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Celebrate Family Connections!

LaDeane R. Jha
Extension Educator

Events of the past few months forced many of us to focus on the really important things in our lives. We quickly realized it was not money, things, or status that were important. It was our family and community connections. It was through our families, friends and neighbors that we drew strength and comfort.

In recognition of the importance of families as a basic building block of society, the United States has celebrated National Family Week during the week of Thanksgiving since 1970. The national event focuses on families and their importance to individuals and society. The week provides everyone a chance to honor the connections that support and strengthen families, both within families and throughout their communities. This year’s theme seems particularly appropriate — Connections Count.

Since family life is so much a part of our everyday activities, it’s easy for us to take it for granted. And since even healthy families have their struggles, it’s also easy to focus on family-related problems and forget the many benefits and joys that spring from healthy family living.

Thanksgiving week is a good time to reflect on the importance of family, including extended family and its older members. It’s a good time to think about some little things you might do to celebrate your family and your community connections.

Who are some of the special people and organizations that help your family? Perhaps it’s a grandmother or neighbor who watches the kids during the work week, an after school program leader who is a role model for kids, a community leader who made sure a new park was built to accommodate kids with special needs. Perhaps it’s a special someone in the family who is always ready to listen and give you a big hug.

“National Family Week is a wonderful time to honor the connections that support and strengthen families year-round.” —Peter Goldberg, president and CEO of the Alliance for Children and Families. “Families traditionally connect and celebrate during Thanksgiving week, so it’s a perfect time to thank one another, as well as the other individuals and organizations who help the family thrive.”

Here are some easy ways to celebrate National Family Week with your family:

• Write a letter to thank someone who has made a difference in the life of your family. Think about writing even short spontaneous notes of appreciation to a loved one, a public figure, or a person who provides service for you, such as your child’s teacher or the manager of your apartments.

• Discover different ways to spend quality time together, such as volunteering.

• Hold a “family supper” with your neighbors or the families of your kids’ friends.

• Select an issue in your community that is important to your family and get involved.

• Visit a local community center and learn what kinds of family activities are available.

• Encourage employers to consider family-friendly work options, such as flexible hours and time off to attend school functions.

• Take a walk together with a member of your family.

• Make several surprise phone calls to family members you haven’t seen in a while.

• After your Thanksgiving Day meal or other family dinner, allow all persons present to tell something they really appreciate about their family. Focusing on the positives in our families creates good feelings and builds family cohesion and strength.

• On Thanksgiving Day or at another time during National Family Week, have an “I Remember When” session. Recall interesting or funny times from the past that hold special memories for the various family members present.

• Invite one or more people who do not have close families ties, or who cannot easily go home to join your family for Thanksgiving Day.

Ideally, it’s best to celebrate the spirit of National Family Week all year long. Regularly seizing opportunities to express love, appreciation and forgiveness can go a long way in strengthening ourselves, our families and our nation.

In this issue...

“Helping Nebraskans enhance their lives through research-based education.”

Take Time to be Thankful

Melody Beatrice, author and counselor says, “Gratitude unlocks the fullness of life. It turns what we feel into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

“The spirit of Thanksgiving is good for bodies, souls and communities. Fortunately, a grateful attitude “doesn’t cost anything; it takes very little time; it’s always available; and while there are lots of side effects, everyone of them is wonderful,” according to Sam Quick, Human Development and Family Relations Specialist.

This is a good time of the year to hone our skill of expressing gratitude. The more we practice, the more keenly we begin to see the good and beautiful in other people, in ourselves and in the world around us.

The spirit of Thanksgiving then becomes a year long celebration of the blessings we enjoy as part of our families and communities.

Either first thing in the morning or the last thing at night engage in a couple of minutes of personal silent thanksgiving. Focus on your many blessings, large or small. Then take another minute and consciously rest in the peace that usually results from this practice.
Horticulture

Hints for Fruit Storage

Proper storage conditions are needed for fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. For fruits such as apples, pears, apricots and peaches, store them in cool temperatures at 32 to 40 degrees Fahrenheit and moist conditions at 90 to 95 percent relative humidity. Other fruits should be canned or frozen after harvest.

Select containers for storage that have smooth inner surfaces. Baskets, melon crates or boxes that have smooth inner surfaces are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to ensure the longest storage possible. Harvest pears when they are fully sized but still green and hard. Pears ripen quickly at 60 to 65 degrees Fahrenheit. Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors of other fruits and vegetables. (MIF)

Winter Care For Strawberry Plants

Strawberry plants have already formed their flower buds for next spring. These flower buds can not stand temperatures below 20 degrees Fahrenheit. Exposure to temperatures lower than this will result in the loss of some of the earlier fruiting. While the strawberry plants are lush and green hold off mulching them for the winter. Only when night temperatures are forecast to go below 20 degrees Fahrenheit should you consider mulching. Apply any coarse mulch, such as straw, to a depth of three inches. The mulching blanket will help protect the berries through the winter. You may want to go out and uncover the plants if there is a warming trend forecasted after you have applied the mulch. (MIF)

Horticulture information center

NUFACTS 24 hours a day, 7 days a week 1-800-832-5441; or 441-7188 in the Lincoln area To listen to a NUFACTS information center message, call the touch-tone phone or a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MIF)

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157 Winter Rose Care
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173 Climbing Roses
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214 Houseplant Insects
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218 African Violet Care
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Harvesting Popcorn

There are no shortcuts to popcorn harvest. Popcorn must mature on the stalk. In a normal year, it takes about 120 days from seed to harvest. The kernels are usually hard and ready to harvest by the time the stalks turn brown and dry. The husks will be dry also. Harvest before cool, damp weather settles in, to prevent the possibility of mold growth.

After picking the ears, remove the husks and cure the ears for two or three weeks. To cure, place them in a mesh bag and hang in a warm, dry, well ventilated place. After curing, remove the kernels by rubbing one ear against another, starting at the tip and working toward the base.

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Aloes, Easy and Fun to Grow

The true aloe or medicine plant is the ideal plant for people who tend to forget to water their house plants. The aloe prefers cool temperatures around 70 degrees Fahrenheit during the day, with a night temperature of 50 to 55 degrees Fahrenheit. Aloes prefer full sun and a well drained soil. They should be kept only barely moist, as saturated soil conditions will lead to root rot diseases. Healthy specimens produce spectacular red, yellow or orange blossoms under outdoor conditions. This is unfortunate for the Nebraska indoor gardener, as these blossoms are most often produced in winter when the plants would be indoors. Aloes may be propagated from offshoots of the base of older plants. The young plants should be removed, and potted up in appropriately sized pots. (MIF)

Pine Cones For Decoration

While you are outside enjoying the cool winter days, you may notice that many evergreens have attractive pine cones that you could use to decorate your home during the holiday season. Pine trees such as eastern white pine, ponderosa pine, Scotch pine and Austrian pine all have nice sized cones that are two to eight inches long. Spruce, hemlock, larch and Douglas-fir also have attractive, smaller cones.

Pine cones used for holiday decorations can bring unwanted insects into your home. Dirty cones can also make a sticky mess if not cleaned before using them. To prepare cones for use as decorations follow these simple guidelines. Fill and mail half full with hot water. Add a cup of chlorine bleach and enough laundry soap to make light suds. Drop in the cones, a dozen at a time, then stir the solution and cones for a few minutes. Do not use your bare hands because a strong chlorine bleach solution will cause skin irritation. Washing the cones in this solution removes resin, dust and insects. Lift out the cones and rinse in clean water. Do not let the cones soak in water because they will darken.

