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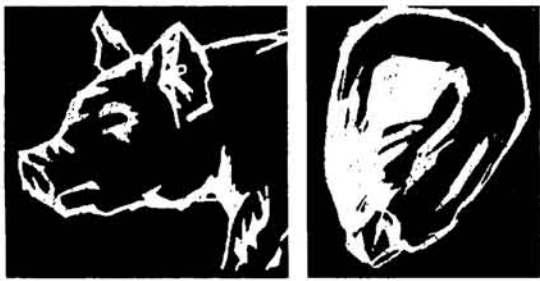
The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

March 1996
Vol. IX, No. 3

Horticulture ■ Rural Sense ■ Family Living ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

Agricultural Research and Development Center



Ithaca,
Nebraska



Institute of Agriculture
and Natural Resources
University of Nebraska

Rt. 1, Box 63A
(402) 624-8000
(402) 624-8010



Agricultural Research and Development Center (ARDC)

The ARDC is a major research and education facility of the University of Nebraska Institute of Agriculture and Natural Resources (IANR). It serves as the primary site for field-based research involving 90 faculty and 150 graduate students in nine IANR departments.

The ARDC consists of approximately 9,500 acres of which 5,000 are in row crops. (See map on page 3). Forty percent of the row crops are irrigated. The balance of the 9,500 acres is predominately in cool- and warm-season pasture. Over 5,000 domestic farm animals used for research and teaching reside at the ARDC.

The scope and diversity of ongoing research projects at the ARDC combine to make it one of the most unique research facilities in the United States. This size and diversity offers many research opportunities in integrated systems research. In order to take advantage of these opportunities, the ARDC established a 4,000 acre "Integrated Farm" to study innovative cropping and grazing systems. An interdisciplinary team of research, teaching and Extension faculty is involved in planning long-term priorities and reviewing specific projects that will be included in the operation. The goal of the team is to develop systems of management that continue to increase the profitability of Nebraska farmers and protect the environment.

IANR, through its strategic planning process, has set a course for agricultural research, Extension and teaching that will help ensure a financially-solid and environmentally-sound agricultural future for Nebraska. ARDC will play a key role in implementing the plans supporting this leadership process.

ARDC "Research and Education Building"

In order to facilitate research and education efforts at the ARDC, a new 23,000 square foot building has been constructed in the southwest corner of the ARDC. The Research and Education Building is the hub for interaction with crop and livestock producers, as well as urban and rural audiences interested in turf, gardens, trees and natural environments.

The Research and Education Building is designed to take advantage of the earth and sun to help heat, cool and light the interior. The facility is a partial earth-contact building positioned



Aerial photo of the Agricultural Research & Development Center.

with a slight southeast orientation to take advantage of the insulative properties of the earth and the warmth and light from the sun. Heat pumps use the earth as a heating source in the winter and cooling source in the summer. Materials used in the construction of this building were chosen to minimize the impact of the structure on the environment.

The Research and Education Building is strategically located in an area with many diverse environments including wetlands, forests, a stream, sub-irrigated meadows, agricultural research and production areas. This diversity of environments will stimulate the research and educational opportunities facilitated by the building.

Research and Education Activities

Dissemination of information generated by the research activities at the ARDC is facilitated by the relocation of the Saunders County Cooperative Extension office into the Research and Education Building at the ARDC. The "bringing together" of ARDC and Saunders County staff gives Extension educators in the Southeast Extension District, and especially the Metro Extension Programming Unit, a more direct access to research activities at the ARDC. This access facilitates educational programming in research-related areas for rural and urban audiences in eastern Nebraska. The opportunity for educational programming at the ARDC that addresses issues related to youth, communities and families is also enhanced by the relocation.

IANR Activities at the ARDC

Four college/divisions of the Institute of Agriculture and Natural Resources and 10 academic units are involved in research, Extension and teaching activities at the ARDC. The college/divisions include:

- Agricultural Research Division
- Cooperative Extension Division
- College of Agricultural Sciences and Natural Resources
- Conservation and Survey Division

Units with major activities at the ARDC are:

- Agricultural Meteorology and Climatology
- Agronomy
- Animal Science
- Biological Systems Engineering
- Water and Environmental Programs Center
- Entomology
- Forestry, Fisheries, and Wildlife
- Horticulture
- Plant Pathology
- Veterinary and Biomedical Sciences

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

"Acreage/Small Farm Owner Workshop"—page 3



Natural Resources and Environmental Management

"Build a Bluebird House"—page 5



Children, Youth and Families

"Addiction to Work Can Kill"—page 7



Nutrition, Food Safety and Quality

"Helping Kids Avoid Weight Problems"—page 6



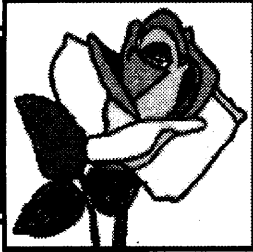
Strengthening Neighborhoods and Communities

"Youth and the Community"—page 11

Lancaster County 4-H Council
University of Nebraska
Lincoln, Nebraska
444 Cherokee Road
Lincoln, Nebraska 68528-1507

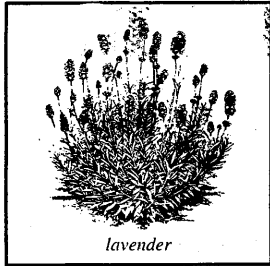
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Horticulture

The herb garden



Lavender is a perennial hardy to Zone 5 that can be started from seed or purchased as a started plant. To start from seed, sow indoors 6 to 12 weeks prior to planned outdoor planting. Sow seed on growing medium but do not cover. This seed needs light to germinate. Keep moist until germination occurs in 14 to 20 days. Do not overwater plants, but allow them to dry

out a little between waterings. However, do not let plants wilt.

When ready to transplant outdoors, place in a sunny, well-drained location that is relatively low in fertility. Unlike other lavenders, "Lady" plants will consistently flower the first year. Lavender produces fragrant, 4- to 6-inch flower spikes on plants approximately 12 inches in diameter.

Lavender can be used fresh in flower arrangements and it is easily dried by hanging bunches in a warm place out of direct sunlight or spread on screens in the shade. The stems, as well as the florets, should be completely dried before separating the leaves from the stems. Dried lavender can be used alone or mixed in potpourri and sachets. The dried stems (stripped of the florets) can be used to add scent to a fire in winter. (DJ)



It is very appropriate that the Perennial Plant

Association has announced that *Penstemon digitalis* "Husker Red" has been chosen the 1996 Perennial Plant of the Year.

Commonly called beard-tongue, penstemon is a native plant found over a large area of the United States and Canada.

"Husker Red" is a white-



Penstemon digitalis

flowered, red-foliaged form of *Penstemon digitalis* that was selected and

introduced in 1983 by University of Nebraska Extension Horticulturist Dr. Dale Lindgren.

This plant is a versatile

garden perennial that is valuable as a specimen plant or cut flower. When plants are well established, the average height is 30 inches. It will have as many as 50 white flowers on each of 20 or more flower stalks during July and August.

In the landscape, "Husker Red" can be massed at the back of the perennial border or used as a specimen plant. Its open, airy and upright form adds a touch of elegance to the summer garden. (MJM)

Over the garden fence

Q. What is the best soil mixture for growing flower and vegetable transplants?

A. There is probably not a "best" growing medium. Popular alternatives include a soilless mixture made of equal parts peat and perlite (or sand or vermiculite), or equal parts garden soil, sand (or perlite or vermiculite) and peat. Many commercial mixes are available as well.

Any growing medium must meet three requirements: it must hold water, provide for drainage and aeration, and be sterile. To do all these things, a soil mix usually contains an organic material like peat moss, sphagnum, well-rotted leaf compost,

or rotted manure and a coarse material like sand, vermiculite or perlite.

To protect fragile seedlings against disease organisms, the medium must be sterilized. This is especially important with homemade mixtures that include garden soil. Such mixtures can be sterilized in an oven. Dampen the soil, spread in shallow pans and cover with aluminum foil. Then, bake the soil for an hour at 300 degrees. This should kill any disease organisms, as well as insect pests. For an added bit of insurance, wash all flats or other seed containers in hot soapy water and then disinfect them by

dipping them in a solution of 10 parts water and 1 part chlorine bleach.

Q. The lower leaves on my African violets seem to be rotting and falling off. What is going on?

A. The problem is called petiole rot. It occurs when the lower leaves rest on the rim of the pot. They get droopy, then turn brown and soft, and eventually shrivel up. This happens when fertilizer salt builds up over time and injures the fragile stems. Remove drooping leaves and cover pot rims with foil or tape to prevent further problems. (DJ)

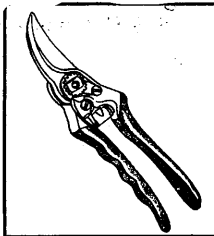


Garden Gossip
Hotline
441-7179

Proper pruning time: part II

Deciduous trees—While deciduous trees can be pruned anytime during the year, the best time to prune is late winter or early spring before the trees leaf out. Some trees, such as maples, bleed heavily when pruned in late winter or early spring. The heavy bleeding, however, does not harm the trees. The trees will not bleed to death and the flow of sap will gradually slow and stop.

Fruit trees—The best time to prune fruit trees is late February



injury.

Grapes—Prune grapevines in March or early April. Grapevines pruned at this time of year will bleed heavily. The bleeding, however, is not a problem.

Raspberries—All raspberries

to early April. Fruit trees pruned in the fall or early winter may be susceptible to winter

should be pruned in March or early April. Summer-bearing raspberries also require summer pruning. Remove the old fruiting canes of summer-bearing raspberries after the summer crop has been harvested. Also, pinch back the shoot tips of purple and black raspberries when the new growth reaches a height of 36 inches. (DJ)

Disease resistance rules

If you are considering planting a crabapple tree in your yard, chances are you want it there for its ornamental value.

However, there is nothing ornamental about a tree that loses its leaves partway through the summer because of apple scab.

Premature defoliation greatly lowers the aesthetic quality of a crabapple. To avoid defoliation, you can either select varieties that are resistant or tolerant to scab, or spray susceptible varieties with fungicides.

Resistance is no guarantee that a tree will never develop scab because the fungus that causes scab can change over time. Tolerance or resistance to the disease is still worth looking for along with the ornamental characteristics—color of flowers and fruits, size and shape of the tree—that you desire in a landscape plant. (DJ)

March garden hints



✳ Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.

✳ Start transplants of tomatoes, peppers and eggplant indoors.

✳ Plan your vegetable garden on a sheet of paper to utilize your space most efficiently. Remember to rotate garden vegetable sections to reduce insect and disease problems.

✳ Buy a notebook and use it to keep all your gardening information. List what you plant in your garden. Include the name of the seed companies, plant names, varieties, planting dates and harvest dates. During the growing season, keep notes on how well your plants do. If some varieties are susceptible to disease, record what treatment was used. All this information will be helpful in planning future gardens.

✳ Pick a permanent spot for herbs in the garden. Many of them will come up year after year.

✳ If you have not done so already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust-inhibitive paint.

✳ Turn your compost pile.

✳ Place birdhouses built this winter outdoors this month. Birds will soon begin looking for nesting sites. (MJM)

Lincoln Action Program's (LAP)

Free Garden Seeds

For income qualified residents of Lancaster County who meet these guidelines

Number in Household

1
2
3

Annual Income

\$ 9,711
\$13,039
\$16,367

For each additional member add \$3,328.

Distribution Sites for Rural Lancaster County

Friday, March 1, 1:00 - 3:00 p.m., Sprague Community Center

Tuesday, March 12, 10:00 a.m. - 12:00 (noon), Panama Presbyterian Church

Thursday, March 14, 10:00 a.m. - 12:00 (noon), Bennet American Legion Hall

Monday, March 18, 10:00 a.m. - 12:00 (noon), Firth Community Center

Wednesday, March 20, 1:00 - 2:30 p.m., Waverly City Hall

Tuesday, March 26, 1:00 - 3:00 p.m., Hallam Fire Hall

Wednesday, March 27, 10:00 a.m. - 12:00 (noon), Hickman Presbyterian Church

If you are unable to come to these distribution sites, call Judy Adams after March 27th at 471-4515 to make other arrangements.

Please bring proof of income, e.g. Food Stamp card, Medicaid card or recent pay check stub) and social security numbers for each member of the household.

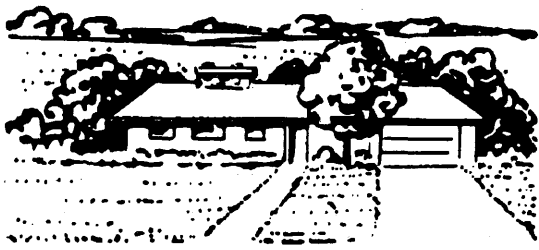
Lincoln Action Program is a program of the Lincoln/Lancaster United Way.

University of Nebraska

COOPERATIVE EXTENSION

"Helping you put knowledge to work."

Acreage/ Small Farm Owner Workshop



**Saturday
March 23 • 1996
9 a.m. - 3 p.m.**

**ARDC Research &
Extension Building**

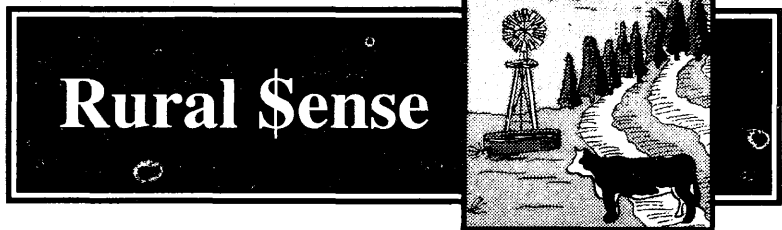
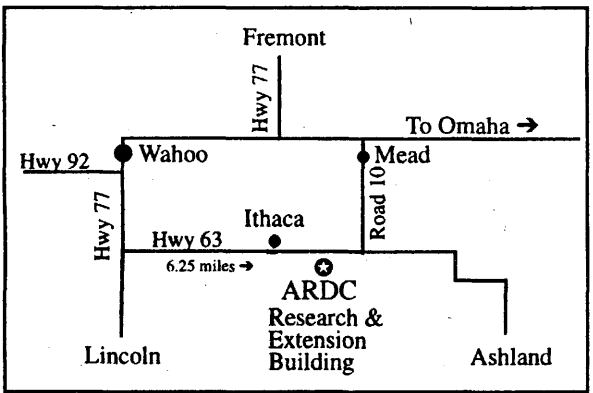
\$ Make plans now to attend the second annual Acreage/Small Farm Workshop, March 23 at the University of Nebraska Agricultural Research and Development Center—Research and Education Building, Mead, NE (see map). Registration begins at 8:30 a.m. and the workshop starts at 9 a.m.

This year's program will be a two-track format. Participants will have the option of attending general topic workshops and/or the special session entitled "Animals for Fun and Profit." Many commercial exhibitors and educational displays will be on-site addressing the specific needs of acreage owners and small farm operators. Water testings kits, soil sampling kits and insect identification will all be available on-site.

General session topics include: (1) controlling wildlife damage; (2) building and maintaining a pond; (3) exploring specialty enterprises; and (4) beekeeping. Special session topics will address raising bucket calves, sheep, goats, poultry, swine and horses for fun and profit.

Workshop participants will learn how to manage acreage and small farm resources more effectively and be offered practical solutions to the many everyday challenges of rural life. Numerous educational publications will be on-hand for review and to take home.

There is no registration fee. Preregistration is not needed. Lunch may be purchased at the workshop. Please call 441-7180 for further information. (DV)



Entrepreneurial Opportunities in Agriculture

Successful tools for agricultural-related entrepreneurs are the focus of a March 22 conference at the University of Nebraska Agriculture and Research Development Center—Research and Education Building, Mead, NE.

"*Entrepreneurial Opportunities in Agriculture: Clients, Trends, Strategies and Business Plans* is for anyone wishing to develop or update their agricultural-related business skills," said Alan Corr, conference coordinator and Extension Educator.

"Effective business tools are essential to success, especially today where economics and competition are so keen," said Corr.

The 8:00 a.m. to 4:30 p.m. conference is based on information and ideas from researchers and Nebraska business owners with day-to-day experiences.

- Presenters and topics include:*
- Mike Roselius, research director with Gallup Organization of Princeton, NJ—on customer trends
 - Elmer Miller, associate director for the NU Center for Leadership Development—addressing customer relations and making changes
 - John Allen, UNL rural sociologist—on changing demographics
 - Tony Dolle, outdoor communications manager of Cabelas in Sidney, NE—on customer strategies.

The \$20 advanced registration fee for individuals is due March 12 and includes lunch. Advanced registration also includes a 6-foot by 8-foot booth space in the exhibit area. Non-profit information tables are available to qualifying organizations. To register for this conference or for booth space, contact Alan Corr at 308-832-0645.

