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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

April 1994
Vol. VII, No. 5

Horticulture ■ Rural Sense ■ Human Resources ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development



America consumes and wastes as well

Waste Management is a high Cooperative Extension priority

Bluebirds Across Nebraska



Bluebirds Across Nebraska, an organization to aid the recovery of the bluebird population in Nebraska, is recruiting members and cooperators to help with the bluebird recovery effort. The shortage of natural nest sites seems to be the primary problem with low bluebird numbers in Nebraska. The main thrust of the organization is to find persons who are interested in helping to establish and monitor additional bluebird trails across Nebraska.

Anyone interested in joining should write to: Bluebirds Across Nebraska, P.O. Box 67157, Lincoln, NE 68506. Each person inquiring will receive a brochure describing the objectives and planned activities of the organization and a form to return with payment of membership dues (basic membership is \$7 per year).

New members will receive an information packet on the how's and why's of bluebirding, a quarterly newsletter containing timely information regarding bluebirds, and the Nebraska Bluebird Directory. The directory, published by the Nebraska Games and Parks Commission under the direction of John Dinan, non-game bird biologist for the commission, lists persons who are involved in monitoring bluebird nest boxes across Nebraska. (DJ)

—Second Annual City-Wide Celebration—

“A Family Fair”

April 9 • 1994 • 10 a.m. to 4 p.m.

Pershing Auditorium • 70 free hands-on activities

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.



Agricultural Competitiveness and Profitability

Hands-on Planter and Sprayer Clinics, page 3



Natural Resources and Environmental Management

America Consumes ..., page 1



Children, Youth and Families

Strong Resilient Families ... , page 7



Nutrition, Food Safety and Quality

A Better Way the EFNEP Way, page 7



Strengthening Lancaster County Communities

Successful Communities, page 5



We Americans are consumers! As a consequence, we also generate large quantities of post-consumer waste (i.e., garbage)! According to the EPA, over 195.7 million tons of municipal solid waste was generated in 1990. Generating lots of garbage also means that we must spend sizeable resources in disposing of garbage properly.

What kind of garbage do we generate? According to William Rathje, garbage archaeologist at the University of Arizona, most of our landfill space is occupied by paper of all kinds (about 45%) and a surprisingly large amount of construction/demolition debris (about 20%). Contrary to popular opinion, plastics make up only a small fraction (16%) of our landfill waste. The rest of the landfill space is occupied by glass, metals, discarded household goods, and organic waste, like food, yard waste, and municipal sewage.

Solid waste management is a high priority issue by the National Cooperative Extension. This priority designation has generated many solid waste management programs at the state and local Extension levels. Cooperative Extension at UNL and in Lancaster County are no exceptions to this. The rest of this article will feature four educational programs conducted by staff members of our office that deal with waste reduction and management.

Garbology: Arlene Hanna and Jan Hynstrom

What is waste? Where does it come from and where does it go? And ... what can we do about it? Approximately 2,500 Lancaster County second and third grade students are discussing these questions in Garbology, a 4-H school enrichment program.

Environmental stewardship is a global responsibility and it is important that children and their



In the Garbology 4-H School Enrichment Program, youth use a magnet to separate recyclable from non-recyclable metals.

families not only develop an awareness of environmental concerns, but learn how they can make a difference.

In Garbology, students sort the waste from a six-pound bag of “clean garbage” into categories such as paper, metal and plastic. Through other hands-on activities, children discover that large amounts of packaging are used to wrap the products that they buy.

From constructing a mini-landfill to making their own paper, youngsters become acquainted with where waste goes and how waste can be used. Students develop an increased awareness of garbage as they are introduced to the three environmental R's: Reduce, Reuse, then Recycle.

Yard Waste Management: Don Janssen and Mary Jane McReynolds

Some estimates indicate that yard waste takes up as much as 25 percent of landfill space. Yard waste management programs developed at University of Nebraska Cooperative Extension in Lancaster County promote proper yard waste use and management, to decrease the amount of yard waste delivered to the landfill. These measures may extend the life of our present landfill by an estimated ten to twelve years.

Major efforts have been taken to educate the public in the management of yard wastes. The

Please turn to Waste: page 11

“Helping you put knowledge to work”



University of Nebraska
Cooperative Extension
in Lancaster County
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POSTAL PATRON





Horticulture

Composting—the recipe to good gardening

Backyard composting

Listed below are the 1994 yard waste composting demonstrations hosted by University of Nebraska Cooperative Extension in Lancaster County and the City of Lincoln Recycling Office.

Each program will feature how, when and where to compost in your landscape and what it takes to be successful.

Composting Demonstration Sites

Pioneers Park Nature Center

Pioneers Park
1:30-3:00 p.m.
April 9, May 14, June 11, September 10 and October 8

University Place Park

50th & Colby
1:30-3:00 p.m.
April 23, May 7, May 21, June 4, September 3 and October 1

Antelope Park

2944 Garfield Street
1:30-3:00 p.m.
April 16, April 30, May 28, June 18, September 17 and October 15



Have you seen this mammal?

If so, you are not alone. Several callers in Lincoln and rural Lancaster County have reported catching "mutant mice" in mouse traps or seeing "moles" running around in buildings. What people have discovered are shrews. Shrews are among the world's smallest mammals. These fascinating creatures are not rodents like mice and rats, but insectivores, like moles.

Shrews can be very beneficial because they eat many different insects, mice and other small prey. They can be a nuisance, however, if they attack pets, birds at feeders or eat and contaminate stored foods. If you come across a shrew, their temperamental nature should be respected as they will bite if handled improperly.

If you would like to receive information on shrews, call the Cooperative Extension Office at 441-7180. (SE)

Invite butterflies to your garden this year

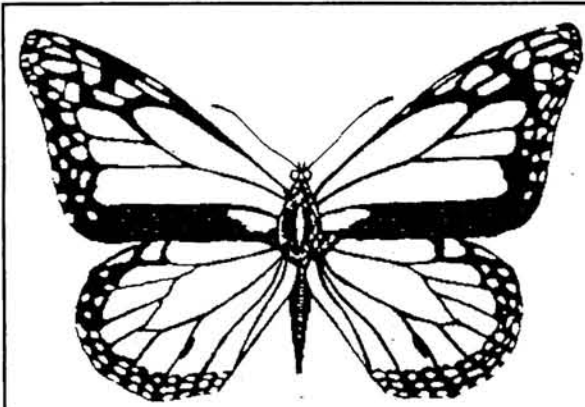
If you enjoy the butterflies that visit your flowering plants, you can increase your opportunities to watch them by planting shrubs, annuals, perennials and other plants that butterflies find attractive.

Butterfly gardening can be as simple or as scientific and complicated as you want to make it. You can read seed and plant catalog descriptions to find out which wild and cultivated plants attract butterflies and plant those. Or, you can do a systematic study of the butterflies and plants in your area to determine which species of butterflies visit which plants and base your plant selection on that information.

Quite often, the choices you make to please yourself will also make the garden more attractive to butterflies. For instance, choosing a variety of annual and perennial plants that bloom over a long period, means that flowers and the nectar they contain will be avail-

able for butterflies throughout the season.

Planting a variety of plant families, flower colors, shapes and fragrant flowers in the garden make it likely that butterflies passing by



will find a reason to stop.

The plants most often mentioned as attractive to butterflies are butterfly bush or buddleia, butterfly milkweed and lantana. Daisies, asters, lobelia, sweet alyssum, verbena, phlox, salvia, sedum, zinnias and coreopsis are among the cultivated plants that are popular with butterfly gardeners.

Compost is a mixture of decayed and partially decayed vegetation. When used as a soil conditioner, compost does great things. First, it encourages soil particles to clump together. This clumping power is the primary force behind developing better soil structure or "tilth."

Clumping leads to better drainage on poorly drained clay soils and allows oxygen to penetrate into the soil. Clumping also helps slow soil compaction. If you have sandy soils, your problem is too much drainage. Compost helps here, too, because it acts like a sponge and can hold many times its weight in water, while still encouraging good drainage.

Finally, compost helps with soil fertility. All compost, no matter what vegetative material it is made from, contains plant nutrients. Although the nutrient levels are low, compost provides them over a long time, unlike most commercial fertilizers.

More important, compost holds on to nutrients, just as it holds water, until plant roots can extract them. More of these nutrients would leach down past the plant roots if organic matter like compost was not there to grab and store them, until plant roots came by to take them.

Starting a compost pile is easy. Most methods are based on layering certain materials when building the pile and then turning the pile regularly.

Here is one way to build a compost pile:

Use a well-drained spot, roughly four feet square. Make a layer of leaves or other plant material, such as grass clippings and garden debris, ten to twelve inches deep. Do not compact them too much. On top of this layer, spread about one-half inch of garden soil. You can also use finished compost, if you have some from a previous pile. Partially decomposed animal manure also makes a great addition. Mix these

Wildflowers that butterflies find attractive include common milkweed, goldenrod, clover, thistle, dandelion, wild bergamot, penstemon, yarrow, mallow and purple coneflower. Herbs to consider include dill, parsley, chives, mint, borage and bee balm.

Some plants, such as milkweed, clover or alfalfa provides food for the butterfly larvae as well as nectar for the adults. Butterfly gardeners find that they see more adult butterflies if they provide or preserve the plants that the females seek out for egg laying.

Some of these plants are common weeds, while others are plants in the cabbage, parsley and mustard families that people cultivate in their vegetable gardens for their own consumption. Serious butterfly gardeners often plant extra cabbage or broccoli plants for the insects, moving the caterpillars

Please turn to Butterfly: page 10



Extension horticulturists Mary Jane McReynolds and Don Janssen stand near a demo compost bin at the Pioneers Park Nature Center.

two layers with a turning fork.

This thin layer inoculates the pile with the various microorganisms that do the actual decomposing. Although some people sprinkle a handful or two of lawn or garden fertilizer on top of each layer in the pile, you do not need to do this. The fertilizer does help feed the pile with nutrients and speeds the composting process.

Continue to build successive layers, just like the first one, until the pile is four to five feet tall. You can enclose the pile with materials ranging from a simple chicken wire frame, to more durable materials like treated lumber or cement block. Water each layer as you complete it to keep the pile moist enough. Do not over water your compost. Excess water slows decomposition and makes the pile smell. Your pile is moist enough if a handful of the pile feels like a

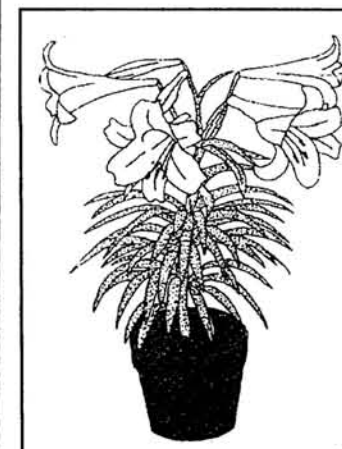
damp sponge, and you can squeeze a couple of drops of water out of it.

Compost piles only smell when you build or manage them poorly. Also, avoid making a compost pile made up mostly, or entirely, of grass clippings. Mix 50 percent or less grass clippings with leaves or wood chips. If you do not, the grass will smell.

Finally, do not add meat scraps, cheese or table scraps to a compost pile. They will smell and attract dogs, flies and rodents. You can add vegetable and fruit scraps from the kitchen.

Once built, all that is left to do is to turn your compost pile regularly. Turn it about once a month from April through November. If you start a compost pile in fall, and use the method discussed above, you should have a finished compost by the middle of the next summer. (DJ)

Easter lily post holiday care



If you received an Easter lily this year, you can save the bulb and plant it outdoors. Spring flowering bulbs that are forced, such as tulips, narcissus and hyacinths, are often discarded after flowering. Easter lilies can be replanted after the blooms are gone.

