

Landscaping to Improve Lives

Extension Assistant Trenton Erickson has been busy landscaping, but this landscape has a greater purpose. This is the second year that University of Nebraska Extension in Douglas/Sarpy Counties will use landscapes to prevent exposure to lead contaminated soil. Lead affects children by causing damage to the brain and nervous system, slows growth and causes behavior problems. Erickson works with the Douglas County Health Department to find yards with lead contaminated soil, landscape is then used to put a barrier between the children and the contaminated soil.

Last fall Erickson landscaped the yard of Sudanese immigrants, who had never heard of landscaping. Mulch and turf were used to minimize the exposure to the lead contaminated soil. As the project was being completed, the family's children were already breaking in the yard with a game of soccer.

Erickson's other project was a property with two newly built houses. The new construction left no groundcover for the lead-contaminated soil. For this landscaping project, Erickson used turf, trees, perennials beds, mulch and a retaining wall.

When each project is close to completion, Erickson invites the public to the site to participate in a hands-on learning experience. The public can ask questions, help landscape and take home information for their own landscaping projects. Demonstration landscapes help University of Nebraska Extension in Douglas/Sarpy Counties to educate a large number of people about a pertinent issue in Omaha. Erickson will continue with the demonstration landscapes in 2005 and expand his projects to include smaller weekly landscape demonstrations.



A Sudanese family gets direction from Erickson as they landscape their front yard.

How to Reach **Douglas and Sarpy Extension**

Phone Numbers: 444-7804
Fax: 444-6430
Office Hours: Central: 8 a.m. to 4:30 p.m.
South: 8 a.m. to 4:45 p.m., closed noon to 1 p.m.

Website: <http://douglas-sarpy.unl.edu>

University of Nebraska Cooperative Extension in Douglas and Sarpy Counties helps people put knowledge to work with practical, research-based information and programs in food safety, nutrition, horticulture, environmental quality, 4-H and youth character building.

Douglas/Sarpy County Extension
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Kitchen Short Cuts

It's 5 PM, and your family wants to know what's for dinner. Secretly, so do you! The first thing that comes to mind is preparing something quick—and healthy. Oh yeah—your family needs to like it also. Ghandi hasn't had to try and please so many individuals. How about you? No matter what you decide to prepare, there are short cuts that can be utilized to make your job a little easier. Give yourself a break, and try some of these suggestions.

Garlic

To peel garlic quickly: place your knife flat on the garlic clove and whack it with the palm of your hand. The covering will burst open and the clove can be easily removed. You can purchase a garlic peeler—it is a cylindrical piece of rubber that you place the garlic into, and then roll it on the counter with the palm of your hand. The peel will stick to the inside of the peeler, and the garlic will fall out the end. If you don't have a garlic peeler, you can do the same thing with a rubber jar opener.

To mince garlic without having it stick to your knife, add a few drops of water to the garlic, and then chop. The garlic sticks to the cutting board and not your knife.

Lemons

To get the most juice: microwave on high for 10 seconds, or roll them on the counter with the palm of your hand. This will help free the juice. When you juice the lemon, cut it in half, and squeeze it with the top facing the ceiling. This will keep the seeds from falling into whatever you are preparing.

If you have too many lemons and don't want them to go bad, slice them into quarters and freeze in an airtight bag or container. You can take out a little or a lot of lemon, depending upon your needs. A frozen lemon wedge is also wonderful in a cold glass of tea while you are making dinner!

Broth and Gravy

To remove the fat from a broth before making gravy, take an ice cube and swirl it around. The ice cube will attract the fat from the broth, then discard the cube before it starts to melt. Freeze extra broth in ice cube trays, and then transfer it to an airtight container. Take out a cube at a time to use when making stir fry instead of using oil. The broth can also be used to make inexpensive flavored rice, instead of using water or a pre-packaged mix.

Mincing Herbs

A kitchen shears works wonders when mincing a small amount of herbs. If you have a large amount of herbs to chop, or have woody herbs, like rosemary, use a clean coffee grinder. They quickly and uniformly chop fresh herbs. Many grinders are inexpensive, so keep two on hand, so your morning cup of coffee isn't rosemary flavored.

Miscellaneous

To peel fresh ginger quickly, without wasting most of it with a potato peeler, scrape with the back of a spoon. This will remove the peel and leave most of the ginger behind. Use the edge of the spoon to get to the crevices.

