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Southeast Nebraska Area Producers – SNAP, a history and update.

Tom Dorn
Extension Educator

They say necessity is the mother of invention. Low profits for traditional grain crop production and disappointing personal experiences with attempts to break into the value-added grains market, were listed as the reasons a group of Lancaster County farmers began meeting last spring to see if they could find a common solution to these universal problems.

This group of farmers began meeting monthly in May, 1999. The group adopted the name Southeast Nebraska Area Producers (SNAP). A steering committee was formed and made up of: Herschel Staats, Lincoln; Gary Hellerich, Valparaiso; Burdette Piening, Emerald; Steve DeBoer, Princeton; and David Schwaninger, Martell, all of whom happen to be members of the Lancaster County Farm Bureau. Staats – leader of the group, credits much of the group's success, so far, to their willingness to look beyond their own membership for ideas and involve outside agencies in their search for answers. "We have been delighted with the help we have received from the extension office, Nebraska Rural Development and USDA Rural Development."

An underlying feeling of anxiety and frustration, perhaps reflecting those of most farmers, would best describe the prevalent sentiment when I first met with the SNAP group in June. Representative comments include: "It costs more per bushel to produce than the market is willing to pay. Farmers need to get into a position of being price makers, not price takers.", "Our only salvation right now is the Farm Program. What are we going to do when the USDA transition payments run out in 2002?", "I raised specialty soybeans for export to the Japanese market one time. The beans were shipped to the west coast and I

never got paid. I'll be more careful who I sign contracts with next time.", "Price per bushel is only half the story, we need to find crops that provide more profit per acre, that is the real bottom line."

At the July SNAP meeting, USDA Cooperative Specialist,

Some people define luck as "preparation meeting opportunity." Such was the case with SNAP. Two events occurred with the right timing to set the future course for SNAP. First, the extension office received notification that Phillip Morris Company was seeking proposals

has already received considerable validation as attested to by the fact three grants have been received to help SNAP through its start-up phase. Phillip Morris has awarded a \$25,000 Shared Solutions grant, Nebraska Rural Development has awarded a \$4,000 grant and Lancaster County Farm Bureau has pledged \$4,000. In addition, the University of Nebraska has approved a sizeable portion of my time to be devoted to the effort in the coming year.

The producer alliance-producer cooperative concept accomplishes several important things that improve efficiency and save time and expense for producers, grain handlers and shippers and for end-users. It is this added efficiency that will result in higher prices returned to SNAP members for their production.

SNAP will hire experts with grain industry contacts to seek out contracts on behalf of their grower stockholders. SNAP, representing numerous producers, can justify spending time seeking out the most favorable contracts. Something most producers couldn't do for themselves.

By coordinating production and delivery of a potentially large volume of grain, SNAP should be able to negotiate better prices simply based on volume. Rather than writing many individual contracts, end users save time and management headaches by signing one contract with SNAP. End users will be able to buy sufficient quantities of a particular grain to justify gearing up for a production run. Finally, SNAP will test the grain before it is delivered, thus assuring quality and purity before the grain reaches the plant.

SNAP overcomes many design constraints that exist in the grain handling industry today when dealing with IP grains. Due to low volume, compared to bulk commodities and the necessity to avoid cross-contamination, grain elevators presently find it difficult to receive IP grains, especially at harvest time. By using on-farm storage to store the crop until it is called in for delivery on a contract, SNAP overcomes this bottleneck. SNAP will contract with an elevator to receive, blend and ship IP grain; but the grain will be brought in after the harvest rush. The IP grain will be delivered over a short span of



Jeff Lobe, discussed how he has helped other groups of farmers form cooperatives. Through these cooperatives, farmers are able to add value to the crops and livestock they produce. Many times, the products go into niche markets which hold promise of greater returns to the producer members.

This presentation set a focus for the group. All subsequent discussion has centered on the cooperative idea, but with certain constraints. Members of the SNAP steering committee were in agreement, at least for the time being, they are not interested in buying brick and mortar, nor do they intend to produce crops that require large investments in new farm machinery. They began to concentrate on ideas that provide added value through better management or marketing efforts but not requiring large capital purchases. In an effort to find what others are thinking, an informal telephone survey of Lancaster County farmers was conducted. It was found that over 70% of grain producers would grow value-added grains if the profit margin were greater than traditional crops.

for a competitive grant program called Shared Solutions. This national program would fund non-profit organizations that identify, plan and execute innovative programs addressing shared issues within the agricultural production chain. Secondly, Nebraska Farm Bureau invited representatives of KAAPA (Kearney Area Ag Producers Alliance) to come to Lincoln to meet with Farm Bureau employees and members of the SNAP steering committee. Gary Anderson, shared how KAAPA has found niche markets for value-added grains in central Nebraska. Value added grains are also known as Identity Preserved (IP) grains. (See Page 11 side box)

Following the meeting with KAAPA, Staats and I met to develop ideas that might fit the Shared Solutions concept. What came out of this effort has been the development of an organizational and operational model that we feel has potential to increase profitability for SNAP members and ultimately help establish many value-added grain crops as alternatives to the traditional crops grown today in eastern Nebraska. This model

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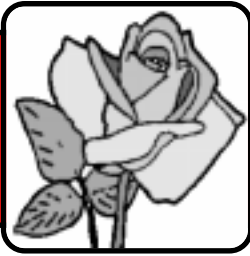
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Horticulture

2000 Perennial Plant of the Year

Basil

Basil is one of the most popular herbs grown in the world. It is native to Asia and can be found growing wild in tropical and sub-tropical regions of the world.

Basil has many uses, the most common of which is its culinary use. As a fresh herb, it is used to flavor foods such as vegetables, poultry, and fish. Basil can also be used dried. The flowers of basil are also edible and can be an attractive addition to salads and other dishes. Besides its edibility, basil is an aromatic herb and is often used in potpourri and sachets. As an ornamental in the flower garden, basil has attractive foliage and flowers.

Basil is a tender perennial grown as an annual. It can be grown easily from seed. Start seed indoors four or five weeks before the last frost date. It likes warm temperatures (about 75 degrees Fahrenheit) for germination. Seed can also be sown directly in the ground outdoors after it has warmed in the spring. Plant basil outdoors after all danger of frost is past. Basil does not tolerate cold temperatures. Plant in full sun. Water regularly with an inch of water per week. Basil can also be propagated vegetatively through tip cuttings; root cuttings in moist potting soil.

To harvest, remove terminal growth whenever four sets of true leaves can be left on the plant. This encourages bushier growth and increased yield. For best foliage flavor, cut before flowering. After cutting, wash and pat leaves dry. Use immediately or store in perforated

plastic bags in the refrigerator. When drying the leaves, harvest early in the day after the dew has dried. Spread leaves on screens or loosely bundle and air dry.

Basil is a member of the mint family which is characterized by square stems. They belong in the genus *Ocimum*. Over 150 different species and varieties are available. These are some of the more common types of basil.

Sweet Basil

Most common type grown. White flowers. Bright green leaves, two to three inch long. Upright habit. Clove like scent.

Purple Basil

Grown for its ornamental foliage as well as culinary use. Light lavender flowers. Same size leaf as sweet basil. 'Opal,' 'Red Rubin' and 'Purple Ruffles' are excellent selections.

Lettuce Leaf Basil

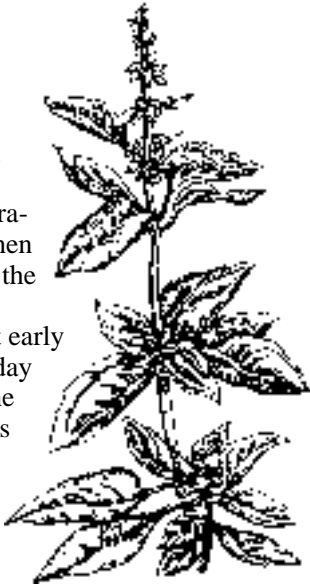
Large, wide leaves. Flavor is less pronounced than other green basil. Common varieties include 'Mammoth' and 'Green Ruffles.'

Lemon Basil

Lemon scent. White flowers and small green leaves. Great for tea and potpourri.

Cinnamon Basil

Cinnamon scent. Pink flowers, green leaves with purple stem. (MJM)



The Perennial Plant Association has awarded the title Perennial Plant of the Year 2000 to **Scabiosa columbaria** 'Butterfly Blue.' A member of the Dipsacaceae family, the nearly flat gray-green foliage of the pincushion flower hugs the ground. Lacy, lavender blue, two inch flowers bloom on slender 12 to 15 inch stems from late spring through early fall. Flowering begins in mid-spring with repeated flowering throughout the growing season. Pincushion flower derives its common name from the stamens which stand above the petals resembling pins stuck in a pincushion. The leaves are hairy, ovate to lance shaped. The upper foliage is smaller and finely divided, creating a mounded rosette six to eight inches high and 12 to 15 inches wide.

This long blooming perennial for full sun to light shade, grows best in well drained soil amended with organic matter. 'Butterfly Blue' pincushion flower requires moist soil during the growing season. This lovely

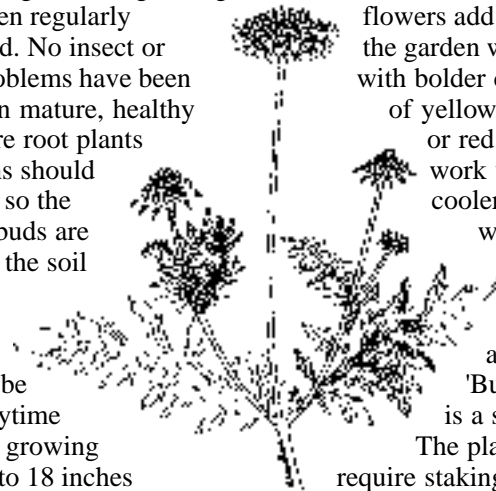
perennial does not appear to be fazed by summer heat and will bloom throughout the growing season when regularly deadheaded. No insect or disease problems have been reported on mature, healthy plants. Bare root plants or divisions should be planted so the emerging buds are just below the soil surface. Container grown plants can be planted anytime during the growing season 12 to 18 inches apart. The crown of 'Butterfly Blue' should be planted at the depth it was growing in the container to prevent crown rot. It is recommended the basal foliage not be cut back in the fall. Winter damaged foliage should be removed in the spring.