Use the pine cones to decorate your home, wreaths and floral arrangements. After the holidays store them away for next year. (MIF)
Combining: a Safe, Non-Toxic Method of Lice Control

Combining is the oldest method of lice control. It is completely safe. When done properly, it takes time and requires patience on the part of parent and child. You can completely avoid insecticide shampoos or rinses if you comb the hair to remove lice and nits, but you must be diligent. Even if you use an insecticidal shampoo, combing is the only way to remove nits from the hair. If your time is limited, it is much more important to spend the time combing your child’s hair than washing clothing/items and vacuuming the house.

How to Use a Lice Comb

1. Getting ready. First, purchase a metal lice comb. The tines of a specially designed nit comb are narrower than the eggs. Do not use plastic combs provided with some pesticidal shampoos; they are flexible and can allow nits and lice to pass through. If you cannot find a metal lice comb, ask your pharmacist to order one. Other items that you will need are: • comb and/or brushing device • Bobby pins or hair clips (for long hair) • A large towel to place around the child’s shoulders during combing • Box of facial tissue • Bowl of water with a little dishwashing liquid added. Combining should be done in a well-lit area. Seat the child so her/his head is just below eye level. It also might be a good idea to have something fun to entertain the child that does not require much physical activity. Consider reading, modeling clay, coloring or videos.

2. Prepare the hair. Cover the child’s hair with salad or olive oil if only the hair will be treated. This acts as a pesticide. It also might be a good idea to have something fun to entertain the child that does not require much physical activity. Consider reading, coloring or videos. When the bowl is full, flush its contents down the toilet and refill the bowl with soapy water. Continue combing.

After Combining

Flush the contents of the bowl down the toilet. Shampoo the hair at least twice to remove the oil/conditioner. When the hair is dry, check for stray nits and remove those hairs individually with a pair of small, pointed scissors. (SC)

Environmental Focus

Celebrate America Recycles Day

November 15, 2001

The average American generates nearly 1,500 pounds of trash each year. That’s over 200 tons of waste produced annually in the United States. Americans are recycling, the national recycling rate is over 28 percent. This means the steel and aluminum cans, glass jars, paper, plastic and even rechargeable batteries are placed in the curb or at drop-off sites, are making a real difference in reducing our national waste.

No one is America Recycles Day. Millions of Americans will commit to keep recycling. What can you do? Recycle, but remember to close the loop by purchasing recycled-content products. It’s easy to do. Over 90 percent of all Americans have access to recycled-content products. Whether at the grocery store, at the office or at home, recycled products are everywhere. Tires are made into rubber bales, carpeting and fleece jackets. T-shirts, benches and shoes are made from soda bottles. All you have to do is read the label. You’ll find loads of recycled-content products.

In Lincoln, 54 percent of aluminum cans recycled are made into other aluminum cans, 100 percent of cereal boxes and 33 percent of cardboard recycled are made into recycled products. Twenty-eight percent of recycled steel cans and 27 percent of glass are reused in products.

So...on Nov. 15, join our nation in the recycling effort. Buy recycled products. For more information, visit www.americarecyclesday.org (ALH)

Head Lice Resources Available from the Extension Office

• Head Lice Management Fact Sheet — Detailed information on head lice treatment, combing and management. An important resource for educators, health professionals, child care providers and cosmetologists. (free)

• Fact Sheet Quick Guide to Removing Head Lice Safely — Information on head lice management. Designed for families. English and Spanish versions. (free)

• The award-winning video, “Removing Head Lice Safely” — This video is available for purchase from the extension office ($10 plus shipping and handling). Many Lancaster County schools have this video in their buildings, with your school nurse. The video is currently showing on SciTV (Cable Channel 5) in Lincoln. Check program guide for viewing times.

Visit the Lancaster County Extension office at (402) 441-7187, for more information. (SC)

Asthma and Indoor Air Contaminants

Asthma is a serious lung disease that has increased dramatically in the last 20 years. It kills more than 5,000 people each year and costs about $12.5 billion in medical care and lost time from school and work. It is the leading cause of school absenteeism in the U.S. It is estimated that 14 million adults in the U.S. have asthma; of these five million are children.

Asthma is an allergic reaction to substances that irritate the airways in the lungs to become inflamed or swollen. Symptoms are coughing, wheezing (a whistling noise when you breathe), chest tightness and shortness of breath.

Asthma can be triggered by air contaminants that are indoors or are carried outdoors. Outdoor particles come into your home through windows, doors and heating systems. Some contaminants in the air that trigger asthma are: • Tobacco and wood smoke. • Perfume, hair spray, paint or solvent odors or fumes. • Pollen and mold spores. • Animal allergens such as animal dander from pets, dust mites, cockroaches, mice.

People who have symptoms of asthma should avoid those triggers and may need to have a series of allergy tests to determine what those triggers are. Here are some to help reduce exposure to some of the more common indoor air contaminants:

Tobacco Smoke: Smoking should not be allowed in the home of someone with asthma or allergies. Ask family members and friends to smoke outdoors and suggest they quit smoking. Avoid smoky restaurants and ask for non-smoking hotel rooms while traveling.

Wood Smoke: Wood smoke is a problem in children and adults with asthma and allergies. Avoid wood stoves and fireplaces.

Strong Odors or Fumes: Perfume, room deodorizers, cleaning chemicals, paint and talcum powder should be avoided.

Indoor Mold: When humidity is high, mold can be a problem in bathrooms, kitchens, and basements. The basement, in particular, may need a dehumidiﬁer. And remember, the water in the dehumidiﬁer must be emptied and the container cleaned often to prevent forming mildew.

Pets: Almost all pets can cause allergies, including dogs and especially cats. Birds, hamsters and guinea pigs can also cause problems. In serious cases of asthma, pets may need to be removed from the home. If the pet stays in the home, keep it out of the bedroom of anyone with asthma or allergies. Weekly pet baths may help cut down the amount of pet saliva and dander in the home. Sometimes you hear certain breeds of cats or dogs are “non-allergenic.” There really is no such thing as a “non-allergenic” dog or cat, especially if the pet leaves dander and saliva in the home. Goldfish and other tropical fish may be a good substitute.

Cockroaches and Dust Mites: Both of these are common asthma triggers, so efforts must be made to eliminate or reduce these pests in the homes. The allergen trigger is from cast skins of cockroaches and dust mites that become part of house dust. Managing cockroaches and dust mites is not easy and can take a lot of work. Information on controlling these pests is found at: http://lancaster.unl.edu/enviro/post/pest.htm.

The Bottom Line: Reduce or remove as many asthma and allergy triggers from your home as possible. If possible, use air filters and air conditioners to make your home cleaner and more comfortable. Pay attention to the problem of dust mites and roaches. Vacuum cleaners stir up dust and allergens in the air. A vacuum cleaner with an air filter or a central vacuum cleaner with a collection bag at the back of the home may be of some value. Anyone with asthma or allergies can make the home more comfortable, although, if there is no other alternative, a dust mask may be helpful.

Website sources: American Lung Association website at www.lungusa.org/asthma/asthomecon.html and American Academy of Allergy, Asthma and Immunology at www.aaaai.org/public教育/advocate/ default.stm. (BPO)
Extension Record-Keeping Workshop Receives Award

Cooperative Extension’s popular Computerized Financial Record-Keeping Workshop series was recently named a national finalist by the National Association of Agricultural Agents (NACAA). The award is part of the NACAA Search for Excellence in Farm and Ranch Financial Management program sponsored by John Deere.

