November 2002

The NEBLINE, November/December 2002

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Families – The Backbone of Neighborhoods

LaDeane Jha
Extension Educator

Look around your neighborhood. Is it a good place for young people and families to live? Do you cross the street when you see a group of young people headed your way or does the sight of children playing in the park bring a spark of happiness to your day? Do you wonder if the children you see are being well fed? Educated? What about the senior citizens? Do they have a sense of belonging and well-being? Does everyone feel safe? Is there access to health care? Are essential services accessible? Do the generations interact with one-another? How well do you know the children in your neighborhood?

We all know that there are difficult problems facing families today:
- There are more and more neighbor-neighborhoods.
- Some families don’t have much money.
- There may be a lack of good child care services.
- Some families don’t have much money.
- Parents can’t help out in school when they work all the time.

The list could go on. The good news however, is that more and more neighborhood activities are trying new ways to support families. Neighbors are helping each other and numerous people are finding new ways to interact with schools, police and other agencies. In many neighborhoods people are talking and planning together. Two local initiatives that build capacity, enhance community vitality and focus on local strengths are the Community Outreach Partnership Center (COPC) and the Community Learning Center (CLC) initiatives. Both projects use creative methods to address child, family and neighborhood issues such as building social capital, creating a sense of community, examining youths’ perceptions about out-of-school activities and making schools the center of neighborhood activities. The COPC program’s focus includes three areas: education, community organization, and neighborhood revitalization. Their outreach efforts are coordinated with the UNL Cooperative Extension Service. The COPC program’s focus includes three areas: education, community organization, and neighborhood revitalization. Their outreach efforts are coordinated with the UNL Cooperative Extension Service.

“Where, after all, do universal human rights begin? In small places, close to home — the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Without concerned citizen action to uphold them close to home, we shall look in vain for progress in the larger world.”


Community Partnerships Help Build Strong Families & Neighborhoods

Maureen Barson
Extension Educator

Newcomers to Lincoln often comment that people are friendly, compassionate and supportive of one another. That spirit of “let’s work together” found in many of Lincoln’s neighborhoods helps families prosper and neighborhoods thrive.

Partnerships among agencies support the “work together” ethic by combining creative talents and financial resources to identify needs and create solutions for families and the larger community. Similar to local neighborhood organizations, UNL Cooperative Extension’s Nutrition Education Program (NEP) cultivates partnerships to benefit families and neighborhoods.

Families enrolled in the NEP benefit when partners provide comprehensive approaches to meeting their needs. Thus, NEP values the partnerships that help them serve families with limited resources in Lincoln. Some NEP partners include, Lincoln Housing Authority (LHA), Lincoln Action Program Early Head Start and Head Start, Lincoln Public Schools Food Stamp Nutrition Education Program Project, and Women, Infants and Children.

Since 1992, LHA and the UNL Cooperative Extension in Lancaster County have jointly funded programs to teach families how to prepare safe, nutritious meals on a limited income. LHA provides affordable, safe housing and LHA families participate in NEP at senior sites, LHA-owned family resource centers and child development centers. Some clients receive individualized education in their home.

Doug Marthaler, LHA Tenant Service Manager says, “Through partnerships and collaborations with other community agencies, LHA is able to provide more than housing to its clients.”

see COMMUNITY PARTNERSHIPS on page 12

Note: This is a combined November/December issue. The next NEBLINE will be January 2003.
Cyclamen care

Cool temperatures and bright light is the prescription for success with cyclamen. Place this flowering plant in an east window. A daytime temperature of 60 to 65°F and a night time minimum temperature of 50°F should keep it blooming well into next year.

The white, red or pink flowers bloom from nodding stems above the rosette of heart-shaped, blue-to-green dark green leaves. The foliage is marked with white veins and light green splorches.

Water the cyclamen whenever the soil begins to feel dry and try to keep the soil around the matrix at all times. Water with lukewarm water and be careful to keep it off the foliage and stem as the plant is very susceptible to crown rot.