To keep your plastic storage containers from becoming discolored from tomato products, spray with a non-stick cooking spray first, then place your food items inside.

Before starting a recipe, assemble all of your ingredients. This is also called mise en place. It will give you a chance to read the recipe over completely, and save yourself the time of starting to prepare something, and discovering that you are missing an ingredient or two.

When you try a new recipe for the first time, follow it to the letter. This will give you an idea of how it is supposed to taste. You can make any changes in the recipe the second time around, and you will know if it turned out or not!

Soy Food Class

April is National Soyfoods Month. To mark this occasion, the Nebraska Soybean Board in cooperation with the University of Nebraska Cooperative Extension, is hosting a soyfood cooking class titled "Soyfoods You Too Can Do".

The class will be held at the Douglas County Extension office located at 8015 W Center Road in Omaha. The two-hour session will be held at 10 am and will feature cooking demonstrations and taste sampling of locally available soy products that you too can make. The Soybean Board is offering these sessions at no cost to the public for consumers who are interested in incorporating soy into their diets in a quick and easy manner.

Soyfoods are a source of high-quality protein and the FDA has stated that consuming just 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. In addition, studies at institutions like the Mayo Clinic, Harvard, Duke and other universities have revealed evidence that the consumption of soy protein provides health benefits that may help prevent or treat certain chronic diseases.

So if you are one of the many Nebraskans that want to learn how to quickly and easily add soyfoods to your diet, please come and participate. All sessions require registration in advance. To register or inquire about the soyfood sessions please call 444-7804.



4-Hers participated in the 2nd annual Gretna Business Fair by greeting people and hosting a bake sale.

Family Community Education

Spring Party

April 23 at the Central Extension

Office



Rudy Novacek

Rudy Novacek passed away on February 10, 2005. Rudy was an important part of the University of Nebraska Extension in Douglas/Sarpy Counties. During his time with extension, Rudy volunteered his time and many talents.

Rudy was a member of the extension board, serving as the treasurer. He was also a Douglas County Fair Superintendant as well as a rose judge. In 2004 Rudy was one of the founding members, and treasurer of the Friends of Extension and 4-H in Douglas/Sarpy Counties Foundation.

Rudy will be missed by University of Nebraska Extension staff, fellow volunteers and youth.

Memories of Rudy

By John Blugas

One leading quality of Rudy Novacek was his influence on young people and the University of Nebraska Extension Office in Douglas/Sarpy Counties. I would like to share some experiences of our family, especially our daughter Marcy, who is now 22 years of age. Our family has had the privilege of knowing Rudy and Kay all of Marcy's life. When we visited their home, Marcy became fascinated with all the plants and flowers in their well manicured gardens. One spring day when Marcy was about five, Rudy (called "Mr. Rudy" by Marcy) gave Marcy a packet of seeds and some tomato plants and told her to go home and plant them which she immediately did. This task launched Marcy's horticulture career.

Quickly becoming an avid gardener, Marcy was, however; faced with a dilemma, though she loved gardening she lived in the inner city where home lots were small and area for gardening at a premium. On the advice of Mr. Rudy, Marcy turned to container gardening so she could enjoy raising a variety of horticulture, in an extremely limited space. Under Mr. Rudy's guidance, Marcy's container gardens became the talk of the neighborhood.

Rudy and Kay's long association with Extension soon rubbed off on Marcy. "I can do/ grow that" was Marcy's comment when visiting the various exhibits at the Douglas County Fair. "Then go do it!" became Mr. Rudy response. And that is what she did earning over 100 ribbons for her horticultural and 4-H accomplishments over the years. Under Mr. Rudy's tutorship, Marcy formed a 4-H group comprised of young people who resided in Omaha's inner city. This group for years met to create items for the fair and to compete for ribbons.

Though Rudy led a busy life, he always made time for young people. If he saw a group of young people sitting aside, he would go over and ask if they would mind if an "Old Man" could sit down and join them. After cracking a joke, Rudy immediately became part of the group. Seeking advice on topics, young people would ask Rudy for his thoughts. Rudy's response would be "what are your thoughts?" facing the young people to come up with their own ideas. One final quality with Rudy was his continual comment to young people "Be all that you can be" Rudy truly exemplified this quality and we all miss him.