Scabiosa columbaria 'Butterfly Blue' is an excellent front of the border plant to use in combination with annuals, bulbs and perennials. The

foliage remains clean and unblemished throughout the season. The delicate blue flowers add softness to the garden when massed with bolder colored plants of yellow, bright pink or red. They also work well with cooler tones of white, silver and blue.

Despite its delicate appearance, 'Butterfly Blue' is a sturdy plant.

The plants do not require staking. During the summer, butterflies find the nectar rich flowers. 'Butterfly Blue' may be combined with *Coreopsis verticillata* 'Moonbeam,' *Dianthus* 'Bath's Pink,' and *Pennisetum alopecuroides* for a three season, carefree garden. The outstanding qualities of *Scabiosa columbaria* 'Butterfly Blue' are sure to place this underused perennial in the top group of favorite long blooming perennials. (MJM)



Mulches

Mulches in the home landscape not only conserve moisture, modify soil temperatures and control weeds, but also may be used to make landscapes more attractive and usable. Many types of material, organic or inorganic, may be used as mulch.

Organic mulches may break down in one season or less or persist for several seasons. Those that persist for more than

one growing season, are more useful around permanent plants.

Inorganic mulches such as gravel, crushed stone or some manufactured products are not as beneficial to plants as the organic mulches, such as wood chips, sawdust, bark, compost, grass clippings or shredded leaves.

Though not generally considered mulches, some low growing ground cover plants

produce many of the same beneficial effects as mulch. Mulches should not be considered as fertilizer. Most of them release some nutrients as they decompose, but the fertilizer value is very small compared to the physical effects. Where mulches are needed, use them for the mulch value and add fertilizer as needed. (MJM)

2000 February/March Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Check house plants for insects	2	3	4	5
6	7	8	9 Do a germination test on saved seeds	10	11	12
13	14 Air layer leggy house plants, like rubber plant	15	16 Cut flowering shrub branches for forcing	17 Check bird feeders	18 Order seeds	19
20	21	22	23 Start perennial flower seeds indoors	24	25 Prune fruit trees	26
27	28	29	1 Put up bird houses	2 Prune grape vines	3	4
5	6 Start a garden journal	7 Prune deciduous trees	8 Prune deciduous, non-spring flowering shrubs	9	10 Make a garden plan	11
12	13	14	15 Service lawn mower & garden equipment	16	17	18
19	20 Start seeds indoors for transplants	21	22	23 Watch for spring bulb growth	24	25
26	27	28 Inventory garden tools and supplies	29 Turn compost pile	30	31	

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

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. (MJM)

- 117 Tree Snow Damage
- 124 Wood for Fireplace
- 137 De-icing Salt Injury
- 139 Rabbit Damage to Plants
- 210 Amaryllis
- 213 Prayer Plant
- 214 Houseplant Insects
- 215 Cyclamens
- 217 Boston Fern
- 218 African Violet Care
- 222 Winter Houseplant Care
- 223 Repotting Houseplants
- 224 Houseplant Artificial Light

We need your help!

Volunteers are needed for **earth wellness festival** on Thursday, March 23 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event that involves students in creative and innovative environmental education activities.

Friends-Neighbors-Co-workers-Students-4-H/FFA Members

Each year, over 250 volunteers take part in **earth wellness festival** activities—people just like you:

- high school students
- college students/student teachers
- business/industry employees
- parents/grandparents
- service club members
- involved citizens

No experience is needed. Just a desire to help make a difference in our community.

As classroom escorts, bus greeters, presenter and registration assistants; volunteers are essential to the success of this event. You may choose to volunteer all day (8:30 a.m.-3:30 p.m.) or morning only (8:30 a.m.-noon). In return, you receive a festival t-shirt, a free lunch, an invite to our celebration party following the event and an opportunity to participate in a rewarding volunteer experience.

Please contact Soni at (402) 441-7180 for more information. For your convenience, you can register with Soni over the phone or email her at scochran2@unl.edu. (SC)



Roosting birds making a mess?

Starlings and pigeons are similar because both species are gregarious and like to roost in groups. They make a mess below roosting sites. These birds can be difficult to eliminate from a specific location once they become established.

Frightening sound or visual devices such as alarms, electronically produced noises, plastic owls and rubber snakes can be used, but these tactics work only until the birds grow accustomed to them.

Using a toxic bait is another option, but only licensed wildlife management professionals can use bait products that are not available to the general public. The problem with using a toxicant as the sole method of control is that, after the baiting is over, other birds may find and

use the roosting site.

The most effective, safe, economical (in the long term) and humane way to solve this problem is to disable nesting and roosting sites by making the roost unpleasant or less suitable for roosting or nesting. This is known as "habitat modification."

Pigeons like to roost on ledges. Habitat modification of ledges can include making the angle steep or stretching a thin wire an inch or two above the surface so the birds can't perch comfortably. Another method is to attach strips of spikes, known as "porcupine wires" to ledges. Initially, these methods can take time and some expense, but the payoff is a long term, inexpensive solution.

Starlings like to be close to other members of their flock

when they roost in trees at night. One way to discourage roosting in a tree is to prune inside branches so there are not as many perching locations.

We strongly encourage habitat modification for many bird and wildlife problems as the most humane, best long-term solution to the problem. If you don't feel equipped to handle the carpentry work necessary, try to find a wildlife management professional who offers these long term solutions. (BPO)



Dust mites

Do you sneeze and wheeze after you dust or clean your closets? If so, you may be allergic to dust and its components.

The most potent house-dust allergens are caused by microscopic cast skins and feces of dust mites. These microscopic parts induce allergies (sneezing, itchy eyes or asthma) in some individuals. Other important allergens are produced by silverfish, cockroaches, itch mites, booklice and pet dander. If you suspect you have an allergy, you should consult with an allergist who can identify specific allergens, using a simple "scratch test."

In an accompanying article, we discuss the recall of AllerCare, a product marketed to control dust mite. At the present time, we recommend only non-chemical control tactics to help reduce dust mite populations. The rest of this article will emphasize non-chemical control tactics associated with dust allergies and house dust mites.

Biology. House dust mites are so tiny that they are virtually invisible without magnification. They do not bite people, but feed on shed skin scales, animal

dander, pollen, fungi and bacteria. Dust mites obtain water from the air and the environment, so they survive best at higher relative humidities (70-80%). They do not survive well at low relative humidities.

Dust Mite Management. Several tactics should be used at the same time to reduce dust mite populations. Complete elimination of house dust mites is not realistic, but management should include making the environment inhospitable to dust mites, as well as, reducing exposure to allergens. Sleeping and lounging areas, places we spend much of our time, deserve the most attention.

The following hints may be helpful in reducing dust mites:

•Select appropriate furnishings. Avoid furniture that collects dust as well as wool fabrics/rugs, because wool sheds particles and is eaten by insects. Whenever possible, use washable window treatments and rugs. Keep surfaces free of clutter and knickknacks that collect dust. Enclosing mattresses in plastic greatly decreases populations of mites in the bed. Replace feather pillows and down quilts with

synthetic fibers.

•Avoid furry of feathered pets. Pets that have fur or feather contribute dander to the dust (another allergen) and increase the food source for mites. If you are a pet lover, locate their sleeping quarters as far from yours as possible and furnish their sleeping quarters so they can be cleaned easily.

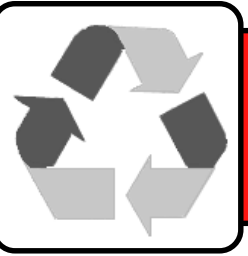
•Keep humidity low. The humidity in the house should be kept below 70%, not difficult in the wintertime. During the summer, it might be useful to run dehumidifiers, especially in bedrooms and lounging areas.

•Reducing air infiltration. Airing out the house with open windows allows the entry of pollen which is a food source for mites, as well as, a common allergen. Minimize incoming air by caulking cracks around windows, doors and other openings.

•Dust management: Regular, thorough vacuuming of carpets, furniture and draperies will help reduce exposure to dust mite allergens. Use a specially designed vacuum cleaner with a

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Environmental Focus



Beekeeping for fun and profit!



Beginning Beekeeping Workshop: February 29 and March 1

In Nebraska, approximately 700 beekeepers manage about 115,000 colonies of honeybees. The annual honey production ranges from 5 to 11 million pounds, depending on flora availability and weather conditions. With optimal weather conditions and flora availability, a properly managed colony can produce 100 pounds or more of honey annually. A more realistic, six-year average for honey production is about 75 pounds annually per colony.

Honeybees play an important role as pollinators of many fruit, vegetable and seed crops. Serious gardeners may want to keep bees for the pollination benefits alone. Nebraska crops requiring bee pollination are: alfalfa, clover and vetch seed, canola, sunflowers, melons, squash, cucumbers, pumpkins, apples, cherries, pears and raspberries. Bees also pollinate many plants important to wildlife and soil conservation, as well as, wildflowers that beautify Nebraska's landscape.

For the beginner, buying all new equipment with packaged bees is the best way to start. An established hive can be overwhelming for the beginner who does not know how to deal with swarms, re-queening and colony defensiveness. Buying new equipment will allow you to learn the individual parts of the hive while putting it together. With packaged bees, you can gain valuable experience working with a small colony and gain experience as the colony grows. Two to four colonies are ideal for beginning beekeepers.

New beekeepers will need to learn as much as possible about working with bees, including the proper clothing and equipment, as well as, bee biology, behavior and hive management.

Learn about beekeeping in two 3-hour workshops and one Saturday hands-on lab session. Cooperative Extension Apiarist Marion Ellis will teach *A Beginner's Beekeeping Workshop* February 29 and March 1, 6:30-9:30 p.m. at the Lancaster Extension Education Center. The practical, hands-on lab session will be April 8, 9 a.m.-3 p.m. at the Apiculture Laboratory at the Agricultural Research and Development Center, Ithaca, Nebraska. Participants will learn how to install packaged bees at the lab session on April 8.