Fertilize the plant with a houseplant fertilizer using one-half the recommended strength every two weeks while it is flowering. When new flowers cease to appear and the leaves begin to brown, reduce the frequency and amount of watering and place the pot in a cool spot. A true flowering plant. Wait until warm spring weather arrives. Repot in a mixture of equal parts houseplant potting soil and peat moss, with half the crown above the soil. Place in a sunny window or in a protected spot outdoors where it will be shaded during the brightest part of the day. (MJD)

Winter Care of Houseplants

Winter weather adversely affects growing conditions for houseplants. Proper care during the winter months can help insure the health of houseplants. Most houseplants grow well with daytime temperatures of 60 to 75°F and night temperatures of 60 to 65°F. Temperatures below 50°F or rapid temperature fluctuations may damage some plants. Keep houseplants away from the cold drafts and cold air vents. Also make sure houseplant foliage doesn’t touch cold windows.

Many houseplants prefer a humidity level of 40 percent to 50 percent. Unfortunately, the relative humidity found in many homes during the winter months may be only 10 percent to 20 percent lower than what some houseplants require. Humidifiers are an excellent way to increase the relative humidity in a single room or throughout the entire home.

Simple cultural procedures can also increase the relative humidity around houseplants. Try grouping plants together. The water vapor from the potting soil, plus water lost through the plant foliage or transplanting, will increase the relative humidity in the immediate vicinity of the houseplants. Another method is to place the houseplants on trays or saucers filled with pebbles or gravel and water. The bottoms of the pots should be above the water level.

Misting houseplants is not an effective method to raise the relative humidity. Misting would have to be done several times daily to appreciably raise the humidity level and is simply not practical.

Houseplants require less watering during the winter months than in spring and summer. Actively growing plants need more water than those at rest during the winter months. Plant species also affects watering frequency. Ferns prefer an evenly moist soil and should be watered frequently. Cacti and succulents, on the other hand, should not be watered until the potting soil is completely dry. The majority of houseplants fall between these two groups. Most houseplants should be watered when the soil is barely moist or almost dry to the touch. When watering houseplants, water them thoroughly. Water should drain freely out of the bottoms of the pots. If the excess water drains into a saucer, discard the water and replace it with the saucer beneath the pot.

Houseplants need to be fertilized periodically and can actively growing in the spring and summer. Fertilization is generally not necessary during the winter months because most plants are growing very little or resting. Indoor gardeners can fertilize houseplants in March or April as growing conditions improve and the plants resume growth. Fertilizers are available in numerous forms: liquids, water soluble powders, tablets, sticks, etc. Read the label of the fertilizer type, carefully read and follow label directions. Dust and grease often accumulate on the leaves of houseplants. The dust and grease not only makes them unattractive, it may slow plant growth. Cleaning houseplants improves their appearance, stimulates growth, and may help control insects and mites. Large leafed plants may be cleaned with a moist soft sponge or cloth. Another method is to place the plants in the shower or tub and gently wash the leaves. Be sure to adjust the water temperature before placing the plants under the shower head. (MJD)
Carbon Monoxide
The Hidden Killer

Carbon monoxide (CO) is a poisonous, invisible, odorless, colorless gas created by the incomplete combustion of fossil fuels, such as gasoline, wood, coal, propane, oil and methane. CO kills cells in the body by reducing the amount of oxygen available to cells. It is an immediate toxicity that leads to suffocation. Therefore, CO is the largest cause of poisoning in the United States. Each year it kills an average of 544 Americans in accidental exposures, according to the Centers for Disease Control. Another 7,000 to 15,000 people are hospitalized annually.

The sources of CO are varied: kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from wood stoves, wood heaters, wood stoves and fireplaces; gas stoves, automobile exhaust from attached garages and environmental tobacco smoke.

The first signs of CO poisoning may occur within minutes of opening doors and windows or other actions that lead to fresh air circulation. The time for symptoms to occur and severity of those symptoms vary with the amount of CO encountered (even in areas that appear to be well ventilated) and build up to lethal levels over a period of a few minutes to many hours.