Everything Herbs!

Amaze your friends and family with your ability to cook with herbs that you grew in your own backyard. Learn these useful and unique skills all in one night by attending a class at the Douglas/Sarpy Extension Central Office; 8015 W. Center Rd. Open to ages 15 and up, previous gardening and cooking experience is not needed in order to attend. The class will be on April 19 from 10 a.m. to noon with a cost of \$15 per person, with a \$5 discount for "AgeWell" Members and participants 55 and older. Call 444-7804 for a registration form, pre-registration due by April 15 to reserve your spot for this class.

During this class, Extension Assistant Kathleen Cue will be teaching how to grow herbs. Kathleen will also offer suggestions as to which herbs grow best in our region of the country. Extension Educator Cindy Brisson will then teach how to use these home grown herbs in cooking.



National Egg Salad Week

Make your meals "egg-citing" with these variations of egg salad. Egg salad can be layered on slices of bread, decorated with softened cream cheese "frosting" and edible flowers. This looks elegant and professional, but couldn't be easier. Speaking of easy, deviled eggs are always a huge hit at any party, so you'll want to include a batch or two. Consider offering a delicious new version using pickled ginger and wasabi paste. (Wasabi is a Japanese version of horseradish). For a hot dish, bake mini-asparagus quiches in a muffin pan. A water cracker placed at the bottom of each cup forms the crust for a filling that can be assembled in no time. Fifteen minutes in the oven, and they're ready to serve.

When you're planning your menu, value is obviously important. Eggs are a terrific value in so many ways. You probably know that eggs deliver high-quality protein at a very affordable price, but they may also play a role in promoting vision and preventing some common causes of blindness. Choline has been found to be necessary for normal development of brain tissue in the developing fetus.

Celebrate National Egg Salad Week. The week following Easter is dedicated to the many delicious ways to serve hard-cooked eggs.

For egg recipes or nutritional information on eggs, please contact mtorell2@unl.edu or call the University of Nebraska Extension Office in Douglas/Sarpy Counties at 444-7804.

How Fast Do Trees Grow?

A question that is frequently asked by persons purchasing a tree is “how fast will it grow?” This is a difficult question to answer because the growth rate of any plant depends on site conditions and maintenance. In most cases, the growth rate given for a particular plant is based on optimal conditions. Quite frequently, however, our landscapes are less than optimal.

A tree evaluation plot in place at the Morton Arboretum near Chicago, Illinois may provide some reliable information. The test plot has soil that is often too wet in the spring and very dry in the summer. Once established, supplemental water and fertilizers were not provided. Trees are also competing with a stand of grass for water and nutrients. Trees were 10 feet tall (approximately 1 1/2 inches caliper) at establishment. Trees were ranked by their actual growth rate in the first 10 years after planting.

Trees rated as fast growing were at least 25 feet tall after 10 years. These included the American Elm (*Ulmus americana*), Silver Maple (*Acer saccharinum*), and the Sycamore (*Platanus occidentalis*). Moderately fast growing trees measured 18 to 25 feet tall. These included Green Ash (*Fraxinus pennsylvanica*), Kentucky Coffeetree (*Gymnocladus dioica*), Thornless Honeylocust (*Gleditsia triacanthos* var. *inermis*), Linden (*Tilia platyphyllos*, *T. cordata*, *T. xeuclora* ‘Redmond’, and *T. tomentosa*), English Oak (*Quercus robur*), Pin Oak (*Quercus palustris*), Sawtooth Oak (*Quercus acutissima*), Shingle Oak (*Quercus imbricaria*), Red Maple (*Acer rubrum*), Sugar Maple (*Acer saccharum*), and Tuliptree (*Liriodendron tulipifera*). Slower growing trees were less than 18 feet tall after 10 years. These included European Ash (*Fraxinus excelsior*), Ohio Buckeye (*Aesculus glabra*), Ginkgo (*Ginkgo biloba*), Common Hackberry (*Celtis occidentalis*), European Hornbeam (*Carpinus betulus*), Ironwood (*Ostrya virginiana*), Norway Maple (*Acer platanoides*), Sweetgum (*Liquidambar styraciflua*), and Yellowwood (*Cladrastis kentukea*).

