except division champions or after completion of show

6:30 p.m. Purple Ribbon Auction, Ak-Sar-Ben Hall

Monday, Sept. 24

5 a.m. Load all cattle to cooperating packers for carcass contest

*Time is subject to change



4-H & Youth

The Folsom Children’s Zoo is beginning a new program to provide a supervised day care program for children 6 to 10 years of age during Nebraska home football games. The program will be run much like other “Zoo Camp” experiences and will take advantage of the resources of the zoo and the expertise of the zoo educational staff. Care will be provided 90 minutes before the game until 90 minutes after the game for all home games except TCU and Oklahoma. For the Notre Dame game it will be an overnight experience. The cost is \$35 (\$65 for the overnight) and registrations are required 8 days in advance. Zoo members receive a 10% discount. Register at www.lincolnzoo.org or call 402-475-7641. (LB)

Scholarships Available

Several scholarships are available to 4-H members graduating in 2002. Application forms can be obtained at the extension office. Application deadline is October 29, 2001. For more information, call Lorene at 441-7180. (LB)

It’s Time to Reorganize!

Leaders, watch your mail for you club reorganization packet for the upcoming 4-H year. You should receive it by the end of September. (TK)

Awards Book Evaluation – We need your help!



We are looking for parents and leaders to help evaluate the current Awards Books incentive program. New ideas and creative input are needed during this Thursday, September 27, 7 p.m. meeting at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. If you have input but cannot attend this meeting, please contact Tracy or Deanna at 441-7180. (TK/DK)

2 Year 4-H Leaders

Angie Barrett
Ben Barrett
Julie Beasley
Murleen Bellinger
C Brady
Heidei Brauning
Nancy Castillo
Nancy Connot
Randy Connot
Linda Deinert
Denise Embree
Cindy Fiala
Geri Flink
Marna Fuchser
Kris Grage
David Grimes
Susan Hahn
Pam Harrison
Beth Hartman
Shelly Holliday
Micki Hmml
Jill Johnson
Wendy Jordan
Melanie Kellogg
Melissa Loos
Mary Menter
Randy Miller
Shari Nigro
Karen Nissen
Deb O’Hanlon
Rita Overton
Paula Peterson
Wendy Puckett
Shannon Reifschneider
Lois Ronhovde
Jill Ruhkamp
Peggy Russell
Leah Spencer
Suzanne Spomer

Janet Squires
Donna Stading-Smith
Joy Stahr
Mark Taylor
Cindy Thompson
Julie Thomson
Ken Timmerman
Becky Vahle
Karen Waddelow
Diane Wiebelhaus
5 Year 4-H Leaders
Linda Amsbaugh
Karen Armstrong
Penny Aust
Kathleen Conroy
Janet Fox
Kathy Friede
Heidi Goodenkauf
Karen Hunt
Cheryl LeGrande
Chris Lodes
Cindy Mathers
Nancy Price
Geri Ripa
Roberta Sandhorst
Marcia Willet

10 Year 4-H Leaders

Russell Anderson
Wayne Heather
Galen Madsen
Holly Wittstuck
Delana Stickney

15 Year 4-H Leaders

Annette Hall
Deb Heidtbrink

20 Year 4-H Leaders

Ron Dowding
Marilyn Schepers



Community Focus

New Staff At Extension Office



Jaimie Merryman has recently joined Lancaster County Extension office as a Clerk Typist II. Jaimie will be providing staff support to educator staff working in the areas of agriculture and pest management. Jaimie will also be the primary contact for certified pesticide applicator inquiries and scheduling of the Lancaster Extension Education Center rooms. (GB)



Vicki Jedlicka, Extension Assistant, recently joined the Lancaster County office. Vicki's responsibilities include media development and publication resources. She also assumes publishing duties for the NEBLINE Newsletter. Welcome to the office, Vicki! (SC)

“Public Notice”

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Several current extension board members will be completing their appointed terms this December. These vacancies will be filled with three-year terms beginning January 2002.

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

Registered Lancaster County voters interested in serving a three-year term should submit an application postmarked no later than November 1, 2001. Additional information and an application can be obtained from the Lancaster County Extension office. (GB)

Free Speech—From the University of Nebraska

There may be no such thing as a free lunch, but the University of Nebraska—Lincoln's Speakers Bureau can offer you a Free Speech. This year's selection of topics ranges from gummy worms to jazz, lawn care to nutrition, evolution to cosmic rays. And every speaker is provided free of charge.