Some examples of poisoning include:

- A farm owner died of CO poisoning while using an 11-horsepower, gasoline-powered concrete saw in a basement where he had been working for about one hour.
- A municipal employee died of CO poisoning after using two eight-horse-power, gasoline-powered concrete saws in a ground parking garage.
- Five workers were treated for CO poisoning after using two eight-horse-power, gasoline-powered concrete saws in a ground ventilated under-ground parking garage.
- A plumber used a gasoline-powered concrete saw in a basement with open doors and windows and a cooking fan. He experienced a severe headache and dizziness and began to act in a paranoid manner. His symptoms were related to CO poisoning.

These examples show a range of effects caused by CO poisoning in a variety of work settings with exposures that occurred over different time periods and with different types of ventilations. Workers in areas with closed doors and windows were incapacitated within minutes. Opening doors and windows or operating fans does not guarantee safety. If you use gasoline-powered tools such as welders, pumps, compressors and generators in closed areas or when there is a risk of venting to a pressurized room where he had been working with an eight-horse-power, gasoline-powered line-powered pump. Doors adjacent to the work area were open while he worked. His hospital diagnosis was CO poisoning.

Several years ago, we interviewed a bird owner in rural Lancaster County, who chases whom and sounds the alarm of disease from one bird to another. To defray the cost of application, the city of Lincoln is paying up to $6.5 per cubic yard for application. If you don’t have spreading equipment, you can rent a spreader from the city for a very reasonable fee.

Many residents enjoy bird feeding programs. Because birds congregate at feeding stations, there is increased potential for transfer of disease from one bird to another. To minimize risk, keep feeders clean and disinfect them occasionally; a solution of one part household bleach to nine parts water is convenient and works well for this. During fall clean-up time, try to leave some leaves or shrubs in other spots where they won’t cover your lawn grass and where birds can find them. Leaf litter makes a great spot where birds such as rufous-sided towhees, Harris’ sparrows and others can forage for insects, seeds and other foods.

Enjoying Your Backyard Wildlife

Examples of things to include might be what birds come, what season or time of day they first show up, favorite plants or places in your landscape, where and how long they feed, what foods they like, behavior such as who chases whom and sounds you hear. You might also note your thoughts or feelings about the wildlife you see and your experiences. A backyard journal can help tailor your landscape or feeding programs in other years. What a terrific learning exercise and fun activity to do with children or as a family.

Neighborhood Cats

House cats and feral (wild) cats have a significant impact upon wild songbirds. A conservative estimate puts the cat population at about 55 million in the United States. If 80 percent of those cats were either feral or cats that were allowed to go outside, and if only one cat in ten caught one bird per day, 4.4 million birds would be killed per day by cats. Cats are not a natural part of the food chain and detrimental to songbird populations. If you own cats, keep them on a leash or indoors. At the minimum, keep them inside or under control when nesting season and migrational periods are in full swing. The cat is not at fault for instinctively hunting. The owner is at fault for letting it do so.

Many residents enjoy bird feeding but do not want to see a pile of feathers left by a neighborhood cat. To protect birds at feeding stations, there is increased potential for transfer of disease from one bird to another.

How can you protect yourself and your family from CO poisoning? Bruce Sellon, Deputy Fire Chief, Lincoln Fire Department, suggests installing a CO detector inside your home to provide early warning of accumulating CO. When it comes to placing detectors, Sellon says, “It makes sense to place them in living areas of homes. Think about where your gas, oil or kerosine burning appliances are and who you want to protect and place CO detectors in places that make sense. One detector for each level of the house is best.”

A big problem is running a gas fire in a room where he had been working with an eight-horse-power, gasoline-powered concrete saw in a basement where he had been working for about one hour. His hospital diagnosis was CO poisoning.

When purchasing a battery-powered CO detector for your home, note the type of battery it requires. Some battery-powered CO detectors have unique battery packs designed to last approximately two years. Others may require yearly replacement. Still others have been designed to plug into an electrical outlet.

Have your local fire department’s non-emergency telephone number at hand to call if the CO detector sounds. Test CO alarms as directed by the manufacturer.