While the trees growing in this study are only a part of one study, the results can be applied to many of our landscape situations. Many homeowners want a fast growing tree in the landscape. However, we may pay a price for fast growth. Fast growing trees often have the problem of being weak wooded and break apart quite easily in ice and other types of storms. Thus, a fast growing tree near a home often becomes a hazard.

Planting Potatoes in the Home Garden

One of the most popular vegetables in the home garden is the “Irish” potato. A native of South America, the potato didn’t become an important food crop until it was introduced to Ireland in the sixteenth century.

Potatoes prefer loose, fertile, slightly acid soils. Since potatoes are susceptible to several serious diseases, buy certified disease-free potatoes from a reliable garden center or nursery. Home-grown potatoes saved from the previous year’s crop may carry undetectable diseases. Potatoes purchased at supermarkets may have been treated to prevent sprouting. Best results (excellent quality and high yields) are obtained with certified seed potatoes.

Large potatoes should be cut into sections or pieces, each containing 1 or 2 “eyes” or buds. Small potatoes may be planted whole. Seed piece decay may be a problem in cool, wet soils. This problem may be prevented by treating the cut seed pieces with a fungicide or by storing them at a temperature of 60 to 70°F and 85% relative humidity for several days. These storage conditions allow the cut surfaces of the seed pieces to heal or callus over before they are planted.

Potatoes should be planted as soon as the ground can be worked in the spring. This is usually late March or early April. Set seed pieces, cut side down, and small whole potatoes about 1 foot apart in a furrow 4 inches deep. Rows should be spaced 2 or 3 feet apart.

Suggested potato varieties for Nebraska include:

Norland is an early maturing red variety that produces oblong, smooth potatoes with shallow eyes. They are excellent boiled or mashed, but are only fair when baked.

Irish Cobbler is an early maturing white variety. Potatoes (tubers) are round to blocky with deep eyes. Possesses excellent table quality. It is very susceptible to scab.

Superior is a mid-season white variety with round to oblong tubers and medium deep eyes. The potatoes are very good baked, boiled, or mashed. It is resistant to scab.

Yukon Gold is a mid-season yellow-fleshed variety. They are excellent baked, boiled, or mashed. The potatoes also store well.

Red Pontiac is a late maturing red variety. Potatoes are oblong with deep eyes. It produces high yields with many large tubers. Table quality is only fair, however storage quality is very good.

Kennebec is a late maturing white variety with block-shaped tubers and shallow eyes. Cooking quality is excellent.

Russet Norkotah is a late season russet variety that produces blocky, oblong potatoes. It is an excellent baking potato.



Irene Ecklund and Scott Robertson are among the Master Gardeners who have been taking part in educational sessions to help Master Gardeners better address the public’s questions.

Easter Lilies

Each holiday tends to have a plant or group of plants associated with it. Poinsettias for Christmas, roses for Valentine's Day, peonies for Memorial Day, mums for Halloween, and Easter lilies for Easter. This year, Easter is at the end of March.

Keep Easter lilies healthy by paying attention to a few simple guidelines. First, Easter lilies almost always are sold with a decorative foil or plastic wrapping around the pot. Take a steak knife (or if you happen to know Crocodile Dundee, you could use his knife) and make small slits in the wrapping. This will allow water to drain out of the pot and away from the roots. If you forget to do this, water will collect in the bottom of the wrapping and cause the roots to rot from a lack of oxygen.

Display Easter lilies in moderate light. Place them near a sunny window, but not in direct sun. As with most other indoor plants, keep them away from drafts from the heat register and outside doors. Set them on a pebble tray to keep the air around them humid. This will help to prevent the leaves from browning and drying out.

Finally, remove the yellow anthers in the center of the flower. These structures are the male part of the flower. If they are allowed to remain on the plant, the pollen will gradually drop off of them, which causes the white flowers to appear dirty. Some of the pollen will fall on the female part of the plant (the stigma) which will start the pollination/fertilization process. This process is not necessary and takes energy away from the the plant, which is another good reason to remove the anthers.



Spring Lawn Care—Don't Be in a Hurry

With the onset of warm weather in early March, many homeowners were tempted to fertilize and seed lawns. Fortunately, cold weather returned and lawn care practices were put on hold. March is much too early to either fertilize or control weeds in the lawn.