Extension Educators Tom Dorn (Lancaster County), Bob Medina (Sauk County) and Dave Varner (Dodd County) have teamed up the past four years to teach the Computerized Financial Record-Keeping Workshop in the three county area.

The two-day workshops are taught in computer labs with participants sitting at computers performing the tasks being demonstrated. The topics taught are universal but the examples were developed especially for farmers.

To date, one or two people from 182 different farm operations have attended the workshop series, receiving up to 11 hours of classroom instruction.

In follow-up surveys conducted several weeks after the conclusion of each workshop, over 80 percent of the participants indicated that they learned to keep a better (more complete) set of financial records and nearly 100 percent said they learned to keep a more accurate set of records as a result of attending the workshops. (TD)

Year End Financial Analysis and Planning

As the current year draws to a close, many farmers will be catching up their financial records and doing some income tax planning.

Most farmers are on a cash accounting system for income tax purposes. That is, if income has been high this year, crop input purchases, equipment purchases, or other tax deductible expenses could be incurred before year-end, thus reducing current year taxable income.

Alternatively, income from current year production can be deferred by waiting to sell until after the start of the new year. In a year when income has been low, waiting to purchase crop inputs or perhaps selling more production than usual, before the end of the year, may be wise to level out the income from year to year.

While a cash accounting system is useful for leveling out income from year to year, one cannot rely on the net taxable income number as an indication of the actual profitability of the farm operation because it does not account for changes in minimum or capital assets.

That is why most banks require that the farmer complete a balance sheet at the end of the year. The purpose of the balance sheet is to show one’s financial position (net worth and the supporting asset and liability structure) at a specific point in time. A single balance sheet can indicate a special financial position, without evidence as to how you arrived at that position. Some economists and bankers use financial ratios to assess the financial health of a farm operation. Debt is a part of every farmer’s life. In fact, most agricultural producers now find debt is necessary to the success of their operations. Credit should be seen as a resource by producers because when managed carefully, it can do wonders to enhance the profitability of the operation. But in the end, debt is debt. When too much of it is accrued, trouble strikes.

Here are four financial ratios that can help to assess exactly how you are doing.

1. The debt to asset ratio is the ratio of total farm liabilities to total farm assets. Guidelines based on farm record studies indicate that debt less than 40 percent of assets is acceptable. Debt between 40 percent to 70 percent is questionable and debt over 70 percent of assets is in the danger zone.

2. The rate of return (ROA) on assets reflects the productivity of farm assets. So long as the ROA is greater than the interest rate, the borrowed funds are aiding in the profitability of the operation. For example, an operation with a ROA of 12 percent and borrowing money at nine percent is using credit profitably and can benefit from a large amount of debt.

3. Interest expense ratios measure the percent of gross profit spent for interest. In most cases, 10 percent or less is optimal. Up to 20 percent is cause for concern, and any higher than 20 percent is dangerous.

4. The term debt coverage ratio indicates the ability of the business to cover all interest and capital lease payments. It is the ratio of funds available to service term debt over the amount of existing term debts. Any ratio greater than one to one indicates a business has reserve capacity to service term debt and capital lease payments. (Stated differently, when there is more money available to service these payments than the actual payments will be, the business is said to have reserve capacity. If there is less money available than needed for these payments, activity needs to be taken to correct the shortfall.)

Remember that these are only guidelines, every farm is unique. (TD)

Beware of Entrapment in Moving Grain

In Nebraska, where corn production is the second highest in the nation and is dotted with grain bins, gravity feed bins and gravity feed wagons. If workers enter these bins and wagons when grain is moving, the result can be entrapment and suffocation.

Recently, Bill Hetzler and Art Davis, from the Nebraska Workforce Development, Department of Labor shared the following statistics. In the United States, between 1980 and 1994 more than 120 people were killed by grain entrapment. Between 1994 and 2001 an additional 10 people have died in grain entrapments in Nebraska. Four of these 10 fatalities occurred in 1999.

As examples of the types of fatal incidents involving grain in Nebraska, three of the four fatalities that occurred in 1999 are listed below:

Two Feedlot Workers Suffocated in Grain Bin

Two feedlot workers, a 20-year-old and a 23-year-old, went into a 6,000-bushel cone bottom gravity feed bin when the corn was flowing out the bottom of the bin. Neither worker had a harness or lifeline on. Both became engulfed in the moving grain and suffocated. When the workers were discovered missing, holes were cut in the bin to rescue them. When the workers were recovered from the bin, attempts to resuscitate them were not successful.

Father Rescuing Son is Engulfed in Corn Hopper

A 35-year-old farmer was trapped in a semi grain hopper that was being unloaded. Two of his young sons were playing on top of the grain hopper when the youngest fell into the moving corn. The father jumped into the hopper to rescue his son. In the process, he became engulfed in the corn himself. The son came out through the bottom of the hopper and was successfully attended to by his mother and an older brother. After being engulfed for approximately 15-20 minutes the father also came out through the bottom of the hopper but he had suffocated.

Youth Suffocated in Corn Bin

A 15-year-old farm youth was suffocated in approximately four feet of corn. He had climbed the bin and entered through the door on the roof and then went down into the bin to scoop corn from the lower door of the grain bin so he could be opened for final clean out. The unloading auger was run intermittently while he was in the bin. Co-workers found him approximately 30 minutes later engulfed by the corn.

Hetzler and Davis recommend the following measures be taken to increase safety when working around grain and grain storage facilities.

1. Ensure workers are wearing appropriate fall protection any time they enter a grain storage structure above the level of stored grain products.

2. Ensure that equipment appropriate for rescue operations related to grain handling and storage is in place and ready for use.

3. The greatest danger is from grain that is moving. Ensure all equipment that presents a danger to workers is locked-out, blocked-off, or otherwise prevented from operating while a person is standing on the grain.

4. Ensure young children are kept away from grain bins and grain handling operations.

5. Check on the presence of small children outdoors during the harvesting season.

6. Consider providing communications equipment, either permanently installed, or portable, for teams entering bins and silos to call for help if needed. (TD)
**Winterize Equipment Before Storing**

From trowels to tillers, gardening equipment will last longer and do a better job for you if you spend some time on preventive maintenance each fall. Getting tools in tip-top condition now also means they’ll be ready to use when the gardening bug bites next spring.

The owner’s manual on your garden tractor, lawn mower, tiller or other pow- ered equipment is usually your best guide to winterizing it. Generally, the main steps include draining the fuel tank and the engine of fuel, draining and changing the oil, cleaning and sharpening, adjusting and lubricating various parts as needed, and cleaning, replacing, or cleaning and oiling the air filter. Also, remove the spark plug and place a teaspoon of clean oil in the cylinder. Then turn the engine over with the starter so the oil lubricates the cylinder walls and valves. This protects against rust. Replace the old spark plug or buy a new one and put it in. Clean the tops of the batteries and store them where they won’t freeze.

Chainsaws and other engine-driven equipment that will be used during the winter should be drained and refueled with winter-grade gasoline in the late fall to prevent solvent attacks and to keep the materials in usable condition for next year.

Field precautions.