The basic cost of this workshop is \$20 and includes written materials. Call (402) 441-7180 for a registration form or for more information. Please preregister by February 25. (BPO)

EPA announces recall of AllerCare

On January 14, 2000, the U.S. Environmental Protection Agency announced that SC Johnson and Son, Inc. will immediately stop production and shipment of two dust mite pesticidal products and will remove them from the marketplace. The two products are: AllerCare Dust Mite Carpet Powder (EPA Registration Number 4822-433) and AllerCare Dust Mite Allergen Spray for Carpet and Upholstery. Both of these products contain the active ingredient, benzyl benzoate for use in controlling dust mites, a common source of household allergens.

Since the fall of 1999, both EPA and SC Johnson have received numerous reports of adverse health reactions in humans and pets exposed to AllerCare products. To date, there have been more than 400 incidents reported. Allergy and asthma sufferers, which include children, seem to be most negatively affected by use of these products. The incidents

reported range from severe to minor reactions, including asthma attacks, respiratory problems, burning sensations and skin irritation. In most cases, the reported effects began within 15-30 minutes after use of the product.

If you have used one or both of these products and have not had a reaction, there is no reason to be concerned. If you have had an adverse reaction, you can report your reaction to a physician or Mike Holmquist at the Lincoln-Lancaster County Health Department (441-8041). If you have severe allergies or asthma, do not use these products until you have consulted with your allergist or other physician. If you have any unused or open containers of these products, you may contact SC Johnson toll free at 1-877-255-3722 for instructions on where to take the product for recovery or for a product refund. Source: USEPA. Questions & Answer Fact Sheet at: http://www.epa.gov/pesticides/citizens/allercareq_a.htm (BPO)



Farm Views

Sorghum seminar features marketing and production tips

A one-day grain sorghum seminar will be held on March 2 at the Gage County Fairgrounds in Beatrice. This meeting is designed to provide sorghum producers with the latest information on production and marketing strategies. The following topics will be presented: Marketing Outlook and Pricing Strategies, Sorghum's Value Added Markets, New Food Uses, Check-Off Program Update, Maximizing Profits Through Rotation and Fertilizer Management, Update on National Programs, Biotechnology in Sorghum and Weed Management with New Technology.

Registration at the door is \$5.00 and includes a sorghum pancake feed. Program sponsors include the Nebraska Grain Sorghum Producers Association, Nebraska Grain Sorghum Board and UNL Cooperative Extension. For information, contact Nebraska GSPA, 471-3552; Gage County Extension, (402) 223-1384; or Lancaster County Extension, 441-7180. (WS)

Computerized financial record keeping



Lancaster County will be the site for two computerized financial record keeping workshops this spring. A beginning-level workshop will be held on February 25 and an advanced-level workshop on March 10, both at the UNL Animal Science Building on East Campus in Lincoln. Both workshops will begin promptly at 9:00 a.m. and end at 4:30 p.m. Lunch will be served.

The workshops will be presented in a hands-on teaching style with participants actually performing the tasks being demonstrated throughout the day. The concepts covered in the beginning level workshop include: Setting up and starting your records, developing a chart of accounts (categories) income and expense transactions, entering single and split transactions, generating various types of reports, organizing transactions by enterprise, retrieving profit/loss enterprise reports, handling term loans and reconciling your records with the bank statement.

The concepts covered in the advanced level workshop include: Saving time by printing checks on the computer (which automatically makes the ledger entries), handling non-cash transactions (inventory shifted

between enterprises), handling pre-paid expenses in a cash accounting system, tying transactions to tax schedules to save time on tax preparation, how to handle depreciation schedules, generating a balance sheet, handling lines of credit and using the memo field to track expenses that cross enterprise and category groups (such as expenses associated with a particular piece of equipment that may be used in multiple enterprises).

The concepts taught are applicable to any of several inexpensive computerized record keeping programs, with slight modifications in procedure. These workshops will be taught hands-on using Quicken 2000 Basic in the classroom. Registration will be limited, due to space and computer availability, to a first-come, first-served basis. If you are interested, please contact the extension office and ask to have a brochure and registration form sent to you. Registration fee for each workshop is \$30 for one person, \$37 for two people sharing one computer with two meals and one set of handouts and \$45 for two people at one computer with two meals and two sets of handouts. Registration must be received with payment to hold a place in the workshop. (TD)

Prescribed burning school

A workshop on Prescribed Burning of Grasslands will be held Friday, March 24 at 9 a.m. Participants will be instructed on how to conduct a safe burning of their CRP acres. A demonstration burn of a CRP field will be held in the afternoon or the following morning, conditions permitting. Representatives of the Lancaster County NRCS office will be present to answer questions relating to the procedures and rules for converting to the new Conservation Reserve Program. (WS)

Drought entering 2000 growing season

Though unwanted, the news is Nebraska officially is in a drought.

Soil moisture levels in dryland acres are almost as low as those that created the 1930's Dust Bowl. The state has received just less than half of its normal precipitation since September, with some areas receiving less than one fourth. The long-term spring forecast calls for below-normal precipitation.

This won't be the year to try and break yield records; just getting an average crop may be all most dryland producers can hope for at this time. They must consider the fate of their winter wheat, what they will plant this growing season and use every moisture-conserving practice available.

* Winter wheat conditions. By early to mid-March, winter wheat should be evaluated as to whether the stand is sufficient to produce even a moderate crop. Wheat planted last fall in fallow with a hoe drill should be in fair condition, but there are exceptions. Wheat planted into soybean stubble, however, may be marginal or even non-existent. If the stand is inadequate, the crop should be destroyed in March. The best method is to use herbicides

(Roundup or similar products) to keep crop residue present to prevent wind and water erosion and save soil water. Check soil moisture levels at planting time to determine if there is enough moisture to plant a crop such as sorghum, sunflowers, proso millet or corn. For western Nebraska it is usually recommended to have at least three feet of soil moisture and good crop residue at planting time before planting dryland corn.

* Plant a drought-resistant crop. Of Nebraska's three main row crops, grain sorghum requires less water than either corn or soybeans. Under dry conditions, grain sorghum literally "rolls" with the punches—its leaves curl under drought stress and the plant can go into dormancy for several weeks. Even if the plant withers, growth resumes after a rain. However, the dormancy means yields may be reduced and grain may be immature at frost. Frost also is a grain sorghum risk factor in the northern and western parts of the state because of their shorter growing seasons.

An age-old rule-of-thumb is to plant grain sorghum instead of corn if three feet or less of soil moisture is present at planting time. Use a probe to determine soil moisture levels.

Corn, the most moisture-sensitive crop of Nebraska's three main crops, also has been the most widely planted in recent years, as most of the state in the 1990's received average or above average precipitation. Corn, if stressed too much at pollination, will not produce grain even if it gets rain later. Soybeans also stop growth under moisture stress and the indeterminate types will resume growth when it rains; they do require adequate moisture at pod fill to ensure yield. Soybeans probably should be limited to those areas which have annual precipitation of 24 inches or more.

* Reduce tillage passes. With each tillage pass through a field, one-third to one-half inch or more soil water is lost. Tillage may dry the soil out to the depth of tillage. Two to three inches of soil water can be easily lost per year from tillage; that may translate into 20 to 30 bushels of corn or grain sorghum lost in yields.

* Reduce plant populations. Determining how many seeds to plant per acre depends on soil moisture and crop residues. The more soil moisture and crop residues, the more seed can be

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Selecting an alfalfa variety

Extension Forage Specialist Bruce Anderson recently shared the following information in his Forage Minute radio spot. I felt it was timely information.

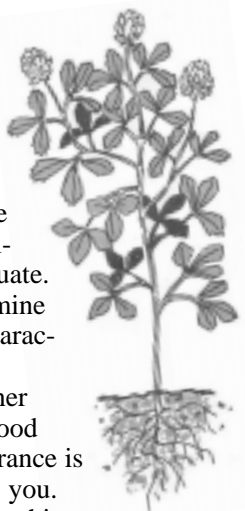
Selecting the right alfalfa variety to plant is a big decision. It's a decision that affects your production for the entire life of your stand. Today's top alfalfa varieties out yield those your parents planted by 15 to 20 percent and they last longer besides. Seed of good varieties will cost more than the cheapest seed, but it quickly repays that cost with more hay for more years.

So how do you pick out a good alfalfa variety? I follow a three-step approach that looks first at yield, then pest resis-

tance, winter hardiness and other characteristics and lastly, seed price. Begin selecting your next alfalfa variety by identifying 12 to 15 top yielding varieties from yield tests in your area. Make sure these tests cover at least two growing seasons to help evaluate winter hardiness. Your local extension educator can help by using our newest extension circular about alfalfa varieties and by checking last year's yields from variety tests across Nebraska.

From this list of varieties, pick out those that resist important diseases. I think all alfalfa varieties you plant should be resistant or highly resistant to the diseases anthracnose and phytophthora root rot, which

often shorten stand life. Also check to make sure winter hardiness is adequate. Next, determine if special characteristics like slightly higher quality or good grazing tolerance is valuable for you. Finally, from this smaller list, compare seed price and service from your dealer and pick the best deal. Follow this procedure and I'm confident you will be happy with your variety decision and find it time well spent. (TD)



Y2K dust bowl has arrived

Most of the state has had no significant moisture since September. This means agricultural producers must begin planning now to grow drought-resistant crops. Irrigators must begin preparing their irrigation systems for pre-season watering; the soil moisture profile is so low that without some moisture before planting, summer irrigation could never keep up with the crop's demands.

University of Nebraska climatology data indicates there is just 1 to 1 1/2 inches of available moisture in the top four feet, most of that in the top 12 inches. This means that soils

currently hold about 10 percent of what could be made available to growing crops; moisture stress typically begins when this threshold drops below 50 percent. This means if dryland crops were exposed to these conditions during the growing season, they would be dead.