Fertilizing lawns in late winter is normally not beneficial to the turfgrass plants. Early fertilization can encourage lush growth during periods when cold temperature stress can still occur. Generally, fertilizers are best applied after April 15. Select fertilizers that contain slow release nitrogen sources. These will be listed on the fertilizer bag as sulfur-coated urea, methylene urea, IBDU, triazone, or as a natural organic fertilizer. Do not apply more than one pound of actual nitrogen per 1,000 square feet. For example, five pounds of a 20-5-10 fertilizer are needed to apply one pound of actual nitrogen.

When fertilizing, be sure to remove any fertilizer that was applied to sidewalks or driveways. Fertilizers will run off smooth surfaces very rapidly, while minimal runoff will occur on turfgrass areas. This is an important lawn maintenance practice that can help protect our water resources.

Seeding a new lawn in the spring is possible if done properly. First, the site needs to be evaluated for the need of soil amendments. Conduct a soil test and incorporate the needed soil amendments. Second, the site should be graded to slope away from buildings. Leaving depressions in the lawn will only create future problems. Third, select the right seed for the site. If you plan on having a lawn for show, select a seed mix containing improved varieties of Kentucky bluegrass. Avoid cultivars like 'Park' or 'Nugget' in these situations. If the site is shady, avoid Kentucky bluegrass and use either a fine leaf fescue or tall fescue. Fourth, seed the area according to proper seeding rates. Seed is applied on a 1,000 square foot basis. For example, sow two pounds of Kentucky bluegrass, 10 pounds of tall fescue, and three pounds of fine leaf fescue seed per 1,000 square feet. Seed will not germinate until soil temperatures are close to 55 degrees F. Therefore, delay seeding until mid April. Fifth, apply a starter fertilizer that contains Tupersan. Tupersan will help prevent crabgrass invasion. Sixth, protect the seedbed with a straw mulch. Apply one bale of weed-free straw per 1,000 square feet. The straw will help prevent erosion and maintain proper moisture to the germinating seed. Finally, keep the seedbed moist with frequent light irrigation.

Weed control in the spring is a lawn care practice that should be considered carefully. If your lawn has a good dense stand of turfgrass, weed control may not be needed. However, if the lawn has a history of a crabgrass infestation, appropriate control measures are warranted. For best control of crabgrass, apply a preemergence herbicide just prior to crabgrass germination. This normally occurs when soil temperatures near 60 degrees F. Controlling dandelions and other broadleaf perennials is difficult in early spring. These weeds are translocating their carbohydrates upward to the leaves at this time. Herbicide applications will burn off the shoots but may not kill the root system.

Thatch control should be considered if the thatch layer is greater than 1/2 inch in depth. Power raking is a mechanical method of thatch control. Power raking can damage the turf and preemergence crabgrass herbicides should be applied after raking and thatch removal. On the other hand, core aerating the lawn will help the thatch to naturally decompose. Aeration is also less damaging to the grass.

4-H Programming Aids Hired

Nicole Erickson and Matt Simmons have been hired as 4-H Programming Aids. Both Matt and Nicole are former 4-Hers and will be working with the youth at Offutt Air Force Base. They will provide both afterschool activities and programming during the summer.

Nicole is from Kearney, Nebraska. She is a student at University of Nebraska-Lincoln and will be graduating in May, 2005 with a degree in Animal Science

Matt is from Gretna, Nebraska. He is in his second year at Metropolitan Community College where he is studying Law Enforcement.



Nicole and Matt are making soap, an experiment they plan to do with the youth at Offutt Air Force Base.

4-H Summer Embryology

Hatch chickens in your own home through the 4-H embryology project.

Registration begins May 2, 2005

You **MUST** register in person at the Central Extension Office; 8015 W. Center Rd., between 8 a.m. and 4:30 p.m.

\$15 fee includes: one dozen eggs,, incubator, and instruction notebook. (you must also include a \$25 refundable deposit on a separate check)

First Session:
June 6-July 1

Second Session:
July 18-August 12



Maggie Schuler was presented with the NACEB's Volunteer of the year for 2004

4-H Volunteer Receives State-wide Award

Maggie Schuler was presented with the 2004 Outstanding Volunteer Serve Award by the Nebraska Association of County Extension Boards for her volunteer work to the Douglas/Sarpy 4-H program. Schuler lives in Omaha with her husband Rich. They have three children, Jamie, Jaci and Luke.