Would you do if your alarm goes off? The NFPA recommends you leave the building immediately, turning off heating and cooking equipment as you go. Also, leave the doors open. In Lincoln, call 911 and members of the Lincoln Fire Department will come and check the CO levels in your home. In rural Lancaster County, volunteer fire departments should have these meters. Always get immediate medical attention if anyone exhibits signs of carbon monoxide poisoning.

Tips for Buying a CO Alarm

Only buy an alarm that is listed by a qualified, independent testing laboratory. Note the manufacturer’s recommendations for replacing CO alarms, as they may need to be replaced in two to five years.

A municipal employee at an indoor water treatment plant working with an eight-horse-power, gasoline-powered concrete saw in a basement where he had been working for about one hour.

If you use gasoline-powered tools such as welders, pumps, compressors and generators in closed areas or when there is a risk of venting to a pressurized room where he had been working with an eight-horse-power, gasoline-powered line-powered pump. Doors adjacent to the work area were open while he worked. His hospital diagnosis was CO poisoning.

The owner is at fault for letting it do so.

Prevent Carbon Monoxide Poisoning from Small Gasoline-Powered Engines and Tools

Many people use gasoline-powered tools such as high-pressure washers, concrete cutting saws, power trowels, floor buffers, air compressors, welders, pumps, compressors and generators in buildings or semi-enclosed areas where CO can rapidly accumulate (even for a few minutes, can lead to suffocation).

Carbon Monoxide poisoning is a very serious condition that can rapidly accumulate (even for a few minutes, can lead to suffocation).

Reduce Costs and Increase Yields with Biosolids!

Now that harvest activities are over, are you thinking about ways to improve production and cut production costs? You can reduce your out-of-pocket fertilizer costs, improve poor soil and increase yields by using municipal biosolids. This material is high in organic matter and contains all the nutrients that are needed by crops to grow. Most cooperating farmers see a yield benefit for 3-4 cropping years after an application. To defray the cost of application, the city of Lincoln is paying up to $6.5 per cubic yard for application. If you don’t have spreading equipment, you can rent a spreader from the city for a very reasonable fee.

Many residents enjoy bird feeding programs. Because birds congregate at feeding stations, there is increased potential for transfer of disease from one bird to another.

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Crop Protection Clinic Jan. 10

Aflatoxin in Corn
What Can be Done?

Some southeast Nebraska counties are finding corn grown under drought conditions in 2002 has tested positive for Aflatoxin and other mycotoxins. Mycotoxins are compounds produced by certain molds that can be toxic to farm animals, wildlife and humans. Usually these molds become associated with kernels in the field; however, under certain conditions of temperature, relative humidity and grain moisture, they can grow within the colonized kernel and even spread to adjacent kernels during transport and storage. Aflatoxin is one minute levels of mycotoxins with no adverse effects, but above certain thresholds these symptoms can appear. See Table 1 for the FDA tolerance levels for several mycotoxins. This article will discuss how a producer can deal with aflatoxin levels that are too high.

Table 1. FDA tolerance levels for some mycotoxins.

<table>
<thead>
<tr>
<th>Mycotoxin</th>
<th>FDA Tolerance</th>
<th>Target</th>
</tr>
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<tbody>
<tr>
<td>aflatoxin</td>
<td>0.5 ppb (parts/billion)</td>
<td>milk</td>
</tr>
<tr>
<td></td>
<td>20 ppb</td>
<td>diary</td>
</tr>
<tr>
<td></td>
<td>100 ppb</td>
<td></td>
</tr>
<tr>
<td>fumonisin</td>
<td>5 ppb (parts/million)</td>
<td>mature breeding cattle, swine, and poultry</td>
</tr>
<tr>
<td></td>
<td>10 ppb</td>
<td>finishing swine</td>
</tr>
<tr>
<td></td>
<td>50 ppb</td>
<td>finishing beef cattle</td>
</tr>
<tr>
<td>vomitoxin</td>
<td>1 ppb</td>
<td>horses</td>
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<tr>
<td></td>
<td>10 ppb</td>
<td>cattle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>humane</td>
</tr>
<tr>
<td></td>
<td></td>
<td>swine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>poultry</td>
</tr>
</tbody>
</table>

Table 1 indicates the value of the clinic to Nebraska farms. In 2002, 155 people attended the clinic in Lincoln. This was a split of roughly 50:50 between producers and agribusiness or agency personnel. We received 84 evaluations showing 756,553 crop acres grown, managed or scouted. Twenty-six participants responded to the question “What would you estimate the value of this program to you (in dollars per acre)?” The response was an average value of $6.15 per acre. These 26 respondents reported 698,990 acres grown, managed or scouted.