**Heavy Water Use May Harm Septic Systems**

Spreading household water use throughout the day will extend a septic system’s life expectancy and allow it to treat wastewater more effectively. A septic tank is filled to capacity at all times, except immediately after pumping. If too much wastewater flows into the system at once, the drain field can become clogged and won’t be able to treat wastewater as effectively. As a gallon of wastewater flows into the tank, a gallon of effluent flows from the tank to the drain field. For the system to work well, the wastewater flowing into the tank should remain for 24 hours to allow heavy solids to settle and light solids to float to the top. Heavy water use, during a short time period, causes wastewater to move in and out of the tank too quickly. Solids don’t have time to settle and mix with the effluent into the drain field, causing it to clog.

Following these suggestions will help conserve water or spread out water use in the home:

- Avoid washing three or more loads of laundry in a short period.
- Install low-flow water fixtures, low volume toilets and low-water-use appliances.
- Repair leaky faucets.
- Take shorter showers and turn off the faucet while brushing teeth or shaving.
- Select a water softening unit with demand-initiated regeneration rather than one exposed to damppness. Drain garden hoses before freezing to allow frost to pass without coiling up and lying flat rather than hanging them – they tend to crack where they bend.

Hedge trimmers and pruning tools may be sticky with pitch and sap. A rag dipped in paint thinner will clean them. After cleaning, sharpen and oil them.

Garden sprayers, dusters and fertilizer spreaders also need thorough cleaning so that chemicals don’t clog moving parts or nozzles. Dry fertilizer left in a spreader will absorb water, which will contribute to rust and general deterioration.

After emptying and cleaning equipment, lubricate moving parts and rub rust-preventative metal with an oily rag before storing. (DJ)

**Acreage Insights**

**Storing Leftover Pesticides**

As the growing season winds down and the need for lawn and garden chemicals wanes, proper precautions are necessary with what to do with the leftovers. Proper off-season storage of pesticides and other chemicals has two aims: prevent poisoning accidents and to keep the materials in usable condition for next year.

Safety is the top concern. Pesticides – insectsicides, weed killers, fungicides – are poisons and need to be treated with caution. Always store any toxic chemicals in a locked storage area where children, pets, wildlife and irresponsible adults can’t get into. Many accidental poisonings occur when pesticides are transferred into containers other than the labeled ones in which they were purchased. The pesticide label tells what’s in a container and provides the information you need to use it properly, so always store pesticides and other chemicals in their original containers with the labels intact.

Lose or unreadable labels can and should be replaced – just contact the dealer that sold you the material or contact the cooperative extension office.

Never store pesticides or other chemicals with or near food, feed, medicine or cleaning supplies. This reduces the possibility of a mix-up or contamination of these materials by a pesticide spill.

Always store insecticides and other chemicals where they won’t be subject to very high temperatures – 90 degrees F or higher – or to direct frost or freezing. High temperatures may cause chemical changes that will make pesticides less effective. Freezing will ruin liquid formul- ations and may break contain- ers.

The storage area should also be dry so powders, dusts and granulated products don’t absorb moisture. To be on the safe side, enclose cardboard or paper containers in plastic bags and seal them tightly to prevent damage and moisture.

Burying only what you can reasonably expect to use in a season will limit the amounts of chemicals you have leftover in the fall and need to store. Mixing only what you’ll need for any one application means you won’t have leftovers to dispose of. The best way to dispose of pesticides is to use them as directed on the label.

Never dispose of a pesticide or other chemical by pouring it down the drain, on the ground, into a storm sewer or into a body of water. The danger to other humans, pets, wildlife and the environment is too great. (DJ)

**Reduce Orchard Woes**

Care for the orchard doesn’t stop when the harvest ends. A critical part of the pest control program remains: the fall orchard cleanup.

Cleaning up fallen fruits and leaves with a leaf blower or insect pests and disease organisms that would otherwise overwinter in the orchard and be on hand to cause problems next year. It’s a critical part of any effort to reduce pest problems.

It’s not strictly a fall chore – fruits that drop at any time during the growing season and diseased leaves that fall should be cleaned up as soon as possi- ble. Twigs and branches infected with diseases should be pruned in the winter. But, the major cleanup occurs in the fall after the harvest is over and trees have lost their leaves. A fall cleanup can reduce the chemicals your frogs, toads, frogs, toads – is a chemical by-product of a wood fire. Gases and minute droplets of tar and water are released as visible smoke during combustion. Some of these gases and droplets condense out of the smoke onto the cool inner surface of the chimney as creosote. Generally, the higher the burn efficiency of

**Beware of Wood Heating Dangers**

With the high fuel costs this winter, there’s renewed interest in wood heating. Wood is a renewable source of energy that can supplement conventional fuels and provide heating costs, but can be dangerous if the homeowner does not take precautions. Fires caused by the misuse of alternate energy sources – including wood stoves, portable space heaters, kerosene heaters and fireplaces – are the leading cause of residential fires in the United States today. The greatest number of fires occur in rural areas, with solid fuel heating equipment, such as fireplaces, blamed as the primary cause of death.

Smoke detectors have reduced home fire injuries since they were intro- duced, but the growth of their use has slowed. Nearly 20 percent of American homes have non-functioning smoke detectors. The main reasons found are dead or missing batteries and incorrect installation or location. That means one in five of the country’s residences which have at least one working smoke detector. There is also evidence that there are serious risk for fires are those least likely to have detectors.

Chimney fires can happen when creosote accumulation from wood stoves and fireplaces ignites in the chimney. Creosote is a chemical by-product of a wood fire. Gases and droplets of tar and water are released as visible smoke during combustion. Some of these gases and droplets condense out of the smoke onto the cool inner surface of the chimney as creosote. Generally, the higher the burn efficiency of

**See HEATING on page 11**
T-U-R-K-E-Y Tips

Alice Henneman, MS, RD
Extension Educator

AKE out the neck and giblets from the neck and body cavities.

SE an oven temperature of 325 degrees F. If you use a lower temperature than this, your turkey may not cook fast enough to be safe. A 12-pound unstuffed turkey will take about three hours to roast while a 24-pound unstuffed turkey may take up to five hours. Most turkey packages will give guidelines for approximately how long to cook your turkey.

OAST your turkey until the pop-up timer in the breast has popped up. Or, use a meat thermometer to check the internal temperature. Insert the thermometer in the inner thigh area near the breast of the bird, but not touching bone. (Even if your turkey has a pop-up timer, it’s always a good idea to use a meat thermometer to double-check the temperature.) A turkey is done when the thigh temperature reaches 180 degrees F. When you poke into a cooked turkey with a fork, the juices should be clear. For greatest safety, it is recommended to cook stuffing outside the bird, in a casserole dish, or on the stove top in the center of the stuffing reaches 165 degrees F.

EEP cooked turkey at room temperature no longer than two hours. Debone turkey and refrigerate all leftover turkey, stuffing and gravy in shallow pans within two hours of cooking or freeze these foods.

NOJOY leftover turkey. Use leftover refrigerated turkey within three to four days, stuffing and gravy.

Combine all ingredients except turkey and buns in a saucepan. Stove Top Instructions

1/2 cup catsup
2 tablespoons Worcestershire sauce
1 teaspoon onion flakes or powder
2 tablespoons brown sugar
1/4 teaspoon garlic powder
1/4 teaspoon chili powder
2 tablespoons catsup
1/2 cup catsup
2 cups cooked turkey, chopped
4 hamburger buns, toasted

For greatest safety, it is recommended to cook stuffing outside the bird, in a casserole dish, or on the stove top in the center of the stuffing reaches 165 degrees F.