Maggie has served as a 4-H leader for 16 years. She has also been the clothing superintendent for the Douglas County Fair, served on 4-H council and was on a committee to help transition the combination of the Douglas County Fair and River City Round-up. Maggie has spent countless hours working on 4-H fundraisers and volunteered to help with the 4-H pancake breakfast for six years.

In 2003 Maggie was diagnosed with cancer and began an aggressive treatment regiment. Maggie has remained actively involved in the 4-H program, volunteering selflessly with her time. Her commitment to 4-H, even while she continues to battle cancer, has truly touched the lives of everyone in the Douglas/Sarpy 4-H program.



The Schuler family helped at the 2005 4-H Fish Fry which raised over \$1,900.

Hours of Opportunity: Making Time Count Conference

The second annual Hours of Opportunity: Making Time Count Education Conference is set for May 10 and 11th at the Eastern Nebraska 4-H Center. This conference is designed for anyone who works with youth through after school activities, childcare centers, camps and youth organizations. Participants will learn about a variety of topics including: community and family involvement, programming, management, finance, policies and staffing.

For registration information or to learn more about the conference log on to <http://4h.unl.edu/hoursofopportunity.htmstate-wide>



See as a Child, Feel as a Child

Better Kid Care
Satelite Workshop

Dates: April 20 at 6:15 or
April 28 at 7 p.m.

Where: UNL Douglas/Sarpy Extension Central Office
Address: 8015 W. Center Rd.

Cost: \$10 per person

Pre-register by noon on the day of with Mary at 444-7804 (minimum of 12 participants is required)

Why do children act the way they do? Take a look at common practices through a child's eyes. This workshop will help adults to get a better understanding of what children are thinking.

4-H Unicameral Youth Conference

Unicameral Youth Conference will be June 12-15, 2005 at the Nebraska State Capital and University of Nebraska-Lincoln East Campus Burr Hall. This is for youth who will be in grades 9-11 in the fall of 2005.

During this event participants will get the opportunity to take on the role of a state senator for four days where they will debate bills, discover how a bill becomes law, learn about the importance of compromise and improve their debating skills.

For more information contact Carol M. at 444-7804.



Impacts of Urban Development on Waterways

Steve Tonn, Douglas/Sarpy Counties Extension Educator

Urban development has a profound influence on the quality of the Omaha metro area's waters. As the City spreads outward, more and more streams, especially small creeks feeding directly into rivers, are transformed into urban streams. These natural areas are perhaps the most neglected watercourses.

An urban creek may experience many things on its journey from its headwaters in the upper watershed to its mouth at the confluence of a larger creek, stream, or river. It may pass through a park or residential area in one reach, then flow past a shopping mall or industrial park in the next. In a small, steep, wooded draw behind a residential area, it may become a convenient place to dump grass clippings or garbage. It may pass through vacant lots, becoming lost among the discarded appliances, shopping carts, and tires. It may flow through an over-fertilized golf course. It may flow for long distances inside a culvert underground. It may receive stormwater runoff from oily roads, parking lots, and factory drainage ditches. Uninformed neighbors may even dump used motor oil or antifreeze into storm drains that empty directly into the stream.

The situation worsens after construction. Roof tops, roads, parking lots, driveways and other impervious surfaces no longer allow rainfall to soak into the ground. Consequently, most rainfall is converted directly to runoff. The increase in stormwater can be too much for the existing natural drainage system to handle. As a result, the natural drainage system is often altered to rapidly collect runoff and convey it away (using curb and gutter, enclosed storm sewers, and lined channels). The stormwater runoff is subsequently discharged to downstream waters such as streams or lakes.

Once buildings and pavement are introduced, less water is able to penetrate the soil to be filtered of contaminants such as automobile by-products, pesticides, fertilizers, and excess sediment. Not only is the land less able to filter contaminants, but increasing numbers of people produce a greater pollutant load.

There are countless threats to water quality and wildlife habitat due to urbanization. The urban environment contributes 11.8% of runoff pollution into the nation's waters. Impacts result from residential, transportation, commercial, and industrial uses. Specific impacts include toxic substances that enter the food chain, petroleum products that are harmful to plants, fish and wildlife; excessive nutrients that increase algal blooms; and a reduction in water quality.