- This conference is sponsored by:*
- Institute of Agriculture and Natural Resources (University of Nebraska Cooperative Extension and Industrial Agricultural Products Association and Food Processing Center)
 - Nebraska Department of Agriculture
 - U.S. Department of Agriculture
 - Nebraska Crop Improvement Association (DV)

Chemigation training in March

Chemigators whose certification expires in 1996 need to renew their certification now if they plan to continue chemigation practices. Producers wishing to certify or recertify should request training materials at the training location they plan to attend.

Participants should bring a calculator to the training site.

Training is planned for the following dates:

- March 1 • 9:00 a.m. • Dodge County Extension Office—Fremont
- March 1 • 1:00 p.m. • Saline County Extension Office—Wilber
- March 6 • 1:00 p.m. • 4-H Building—York (DV)

Eastern gama grass

Eastern gama grass is a warm-season grass, native to prairies with heavier soils and good moisture. It has been called a "wonder grass" by some; however, there are some important differences. Unlike other warm-season grasses, eastern gama grass grows best in bottomlands, wetlands and hardlands in high rainfall or irrigated areas. In this area, eastern gama grass might out yield any other grass, while the other warm-season grasses probably are better suited for droughty or light soils.

Gama grass also has good feed value—some producers make claims of over 15 percent protein and 65 percent TDN. This might be possible, but, most often, protein is more likely to be around 8 to 10 percent and 60 percent TDN.

Gama grass starts growing earlier than most warm-season grasses and regrows rapidly. Three cuttings or summer grazings are likely in most areas, sometimes even more.

An interesting characteristic about gama grass is its high palatability—cattle often seek it out when grazing. In doing so, the cattle overgraze eastern gama grass plants until the grass dies while ignoring other grasses. That is why it is not found in native pastures. So, do not plant gama grass with other grasses for pasture. However, pure stands of eastern gama grass can be grazed without losing stands if overgrazing is avoided.

A current weakness of eastern gama grass is its seed cost and the time it takes to get a stand into production. It is not unusual to spend over \$50 an acre for seed and wait 3 years before using it for hay or pasture.

Maybe eastern gama grass is right for you—maybe not. But, in the right situation, it can be very valuable. (WS)

Preparing CRP acres for pasture and hay production

During the next couple of years, millions of Conservation Reserve Program (CRP) acres will be returned to production. If you are interested in using your CRP acres as pasture or hay, here are some recommendations offered by Dr. Bruce Anderson, UNL forage specialist.

Many CRP acres containing warm-season grasses need thicker stands. To get thicker stands, any excessive dead litter that can smother new seedlings or tillers must be reduced.

The fastest and most effective way to remove dead litter and stimulate warm-season grass stands is to thicken

them with prescribed burning in the spring. Obviously, only use fire where it can be handled safely and legally, and where it will not cause other potential problems like wind erosion. Your local Extension and NRCS office can provide more information about controlled burning.

Another way to reduce dead litter is to remove it by haying. This can be challenging, especially if the terrain is rough or the amount of dead material is great or if pocket gophers have built many mounds that can plug equipment.

The hay removed will have very low forage quality and will need both protein and energy

supplements in order to feed it to livestock.

Bruce Anderson recommends a technique to reduce litter called "flog grazing." Flog grazing involves placing 30, 50 or even 100 cows per acre on a small area for a brief time period—usually 1 to 7 days. With this high stock density, animals will trample dead litter into the ground and open up the soil for new seedlings and tillers. Using CRP acres as a calving pasture will give a similar result, where it will not cause other potential problems like wind erosion. Your county Extension and NRCS offices have more information available. (WS)

Your septic system absorption field

"Septic tank systems are very much like people. They need periodic checkups and proper care to remain healthy and function properly." This quote, as well as the following information, was taken from the publication *The Care and Feeding of Your Septic Tank* that was prepared by West Virginia University's Department of Technology Education for the

National Small Flows Clearing-house.

To protect and prolong the life of your absorption field, follow these simple rules:

- Do not drive over the absorption field with cars, trucks or heavy equipment.
- Do not plant trees or shrubbery in the absorption field area. The roots can get into the lines, plugging them up.

Do not cover the absorption field with a hard surface such as concrete or asphalt. Grass is the best cover for the field. The grass will not only prevent erosion, but will help remove excess water.

Divert surface runoff water from roofs, patios, driveways and other areas away from the absorption field. (DV)





Beginners' Beekeeping Workshop reminder

Call the Extension office and check on space availability. There are two evening sessions, March 4 and 5, 6:30-9:30 p.m. at the Lancaster Extension Conference Center. The hands-on lab session is March 16, 9 a.m.-4 p.m. at ARDC in Ithaca, NE. There is a \$10 registration fee for the basic workshop. (BPO)

Beat the winter chills!

Are you feeling winter's chill? The words in this puzzle will warm you up fast. Find the words (some are spelled backwards) and circle them. The leftover letters will spell the answer to our riddle. (ALH)

Riddle: What do you call a little dog that is very cold?

Word list: Puzzle:

Blanket	E A R M U F F S
Boots	B P P U R P S W
Coat	O U T A H I C E
Cocoa	O O C O C O A A
Earmuffs	T S L E C O A T
Hat	S N E T T I M E
Mittens	T E K N A L B R
Scarf	
Soup	
Sweater	

Answers on page 15

ISU researchers discover cornmeal to be an ideal lawn herbicide

Unusual results from a research project at Iowa State University (ISU) about ten years ago has produced a non-toxic natural weed and feed product from corn gluten meal. Researchers, attempting to use cornmeal as a carrier to infect turf grasses with a disease, noticed that the grasses did not emerge properly in plots where only cornmeal was sprinkled on the soil surface.

The inhibitor is concentrated in the corn gluten meal, the protein fraction of the seed. Recent research (1991-1994) has shown that the cornmeal inhibited the root development of germinating grass and broadleaf seeds. Even though roots did not develop properly, the shoot tissue formed normally. When the soil surface dried out, plants that did not develop a root system simply died.

Black nightshade, common lambs-quarters, creeping bent



Timing is important for proper weed control. If the material is applied after the weeds have rooted, no control will occur. Best results follow applications 3 to 5 weeks before weed germination. Corn gluten meal has no effect on postemergent weeds or grasses so it is an ideal postemergence grass herbicide. This protein fraction has significant levels of nitrogen,

grass, curly dock, purslane and redroot pigweed are the most susceptible species; however, dandelion, giant foxtail and smooth crabgrass were controlled to some degree.

so it fertilizes the grass that is already established.

This herbicide was licensed in 1993 to Gardens Alive!, Inc., (5100 Schenley Place, Lawrenceburg, IN 47025). In August 1994, corn gluten meal was registered with the EPA as a preemergence herbicide and is being sold under the trademark A-Maizing Lawn™. The recommended application rate is 20 lbs. of product/1000 square feet to turf before germination of annual weeds in the spring, followed by the same amount in late summer. Since the product is 10% nitrogen, this application scheme provides a total of 4 lbs. of nitrogen/1000 square feet/year. Research has shown that the material has excellent slow-release characteristics and provides a uniform turf response throughout the season.

Source: *The IPM Practitioner*, Nick Christians, ISU. (BPO)

Disposal of leftover cleaning products

When cleaning the pantry or cupboards, how many times have you wondered how to dispose of leftover cleaning products?

The best choice, of course, is to use them up. Your next best solution is to give them to someone who can use them. If you do this, be sure to leave the labels intact.

If you cannot use them up or give them away, read the label to see if there are disposal instructions given and follow those instructions. If there are no disposal instructions, follow these three guidelines for proper disposal:

1. Dispose of water soluble

cleaning products down-the-drain. Water soluble products are those that are normally mixed or rinsed with water when using. Such products include all-purpose cleaners, bleaches, dishwashing detergents, laundry products, water-based metal cleaners and polishes, and toilet bowl cleaners. These products are designed to be treated in municipal sewage or septic tank systems and are formulated with this in mind. Use running water while discarding them down-the-drain and do not mix products together.

2. Dispose of solid cleaning products in the trash. This

includes products like bar soaps, soap scouring pads or towelettes.

3. Dispose of non-water soluble products (those not used with water) as special household waste. This category includes such products as some furniture cleaners and polishes, spot removers used for drycleanable garments, metal cleaners and polishes not used with water, and products that state on the label that they are flammable. Your community may have special collection days for such products, check with your community collection department for guidelines. (LB)

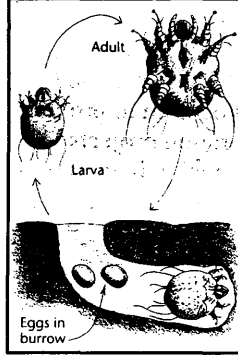
Suffering from winter itch? It's probably not scabies

Barb Ogg
Extension Educator

In the winter, our dry, forced-air, home and work environments often results in dry, itchy skin. Even though this itchy skin feels like something is biting us, moisturizing lotions are probably the best relief from mild to moderate itching. Occasionally, people blame itching symptoms of dry skin on *scabies*, a malady that they have heard about, but do not really understand. Read further to better understand what scabies is and how it should be treated.

Scabies mites. A scabies infestation is caused by a tiny mite (1/50 of an inch) that burrows into the skin, feeds on cell liquids and lays eggs under the skin (see side box).

After the initial infestation, there is a 6-week incubation period before itching starts. The itching is caused by the body's reaction to toxic mite secretions and is so severe that it often keeps one awake at night. The itching can sometimes be masked by cortisone ointments,



but the underlying cause of the problem—the mites—will not be destroyed by topical itch

medications that are quite effective for scabies treatment. A scabies infestation is best treated under the expert and experienced care of a dermatologist.

Other parasitic mites. Pets, wild animals and birds that live around people can carry around their own complement of parasitic mites. Some animals are obviously adversely affected by these mite infestations—squirrels, coyotes and other animals sometimes get patchy coats of fur from mange mite infestations.

Cats and dogs can also be infested by mites. Animals have various reactions to mite infestations. Some animals may not show signs of a mite infestation. Sometimes mites will move off pets, feed on humans and cause itching or biting sensations. Because the mites cannot establish themselves on humans, long-term dermatitis is not possible. Anyone who has itching or biting sensations and a pet in the house should have their animal checked for mites by a veterinarian. If there are no pets, consult a dermatologist for the cause of the dermatitis.

Mites and other ectoparasites abandon animals very quickly once the host dies and can seek out other warm-blooded animals—even if they are not suitable hosts. Mite invasions accompanied by biting sensations are sometimes associated with pigeons and other birds that flock or roost around homes. Bird control is the best approach in controlling these mite infestations. Using gloves or a shovel when handling dead animals also makes good common sense. (BPO)

medications.

The second symptom of scabies is a characteristic rash that resembles tiny blisters. Although the itching and rash are characteristic of scabies, proper identification is based on finding burrows, mites, eggs or mites' feces. A dermatologist should be consulted to diagnose this medical problem.

Scabies mites burrow easier in places on the body where the skin is thin. Hands and wrists are the most common locations for infestations. Older persons, whose skin is thin, can be severely attacked by scabies mites. Nursing homes can sometimes have serious outbreaks of scabies.

Scabies mites that fall off the host die when exposed to temperature of 120 degrees for 10 minutes in dry or moist air. Drying infested clothing or bedding in a clothes dryer for 10 minutes or longer will disinfect laundry.

Because scabies mites are so extremely contagious, it is often assumed that the family or living group are also infested and should be treated, too. At the very least, infested persons should sleep separately from other persons in the household until treatment is over.

There are several types of

Fantastic fossils

Fossils are created when plants or animals make an impression in mud. The mud dries and slowly changes into rock. Thousands of years later, the shape of the plant or animal is still in the rock for us to find today. You can look for real fossils at the beach, in a field, on a hike or maybe ... even in your own backyard.

To make fossils, prepare some play clay using the following recipe. Shape into thick patties. Find some hard objects from around the house and press them firmly into the patties. Remove the objects and let the patties dry overnight. Hurrah! You have made your own fossils!

Play Clay Recipe

- 2 cups flour
- 1 cup salt
- 2 cups water
- 2 tablespoons oil
- 2 tablespoons cream of tartar
- Food coloring

Place all ingredients in a bowl (except the food coloring) and mix. Add a few drops of food coloring and stir. Ask an adult to help you put mixture on the stove over low heat. Stir until mixture forms a ball and is cooked through. Remove from heat and let cool. (ALH)

Please turn to page 15 for more Environmental News

Bluebird conference 1996

The second annual conference of Bluebirds Across Nebraska (BAN) will be held Saturday, March 30, 1996 at the Lee and Helen Sapp Riverview Lodge—Eugene T. Mahoney State Park.

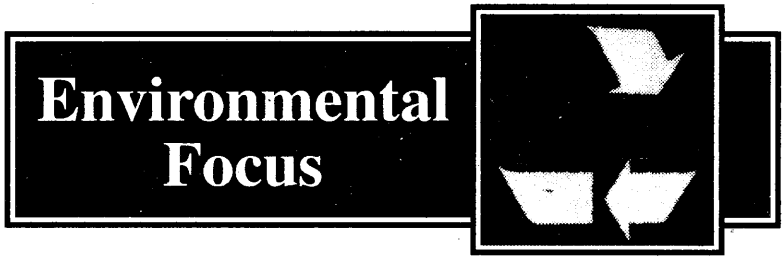
The conference features keynote speaker Steve Gilbertson from Andover, Minnesota. Topics at the conference include planting for

wildlife, songbirds and bluebirds, banding birds, and feeding bluebirds.

There will be a short annual business meeting with election of officers. A raffle of bluebird-related items will be held and proceeds will be used to promote bluebird restoration projects. A bluebird trail (maintained by BAN) in the park is available for

bluebird watching.

Registration begins at 7:45 a.m. A "Beginning Bluebirding" workshop will be held from 8:00 to 8:45 a.m. The conference will then run from 9:00 a.m. to 4:00 p.m. There is a \$3 registration fee. Lunch is an additional \$5. For more information and to register, call President Steve Eno at 783-3011. (SE)



BLUEBIRD WORKSHOP

March 23 • 1996 • 1:30 p.m.

Gere Branch Library
2400 South 56th Street • Lincoln

Co-sponsors:

Wild Bird Habitat Store & Bluebirds Across Nebraska
Presenter: Peg Fletcher, Bluebirds Across Nebraska (SE)

Build your own bluebird house!

What is the best box for a bluebird?

Bluebirders all over North America know that there is a severe shortage of available nesting cavities for the bluebird. With competition from house sparrows and starlings, we know bluebirds are so desperate for nesting spots that they will attempt to nest in anything that comes close to resembling a nesting cavity.

Does this mean we should not be concerned about the type of nest box we use? Absolutely not. Veteran bluebirders are upset when they see stores selling what they would consider a "junk" bluebird box to uninformed people who just want to attract a few bluebirds. When we set up a trail of houses deliberately to attract bluebirds, we

should feel obligated to use a box built with their best interests in mind.

If you stop and think about the time spent looking for a perfect location, mounting the box properly and monitoring the box on a weekly basis, the little bit of extra money and effort spent on finding the right wood and making a better box (that will last longer) does not seem like much.

So, what is a good nest box? Here are six points to always consider when building or buying a bluebird box.

- (1) Well ventilated (but not too much).
- (2) Well insulated (but not too much).
- (3) Predator resistant (also starling-proof).
- (4) Easy to monitor (i.e. easy

to open).

(5) Easy to clean (i.e. easy to open).

(6) No perches (ever)!

There are several types of bluebird boxes used today. The following is one from North Central Regional Extension Publication No. 338 "Shelves, Houses and Feeders for Birds and Mammals."

Bluebirds will begin to arrive in Nebraska in March or early April. So, put your box out early. Bluebirds like open, sunny areas to nest. Stay at least 200 feet from wooded areas if you want to discourage wrens from nesting in the box. Face the box's entrance to the east or north. Make sure the entrance is at least 5 feet above the ground. (BPO)

Flea prevention tips

Barb Ogg
Extension Educator

A new, nontoxic approach to flea prevention and control is now available. No more shampooing or dipping your dog, or treating your carpet with insecticides. The new flea prevention is a once-a-month medication (pill)—for dogs only—that is available by prescription from veterinarians.

The medication (Program®) controls fleas because it contains the insect growth regulator (IGR) lufenuron that prevents flea eggs from hatching. These IGRs are fairly specific to insects and interfere with the development of the exoskeleton. They are relatively non-toxic to humans and vertebrate pets. The graph (see side box) shows that 7 days after lufenuron was given to the dog, 100% of the flea's eggs failed to hatch. One dose lasts for about one month. Studies have shown that this product is also safe for breeding and lactating animals.

Lufenuron prevents flea infestations for the entire season when dogs are put on this medication before the flea season begins and are medicated monthly. Ask about this medication this spring when you take your dog to the veterinarian for its heartworm check.

What if you do not put your dog on lufenuron and it gets a bad flea problem later in the summer? Lufenuron will not keep fleas from feeding on your dog. Neither will it prevent flea larvae—already in the carpet—from continuing to develop. Program® will still be very useful to prevent flea eggs from hatching, but you may want to use another type of non-toxic IGRs (methoprene or fenoxycarb) to disrupt the development of flea larvae to the adult stage. With a high population of fleas, you may also want to use a more conventional insecticide that controls adult fleas.