The most successful site to reflower Easter lilies is outdoors. Reflowering indoors is not recommended since the blooms would be small and inferior to the initial crop.

You can plant the Easter lily outdoors after the danger of frost is past. Select a sunny site with well-drained soil. Set the top of the bulb six inches

below the soil surface. Do not remove the flower stalk until it dries, then cut it off at the soil surface. The lily will likely rebloom the first year in September and thereafter in early summer. After the soil surface freezes in the fall, mulch the soil and do not remove the mulch until new growth occurs in the spring. (MJM)

Attend the '94 Spring Affair

Spring Affair this year will focus on herbs and everlastings. This all-day plant sale and educational program will be April 23, at State Fair Park. For the past seven years, this occasion has introduced new and unique plants to gardeners and provided experts to share their knowledge with the public.

Spring Affair is sponsored by the Nebraska Statewide Arboretum, State Fair Park Arboretum and the UNL

Botanical Garden and Arboretum. This event will be from 9 a.m. to 4 p.m.

Make plans to attend this annual event, it should not be missed. (MJM)

Please turn to page 10 for more Horticulture news

1994 spring crop pest update

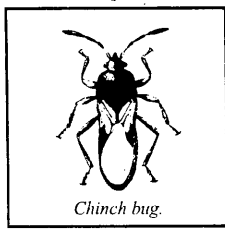
It seems too early to be thinking much about insect crop pests, but when weather warms, insects become active. During April, here are some pests that you might want to take notice of:

Alfalfa weevil. Because weevils overwinter and become active when weather warms, observant alfalfa growers might notice feeding damage to leaves of alfalfa later in April. By May 1, you should be scouting your field and looking at terminal leaf tips for damage. During April, alfalfa weevils also begin mating and egg laying activities, but you won't see significant damage until larval feeding, usually about the middle of May. Management activities become important in May.

Bean leaf beetle. Bean leaf beetle adults become active in April. This pest of soybeans feeds early on alfalfa, sweet clover and other perennial legumes, because they are the only legumes available. When looking for alfalfa weevils, you also may see bean leaf beetle adults feeding. Treatment is rarely needed for this early feeding in alfalfa; but later on, you will want to observe emerging soybeans for damage to the cotyledons.

Chinch bug. During April,

after several consecutive days of 75° F. temperatures, adult chinch



Chinch bug.

bugs fly from overwintering sites and move into thin stands of wheat. The chinch bug prognosis for

this year is pretty good because we have had two consecutive years of wet, cool weather, not good to produce large populations of chinch bugs. According to John Watkins, UNL plant pathologist, most of the wheat has come through the winter in pretty good condition, so most wheat will not contribute to rebuilding populations. There are still chinch bugs out there, however; but warmer and dryer conditions will be necessary to rebuild their populations.

Wireworms. Wireworms primarily damage corn and sorghum. The wireworm is the larval stage of a click beetle that tends to lay eggs in pastures, wheat fields and other grassy areas, like foxtails. Corn and sorghum fields that follow these grassy situations, or have grassy weed areas, are more at risk. Feeding damage occurs later in the spring (May/June), but now is the time you need to use bait stations to determine if

that poor stand that you had last year was because of wireworms. Because wireworms live in the same field for several years, if a field had wireworms last year, it is likely to have an infestation again this year. It takes a little effort to set them up, but *bait stations really do work!* Last year, a Lancaster County farmer used bait stations and found significant wireworm numbers in two fields where stands were thin. After knowing the wireworms were there, he used a soil insecticide, at planting, in the field where the infestation was the worst. In the field where there was a moderate infestation, he planted a less susceptible crop (soybeans). Using this knowledge, he successfully managed his wireworm problem! To allow enough time for the bait to work, you will need to place the bait stations in the field about three weeks before planting.

For more information about any of these pests, refer to *NebGuides G-30, "Alfalfa Weevil," G-974 "The Bean Leaf Beetle in Soybeans," G-806 Chinch Bug Management"* and G-1023, "*Insects that Attack Seed and Seedlings of Field Crops.*" These NebGuides are available at the Lancaster County Extension Office, 444 Cherrycreek Road, Lincoln, NE. (BPO)

Rural Sense



Hands-on planter and sprayer clinics

Area producers are invited to participate in a Planter Adjustment Clinic/Sprayer Calibration Clinic, Tuesday, April 5, at the Princeton Elevator, beginning at 9 a.m. Participants will receive hands-on opportunities in making conventional planters work in no-till environments and in fine-tuning sprayers for accurate and effective pesticide applications.

Sprayer clinic participants will learn how to reduce pesticide costs, improve pesticide performance, reduce environmental impact, measure spray uniformity, evaluate nozzle performance and retrofit sprayers to avoid the costs of misapplication. A quick calibration method will be demonstrated that requires no calculations. Producers are encouraged to bring their pressure gauges to be tested.

Paul Jasa, UNL Extension Engineer, will lead the planter clinic. Paul will visit with participants about coulters performance, residue cutting ability, enhancing residue flow, depth control adjustment, covering devices and weight requirements of good penetration. Equipment will be present for demonstrations.

In case of bad weather, both clinics will be conducted inside a heated building. A complimentary lunch will be served to all program participants. This program is sponsored by the University of Nebraska Cooperative Extension Division, Star City Area Soybean Association and the Bennet Farmers Cooperative at Bennet and Princeton. For more information, contact Dave Varner, University of Nebraska Cooperative Extension in Lancaster County, 441-7180, or Clayton Maahs, Princeton Elevator, 798-7340. (DV)

Treat winter annuals now!

Winter annuals are special problems in alfalfa, because these weeds usually cannot be controlled once the alfalfa is growing rapidly. So, scout your alfalfa fields today and see if downy brome, pennycress and other mustards are present and growing from recent warm weather.

There are several herbicides that can be used in the spring before alfalfa is growing vigorously. If alfalfa has been established one year or longer, Lexone, Sencor and Sinbar can be used effectively. These herbicides control both winter annual grasses and broadleaf weeds including pennycress and downy brome. Alfalfa injury may occur on soils containing less than 1% organic matter, but most soils in Lancaster County have more than 1% organic matter. If alfalfa dormancy has broken, Sencor can be impregnated on dry fertilizer and applied before there is three inches of new alfalfa growth. Foliage should be dry.

There are some other herbicides labeled for use on established alfalfa for various winter annuals in the spring (Kerb, Karmex, Butyrac or Butoxone, Buctril). According to Alex Martin, UNL weeds specialist, those herbicides provide only fair control in southeast Nebraska and, often, are not as effective as Lexone, Sencor and Sinbar.

To prevent injury to alfalfa and for optimal herbicide efficacy, be sure to read and follow label directions carefully. Refer to the 1994 Guide for Herbicide Use in Nebraska (EC 94-130-D) for more herbicide recommendations. The cost of this publication is \$2.00. It can be purchased at the Lancaster County Extension Office, 444 Cherrycreek Road, Lincoln, NE. (BPO)

Avoid the dangers of worn and damaged tips

Even though each spray tip on a boom can apply hundreds or even thousands of dollars worth of crop protection products annually, we often overlook the crucial role tips play in proper pesticide application. Finely machined edges on most tips are delicate and easy to damage. When tips get damaged or worn, they often let more material through and overapply or give a poor pattern.

Follow these guidelines to protect your nozzles.

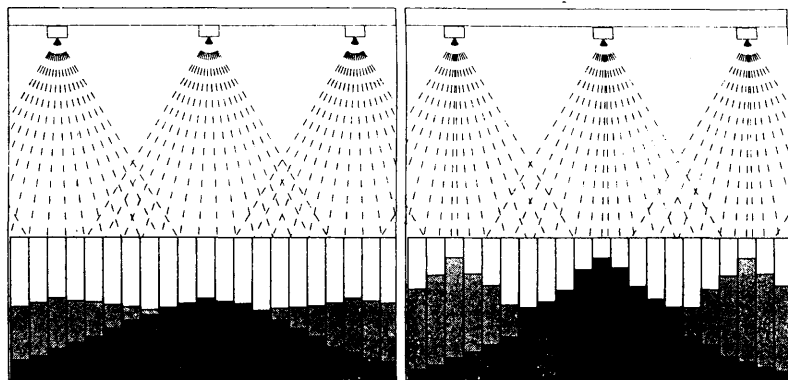
- Select tips made of long-wearing material or replace them often.
- Use recommended strainers to minimize tip clogging.
- Use only a soft-bristled brush for cleaning. Even a wooden toothpick can damage the orifice and create uneven patterns.

Because the naked eye usually cannot tell if a tip is damaged,

compare each tip's flow rate to a new tip's of the same size and type. If flow rates from two or more tips on the boom differ by ten percent, replace the entire set.

To ensure that tips are producing uniform distribution, slide a pattern check, or portable spray table, under the boom to collect

output and identify any problems. A simple and economical method of determining distribution patterns is to spray water through your boom onto a pad of hot concrete for a few seconds and then observe the drying pattern to identify non-uniform nozzle discharge. (DV)



New spray tips evenly distribute the spray material when properly overlapped.

Worn tips spray more liquid, and distribution is concentrated directly under the tip.

Early weed control essential to no-till production

For no-till to be successful, weeds established prior to planting and weeds that emerge later must be controlled. The following strategies will help you effectively control weeds under a no-till crop production system.

Planting time strategy

A preemergence herbicide is applied in combination with a nonselective, foliar-applied herbicide, such as Gramoxone Super or Roundup. The nonselective herbicide controls established weeds and the residual herbicides provide weed control for the rest of the season. When corn is planted before weeds become well established, Gramoxone or Roundup usually are not required.

The advantage of planting time treatments is that a single herbicide application controls the weeds. The disadvantages are the added cost of the "burndown" herbicide, where needed, erratic weed control if the

weeds are excessively tall and depleted soil moisture caused by early weed growth. Recent herbicide price reductions make this approach more attractive.

The early preplant strategy

Early preplant treatments can be applied 10 to 15 days before planting corn, hopefully before weed seeds germinate. An early preplant application containing grass and broadleaf herbicides normally will provide season-long weed control. However, an additional herbicide treatment may be needed at planting time if the initial application is 20 to 30 days ahead of planting or if the soil is disturbed significantly during planting.

Most early preplant treatments include a triazine herbicide, such as Atrazine, Bladex, Lexone or Sencor, which have some effect on emerged weeds. This effect can be increased by adding 2,4-D, a crop oil concentrate or 28% UAN

solutions. If the weeds are taller than three or four inches, include Roundup or Gramoxone Super.

No-till planters equipped with certain coulters disturb the herbicide barrier in the row, which can result in "weed escapes." An extreme case can occur with the ridge plant system where the herbicide is removed along with the top 1.5 inches of soil. In this situation, apply either a preemergence or postemergence herbicide over the row.

Early preplant plus preemergence or postemergence strategy

Soybean and grain sorghum plantings usually follow corn by 10 to 30 days. Early Preplant (EPP) treatments in these crops are usually applied 20 to 40 days before planting. A single EPP herbicide application may not provide season-long control.

A split application, with one portion of the herbicide applied early preplant and the other at

planting time, helps maintain control. Another strategy is to apply an early preplant treatment and follow up with a postemergence herbicide program. Not only are the operations spread out over an extended period, but you can choose the herbicide to match the weed problem.