Sediment, fertilizer, pesticides, trash, automotive products, oil, paints, solvents, pet waste, gasoline, household chemicals are all examples of runoff pollution. Stormwater management practices help to control runoff pollution through the use of nonstructural and/or structural techniques to intercept surface runoff from developed areas, filter and treat this runoff, and then discharge it at a controlled rate. The overriding condition that governs the quantity of stormwater runoff is the amount of impervious surfaces located on your property (driveways, roofs, carports, sidewalks, etc.) Stormwater quality, however, is governed by the accumulation of pollutants on the entire surface area, regardless of whether it is grassed or paved. As the use of chemicals around the home such as fertilizers, pesticides, engine oils, de-icing materials, and similar products increases, the more degraded the stormwater runoff from your property will be. Although the effect of one property on the quality and quantity of stormwater runoff may seem insignificant, the cumulative impact from hundreds of thousands of yards across the Omaha metropolitan area continues to be destructive to our water quality.

April 2005						
Date	Event	Time	Location			
2	Youth Animal Science Activity	9:00 p.m.	Lincoln	12	Equines Unlimited	6:30 p.m. Central Office
2	4-H Horse Leader Training	TBA	Grand Island	13	Master Gardener Awards/Lunch	8-2 p.m. Central Office
5	FCE Meeting	6-9 p.m.	Cental Office	14	Pestmaster Training	8-noon Cental Office
7	Pestmaster Training	8-noon	Cental Office	18	Spanish Food Safety Class	1-4 p.m. Central Office
7	Pesticide Testing	9-3 p.m.	Cental Office	19	Herb Class	10-noon Central Office
9	Horse Bus Tour	8-4 p.m.	Benning ton and Elkhorn	20	Pestmaster Training	8-noon Cental Office
9	School Age Child Care Conference	7:45- noon	Central Office	20	Better Kid Care	6:15-8:15 p.m. Cental Office
10	4-H Livestock Quality Assurance Training	4:00 p.m.	Sarpy Fairgrounds	21	Pesticide Class	6 a.m.-6 p.m. Central Office
11	Acreage Workshop	7-9 p.m.	Central Office	22	Soy Class	8-noon Central Office
11-12	ServSafe	8a.m.-4 p.m.	Central Office	23	FCE Spring Party	TBA Central Office
				28	Level II Horsemanship Training	7:00 p.m. Central Office
				28	Better Kid Care	7:00 p.m. Central Office

Address and Feedback Form

To update your address or to submit comments and story ideas, fill out this form and return it to the central office. You can also use this form to let us know if you'd like to receive the newsletter electronically instead of by mail.

Name: _____

Street Address: _____

E-Mail Address: _____

City: _____ Zip: _____

Comments: _____

Story Ideas: _____

FCE Association Sponsors Scholarships

The Family and Community Education Association of Douglas/Sarpy Counties is offering three separate scholarships, of \$300 a piece, as a means of encouraging college work beyond the freshman year. All applicants must be a resident of Douglas or Sarpy County. Also, applicant must have completed at least one year of college work by June of the current year. Graduate level is not eligible.

Margaret Nelson Nursing/Health Related Scholarship—Applicant must have chosen nursing or a health related field as a college major.

Myrna Powell Journalism/Communication Scholarship – Applicant must have chosen a journalism or communication degree as a college major.

Clara Noyes FCS/Teaching Scholarship – Applicant must have chosen family consumer science or teaching degree as a college major.

Applications are available from the Douglas/Sarpy County Extension Office, and must be on file by May 15. Recipient will be notified by June 15. Questions may be directed to Nancy Urbanec, Extension Associate.

College Scholarships Available

The Lowenstein Scholarship is offered to enrolling freshman students of the University of Nebraska-Lincoln with preference given to those enrolling in the College of Agricultural Science and Natural Resources. Criteria for the scholarship includes: active participation in 4-H or agricultural education, or both while in high school; and notable achievement in scholarship and other activities. Last year two \$1,000 scholarships were awarded.

John Deere is also offering scholarships to two incoming freshman who are majoring in Mechanized Systems Management (MSYM) at the University of Nebraska.

Contact the Rachel at 444-7804 for more information.

CouplesTALK

Learn how to: fight right, listen, express yourself, balance your life and much more through CouplesTalk. CouplesTALK is an Internet class that can be taken from your own home, at no cost. This course begins on April 12, call the Extension Office for additional information at 444-7804.