Table 2: Procedure for using a Pierson Square.

<table>
<thead>
<tr>
<th>Corn Source A</th>
<th>Source B</th>
</tr>
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<tbody>
<tr>
<td>155/340 = 0.456</td>
<td>100</td>
</tr>
<tr>
<td>155/340 = 0.456</td>
<td></td>
</tr>
</tbody>
</table>

Figure 1. Example Using a Pierson Square.

Feeding Value of Drought-Stricken Corn Grain for Swine Not Affected

Despite the drastic reductions in grain yield due to the drought, the feeding value of drought-striken corn for swine may not be affected. Nebraska’s 2002 growing conditions were not favorable for optimum corn production. Inadequate moisture and high temperatures reduced corn yields. But University of Kentucky research found drought had no effect on test weight, metabolizable energy or swine growth performance.

During drought stress during grain fill can reduce grain test weight. However, corn research suggests there is a poor relationship between test weight and corn’s nutritional value. Pig growth rate is seldom affected by corn test weight as long as the test weight is not reduced by more than 30 percent. If the low test weight corn has less metabolizable energy, pigs will compensate by increasing feed consumption, resulting in lower feed efficiency. Fat can be added to diets containing low test weight corn to offset a possible reduction in feed conversion efficiency.

Corn weighing between 40–56 pounds per bushel has the same feeding value for growing-finishing swine when compared on an equal moisture basis. When test weight drops below 40 pounds per bushel, growth rate and feed efficiency may decrease by 5 percent to 10 percent.

See CORN FOR SWINE on page 5

For more information see Nebraska (OMAF/ 14000) ‘Grain Molds and Mycotoxins in Corn’ online at www.cropwatch.unl.edu/mycoxtox.htm

Figure 1. Example Using a Pierson Square.
Fall Brings Garden Clean-up

For a healthy garden next spring, make garden clean-up a fall routine. Disease-causing organisms and weeds should be buried deeply in the soil or disposed of in the garbage. If you are managing a compost pile so temperatures reach 140 degrees, discard diseased plant materials rather than placing them in the compost pile. Weeds with seed should also be disposed of in the trash.

Nebraskans can expect to pay more to heat their homes this winter, but there are a few ways to cut heating costs and use energy more efficiently. The easiest way to save energy is to lower the thermostat setting. Energy is reduced about 2.5 percent for each degree of decrease. Many people compensate for a cooler environment by dressing warmer or by adjusting to the new temperature. Another option is to turn down the thermostat at night or when nobody is home or use an automatic setback thermometer.

A cooler environment will be more comfortable if drafts are eliminated. If windows rattle in the wind or curtains flutter, the weather stripping around the windows probably needs to be replaced. If weather stripping can’t be done during warm weather, stuff rope caulk in the cracks, which can be removed in the spring without damaging the woodwork. Plastic interior window kits may work well and will reduce condensation on the windows, but read directions carefully to avoid damaging the window trim. Closing blinds or drapes during the evening also increases comfort because it keeps heat from radiating to the outside, reduces convention currents and heat loss through conduction.

Hire a qualified heating professional to service the heating system so it operates as efficiently as possible. Between maintenance, be sure to check filters — dirty filters slow down the flow of heat as well as affect air quality and efficient operation. A furnace from the 1960’s or earlier can waste up to 30 percent of energy, so consider replacing older models with a modern condensing furnace or other energy-efficient designs.