The Speakers Bureau makes it easy to keep your mind, and your pockets, full. Now in its seventh season, the bureau is one of the university's most visible and successful efforts to share its resources with the state's citizens. When your organization needs an entertaining, informative and intriguing topic presented by an expert, think of us first. Call (402) 472-8396 or e-mail speakers2@unl.edu to schedule a speaker. They will do their best to accommodate your request.

Speakers are available through April 25, 2002. Availability of speakers is limited during December and early January.

Listed below are sample presentations. Other topics are also available through the Speakers Bureau. Please inquire for a complete listing.

James D. Carr, Professor of Chemistry

Atrazine in the Platte River and Lincoln Wellfield

Since 1989, James Carr's research group has developed methods for measuring atrazine and other herbicides in the Platte River, its tributaries, wells in the Lincoln wellfield, rainfall, and other environmental water and air samples. Techniques and results of these measurements and their implications will be discussed in the presentation.

Thomas Elmo Clemente, Assistant Professor of Agronomy and Plant Science Initiative

Agricultural Biotechnology
Thomas Clemente will provide an overview of plant genetic engineering methods (the ability to introduce a gene from an unrelated organism into a plant cell for expression of a novel trait) and a look at what products are in the pipeline.

Robert F. Diffendal, Jr., Research Geologist Conservation & Survey Division

The Land Before Time: High Plains Aquifer

Over the last 17 million years, Nebraska's geology has evolved to create the High Plains (Ogallala) Regional Aquifer, a rich source of groundwater that irrigates our crops and supplies our cities, homes, farms and factories. Robert Diffendal, an expert in geology of Nebraska, will illustrate the geologic history of Nebraska and its groundwater.

Judy A. Driskell, Professor of Nutritional Science and Dietetics

“Should I Take This Vitamin?”

Judy Driskell, a registered dietician, will discuss in this

presentation who should take dietary supplements, at what dosages supplements are most effective and beneficial to one's health, and the importance of vitamins and minerals for healthy living.

Deanna Baxter Eversoll, Director of University and Community Partnerships and UNL Sage Program

Boomers: What Lies Ahead?

In this presentation, Deanna Baxter Eversoll will explore the changes made by the so-called Boomer generation. Communities in Nebraska and across the nation will be changed by the choices these boomers make.

Glenn J. Hoffman, Professor and Head of Department of Biological Systems Engineering

Bringing Engineering to Life

Through the application of basic and engineering sciences, biological systems engineers employ the latest biotechnology to enhance biological systems. From developing medical devices and vaccines and food products to the creation of products that we may see more of in the future such as Soy Smacks lip balm and Biodrip soy-based lubricating oil. Glenn Hoffman will present examples to how faculty and students make engineering lively while applying it to solve or enhance living systems.

Alan C. Kamil, Professor of Biological Sciences

How the Theory of Evolution Began

Kamil and guest presenter Charles R. Darwin will discuss the observations and ideas that compelled Darwin to his conclusions and illuminate the genesis of the Theory of Evolution.

Lyn Kathlene, Professor of Political Science

Balancing the Good Life with Tax Relief

Taxing and spending issues are central to most public policy debates. Changes in demographics, the economy and federal policies all pose challenges to citizens about what and who they will tax and what government services will be provided. Lyn Kathlene will present an interactive survey to outline the issues and let the audience determine which perspective best represents them.

Tom Workman, communications Coordinator of NU Directions, or Linda Major, Project Director of NU Directions

Responsible Hospitality: Its Role in Curbing Collegiate High-Risk Drinking

Lincoln faces the unique challenge of catering to a large

young adult population. In Major or Workman's presentation, the impact of responsible practices and promotions by liquor license holders is discussed.

N. Brito Mutanayagam, Associate Dean and Professor College of Architecture and Extension Educator Cooperative Extension

Learning Environments for the Future

The 21st century has brought a variety of opportunities and challenges that affect the future of post-secondary and higher education. Mutanayagam will explore innovative new learning environments that respond to the needs of adult learners and multiple learning styles.

Terrance P. Riordan, Professor of Agronomy and Horticulture

Quality Lawn, Minimal Effort

“A quality lawn with minimal effort and inputs” sounds impossible, but it isn't. Terrance Riordan is a turfgrass plant breeder. He focuses on the practices required to have a good-looking lawn such as what a lawn caretaker MUST do and what isn't really necessary. He also will discuss ways to reduce costs and water use as well as how to be friendly to the environment.