TURKEY Barbecue Sandwich

2 cups cooked turkey, chopped
1/2 cup catsup
2 tablespoons Worcestershire sauce
1 teaspoon mustard
1/4 teaspoon chili powder
1/2 cup tomato sauce
1 tablespoon onion flakes or powder
2 tablespoons brown sugar
1/4 teaspoon garlic powder
1/4 teaspoon red pepper
4 hamburger buns, toasted

Microwave Instructions

In a medium bowl, combine all ingredients except buns. Transfer to a microwave safe loaf dish. Cover with lid, paper towel or waxed paper. Cook 3 to 4 minutes on high in your microwave oven until heated steamy hot throughout. Serve BBQ mixture on toasted hamburger buns.

Serves 4

NEP: Nebraska Extension Program for Limited Resource Families

Sisters Together Program Encourages “Move More” and “Eat Better”

The goal of the Sisters Together program is to increase health awareness among African American women by encouraging them to “Move More” and “Eat Better.”

What does Sisters Together Mean?

• Monthly meetings: consisting of inspiration, health and wellness information, cooking demonstrations and healthy, “quick to fix” foods.
• Community Service

Find Out More

To find out more information or to join Sisters Together, contact Dr. Georgia Jones at 472-3225 or Dr. Ra Drake at 477-9379.

Clean Hands Campaign

Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week.

NUFACTS offers information 24 hours a day, 7 days a week.
In the Lincoln area call 441-7188, for the rest of Nebraska call 1-800-832-5441.
When directed, enter the 3-digit number of the message you wish to hear.

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:
www.lancaster.unl.edu/food
FREE monthly Food Reflections e-mail newsletter.
To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Find Out More

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Nutrition Education Program

for Limited Resource Families

Maureen Burson
Extension Educator

What is Sisters Together?

The goal of the Sisters Together program is to increase health awareness among African American women by encouraging them to “Move More” and “Eat Better.”

Who is Sisters Together?

Sisters Together is a national program sponsored by The National Institute of Health. Locally, the program is composed of African American women, community organizations and leaders concerned about the health and wellness of our community.

Why do we need Sisters Together?

African American women are the most obese segment of the population. African American women between the ages of 20 to 35 are more obese than their predecessors. Obesity increases one’s risk of developing conditions such as high blood pressure, diabetes, heart disease, stroke and certain forms of cancer.

The Good News

There is something that you can do about obesity and related diseases. Studies show that a healthy lifestyle that includes physical activity a diet low in fat, cholesterol, and sodium can reduce the occurrence of these chronic diseases. If maintained, even small weight losses improve your health.

What does Sisters Together do?

• Physical Activity: walking, dance, aerobics.
• Healthy cooking and demonstrations: This includes nutritional analysis of recipes, cooking demonstrations and healthy, “quick to fix” foods.
• Monthly meetings: consisting of inspiration, health and wellness information, cooking demonstrations.
• Monthly newsletter: to give you information in a “nutshell.”
• Community Service

Find Out More

To find out more information or to join Sisters Together, contact Dr. Georgia Jones at 472-3225 or Dr. Ra Drake at 477-9379.

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Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week.

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Clarice’s Column

Brings reorganization of clubs and Council meeting, October FCE Achievement Day. Officers for the next two years were elected at the Council meeting. They are Lynn Bush, chair; Jan Broer, vice chair; Irene Colborn, secretary; and Joy Kruse, treasurer. We are also assured we will be able to offer a scholarship in 2002, thanks to all who contributed to the fund through the Bakeale Bake Sale. Thank you to Scott Young, director of the Lincoln Food Bank, for speaking at the Council meeting. Achievement Day activities are below.

We are always looking for ideas for programs, fund raising ideas and any suggestions for the betterment of the organization. There is still an opportunity for your input. I hope to hear from you.

The transformation from fall into winter means Thanksgiving is fast approaching. It is time to renew old traditions and maybe establish new traditions. Regardless what your plans may be, enjoy the warmth of gathering with friends and family. Happy Thanksgiving!

Family Community Education (FCE) Achievement Night

This year’s FCE Achievement Night was a success. Everyone thoroughly enjoyed Kathy Peters’ presentation on dollmaking. For more photos of interesting visit www.lancaster.unl.edu/ fce.htm

FCE News

Donna Gill (above left) received a 45 Years Achievement award. Other individual achievement awards went to: Betty Baker, 55 years; Bonnie Krueger, 40 years; Leoma Winch, 40 years; Joy Kruse, 35 years; Lois Reisel, 35 years; Martha McLeod, 25 years; Jo Yuhl, 20 years; Diane Wendelin, 10 years; and Joyce Riddle, 5 years.

Avoid Holiday Stress Have Realistic Expectations

It is easy to expect too much of the holidays. High expectations are fostered by the media, advertisements and songs. Our culture bombards us from all directions with idealized images of the holidays.

Children’s expectations begin to rise with the arrival of the first holiday catalogs in September and the magnitude of those expectations becomes apparent with the first “wish list.” While children’s unrealistic expectations are obvious, it is important to realize that adults, too, have expectations which are not realistic. When our experiences do not live up to the idea, we may feel disappointed, upset or worse. This contributes to holiday stress.

Of MONEY: Don’t fail for our culture’s materialistic message that expensive gifts are a sign of love and caring. Remind yourself it is not possible for your family to have memorable holiday experiences without spending a great deal of money. Discuss your financial situation as a family and develop a holiday budget based on realistic expectations and stick to it.

Tasks: All gifts do not have to be wrapped at home, nor do all cookies have to come from your oven. Even with good time management, it is sometimes impossible to get everything done without becoming tense, exhausted and irritable. Learn to say no.

Family Problems: While the “media” family is all smiles during the holidays, don’t expect all of your time with family to be characterized by love and harmony. Family problems do not magically go away. Real people and real families are not perfect. Don’t expect them to be. There may be a few rough spots but you can still come out of the holidays with some precious family experiences.

Being realistic about the holidays is not being cynical. It is a way to avoid unnecessary disappointment and stress. You and your family are more likely to truly enjoy your holiday experiences if you are not judging them against some unattainable ideal. (LJ)

Adapted from an article by Gary Hanson, Realistic Expectations Help Avoid Holiday Stress

Family Living

Helping Our Kids Cope with War and Terrorism

Our sense of security and well-being has been seriously undermined since the terrorist attack on Sept. 11, 2001. We are now dealing with new realities and uncharted territory. All of us, including our children, are dealing with grief, sadness, tension, anxiety, fear, anger and other strong emotions. Economic uncertainty adds to our stress and future events are likely to bring more uncertainty. Therefore, it is important we develop long-term strategies to help ourselves and our children cope.

Tips for Parents
• Take time to think about, and cope with, your own feelings.
• Help your children cope with their feelings by simultaneously acknowledging their feelings and reassuring them.
• Don’t try to talk children out of what they are feeling.
• Share your feelings with your children (depending on their ages), but be careful not to look to your children for support. Avoid extreme language when sharing your feelings or reactions to the tragedy.
• Talk to children about constructive ways to handle their anger.
• Let children know it’s okay to ask questions. Answer their questions directly, but do not give them more information than they need or more than you think they can handle.
• Try to balance the attention you give to the tragedy and unfolding events with maintaining “normal” activities and routines at home.

Monitor what your kids see and hear about the tragedy through the media to make sure you are comfortable with the messages they are receiving based on their age, maturity level, etc.

For more information on helping families deal with war and terrorism visit the Lancaster County Extension Web site at www.lancaster.unl.edu (LJ)

Children & Toys

Parents, grandparents and other friends carefully shop for the latest, most exciting and up-to-date toys advertised for the holiday season. They carefully wrap the gift and anxiously anticipate the delighted ohhs and ahs as the gift is unwrapped. A few minutes later they watch dumbfounded as the child has a great time playing with the boxes the gifts came in. What happened?