What if you have a cat? The pills are only registered for dogs, but CIBA is now marketing a suspension (The Program® for Cats) that is registered for flea control for cats. It is dispensed to the animal by mixing it in food or a snack. Program® is an important non-toxic, preventative method of flea control. A few other IGRs are labelled for pest control (filth flies, cockroaches, mosquitoes) and other products are being tested for the control of other insect pests (termites). These IGRs are quite safe for people and their vertebrate pets. Within the next few years, more of these non-toxic insecticides will be registered by the EPA. (BPO)

HOUSE FOR WRENS, BLUEBIRDS, TREE SWALLOWS

MATERIALS

- 1 piece 1 x 6 (about 3/4" x 5 1/2") x 54"
- 1 piece 3/4" x 10" x 8" bevel siding or other material for roof
- 1 piece 1 x 4 (about 3/4" x 3 1/2") x 4" for coon or starling guard
- 3 1 1/2" #10 roundhead wood screws
- 1 1/4" nails—roof and guard
- 1 3/4" or 2 1/4" nails

CONSTRUCTION

1. Drill 3/8" diameter drain hole in each corner of the bottom.
2. Hinged side should be 1/16" shorter than the other side.
3. Drill holes in front and back pieces slightly larger than shank of pivot screws.

MOUNTING

Attach to a tree or post 5' to 6' above ground with roundhead or lag screws through the bottom of the back piece.

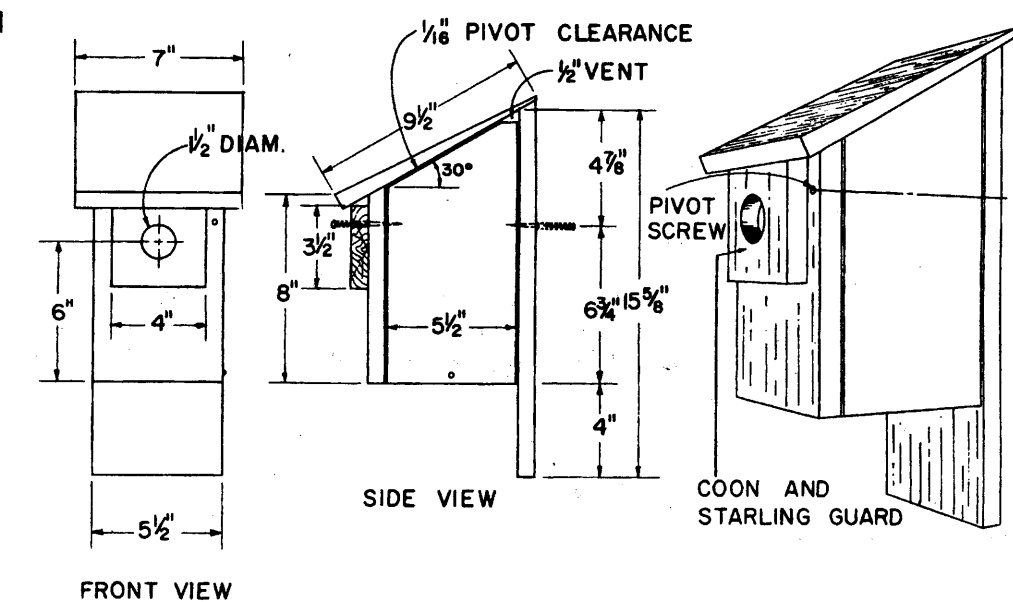
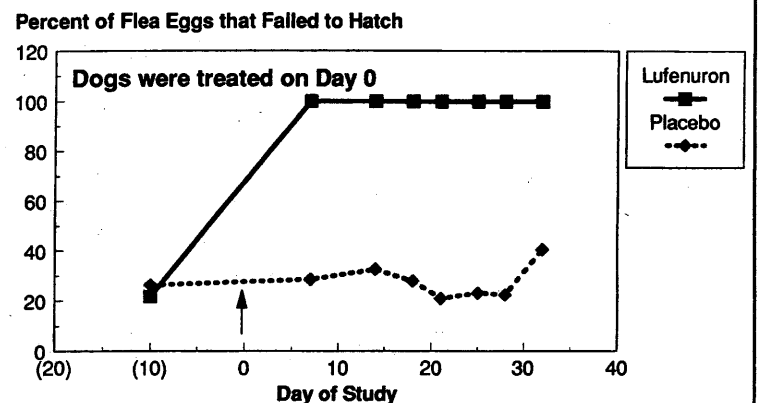


Figure 1. Effectiveness of a Single Dose of Lufenuron



Funtastic factoids!

- If you drank as much water as a cow does in one day, you would down 240 glasses!
- The yo-yo was first used as a weapon in the Philippines—a country in Asia. It was made with a stone and string. After you hit your enemies with it, you could use the stone again!
- Your eye muscles move more than 100,000 times a day.
- The record number of yolks found in a single chicken egg is nine.
- The Chinese new year calendar began February 19, 1996. In China, each year is named for an animal. Use the clues below to figure out for which animal the new year is named.

Clues:

It rhymes with "hat." It cannot fly. It does not purr.

Answer: Rat

Ground beetles come for a visit

Ground beetles are often found in houses in the spring. There are a great number of species of these beetles (and some are rather ferocious looking) resulting in some very worried homeowners! These shiny, blackish-brown beetles are predators on other insects and may enter homes in the spring looking for other insects for food. They may simply crawl around basements, ground floor

rooms or fly to bright lights.

Ground beetles have well-developed mandibles, but are not known to bite people. They use their strong mouthparts to devour other insects. The larval stages of ground beetles are also predators on insects, but they live in the grass and soil around the house. There is certainly no need to worry about these beetles permanently infesting a house. Extensive control programs for

these casual invaders are not recommended.

Control of these beetles in the house is done best with a vacuum or a fly swatter. There is no need to apply insecticides outside the house. Ground beetles are beneficial insects and are an important part of the natural animal populations in turf, pasture and cropland. (MJM)



Family Living

Alice's analysis



By the time you read this I hope the weather has warmed up and we are well out of the deep freeze.

Scholarship forms have been mailed to UNL and Southeast Community College Scholarship Office. We are able to offer only one scholarship this year. This scholarship is for students who are full-time beginning their sophomore,

junior or senior year or who are attending a vocational college who have completed two quarters majoring in Family and Consumer Science or a Health Occupation curriculum at the college. They have to be a graduate of a Lancaster County High School or be a permanent resident of Lancaster County. If you know someone who is eligible, please encourage them to apply.

Literacy committee, with Jean Wheelock as chair, will be promoting the Creative Writing Contest for fifth grade students in Lancaster County. If you would like to help the literacy committee, there are many things that can be done. For more information call Jean at 796-2511.

The cultural arts categories for 1996 are painting, handstitchery, creative writing or glass. Entries on the county level are due at our March 25 meeting. For more information contact Carmelee Tuma at 794-4225.

Now a word of advice: When you have a visit from a little black and white cat, better known as a skunk, for information on how to get the skunk's calling card out of the sun room, call Extension Educator Lorene Bartos. Now I don't know if it was the cold air for four days, tomato juice, the ammonia I put around in the room in bowls or the kitty litter that did the job, but right now the odor has subsided. I'll know more when the weather warms up.

I'm looking forward to seeing you and your guests March 25, 1 p.m. at the Extension office for our program "Life for the Maturing Woman" by Pam Gillaspie from the Women's Clinic of Lincoln and our council business meeting.

It is time to go check the ewes and bottle the baby lambs-I'm glad the temperature is 20 above tonight and not 20 below like awhile back. (AD)

fce Nebraska Association for Family & Community Education

FCE Council Meeting

The March FCE Council meeting is scheduled for Monday, March 25 at 1 p.m. All FCE club presidents are members of the council. If you cannot attend, please send a substitute.

The March program will be "Life for the Maturing Woman" presented by Pam Gillaspie from the Women's Clinic of Lincoln. The business meeting will follow the program.

All FCE members are invited to attend the program and meeting. (LB)

Backyards for Wildlife and Family Enjoyment

"Backyards for Wildlife and Family Enjoyment" will be the topic of the April FCE leader training lesson. It will be presented by Dennis Ferraro, Douglas County Extension Educator. The training is scheduled for Tuesday, March 26, 1 or 7 p.m.

This lesson will help bring the mystery, color and wonder of nature to your family and provide a helping hand for wildlife at the same time. Topics to be included are:

- attracting wildlife, especially songbirds
- planting for habitat
- bird houses and shelves
- feeding birds
- water for drinking and bathing
- attracting butterflies
- birds common to the area
- dealing with problem animals.

The training is open to FCE clubs and other individuals or groups interested in this topic. Non-FCE members should preregister by calling 441-7180, so information packets can be prepared. (LB)

Six mistakes of life many of us make

1. The delusion that individual advancement is made by crushing others down.
2. The tendency to worry about a thing that cannot be changed or corrected.
3. Insisting that a thing is impossible because we ourselves have not accomplished it.
4. Refusing to set aside trivial preferences so important things may be accomplished.
5. Attempting to compel others to believe and live as we do.
6. The failure to establish the habit of saving money. (LJ)

Cutting family food expense

Food at home

• Don't overfeed your family! To protect both your family's health and the pocketbook, concentrate on nutritious food items.

• Use powdered milk. Prepare it the day before, and keep it cold before serving.

• Plan menus based on weekly specials and seasonal foods.

• Use coupons and special sales only to buy items you would normally buy anyway.

• Don't throw away leftovers, or avoid having them by preparing only the needed amount. Mix small portions of vegetables together or use vegetables and meats in stews or soups.

• Avoid expensive home delivery services.

• If possible, grow some vegetables of your own. Can, freeze, or dry produce.

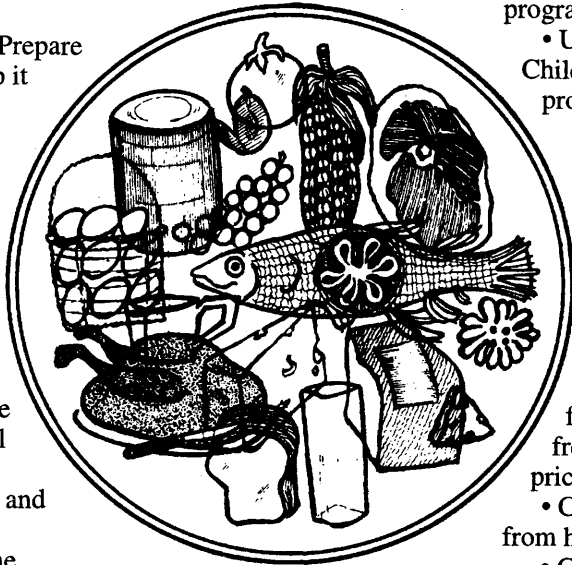
• Don't pay for labor unnecessarily. Cut your own stewing meat from inexpensive cuts. Buy whole chickens rather than pieces if less expensive. Grate your own cheese.

• When buying sale items, make sure you are charged the sale price.

• Consider how food will be

used and the "end" result.

Generic and house brands of canned tomatoes can be used in a cooked dish and are as nutritious as higher priced brands.



• Learn how to cook lower cost dishes.

• Compare: cost per serving; cost per unit-ounce, quart, etc.; brands.

• Buy produce in season.

• Use specials and coupons.

• Shop on "double coupon" and/or "double stamp" days.

• Store food carefully to avoid spoilage.

• Use foods while fresh.

• Plan use of leftovers.

• Entertain at home.

• Use and return returnable bottles.

• Shop at no-frills, low-cost stores.

• Use the Food Stamp program if you qualify.

• Use the Women, Infant and Children (WIC) nutrition program, if you qualify.

• Contact a local "church pantry for assistance" if the family has immediate needs for food.

Food away from home

• Consider eligibility for school lunches that are free or offered at reduced prices.

• Cut down on meals away from home.

• Consider packing lunches for family members to take to work and school.

• Take advantage of coupons, discounts and "specials" when eating out.

For more ideas, contact the Expanded Food and Nutrition Education Program (EFNEP).

Source: Kathy Prochaska-Cue, Extension Family Economics and Management Specialist. (MB)

Helping kids avoid weight problems



You don't have to be a "food cop" to help your children avoid gaining too much weight. First, don't judge their weight by the bathroom scale only. Children grow at different rates and may have different body structures from their siblings and playmates.

Consult with your physician or nutrition counselor and check your children's weight according to standardized growth charts.

Growth charts plot height and weight of boys and girls at different ages. For example, your child might have a weight that is heavier than average; however, your child's height might also be taller than average. Taken together, these two measurements may show that your child's weight is "right" for him or her.

Prevention is the best strategy for avoiding weight problems. Ideally, parents should help their children learn to recognize their own feelings of hunger and choose appropriate, nutritious foods to satisfy that hunger.

This starts with learning to distinguish a baby's "I am hungry" cry from other cries. It means not forcing a toddler to eat one more bite. It means sometimes allowing second or third helpings on some meal items.

Here are seven specific actions for parents from Carol Hans and Diane Nelson, Iowa State University Cooperative

Extension.

1. *Be enthusiastic about eating a variety of foods.* Help children learn what foods are in the different food groups and why it's important to eat some of each group daily.

2. *Introduce new foods gradually.* Offer the child a small portion but do not force the child to eat it. Tasting will come more readily as the food becomes more familiar.

3. *Plan and provide regular meals and snacks for the family.* Parents set a good example by practicing healthy eating habits themselves. Studies of overweight children suggest that those children who eat regular meals control their weight more successfully.

4. *Serve realistic portions.* The appropriate serving size depends on the child's age and size. One possible guideline is to offer one tablespoon of meat, fruit, and vegetable per year of age up to age five. Physical activity and growth spurts also influence appetite. Plan meals to include some lower calorie food items that can be offered for second helpings.

5. *Buy fewer high-calorie, low-nutrient foods.* Encourage children to think of such foods as

occasional treats, not regular fare. Involve children in planning, shopping and label-reading.

6. *Avoid making nagging comments about a child's weight.* For example, when a child is upset by playmates' teasing, a parent who responds with, "when you get thinner, they won't tease you anymore," only reinforces the child's suspicion that there is something wrong with him or her. A more positive response might be to let the child express his or her feelings about the teasing and then ask "what do you think you can do about this situation?"

7. *Encourage family involvement in regular physical activity.* Set an example by walking or biking instead of driving, using stairs instead of the elevator, planning weekend hikes, or swimming outings, or simply walking around the block after dinner.

For further information on feeding preschoolers and older children, check your local library for a copy of: *How to Get Your Kid to Eat ... But Not Too Much*, Ellyn Satter. Bull Publishing Company, 1987. This book is a classic on feeding children and has been helpful to many a parent. (AH)

Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Extension office.

Addiction to work can kill



In today's society, almost any addiction is considered harmful.

From alcohol and drugs to exercise, addictions bring negative images to mind. A notable exception to this mindset is work.

Single-minded dedication to a job—even to the exclusion of almost everything else—has long been viewed as a mature, responsible and admirable trait.

But work addiction is not a laudable condition. It doesn't mean higher production or higher morale. Instead, it can lead to failed relationships, poor health and emotional and spiritual bankruptcy. Ironically, work addiction can even undermine the work itself. The addict's struggle for control, marked by a failure to delegate responsibility and give due credit to others, can weaken teamwork and cause resentment among co-workers.

In her book, *Working Ourselves to Death*, Management Consultant Diane Fassel identifies three stages of work addiction: early, middle and late.

In the early stage, the work addict is constantly busy, often

taking on more than reasonably can be expected. In this stage, the addict thinks about work all the time, is a compulsive list-maker, works overtime regularly and refuses to take days off.

As the addiction moves to the middle stage, other addictions also may increase. In addition, the addict begins to put aside personal relationships and subjugates his or her social life to work. In this stage, the work addict becomes increasingly worn out and may have difficulty sleeping. More serious signs of addiction

are blackouts and periods of lethargy. Attempts to change at this point usually fail.

In the late stage, the physical problems that began earlier become more serious. The work addict may develop chronic headaches, backaches, high

blood pressure, ulcers and depression. Serious medical problems such as stroke or heart attacks can occur, leading to hospitalization, which may scare the addict into making a life change.

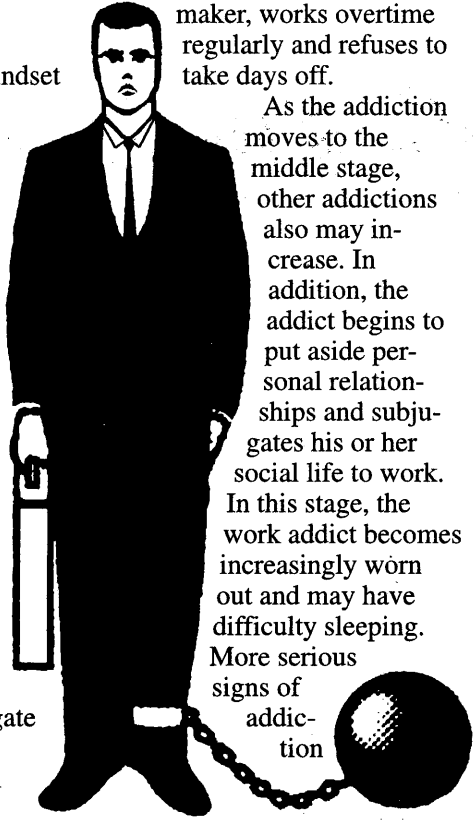
Unfortunately, like any addiction, work addiction is a difficult habit to kick. Work addicts who try to change often relapse and need encouragement and support to try again.