Adding insulation and replacing windows are two other options, but should be done after the previous steps have been taken. Insulation is relatively inexpensive and usually will save enough energy to pay back the cost in a few years. Single-pane leaking windows can be replaced with new ones that are energy efficient. Consider double-glazed windows with a low-E coating and an inert gas filling the space between the two layers of glass (DJ).

Winter is a good time to plant trees with the specific purpose of harvest at a certain size or age. It takes an average of seven years to grow a six to seven foot pine Christmas tree. When these trees are harvested, most growers replant with seedlings the following spring to begin the cycle again. The replanting of Christmas trees makes them renewable resources. When a live Christmas tree is bought, a renewable resource is used rather than depleting the unrenewable resources used in manufacturing artificial Christmas trees. Live Christmas trees also are beneficial because they help clean the air, control soil erosion and provide habitat for wildlife while they are growing. Live Christmas trees also may be a way of arousing an appreciation of the beauty and usefulness of trees in the minds of children. A keen appreciation of trees is an important step toward the will to plant and care for them. (DJ)

Corn Grain for Swine

continued from page 4

It’s also important to watch for mycotoxin contamination, particularly zearalenone, vomitoxin and fumonisins. Affected corn often has a problem in Nebraska, but this year could be different. Drought causes plant stress which increases the risk of mycotoxin development in the grain. The signs of mycotoxin contamination in pigs include swollen vulvas in four- to six-week old gilt pigs, feed refusal, reduced growth performance and respiratory problems.

Keep all mycotoxin-contaminated corn out of breeding herds and grow pigs diets. Mycotoxin-contaminated grain may be fed to finishing pigs as long as the mycotoxin level in the diet does not exceed the following rates: 200 ppb aflatoxin, 3 ppm zearalenone, 1 ppm vomitoxin or 5 ppm fumonisins. Minimize stress and boost dietary nutrient density to help pigs tolerate mycotoxins in the feed. The University of Nebraska Veterinary Diagnostic Center will analyze corn for mycotoxins. More information is found on the NU NebGuide (GOO-1408) “Grain Molds and Mycotoxins in Corn.”

Corn grown under drought conditions usually contains more crude protein than that grown under normal conditions. The drought-stricken corn protein content may be increased by 1 to 1.5 percentage units. However, don’t use less supplemental protein in swine diets when using drought-stricken corn. As the crude protein content of corn increases, the lysine content (the most limiting amino acid in corn for swine) does not increase at the same rate. Pigs don’t require protein in their diet, they require amino acids which are found in protein. If diets using higher protein corn are formulated on a crude protein basis, they may be low in lysine resulting in reduced pig performance. Therefore, maintain the same level of supplemental protein in swine diets when using drought-stricken corn.

It’s best to use lower test weight or lower quality corn in late finishing diets because older pigs utilize lower test weight feedstuffs better than younger pigs. Consider blending low quality and higher quality corn in finishing swine diets to reduce problems due to test weight and mycotoxins. Some producers may want to add a mycotoxin binder to diets to lessen the effects of mycotoxin consumption by pigs. (TD)

Sales Tax on Tree planting Services

Natural Resource Districts (NRD) that sell live plants (trees and shrubs) to individuals or businesses, are a retailer and are required to be licensed and collect and remit sales tax on the selling price of the plant material. This tax change is part of the Legislature’s solution adopted during the last regular session to address the budget situation.

If the NRD sells and plants the trees, they were required Oct. 1, 2002 to collect sales tax on the total amount charged for the trees and the total amount charged for planting the trees. The charge for planting the trees is taxable regardless of whether the planting charge is separately itemized or separately invoiced.

If the NRD sells the trees and pays a third party to plant the trees, the total amount charged for the trees and the charge for planting are taxable. If the NRD sells the trees and the new owner of the trees hires someone else to plant the trees, the person planting the trees is a retailer and required to be licensed and collect and remit sales tax on the charge for planting the trees.