Sometimes the hype surrounding a particular toy has much more appeal than the toy itself. We know that it is through play children learn about the world around them and toys are often a child’s tools for learning. Toys help children:
• Use their bodies.
• Develop their social skills.
• Develop their ability to talk.
• Learn about their senses (hearing, seeing, feeling, tasting).
• Begin to solve problems.
• Should be chosen carefully, however. For example, when choosing a toy ask yourself:
• Will the child like it more than a day?
• Is it suited to the child’s abilities?
• Is it suitable for the child’s mental and social development?
• Is it well made, strong and safe for the age of the child?

Those who purchase toys need to make certain they are safe by checking the label to make sure the toy is suitable for the age of the child and then providing the necessary supervision for children when they are playing. (LJ)
4-H Volunteer Profile

The Lancaster County 4-H Council has endorsed the award of 4-H Leader/ Volunteer Qualification program, coordinated through the State 4-H Office. 4-H leaders and volunteers are required to complete the Personnel Information Sheet in the Volunteer Profile booklet and are covered by $1 million of liability coverage through the University of Nebraska. If you’re working with youth in the 4-H program and haven’t already filled out the form, please fill it out and return it to the extension office. As new leaders are designated this year, they also need to complete the form. Forms are available at the extension office.

The Personnel Information Sheets are sent to the State 4-H Office. The background checks will be conducted by the Nebraska Department of Health and Human Services. This same procedure is being used by numerous youth-serving groups across the state. On the extremely rare chance that the background check is red flagged, persons will be contacted by Dr. Gary Heusel, State 4-H Leader. THANKS for your participation and cooperation! (LB)

4-H Shooting Sports Leader Training

A Nebraska 4-H Shooting Sports Leader Certification Workshop has been scheduled for Dec. 8-9 at the Custer County Fairgrounds and Broken Bow. Registration deadline is Nov. 21.

Adult volunteers can choose one of seven disciplines to become certified: Muzzle loading, wildlife, archery, rifles, shotgun, pistol and re-loading will be offered. Participants will learn under expert instruction as well as shoot in state of the art indoor and outdoor shooting facilities. Participants may also acquire certification as a National Rifle Association Instructor in Pistols and Rifles if they choose.

Due to the financial support of the National Wild Turkey Federation and Federal Cartridge the registration fee is very reasonable. Registration fee is $45 per person, the fee includes meals, program and range fees. Lodging is available at many local Broken Bow motels. Registration will begin Saturday, 8-9 a.m. and departure will be Sunday, 3:30 p.m.

For more information and registration materials contact Lorene at 441-7180. (LB)

4-H & Youth

Holiday Gifts

Holiday gifts needed. There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for three and four year old children. New, handmade, or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed.

If gifts are wrapped, please indicate what the item is, the cost ($3 to $4 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by Dec. 1.

For more information, contact Lorene at 441-7180. This is an excellent community service program for 4-H, FCE, and other community clubs. Individuals are welcome to participate. (LB)

4-H CAN Fight Hunger

In an effort to fight hunger, Nebraska 4-H will be conducting a 4-H CAN Fight Hunger Campaign. The goal is collecting 4000 pounds of food. Collect donated food now until Jan. 5, 2002 and donate it to a charity of your 4-H club’s choice. You can also bring it to the extension office and we will donate it to the food pantry. Please report to Tracy the total weight of food collected, the number of youth and adult volunteers, the number of total volunteer hours, the agencies and/or groups who benefited from the food drive, and any publicity the project received. Call Tracy at 441-7180 for more information and for 4-H CAN Fight Hunger promotional material. (TK)

4-H Horticulture Team Wins 2nd Place

Congratulations to the Lancaster County 4-H Intermediate Horticulture Team who won second place at the 2001 State 4-H Horticulture Contest. Team members include Noelle Badeer, Ian Badeer, Nicole Pedersen and Kristin Malone. The contest was held Saturday, Sept. 1 at the East Campus Union.

Team members did well individually at the contest. The individual results are: Noelle Badeer placed 5th, Nicole Pedersen placed 13th, Ian Badeer placed 17th and Kristin Malone placed 22nd.

The contest is made up of three parts, identification, judging and a written test. This was the first State Horticulture contest for each of the team members. (MVF)

Quality Assurance Training

This year all youth in the Lancaster County 4-H livestock program exhibiting beef, sheep, swine, goat or equine are required to attend a quality assurance training. The certification program will teach all 4-H’ers proper techniques of their animals, including the following: daily care and management, prevention, handling, carcass quality and medication. This certification is to ensure each 4-H’er, as a consumer, is producing a safe, high quality meat or dairy product. These trainings will take place this winter and spring. Please check you mail and Tus Noodles for upcoming training dates. (DK)

The new 4-H year has begun. Lancaster County has 15 active 4-H Horse Clubs and approximately 250 horse project members total. Our clubs range in size from five members to over twenty members. The 4-H horse show schedule has slowed to a standstill for the rest of the calendar year, that makes this a good time to concentrate on the “fner” aspects of 4-H:

Start looking over those record books. Each 4-H exhibitor should start the new year with a new record book. 4-H leaders can help you learn how to use these to record the time and money commitments made each year by some basic training and care for a horse. They encourage a child to learn good record keeping skills. If you have never seen or used these before, come in to the extension office and ask for one. At 35 cents, they’re the cheapest book on the shelves!

Get started studying for your next horsemanship level. Every horsemanship level requires at least a demonstration, written test and skills test. This is a great time of year to work on the demonstration and study for (and take if you’re ready) the written test. If these are turned in and signed off by your leader, you’ll be way ahead of the game in the spring when it’s crunch time and you have to have the testing turned in to the extension office.

Most of all, this is an excellent time to do some community service work. Celebrate a job well done, another year gone by, and acknowledge your club’s or child’s accomplishments.

Welcome new members into your club and help them learn about the typical 4-H year. If you need help, call extension office at 441-7180 and ask for Ellen Kraft. We would love to help you make this new year even better. (EK)
State 4-H Office Suggested Ideas in the Wake of the Sept. 11 Attacks

Learning About Service
Why Should We Help?
Have children write a list of the different people they think were directly affected by the tragedy in New York City and Washington, D.C.
Next have them think about how they would feel right now if those different people could have been people they knew or possibly could have been themselves (be sure to be sensitive to those who might have really known someone).
Now ask them what they would need if it had been them and how they could get what they needed and who could provide it for them. Finally, have them think about what they can do to help out the people who are on their list and devise a plan so that they can put their service idea into action.

Service Ideas
Send thank you letters to rescue workers
Please send to: ATTN: Rescue Workers, The City of New York, 100 Church St., New York, NY 10007

Help Raise Money
Youth can help now by supporting relief efforts. Relief organizations report that they need cash donations to fund special resources and personnel. For links to make a donation, visit The September 11th Tragedy at http://4h.unl.edu/help.htm, which offers links to donation destinations.

Helping the Red Cross and Salvation Army
Donate needed items to the Red Cross. Items needed include: T-shirts, underwear, toothpaste, toothbrushes and baby wipes.
Have a Dimes for Disaster Day: Encourage children, youth and adults to wear red, white and blue and bring dimes to donate to the Red Cross and Salvation Army.