The early preplant strategy has several advantages. Because weeds are not established, early season weed control is usually more consistent, soil moisture is conserved and the expense of the burndown herbicide is eliminated. The main disadvantage is that early preplant applications will fail if rainfall does not activate the herbicide treatment. Also, if planting is delayed because of excessive rainfall, the herbicide may break down. This delay may shorten the period of weed control. For late-planted crops, sequential herbicide treatments are usually needed to maintain season-long control. (DV)

New software release: NebraskaHERB

NebraskaHERB, a decision-aid computer software package for postemergence weed control in crops, was first released in 1992 dealing solely with soybeans. Since that time, the database has been expanded to include corn, sorghum, soybeans, sugarbeets and wheat. Copies may be obtained by mailing a check, payable to the University of Nebraska, for \$135.00 (for each package ordered) to:

NebraskaHERB
362 Plant Science Building
University of Nebraska
Lincoln, NE 68583-0915

(DV)

Please turn to page 10 for more Rural Sense news



Lawn and garden water checklist

This checklist will help you conserve water for lawn and garden use. Try to add these water conservation tips into your landscape and vegetable gardens.

Mulch shrubs, perennials, annuals, and vegetable plants to retain moisture in the soil longer. Use shredded leaves, grass clippings, or chopped bark around the plants. Mulching also controls weeds that compete with garden plants for water.

Vegetables that require more water should be grouped together in the garden to make maximum use of water applications.

Collect rain water in a barrel or large bucket from downspouts. Use it to water container plants.

Use a drip irrigation system in your gardens. This method uses 25 to 50 percent less water than hose or sprinkler methods.

Water the lawn during the morning hours. Avoid watering when it is windy or during the hottest part of the day. To avoid over-watering, keep track of the time by setting a timer or alarm clock.

When purchasing plants or developing a new landscape, select low water use plants. (MJM)

Household hazardous waste collections '94 schedule announced

The Lincoln-Lancaster County Health Department has scheduled the 1994 collection dates. Collections times will be from 9 a.m.-3 p.m.

Saturday, April 23 • Lincoln-Lancaster County Health Department Parking Lot • 2200 St. Mary's Ave.

Saturday, May 21 • Wesleyan University Parking Lot • 56th & Huntington

Friday, June 17 • Southeast High School Parking Lot • 38th & Van Dorn

Saturday, June 18 • County (south and north) • To be announced

Saturday, July 23 • Wesleyan University Parking Lot • 56th & Huntington

Saturday, August 20 • Southeast High School Parking Lot • 38th & Van Dorn

Saturday, September 17 • Lincoln-Lancaster Health Department Parking Lot • 2200 St. Mary's Ave.

This year a special emphasis is being put on banned chemicals. In addition to banned chemicals, all household hazardous waste collections will take the following:

PESTICIDES: (Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc.)

ITEMS CONTAINING PCBs: Ballasts from old fluorescent lamps and small capacitors from old appliances, radios, motors, and televisions.

SOLVENTS: Mineral spirits, turpentine, paint strippers and thinners, varnishes, stains, polishes, and waxes.

HEAVY METALS: Liquid mercury, lithium and nickel-cadmium rechargeable batteries, silver and mercury button batteries.

Keep products in original container with label intact. If this is impossible, label products to the best of your knowledge. Open, leaking, or rusted containers should be placed in a clear plastic bag during transport to a collection. **DO NOT MIX CHEMICALS!**

DO NOT BRING:

- Latex paint
- Antifreeze
- Medicines
- Used oil
- Fertilizers
- General household trash
- Containers with over five gallons of waste
- Alkaline, carbon-zinc, zinc-air & vehicle batteries
- Explosives and ammunition

If you have questions about the disposal of these items, call the Lincoln-Lancaster County Health Department at 441-8022. Or for information on dates and locations of collection sites, call the HAZLINE Hotline (recording) at 441-6220. (LB)

Purchase with the environment in mind

Environmental shopping, or precycling, means thinking about the environment when deciding to buy. Consider energy and raw materials used to make products initially. Precycling reduces the amount of trash and lessens the hazardous material in trash.

Your "appropriate purchase with the environment in mind" may not be the same as someone else's. Buying decisions and waste reduction depends on circumstances of an individual, family, community, and the environment. A single person may have packaging and product needs very different than a family of four.

Source reduction includes the design, manufacture and use of

products to reduce the quantity and toxicity of waste produced when products reach the end of their useful lives. Included are: product reuse, reduced material volume,

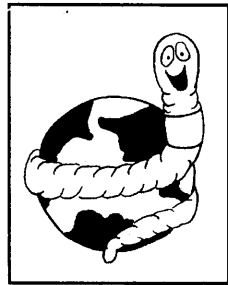


reduced toxicity of products, longer product lifetime and less consumption. Consider the following:

REDUCE: Buy only what you need. Select items with large amounts of

As the worm turns!

Soni Erickson
Extension Assistant



"Do I have to eat all my beans?" "Mom, can I have another banana?" With three little ones around, I

have plenty of kitchen waste every week. But, without a garbage disposal, I end up tossing the scraps out with the rest of the trash. Well, the Ericksens are going to call on some of nature's helpers to help reduce our waste—worms! The process of using worms and microorganisms to turn kitchen waste into a black, earthy-smelling, nutrient-rich humus is called vermicomposting.

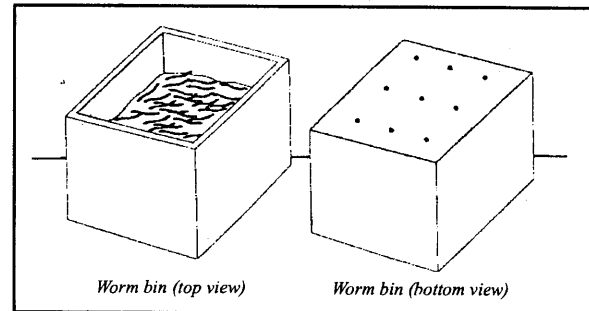
You need five basic ingredients to start vermicomposting: a container, bedding, water, worms, and non-fatty kitchen scraps. Your worm bin can be as simple or as

complicated as you want. At home, I plan to use a large, shallow plastic container (like a dish washing tub) with a few drainage holes in the bottom and bedding made from shredded newspapers moistened with water.

There are many advantages to vermicomposting. The process is simple and inexpensive. The worms won't make noise and require little care. When managed properly, the worm bins won't produce an odor or be messy. (My own dogs and family should be so cooperative!) In the process of eating kitchen waste, computer paper, and newspapers, they produce soil amendment and fertilizer for plants (and plenty of fish bait).

The worms used in vermicomposting are called redworms (*Eisenia foetida*), also known as red wigglers, manure worms, red hybrid or tiger worms. You can order them through lawn and garden catalogs. To find out how many redworms you need, you will have to weigh your kitchen scraps. One pound of redworms will easily take care of a half pound of kitchen scraps each day. With the right kitchen waste, redworms will thrive in the confinement of a worm bin. Pasta leftovers, coffee grounds and filters, tea bags, vegetable and fruit peelings, cores, and egg shells—all can be given to the worms. Waste can be added to the worm bin every day or collected for several days and then added.

To keep the worms as active as possible, they should be kept in a dark location indoors. I haven't decided if they'll be under the sink



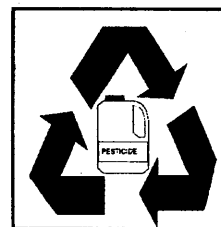
or in the laundry room. Redworms prefer temperatures between 55 and 77 degrees Fahrenheit, so the home environment is perfect. However, it is important to know that they will not survive if the bedding temperature gets below freezing or above 84 degrees Fahrenheit.

Given the right environment and a little attention, a handful of worms will multiply and digest all those kitchen scraps faster than any other composting method. Vermicomposting can reduce the volume of the household garbage by 25%. It won't be long and the worms I put to work will make those potato peelings, celery tops, tea bags, and pieces of shredded paper turn into rich, black natural fertilizer that can be harvested and added to my houseplants and garden.

My husband is leary about having worms in the house, but he'll go for anything that will keep me from buying "dirt" (something he has never quite understood). In contrast, the kids are just thrilled that their mother actually wants worms in the house.

Give vermicomposting a try. I know it'll be a fun & rewarding waste reduction activity for your family. For detailed information on constructing worm bins and vermicomposting, call University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (SE)

Pesticide container recycling catching on



Pesticide container recycling is catching on in Nebraska! In 1992, two pilot projects started at community landfills at Kearney and Lexington. In 1993, nine more sites (counties) were participating in this program: Neligh (Antelope), David City (Butler), Scottsbluff (Scottsbluff), North Platte (Lincoln), Oakland and Tekamah (Burt), Blair (Washington), Hooper (Dodge) and West Point (Cuming).

At these sites, pesticide users brought 1 and 2-1/2 gallon, triple rinsed agricultural pesticide containers to be inspected. If accepted, they were stored at these sites until the end of the season when a representative of a national coalition of chemical companies inspected each container a second time. The accepted containers were shredded by a portable granulator and removed from the site. This shredded plastic was taken to a plastic recycler to be made into new pesticide containers.

Currently, we are working on an agriculture pesticide container recycling program in Lancaster County, but details are not worked out yet. If you are interested in recycling your pesticide containers, hang on to them for a couple months, and keep reading the NEBLINE. We'll let you know as soon as we can! (BPO)

Reduce unwanted ad mail

William Rathje, archaeologist and garbologist, indicates that newspapers, telephone books, and other types of papers account for 40 to 50 percent of the volume in our landfills.

Check your mail today. How many unwanted pieces did you receive? Too many? How does this happen? If you make one or more purchases from mail order catalogues, your name is added to a list and marketed to other companies that do business through the mail. As a result, you receive many, many pieces of national advertis-

ing. To remove your name from national mailing lists, write to:

**Mail Preference Service
Direct Marketing Assn.**
11 West 42nd Street
PO Box 3861
New York, NY 10163

To keep your name off the unwanted mailing lists, contact mail order companies to let them know that you do not want your name and address shared with other businesses and organizations. In this way, you still can order by mail but you will not receive unsolicited mail. (AH)

April community profile - Malcolm

Our community profile for March is the Village of Bennet located in Nemaha township in southeast Lancaster County.

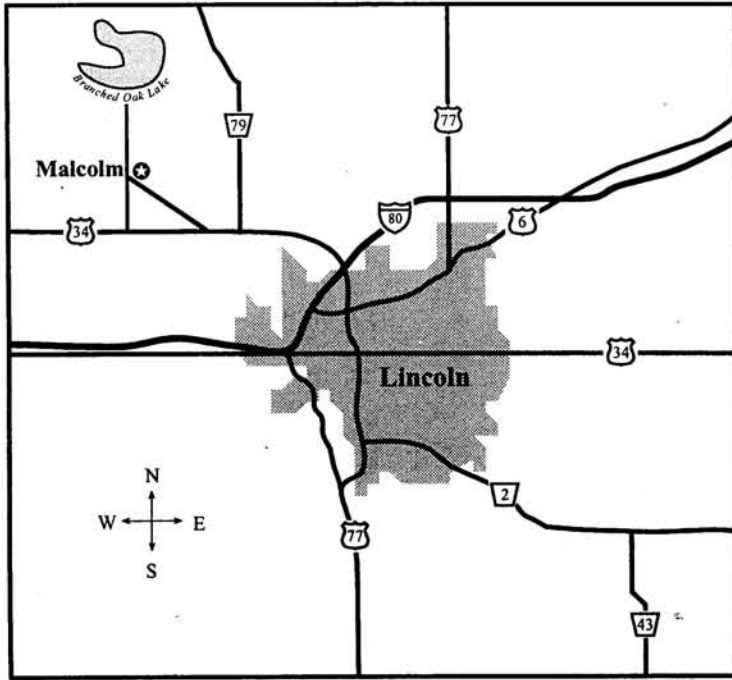
Location
10 miles northwest of Lincoln

Population
1970—132
1980—355
1993—376

Transportation
US Highway 34 and 55M
County Highway NW 112
Lincoln Municipal Airport—10 miles

Village Utilities
Electricity: Norris Public Power District
Water: Village of Malcolm
Sanitation: Aeration Digestive System—36,000 gallons per day capacity
TV: Douglas Cable—12 channels; 6 local channels

Municipal Services
Village Board of Trustees
Village zoning ordinance in effect
Rural Fire Department
Police contact through county sheriff
Private garbage service
Mobile library services from Lincoln
60% of streets paved



Recreation Facilities
Public ballpark and picnic area
Branched Oak Lake, 4 miles north
Pawnee Lake, 4 miles south

Retail Business
Branched Oak Inn
Malcolm General Store
Numerous Home Based Businesses (contact Malcolm Business Association for directory)

Organization Contacts
Malcolm Business Association:

Paul Magee
Malcolm Youth Sports Association: Mike Cook

Family & Community Education Clubs
Crouse FCE
H.E.O. FCE
Look Out FCE

Area 4-H Clubs
Malcolm Shamrocks
Prairie Pals
Prairie Pals Dairy

(DM)

Community & Leadership Development



Old abandoned railroad property in Malcolm was turned into Elk Creek Park. The park features picnic areas and a ball diamond.