If you have questions regarding procedures relating to collection and remitting the tax, you can contact Cliff Thomas, Nebraska Department Of Revenue, at 471-5676 or e-mail clifithomas@rev.state.ne.us. (DJ)
**Thanksgiving Turkey Tips**

Mary Torell
Public Information Officer. Neb. Dept. of Agriculture, Poultry and Egg Division

Thanksgiving — a time honored American tradition based on thankfulness and the bounty of our land. Here are some tips to ensure a perfect Thanksgiving turkey at that special holiday meal.

**Time and Temperature Equals Taste**
To make sure you have the perfect turkey this Thanksgiving, check to make sure the turkey reaches a temperature of 170°F in the breast and 180°F in the thigh. The true indicator a turkey is ready to eat is to measure the bird’s temperature with a food thermometer. Accurate temperatures, both in the oven and the turkey, are important for quality safety and taste. Since most consumers spend little time in the kitchen during the year, it’s important to check the oven thermostat and oven temperature to verify the oven setting.

**Thermometer Use**
A recent survey taken by the Nebraska Turkey Federation (NTF), found less than 50% of home cooks use a thermometer to determine if their turkey and/or stuffing are thoroughly cooked. This could mean many consumers are overcooking or undercooking their turkey — leading to a disappointing outcome.

NTF wants to make a food thermometer a cook’s best friend by providing guidelines to ensure proper use.

**Time Measurement**
Time is a measurement that helps ensure a turkey is done. The turkeys purchased today yield a higher proportion of white meat, which cooks faster than dark meat and shortens the time it takes to prepare the turkey.

**Food Thermometers**
Food thermometers are more high-tech and easier to use than ever before. There are pop-up, digital, instant-read and disposable. Proper placement is the key for an accurate read. Insert the thermometer 2-1/2 inches in the deepest portion of the turkey breast or into the inner thigh near the breast. Make sure the thermometer does not touch the bone. When inserting the thermometer in the turkey breast, insert it from the side, which make it easier to read and more accurate than inserting from the top.

**Shorter Cooking Times**
Only 8 percent of respondents in a recent NTF study were aware of the new shorter cooking times released in 1995. The new cooking timetable, developed by University of Georgia, indicated it is possible to shorten recommended cooking times for whole turkeys and still ensure a safe and delicious product.

**Web Resources for the Holidays**
- [Food Safety Tips](https://food.unl.edu)
- [Food Safety Quiz](https://food.unl.edu/food)
- [Food Safety Links for Home Cooking](https://food.unl.edu/food)
- [Cook It Quick](https://food.unl.edu/food)

**Turkey Roasting Times**
(Average Time to Roasting a Turkey at 325°F)

<table>
<thead>
<tr>
<th>Weight</th>
<th>Unstuffed</th>
<th>Stuffed</th>
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<tbody>
<tr>
<td>8 to 12 pounds</td>
<td>2-3 hours</td>
<td>3 to 3-1/2 hours</td>
</tr>
<tr>
<td>12 to 14 pounds</td>
<td>3-3-4 hours</td>
<td>3-1/2 to 4 hours</td>
</tr>
<tr>
<td>14 to 18 pounds</td>
<td>3-4 to 4-1/2 hours</td>
<td>4 to 4-1/2 hours</td>
</tr>
<tr>
<td>18 to 20 pounds</td>
<td>4-4-1/2 hours</td>
<td>4-1/4 to 5-1/4 hours</td>
</tr>
<tr>
<td>20 to 24 pounds</td>
<td>4-5-1/4 hours</td>
<td>4 to 5-1/4 hours</td>
</tr>
</tbody>
</table>

**Food Safety Habits**
- **Food Safety Tips** Follow these suggestions to maintain good food safety habits:
  - Perishable food should not be out of the refrigerator for more than two hours. Warm temperatures allow bacteria to grow and increase to numbers that may cause illness.
  - Keep the food in your house safe from harmful bacteria by selecting perishable foods at the end of your shopping trip. Drive directly home from the store. Do not put meat, dairy foods and eggs in the refrigerator.
  - Eat food as soon as it is cooked and put any leftovers directly in the refrigerator.
  - Eat reheated food immediately.
  - Discard leftovers after two days.
  - Clean and sanitize cutting boards after each use.