Sorghum is going to be the best bet for agronomic success this growing season. Based on 100 years of climatological data, there is just a 10 percent likelihood that enough moisture will fall from now through the end of the growing season to produce an average to above-average yield on dryland corn

and a 20 percent likelihood for soybeans.

Precipitation deficits average four to six inches across the eastern two-thirds of the state since the beginning of September. This dry pattern is projected to continue April-June. If these forecasts do bear out, moisture during the growing season will need to be at least 10 inches above the historical average to counteract the lack of rainfall since mid-September.

SOURCE: Al Dutcher, Ph.D., state climatologist, NU/IANR. (WS)

The business plan

Frank Leibrock, Small Business Support
Colorado State University Cooperative Extension

So you're thinking about starting a business. You've heard that you should have a good business plan before you begin. But having one and creating one are two different things. Having is easy. Creating is not. So how should you begin?

Designing a good business plan takes time and effort. If you have problems getting some portions of yours together, chances are you'll have problems with those sections of your business as well. So spending the time necessary to write your plan, from beginning-to-end, becomes a necessary investment—an investment in yourself.

Speaking of beginning-to-end, you should begin your planning with the end in mind. Call it an exit strategy. It is something many neglect when they plan to enter the business world. Many times, getting into business is easier than getting out. Therefore, you need to ask (and answer) "How am I going to 'get out'?" Are you going to sell to someone else? Be bought out by a larger firm? Take your business public and sell stock? The last thing you want is a business that's doing great, but you can't do anything with it. So having an exit strategy is as important as any other portion of your planning.

Having thought about the end, let's begin at the beginning. The goal of any entrepreneur is starting a business and making it successful. And the first step is describing your business (in writing), from beginning-to-end. Too many launch themselves into business without a full understanding of what it will mean to their lives, the lives of their families or even where their business will lead.

For many, a business usually starts with a great idea, a patentable invention or a new product or service that will lead to wonderful results. Unfortunately, far too few take the close hard look necessary to determine how to make that idea or invention profitable. Enter the business plan. A well thought-through plan helps entrepreneurs become successful, by forcing them to look at all the issues and challenges they may face. It is also an absolute requirement for anyone trying to secure financing for their dream.

This series of articles will help you, the budding entrepreneur, research and draft your plan. The articles will attempt to cover all the issues and elements that go into the planning process. They will attempt to create an easy-to-follow structure that will help you write your plan

once all your research is completed.

Please keep in mind these articles present one way of writing your plan. They are guides, suggesting what items need to be in the plan and how to formulate it. There are many equally acceptable ways of writing a business plan—no standard format exists. So feel free to modify the

format. Add information where you feel it necessary and take out the sections that are not appropriate to your business. But be sure the section you choose to delete really doesn't apply. Failure to think about such things as advertising, distribution or any of the other elements of the plan, may result in future failure, despite a fantastic product or service.

So if you're interested in becoming an entrepreneur, begin thinking about the business you would like to create. Write down your ideas. In the articles that will follow, we will discuss your business. I stress "your business." For even though the articles may provide some general guidelines, it will be up to you to bring forth your ideas, reduce them to writing, refine them, believe in them and act upon your beliefs.

Bait stations for rodent control

Toxic baits are often used to control the damage caused by Norway rats (*Rattus norvegicus*) and house mice (*Mus musculus*). Bait stations used in rodent

supply and agricultural chemical supply stores have them in stock or can order them.

Bait stations can be built from scrap materials, and you can design homemade stations to fit your particular needs. Make them out of sturdy materials so they can't be easily knocked out of place or damaged. Where children, pets or livestock are present, construct the stations so the bait is accessible only to rodents. Locks, seals or concealed latches are often used to make bait stations more tamper proof. Clearly label all bait stations with "POISON," "RODENT BAIT - DO NOT TOUCH" or with a similar warning.

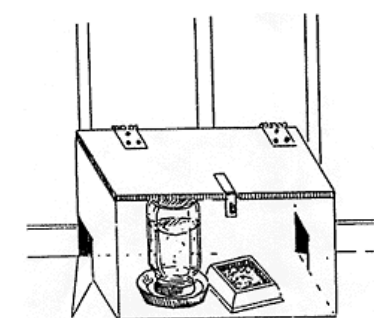
Bait stations should be large enough to allow several rodents to feed at once. They can be as simple as a flat board nailed at

holes on opposite sides of the station so rats can see an alternate escape route as they enter the station.

Bait stations for mice should have entrances 1 to 1 1/2 inches in diameter. Stations for mice can be considerably smaller than those for rats. A cigar box about 10 x 6 x 2 inches high, with a hole in each end is ideal for mice.

Bait stations work best when you use commonly available commercial rodent baits. Most of these baits are multiple-dose (anticoagulant) rodenticides. For these baits to be effective, rodents must feed on them over a period of days. Label instructions on such baits typically state, "Provide an uninterrupted supply of bait for at least 15 days or until all signs of feeding have stopped."

When using multiple-dose (anticoagulant) baits, it is very important that they be fresh and of high quality. Rats and mice often reject spoiled or stale foods. Provide enough fresh bait for rodents to eat all they want. When you first put bait stations out, check them daily and add fresh bait, as needed. After a short time, rodent numbers and feeding will decline and you will need to check the stations only every two weeks. If the bait becomes moldy, musty, soiled or insect-infested, empty the box and clean it and then refill it with fresh bait. Dispose of spoiled or uneaten bait in accordance with the label. Follow all label directions for the product you are using. (DJ)



an angle between the floor and wall, or a length of pipe into which bait can be placed. More elaborate stations are completely enclosed and can contain liquid as well as solid rodent baits. Hinged lids provide convenient inspection of permanent stations.

Bait stations for rats should have at least two openings about 2 1/2 inches in diameter. Cut the



control programs may increase both the effectiveness and safety of rodent baits (rodenticides).

Bait stations are useful because they:

- * protect bait from moisture and dust;
- * provide a protected place for rodents to feed, allowing them to feel more secure;
- * keep other animals (pets, livestock, desirable wildlife, etc.) and children away from toxic baits;
- * allow you to place bait in some locations where it would otherwise be difficult because of weather or potential hazards to non-target animals;
- * help prevent the accidental spilling of bait;
- * let you inspect bait easily to see if rodents are feeding on it.

You can purchase bait stations from commercial suppliers or make them yourself. Manufactured bait stations made of plastic, cardboard or metal are sold to pest control companies and to the public. They come in various shapes and sizes for rats or mice. Some farm

Acreage Insights



Acreage Owners Expo-2000

If you live on an acreage or if you are considering moving to an acreage, this is a program for you. Plan to attend the Acreage Owners Expo-2000 at the Agricultural Research and Development Center (near Mead) on March 18. The day's presentations will begin at 9 a.m.

Twenty educational workshops custom designed with the acreage owner in mind will cover a wide spectrum of subjects.

- Planning the landscape
- Acreage equipment advise
- Fencing
- Backyard wildlife
- Tree care
- Pond development & care
- Exploring acreage websites
- Keeping horses
- Windmills
- Gardening expertise
- Acreage security
- Environmental assessment

- Drinking water wells
 - Lagoons and septic systems
 - Solid waste management
 - Native grasses and wild flowers
 - Pests that affect your health
 - Storm water runoff plans
 - Annual and perennial plants
 - Landscaping materials
- University of Nebraska Cooperative Extension educators and specialists will be on site to answer your specific acreage management questions. Drinking water test kits, soil test kits and numerous educational publications will be available.

Pre-register by contacting the Dodge County Cooperative Extension office at (402) 727-2775. Advanced registration: \$15. Registration at the door: \$20. (DJ)

Water softening

As the water treatment industry has grown in the U.S., the concept of water softening has often been misconstrued as a purifying, cleansing or conditioning process. This is due largely to exaggerated advertising and, in part, to consumer misconceptions about water treatment. But the reality is that water softening simply removes hardness minerals and eliminates problems that are a nuisance and not a threat to human health. The decision "to soften or not to soften" is a matter of personal preference, not necessity. However, water softening does have advantages and disadvantages that make this decision a significant one.

Advantages

Most consumers would agree that hard water leaves scales on pots, soap films on

skin and detergent curds in the washing machine. More importantly, scales can also buildup on hot water heaters and decrease their useful life. Soap film and detergent curds in bathtubs and appliances indicate that you aren't getting the maximum cleaning action from these products. Soft water not only eliminates these nuisances but also protects appliances and saves cleaning time.

There are other advantages to water softening, as well. It is a well developed technology that has been used in homes for almost 65 years. The equipment is reliable, effective and widely available, providing consumers with convenient features and a selective market. The simple technology of softening makes it

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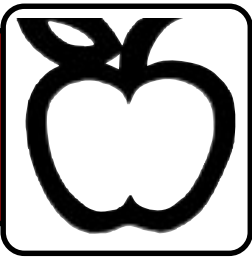
NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site

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

"Part-time Farming" video

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



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Enjoy this recipe for Winter Crisp from the National Heart, Lung and Blood Institute's Stay Young at Heart Recipes (www.nhlbi.nih.gov/health/public/heart/index.htm). It's low in fat, sodium and cholesterol and a good source of fiber.

WINTER CRISP

Makes 6 servings

(See Cook's Tips* at end of recipe)

Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy fruit dessert that is cholesterol free and low sodium.

Filling:

- 1/2 cup sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon lemon peel, grated
- 3/4 teaspoon lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

Topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1 tablespoon soft margarine, melted

1. To prepare filling, in a medium bowl combine sugar, flour and lemon peel; mix well. Add lemon juice, apples and cranberries; stir to mix. Spoon into a 6-cup (1 1/2 quart) baking dish.

2. To prepare topping, in a small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix.

3. Sprinkle topping over filling. Bake in a 375 degrees F oven for approximately 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

* COOK'S TIPS

When we tested the recipe for this article, here are some tips we felt might be helpful for you.