If approached correctly, work, for some people, goes beyond just a paycheck—it can be an avenue for psychological development and fulfillment. But to put work in the right perspective, it is necessary to establish a balance. To do this, priorities must be identified and pursued. This requires seeking and accepting support from family, friends and co-workers.

It also requires learning how to take care of oneself. Learning how to relax, exercise properly and take care of personal needs is a vital step in achieving a balance between work and everything else.

Establishing this balance may even enhance the work itself.

Source: Herbert Lingren, Ph.D., *Family Scientist*; "The Menninger Letter," Vol. 3, No. 5, May 1995. (LB)



March is national nutrition month

In the United States, nutritional data is gathered periodically from large food intake surveys. Information gathered in 1977-78 and again in 1989-90 has indicated Americans are making some progress toward meeting Dietary Guidelines recommendations.

For example, the food energy from carbohydrates is increasing toward recommended levels. On the fat front, however, Americans have reduced the percent of calories from fat from 40 percent in 1977-79 to 35 percent in the 1989-90 survey. Americans haven't, however, reached the recommended level of 30 percent or fewer calories from fat.

During the same time period,

the proportion of American men and women classified as overweight has increased. Nearly one in three American adults falls in the overweight category today, compared to one in four adults 20 years ago. In spite of the interest in nutrition and wellness, Americans aren't making much progress. A possible explanation is that many Americans lack dedication to proper physical activities and inconsistencies with dietary choices.

National Nutrition Month in March is a good time to renew resolutions to make healthy food choices at each meal and find

ways to engage in increased physical activity throughout each day. At each point in the day, decide for the healthier choice.

For example, if the option is to park at the front door or farther away, choose the farther position. If you can walk rather than ride in a car, choose the walk. If the options are french fries or a baked potato, eat the baked potato (watch, though, how much butter or sour cream is used).

The choice is yours. If we all take steps toward healthier choices, the next 20-year report will be in our favor! (AH)

Safe handling of fresh fruits and vegetables

Confused about how to wash fresh fruits and vegetables? The most important practice is to wash all fruits and vegetables in clean drinking water before eating—even if you don't eat the rind or skin according to the Produce Marketing Association.

Except for leafy greens, wash just before eating or cooking—not when storing. Leafy greens should be rinsed before refrigerating to maintain crispness.

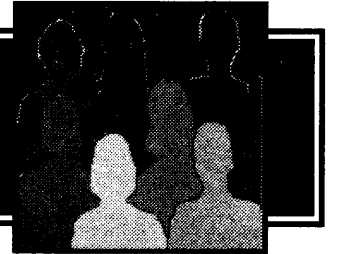
Don't use detergent when washing fruits and vegetables because some residue may remain or become absorbed because of produce's porosity. In addition, detergent isn't labeled by the Food and Drug Administration for this purpose.

In addition to washing, peel and discard outer leaves or rinds. Scrub vegetables if eating the fiber-rich skin.

Some other food safety tips for handling fresh fruits and vegetables include:

- At the store, buy only what you need. Some items—apples, potatoes and most citrus, for example—can be stored longer than others.
- Clean surfaces, utensils and hands after touching raw meat and poultry and before using them for fresh produce.
- Keep your refrigerator clean and cold. Cover and refrigerate produce that's been cut so it doesn't absorb odors and lose vitamins.
- Keep fruit salads and other cut produce in the refrigerator until just before serving. Discard cut produce items if they've been out of the refrigerator four hours or more. (AH)

Family Living



Bake and Take Days

Bake and Take Days, sponsored by the Nebraska Wheat Board, provides the perfect opportunity to take a freshly baked wheat food to your neighbor, a friend, a relative or someone you may want to cheer.

Stickers and pamphlets will be available at the Extension Office after March 1 for organizations and individuals to include with their baked product. Please stop by and pick up the amount you need.

In addition to your baked product, include a visit and a bit of laughter and you will have created a memorable moment for someone special. This is a great community service project for 4-H clubs, individuals, families and FCE clubs. (LB)

55 Alive—Mature Driver Course

If your driver's license expires in 1996 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Wednesday, April 17 and Thursday, April 18, 9 a.m. to 2 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

Healthy Eating



Each month for the next year, I'll be sharing a fruit or vegetable recipe from the 5-A-Day program.* LOOK AT THE END OF THE RECIPE FOR HOW TO OBTAIN 12 NEW RECIPES EACH MONTH.

Beef and Vegetable Stir-Fry

- 3/4 pound beef round steak, boneless (12 ounces)
- 1 teaspoon oil
- 1/2 cup sliced carrots
- 1/2 cup sliced onion
- 1 tablespoon soy sauce
- 1/8 teaspoon garlic powder
- dash pepper
- 2 cups zucchini squash, cut in thin strips
- 1 tablespoon cornstarch
- 1/4 cup water

Trim all fat from steak. Slice steak across the grain into thin strips about 1/8 inch wide and 3 inches long (partially frozen meat is easier to slice). Heat oil in fry pan. Add beef strips and stir-fry over high heat, turning pieces constantly, until beef is no longer red (about 3-5 minutes). Reduce heat. Add carrots, celery, onion and seasonings. Cover and cook until carrots are slightly tender (3-4 minutes). Add squash; cook until vegetables are tender-crisp (3-4 minutes). Mix cornstarch and water until smooth. Add slowly to beef mixture, stirring constantly. Cook until thickened and vegetables are coated with a thin glaze. Makes 4 servings. This is an official 5-A-Day recipe.

Nutritional Analysis Per Serving: Calories, 150; Cholesterol, 45 mg; Sodium, 315 mg; Fat, 5 g (30% of calories from fat).

Variation:

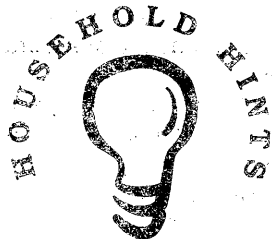
Chicken and Vegetable Stir-Fry

Use 3 chicken breast halves without bone or skin (about 12 ounces of raw chicken) in place of beef. Slice into thin strips. Chicken should be cooked until thoroughly done or no longer pink in color.

Nutritional Analysis Per Serving: Calories, 140; Cholesterol, 50 mg; Sodium, 335 mg; Fat, 2 g (13% of calories from fat).

For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #5; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

* Eating lots of fruits and vegetables as part of a lowfat, high-fiber diet may help reduce your risk of cancer. The goal of the National 5-A-Day program, a collaborative effort between the National Cancer Institute and the Produce for Better Health Foundation is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5 - 3.5 servings to 5 servings a day by the year 2000. (AH)



Hot candle wax can penetrate the finish of wood furniture; and the dyes and oils in the wax can stain the wood. Such stains may be impossible to remove.

Prevent wax stains by always placing a coaster or other protective surface under candles. Remove soft wax by wrapping an ice cube in plastic and holding the ice over the wax to harden it. Then, gently push it loose with a plastic card or non-stick spatula. Remove any waxy residue with furniture polish or mineral spirits.



4-H & Youth

4-H Bulletin Board

- Saturday, March 2, 12:30-5:00 p.m.—4-H Horse VIPS Education Committee presents a “hands-on” clinic and style show. No preregistration required. A swap shop will be available for the sale of anything “horsey related” (items must be clearly labeled and you must staff your own table). (CB)
- Leader Training is scheduled for Monday, March 11, 9:30 a.m. and 7:00 p.m. The evening session will not be televised on CableVision Channel 21. Make sure to attend! (AMM)
- 4-H Horse VIPS Committee meeting, Wednesday, March 13, 7:00 p.m. All 4-H horse project members, club leaders, parents and interested volunteers are invited to attend. (CB)
- ExpoVisions Leadership Team Applications are due by March 15 to the State 4-H Office. Applications are available at the Lancaster County Extension office. (AMM)
- Action Team Applications are due by April 1, call Ann Marie for more information. (AMM)
- Make sure to read the article about fair changes, it will help you plan your projects for the 1996 Lancaster County Fair. (AMM)
- Saturday, March 30, 10:00 a.m.-2:00 p.m.—4-H Horse Education Committee presents “Advancement Level Tests—Do You Know What to Study?” (CB)
- The performance swine weigh-in will be Saturday, April 20, 9:00-11:00 a.m. You should bring swine weighing approximately 35-45 pounds. Swine over 60 pounds may be disqualified at the discretion of the superintendent. (LB)
- Saturday, April 27 and Sunday, April 28—Shaggy Horse Show, State Fair Park, 4-H Youth Arena. Lunch available on grounds. Registration forms available at the Extension office. (CB)
- Saturday, May 4 and Sunday, May 5—Horsemanship Clinic with Kathy Anderson. Preregistration and payment required. A registration table will be set up at the March 2 clinic. Registration forms available at Extension office. (CB)



HORSE BITS

Safety precautions around your horse

So you have a new horse or you haven't worked with your horse too much over the past few months ... well, whatever the case, there are some safety precautions that should ALWAYS be followed while working around your horse:

- never approach a horse directly from the rear
- always speak to your horse before approaching or touching
- keep your head in the clear when bridling your horse
- walk beside your horse while leading it, not ahead or behind
- never wrap the lead strap, halter shank or reins around your hand, wrist or body
- adjust your saddle carefully and cinch tight enough so it will not turn when mounting; soon after starting the ride, dismount and again tighten the girth
- if your horse is frightened by an obstacle, dismount and lead it by the obstacle
- if your horse is frightened and attempts to run, turn it in a circle and tighten the circle until it stops
- if you are riding in a group, do not ride too close to the horse in front of you
- know your horse, its temperament and reactions
- control your own temper at all times, but let your horse know that you're its firm and kind master

The most important safety reminder is to have your parents and/or experienced adult around while you are reacquainting yourself with your horse. It is also likely that as long as you are quiet, patient and understanding with your horse, the more likely your horse is willing to accept any training procedures and aids. (CB)

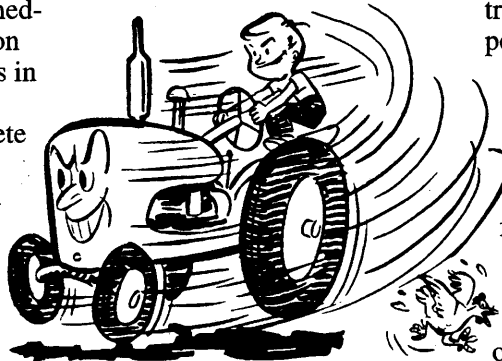
Youth tractor safety course

Tractor safety certification training will be held during the month of March in Lancaster, Butler and Seward counties. Each training session is scheduled at different locations on four consecutive Thursdays in March. All four sessions must be attended to complete the 10 hours of instruction required for certification in this tractor safety course. Dates and locations of the training include:

- March 7—David City, 6:30 to 9:00 p.m. at Seward Implement Company
- March 14—Martell, 6:30 to 9:00 p.m. at Sprague/Martell Community Center
- March 21—Milford, 6:30 to 9:00 p.m. at Southeast Community College
- March 28—Seward, 4:00 to 7:00 p.m. at Seward County

Fairgrounds

This is a tractor operator's safety course, not a course to learn how to drive a tractor. The



training is required for all youth, ages 14 and 15, who will be operating a tractor for anyone other than immediate family. It is also recommended for all youth operating tractors on the family farm. The 10-hour instructional course does provide hands-on use of me-

chanical controls, safe tractor operation, safety awareness and safety checking of selected farm implements. Youth will drive tractors and handle non-powered machinery at each session; but, they will not be trained to operate any powered equipment.

Successful completion of this training qualifies youth for a state tractor permit to operate tractors on the farm and is required for those wanting to obtain a permit to operate tractors on county roads. To make the training more valuable, it is important for each youth to have an adult in attendance at the meetings. Preregistration is necessary. For more information, contact the Extension office in Lancaster, Butler or Seward county. (WLS)

4-H Speech Contest

DATE: Sunday, March 24, 2:00 and 3:00 p.m.

WHERE: Nebraska State Capitol Building, Hearing Rooms on the first floor

MUST PREREGISTER BY MARCH 11

To preregister call the Extension office with the following information:

- Name, title of speech or PSA, preferred time—either 2:00 or 3:00 p.m., and your division (by age)
- Divisions for both speeches and PSA's
- Novice, 8 and 9 years old
- Junior, 10 and 11 years old
- Intermediate, 12 and 13 years old
- Senior, 14-19 years old

Information on the contest, hints for preparing speeches or PSA, copies of judging sheets, etc. are available in packet form at the Extension office. For more information about the contest, call LaDeane at 441-7180. (LJ)

4-H Camp scholarships

Lincoln Action Program (LAP) is offering free scholarships to area summer camps through its Summer Camp Scholarship Program. Each year LAP offers low-income children and youth, ages 6 through 16, a chance to go to local summer camp. Possible camp choices include: Wilderness Nature Camp, YMCA's Camp Kitaki, Homestead Girl Scout Day Camp, Bright Lights, 4-H Camp and special sport camp at the University of Nebraska-Lincoln.

To qualify, households must meet the following income guidelines:

Family size	Annual Income
1	\$9,711
2	\$13,039
3	\$16,367

Add \$3,328 for each additional member

To apply call Lincoln Action Program, Judy Adams, 471-4515 or write: Lincoln Action Program, 2202 South 11th Street, Lincoln, NE 68502. Application deadline is March 22, 1996. LAP can not guarantee that each child will be awarded a camp scholarship. The number of scholarships is dependent upon community donations. (LS)

Gilliam honored

Gene Gilliam, junior leader of the Eagle Eyes 4-H Club was recently honored by *Grit American Life and Traditions* magazine as a national recipient of the 1995 True Grit Award for Distinguished Volunteer Service in the Community.

Gene has provided community service to the zoo, the Children's Museum, Red Cross, nursing homes, the Lincoln Food Bank, the Peoples City Mission and children's homes. Much of his volunteer service has been done in conjunction with 4-H. Gene has provided real leadership and service to 4-H through his involvement at county and state fairs, as a 4-H Teen Council and Ambassador member, as a junior leader in his club and through work as a camp counselor. (LJ)

Large animal advisory committee gets going

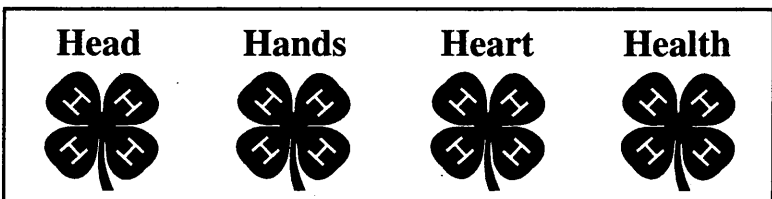
An advisory committee for large animals in Lancaster County is off and running! The committee is made up of those persons who raise and work with large animals and face the everyday challenge of being misunderstood and criticized by the general public. In Lancaster County, in our 4-H animal programs, we are very fortunate to have volunteers with many unique talents able to address issues and to provide lifelong learning experiences that will enhance our young people's ability to be responsible and ethical large animal owners.

Formation of the committee

The purpose of the committee is “to benefit 4-H members and other urban and rural youth.”

The structure of this advisory committee will be to discuss any and all issues affecting large animals—take the discussed information and possible solutions back to each VIPS committee. It was stressed, in a very positive manner, that this committee only advises and that all information taken back to each VIPS committee are only suggestions and can be altered to fit into each animal area. It is very important that communication lines be kept open between each VIPS and advisory committee.

Membership will include one youth and one adult representative from each of the 4-H large animal areas; goats, swine, dairy cattle, beef, sheep, horse, bucket calf and llama. Elected to oversee the committee were Gale May, chair, beef representative; Brenda Messick, vice chair, horse representative; Krystal McClure, secretary, llama representative. Other representatives include the fair board, 4-H Council, FFA, Extension Board and Extension staff. (CB)



Lancaster County Fair changes

Please note that these are the basic changes, there are more which you will need to review in the fair book.

- Dates:**
- Tuesday, July 30—Entry day from 4:00-8:00 p.m.
 - Wednesday, July 31—Judging day beginning at 8:00 a.m.
 - Thursday, August 1-Sunday, August 4—Lancaster County Fair

- Major Changes in Schedule:**
- Table Setting Contest—Thursday, August 1 at 1:30 p.m.
 - Public Style Revue—Friday, August 2 at 7:00 p.m.

4-H Chicken BBQ Contest: This is a new contest and an informational packet will be available from the Extension office.