Malcolm 4-H is growing

The 4-H program in the Malcolm area is growing. There are lots of new families, plus old ones too, who are active in 4-H. The Prairie Pals Dairy 4-H Club has lots of members and welcome new ones also. Leader, Deb Heidtbrink, has a positive attitude and lots of energy to promote 4-H and family. Nadine Linc is the leader for the Malcolm Shamrocks 4-H Club. This club started last fall and is well on its way. The youth, as well as the parents, are excited about bringing 4-H into their homes. So, as you can see, Malcolm is doing a great job in promoting 4-H and being active! (AMM)

Characteristics of successful communities

The following list features characteristics common to successful communities. The findings were published in the October issue of the Ohio Planning Conference newsletter. They are based on the work of Dr. Cornelia Flora of Virginia Polytechnic Institute and State University.

FIRST—research has shown that in successful communities, controversy was considered normal; it was expected. It was not treated as bad, wrong or abnormal—and neither were the people who presented it. Rather, controversy was regarded as a necessity of participatory governance.

Just the opposite was revealed in dying towns. People avoided controversy and refused to address issues. In addition, the public was antagonistic toward rules, regulations, and the people who made them.

SECOND—people in successful towns held an objective view of politics. They did not side with someone out of friendship alone—neither did they oppose someone simply because that person was an educator, a business person, or a farmer.

On the other hand, dying communities personalized their politics—they couldn't separate the person from the job. They gave loyalty to people rather than issues, and the "good old boy" clique prevailed right up to the end.

THIRD—in prosperous small towns, the emphasis in schools was on academics rather than sports.

In dying towns, schools tried to hold people's interest by promoting loyalty to sports. However, when academic programs deteriorated, people

moved their children to better schools.

FOURTH, in successful communities, there was a willingness to risk for the good of the town. Prosperous towns had enough success to want to risk—and they had success because they did risk.

Dying towns had neither.

FIFTH—successful towns had a willingness to tax themselves. They moved beyond want and desire into action.

Dying towns accurately identified needs, but that's where everything stopped. They thought someone else should pay the bill for their gain, and weren't willing to tax themselves.

SIXTH—successful towns had the ability to expand; they made a place for more people—including those who were new to the community.

This was not true in dying towns where townspeople would not share their power and authority with newcomers, and a small group held all leadership positions.

SEVENTH—successful towns also have the ability to network vertically, as well as horizontally.

By contrast, learning in dying towns was all lateral. The citizens didn't want to learn from anyone who wasn't exactly like them.

EIGHTH—successful towns were flexible. They disbursed community leadership with many people involved in the work and mission of the community.

In dying communities, a small clique of people controlled all the decision-making processes. (DM)

—ANNOUNCING—

FAMILY, SCHOOL AND COMMUNITY FORUMS

IT TAKES A WHOLE VILLAGE TO RAISE A CHILD ...

"CREATING A CITY-WIDE PHILOSOPHY FOR EARLY CHILDHOOD EDUCATION"

For the past two years the Early Childhood Study committee, sponsored by the Lincoln Public Schools, and representing the whole community, has been reviewing and studying early childhood education (birth to age eight). The committee has developed a philosophy statement based on a solid understanding of how children learn and develop. On April 21, forums at 20 locations across the city will provide an opportunity for parents, early childhood care providers and educators, public school personnel and interested community members to participate in the discussion. As our community goes forward to provide an even higher quality of care and education for our children, everyone's input is needed.

You are invited to participate at one of the sites on April 21, 7-8 p.m. At each location:

A brief videotape will be shown to help explain the study, philosophy statement, and the benefits for young children and their families.

A written summary of the philosophy statement and supportive brochures will be distributed to all participants. Participants will have an opportunity to give feedback to the study team through a response sheet and question-answer period.

Join with parents, early childhood educators, and other interested adults across our city in coming together to build a better future for our children and our whole community.

LOCATIONS


- *BELMONT ELEMENTARY SCHOOL, 3425 NORTH 14 STREET
- BRYAN CHILD DEVELOPMENT CENTER/BRYAN SCHOOL OF NURSING/FAULKNER CENTER, 51ST & SUMNER STREETS
- *EVERETT ELEMENTARY SCHOOL, 1123 "C" STREET
- FIRST PLYMOUTH, 2000 "D" STREET
- *HARTLEY ELEMENTARY SCHOOL, 730 NORTH 33 STREET
- *HAWTHORNE ELEMENTARY SCHOOL, 300 SOUTH 48 STREET
- HISPANIC COMMUNITY CENTER, 2300 "O" STREET
- HUMANN ELEMENTARY SCHOOL, 6720 ROCKWOOD LANE
- *HUNTINGTON ELEMENTARY SCHOOL, 4601 ADAMS STREET
- LINCOLN PUBLIC SCHOOLS DISTRICT OFFICE, 5901 "O" STREET
- LINCOLN RACQUET CLUB, 5300 OLD CHENEY ROAD
- MALONE COMMUNITY CENTER, 2032 "U" STREET
- *PERSHING ELEMENTARY SCHOOL, 6402 JUDSON STREET
- *PYRTLE ELEMENTARY SCHOOL, 721 COTTONWOOD DRIVE
- *ROUSSEAU ELEMENTARY SCHOOL, 3701 SOUTH 33 STREET
- *SOUTHEAST COMMUNITY COLLEGE, 8800 "O" STREET
- *SRI/ST. ELIZABETH CHILD DEVELOPMENT CENTER/LEARNING CENTER—THE GALLOP ORGANIZATION, 300 SOUTH 68 STREET
- STATE FARM, 222 SOUTH 84 STREET
- YANKEE HILL ELEMENTARY SCHOOL, 865 WEST BURNHAM STREET
- *YWCA, 1432 "N" STREET

*Indicates child care available. Call 421-7323 to preregister by April 18 for child care. If you cannot attend, this event can be viewed on Cable Channel 21, 7-7:30 p.m., April 21. (DM)



Human Resources

Roberta's remarks



Winter is nearly over; hopefully, the really bad weather is behind us. As spring starts springing, bringing all that is fresh and new, perhaps we can think of the coming months as another beginning for Lancaster County FCE Association, bringing all that is fresh and new to our local clubs. We are getting accustomed to a new name. The increase in dues will let us see what is happening nationally with FCE for the first time. Now is the time to start thinking in the positive. At our March 28 council meeting, we will view a video featuring Harriet Steenson, past president of Nebraska FCE and Beth Birnstihl, staff development leader, UN-L. They will be discussing the national increase in dues. This video will be available for individual club use from the Cooperative Extension in Lancaster County Office.

Alice Doane has lined up another excellent program. Marcia Cederdahl, St. Elizabeth's Hospice director will be speaking to us about their services. The meeting will begin at 1 p.m. at the Lancaster Extension Conference Center. Remember, anyone is welcome to attend the council meetings. It is important for club presidents to attend. If you cannot attend, please send a representative.

At this meeting, we will be electing delegates for our State Convention in South Sioux City, June 8-10. Lancaster County is allowed four delegates plus the council chair. If you haven't attended before and would like to, you certainly can nominate yourself as a delegate! Many attend, not as delegates, but go just because it is so much fun and a really nice break.

It's time to be thinking about new lesson proposals. Each county is asked to make at least two suggestions so we will be asking for ideas at the meeting. The categories under consideration are: clothing and textiles; consumer issues; financial, time and resource management; health and wellness; housing, home furnishings and interior designs; food and nutrition; and people and families.

I would like to end with a little more food for thought: ARE YOU A VOLUNTEER? "Volunteers live longer. National statistics reveal that people who are involved with something outside their personal lives have a longer life span than those who do not." (Parade Magazine, Sunday Newspapers)

See you all at our next meeting—March 28, 1 p.m. (RN)

Earth Day, April 22



Spring is here! Have you, your family, FCE club or 4-H club planned a special environment related activity for Earth Day, Friday, April 22?

Now is the time to plan a community or neighborhood clean up day, plant a tree or flowers, start a recycling plan for your family, help an elderly neighbor or friend in their yard or just have fun outside. (LB)

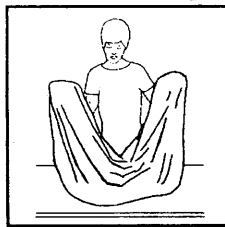


Drying a small load of clothes reduces the tumbling effect and prolongs the drying time. Add 3 to 4 clean, dry towels to a small dryer load to speed up drying time.

Large items, such as bedspreads, comforters and king size blankets should be washed alone or laundered and dried in oversized machines for best cleaning results. These machines are available at most laundromats.

Clothes that stay in a dryer for awhile after they are dry, may become very wrinkled. To remove the wrinkles wet a washcloth or a hand towel and put it in the dryer with the wrinkled clothes. Run the dryer for about 10 minutes, then remove the clothes. Most of the wrinkles should disappear. (LB)

Caring for your blankets



The approach of spring means it's time to clean and store winter's warming blankets. To help consumers, The Soap and Detergent Association has put together the following blanket care guidelines.

For all blankets, read and follow the manufacturer's care label instructions, if available. Pretreat any heavily soiled areas or spots. For best results, wash each blanket separately. When drying, it may be necessary to periodically rearrange large blankets so they dry evenly.

Electric blankets should never be dry cleaned because the chemicals may ruin the wiring. Instead, machine wash them using a gentle cycle to avoid damaging the wires. Disconnect the control from the blanket and pin a corner of the blanket over the plug to protect it. Add laundry detergent to the wash water and allow it to briefly agitate until it's dissolved. Then stop the washer, add the blanket and allow it to soak for about 15 minutes. After



Nebraska Association for Family and Community Education News

Poster contest

Beautiful Nebraska Roads—Take Me Home

Who can participate? All third and fourth graders in the State of Nebraska.

Who sponsors this contest? The Environment Committee of the Nebraska Association for FCE Council (formerly NCHCE, Inc.) and Lancaster County Council of FCE.

Suggestions for poster: The many ways to Make Nebraska Roadsides Beautiful.

Posters will be 12" X 18" on white or colored paper or on recycled or reused paper. Pencils, crayons or magic markers may be used.