Gregory Snow, Associate Professor of Physics and Astronomy

Students Track ‘Little Pieces of Stars’

All around us at any given moment, protons and nuclei of light atoms are bombarding and striking Earth from all directions. Students in Nebraska high schools are detecting, counting and tracking these particles through a cosmic ray detection project that lets these high school students be involved in real, ongoing research. Learn more about this innovative, nationally known project by the High Energy Physics group at UNL.

Georgianna Whipple, Recruitment Specialist, Food Science and Technology

Let Your Taste Buds Bloom

Tastes are commonly categorized in 15 different families from camphor, aromatic fruit, menthols, anise, sting and burnt to aromatic rinds and phenols.

Georgianna Whipple will discuss how our taste buds work and give the audience a chance to participate in a taste perception demonstration. (GB)

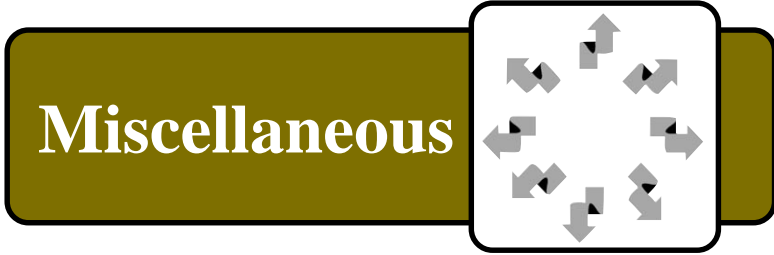


BIG PICTURE
continued from page 7

One of the most important ways families can adjust positively to stress is to take a long-term view of stressful events and problems. Believing in the long

run problems will work out seems to help families endure daily hassles and major events. Long-term family rewards are often seen as outweighing the short-term problems.

Another effective way to see the “big picture” is to reframe the situation. Reframing redefines the meaning of a stressful event in a way that makes it more rational and manageable. Reframing is seeing the good in the bad, or optimistically creating challenges from obstacles.



How well do you know your child?

As parents, sometimes we are so busy taking care of our children’s physical needs we lose track of some of the details of their lives. Grab a pen and see how well you know your son or daughter.

1. If your child could do anything he/she wanted today, what would it be?
2. Who is your child’s closest friend?
3. What was the biggest disappointment in your child’s life this year?
4. What embarrasses your child the most?
5. Who is your child’s favorite singer or musical group?
6. What does your child do that he/she is proud of?

How well do you know your parents?

You live with your parents, spend time with them, and talk with them. Still, there are probably things you don’t know about them. Grab a pen and answer these questions.

1. How did your parents meet?
2. If your parents could have you do anything for three hours, what would it be?
3. What gift would your dad/mom most like to receive?
4. Who are your parent’s closest friends?
5. If your mom turned on the television, what would she watch?
6. For a vacation, where would they prefer to go?

If you got five right, congratulations, four—no bad, fewer than four—you may wish to spend some time talking with family members. Remember—knowing and wanting to find out about someone shows that you truly care. What’s more, it’s fun!! (ALH)

Helping a Loved One Work Through Anger

LaDeane Jha
Extension Educator

Reducing the anger of your loved one will prevent him/her from being caught in an “anger trap” and more able to keep the situation in perspective. The best way to reduce anger is NOT to say to “relax” or “calm down”—this will tend to increase anger arousal. Instead do something to relax the other person such as:

- Getting her/him to sit down or stop the present activity.
- Offering a drink of water or a non-caffeinated drink.
- Moving from the anger environment into another

environment (kitchen into the living room). Suggesting a ten minute time-out.

Listening to anger is much more than letting your spouse blow off steam. It involves making a concentrated effort to understand what the anger is all about. Some specifics to help you listen include:

- Do not interrupt. This escalates the situation and communicates you are not listening.
- Be aware of your body language. Use good eye contact and body language.
- Summarize in your own words what you think your spouse is saying. Be sure to acknowledge the “right” to feel the way he/she does. Ask if you have understood correctly.
- If the angry person says you don’t understand, explain you are trying to understand. Ask for some examples that will help clarify the issues.
- Ask what can be done to resolve the situation. Try to establish positive and workable solutions to the problems.
- Responding with “you shouldn’t feel that way” escalates a problem. If you can’t find a solution to the problem you still need to validate their feeling.
- If the anger becomes abusive to you or others in the household, ask for assistance.