Child Development: The information sheet (1/2 of an 8 1/2" x 11" page) which is required with all exhibits in this area, has new questions which are:

- (1) Where did I get the idea for this exhibit?
- (2) What decisions did I make to make sure this exhibit is safe for the child to use?
- (3) Tell two characteristics of a child of this age that help in understanding the appropriateness of this exhibit for the age of the child (see project manuals).
- (4) How does this exhibit attract a child's attention, what can the child learn from this exhibit or how does it promote growth and development?

Special questions for baby-sitting kits:

- (1) List two characteristics of a child of this age that indicate how the kit would be appropriate for them to use.
- (2) What will the child learn or what skills will they gain by using the kit?
- (3)

4-H meeting helpers

A club that plays together learns together

A major challenge for new clubs getting off the ground is to become a cohesive group where everyone feels important and goals are accomplished. The steps below might help you as you work with your 4-H club. Certainly, by following these steps, members and families can measure their goal achievement and the progress they have made and celebrate their accomplishments with pride.

In your 4-H club:

- Get together to know one another. Plan some type of group-building or trust-building activity for each meeting.
- Decide together what to learn, make or do. Have members, parents and volunteers set goals for things they would like to do and accomplish in 4-H.
- Work together to learn, make or do. 4-H youth development offers a wide variety of projects, meetings and events to help youth and adults accomplish the goals they set for themselves.
- Measure together what was learned, made or done. Talk about it, count it, photograph it. Evaluation is a positive element in 4-H youth development as long as youth realize it applies to the skills they are learning and not to their worth as people. If evaluation is done well, it can help young people see what they have accomplished. Evaluation can be done by the child, peers or by an objective evaluator. Young people must be able to measure the progress they have made.
- Celebrate together the experience, successes and feelings.

Celebrating completes the learning experience. It does not have to be dramatic or time consuming. It can be done five minutes before the end of the meeting, just to say in some way, "This is what we did today," or it can be a big party planned to culminate a long-term activity. No matter what form you use, celebrating says, "I feel good about what I have done. My friends are happy. What a great way to spend my time!"

Source: *The Nebraska 4-H Volunteer Newsletter, Summer 1995 Volume 15 (LJ)*

What is the purpose of each item in the kit? (4) What item(s) was/were made by the 4-H member? 4-H member should make some part of the exhibit, but purchased items are also allowed.

Clothing: Add the following to the end of information cards for garments constructed: (1) Fiber content of fabric by percentages and care required and (2) type of interfacings used and fiber content. Exhibits without this information will be lowered one ribbon placing.

Decorate Your Duds:
Embellished Garment—Any surface embellishment that is applied to a purchased or constructed garment such as ribbon, lace embroidery, applique, braid, buttons, fabric pieces. May use patterns or ideas from magazines. Commercial iron-on appliques or any prepackaged item where the materials are predetermined by the manufacturer will not be accepted.

Embellished Garment With Original Design—Patterns are not used. Designs are original ideas of the 4-H member and has not been produced before. Ideas from pictures as starting points for designs are acceptable when 4-H member modifies the design or combines ideas to make an original statement. Embellishments are applied to a purchased or constructed garment.

Garment Constructed From Original Designed Fabric—Fabric is first made; suggestions include color blocking fabric pieces together, weaving fabric strips, texturizing fabric pieces (pin tuck, gather, crinkle, crazy piecing, etc.), then joining them together to make fabric. Other embellishments may be added. Or, take fabric yardage and discharge color from fabric, paint the surface or tie dye fabric

or other types of fabric manipulation, then construct a garment. Broomstick garments do not qualify.

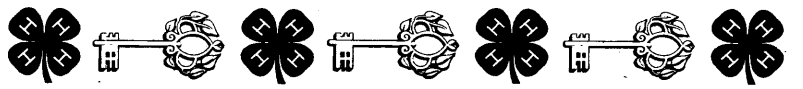
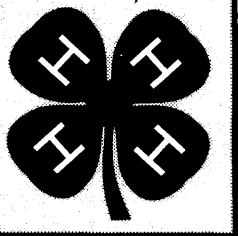
Teens Shopping Smart: Add *You Be The Teacher* exhibit which may be a poster (not to exceed 22" x 28"), a notebook or a small display of educational nature. Examples may include information on: wardrobe planning, clothing, advertising, marketing, clothing care, stain removal, etc.

Photography: Please review the entire section of information in the fair book. Many word changes, etc.
Nebraska Themes—"Hang In There" and "Hello Yellow"

Safety: Kits containing any of the following will be automatically disqualified:
(1) Prescription medications. (If the kits purpose is to provide medication for someone with special needs, explain in the written description and the inventory, but remove the medication.) (2) Dated material that has expired as of the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month.)

Please remember that these are only the BASIC changes, by reading your fair book completely, you will be able to identify other changes. (AMM)

4-H & Youth



Key Leader Corner

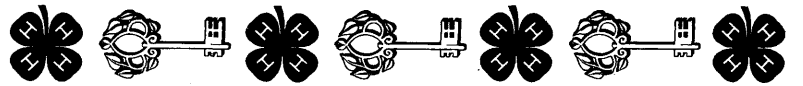
The Sky's the Limit!

by Key Leader Rosie VerMaas

After attending the 4-H State Leaders' Forum, the message was to be creative and use your imagination when choosing your 4-H projects. By doing so, you can achieve many different and interesting results by using a basic idea or pattern; therefore, saving money and making good use of recyclable items.

An example shown on how to make a simple basic vest into a unique wearable item was to add applique, embroidery, pattern blocking, smocking, decorative stitches, old buttons, jewelry, etc. The ideas are endless. Also, choosing different fabrics to contrast another fabric or design, and lining the vest with a colorful fabric rather than a solid fabric were just a few suggestions. Even old denim jeans can be made into a clever-looking vest idea. By using creative ideas, you can personalize your item and make it unique and very eye-appealing.

Good luck in choosing your 4-H projects ... and remember to be creative and surprise yourself—let the sky be the limit and you will be very proud of your hard work!



PAK 10 4-H Livestock Judging Clinic and Contest

March 16, 1996

Registration begins at 8:30 a.m.

Saunders County Fairgrounds—Wahoo, NE

For more information, contact Lark Bowmaster.

Invest in a Valuable Relationship
Give the gift of time ...



Growing Up Female

A retreat designed for 11-13 year old girls & female parent

April 20-21, 1996

Eastern Nebraska 4-H Center in Gretna

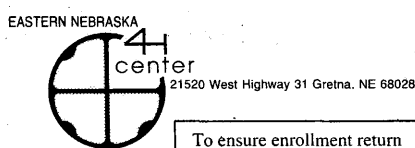
Saturday: Registration 8:30-9:00 a.m.

Sunday: Concludes 3:30 p.m.

Registration is limited. Send your application early.

Cost: \$65 per pair—includes meals, snacks and lodging. A few scholarships are available for limited resource participants.

Bring: Comfortable, casual clothes, tennis shoes (optional), bedding, towels and toiletries.



To ensure enrollment return registration form by April 8.

— \$65 per pair registration fee enclosed. (Make check payable to: University of Nebraska Cooperative Extension)

Return to:
University of Nebraska
Cooperative Extension in Sarpy County
1210 Golden Gate Drive
Papillion, NE 68046

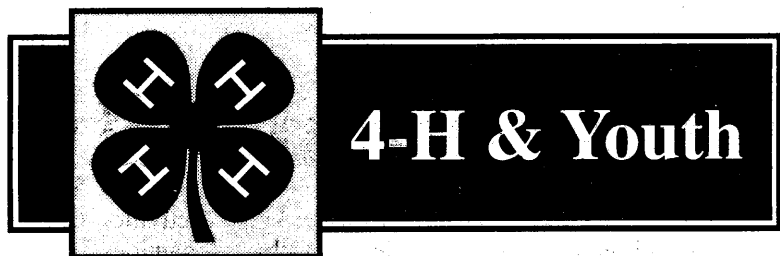
Youth's name (first and last) _____

Grade _____ County _____

Adult's name (first and last) _____

Adult's address _____

Phone _____



Fair registration dates and prefair activities

Monday, July 8

- Preregistration for all animals
- Preregistration for July 18 Demonstration Contest

Saturday, July 13

- 4-H Shooting Sports Air Rifle (BB/Pellet) Contest (Lancaster Building) 9:00 a.m.

Monday, July 15

- Registration deadline for all contests
- Horticulture Judging Contest 10:00 a.m.
- Weed and Tree ID Judging Contest 10:00 a.m.
- Lifetime Skills Judging Contest 1:00 p.m.
- No preregistration required for any of the July 15 contests.

Thursday, July 18

- Demonstration Contest tba (p.m.)

Saturday, July 20

- 4-H Shooting Sports Air Pistol Contest

Sunday, July 21

- 4-H Trail Horse Competitive Ride (Branched Oak) 10:00 a.m.

Tuesday, July 23

- 4-H Superintendents Pre-Fair Briefing 7:00 p.m.
- 4-H Horse Pre-Fair Briefing 7:00 p.m.

Wednesday, July 24

- 4-H Shooting Sports Archery Contest (Prairie Bowman Archery Club) 6:30 p.m. (LJ)

Introducing the new, fun and educational ...

1996 Lancaster County Fair Special County 4-H Exhibits:

All exhibits should be redesigned from original purpose or shape or style ... remade for a NEW use.

(1) **Storage Container**—example: taking an oatmeal container and making it into a "scrunchie" holder, using a old suitcase and making video tape storage.

(2) **Jewelry**—example: earrings made from bottle caps, old beads strung into earrings, necklaces, comic strip pins or hair bows.

(3) **Decorative items**—example: frames made out of puzzle pieces, candlesticks made from jello boxes with papier mache', fun furniture made with unused furniture and paint.

Food Exhibit:

Gifts from the Kitchen—a food package which you would give to someone as a gift. Example: painting strawberries on a clay pot and putting a jar of strawberry jelly, wrapped in red cellophane, inside.

Special Information:

- All exhibits will be entered Tuesday, July 30, 4:00-8:00 p.m. (along with other static exhibits).
- These special county 4-H exhibits will not be eligible for state fair competition.
- Premiums are yet to be determined.
- All exhibits open to any 4-H member in Lancaster County.
- 4-H members may look at examples at University of Nebraska Cooperative Extension in Lancaster County and a workshop will be held during Clover College.

We want these exhibits to be creative, educational, useful and FUN for all 4-H members!

County fair dates and schedule

Mark your calendars and start preparing your exhibits! The 1996 Lancaster County Fair will officially open at 11:00 a.m., Thursday, August 1 and end Sunday, August 4. These official dates, however, are not inclusive of all that happens at the fair. For example, 4-H horse shows will begin at 8:00 a.m., Wednesday, July 31 and

several events such as shooting sports contests, life skills, style revue and horticulture judging take place in the two weeks prior to the fair. Be sure to check the fair book for dates and places of these contests.

All 4-H static exhibits will be entered Tuesday, July 30 and will be judged Wednesday, July 31. Interview judging will take place

July 31. All sheep, swine, rabbits and poultry must be checked in Wednesday, July 31, 4:00-8:00 p.m., all other animals must be in place by 11:00 a.m., Thursday, August 1. Horses will check in from noon-8:00 p.m., Tuesday, July 30.

Some major events of each day include (does not include all events):

Thursday, August 1

- 4-H Horse Show—Dressage (Coliseum).....10:00 a.m.
- 4-H Household Pets Show (Demo Complex A & B).....11:00 a.m.
- 4-H Table Setting Contest (Ag Hall).....1:30 p.m.
- 4-H Sheep Show (North Arena).....3:00 p.m.
- 4-H Dog Show (except agility) (4-H Building Arena).....4:00 p.m.
- 4-H Poultry Show (Lancaster Building).....4:00 p.m.
- Watermelon Feed (Youth Complex).....5:00 p.m.
- 4-H Llama Show (East Arena).....6:00 p.m.
- Town Hall Meeting with Lancaster County State Senators (Demo Complex A & B).....7:00 p.m.
- 4-H Horse Show—Special Interest Activities (Coliseum).....7:00 p.m.

Friday, August 2

- 4-H Feeder Calves in Place.....7:00 a.m.
- 4-H Rabbit Show (Lancaster Building).....8:00 a.m.
- 4-H Goat Show (4-H Arena).....8:00 a.m.
- 4-H Horse Show—English Horse Classes (Coliseum).....8:00 a.m.
- 4-H Beef Show (west end of East Arena).....8:00 a.m.
- 4-H Dairy Cattle Show (east end of East Arena).....8:30 a.m.
- Fair Fun Day (Farmland Building East Side).....9:00 a.m.
- Health Awareness Day & EnviroFair (Ag Hall).....9:00 a.m.-4:30 p.m.
- 4-H Horse Show—English Horse Jumping Classes (Coliseum).....3:00 p.m.
- 4-H Bucket Calf Class Interviews (Livestock Office)
- 4-H Bucket Calf Show (4-H Arena).....7:00 p.m.
- 4-H Horse Show—Western Reining Class (Coliseum).....7:00 p.m.
- 4-H Style Revue (Bob Devaney).....7:00 p.m.
- Hay Hauling Contest (East Arena).....7:00 p.m.

Saturday, August 3

- 4-H Dog Agility Show (East Arena).....8:00 a.m.
- 4-H/FFA Swine Show (North Arena).....8:00 a.m.
- 4-H Demonstrations (Demo Complex C & D).....8:30 a.m.
- 4-H Cat Show (Demo Complex A & B).....9:00 a.m.
- Bicycle Safety Rodeo (Parking Lot).....9:00 a.m.
- 4-H Horse Show—Western Horse Classes (Coliseum).....9:00 a.m.
- Big Wheel Race (Ag Hall).....11:00 a.m.
- Pedal Tractor Pull (Parking Lot).....2:00 p.m.
- 4-H Livestock Judging Contest (North Arena).....2:00 p.m.
- 4-H Horse Show—Western Riding (Coliseum).....4:00 p.m.
- Mini Tractor Pull (Dempster Building).....4:00 p.m.
- 4-H Rabbit Specialty Classes (Lancaster Building).....5:00 p.m.
- Ice Cream Social (Youth Complex).....5:00-7:30 p.m.
- Family Barbecue (Youth Complex).....5:00-7:30 p.m.
- 4-H Horse Show—Horse Game Classes (Coliseum).....6:00 p.m.
- Farm Family Awards (East Arena).....6:30 p.m.
- Opry Show (East Arena).....7:00 p.m.
- Children's Petting Zoo.....All day

Sunday, August 4

- 4-H Horse Show—Trail Horse Class (Coliseum).....10:00 a.m.
- Interdenominational Church Service (Ag Hall).....11:00 a.m.
- 4-H Cloverbuds Family Fun Activity (Demo Complex A & B).....1:00 p.m.
- 4-H Cloverbuds Show & Tell (Demo Complex A & B).....1:00 p.m.
- Turkey BBQ, Beef Ambassador & Egg Prep Contests (Demo Complex C & D).....1:00 p.m.
- All 4-H Entries Released.....4:00-6:00 p.m.
- Herdsmanship Ends (all animals).....6:00 p.m.
- (Awards/Ribbons can be picked up at the Extension Office after Tuesday, August 6)
- Garden Tractor Pull (East Arena).....7:00 p.m.

The rodeo will be Friday, July 26 and Saturday, July 27 at the coliseum followed each night with a rodeo dance at the grandstand. A cattle team penning event is scheduled for Sunday, July 28.

At this time this schedule does not have final approval and does not list open class events, quiz bowls and judging contests. We will highlight these and other fair events in the NEBLINE as they are finalized and encourage you to read your fair book thoroughly when you receive them for complete scheduling information. If you have questions about the schedule, feel free to call LaDeane. (LJ)

"I Care About My _____"

A program for 4-H members, leaders and parents

The Large Animal Advisory Committee has voted unanimously to ask each large animal VIPS committee to consider adopting the "I Care About My _____" program for their individual species.

To learn more about this proposal, attend the next large animal VIPS committee meeting (check the NEBLINE calendar). The statement of principle, "I Care Pledge" and "I Care Agreement" were all distributed to your animal representatives and will be discussed and voted upon at those meetings.

The "I Care About My Horse" program has been in place for three years within the Lancaster County 4-H Horse Program. There are various ways each large animal species can incorporate this program. The most important point for success of this program is to first educate club leaders and other club volunteers through separate animal workshops and/or Extension sponsored trainings. (CB)

Crawford and Wittstruck recognized

Gwen Crawford of Roca, a 10-year 4-H member in Lancaster County has been awarded the J.L. Thurmond Superior Showman Award \$500 Scholarship. Gwen was given the award based on her ability to care for and present her livestock at the recent 4-H Livestock Exposition at Ak-Sar-Ben, plus her community and scholastic achievements. Since graduating from Norris High School in 1995, Gwen is attending UNL major-

ing in Agri-Business. Gwen has been very active showing cattle through 4-H and FFA. Congratulations Gwen!