1. A calculation of the nutritional content showed:

Yield: 6 servings – Each serving provides approximately:

Calories: 257

Total Fat: 3 g

Saturated Fat: 0.5 g

Cholesterol: 0 mg

Sodium: 23.5 mg

Fiber: 5 g

2. Some apples suitable for baking include: Fuji, Winesap, Rome, Jonathon, McIntosh, Braeburn, Golden Delicious, Granny Smith, Newtown-Pippin, Jonagold and Northern Spy. Red Delicious apples are excellent for eating but are not recommended for

continued on page 12

Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: What are some seasonings I could use to flavor vegetables so I don't have to use salt for flavoring. My husband has high blood pressure and I'm trying to watch his salt intake.

A: Here are some suggestions for specific vegetables from the American Heart Association:

- Tomatoes: basil
- Green beans: dill
- Carrots, spinach: marjoram
- Peas, cauliflower, squash: rosemary

The Heart Association suggests you start with just 1/8 to 1/2 teaspoon of seasoning per package of frozen vegetable and adjust to your family's taste. (AH)

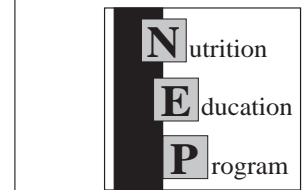
Stretching food dollars through the holidays

The Lancaster County Nutrition Education Program (NEP) staff spent a good part of November/December helping with area food basket distribution and education of limited resource families on stretching your food dollar through the holidays and safe handling and use of meats. Thawing, roasting and leftover storage of turkey/meats were the focus of lessons and programs.

Staff assisted with screening and sign-up of food baskets at Malone Community Center, Catholic Social Services, Good Neighbor Center, Hispanic Center, Indian Center and the Salvation Army. Over 1600 families received food, informational brochures from the Nebraska Department of Agriculture Poultry and Egg Division and NEP recipes for using leftover turkey. Nine hundred "safe handling and use

of turkey" brochures were also given to the Lincoln City Mission. At the distribution site, one gentleman told Karen Wobig, "Oh good, now I'll know how to cook this turkey." A WIC mom told nutrition advisor Linda Detsauer, "I'm so glad to get recipes so I won't end up throwing away the leftover meat."

A continuous run of the "How to Roast a Turkey" video also occurred at the distribution site. Food demonstrations on making casseroles with leftover meats were done at Lincoln Housing Authority senior sites and Head Start parent meetings. At a mom's group, the importance of sharing food safety information was apparent when a client disclosed that she still had turkey in her refrigerator, cooked three weeks prior. Sandy Phillips, nutrition advisor,



Nutrition Education Program

for Limited Resource Families

Karen Wobig

Extension Assistant

alerted her to the danger factors in using it. After hearing the information, she said, "No one has ever told me that. My family could have gotten sick." She then assured Sandy she would throw it away. In further discussions, it was apparent she was used to keeping meats this long. When asked about family illnesses, she said, "Yes, we seem to have the flu quite a bit!" Distributing the recipe of a "No Crust Pumpkin Pie" was also a big hit with many clients. A teen mom shared with Advisor Nobuko Nyman, "I'll try this since it's low-fat."

Heart healthy adventures

Alice Henneman, MS, RD, LMNT; Barb Fraser, MS, RD, LMNT; Cardiovascular Health Coordinator, Nebraska Department of Health & Human Services; Jaime Ruud, MS, RD, LMNT and Anna Calhoun, RD, LMNT, Nutrition Consultants, Nutrition Link and Mary Jo Gillespie, RD, LMNT, Saint Elizabeth Wellness Center.

Many people know heart disease is the number one killer of American men.

How many know it is also the number one killer of American women? Statistics show:

- More than half a million women die yearly from cardiovascular diseases (heart disease and stroke) in the United States. This total is more than the next 16 causes of death combined. Forty-two percent of women who have heart attacks die within a year compared to 24 percent of men.

- Cardiovascular diseases have claimed the lives of more females than males every year since 1984.

(SOURCE OF STATISTICS: American Heart Association. 1999 Heart and Stroke Statistical Update. Dallas, TX: American Heart Association, 1998.)

Although symptoms may not appear until a person reaches middle-age or older, it

may actually begin developing as early as childhood. It's never too early for men or women to learn heart healthy behaviors.

Some general lifestyle behaviors that may help lower the risk of heart disease include the following.

- Don't smoke.
- Maintain a healthy weight.
- Get a total of at least 30 minutes of moderate to vigorous physical activity most days of the week.
- Eat heart healthy food.

A recent study by the Harvard School of Public Health found women in the Nurses' Health Study who followed a heart healthy lifestyle reduced their chance for heart disease by up to 82 percent. Even though only around one percent followed all the guidelines, the researchers felt that doing something was still better than doing nothing. Rather than agonize over what you "should" do, plan some ADVENTURES

so they're heart healthy behaviors you "want" to do!

HEART HEALTHY ADVENTURES

Ready, set, read on to discover the adventures that appeal to your heart!

(NOTE: The following suggestions are intended for the average healthy individual over age 2 who wants to stay healthy. They shouldn't be considered a substitute for medical advice or treatment. If you already have heart disease, a family history of heart disease, or want to fine-tune these suggestions to your lifestyle, check with your healthcare professional for more personalized information.)

1) TO BEGIN YOUR ADVENTURE, call or visit your local office of the American Heart Association (AHA) for more information about heart-healthy eating and other heart-healthy behaviors. (For the Lincoln area, call 489-5115 or

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YOUR information center... around the clock

NUFACTS

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358 Alternatives to High-fat Fast Foods

362 Cutting the Fat in Favorite Recipes

363 Easy Tips for Eating Less Fat

and many more...

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:
www.lanco.unl.edu/food

FREE monthly Food Selections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

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



Clarice's Column

Clarice Steffens
FCE Council Chair



As we turn our calendars to February, I'm sure we are all pleased to have had the year 2000 roll in so calmly. It was thankfully a very uneventful time. It appears, at the moment, that the major difference is that Mother Nature has misplaced our winter weather. That's good for temperatures, but not good for moisture!

This would be an excellent time for all our members to be thinking about an entry in the Heritage Skills Contest. The categories this year are:

1. Visual Arts—Oils,

acrylics, water colors, pencil, ink, charcoal drawing and others.

2. Hand Stitching—Needle-point, crewel embroidery, counted cross stitch, lace net darning, candlewicking, hardinger, huck or Swedish weaving or other.

3. Creative Writing—Original poem—30 lines, short story, fiction or non-fiction—2000 word limit.

4. Glass—Any glass article as stained, leaded, engraved, etched, ink or painted. Include file card describing method used.

Each county is allowed one

entry in each major category. Our county has many talented members so I hope we can have an entry in every category. We would like to have all entries turned in at the March council meeting.

Don't forget about the **earth wellness festival**. Volunteers are needed for the March 23 event.

Our next council meeting will be March 27. Details will follow as available.

Enjoy the spirit of Valentine's Day as you move through February (and the rest of the year). Share a hug, a kind word, a kind deed, a special card and have a Happy Valentine's Day!

- FCE News -

The March Family and Community Club leader training is scheduled for Tuesday, February 22, 1 p.m. LaDeane Jha, extension educator will present the lesson, Becoming Financially Fit. This lesson will offer ways to evaluate where you are financially and help establish where you want to be. Many people struggle to control spending and debts while not having adequate savings to cover emergencies and provide for reaching goals, including retirement.

If you are not an FCE member and would like to attend, call 441-7180 to pre-register so materials can be prepared.

The April FCE Leader training, Heart Healthy Foods that Help You Keep on Ticking, will be March 28, 1 p.m. Watch for more details in the March NEBLINE. (LB)

Raising boys to men

LaDeane Jha
Extension Educator

A lot has been written about the unique challenges of being a boy in today's society, and the challenges of raising boys to become healthy men. Adolescence is the time during which many of a young man's ideas about himself, masculinity and his future are formed. How can parents, other adults and even peers help young men mature? These key players in a young man's life can help him confront aggression, challenge stereotypes about what a "real man should be," and become comfortable with his emotions.

Observe young men in interactions with one another. Do they encourage each other to stifle emotions and "act like a man?" By talking about emotion

with parents, other adults and even peers, young men can practice expressing their emotions, and become more comfortable showing emotion.

Adults can help boys as they develop in the following ways.

Talk. Talk about male and female roles, masculinity and femininity and values. Boys want to know and need to hear it from adults.

Encourage. Young men need to learn to express emotions in healthy ways. Encourage them to talk about frustrations rather than act them out.

Don't lower your expectations. Many people let boys "off the hook" when it comes to emotions, assuming that they are not as good as girls at expressing their feelings, or that they are naturally prone to act out in anger or aggression. Begin early on to expect boys and young

men to respect their emotions and the emotions of others.

Examine your own expectations. The adults of today experienced all the stereotypes that boys grow up with when they were young. Think about the stereotypes that are limiting in your own life and work to avoid passing them on to the next generation.

Some sources for further reading include:

Boys will be Men, Paul Kivel, 1999

Raising Cain: Protecting the Emotional Life of Boys. Daniel Kindlon and Michael Thompson, 1999

Real Boys: Rescuing our Sons from the Myths of Boyhood, Owl Books, 1999.

Adapted from *The Ups and Downs of Adolescence*, October 1999. (LJ)

Ways to beat the high cost of having fun

- Eating out can cost less when you "lunch" instead of "dine."

- Rent or borrow equipment for a new hobby or sport. Make sure you enjoy the activity before buying. This also gives you a chance to compare brands.

- Matinees cost less for most entertainment—may be less crowded too.

- Discover your neighborhood. Enjoy local museums, zoos, historical attractions, lectures and workshops at low

cost.

- Camping vacations are fun and economical especially for a family. Try low-cost well-run government campgrounds and parks.

- Off-season vacations offer huge savings and everything is less crowded.

- Use your library. You can borrow books instead of buying them. Listen to recordings before buying.

- Check bus and train prices—taking a train or bus is

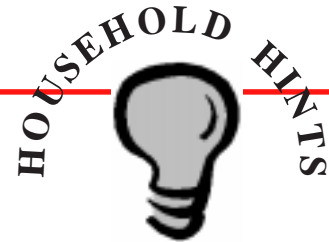
often less expensive than flying and you can see the country.