Include name, address, county, parent or guardian name, classroom teacher and school. Posters should be taken to the Lancaster County Extension Office by April 15. A county winner will be chosen and a

cash prize will be given. The winning poster in Lancaster County will be sent to our state organization for competition at the state level. Cash prizes will be awarded to the top winners at the state convention. The top three winners will be sent to the Keep Nebraska Beautiful organization. They want to use the pictures in their state newsletter. We are requesting copies be sent to the winners.

Questions? Call Jimmi Anne Brandt, Lancaster County Environment Chair, 421-8415, or Roberta Newburn, Lancaster County FCE Council Chair, 794-4804. (LB)

Creative writing contest

Who can participate? All fifth grade students in the State of Nebraska.

Who sponsors this contest? The Literacy Committee of the Nebraska Association for FCE (formerly NCHCE, Inc.) and

Lancaster County Council of FCE.

A creative writing contest for fifth grade students ONLY. The composition must be in the form of an essay. Theme will be "I can help my friend read better by ..." There are no restrictions on format but it must be legible and be between 200 and 250 words. Judging will be on neatness, creativity, originality, grammar and spelling.

Include your name, address, county, parent or guardian name, classroom teacher and school.

Send all essays to the Lancaster County Extension Office, 444 Cherrycreek Road, Lincoln, NE 68528-1507. All entries must be in no later than April 15.

Cash prizes will be awarded to the top winners. The Lancaster County winner will be entered in the state competition.

Questions? Call Roberta Newburn, FCE Council Chair, 794-4804. (LB)

Balancing Work and Family satellite conference offered



1994 International Year of the Family

"Balancing Work and Family: Challenges and Solutions" is the topic of a national satellite conference to be downlinked May 25, 12:30 to 2:00 p.m. at the Lancaster Extension Conference Center. The following challenges will be discussed:

- Child care/elder care
- Flextime/part-time
- Job sharing

- Family leave
- Employee assistance programs
- Cost effective and innovative family/work policies
- Solutions will include:
 - Summaries of latest research
 - Discussions with family friendly businesses
 - Interaction with innovative workplace policy makers
 - Costs/benefits of family friendly policies
- This teleconference will target:
 - Business and industry administrators
 - Human resource managers
 - National, state, and community family policy makers
 - Extension Educators
 - Union leaders
 - Interested citizens

For more information and a registration form, contact Lorene at 441-7180.

This a 1994 International Year of the Family activity. (LB)

Walking off calories

Alice Henneman
Extension Educator

So you're on a diet and you ate a couple of jelly beans. If you walked a fifth of a mile while eating them, you could probably cancel them out. However, how many of us exercise extra for those added little bites of food? Here's approximately how many miles you'd have to walk to burn off the calories in some common between-meal foods:

- 1 caramel—5/7 mile
- 1-inch cube of chocolate fudge—1 1/3 miles
- 1 ice cream cone—1 1/2 to 1 3/4 miles
- 1 ice cream sundae—5 to 7 miles
- 1 peanut—1/11 mile
- 1 doughnut w/o frosting—2 4/5 miles

Put this list up in your kitchen or office and you may walk away from that next snack! (AH)

Healthy Eating



Cereal Party Snack

(Makes about 5 cups, approximately 145 calories per half cup)

Here's a reduced fat and salt version of a party favorite.

- 2 tablespoons margarine
- 2 teaspoons reduced sodium Worcestershire sauce
- Few drops hot pepper sauce
- 1 cup unsalted pretzels
- 3/4 cup unsalted peanuts
- 4 cups unsweetened assorted bite-size cereals
- 1 teaspoon paprika
- 1/4 teaspoon onion powder
- Dash garlic powder

Preheat oven to 250 degrees F. Melt margarine in large, shallow baking pan in oven. Remove pan from oven; stir Worcestershire and hot pepper sauces into melted fat.

Break pretzels into bite-size pieces, if necessary. Stir pretzels and nuts into melted fat; add cereals and mix well. Sprinkle with seasonings; stir.

Heat uncovered in oven for 20 to 30 minutes or until light-colored cereals begin to brown. Stir every 10 minutes. Serve warm or cooled. Store cooled cereal snack in tightly closed container.

Nutrition Note: Use onion or garlic powder rather than the salt version to lower the salt in your diet. When substituting a powder for a salt, use only half as much. (AH)

A better day the EFNEP way



LaDeane Jha
Extension Educator

While you are sleeping at night, your body is still at work. Your heart pumps blood, you breathe and your body works to keep its temperature just right. When you get up, your stomach has been empty for many hours. You need energy to get you through the morning. You need to "break the fast" with a good morning meal.

Children need a good breakfast to make them GROW. Teenagers need a good breakfast to make them GLOW. Adults need a good breakfast to make them GO.

A good breakfast increases mental and physical performance in young and old. Boys and girls who start the day with a good breakfast study, play and work better.

A breakfast that supplies 1/4 of the daily calorie and protein needs has been shown to be better than smaller or larger morning meals. Many important nutrients are supplied by breakfast foods. Calcium and vitamin A are found in milk. Vitamin C is found in fruit and fruit juices (orange, grapefruit, or tomato juice to mention a few). Many of the B-vitamins and iron

are found in the breads and cereals we eat.

A simple but adequate breakfast should include milk or a milk product, a fruit, fruit juice or vegetable juice, and a bread or cereal. A protein-rich food should be included in breakfast meals as often as possible. Such protein-rich foods might include eggs, meat, cheese, or peanut butter. These foods help add "staying quality" to prevent "mid-morning slump."

It is a good idea to include some whole wheat breads and cereals in family meals. Whole wheat contains valuable vitamins, minerals, and a good source of fiber for our diet. Fiber helps move food through the body and helps the body get rid of wastes left over from digestion. Fresh fruits and vegetables are also good sources of fiber.

Leftovers, hot or cold, provide a good way to be sure the family is getting proper nourishment for breakfast as well as saving money and not wasting food. Leftovers such as soups and stews or rice, macaroni and cheese or beans all provide nourishment no matter when they happen to be served. Some simple starter ideas for a quick breakfast might include:

- homemade or commercial pancakes, or waffles heated in the toaster

- hard-cooked eggs stored in the refrigerator

- peanut butter sandwiches
- cheese and crackers

Expanded Food and Nutrition Education Program (EFNEP) advisors are enthusiastic about a new lesson encouraging nutritious breakfasts for families. You may enjoy trying the following recipe from that lesson. Foods from four of the food groups makes a breakfast tortilla a nutritious hit.

Breakfast Tortillas

Makes 4 servings

- 4 eggs
- 1/4 cup 2% milk
- 1 teaspoon margarine
- 1/2 cup shredded cheese
- 1/2 cup salsa
- 4 tortillas, warmed

Beat eggs and milk together.

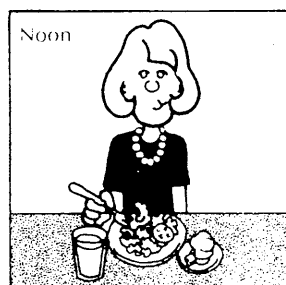
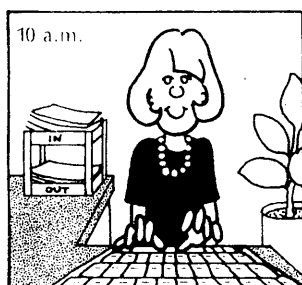
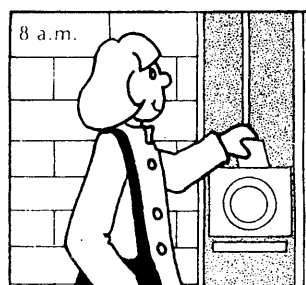
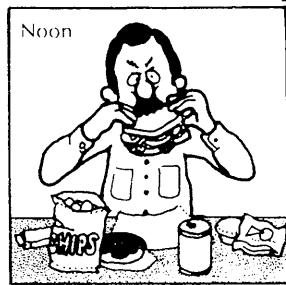
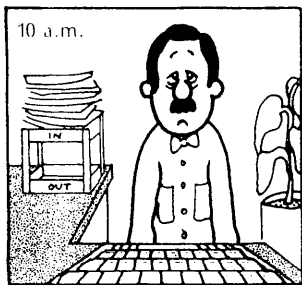
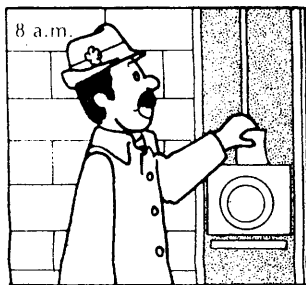
Melt margarine in frying pan. Pour egg mixture into the pan and cook, stirring until eggs become firm. Spread eggs in the center of each of the tortillas. Top with cheese and salsa. Fold or roll tortilla and serve.

One serving: 265 calories; 48% calories from fat; 329 mg sodium; 14 grams fat.

If you have questions about the EFNEP program, please call LaDeane at 441-7180.

The food guide pyramid provides a guide to planning better breakfasts and including foods from the five food pyramid groups assures a healthy breakfast. A donut and coffee or cola just doesn't make the grade. It is recommended that at least three food groups be included in breakfast. For example; cereal from the breads food group, milk from the dairy group and a banana from the fruit group make a first-class breakfast. (LJ)

Which one ate breakfast?



Strong resilient families



Herbert Lingren
IANR Family Life Specialist

It's a small miracle that strong, resilient families exist today.

Society today does little to provide family members with the knowledge and skills necessary for development and maintenance.

Families get little positive attention in the media and little support from our society. Current models for family life are mostly negative, such as those recently projected in soap operas, or nighttime television "sitcoms" and in many movies.

Families are often shown as stupid, conflicted, troubled, and (generally) emotionally, verbally, or even physically abusive. The term "family values", which was used in a recent election campaign, usually was a smoke screen for a particular political or moral agenda.

Family researchers have established criteria for identifying strong, resilient families, such as these three:

First, strong, resilient family members are able to cope with stress and problems in an efficient and effective way. They can handle the daily hassles and events that come along, as well as the more typical rebellion, and changing

roles as a parent moves from the home to the work place. A strong family is able to deal with crises (illness or injuries or job loss), which often have an immense impact on a family.

Secondly, a strong, resilient family has and uses coping resources both within and outside the family. Internal resources include skills in communicating, negotiating, resolving problems and handling differences. Strong families can rely on external resources such as friends and an extended family. At times, they may rely on more broadly based community resources, such as counseling centers, local and state agencies and religious groups.

Third, strong, resilient families have the ability to become more cohesive, flexible and satisfied as a result of effectively overcoming stress and problems. Stresses actually can have a positive impact on a strong family. In other families, stress tends to immobilize and create even more distress.

Unfortunately, we know more about what makes families fail than we do about what makes them strong and viable. This is because most of the federal funding for research has been with dysfunctional and "problem" families. (LB)

Human Resources



Food and nutrition workshop for child care centers

Child care center staff can learn more about food, nutrition and food safety issues for children by attending "Food, Nutrition and Food Safety Update '94 for Child Care Centers." This two-session workshop will be held April 20 and 27 from 1 to 3 p.m.

The workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County; Child Nutrition Program, Nebraska Department of Education; and the Lincoln/Lancaster County Health Department. Participants will learn more about developing healthy food habits, menu ideas for centers, prevention of food poisoning and menu planning to meet licensing and child nutrition program requirements.

Preregistration is required by Wednesday, April 13. Call 441-7180 for a registration form or for more information. The workshop fee is \$10. (AH)

Grant writing workshop

"Getting Grants for Children, Youth and Families" is a how to, hands-on satellite workshop. There will be two 4-hour satellite workshop broadcasts, Wednesdays, May 4 and May 18 at the Lancaster Extension Conference Center, 1 to 5 p.m.