Marc Wittstruck, a 4-H leader and parent from Martell, has been selected as one of the Outstanding Nebraska 4-H Alumni for 1995. As a 4-H member in Lancaster County, Marc gained the fullest from the 4-H program and is passing his knowledge on to his children and 4-H club. Marc and his wife

Holly, have four girls involved in the Lancaster County 4-H program and Marc is a Vocational Ag Teacher at Crete High School. He will be honored at the 1996 State 4-H Volunteer Forum Banquet on February 3.

The Lancaster County Extension staff wants to thank both Gwen and Marc for their dedication to the 4-H program and congratulate them on their efforts to "make the best better."



Community & Leadership Development

Money for women business owners

The National Association of Women Business Owners (NAWBO) in partnership with Wells Fargo Bank has established a \$1 billion loan fund for women business owners.

Applications are accepted over the phone: 800-359-3557 extension 123.

The loan program features unsecured lines of credit between \$5,000 and \$50,000. The lines of credit are revolving, with variable interest rates based on the prime rate and no fixed term.

The loan program is open to women business owners with two years experience or the equivalent, and a growing profitable business. You cannot have had a declared bankruptcy within the past 10 years, and must have a good personal and business credit record. Decisions will be rendered within 72 hours of the review of the application.

Steve Williams

steve@dedl.ded.state.ne.us

Nebraska Dept. of Economic Development

301 Centennial Mall South

Lincoln, NE 68509-4666

Phone: 800-426-6505/402-471-3782

Fax: 402-471-3778 (LJ)

What do you do when you are angry?

All of us get angry—at our children, spouse, relatives, friends and even those we don't know very well. How you handle yourself when you get angry can make a difference in that you can strengthen or damage a relationship depending upon your response. Here are some ideas about handling anger:

1. Take time out to cool down and defuse your anger.
 - Count to 10 or higher if necessary.
 - Breathe deeply five times.
 - Put some space between you and the situation.
2. Don't jump to conclusions. Make sure you get all the facts.
3. Ask yourself: Do I want to keep reacting the same way? What can I do to keep from overreacting?
4. Ask yourself: What can I do to make the situation less confrontational? Can I think this through to a solution?
5. Ask yourself: Will negotiation work? How?
6. Put your anger behind you. Try to be philosophical; tell yourself:
 - You win some, you lose some.
 - Things could be a lot worse.

We learn our anger response patterns early in life—most likely from one or both of our parents. Like any of our negative behaviors, they can be unlearned. The positive payoff may be high for you in the long-term.

Source: Herbert Lingren, Ph.D., Extension Family Life Scientist (LJ)

10 ways to achieve burnout

Would you like to have that once-in-a-lifetime experience of burning out? Many of us constantly act like we would. Here are some suggestions for you to achieve that goal:

1. **Work long hours** and work most nights and Saturdays. Try to work on Sundays and holidays as well.
2. **Always take on the most difficult tasks** at work, in the community and at home, preferably without asking others to help. Then think about them constantly, especially at meals and at 3 a.m.
3. **Take just one vacation a year, if you must.** Carry along journals or professional books to read. Or even better, carry along that unfinished report and other business to do. Check your phone and written messages daily.

4. **Whatever you read, read more of the same,** particularly in the area of professional books or journals. Stay loyal to your idols. Don't believe others have worthwhile ideas. Never read for fun and diversion. After all, it's a waste of time.

5. **Base your self-esteem exclusively on your work.** After all, your work pays you and says who you are. Don't take any time for a personal life. You are indispensable. Your work needs you and you need your work.

6. **Don't spend any money** on nice furnishings at home or in the office. Why would you want to be in a comfortable, attractive environment all day?

7. **Believe you can be a winner in every situation.** Always try to be involved in, and solve, other peoples' problems. Work to please them and if there

Youth and the community

What is it that communities do to help youth prosper? Some communities do a better job than others in helping youth succeed. Identifying those things that make a difference for youth in communities was the focus of a recent Search Institute study. Community factors that seem to impact at-risk behaviors among youth were identified and as a result of their findings several myths are discussed below.

Myth #1: "Youth are the problem"

Though they may not say so directly, many people place full responsibility for youth problems on teenagers themselves. Kids just need to take responsibility to say no and grow up. If they mess up their lives, it's their own fault.

However, there is a growing body of literature that argues communities, as a whole, have a significant impact on these realities. Too often we don't provide the kinds of community values, norms and opportunities that encourage young people to develop healthy habits and avoid dangerous choices.

Myth #2: "Families are to blame"

If youth themselves are not to blame for problems, it must be the family. Propagators of this myth note the breakdown of the traditional family and they blame parents for not doing their job. If mothers would stay home, if parents wouldn't divorce, if parents would retain their authority, the problems would be solved. Other institutions—government, schools, service organizations—should stay out of the way.

There is a grain of truth in this perspective. A strong, healthy family often insulates a young person from risky behaviors even in less healthy communities. Indeed, most researchers agree that supportive relationships in a family are the strongest protective factors for children and youth.

At the same time, strong individual families do not, of themselves, make strong commu-

nities. The research finds relatively small differences in families between the healthiest and least healthy communities. In the healthiest communities for example, 38 percent of youth experience caring and supportive families compared to 34 percent in the less healthy communities.

Similarly, only small differences exist between basic family demographics in the healthiest communities. They have only a slightly higher percentage of intact families than the least healthy communities (86 percent versus 81 percent). And the healthier communities don't appear to have higher standards of living.

Myth #3: "Youth activities are optional"

After school clubs, scout troops, youth groups, sports teams and involvement in music are often thought of as fringe benefits for youth. When time or money gets tight, they're often the first thing trimmed from the budget.

Given the potential power of these opportunities, such cutbacks are misguided. If anything, these activities need increased support and commitment from communities so that young people won't be idle in front of the television, hanging out on the street corner or in the shopping mall.

One of the characteristics of the healthiest communities is that young people have opportunities to be involved in constructive activities. In the study, 55 percent of 9th through 12 grade youth in the healthiest communities are involved in sports, clubs, music or other school and community

sponsored youth activities. In the least healthy communities, only 39 percent of youth are involved.

Though this study doesn't examine why this involvement is important, several factors may be at work.

Young people are doing something constructive.

Young people learn skills and values since many of these programs involve education, discipline and service.

These activities are voluntary, fun and challenging. They allow youth to set personal goals and standards rather than having these set for them.

Young people have opportunities to contribute to their community and world through these activities.

Myth #4: "There's nothing I can do"

This myth may be the most damaging of all. When people look at rising levels of problem behavior among youth, they feel overwhelmed. But this study has an important message: yes, the problems are great. And yes, it will take concerted efforts to overcome them.

But, there are things individuals and communities can do to help. There are healthy communities that do make a difference in young people's lives and many of the contributing factors are within a community's control—if a community unites its energy and commitment to make the world a better place for youth.

Adapted from an article by Kathleen Lodi, Extension Specialist, 4-H/Youth Development, University of Nebraska-Lincoln (LJ)

Big business cards

Never underestimate the power of a business card. It represents the individual and the business and delivers important first impressions. Here are some guidelines to keep in mind when creating a card.

1. Your business card must be good. This means good printing. Try to stay away from laser-printed business cards. They are the sign of an amateur. If you position yourself with quality, you will get quality in return.
2. Use only heavy, quality card stock. Try this test: place a business card across the rim of your favorite coffee mug. Gently lay quarters in the center of the card, one by one. If it breaks before you get four quarters on it, the card stock may be too light. Flimsy cards give a business a "lightweight" impression.
3. Avoid cuteness at all cost. Avoid an oversized card, or one with an odd or strange shape. Be careful with cute graphics, unless that's the intent. Resist the urge to use too many marbled textures, backgrounds, etc. Make sure the card represents you accurately—at least the way you want to be represented.
4. Design the card to communicate. Communicate the essential information clearly and quickly. Important type should be no smaller than 8-points in size; phone, fax and/or e-mail numbers should be no smaller than 9-point type. Remember, your name and your telephone/fax numbers are the most important things.
5. Never fill the card completely up. Always leave room for a note or two. If you have an overwhelming need to add lots of copy, then consider a folding card.
6. Be memorable. Think about being creative without violating the previous rules. Consider things that will make you look more professional and stand out in the crowd.

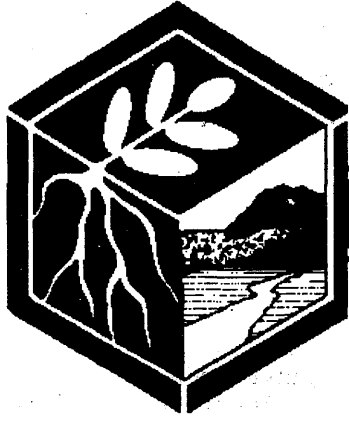
Source: Made in Missouri, Vol. 5, No. 2. (LJ)

FCE scholarships available

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarship may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.

A \$200 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or health occupation degree programs. This is available to full-time students beginning their sophomore, junior or senior year of college in the fall of 1996 OR who have completed two quarters of study in a vocational school. Call 441-7180 for an application. Applications are due April 1. (LB)

Source: Richard Benson, The Family Therapy Networker, September/October, 1992. Herbert Lingren, Ph.D., Extension Family Life Scientist. (LB)



Weed Awareness

Noxious Weed Control Authority News

Russell Shultz, Superintendent
Jennifer Lynne, Chief Inspector

441-7817

1995 Noxious Weed Control Report

Public Awareness

The most important part of the Noxious Weed Control Authority Program is public awareness. The cooperation of the landowners and support of the public are essential ingredients of a successful program. A strong effort was made to increase public awareness of the legal requirements of noxious weed control, increase voluntary compliance on private lands, and increase control efforts on public lands and railroads.

- The Cooperative Extension Service NEBLINE, Farm Service Agency newsletter and the three Lancaster newspapers were used to publish spring and fall general noxious weed notices and 10 news articles. 5 informational meetings were held, exhibits were displayed at 5 events, and 350 informational letters were sent.

- Assistance was given developing individual noxious weed control plans and 1,138 letters and cards were sent requesting landowners control noxious weeds. As a result of the general information efforts, direct contacts and mailings, *compliance increased by almost 5% from 86.3% to 91.2%.*

- Meetings, letters, phone calls and direct contact were made with 20 public land managers and representatives of the Union Pacific and Burlington Northern Railroads. As a result, they all prepared and carried out acceptable control plans without inspection and notification. *This eliminated the need to inspect 700 sites.*

- The two railroads contracted for control of their infestations. *Required forced control dropped from 12 to zero.*

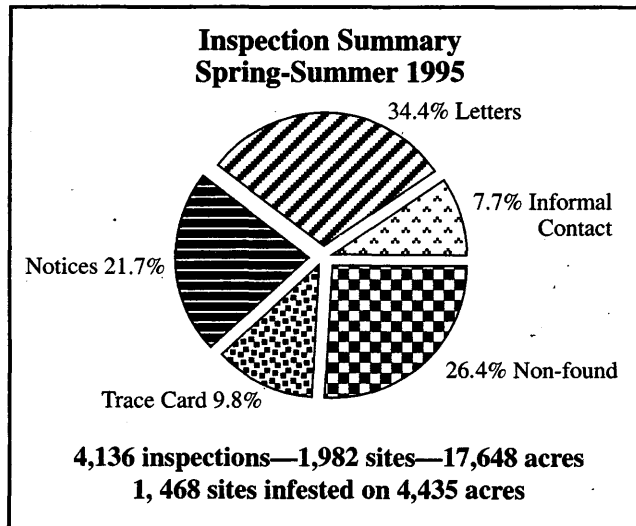
- The Authority provided noxious weed control of the 48th Street and Bluff Roads sanitary landfill sites in accordance with a newly completed agreement with the City of Lincoln's Public Works Department.

Inspection & Control

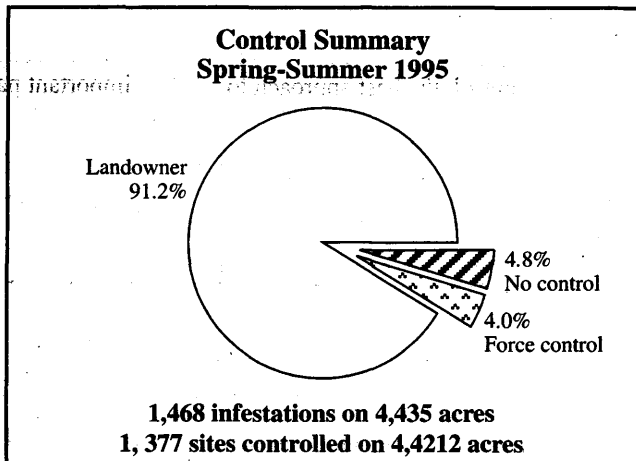
A total of 5,054 inspections were made of 2,582 sites on 24,184 acres during the year. 1,821 uncontrolled noxious weed infestations were found on 6,221 acres. In the spring-summer season 2,438 sites were inspected for

musk thistle and leafy spurge that were present the previous two years and 135 sites were inspected as a follow-up to complaints.

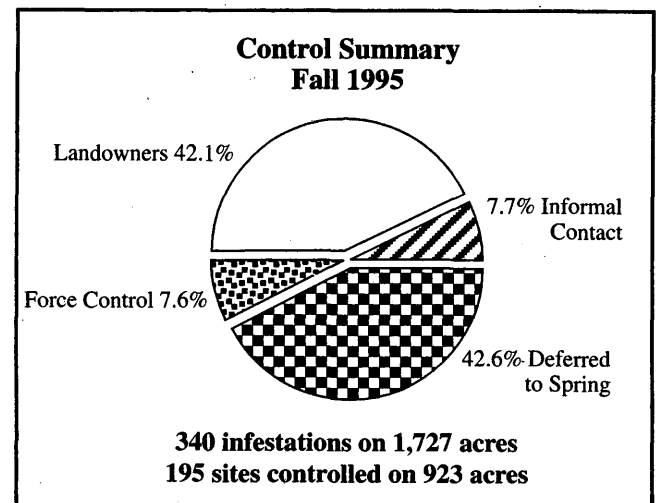
- Targeting inspections based on past history *reduced non-found infestations by 11%, from 998 to 514.*



- 95.2% of the 1468 infestations found were controlled.



Carried out inspections of 522 problem musk thistle and leafy spurge infestations in the fall. Also inspected all 78 Canada thistle infestations.



- 926 inspections made on 600 sites resulting in 195 sites on 923 acres being controlled.

Dissemination prevention activities included:

- Making 23 inspections of hay fields prior to harvest assuring that they were noxious weed-free.
- Issued 12 quarantines of alfalfa fields with blooming musk thistle requiring all thistle be removed before harvest.

Program Management

Changes in procedures and operations have been implemented to increase efficiency and performance of weed inspectors and overall program performance.

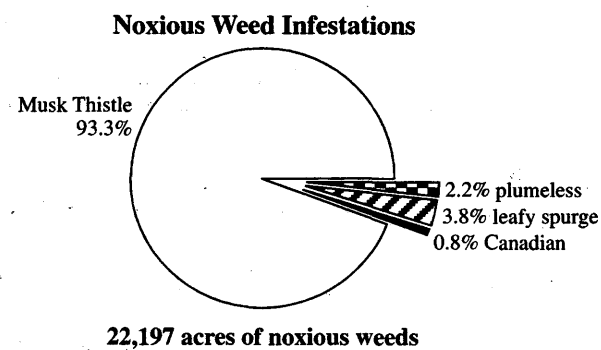
- Average per day inspections per inspector increased by 5%, from 9.6 to 10.4.
- Received 1000 points out of a possible 1000 points on the office evaluation by the State Department of Agriculture.

Extent of noxious weeds in the county

Over 6% of the land area is infested with noxious weeds. Most of this area is infested with Musk Thistle. Leafy Spurge does not cover a lot of acres, but it has been found on over 400 sites. Plumeless Thistle and Canada Thistle infest less than 1% of the area. Diffuse Knapweed has only been found on one site.

All land uses have significant infestations of noxious weeds. 16% of the pasture land is infested. Non-ag land which includes the City of Lincoln and rural lots is second in the amount of noxious weed infestations. Cropland infestations are found mostly in alfalfa fields and idle cropland. The most visible infestations are on roadsides. Railroads have the smallest acres and the largest percentage of infestations. Musk thistle has been found in almost all the sections of the county. Leafy Spurge has been found in 1 out of 7 sections.

Just a few years ago the acres of noxious weeds in the County was 4 to 5 times larger. It was only the persistent efforts of the Noxious Weed Control Authority and the cooperation of the landowners that there has been this reduction in acres. The size of the infestations found now are smaller and there are less of them found. This is not the time to relax. These aggressive non-native plants will expand rapidly unless they are kept in check.