Resources
Kids 4 Peace
This Web site, found at www.kids4peace.com, teaches kids (preteen to mid-teen) about the global problems of war, poverty and environmental degradation, but with a focus on the positive, encouraging kids to be idealists. It offers kids advice on topics such as dealing with conflict and anger. Kids are taught how to be global activists by writing letters and joining or starting peace clubs. The site includes teachers’ lesson plans and projects for teaching about global issues and the United Nations (grades K-12).

Opportunities
Youth Creativity
Have a child write a poem that reflects what he/she is feeling or thinking in the wake of this tragedy. Send his/her poem along with his/her name, age and city/state to megster799@aol.com, and if successful it may be published in a memorable collection of feelings and expressions for the youth of future generations to read.

National Family Volunteer Day
Every Saturday before Thanksgiving (this year it is Saturday Nov. 17), FAMILY MATTERS sponsors the National Family Volunteer Day. FAMILY MATTERS links families with other families, neighborhoods, businesses and non-profit organizations to foster community-oriented volunteering. The spotlight on families is designed to showcase the benefit of working together as a family to benefit others.
For more information, call 1-800 VOLUNTEER or visit www.pointsoflight.org.

Leather Crafts
Have you ever wanted to learn the basics of leather tooling so you could make items such as a coin purse, key fob, watch band, coasters, bookmarks, wallets, and belts? Due to increased interest in leather projects, the leather craft 4-H project is being reintroduced in Lancaster county at the county level only. After the first of the year workshops to explain and instruct the skills and tools used in leather crafting will be held at the Lancaster Cooperative Extension office. Future Nottawasau articles will provide more information or contact Tracy. (TK)

4-H & Youth
Citizenship Washington Focus Update
In June of 2002, 40 youth from Lancaster County will be attending a leadership, citizenship development seminar in Washington, D.C. Youth have been doing fund-raising for two years to help aid their travel funds. A popular fund-raising going on in the near future will be meat sales for the holidays. The group is also selling Avon Skin-So-Soft original moisturizing bath oil - not only does it make your skin soft, we have a recipe to make it into a safe animal fly spray. If you would like to be contacted by a CFW member, please call Deanna at 441-7180. (TK)

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4-H Bulletin Board
Teen Council will meet Sunday, Dec. 9, 3–5 p.m. All teens interested in joining Teen Council are invited to attend or call Tracy at 441-7180. See you there! (TK)

4-H Teen Council On the Move!
2001 4-H Teen Council Officers
First Row: Treasurer Emily Schroeder, President Jami Rutt, Co-Historian Megan Fry.
Second Row: Secretary Connie Lembke, Co-Historian Rachel Rentschler.
Back Row: Vice President Bryce Lembke.

4-H Bulletin Board
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Days of Religious Observances

LaDeanne Jha
Extension Educator

This time of year is a time for many religious observances and it is sometimes confusing for those of us who are not familiar with the Gregorian calendar to make sense of different calendaring systems used by various religious and cultural groups. At one time the rhythm of our lives was closely tied to the change of seasons. Many of our daily routines no longer rely on those natural signs for setting our clocks and calendars.

Religious holidays and festivals vary in the timing of their observances. For example, Bahá’í holidays begin at sunset the day preceding the holiday. Jewish holidays start at sundown the day before the first full day of the holiday and end at sundown on the last day of the holiday. The Jewish calendar is 354 days and every so often a leap month is added. This is one of the reasons Jewish holidays fluctuate year to year. The Jewish calendar is primarily lunar based while the United States we essentially use a solar calendar.

Islamic holiday festivals begin with the first sighting of the moon on the evening before the first day of the holiday. For example, the holy month of Ramadan begins when a crescent moon is observed the evening before the first day. Ramadan is considered the holiest month of the year for millions of Muslims worldwide. Muslims believe that during the daylight hours of Ramadan, they are exempted from the fast but must make up the days they are able. The daily period of fasting is from dawn to sunset.

Fasting in Ramadan is not only a religious obligation but also a means of self-discipline, self-control, and bridging temporary breaks. Sick people and some travelers in certain conditions are exempted from the fast but must make up the days they are able. The daily period of fasting varies from one location to another, with some regions following the time of sunrise to sunset, while others observe the time of dawn to sunset.

At the remote sensing research facilities used by CALMIT (pictured at top), researchers collect close range remote sensing data (pictured below) to be incorporated into America’s Farm education products.

Watching the Corn Grow
Internet Course Offers Real-Time Farming Experience

Charles Flowerday
Conservation and Survey

A new University of Nebraska internet course that lets students look in on a working farm now offers real-time video of farming operations and natural resources data gathering via a Web-based camera, a much-anticipated feature of the farm.

At the remote sensing research facilities used by CALMIT (pictured at top), researchers collect close range remote sensing data (pictured below) to be incorporated into America’s Farm education products. The course is available at http://www.unl.edu/landmgmt/forstudents.html

NU’s research farm at Mead is offered to teachers of science, social studies and vocational agriculture as curriculum development. The course finished its second full semester last spring after a fall semester with a 100-percentage completion rate, much greater than most Internet courses, said Paul Clark, grant coordinator for the College of Education at the University of Nebraska at Omaha. He is collaborating on the project with the University of Nebraska-Lincoln’s Center for Advanced Land Management Information Technologies.

The class has been used by educators teaching every age from kindergarten through high school. Clark said: “America’s Farm is on the 9,500 acre NU Agricultural Research and Development Center (ARDC) near Mead, Nebraska. With the decline in agricultural education, the farm from aircraft and satellites. Remote sensing involves airborne or satellite imagery, and geographic information systems are computerized display of maps and analyzing spatial data. “The idea is to help teachers and their students access to a real, working Midwestern farm and to deliver various kinds of data in a package, graphic or text data, all over the Web,” said Don Rudquist, director of CALMIT, which helps secure the grant and provides technical assistance. A program of the Conservation and Survey Division and the UNL School of Natural Resource Sciences, CALMIT is UNL’s center for remote sensing and GIS.

“It was good for my students to see how the farming community affects the economy of Nebraska. With the decline in the number of farmers, students are not exposed to farming and need to be aware of its influence and different topics that affect farmers,” one student said.

The course has included about 15 students but should eventually accommodate 20–25. Unlike some Internet classes, it is not self-paced, running roughly concurrent with each semester. This was done to facilitate interaction and a sense of community among the students taking it, sometimes lacking in Internet instruction, Clark said.

The class will also be cross-listed through UNL in the future. It is part of a new problem-solving teaching format designed to use open-ended questions as a way to tackle a number of related subjects, Peru said. These “invention” scenarios require that students research a problem emerging from farm life or operations, develop questions leading to solutions, acquire and analyze suitable data and generate a set of conclusions. Examples include setting up an airborne imaging project or geographic information system for the farm; using remote sensing to assess crop residue from conservation; or reduced tillage; soil instruction; irrigation efficiency or pasture quality; using remote sensing and GIS to analyze the spread of weeds; or linking yield results with soil quality. The Web camera also should tie into local climate data and help students see what field looks like under various climatic and growing conditions, Peru said.

America’s Farm also has resulted in a plan to incorporate the farm’s research and educational track into the curriculum at Mead High School, one of a select group of high schools across the country that are special agriculture programs for agriculture in the country. The track would allow students to specialize in six areas of knowledge, such as remote sensing and GIS, Peru added.

There are about a half dozen agriculture magnet schools in the area, Peru said.

This Nebraska math graduate is a proven problem solver.