Bring your project ideas and grant guidelines ...

- ... get experience with the grant writing process ...
- ... learn about funding sources ...
- ... hear from successfully funded community coalitions ...
- ... interact with state agency representatives ...
- ... get feedback on your grant proposal during the workshop ...

Leave with your draft proposal for getting a grant ...

You'll learn and practice each step of the grant writing process. At the end of the first session, you'll prepare a proposal and send it to the conference coordinators.

Representatives from different state funding agencies and a professional grant writer will evaluate your work and give you constructive feedback, along with insights about how funding decisions are made.

The workshops are open to all individuals, groups and coalitions interested in serving the needs of children, youth and families. In particular, community coalition members, family preservation teams, family community leadership participants, community leaders, services club members, youth, school administrators, United Way coalitions, agency representatives and parents should participate.

Preregistration is needed by April 15. Call 441-7180 or 472-2805 for a registration form. This workshop is offered by UN-L Cooperative Extension "Kids Team" in cooperation with the State of Nebraska Governor's Office, Children and Family Policy Advisor. (LB)

Feeding the preschool child quiz

True or False

1. It is important to insist that young children finish all food they've been served.
2. Young children often reject highly seasoned food.
3. The rate growth for the two to five year old is as fast as it was during the first 12 months.
4. Fat is considered an essential nutrient in the diet of young children.
5. Water should be offered to children often.
6. Chubby babies are at high risk of becoming fat adults.
7. By the age of three, most children are able to cut up food and pour their milk with your help.
8. A fish sandwich is often higher in fat than a regular hamburger.

Answers to feeding the preschool child quiz

1. False—Don't bribe, threaten, force or argue. Wait 10 to 15 minutes, or until the meal period is over, then quietly remove what the child has not eaten -- without fuss. As you repeat this action, the child will understand that mealtime is for eating -- not for gaining attention for not eating.
2. True—Young children prefer foods best suited to their tastes. They do like foods in fun shapes, colors and manageable portions. They often reject food that is highly seasoned, very hot or too cold.
3. False—Because the growth rate is slower than during the first 12 months, the preschooler may seem to "eat like a bird." But it's best to let the preschooler determine how much to eat at one time. The preschool years are a time of active but slower growth, primarily in the arms and legs. From ages two through five, an average child will increase two and one-third inches in height and will gain four to five pounds in weight each year.
4. True—Fats supply energy and an essential fatty acid. Use fats in moderation.
5. True—Water is necessary for chemical balance and body temperature. Children active in hot weather, or children with a fever, vomiting or diarrhea need extra water.
6. False—Most chubby babies outgrow being overweight, so don't let fatness in infants and toddlers alarm you. As children get older, monitor potential problems and foster healthy eating and exercise habits.
7. False—Match the task to the child's capabilities. Children involved in preparing food usually enjoy the food more. A young child can do a number of activities in the kitchen, with adult supervision. Show the child what you want him or her to do by doing it yourself first.
8. True—The three and four year olds should be able to: wash vegetables, unload dishwasher, put toast in toaster, tear lettuce, peel bananas, clear own place setting, wipe table, place things in the trash, measure and mix, open packages, knead and shape dough, pour cereal, and make sandwiches. Most three year olds are not able to cut up their own foods.
8. True—Breaded items that are fried usually have more fat than non-breaded items. (AH)

4-H is big in Nebraska

Did you know that 31% of youth age 5-19, in Nebraska, participate in 4-H? That adds up to 98,077 youth who are taking part in one of the most successful youth programs in the world. You may also be surprised to know that 37.5% of Nebraska's 4-H youth live in towns of over 50,000 and 23.9% of 4-H members live on farms. Our largest enrollment is in the 9-11 age range (49.7%) and school enrichment programs are the biggest delivery method. Embryology was the most popular school enrichment project with more than 13,200 youth participating. Water Riches was a close second, reaching nearly 11,600 youth.

For every six youth involved in Nebraska 4-H, an

adult volunteer was also involved. This ratio does not include parents or other adults who are involved but do not serve as

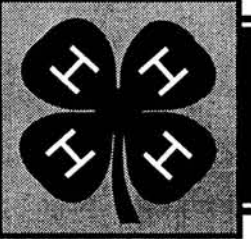


official volunteers in a leader or resource person role. More than 70% of the adult volunteers working directly with youth return for additional years of service.

Camping was enjoyed by 7,878 youth from around the state. These figures include 4-H youth only—not youth served by other agencies at the 4-H camps throughout the state.

If you are not currently involved in 4-H, either as a youth or as a volunteer, call us today. Join all those others throughout the state who have found that 4-H consistently leads the way in making the best even better. For more information, call University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (LJ)

4-H & Youth



County fair changes for '94

In the coming months we will be providing information on various fair changes and additions. Although we will print as much as we can in the NEBLINE, please remember to read your fair book thoroughly and entirely!

1. The top two **Music Contest** groups will go to state.
2. **Child Development**—entries must be an age appropriate toy or game and a picture of the 4-H member making the toy must be included.
3. **Challenging Patterns and Challenging Fabrics**—an entry may be a garment designed for a person with special needs or an outfit showing cultural diversity.
4. **Style Revue**—you may model the make one/buy one entry from the challenging patterns or challenging fabrics projects.
5. **Food Preservation**—the budget exhibit (8 jars) has been removed.
6. **Microwave**—there will be no state fair entry for nutritious snack, only county.
7. **Meals**—new project - entry will be an educational exhibit.
8. All **Home Building Blocks** entries—no 4" x 6" card is needed with each entry.
9. **Celebrate Art and Art in Your Future**—new projects—three new classes—original art, design for media exploration, and other visual art topics—all classes should relate to a use for the home.
10. All new classes for **Photography**, please call for more information.
11. **Posters**—themes are "My Favorite 4-H Project," "Nebraska Natural Resources," "Celebrate the Arts," and "Families."
12. **Booths**—Any theme focusing on world understanding, international year of the family, other. (AMM)

Celebrate the rain: make a rainstick



Rain plays an important role in our environment and culture. Indeed, it is a fundamental part of the water cycle and the amount and frequency of rainfall contributes to our climate. In turn, climate influences our culture.

Music is also an important part of cultures. In earlier times, instruments were made from natural materials and used to imitate natural sounds, such as the sound of rain. Rainsticks are thought to have originated in Africa where they were used in dances to celebrate the rain.

Today, rainsticks are most commonly associated with South American Indian cultures. Some of these cultures include the following tribes: the Cuna and Colorado in Ecuador, the Huichol in Mexico, and the Chaco in Peru.

While the rainstick is still used in some areas for traditional celebrations, it is becoming a popular item around the world. Some people find that it produces a pleasing sound, eliciting feeling of comfort and well-being.

A variety of techniques and materials can be used to construct rainsticks—resources used depend on culture and environment. Some people use bamboo to make the hollow tube, while others use cactus. Spines or thorns are pressed through the tube walls to form the matrix. Pebbles, seeds, sand, and other materials are added to create the sound of falling rain. The rainstick sounds can be produced by simply turning the instrument over like an hour glass.

Here are instructions for making a rainstick. If you do not have these supplies, use your imagination—other materials will work just fine. (ALH)

Instructions for making a rainstick

1. Drill holes through the tube. The holes should be drilled about 3 cm (about 1") apart and follow a spiral pattern (see diagram). Often these tubes are wrapped by a thin layer of cardboard in a spiral, the seams of the wrap can be used as a guide for making holes. Holes may be drilled through one side only or all the way through both sides of the tube.

2. Push toothpicks through holes, leaving a little bit of the toothpick (a nub) remaining outside. If holes were drilled through both sides of the tube, guide the toothpick through both holes. If holes were only drilled through one side of the tube, toothpicks may be pushed through almost to the other side.

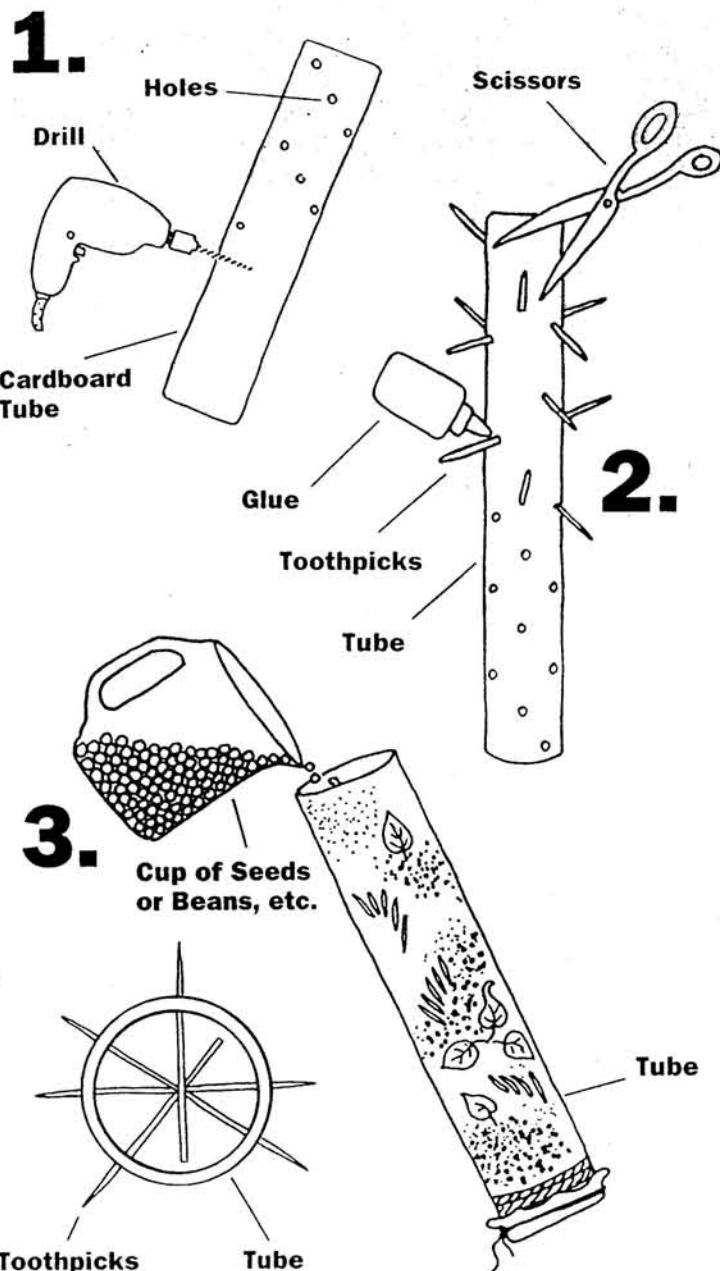
3. Apply wood glue to nubs. Allow to dry.

4. Cut off nubs if they stick out more than .5 cm (1/5") from the tube.

5. Decorate the rainstick. Draw, paint or glue materials on the surface of the tube.

6. Add the fill material (beans, seeds, pebbles, etc.). Secure one end of the tube with a cap or masking tape. Through a funnel on the other end, pour in fill material. Students can experiment with quantity and type of fill.

7. When the rainstick has the sound quality desired, seal the other end of the tube.



HORSE BITS

Wahoo Clinic

A reminder to 4-H horse members, the **Annual Eastern Nebraska 4-H Horse Clinic** will be **April 16-17**, Saunders County Fairgrounds, Wahoo. The Saturday activities are designed for level I and beginning level II riders. The Sunday activities are for advanced level II, level III, and level IV riders. There are no registration fees and Lancaster County 4-H Horse VIPS help to sponsor the clinic. Refer to last months horse bits for schedule. Call University of Nebraska Cooperative Extension in Lancaster County for additional information.