ACRES INFESTED BY LAND USE Lancaster County

LAND USE	ACRES INFESTED	% OF LAND USE
Pasture	12,530	11.6
Non-Ag	6,900	6.2
Cropland	2,205	0.7
Roads	495	3.5
Railroads	279	20.0

InterLinc access

You can now access information on City of Lincoln departments and Lancaster County agencies on the World Wide Web at <http://interlinc.ci.lincoln.ne.us/> through the newly established InterLinc home page. You can find the Weed Control Authority page by going to the Lancaster County page from the InterLinc home page. *The following information is now available:*

- Authority Mission and Goals
- Frequently Asked Questions
- "How are we doing" Survey
- Contacting the Authority
- What are the Noxious Weeds?
- Noxious Weed complaints

Recommended noxious weed controls and other articles will be added. Let us know what article you would like us to add.

Be a weed warrior

A Weed Warrior:

- is aware of noxious weeds,
- makes others aware of noxious weeds,
- knows location of his or her noxious weeds,
- knows the acceptable control methods,
- has a control plan,
 - fall control,
 - spring control,
 - and follow-up,
- aids in control on other properties,
 - adjacent road right-of-ways,
 - joint control efforts,
- knows the individual landowners responsibility,
- and does not say "I am not going to control my noxious weeds, because someone else does not control theirs."



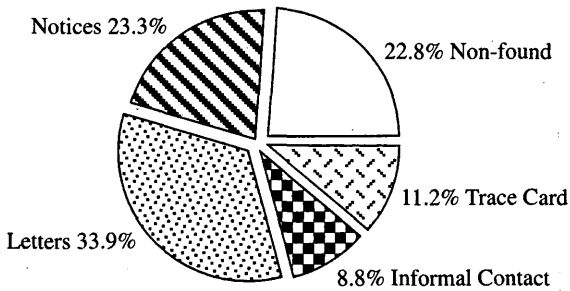
Weed Awareness

Noxious Weed Control Authority News

Landowner & tenant weed notifications

Almost all landowners and tenants control their noxious weeds either on their own or when they receive a friendly formal or informal reminder. The method of notification of landowners of uncontrolled noxious weed infestations is determined by the control history and the severity of the infestation. Landowners and tenants with a good control history are notified by an inspector contact, door hanger, or a reminder letter. If only a trace infestation is found, notification is by a post card. If the landowner does not have a control history or has a poor control history, they are sent a 10-day official notice. This notice requires the landowner to provide control within 10 days or be subject to having the control done by the Authority and being billed for the cost.

Musk Thistle Inspections Spring 1995



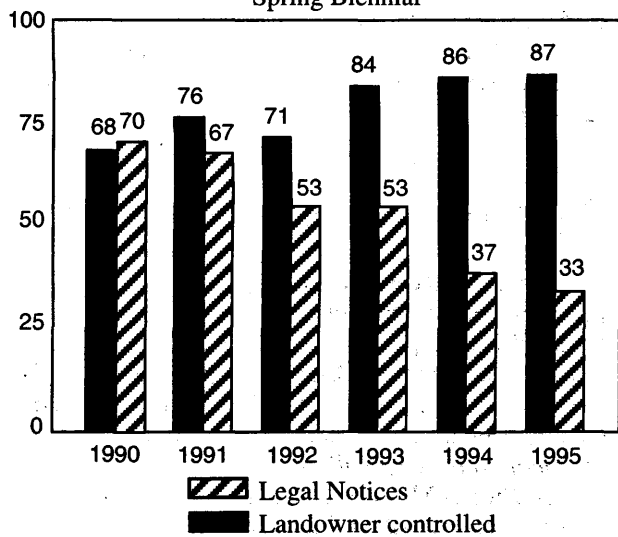
1,586 sites on 15,820 acres
1,196 infestations on 4,436 acres

In this spring-summer season, there was musk thistle found on 1,196 sites. 149 were notified by informal contacts, direct contact or a door hanger.

576 were notified by a reminder letter, 190 with trace infestations were notified by post cards, and 278 were notified with a 10-day notice. 117 that first received another notification were sent a 10-day notice after not controlling their infestations in a timely manner

As the result of the excellent cooperation of landowners, the number of notifications by legal notices were reduced from 70% in 1990 to 33% in 1995 without adversely affecting landowner compliance. Landowner compliance increased from 68% to 87% during this period.

Percent Notified by Legal Notices vs Percent Landowner Compliance Spring Biennial



Prevent noxious weeds

You can do things to prevent the establishment and spread of many noxious weeds and reduce the cost of the required control efforts. Two ways to prevent the establishment of noxious weeds is to create an environment that prevents many of the germinating seedlings or existing perennial plants from producing seed and carrying out actions to prevent the spread of seeds and/or viable plant parts to infest new locations. Following are some options to make a site resistant to noxious weed infestations and options to prevent transporting noxious weed seeds to a new site.

Competition

Nature abhors a vacuum. Vegetation of some type will tend to fill in bare areas or areas that are sparsely vegetated. It is important to have desirable vegetation with good vigor to provide competition from the invasion of undesirable vegetation such as noxious weeds. Noxious weeds that are not controlled produce large quantities of seed. These seeds will remain viable for many years until the conditions are right for germination. The sites in the county with the most persistent noxious weed problems have a poor stand of grass or grass stands that lack vigor and do not compete well with invading weeds, especially the non-native aggressive noxious weeds.

Most of these sites will require grass seeding to provide the competition needed to keep most of the noxious weeds under control. The best approach to getting a good grass stand is to prepare a good seedbed, seed with a drill and then provide weed control. Once the grass is established the population of noxious weeds will decrease reducing the

effort needed to control the surviving noxious weeds.

Alfalfa is not a good competitor of musk thistle. Musk thistle should be under control before a field is planted to alfalfa. Alfalfa fields have enough open areas that musk thistle thrives. The first cutting of alfalfa may result in some of the musk thistle flowers being cut off. This does not prevent seed production since the plant will produce new flowers and go to seed. After the grass and other desirable vegetation is established only limited control should be required if the vegetation is managed well.

Over-grazing of pastures reduces the vigor and competitiveness of grass grazing management that includes rest periods for regrowth and replenishment of root reserves in the fall maintains vigorous growing vegetation that will compete well with noxious weeds. It will not eliminate the noxious weeds but will reduce the number that will have to be controlled. Cool season grass, such as smooth brome grass, needs to be fertilized in order to maintain its productivity and vigor. You may contact the Cooperative Extension office or the Resource Conservation Service for assistance in planting of grass and other vegetation and the management of pastures.

Dissemination Control

Preventing existing noxious weed infested sites from germinating new plants and producing more seed is recognized as a very important part of noxious weed control. Many people do not realize that preventing the dissemination of seeds and viable plant parts to non-infested sites is also a critical part of an effective noxious weed control program.

Musk and plumeless thistle and the knapweeds are spread only by seeds. Canada thistle and leafy spurge can also be spread to new sites by segments of their roots. Many of man's activities can spread the seed or viable plant parts to a new site.

Any machinery, equipment, trucks, fencing material that have been used in a noxious weed infested area should be thoroughly cleaned before it is moved to a new site. Grain and seed suspected to contain noxious weeds should be treated by using a seed cleaner. Screenings left after the treatment should be destroyed. There are no known acceptable methods to treat soil, sod, nursery stock, hay, straw, manure and other similar material. Such articles should not be moved from the location at which they initially became infested, but may be utilized at that location for commonly recognized purposes.

Farmers who sell hay, straw, sod, grain or seed should take the actions needed to prevent the dissemination of noxious weeds to the buyers. The noxious weeds could be controlled prior to the harvest of the crop. Grain and seed could be cleaned prior to its sale. The Authority will inspect fields, upon request, prior to harvest and certify them noxious weed free if no noxious weeds are found or if the necessary treatment is completed.

Buyers and users of these articles should insist that they are noxious weed free. Mulching of newly seed areas may start new noxious weed infestations. Individuals and governmental bodies should use noxious weed free mulch to prevent infesting new areas. The state roads department has initiated a policy of using noxious weed free mulch on state road seedings.

NOXIOUS WEEDS MUST BE CONTROLLED

You are required to control noxious weeds on your property.

The noxious weeds are: Musk Thistle, Plumeless Thistle, Canada Thistle, Leafy Spurge, Diffuse Knapweed and Spotted Knapweed. Notice is hereby given this first-day of March, 1996, pursuant to the Noxious Weed Control Act, section 2-955, subsection 1(a), to every person who owns or controls land in Lancaster County, Nebraska, that noxious weeds being or growing on such land shall be controlled at such frequency as to prevent establishment, provide eradication, or reduce further propagation or dissemination of such weeds.

Upon failure to observe this notice, the county weed superintendent is required to:

1. Proceed pursuant to the law and issue legal notice to the landowner of property infested with noxious weeds giving such landowner 15 days to control the noxious weed infestation. Conviction for noncompliance may result in a \$100 per day fine to the landowner with a maximum fine of \$1,500, or
2. Should more immediate control be required, proceed pursuant to the law and have the weeds controlled by such method as he/she finds necessary, the expense of which shall constitute a lien and be entered as a tax against the land, and be collected as other real estate taxes are collected, or by other means as provided by law.

The public is also hereby notified that noxious weed seed and propagative parts may be disseminated through the movement of machinery and equipment, trucks, grain and seed, hay, straw, nursery stock, fencing materials, sod, manure and soil as well as articles of similar nature. Methods of treatment have been prescribed by the Director of Agriculture and may be obtained from the county weed control authority.

By Order of the Lancaster County Weed Control Authority.

Musk thistle control on Conservation Reserve Program acres

Musk thistle continues to be a problem weed on Conservation Reserve Program (CRP) acres. It will usually be found in areas where the grass is not well established. But it can also be found in good stands of grass. If your contract is ending and you are going to use the area for pasture, you may find an increase in the population of musk thistle caused by the disturbance of the soil surface and opening up areas to light by the grazing. Remember it is a violation of your contract if musk thistle is not controlled. Since musk thistle reproduces solely from seed, the key for successful management is to prevent seed production. Early spring is a good time to scout and apply herbicides on the CRP acres when the rosettes are green and

before the grass starts to grow.

Herbicides

Several herbicides are registered for use on CRP acres seeded to grass.

2,4-D Low Vol Ester is an economical choice to control musk thistle. This growth regulator will kill the rosettes that are actively growing in March, April, October and November when the air temperatures are above 50° F. It can be used in combination with Tordon 22K, Banvel, or Vanquish to provide residual control of later germinating seedlings. Use a rate of 2 quarts per acre if used alone and 1 quart per acre if used with another herbicide. Rates are based on 4 lb/gal active ingredient.

Tordon 22K is a restricted use pesticide that provides residual

control of later germinating seedlings. It can be applied when air temperatures are above freezing and the ground is not frozen in the spring or fall. It may be used in May as the shoots begin to elongate (bolt). Use rates of 8 oz. per acre in the rosette stage and up to 16 oz. in the bolting stage.

Banvel, also provides residual control of later germinating seedlings. It is not to be used when the air temperature exceeds 85° F because of its volatility. Use a rate of 1/2 pint per acre.

Vanquish, a recently introduced herbicide, is similar to Banvel but is not as volatile. Use a rate of 1/2 pint per acre during the rosette stage and up to 2 pints in the bolting stage.

Escort and Ally have the

same formulation. Escort has an industrial label and Ally has a crop label. They are both labeled for use to control broadleaf weeds in grass. They are an excellent choice to use in combination with 2,4-D in the bolting to early flowering stages of musk thistle, usually in May and June. They prevent further viable seed formation when applied in spring, up to early flower growth stages. They also provide good fall control of rosettes. Apply Ally-Escort at 0.3 ounce active ingredient per acre along with a surfactant.

All of these herbicides may be applied by airplane or ground application. It may be difficult to get the herbicide to the weeds because of heavy grass growth. An excellent time to see and treat

musk thistle would be immediately after a prescribed burn.

Follow-up

Even with proper timing, all can be lost if there is not follow-up throughout noxious weed's growth period. Invariably there are escapes from the first and even later control efforts. Musk thistle is a prolific seeder and just a few plants can seed a large area. Many times the follow-up only requires spot spraying or severing the roots below the soil surface. A few musk thistle allowed to bloom contributes to infestations in the future. Follow-up scouting should be done after each control effort and especially June 1 and after to immediately take care of any flowering musk thistle before it goes to seed.

Musk thistle control time

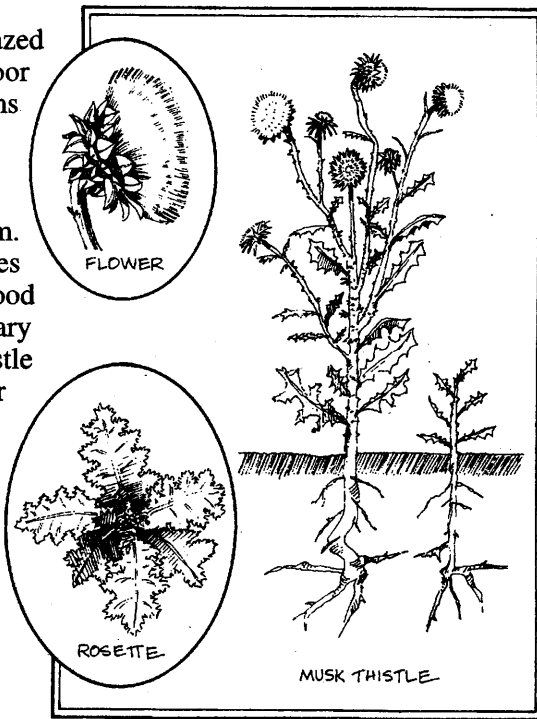
Musk thistle is easiest to control when it is in the seedling and rosette stages and is actively growing. This occurs in March and April. During this period you will find rosettes that have over-wintered and new seedlings emerging. The plant is much more difficult to control after it starts to bolt in May.

All areas where musk thistle has been growing the past few years should be scouted since it drops most of its seed at these sites and the seeds can remain viable for 8 to 10 years. All lands are subject to infestations, including farms, city and rural subdivisions. All of us need to check our own property and control infestations now to prevent seed production.

Pastures

Thistle like overgrazed areas, areas with poor grass cover, on dams and watering areas. Combine control methods into a management system. Maintaining pastures and rangeland in good condition is a primary factor for musk thistle management. Favor pasture and rangeland grass growth by not over-grazing and fertilizing as needed.

Weed and Feed
An excellent management tool is applying herbicide



Frequently asked questions of the Noxious Weed Control

1. What is a noxious weed?

Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation. The Director of the Department of Agriculture establishes which plants are noxious and the control measures to be used in preventing their spread. These non-native plants compete aggressively with desirable plants and affect man, livestock and wildlife. This not only directly affects landowners, but erodes the tax base for all residents. The business of noxious weed control is everyone's concern and noxious weed control is to everyone's benefit. Effective control must include controlling the existing infestations and preventing new infestations.

2. Are there noxious weeds in Nebraska?

Yes. The following weeds have been officially designated as noxious in Nebraska: Canada thistle (*Cirsium arvense*(L.) Scop.), leafy spurge (*Euphorbia esula* L.), musk thistle (*Carduus nutans* L.), plumeless thistle (*Carduus acanthoides* L.), spotted and diffuse knapweeds (*Centaurea maculosa* Lam. and *Diffusa* Lam.).

3. Who is responsible for controlling noxious weeds?

The Nebraska Noxious Weed Control Act states that it is the duty of each person who owns or controls land to effectively control noxious weeds on such land.

4. Are there noxious weeds in Lancaster County?

Yes, musk thistle, Canada thistle, plumeless thistle and leafy spurge are found in the county.

5. Are noxious weeds found in the City of Lincoln?

Yes, musk thistle, Canada thistle, and leafy spurge are found in the city.

6. May employees of the Noxious Weed Control Authority enter upon private land without first getting permission from the landowner?

Yes, Section 2-961 of the

Nebraska Noxious Weed Control Act authorizes entry onto private land for the purpose of inspecting or performing their duty, if reasonable care is exercised. The Authority realizes the success of the noxious weed control is dependent upon the participation of all landowners, and therefore desires to assist and work with landowners in carrying out individual noxious weed control plans. Inspectors will contact landowners when feasible, or attempt to do so when requested.

7. How does the Authority determine which properties they are going to inspect?

Inspections are made of all properties with infestations found in the past, except those with no infestations found for 2 seasons. In addition, all complaint sites and newly observed infestations are inspected. Over 3,000 sites are inspected each year. Less than 200 are as result of a complaint or newly observed infestation.

8. Why do we have or need a noxious weed law?

By declaring a weed noxious, various regulatory procedures may be implemented to control the weed and also prevent its spread. This is done when it is determined that a particular weed so seriously threatens the welfare of the residents of the state that a concentrated and sustained effort is needed to prevent serious economic loss.

9. Who pays for noxious weed control?

The persons owning or controlling the land are responsible for funding weed control work on such land.

10. Can someone be forced to control noxious weeds?

Failure to comply with written notice given by the control authority is subject to a fine of up to \$1,500, or being billed for control work done.

11. How can I tell if I have noxious weeds on my property and what can I do about it?

Contact your county weed control authority. Your county weed superintendent can identify

each noxious weed and will assist you in any needed control measures that may be required. The county Extension also has a variety of publications identifying the six noxious weeds to assist you.

