

# The NEBLINE

Nebraska Cooperative Extension  
Newsletter  
Lancaster County

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



Gary C. Bergman, Extension Educator—Unit Leader

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

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



### Phone numbers & addresses:

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

# Extension Calendar

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

**January 13**  
 Extension Board Meeting ..... 10 a.m.  
 Rabbit VIPS Meeting 7 ..... p.m.  
 Cat Club Meeting ..... 7 p.m.

**January 14-15**  
 4-H Lock-in ..... 8 p.m.-8 a.m.

**January 18**  
 Teen Character Counts! Training ..... 8:30-11:30 a.m.  
 Speech VIPS Meeting ..... 7 p.m.

**January 20**  
 Fair Board Meeting ..... 7:30 p.m.

**January 24**  
 Pet Pals 4-H Club Meeting ..... 7 p.m.

**January 27**  
 Private Pesticide Training ..... 9 a.m. & 1 p.m.

**February 4-5**  
 State Leaders Forum—*Lincoln*

**February 5**  
 Cattle Weigh-In ..... 8-11 a.m.

**February 7**  
 4-H Shooting Sports Meeting 7 ..... -9 p.m.

**February 8**  
 4-H Achievement/Activities-What's It All About? ..... 7 p.m.

**February 9**  
 Horse VIPS Meeting ..... 7 p.m.

**February 10**  
 Extension Board Meeting ..... 10 a.m.  
 Cat Club Meeting ..... 7 p.m.  
 Rabbit VIPS Meeting ..... 7 p.m.

**February 12**  
 4-H Officer Training Workshop ..... 9:30-11 a.m.

**February 12-13**  
 Horsin' Around Clinic—*Lincoln*

**February 13**  
 Ambassador Meeting ..... 2 p.m.  
 Teen Council Meeting ..... 3-5 p.m.  
 Speech Workshop ..... 6-7:30 p.m.

**February 18-19**  
 Private Pesticide Training ..... 9 a.m.

**March 3**  
 Private Pesticide Training ..... 1 p.m.

## Family story night

Spend the evening reading stories to your children. If they are old enough, have them read to you. Ask everyone to act out his or her favorite scene from the book or make up a new ending to the story. Tell stories from your childhood or make up new stories together. Be creative, ask questions about the characters and pictures and most importantly have fun. (LJ)



### Got the winter itches? Read this and itch some more

*continued from page 3*

infestation. If you have a cat or dog, ask your veterinarian to check for Cheyletiella mites. Treating your animal can take several weeks to a month or more but will probably control the problem.

Scabies: This is a specific type of mite that causes excruciating itching because the mite burrows under the skin. Scabies mites burrow easier where the skin is thin. They are most common on the hands, wrists and elbows, but may be found on other places on the body as well. Older people whose skin is thinner are most likely to get scabies, but they are very contagious and easily spread. Scabies must be diagnosed and treated by a dermatologist.

Paper mites, sand fleas, cable mites: there are no biting arthropods by these names.

Dust mites: These mites do not feed on humans, but on dead skin flakes. They do not bite people.

Chiggers: Are mites that live outside and cause itchy, painful, red bites after working outside. Chiggers are only a problem in the summer.

For more information on these arthropods, refer to these fact sheets:

- Spiders of Medical Importance: 006-94
- Integrated Flea Control: 007-98
- Itchy Chiggers! 008-96
- House Dust Mites: 013-97
- Don't Let the Bedbugs Bite: 263-95
- Mites Medically Important to Humans: 275-97

Sometimes we cannot help people who complain about getting bitten. After examining

fuzz balls and house dust brought to us in plastic bags and under scotch tape without success, we conclude that these folks are probably dealing with an environmental problem and allergies, not an insect problem.

But, when clients describe these insects as "prism-like crystals" that change colors or that disappear whenever they try to catch them, we suspect that they may be imagining their problem. These folks likely need help beyond the expertise of the extension office. If you know someone who fits this description, you may find it helpful to read the fact sheet "Illusory and Delusory Parasitosis" (009-95). Like the factsheets listed above, it is available at the Lancaster County Extension Office.



## Nebline Feedback

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

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

Comments \_\_\_\_\_

Story Idea(s) \_\_\_\_\_

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