Shaggy Horse Show

The Hunters Pride 4-H Club is sponsoring the first show of the season which is traditionally called the **"Shaggy Horse Show."** This two-day activity will be held at State Fair Park, 4-H arena, Saturday, **April 30** and Sunday, **May 1**. The first day is open class for dressage and the second will be the all-youth show. The fee for juniors will be \$6 per class and classes will be from introductory to the second level of dressage. For additional information, call Sandy Reiber, 483-5696, or Mike Strickland, 423-1442.

Dressage Clinic

"Introduction to Dressage Clinic" will be held Saturday, **May 7**, at the Clearwater Meadows, 7705 West Pioneers Blvd., near Denton. This clinic is limited to the first 12 4-H members who register as riders. The fee will be \$15 for each rider and \$5 for spectators. The clinic will begin at 9 a.m. and end at 5 p.m. For additional information, call Connie Usher at 797-2002.

Trail Clinic

"How to Train and Work Over Obstacles" is the theme of a trail clinic to be held Saturday, **May 14**, 1-4 p.m. This activity will be sponsored by the Pine Lake Road Riders 4-H Club and is limited to the first 12 riders who register. The fee will be \$10 for each rider and \$5 for spectators. The clinic will be held in the area of 148th Street and Pine Lake Road. If there is enough rider interest, a second clinic may be scheduled at a later date. For additional information, call Suzanne Border at 782-2008. (WS)

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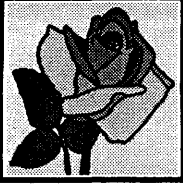
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Horticulture News *continued*



Butterfly

From page 2

from the plants intended for human use to those reserved for butterfly rearing. Others allow or encourage out-of-the-way corners of the lawn or landscape to return to native plants to provide food for butterfly larvae and adults.

Many butterfly gardening enthusiasts go as far as designing the whole landscape plan around butterfly needs, incorporating small ponds, windbreaks, hibernation boxes and other features to entice butterflies to visit and stay.

But that is not to say that you must have a huge yard to enjoy butterfly gardening. You can attract butterflies with a window box of fragrant flowers or container plants on an apartment patio. Butterflies are everywhere, in urban as well as rural areas, though the species will vary with the local habitat.

There are many great resource books on butterfly gardening. Check the local bookstores and libraries to do your research. A good field guide can make butterfly watching more enjoyable. Looking up and recording the species that turn up in your yard can acquaint you with locally common ones as well as unusual butterflies. For children or adults, observing and recording their butterfly sightings could be the start of a life long interest in nature study. (MJM)

Pruning stones improves production

During their nonbearing years, fruit trees need some pruning with an emphasis on training for tree structure. Special attention should be given to selecting limbs that are well spaced along the trunk of the tree and have wide angles at their point of attachment. The development of a structurally strong tree, with limbs well exposed to full sunlight, greatly reduces the amount of corrective pruning needed during the production years.

Stone fruit trees (for example, cherry, peach and plum) should be pruned in late spring. Peach and nectarine trees are very susceptible to perennial canker, which is

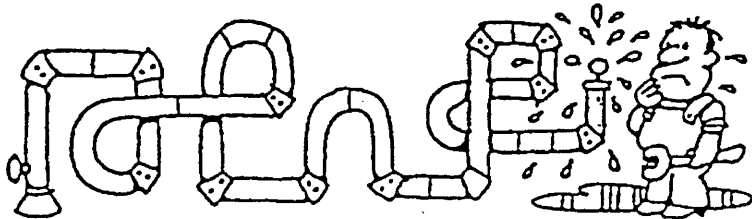
caused by a fungus, that infects open wounds during cool temperatures. Delaying pruning until blossom time helps reduce the spread of this organism.

Cherry, plum, and prune trees can be trained as a central leader tree, a modified leader or an open center or vase-shaped tree. Training a tree as a modified central leader is similar to training a central leader tree except that after four or five good scaffold limbs have been selected on the leader, the top is removed.

After initial training, cherry, plum and prune trees need a few corrective cuts during the following five or six years, or until the trees

begin bearing. During this time, limit pruning to the removal of water sprouts and limbs that cross and rub against a permanent branch. Also, prune to prevent the development of bad crotches and weak unions that could split and ruin the shape of the tree when it bears a crop. A bad crotch is a fork where two branches of equal length and diameter arise at a common point. Generally, one of the branches of a bad crotch can be eliminated, but if it seems desirable to save both, cut one of them back severely. It will then become smaller and develop as a lateral branch to the unpruned one. (DJ)

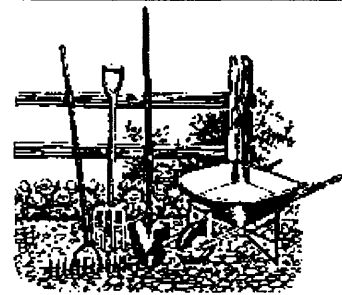
Crisis Home Repairs for Lancaster County Homeowners



For more information call Lincoln Action Program, Judy Adams at 471-4515

GARDEN GOSSIP HOTLINE

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Rural Sense News *continued*

Deciding the need for seed treatments

With early predictions that this spring may be slightly cooler and wetter than normal, there may be reason for concern about early season pest problems in corn and sorghum. The history of the field and whether it has had previous damage from soil insects also should be considered when deciding whether to treat the seed.

Seed treatments can provide a relatively cheap insurance policy to protect the initial planting investment. Seed treatments cost \$1.00 to \$1.50 per acre that can be compared to a potential cost of \$32-\$35 per acre for replanting.

Damage to corn and sorghum seed and seedlings by soil insects is often intensified by prolonged periods of cool, moist weather after planting. The most common insects attacking seeds and seedlings are wireworms, seed corn maggots and seed corn beetles.

Wireworms are most common when corn has been planted into old pasture, small grain or sod. Wireworm adults (click beetles) are attracted to grasses to lay their eggs. They have long life cycles, and fields can be damaged for several consecutive years. Seed corn maggots prefer areas with high organic matter or areas that have had manure applied.

Bait stations can be used to assess levels of wireworms before planting. The bait consists of germinating corn and wheat seeds. Substances produced by the seedlings attract the wireworms to the bait.

Bait stations should be set two to four weeks before the planned

planting date. They should be placed randomly throughout the field. Ten stations are suggested as a minimum number per field. Be sure to place stations in different parts of a field (i.e., different soil types, rotational crops, etc.) to obtain a representative sample.

To construct a bait station, dig a hole and bury a 1/2 cup mixture of untreated corn and wheat about four inches deep. Cover the bait with loosely packed soil and cover the soil with 18-inch square pieces of black and transparent plastic anchored on the edges with soil. The plastic helps heat the soil quickly and speeds seed germination. Mark each station with a flag or stake. In 10 to 14 days, dig up the stations and count the number of wireworms.

If you find an average of one or more wireworms per bait station, use an infurrow application of a labeled soil insecticide. If wireworms are present at low levels (less than one per station), a planter box treatment alone should be sufficient to prevent serious damage.

Currently, planter box seed treatments are suggested for all corn and sorghum fields in Nebraska for seed and seedling insect control where soil insecticides are not used. The active ingredients are lindane and/or diazinon for insect control and a fungicide (i.e., captan, maneb) is often included to inhibit seedling diseases. Most have graphite included for smooth flow. While the graphite enhances flow, problems have been experienced with the graphite building up on

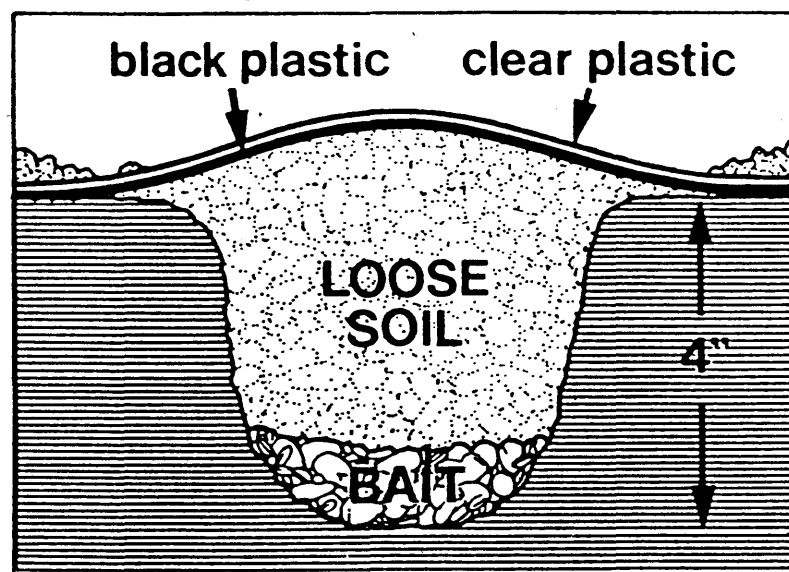
seed monitors of air/vacuum planters. To prevent this buildup, some manufacturers have talc products to add to the mix to limit this problem. John Deere has a talc available.

These products come in packets of 1, 5 or 10 lb. bags. For corn, generally the rate used is four ounces of product per 100 lbs. of seed. Under very hot conditions or with the use of poorly germinating seeds, these products, in themselves, may cause seed injury. Follow label directions carefully for use. Costs run about \$1.00 — \$1.50 per acre. Several companies offer these products under various trade names. Most local agrichemical dealers carry seed protectant products. Seed dealers also may have these products. Here are a few examples. Contact your agrichemical dealer for more information about these and other products:

- Kernel Guard (Trace): Diazinon 15%, Lindane 25%, Captan 15%, Graphite base.
- Isotox-F (Loveland, Wilbur-Ellis): Lindane 25%, Captan 12%, Graphite base.
- Lindane 25 (Loveland): Lindane 25%, Dust base.
- Maneb-Lindane (Chipman): Lindane 18.75%, Maneb 50%, Graphite base.

Heavy infestations or replant situations may require the use of in-furrow soil insecticides. Products suggested for use in corn are Counter 15G at 8 oz. formulation per 1000 row-ft., Counter 20CR at 6 oz. formulation per 1000 row-ft. or Furadan 15G at 8-16 oz. formulation per 1000 row-ft.

More information on seed and seedling insects is in *NebGuide 91-1023, "Insects That Attack Seeds and Seedlings of Field Crops."* (DV)



Fine lime vs bulk lime

Finely ground lime often is touted as being more effective than bulk lime in controlling soil acidity. The difference, however, often is not worth the extra cost.

Finely ground lime reacts faster than bulk lime, but because lime's effectiveness is determined by its calcium content, finely ground lime will only neutralize acidity by the same amount as bulk lime that contains the same proportion of calcium.

When determining total costs of lime, therefore, producers must remember that regardless of how fine lime is ground, the amount of calcium required to replace a certain amount of hydrogen remains the same. Buying lime for acidic soil, should be considered an eight to ten year investment.

Bulk lime is primarily produced in eastern Nebraska. Other types of lime products include finely ground lime made into pellets or a fluid material.

The "buffer pH" part of a soil test tells a producer how much lime he needs to apply to remove the hydrogen attached to clay and organic matter to raise the pH level to about 6.5. A pH rating of 7.0 is considered neutral. (WS)

**COOPERATIVE
EXTENSION
SYSTEM**

Environmental Focus News *continued*

Waste

From page 1

master gardener training program has increased its emphasis on solid waste management by encouraging wise use and management of turf and ornamental plantings, proper fertilization practices, watering practices and composting. Mulching and sources of mulching materials have also been emphasized.