- Make your own gifts, it's fun and more personal.

- When traveling with children, look for hotels and motels that don't charge for children sharing the parents' room.

- Organize low cost parties or get-togethers by having everyone share—for example a pot-luck supper. (LJ)

Family Living



by Lorene Bartos, Extension Educator

Wood chopping block care

Routine Care: Wash and scour with an abrasive cleanser, using a stiff brush. Rinse thoroughly with sponge. Periodically apply a coating of salad or mineral oil to make the wood more stain resistant.

Special Instructions: Avoid soaking with water so that the chopping block does not split or warp. (LB)

Chance to hear Michael Josephson

Michael Josephson, a former law professor and founder of the nonprofit Joseph and Edna Josephson Institute of Ethics, will be in Lincoln February 27, 28 and 29 to present a series of seminars, trainings and presentations.

The following sessions are open to the public and you are encouraged to attend.

Community Presentation, February 27, 6:30-8:30 p.m., Cornhusker Hotel

UNL Faculty/Staff Seminar, February 28, 2:30-3:30 p.m., UNL City Union

Student Presentation (especially for high school and college students), February 28, 6:30-7:30 p.m., UNL City Union

Josephson organized the Character Counts! coalition, a national partnership of youth-influencing organizations that stress the development of character built on six core ethical values: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. (LJ)

Tidbits

About one-tenth (10.7%) of Lancaster County residents are aged 65 or older, compared to 13.7% statewide.

The proportion of county residents who are under age 18 is 23.4%, lower than the Nebraska average of 26.6%.

Racial and ethnic minority residents make up 8.7% of the population of Lancaster County, compared to 10.3% statewide. African Americans account for 2.4%; Native Americans account for 0.7%; Asian Americans account for 2.4%; and Hispanic Americans account for 3.2% of the county's total population.

The proportion of single-parent families in this county (11.1%) is slightly higher than the average for Nebraska (10.9%). However, 16.6% of racial/ethnic minority households in Lancaster County consist of single parent families. (LJ)

Peer influences

The influence of peer groups becomes increasingly important as children reach adolescence. This is a normal stage of development where a child begins to pull away from the family group to find security in their peer group. You can ease this transition by doing the following:

If a child feels valued and accepted at home, the child will be less inclined to go too far with negative peer influences.

Let your children know you trust them to make good decisions. Set limits but let the little things go.

A strong caring connection with parents is essential.

Be there emotionally for your children. Their need for you to LISTEN keeps this connection strong.

During adolescence, communication and activities with the family may decrease. Find new ways to connect based on your children's interests.

Ask your adolescents what they think, rather than telling them your opinion first. You'll find out what they are thinking by listening rather than telling.

Give your child some space. They value and need privacy and solitude at this time in their lives.

Avoid "LIME" disease: Lecturing, Instructing, Moralizing and Explaining. (LJ)



4-H & Youth

4-H Bulletin Board

- February 13—2 p.m., 4-H Ambassadors (LB)
- March 12—2 p.m., 4-H Ambassadors (LB)
- March 12—3-5 p.m., 4-H Teen Council Meeting. All interested teens are invited (TK)
- March 17—Saunders County Progress Show (DK)
- March 19—1 p.m., 4-H Speech Contest, State Capitol (DK)
- April 1—9:30-11 a.m., Record Keeping Workshop (DK)
- May 20—9-11 a.m., 4-H/FFA Sheep Tagging and Performance Weigh-in, State Fair Park (DK)
- Remember—all 4-H clubs have their own mailbox at the extension office. 4-H leaders and/or 4-H parents will want to check them from time to time for information and materials. (TK)

Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis and the 4-H Council. It is scheduled for Saturday, April 15, 7-9 p.m. at State Fair Park in the Lancaster Building. All 4-H families are invited to attend this fun and free activity.

4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by March 31.

There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

For progress show information, check out our website at www.lanco.unl.edu
(DK)

4-H record book workshop

Saturday, April 1

9:30 a.m.

Do 4-H record books confuse you? Would you like to learn some record book "how-to's"? Did you know you can complete your record books on the computer? Attend this workshop and discover answers to your record book questions, tips to make your record books shine and how to successfully complete them. (TK)



4-H rabbit clinic and show

On March 25, the Lancaster County 4-H Rabbit VIPS Committee will hold a rabbit clinic at the Lancaster Extension Education Center from 9 a.m. to 1 p.m. Sessions will include rabbit grooming and care, examples and ideas for stationary exhibits and how to participate in showmanship. Everyone is welcome to attend.

On Saturday, April 1, the Rabbits 'R Us and Star City Rabbit Raisers 4-H Clubs will host a rabbit show at the Lancaster Building at State Fair Park. The show will begin at 9 a.m. with registration from 7:30-8:30 a.m. Entry forms can be picked up at the extension office or downloaded from the Lancaster County 4-H website at <http://www.ianr.unl.edu/ianr/lanco/4h/news.htm>

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



4-H Speech Workshop

Plan on attending the 2000 4-H Speech Workshop. It will be Sunday, February 13, 6-7:30 p.m. The workshop will help all ages learn to write and deliver. Mark this date on your calendar and I will see you there! (DK)

4-H Speech Contest March 19, State Capitol

Join the fun and enter the 4-H speech contest! You can give a speech or a Public Service Announcement. The Contest will be held March 19 at the State Capitol. Registration will begin at 1:30 p.m. For more information about this contest, attend the speech workshop, call the office at 441-7180 or look at the rules in last year's fair book. Speech registrations are due into the extension office by Friday, March 10. (DK)



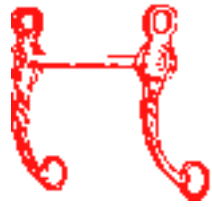
4-H leader training

Tuesday, February 22

9:30 a.m. or 7 p.m.

New and reorganizing leaders are invited to attend this 4-H leader training to assist you in 4-H club management, activities and projects. Please bring your questions and 4-H parents. (TK)





HORSE BITS

Roping clinic

Monte Stauffer, Douglas/Sarpy county extension educator, will present a roping clinic May 13 from 1:30-4:30 p.m. This clinic will be provided to introduce roping to youth with little or no experience in roping events. Topics covered include types of ropes, flags and gates, the difference between header and healer roping and judge's scoring in competition.

Youth will be given an opportunity to "dummy" rope either from a standing position or from a stationary horse. They will be shown proper techniques for tying knots, proper positioning of the horse and of the person riding the horse.

(Location has not yet been determined. Look for more information in next month's NEBLINE.)

4-H project leader training

There will be a 4-H Horse Project Leader Training at the Lancaster Extension Education Center Wednesday, March 29, 6:30-9:30 p.m. Kathy Anderson, UNL horse specialist, will cover the topics of basic horse health care and of current horse nutrition. The information presented is required to pass 4-H horsemanship levels and would be of value to leaders and youth alike.

This is a free clinic. To register, call our office at 441-7180.

Pre-District clinic

Mark your calendars: June 10 has been set as the date for the Lancaster County pre-district horse clinic which will be at the East Arena, State Fair Park. (EK)

4-H & Youth



All you can eat Spaghetti - \$4.49

The Lancaster County 4-H CWF group has partnered up with Fazolli's to offer an all you can eat special for \$4.49 per person. This special includes all you can eat spaghetti, fettuccini and bread sticks.



This event will take place at the Fazolli's restaurant, 4603 Vine Street, March 7, 5-8 p.m.

For every person that orders the all you can eat special, Fazolli's will donate \$1.00 to the CWF trip fund. (DK)

2000 photo themes

The new state and county photography themes have been announced. Unit II only: Beautiful Nebraska (as relates to our Nebraska State Song) and Unit III only: Nebraskans at Work. Keep these in mind as you begin taking photographs for your 2000 photography exhibits. (TK)



4-H Clubs in action...

The Sunshine Clover Kitties 4-H Club members decided to celebrate Thanksgiving in a loving and caring way. We decided to prepare a traditional Thanksgiving meal for a family in need.

Hannah Spencer and her mom contacted the Catholic Social Service Department for suggestions. They gave them the name of a family who were from another country and recently moved to Lincoln.

The family had a strict diet to follow because of their beliefs, so we had to adjust their menu. Instead of turkey, we prepared chickens according to their beliefs and cooking ways. We also made a potato casserole, vegetables, rolls and pies. Everyone shared in preparing menu items.

Noelle and Hanna Pinneo, Terra Thomson and their mothers delivered the feast on Thanksgiving day. This was a true feast of thanks.

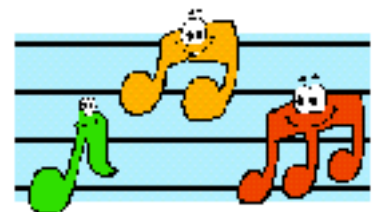
Submitted by the Sunshine Clover Kitties 4-H Club



Hannah Spencer, age 8

Music contest

Join the fun and enter the 4-H Music Contest! Your club can sing and/or dance at this exciting 4-H event. The 2000 Music Contest will be held Sunday, April 30, 2 p.m. at Dawes Middle School Auditorium.



Stop by the office or call Tracy for a registration form and for more information. Rules can also be found in last year's fair book. All registration forms are due to the office by Friday, April 21. (TK)

Character Counts! Corner Caring & Kindness

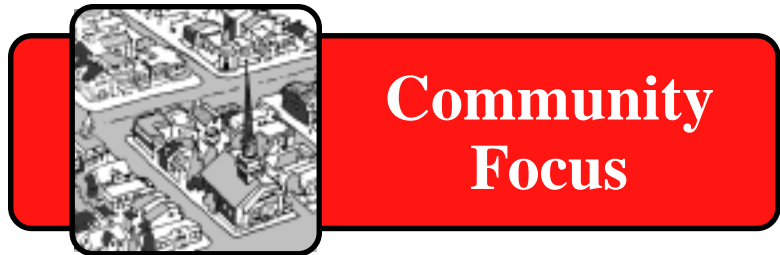
Thoughts of love and caring surface frequently during the "love" month of February and helping children learn kindness and caring is an essential task of parenting. Children who have strong friendships with other children care about how they feel. They stick up for them when others tease them, and they try to make them feel better when they are hurt or sad.