Lt. Shane Osborn

This Nebraska math graduate is a proven problem solver. Osborn faced a lot of challenging problems as a mathematics student at the University of Nebraska-Lincoln, but his ultimate test came last April when he successfully landed a badly damaged EP-3E surveillance plane on China’s Hainan Island after colliding with a Chinese F-8 fighter. For saving his 24 Navy crewmates under extreme circumstances, this Norfolk native has been hailed as a hero across the country. Commissioned in the U.S. Navy after completing the NROTC program and receiving a degree in mathematics at Nebraska, Shane will continue to serve the Armed Forces as an EP-3E instructor pilot.

For landing opportunities...

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For landing opportunities...
FREE Sahara Bone Density Screenings at Senior Health Promotion Center

The Senior Health Promotion Center located at the Lincoln Downtown Senior Center (1005 "O" Street) offers FREE Sahara Bone Density Screenings to women 60+ on MOST Thursdays from 9:30 a.m. to 2:30 p.m. on a drop-in basis. Wear some type of stocking that can be removed as the testing is done on your bare foot. It takes about 10 seconds and is painless.

Call Aging Services Lifeline (787-4455) or the America’s Farm Bill Program at 441-7575 for more information about the screening and to check if screening will be offered on the day you wish to come.

The Sahara Clinical Bone Sonometer, produced by Hologic, Inc., can identify women at risk of developing osteoporosis. Once alerted to the possible onset of the disease, patients can talk with their health professionals and research measures they can take to prevent further bone loss.

The Sahara Clinical Bone Sonometer uses ultrasound to estimate bone density in the calcaneus or heel. The calcaneus is an easily accessible site and consists of 75 to 90 percent trabecular bone, a spongy bone tissue that is more responsive to age, disease, and therapy-induced bone changes. Some studies have demonstrated a relationship between bone density of the calcaneus and future fracture risk.

Osteoporosis and related bone disorders affect 28 million Americans — 80 percent of whom are women. Each year this debilitating disease contributes to more than 1.5 million new fractures of the hip, spine and forearm.

For more information about what you can do to help prevent osteoporosis, check the article titled “Nutrition and Osteoporosis” on the Lancaster County Extension Web site at: www.lancaster.unl.edu/food/fm/j01.htm or for a copy of this information, send a self-addressed, stamped, business-size envelope to: Nutrition and Osteoporosis; Attention: Alice Henneman; Lancaster County Extension Office; 444 Cherry Creek Road, Suite A; Lincoln, NE 68528-1507.

Also, you can check out a tape on “Nutrition and Osteoporosis” of a presentation given by Extension Educator Alice Henneman as part of BryanLGH’s Women’s Series. The tape is available from BryanLGH Community Health Services Senior Resource Center. Call BryanLGH at 481-8886 to make arrangements for picking up the tape.

Heating continued from preceding page

the stove, the higher the chance for creosote problems.

Airtight stoves with catalytic combustors can cut creosote problems up to 90 percent, reduce wood consumption as much as 20 percent, and increase the overall efficiency of the stove by 10 percent. The combustor also reduces the amount of pollution entering the air by as much as 75 percent.

Tips for operating wood stoves and fireplaces safely include:

• Don’t overload with wood.
• Keep glass doors closed or screen in front of fire at all times.
• Don’t close the flue before the fire is out.
• Don’t leave the fire unattended.
• Keep combustibles away from fireplace.
• Reserve the fireplace for wood, not trash burning.
• Have the chimney, stove or fireplace inspected regularly.

Corn Grow continued from preceding page

schools across the country, but none has a technology track,” Perk said. “We are going to introduce the concepts of remote sensing and GIS through the magnet school and through America’s Farm.”

With information available to anyone who wants to look at the Web site, Perk said America’s Farm was created to educate a public whose children tend to be curious about farms; take advantage of a recent emphasis on computer-assisted, site-specific farming known as “precision” agriculture; explore advances in remote sensing, GIS and global positioning systems; augment the teaching of vocational agriculture; educate producers and farm managers; and explore practical applications of remote sensing.

America’s Farm Web site is http://ois.anomaha.edu/amfarm/. Those interested in taking this course should contact UNO’s Office of Internet Studies at 554-3839.

Barb and Ron Suing Named County/City Volunteers of the Month

On Oct. 30, Barb and Ron Suing (above right) of Lincoln were recognized by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners as the County/City Volunteers of the Month for November.

Ron and Barb have served as 4-H leaders a combined 28 years. They continue to support the 4-H program even after their children completed the program. Both serve as 4-H Superintendents at the county fair. Barb in the food area and Ron in engineering. Barb served as a 4-H Recruiter and helped new 4-H clubs during their first year. Ron continues to lead a 4-H Clover College class in rocketry and encourages youth to build and launch their own rockets. He travels throughout the state to share his expertise in this area.

Ron and Barb are active in their church. They are both 4-H Clover College members and Ron and Barb volunteer for the Southwood Neighborhood Association and are active in their church.

Ron and Barb were presented a certificate of appreciation, a balloon bouquet, an 8” x 10“ photograph and a cash award. Their names will be placed on a permanent plaque in the County/City building.

Congratulations to Ron and Barb Suing. They continue to go the extra mile to support 4-H and Cooperative Extension.
Crop Rental Meeting Will Address Trends and Details to Consider

In many counties in Nebraska, more than 80 percent of the cropland is rented. Share leasing is still the predominant type of agreement entering the market, but various forms of cash leasing are becoming more popular. Cash leases represent about 40 percent of the crop leases in the state.

A number of details should be considered when developing a lease agreement. These include: land ownership costs, crop production costs, federal farm program benefits, the market value of the crops produced and the relative risks of the two party agreements. Lancaster County Extension will host a rental arrangements seminar on Dec. 3 from 1–4 p.m. The workshop will present information on the current trends in rental arrangements and the essential elements to include when developing a fair and equitable agreement. Examples will be used for local conditions, including an opportunity to budget specific case situations.

Topics to be covered include:

• Current cash rental rates.
• Contract terms and conditions.
• Principles for fair and equitable leases.
• How to adjust rental agreements.

The presenters include Nebraska University Extension farm management specialists Roger Selley and Doug Jose. For more information about the crop rental arrangements workshop, call 441-7180 and ask for Tom Dorn. (TD)

Recycling: An Important Part of Local Solid Waste Management

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Crop Rental Meeting Will Address Trends and Details to Consider

Each week, households across Lincoln and Lancaster County, perform the same ritual. We take the trash out of our homes and watch it magically disappear.

We don’t give it much thought, but a lot of planning and organization goes into this simple task. Each day hundreds of people climb into expensive trucks to collect your waste and take it to a disposal facility, designed and managed by the City of Lincoln, to protect the health and safety of our residents.

The City also has spent millions of dollars to offer non-disposal programs such as recycling, composting, household hazardous waste programs and pollution prevention programs to serve residents in Lincoln and Lancaster County. Our solid waste management system is very complex and offers many services to our residents.

Over the past decade, recycling has become a very important part of our solid waste management system. A network of private recyclers provide services to our residents.

They do this by picking up recyclables from various locations, sorting the recyclables and delivering them to recycling centers. These centers then transport the recyclables to recycling facilities where they are sorted and processed.

The recycled materials are then sold to companies that use them to make new products. This reduces the need to extract raw materials and helps reduce waste in landfills.

Recycling benefits our community in a number of ways. Since 1992, public sector recycling efforts have saved 1.3 million cubic yards of landfill space. This amount represents a savings of more than 2.75 years in the landfill’s life.

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