12. What should I do if I see noxious weeds growing in an area?

Report the infestation to the county weed control authority, giving a detailed description of the location.

13. I have introduced a biological control measure to control my musk thistle infestation. Can the county still require additional control measures?

Yes. Biological control measures must have county authority approval and must provide effective control.

14. Why isn't hemlock on the noxious weed list?

Hemlock is a poisonous plant but it is not palatable to livestock and is not considered a serious threat to the agricultural well-being of the State. The Nebraska Department of Agriculture will consider plants for the noxious weed list if it receives suggestions with reasons why the plant should be added to the list.

15. Why isn't marijuana on the noxious weed list?

While the growing and use of marijuana is not legal, it is not very competitive with agricultural crops. The illegal growing or use of marijuana should be reported to the state patrol.

16. What exactly does the Lancaster County Noxious Weed Control Authority Office do?

The County Commissioners serve as the noxious weed control authority. Duties of the Authority include:

- Employ a qualified person as its weed control superintendent.
- Administer the Nebraska Noxious Weed Control Act at the county level.
- Establish a coordinated program for control of noxious weeds within the county.
- Have the superintendent

with nitrogen to cool season pastures. 8 ounces of Tordon 22K with the appropriate amount of liquid nitrogen works well in cool weather. These applications could begin March 1 if the ground is not frozen.

Herbicide Controls

Tordon 22K at the rate of 6 to 8 ounces per acre can be applied as soon as the ground thaws as long as the temperature is above freezing. A good spray combination after the air temperature reaches 50 degrees is 1 quart of 4 pound 2,4-D LV ester and 0.5 pint of Banvel per acre. The ester formulation is effective in killing the rosettes and any seedlings. Banvel will

provide control of later emerging seedlings. If a residual herbicide such as Banvel or Tordon 22K is not used, more follow-up control will be required. Read and follow label directions. Plants can also be controlled by severing roots 2 inches below the surface or spot spraying with Roundup for small infestations or in alfalfa.

Spot Treatment

Spot treatment usually requires season long follow-up control because of the escapes from earlier treatments. To minimize the follow-up required you should spray the entire infested area instead of just the individual plants that you see.

examine all land in the county for the purpose of determining whether the Noxious Weed Control Act and rules have been complied with.

• Causing proper control methods to be used on noxious-weed-infested land when the landowner fails to control such noxious weeds.

17. Who do I call about non-noxious, overgrown weeds within the City of Lincoln?

Calls about non-noxious, overgrown weeds within the City of Lincoln should be made to the Public Works & Utilities Maintenance Division at 441-7701. They administer the city weed abatement ordinance.

18. Who do I call for non-noxious, overgrown weeds outside the City of Lincoln? (in county road ditches, on railroad crossings, etc.)?

There is no county-wide ordinance that requires that non-noxious, overgrown weeds be controlled. You should call the whomever owns or controls the land. You can call the county engineer at 441-7797 if the overgrowth is on county road-sides.

19. Who turned me in?

Most of the 2,000 to 3,000 sites inspected each year are a result of follow-up inspections of known sites or new sites observed by the inspectors. Less than 100 sites a year are inspected as a result of a complaint. Many of the complaints are anonymous. If asked, we will indicate whether the inspection was the result of a complaint but we do not give out the name of the complainant.

20. How do I get a weed assessment lien removed?

If you have a special assessment for noxious weed control, you will have pay the full amount of the assessment plus interest to the county treasurer in order to have the lien removed.

21. How do I pay my noxious weed bill?

If you have received and invoice for noxious weed control from the Noxious Weed Control

Authority you must pay the invoice within two months of the date that the control was performed or it will become a special assessment against the property. The payment is to be made to Lancaster Noxious Weed Control Authority, 444 Cherrycreek Road, Lincoln, NE 68528.

22. What are the control recommendations for the different noxious weeds and areas?

There are many acceptable control recommendations for the noxious weeds based upon where the weeds are growing and stage of growth of the weeds. You may obtain recommendations for your particular situation by contacting the Noxious Weed Control Authority office or the Cooperative Extension office.

23. Why is Tordon 22K a restricted use pesticide?

Tordon 22K is a restricted use pesticide because of its long residual action. It is not highly toxic.

24. Are there acceptable biological controls for the noxious weeds?

There are no known biological controls for noxious weeds that will provide complete control. But they can be used as a part of a long range noxious weed control program.

25. Why aren't railroads, county roads and government properties given more attention by the Noxious Weed Control Authority?

The Noxious Weed Control Authority is addressing noxious weed control on public lands as well as private lands. We are working with the 20 different land managers of public property and railroads in Lancaster County. They all now have acceptable long range noxious weed control plans. The implementation of these plans are monitored very closely. If acceptable control is not being obtained, whatever action needed is taken to get acceptable control.

Weed Awareness

Noxious Weed Control Authority News



Environmental News *continued*

Who to call for pesticide-related info

University of Nebraska Cooperative Extension receives many questions from people looking for information on a variety of pesticide-related topics.

Sometimes these questions may relate to issues in which we are not directly involved or which other agencies may

actually have jurisdiction or be better able to address. Understandably, getting transferred from one agency to another can be frustrating and time consuming. To assist you in finding the right people to answer your particular questions, the Nebraska Department of Agricul-

ture has prepared an outline of several agencies that may be helpful to people interested in pesticides and their use. Although this list is far from all inclusive, we hope it will be of some help in getting answers to your questions. (DJ)

Agency	Information available
Nebraska Department of Agriculture Bureau of Plant Industry-Pesticide Section 301 Centennial Mall South P. O. Box 94756 Lincoln, Nebraska 68509-4756 Phone: (402) 471-2394	<ul style="list-style-type: none"> • Pesticide regulations • Applicator certification • Endangered species/pesticides • Groundwater and pesticides • Worker Protection Standards
Nebraska Department of Environmental Quality 1220 N Street, Suite 400 P. O. Box 98922 Lincoln, Nebraska 68509-8922 Phone: (402) 471-2186	<ul style="list-style-type: none"> • Chemigation requirements • Agricultural chemical containment • Hazardous waste management • Wellhead protection program • Special protection areas • Pesticides and water quality
University of Nebraska-Lincoln Water Center/Environmental Programs 101 Natural Resources Hall Lincoln, Nebraska 68583-0844 Phone: (402) 472-1632	<ul style="list-style-type: none"> • Pesticide applicator training
Nebraska Department of Health 301 Centennial Mall South P. O. Box 95007 Lincoln, Nebraska 68509-5007 Phone: (402) 471-2133	<ul style="list-style-type: none"> • Pesticides and drinking water • State toxicologist
Nebraska Department of Aeronautics P. O. Box 82088 Lincoln, Nebraska 68501-2088 Phone: (402) 471-2371	<ul style="list-style-type: none"> • Aeronautics regulations relating to aerial applicators
Natural Resources Districts (Consult your local NRD)	<ul style="list-style-type: none"> • Chemigation requirements • Groundwater management areas • Special protection areas • Local groundwater management • Protection efforts
U.S. Environmental Protection Agency 100 Centennial Mall North, Room 289 Federal Building Lincoln, Nebraska 68508 Phone: (402) 437-5080 or U.S. Environmental Protection Agency Water and Pesticides Division 726 Minnesota Avenue Kansas city, Kansas 66101 Phone: (913) 551-7030	Federal regulations governing the use/sale, distribution and disposal of pesticides and associated information.

Unusual animal kingdom

- The Australian rat kangaroo uses its tail for hopping about and carrying grass for its nest. When the mother goes out, her babies do too, hanging on with all their might.
- The spider monkey can jump 30 feet in one leap or drop 20 feet straight down. It has no thumbs, but the sensitive tip of its long tail grasps anything it touches, as if it were another hand.
- You can see the inside of a water flea's body because its shell is transparent. With a magnifying glass, you can watch it digest its meal. Its multipurpose antennae are branched and used for both swimming and catching food.
- Crabs' eyes extend on long stalks, acting like periscopes, allowing the animal to have a good look around before it comes out of its burrow.
- The armadillo eats insects, larvae, worms and millipedes that it catches with its sticky tongue. Its mouth contains hundreds of simple molars without roots or enamel.
- The frilled lizard of Australia has a wonderful collar of skin which flares out like an umbrella when he is attacked. It is as much at home in the trees as on the ground. Often it runs on two legs, its body high up, in order to get a better view.
- The desert minnow can withstand temperatures up to 100 degrees Fahrenheit. Strangely enough, it can also withstand very low temperatures. (MJM)

Pesticide myths and facts revealed

Myth 1: Cancer rates are soaring.
Fact: Cancer tends to be a disease of older people. Because people are living longer, it may seem that cancer rates have increased. However, the age-adjusted death rate for all cancers combined (excluding lung cancer from smoking) has remained steady or decreased since 1950.

Myth 2: Human exposure to carcinogens and other toxins is primarily due to synthetic chemicals—such as pesticides.
Fact: In reality, most of us are much more likely to encounter carcinogens—other than synthetic pesticides—in our environment. Our consumption of "natural" pesticides—toxins produced by plants to defend themselves against pests—is

10,000 times that of synthetic pesticides.

Myth 3: Synthetic pesticides are less likely to cause cancer than "natural" ones.
Fact: There is no difference between the carcinogenicity of synthetic versus "natural" pesticides. Half of all chemicals (natural or synthetic) have been shown to cause cancer in animals.

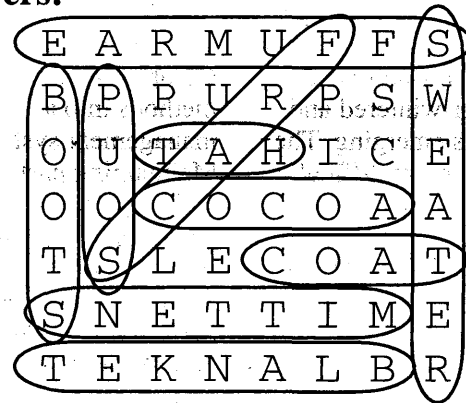
Myth 4: Natural pesticides are less hazardous than synthetic pesticides.
Fact: Some natural chemicals are extremely poisonous. For example, *botulin* is the toxin produced by a bacteria that causes botulism, an acute food poisoning. Nicotine sulfate—a natural insecticide found in tobacco—is an extremely toxic nerve poison. Humans have

many natural defenses that buffer us against normal exposures to toxins whether natural or synthetic.

Summary: Many chemicals, cleaners and other products that we routinely use in and around the home are highly toxic. In fact, fingernail polish remover (acetone)—a very common product found in many homes—is a very powerful solvent and more toxic than most pesticides. It is one of the most common substances associated with accidental poisonings reported by the Poison Control Center.

Sources: Dr. Bruce Ames, University of California in Berkeley; Larry Schulze, UNL Pesticide Education Extension Specialist; Jess Benson, Poison Control Center, Omaha. (BPO)

Answers:



Riddle: PUPSICLE

Home water-saving tips

As water shortages become more severe across the country, we may be required to re-evaluate the amount of water we use daily in our homes. Americans use an average of 458 billion gallons of water annually. Considering that more than 60% of this water is for home use, opportunities abound for making dramatic impacts on community water supplies.

In an individual home, 75% of the water used is in the bathroom—45% for toilet flushing and 30% for bathing. The remaining 25% is used in the kitchen—20% for dishes/laundry and 5% for drinking/cooking. The average family uses from 255,000 to 365,000 gallons of water a year. It is estimated that up to 50% of this water could be saved by implementing simple water-saving methods.

The easiest way to begin a home conservation program is to repair any leaks. Even a slow leak wastes from 15 to 20 gallons of water every day. Conservation can be implemented throughout the house; the following are a few ideas:

In the kitchen and laundry:

- Install aerators on all faucets.
- Keep a water bottle in the refrigerator to avoid running the tap water until it gets cold.
- Rinse vegetables before and after peeling instead of running water while peeling.
- Operate the dishwasher only when full. Use the rinse/hold cycle while waiting to accumulate a full load.
- Use a short dishwashing cycle if dishes are only lightly soiled.
- Wash full loads of laundry or adjust the water level to match the load size.

In the bathroom:

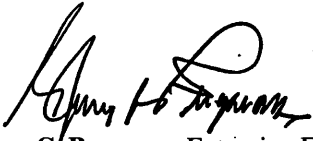
- Run the hot water first until it gets hot, then add cold water to adjust shower or bath temperatures.
- Block the drain before turning water on to fill the tub for a bath.
- Limit showers to a maximum of 5 minutes.
- Fill bathtubs only 1/4 full.
- Install low-flow showerheads.
- Turn off water while brushing teeth or shaving.
- Use the colder water to brush your teeth while waiting for water to heat up to wash your face.
- Use a plastic jug filled with marbles or stones to displace water in the toilet tank.
- Use the toilet only for flushing body wastes—do not use it to flush cigarette butts or tissues.

Source: Environmental Update, The Soap and Detergent Association. (LB)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

THE NEBLINE is produced and edited by Jeff Gaskins, publication & resource assistant. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Jeff Gaskins, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE

All programs and events listed in this newsletter will be held at the Lancaster Extension 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 1**
4-H Ambassador Application Due
Chemigation Training—Dodge County Extension Office, Fremont.....9:00 a.m.
Chemigation Training—Saline County Extension Office, Wilber.....1:00 p.m.
- March 2**
4-H Horse VIPs "Hands-On" Clinic and Style Show.....12:30-5:00 p.m.
- March 3**
Rompin' Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park.....2:00-4:00 p.m.
- March 4 & 5**
Beginners Beekeeping Workshop.....6:30-9:30 p.m.
- March 5**
4-H Council Meeting.....7:00 p.m.
- March 6**
Chemigation Training—4-H Building, York.....1:00 p.m.
- March 7**
Tractor Safety Certification Training—Seward Implement Company, David City.....6:30-9:00 p.m.
- March 10**
4-H Teen Council Meeting.....3:00-5:00 p.m.
Rompin' Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park.....2:00-4:00 p.m.
- March 11**
4-H Speech Contest Sign-Up Deadline
Extension Board Meeting.....7:00 p.m.
4-H New Leader Orientation-Part II.....9:30 a.m. or 7:00 p.m.
Lancaster County 4-H Shooting Sports Club Meeting.....7:00 p.m.
- March 13**
4-H Horse VIPs Meeting.....7:00 p.m.
- March 14**
Tractor Safety Certification Training—Sprague/Martell Community Center, Martell.....6:30-9:00 p.m.
- March 14-17**
Kansas City Youth Conference
- March 15**
ExpoVisions Leadership Team Application Due
4-H Camp Staff In Training Applications Due
- March 16**
Beginners Beekeeping "Hands-On" Lab Session—ARDC, Ithaca.....9:00 a.m.-4:00 p.m.
PAK 10 Livestock Judging Contest—Saunders County Fairgrounds, Wahoo.....8:30 a.m.
- March 17**
Rompin' Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park.....2:00-4:00 p.m.
- March 19**
Star City Rabbit Raisers 4-H Club Meeting.....7:00 p.m.
- March 21**
Fair Board Meeting.....7:30 p.m.
4-H Sheep VIPs Meeting.....7:00 p.m.
4-H Rabbit VIPs Meeting.....7:00 p.m.
Tractor Safety Certification Training—Southeast Community College, Milford.....6:30-9:00 p.m.
- March 22**
earth wellness festival—Southeast Community College, Lincoln
Entrepreneurial Opportunities in Agriculture Conference—ARDC Research & Extension Bldg, Ithaca.....8:00 a.m.
- March 22-23**
Bake & Take Days
- March 23**
Bluebird Workshop—Gere Branch Library, 2400 S 56th Street, Lincoln.....1:30 p.m.
Acreage/Small Farm Workshop—ARDC Research and Extension Building, Ithaca.....9:00 a.m.
- March 24**
Lancaster County 4-H Speech Contest—State Capitol Building, Lincoln.....2:00 p.m.
Rompin' Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park.....2:00-4:00 p.m.
- March 24-30**
National 4-H Conference—Washington, D.C.
- March 25**
FCE Council Meeting.....1:00 p.m.
FCE Cultural Art Entries Due
- March 26**
Backyards for Wildlife and Family Enjoyment, FCE Leader Training.....1:00 or 7:00 p.m.
- March 28**
Tractor Safety Certification Training—Seward County Fairgrounds, Seward.....4:00-7:00 p.m.
- March 30**
Bluebirds Across Nebraska (BAN) Second Annual Conference—Eugene T. Mahoney State Park.....8:00 a.m.
4-H Turkey Project Entries Due
4-H Horse VIPs "Advancement Level Testing" Clinic.....10:00 a.m.-2:00 p.m.
- March 31**
Rompin' Rovers 4-H Club Dog Training—4-H Building Arena, State Fair Park.....2:00-4:00 p.m.
- April 1**
FCE Scholarship Applications Due
4-H Market Beef ID's for State Fair and Ak-Sar-Ben Due
4-H Action Team Applications Due
- April 2**
4-H Council Meeting.....7:00 p.m.

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