The "Bag-No-More" grass clippings program was developed to help reduce the amount of grass clippings taken to the landfill. Public service announcements, column articles, a videotape, and public meetings emphasize the advantages of recycling the clippings on the turf. These educational efforts also dispel misconceptions such as, "thatch buildup in the turf is caused by grass clippings". Permanent demonstration yard signs were made and placed at more than 30 commercial and residential turf management sites practicing the grass recycling principles of the Bag-No-More program.

Over the past two years, three composting demonstration sites were developed for educational programs. These sites demonstrate 12 different successful methods of composting lawn clippings and other yard waste. A specialized group of master gardeners called "master composters" staff these sites and conduct educational programs at them.

Wastewater Solids Program: Ward Shires, Barb Ogg, and Dave Varner

Wastewater solids (i.e., sludge) are produced by every city with a wastewater treatment plant. Lincoln

has two treatment plants, the Northeast Treatment Plant (7000 No. 70th) and Theresa Street Treatment Plant (2400 Theresa Street). Cities can dispose of municipal sludge by landfilling, incineration, ocean disposal, and land application. Of these options, land application is the most environmentally sound way to use sludge because sludge is a material high in organic matter and nutrients. Applications of sludge enhance nearly every type of soil and increase crop yields.

Since 1991, University of Nebraska Cooperative Extension in Lancaster County has been involved in sludge management. Since 1992, over 45,000 tons of sludge, produced by the Theresa Street Plant, has been delivered to farm land in Lancaster County. It has helped fertilize corn, soybeans, sorghum, and wheat for more than a dozen county farmers. Involvement of the cooperative extension personnel includes identification of suitable fields, soil sampling to ensure proper rates of application, coordinating delivery, helping recipient farmers calibrate manure spreaders, and establishing demonstration plots. These activities will ensure proper application and use of this material on agronomic crops.

Since 1978, sludge from the Northeast Treatment Plant has been injected into the soil to adjacent fields that belong to the City of Lincoln. An extensive study to investigate the long-term use of sludge on these fields has begun that involves Lancaster County agriculture educators and University of Nebraska Extension soil scientists. Lancaster County

Extension personnel also provide crop management recommendations, such as weed control options and crop rotations, to help with proper management of this farm.

Shop S.M.A.R.T.: Lorene Bartos

The Shop S.M.A.R.T. (Save Money and Reduce Trash) program is a cooperative effort in waste reduction of University of Nebraska Cooperative Extension in Lancaster County and the Lincoln Recycling Office to help consumers become more aware of shopping with the environment in mind.

The Shop S.M.A.R.T. program includes "Recycle It" and "Shop S.M.A.R.T." channel talkers on grocery store shelves, posters and store displays. Shop S.M.A.R.T. displays will be in four south Lincoln stores from January through April. This program will increase consumer awareness and knowledge of recyclable materials, buying concentrates, purchasing larger or economy size items, choosing items with the least amount of packaging, and buying reusables. Volunteers at two locations (HyVee - 40th and Old Cheney Road, and Super Saver - 56th and Highway 2) promote the program by handing out brochures and answering questions. Displays at Hinky Dinky (48th and Van Dorn) and Food-4-Less (33rd and Highway 2) will be April 19 and 20.

As a result of increased information on waste reduction, the amount of materials collected at Lincoln drop-off sites increased 25% over a three month period. Through posters, displays, radio



The Shop S.M.A.R.T. display at Super Saver (56th & Hwy 2) teaches shoppers how to save money, resources, and reduce waste.

and TV spots, and brochures, consumers will be made more aware of the locations of drop-off sites and items that can be recycled in the area.

These four very different programs deal with solid waste issues in different ways. We believe that there will be a continuing role

for us at the county level to be involved in waste management issues because their importance will increase. For further information about any of these programs, contact University of Nebraska Cooperative Extension in Lancaster County (441-7180). (BPO)

Our cup runneth over with used oil

The fate of used oil continues to be a frequently asked question. People are devising ways to handle it—some of which are legal and some of which are not.

Used oil includes crankcase oil, transmission fluid, rear end grease and associated contaminants. It is generated by almost everyone and every business and government agency. Used crankcase oil comes from households and industry associated with construction, salvage yards, transportation, and farming. Used transmission fluids and rear end grease come primarily from salvage yards, vehicle and equipment repairs, and leaks in industrial equipment.

After September 1, 1994, waste or used oil cannot be deposited in a landfill because of its amount,

content, and potential risk.

First, there is a lot of it. Estimates are that Nebraska vehicles alone annually produce more than 6.5 million gallons of oil. This is based on data from the National Petroleum Association which estimates that every person nationally generates 4.43 gallons of vehicle oil each year. The Environmental Protection Agency estimates that 1/4 gallon of oil can contaminate 250,000 gallons of water. It doesn't take a mathematician to realize that each of us could pollute in excess of 4 million gallons of water annually if used oil is not treated properly. Multiply those gallons by 1.5 million Nebraskans. We could potentially contaminate water beyond the trillions of gallons each

year!

Secondly, the content of used oil is pretty nasty. Used oil is filled with heavy metals that have sloughed off during its use. As oil lubricates an engine, it picks up minute pieces of metal and other dirty items. That's why we have to change oil from time to time. It gets so dirty even the

engines begin to complain! Heavy metals and contaminants include lead, benzene, barium, cadmium, and chromium. Fortunately, the lead is in relatively low concentrations, resulting from using unleaded gasoline over the past several years.

Thirdly, environmental damage can occur from heavy metals and the oil itself by hydrocarbon contamination. When dumped on the ground, used oil and the related heavy metals prohibit vegetation and can potentially leach into the groundwater or run off into streams. Benzene is a known carcinogen and has caused skin cancer in laboratory tests. Along with the cancer threat, elements in

used oil can cause both kidney and liver damage.

We also have the risk of pesticides and herbicides being mixed in with the oil. This has happened when old pesticide containers are used to hold drained oil, or when pesticide residues have been dumped in a used oil can. Breathing fumes from the combined material is a definite health hazard.

Okay, so we don't want to dump the oil. We could burn it, but that has concerns and problems, too. Hydrocarbons and other elements are released when fossil fuels or anything else is burned. In addition to air pollution, EPA reports that lead remains with the ash after burning.

State regulations allow individual generators of used oil to burn what they generate in their own space heaters. However, it is illegal to accept used oil for burning from other businesses unless it has been analyzed and meets certain criteria.

The rules pertaining to using oil from another source are in the Nebraska Department of Environmental Quality's Title 128 that governs hazardous waste management. Anyone considering accepting used oil from another farming or business operation should contact DEQ's hazardous waste section.

One exception exists to accept-

ing used oil from another source. That is a business, such as a service station, may accept individual household used oil—not oil from another business—but oil from a household, to burn in the service station space heater.

The best thing that can and should be done with used oil is to locate a local area service business that will accept it. Automobile service businesses often have a contract with a special waste hauler to take the material from their premise, or as noted above, individual household used oil can be burned on site. Farmers can either burn their used oil in their own space heater or they should locate a business that accepts used oil to be transported to another facility for refining.

Along with used oil is the question of what to do with oil filters. Several states also have banned oil filters from the landfill. Nebraska rules permit oil filters to be disposed in landfills as long as they meet certain specifications and are properly prepared. The used oil filter must be a non-terne plated filter, not made from lead-tim alloy, and may not contain any free liquids. They must be crushed, punctured and drained and/or dismantled and drained, and the filter must be hot drained for 12 hours.

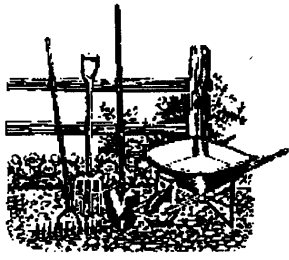
In the past, DEQ classified filters on a case by case basis. Currently, approval has been issued

10 tips for fire safety

1. Install and maintain UL listed smoke detectors in your home.
2. Plan and practice your home fire escape plan.
3. Smokers always need "watchers."
4. Be careful while cooking, especially with children around.
5. Space heaters need space ... three feet (1m) to be exact!
6. Matches and lighters are tools, not toys. In the hands of a child these items are deadlier than a loaded .357 magnum. Think about it!
7. Use electricity safely, and use only electrical appliances which bear the familiar round UL label.
8. Cool a burn. Be sure to seek medical advice if it looks bad or if it's life threatening (i.e. impairs breathing).
9. Remember to **STOP, DROP, and ROLL** if your clothing ever catches fire.
10. If you encounter smoke in a building fire, remember to "crawl low in smoke," as the air is at least tolerable down low to the floor.



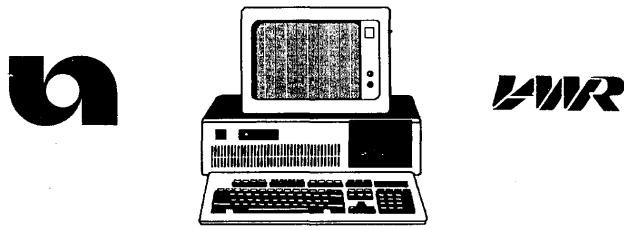
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Lancaster County

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Notice!

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

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Extension Calendar

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

- March 31**
Cockroach Combat Workshop—Part I.....7:00-10:00 p.m.
- April 1**
Turkey project entries due
Market beef ID's for state fair, Ak-Sar-Ben and American Royal deadline date
Camp counselor applications due
4-H Action Team applications due
- April 5**
4-H Council Meeting.....7:30 p.m.
Hands-On Planter Adjustment and Sprayer Calibration Clinic—*Princeton Elevator*..... 9:00 a.m.
- April 7**
Cockroach Combat Workshop—Part II.....7:00-10:00 p.m.
- April 9**
Star City Rabbit Raisers Youth Rabbit Show.....11:00 a.m.
Composting Demonstration—*Pioneers Park Nature Center*.....1:30-3:00 p.m.
A Family Fair—*Pershing Auditorium*.....10:00 a.m.-4:00 p.m.
- April 10**
Teen Council Meeting..... 3:00-5:00 p.m.
- April 10-16**
National 4-H Conference
- April 13**
4-H Horse VIPs Meeting.....7:30 p.m.
- April 14**
Paws & Claws Cat Club Meeting.....7:00 p.m.
- April 16**
Performance Swine Weigh Day..... 9:00 a.m.-noon
District 4-H Speech Contest
Kiwanis Carnival—*State Fair Park*.....6:00-8:00 p.m.
Composting Demonstration—*Pioneers Park Nature Center*.....1:30-3:00 p.m.
- April 18**
Lancaster County 4-H Shooting Sports Club Meeting.....7:00-9:00 p.m.
- April 19**
Star City Rabbit Raisers 4-H Club Meeting.....7:00 p.m.
- April 20**
Food, Nutrition & Food Safety Update '94 for Child Care Centers..... 1:00-3:00 p.m.
Spaces training
- April 21**
Fair Board Meeting.....7:00 p.m.
Family, School & Community Forums—(see locations on page 5).....7:00 p.m.
- April 23**
PAK 10 Dairy Judging Contest—*Tom Konecky Farm, Wahoo*.....10:30 a.m.
Saline County Beef Classic Judging Contest and Beef Show—*Saline County Fairgrounds*
Composting Demonstration—*University Place Park*.....1:00-3:00 p.m.
A Spring Affair—*State Fair Park*
- April 23-24**
Growing Up Female Retreat—*4-H Camp, Gretna*
- April 27**
Food, Nutrition & Food Safety Update '94 for Child Care Centers..... 1:00-3:00 p.m.
- April 28**
Horse Management Modules..... 5:00-6:30 p.m.
- April 30-May 1**
Shaggy Horse Show—*State Fair Park*

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