Caring is an important social skill that will help children in all types of relationships. Even at a very early age, children can tell when others are in distress, but they still must learn how to help them. The most common kinds of help are those that take place every day. Children can learn to give praise when others do well and thank them when they help.

We teach children about caring and helping others by treating them with love and kindness. When their cares and hurts are treated with caring, they experience the good feelings that come from being helped.

From this they understand for themselves the value of helping. They know that when they show kindness, they are making others feel good.





Farm Service Agency committee elections underway

County FSA committees administer farm programs at county and area levels and are elected by eligible producers. Farm programs administered by county committees include:

- commodity price support loans and payments;
- establishment of allotments, yields and marketing quotas;
- farmer loans;
- conservation programs;
- incentive, indemnity and disaster payments for some commodities; and
- other farm disaster assistance.

Farm owners, operators, tenants and sharecroppers of legal voting age can vote if they are eligible to take part in any FSA program. Eligible voters will soon be receiving ballots by mail from the Lancaster County FSA Office. The 2000 election ballots must be returned to the FSA county office or post marked no later than March 6. (GB)

LEAD Fellowship applications available for group XX

Fellowship applications for Nebraska LEAD (Leadership Education/Action Development) Group XX are available now to men and women involved in production agriculture or agribusiness.

Up to 30 individuals will be selected from production agriculture and agribusiness. Preference will be given to individuals ages 25 through 45 who have demonstrated leadership potential.

LEAD fellows also participate in a 10-day National Study/Travel Seminar and a two- to three-week International Study/Travel Seminar. Seminar themes include economics, foreign cultures, government, communications, international trade, politics, business, labor, environment, finance and industry.

The program is designed to prepare spokespersons, problem-solvers and decision makers for Nebraska and its agricultural industry. Now in its 20th year, the program is operated by the Nebraska Agricultural Leadership Council Inc., a nonprofit organization, in cooperation with Nebraska colleges and universities, business and industry and individuals throughout the state.

Applications are due by June 15 and are available from the Nebraska LEAD Program, Room 318 Biochemistry Hall, University of Nebraska, Lincoln, Nebraska 68583-0763 or by phoning the office at (402)472-6810 and requesting an application packet. General information about LEAD is available from the World Wide Web at <http://www.ianr.unl.edu/lead/> (GB)

LAAA Photography Contest



Theme for 2000 is... "New Century, New Choices, New Ventures"

Open to ALL ages, elementary school age to older folks themselves! All readers are welcome to submit photos. Sponsored by the Lincoln Area Agency on Aging.

Prizes for: Best of Show, 1st, 2nd, 3rd and Honorable Mentions by age groups of: K-6, 7-12 and adult (18 and over). Best of Show winner is awarded \$200.

Judges are from the Lincoln Camera Club, with 50+ years of experience in judging activities.

Exhibit of all entries will be at the 6th Annual Senior Festival held at Gateway Mall, Lincoln, on Thursday, May 18, 9 a.m. to 9 p.m., in the lower level auditorium.

The prize winners will be officially framed and be part of a "traveling exhibit show" and go to many places throughout our eight counties (Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York) throughout the rest of Year 2000.

For a registration and information packet, call (402)441-7022. Deadline for submissions is Friday, April 15...don't delay...call today! (GB)

University of Nebraska—Lincoln's Speakers Bureau can offer you a free speech!

Groups, organizations can take advantage of a *free speech* from the University of Nebraska—Lincoln. The Speakers Bureau makes it easy when your organization needs an entertaining, informative and intriguing topic presented by an expert.

Available through April 24, 2000, topic selection range from the arts to family law and military leadership to the study of viruses. Every speaker is provided free of charge. To schedule a speaker call (402)472-8396.

Three Speaker Bureau examples:

Heat Waves to Blizzards: Climate and Weather of the Great Plains presented by Kenneth Dewey, Professor of Geosciences.

When it comes to weather and climate, there is indeed, no place like the Great Plains. Certain types of weather are unique to this particular area, as those who have recorded

significant weather events in the past can attest. Dewey will examine weather types, causes, myths, realities and the history of these weather events through the use of illustrations and photographs.

A Nebraska Treasure: Quilts from the James Collection presented by Rita Kean, Professor and Chair of Textiles, Clothing and Design.

Named as one of the Top 100 Treasures by "Arts and Antiques" magazine, the James Quilt Collection in the International Quilt Study Center, traces America's history from the late 1700's to the present. In 1997, Robert and Ardis James donated 950 antique, contemporary and art quilts to the University of Nebraska to be developed as part of the quilt study center. Kean's close involvement with the development of the center has provided her with a rich knowledge and expertise. Her discussion of this gem, given in slide

and lecture format, will include the historical, social and cultural significance of the collection, as well as information on the conservation and care of quilts.

Inciting Violence: The Role of the Media presented by Nancy Mitchell, Professor and Chair of Advertising.

Violence in schools and among other segments of our population has made us acutely aware of its pervasiveness in our society. Fingers have pointed to various media including video games, movies and television as the root causes of violence. The question remains, however, whether these factors incite such violence or if blaming the media is simply an oversimplified answer to a difficult social problem. This presentation will explore answers to this question and invite discussion on the role and responsibility of media professionals, government and private citizens in relation to violence in the media. (GB)

Nebraska Pioneer Farm Family Awards—a call for nominations...

For the 45th year, the Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the "Nebraska Pioneer Farm Family Award," local recognition requires that the land of a family in Lancaster County must have

been owned by some member of that family for a century or more.

Todate, nearly 6,000 families in 91 of Nebraska's 93 counties have been honored at various county fairs. Each honoree receives an engraved

plaque and gatepost marker as permanent recognition for this milestone and public recognition at the Lancaster County Fair.

Applications for this year's recognition are due no later than May 1.

Applications should be mailed to:
Leon Meyer, CFE
Lancaster County Ag Society, Inc.
P.O. Box 29167
Lincoln, NE 68529

Farm Families recognized in 1999:

Clyde W. Burgess &
Vera Burgess Lauk, Lincoln
Dennis & Sharon Egger
Glen & Stella Maye Ehlers
Marty & Lois French

Keith & Doris King
W. Jean Oelling
Robert & Gertrude Stahly
Wylene Swanstrom Twombly

Nebraska Pioneer Farm Family Award Nomination Form

Mail to Leon Meyer, at the above address, no later than May 1, 2000.

Name of present owner(s) of farm _____

Complete mailing address _____

City/State/Zip _____

Telephone # _____

County in which the farm is located _____ Size of farm _____

Legal description: Part of Section _____ Section _____ Township _____ Range _____

Name of original family owner _____

Date originally acquired by family _____

Please fill in the line below with the wording you wish to have engraved on the award.

Example:

JOHN SMITH FARM

NEBRASKA PIONEER FARM FAMILY AWARD

THE KNIGHTS OF AK-SAR-BEN ARE HONORED TO RECOGNIZE THE

Owner(s) Signature _____

Fair Secretary's Signature _____

Address _____ County _____

IMPORTANT: In addition to this nomination form, applicants are encouraged to attach a brief history about the eligible farm and include any available documentation.

Heart healthy adventures

continued from page 6

visit at 1550 South 70th Street, Suite 100; office hours are 8:30 a.m. to 5:00 p.m.).

Or, SURF THESE WEB SITES. Surf the AHA Web site (www.americanheart.org) or the National Heart, Lung and Blood Institute (NHLBI) Web site (www.nhlbi.nih.gov/health/public/heart/index.htm). While you're at the AHA Web site, send an E-card to friends to encourage them in heart healthy adventures also.

2) INDULGE IN A SHOPPING "MARATHON." Drive to the largest mall in your area. Briskly walk and window shop for several laps for at least 30 minutes. Reward yourself with a non-food treat.

3) VACATION NEAR A SCENIC AREA. Spend at least a couple of hours daily walking, hiking or bicycling and enjoying nature's grandeur. Don't feel you have to live in a tent to go hiking. You can always establish your "base camp" at a local motel or hotel!

4) GET COOKING. Many chefs are now TV personalities... be a star in your kitchen! Get motivated by buying a new heart healthy cookbook, such as one published by the American Heart Association (AHA). For more information about AHA's cookbooks, check with your favorite bookstore, check the library, call your local AHA office or visit AHA's Web site at www.americanheart.org.

5) GET MOVING. Buy a tape or CD of your favorite fast tempo dance tunes. Move to the

music in the privacy of your own home—with or without a partner! Don't overlook children and grandchildren as dance companions—plus you'll help them learn heart healthy habits. Or, use the tunes to jazz up housecleaning chores—that can be heart healthy, too!

6) TAKE POTLUCK. Invite friends over for a heart healthy potluck meal. Check cookbooks from the American Heart Association (see number 4) for recipes. Or visit these Web sites of the American Heart Association (www.deliciousdecisions.org) and the National Heart, Lung and Blood Institute (www.nhlbi.nih.gov/health/public/heart/index.htm) for recipe ideas. Fellowship, fun and a chance to sample healthy new foods—what could be better! Either assign recipe categories for guests to bring or "take potluck!"

7) MAKE IT A DATE! Make a standing activity date with a friend or family member for at least once a week. Go walking, hiking, biking, jogging, swimming . . . whatever seems like FUN! Mark the date—in INK—on your calendar.

8) COLOR YOUR MEALS HEALTHY. Eating lots of colorful fruits and vegetables is good for your overall health and may also help protect against heart disease.

Fruits and vegetables containing antioxidant vitamins such as C and beta carotene (a

form of vitamin A) have potential health-promoting properties.

VITAMIN C sources include: red and green peppers, snow peas, broccoli, brussels sprouts, tomatoes and tomato juice, kiwi fruit, oranges/orange juice, grapefruit/grapefruit juice, melons and strawberries.