How to Talk to Creditors

LaDeane Jha
Extension Educator

Debt is a major issue for many families and single adults. Sometimes people feel like they are in over their heads and can no longer juggle the demands of various creditors. Kathy Prochaska-Cue, extension family economics and management specialist suggests several useful strategies for working with creditors. First, don’t wait for creditors to contact you. Call them before bills are due. Your first reaction when you discover you can’t pay all of your bills is probably to panic and hide. The experts say that is the worst thing you can do. It is better to face your creditors.

Before you call, write or visit your creditors, know the



amount of take-home income you can count on, and your fixed expenses. Show the creditor what you think is a reasonable plan for paying the debt. Explain your situation and ask about delayed payments or partial payments.

Work out smaller payments for a short period.

Refinance loans—make another contract for smaller payments over a longer period of time. New payments will be smaller size but the overall costs for the loan will be larger.

If all else fails, a consolidation loan may be considered. You take out one loan, pay off all bills at once and then have one debt to pay off to just one creditor (usually extending over a longer period of time). Again, each payment will be smaller, but you will commit yourself for a longer period of time, usually at a higher total cost.

Once an agreement is worked out, make sure you put the agreement in writing and follow the agreement.

The “Right Stuff”

The “Right Stuff” is a comprehensive health campaign for middle school youth and their parents. The focus is on promoting healthy lifestyles and making positive choices. This evening program engages parents and youth and empowers them to open the doors of communication when discussing tough issues.

Three learning opportunities are offered during the evening—relationships, media literacy, and living a healthy lifestyle. It is free and features exhibits of community resources and a light snack.

To attend, please register by completing the registration form below and mailing to:

Don Siffring, Lincoln/Lancaster County Health Department
3140 N Street
Lincoln, NE 68510

Check which date you wish to attend:

- ☐ Tuesday, October 16, Pound Middle School, 4740 South 45 Street • 6:30 to 8:45 p.m.
- ☐ Thursday, October 18, Culler Middle School, 5201 Vine Street • 6:30 to 8:45 p.m.

Name _____

Parent/Guardian _____

Address _____

Phone Number _____

School/Grade _____

Attention all teachers! You are invited to attend

4-H School Enrichment Staff Development

- October 2, 2001, 4:15 p.m.; Blue Sky Below My Feet
- October 9, 2001, 4:15 p.m.; Garbology
- October 10, 2001, 4:15 p.m.; Water Riches

to learn about these programs for use in your classrooms.

Trainings will be held at Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln

Character Education

A Conference for Elementary Educators and Community Partners

WHEN: Thursday, October 25 • 8:45-3:15

WHERE: Beatrice High School, 600 Orange Blvd, Beatrice, NE

WHAT: Presentations, exhibits, vendors, resource fair, networking, door prizes

WHO SHOULD ATTEND: Elementary teachers, counselors, administrators, parent organization members, community leaders.

COST: \$20 per person

FEATURING: Don Peslis, Director, Center for Character Development Anderson University, B. David Brooks, President and Chairman of the Board, The International Center for Ethics and Workforce Readiness,

For more information or registration forms, contact LaDeane at 441-7180. (LJ)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County



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FingerTips Programs & Events Hotline: 323-1784
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139

Website: lancaster.unl.edu

All programs and events listed in this newsletter will be held
(unless noted otherwise) at:

Lancaster Extension Education Center
444 Cherrycreek Rd., Rooms A-C (event rooms posted)
Lincoln, Nebraska
Lobby Phone: 441-7170

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NEBLINE
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Story Idea(s) _____