BETA CAROTENE occurs mainly in fruits and vegetables that are deep yellow, orange, or dark green in color. These include carrots, winter squash, sweet potatoes, peaches, apricots, spinach, collard or mustard greens, romaine lettuce, broccoli, mango and cantaloupe.

FIBER, both **SOLUBLE** and **INSOLUBLE**, which may reduce your risk of heart disease, is found in fruits and vegetables.

FOLATE, a B-vitamin that may help protect against heart disease, is found in several fruits and vegetables. Some good sources include green leafy vegetables, oranges/orange juice and strawberries.

9) LISTEN TO A GOOD BOOK. Play a book-on-tape while you work out at home. You can check them out at no charge from many public libraries.

ENJOY YOUR JOURNEY!

Helen Keller said, "Life is either a daring adventure or nothing." Make living a healthy lifestyle an adventure. And reap the rewards of gaining greater vitality to enjoy life's adventures!

NOTE: These adventures AND MUCH MORE will be featured at the March 28 FCE and Community Leader training at the extension office, "Heart Healthy Foods that Help You Keep on Ticking—Talk, Tips and Tasting of Heart-Healthy Foods."

Consider a career in Food Science & Food Technology

Food Science and Technology is a relatively new field at the University of Nebraska-Lincoln. Still, this new century will require food scientists and food technologists to play a major role in assuring a safe, nutritious and acceptable food supply. UNL graduates are actively sought for career placement in

the food industry both in Nebraska and throughout the United States.

As a Food Science and Technology major, students receive a comprehensive study of all aspects of the food industry. This includes food chemistry, food microbiology, food engineering, product

development, sensory evaluation and food processing.

For more information about majoring in Food Science and Food Technology, contact Dr. Susan L. Cuppett, 352 Food Industry Complex, University of Nebraska-Lincoln, Lincoln, NE 68583-0919; (402)472-5616. (GB)

Southeast Nebraska Area Producers - SNAP, a history and update

continued from page 1

time, making it much easier for the elevator to dedicate a leg to receive only the contracted grain and making it feasible for the elevator to avoid contamination from off-type grains.

The leadership of the SNAP alliance is excited about the possibilities this effort will provide to improve profitability and to create markets for alternative crops, all while operating within the original constraints of never purchasing brick and

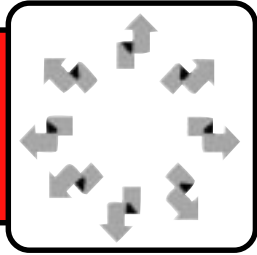
mortar and without large investments in new farm machinery for its member-stockholders.

To receive a promotional brochure and a membership form, call the Lancaster County Extension office at 402-441-7180. Membership in the SNAP alliance is only \$10 per year, grain producers must become a stockholder in the SNAP Cooperative by purchasing one share of stock before they can

sign production contracts through SNAP.

Some examples of value-added grains are high-oil corn, waxy corn, high lysine corn, white corn, edible soybeans, high oleic oil soybeans, clear hilum soybeans and white wheat. There are many others. With the GMO controversy, traditional non-GMO grains would now fit the IP category, as well.

Miscellaneous



Dust mites

continued from page 3

filter that removes fine particles from the air. Regular vacuum cleaners pick up debris and dust, but blow small particles into the air, increasing exposure.

•Cleaning/heat treatments. Shampoo or steam clean non-washable carpets once a year to remove large particles missed by the vacuum cleaner. Washing bedding in hot, soapy water will kill mites. Heat treatments, like heating blankets, in a clothes dryer will also kill mites. In the wintertime in Nebraska, mattresses, overstuffed furniture and

bedding can be exposed to the outside cold to kill the dust mites.

House dust mites are an important constituent of house dust and a powerful allergen in some people. An allergist, a medical doctor specially trained to treat allergies, should be consulted for proper diagnosis and treatment of allergies. For a free fact sheet on this subject, call the Lancaster County Extension Office (441-7180) and ask for fact sheet #013, "House Dust Mites." (BPO)



Water softening

continued from page 5

easy to bypass toilets and outdoor faucets. Finally, softening systems are adaptable for mixing softened and unsoftened water to produce a lower hardness level.

Disadvantages

The major disadvantage to water softening is the potential health risks for people on low sodium diets. The exchange of hardness minerals for sodium adds 7.5 milligrams per quart for each grains per gallon of hardness removed. In addition, calcium and magnesium are eliminated from the homeowner's diet.

Maintenance is another consideration. While you can purchase models with special features that do everything but

add the salt, you will pay for each additional feature. The tradeoff will be cost for convenience and you have no long-term guarantee that the special feature will not fail. Depending on the water source, you may have to filter turbid water or disinfect bacteria-laden water—all before it even reaches the softening unit. Finally, if you own a septic system, you should consider the additional load on your drainage field from backwashing and regeneration. Estimates indicate that about 50 gallons of water are used for each regeneration cycle. This may or may not cause hydraulic overload of the septic system. (DJ)



Drought entering 2000 growing season

continued from page 4

planted. Approximately 100 pounds of residue is produced for each bushel of wheat and 50 pounds of residue produced for each bushel of corn or sorghum. For guidelines, contact an extension office. Although not recommended, if planting a long-season hybrid this year, reduce plant populations accordingly.

* Plant short- or mid-season hybrids. Short- or mid-season hybrids mature quicker and thus require less moisture. Long- or full-season hybrids planted at high population, while having the greatest yield potential, also have the greatest potential for disaster.

* Use no-till. Yield increases anywhere from 25 to even 100 bushels per acre are possible using no-till instead of conventional tillage if weed control is timely. With no-till, crop

residues help conserve moisture and may make the difference between having a crop or having it burn up. In some instances, a rain that came in time for no-till, may increase yield by 100 bushels per acre. The conventional crop, having less soil moisture, already was lost. Equipment is needed to plant or drill through crop residues with no-till.

* Weed control. Control early emerging weeds including volunteer crops with herbicides before they use much soil moisture. It also is important for the furrow irrigator to control these weeds.

Updated information from the University of Nebraska on these concepts is expected in the next few weeks. Contact the extension office for details.

SOURCE: Bob Klein, cropping specialist, NU/IANR. (WS)

A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu

Some shortcuts:

www.lanco.unl.edu/food
www.lanco.unl.edu/ag
www.lanco.unl.edu/enviro
www.lanco.unl.edu/neblines

www.lanco.unl.edu/hort
www.lanco.unl.edu/family
www.lanco.unl.edu/4h
www.lanco.unl.edu/contact

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

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



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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



Phone numbers & addresses:

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



Nebline Feedback

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

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

Name _____

Address _____

City _____ Zip _____

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

Comments _____

Story Idea(s) _____

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

Extension Calendar

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

- February 13**
4-H Speech Workshop 6-7:30 p.m.
4-H Ambassadors 2 p.m.
- February 17**
Fair Board Meeting 7:30 p.m.
Rompin Rovers Educational Meeting 7 p.m.
- February 17**
Carbon Sequestration Meeting—ARDC
- February 18**
Private Pesticide Applicator Certification Training 9 a.m.-noon
- February 19**
Private Pesticide Applicator Certification Training 9 a.m.-noon
- February 22**
4-H New Leader Training 9:30 a.m. or 7 p.m.
FCE Leadership Training 1 p.m.
- February 24**
Commercial Pesticide Applicator Certification Training Re-certification.
- February 25**
Computerized Financial Record Keeping (Initial Level)-Call for details
- February 27**
Michael Josephson Community Presentation-Cornhukser Hotel 6:30-8:30 p.m.
- February 28**
Pet Pals 4-H Club Meeting
Michael Josephson Seminar-UNL City Union 2:30-3:30 p.m.
Michael Josephson Student Presentation-(High School & College), UNL City Union 6:30-7:30 p.m.
- February 29**
Beginning Beekeeping Workshop, Part 1 6:30-9:30 p.m.
- March 1**
Beginning Beekeeping Workshop, Part 2 6:30-9:30 p.m.
- March 2**
Nebraska Soybean and Feed Grain Profitability Project Annual Meeting—ARDC, Mead
Grain Sorghum Productions Seminar—Beatrice
- March 3**
Private Pesticide Applicator Certification Training 1-4 p.m.
- March 6**
4-H Council Meeting 7 p.m.
FSA County Committee-ballots due
- March 7**
CWF Fundraiser—Fazolli's, 4603 Vine Street 5-8 p.m.
4-H Small Animal VIPS Committee Meeting 7 p.m.
4-H Livestock VIPS Committee Meeting 7 p.m.
Commercial Pesticide Applicator Certification Training (Initial Level)
- March 8**
4-H Horse VIPS Committee Meeting 7 p.m.
- March 9**
Extension Board Meeting 10 a.m.
4-H Cat Club Meeting 7 p.m.
4-H Rabbits VIPS Committee Meeting 7 p.m.
- March 10**
Computerized Financial Record Keeping (Advanced Level)—Call for details
4-H Speech Contest Entries Due
- March 12**
4-H Ambassador Meeting 2 p.m.
4-H Teen Council Meeting 3-5 p.m.
- March 13**
4-H Shooting Sports Club Meeting 7 p.m.
- March 16**
Nebraska Soybean and Feed Grain Profitability Project Tour—ARDC



Healthy Eating

continued from page 6

- baking.
- 3. If you prefer, you can omit the 3/4 teaspoon of lemon juice. Do leave in the grated lemon peel as this gives much added zing!
- 4. Use a regular soft margarine rather than a reduced fat one. The reduced fat "spreads" have increased water content and may not give you the same results.
- 5. You can use either old-fashioned or quick rolled oats. They're comparable in nutrition—the quick oats are just cut into smaller pieces so they cook faster. The old-fashioned oats will give a chewier texture which you may or may not prefer.
- 6. If desired, you may peel the apples. Be aware you'll lower the overall fiber content about one gram for each apple you peel. Or, you might try half with peels and half without.
- 7. A small dollop of a fat-free frozen yogurt adds extra flavor, calcium and weighs in at around 100 calories. (AH)