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

Extension Calendar

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

September 14	Extension Board Meeting	8 a.m.
September 19–23	Ak-Sar-Ben Youth Exhibition (Omaha) (<i>see p. 9 for complete schedule</i>)	
September 20	Fair Board Meeting (Lancaster Event Center)	7:30 p.m.
September 24	FCE Council Meeting	7 p.m.
September 25	FCE Leader Training "Indoor Air Quality: Know the Asthma Triggers" . . .	1 p.m.
September 25	4-H Leader Training	9:30 a.m. or 7 p.m.
September 25	4-H BB Gun Classes (Lancaster Building, State Fair Park)	7–9 p.m.
September 25	Pet Pals Club Meeting	7 p.m.
September 27	Awards Book Meeting	7 p.m.
October 2	4-H Council Meeting	7 p.m.
October 2	4-H School Enrichment Staff Development: Blue Sky Below My Feet	4:15 p.m.
October 7–13	National 4-H Week	
October 9	4-H School Enrichment Staff Development: Garbology	4:15 p.m.
October 9	CWF	7 p.m.
October 9	4-H BB Gun Classes (Lancaster Building, State Fair Park)	7-9 p.m.
October 10	4-H School Enrichment Staff Development: Water Riches	4:15 p.m.
October 10	Horse VIPS Meeting	7 p.m.
October 11	Rabbit VIPS Meeting	7 p.m.
October 11	Cat Club	7 p.m.
October 12	Extension Board Meeting	8 a.m.
October 14	Ambassador Meeting	2 p.m.
October 14	4-H Teen Council	3–5 p.m.
October 16	The "Right Stuff" (Pound Middle School)	6:30–8:45 p.m.
October 18	The "Right Stuff" (Culler Middle School)	6:30–8:45 p.m.
October 18	Fair Board Meeting (Lancaster Event Center)	7:30 p.m.
October 19–22	North Central Regional 4-H Forum	
October 23	Pet Pals Club Meeting	7 p.m.
October 23	4-H BB Gun Classes (Lancaster Building, State Fair Park)	7–9 p.m.
October 25	Character Education Conference (Beatrice High School) . . .	8:45–3:15 p.m.
October 31	Award Books Due	

4-H CENTENNIAL

continued from page 1

the Atlantic and became established in Europe. Growth of 4-H began in Great Britain, Denmark, Finland, Sweden, and Norway.

In 1924, club work had acquired the name of 4-H and the 4-H emblem was patented. In 1927, the first National 4-H Club Camp was held in Washington D. C. to recognize and develop junior leaders. Delegates were housed in tents on the grounds of the U.S. Department of Agriculture.

The loss of emergency war funds and the agricultural depression affected 4-H enrollment. The need for increased funding for club work became crucial. In 1928, Congress "to further develop the Cooperative Extension System in agriculture and home economics with men, women, boys and girls" passed the Capper-Ketcham Act in which 4-H was specifically mentioned. After the passage 4-H enrollments grew at accelerated rates.

Today . . .

In 2002, the 4-H movement celebrates its centennial as

Quiz Answers

From page 1

- 1) B – York
 - 2) C – Corn growing
 - 3) D – Iowa
 - 4) C – State Fair Grounds
 - 5) C – 1962
- Bonus: Gretna and Republican City or Harlan County Reservoir
- 6) A – Cooperative Extension Service established
 - 7) All answers are correct.
 - 8) D – 129,000 (actual number is 129,365)
 - 9) B – 2002
 - 10) All. Students from Japan are in Oakland and Omaha; students from Ukraine are in Lincoln and Broadwater; a student from Russia is living in Sidney; a student from Armenia is in McCook



Ronold Kobler in the Ak-Sar-Ben Boys Western Pleasure, 1973

America's premier youth development organization. 4-H hopes to commemorate this event through conversations that will bring together our nation's youth, youth leaders and communities to create youth development strategies for the future.

4-H members are still well rooted in the historic base of rural America, but to the surprise of many—more than 35% of today's membership is urban youth. The unique capacity of 4-H to embrace both youth development experts and

hundreds of thousands of American youth makes possible the promise of youth who are confident, capable and caring citizens.

In the year 2000, there were more than 129,000 Nebraska youth enrolled in 4-H. The statistics for Lancaster County are:

Organized Club	
Members	1,089
School Enrichment	
Members	12,227
Independent	
Members	246
4-H Leaders	251

How Can I Celebrate?

Some ideas for club leaders are:

- Compile a history of your 4-H club.
- Compile a list of all leaders of your 4-H club. You could try to obtain addresses and years of involvement
- Compile a list of all current and former members of your club. Again, you could try to obtain addresses and years of involvement.
- Prepare a club directory with names, addresses, and phone numbers.
- Invite former leaders and members to visit your club meeting.
- Identify past award winners from your club.
- Recognize past award

winners at your club's awards night.

- Interview former leaders and participants to find out about 4-H when they were active.

- Create a time capsule.
- Visit the UNL Dairy Store and sample the new ice cream flavor—4-H Clover Mint!

- In honor of the Centennial, the State 4-H Office is compiling an alumni directory.

Alumni are being asked to complete a registration form and return it to their local county extension office or the State 4-H Office (for a copy, please call 441-7180). Or you may complete the form online at 4h.unl.edu/centennialinfo.htm.

Let the celebration begin!