**Rice-N-Turkey Casserole**
(Seves 6)

2 cups cooked long-grain rice, white or brown
2 cups cubed cooked turkey
2 zucchini, medium size, cut into 1/4-inch rounds
1/4 cup chopped onion
1/2 cup crushed black pepper
1 can (4 ounces) chopped green chilies, drained
2 tomatoes, medium size, halved lengthwise, then sliced crosswise

**Topping**
Combine 1 cup sour cream, 1/3 cup chopped onion, 1/2 cup shredded cheese, 1/2 cup grated cheddar, 1/2 cup chopped green chilies, 1/4 cup chopped black pepper, 1/4 cup chopped fresh parsley, 1/4 cup chopped fresh tomatoes, 1/4 cup chopped fresh onions, 1/4 cup chopped fresh green peppers, 1/4 cup chopped fresh green chilies, 1/4 cup chopped fresh black pepper.

**Preparation**
Prepare topping. Spread rice in a greased 2-quart baking dish. Layer turkey, zucchini, cheese, chilies and tomatoes over rice. Spread topping over casserole. Sprinkle with cheese and bake at 350°F for 30 minutes.

Approximate Nutrient Content Per Serving: 523 calories; 27 gm protein; 20 gm fat; 59 gm carbohydrates; 679 mg sodium; 76 mg cholester.

**Holiday Indulging Without Bulging**
Alice Henneman, MS, RD
Extension Educator

Add pleasure, not pounds over the holidays by following these seven guidelines for “indulging without bulging.”

1. **Put Less on Your Plate**
“Less” can mean smaller amounts. “Less” also can mean fewer foods. The latter is sometimes a more successful strategy.

2. **Take a Bite — Count to 8**
It takes about 20 minutes after food enters your mouth before the brain starts perceiving the food you are eating may not be safe as possible.

3. **Keep Your Food In Your refrigerator as soon as you arrive home**
4. **Do you keep your raw meat in the refrigerator until it is time for cooking?**
   - No
   - Yes

5. **Is food eaten as soon as it is cooked?**
   - No
   - Yes

6. **Are you distracted by television while eating meals?**
   - No
   - Yes

7. **Do you relax after eating and eat food as soon as it is cooked?**
   - Yes
   - No

8. **Do you reheat leftovers and eat them immediately?**
   - Yes
   - No

9. **Have the leftover foods in your refrigerator been there for more than two days?**
   - Yes
   - No

10. **Do you clean and sanitize your cutting board between uses?**
    - Yes
    - No

11. **Correct answers are: “Yes” for numbers 2, 3, 4, 5, 8, 16; and “No” for numbers 1, 6, 7, 9. Incorrect answers suggest the food you are eating may not be as safe as possible.

**NEP**
For Limited Resource Families
Mary Abbott, Extension Assistant

**NEP** — Nebraska Extension Public Information

**Food & Fitness**
Enjoy Nebraska Foods!

This year the Nebraska Department of Agriculture — Poultry and Egg Division is again offering a user-friendly, consumer-oriented brochure to ensure a safe and delicious turkey dinner. To request Take the Guesswork Out of Roasting a Turkey, and for free recipes and ideas on how to utilize turkey leftovers, contact Mary Torell by e-mail at mtorell2@unl.edu or call 472-0752. Each contact will receive a $2 off coupon for their choice of a smoked or regular turkey from NORBEST, a Nebraska grown product. Here’s a simple and delicious recipe using leftover turkey.

**Turkey from NORBEST, a Nebraska grown product.**

**Take the Guesswork Out of Roasting a Turkey,** and for free recipes and ideas on how to utilize turkey leftovers, contact Mary Torell by e-mail at mtorell2@unl.edu or call 472-0752. Each contact will receive a $2 off coupon for their choice of a smoked or regular turkey from NORBEST, a Nebraska grown product.

**Food Safety Quiz**
Take the following quiz and evaluate your food safety habits.

1. Is meat selected at the beginning of your shopping trip?
   - No
   - Yes

2. Do you drive directly home from the store?
   - No
   - Yes

3. Are perishable foods put in the refrigerator as soon as you arrive home?
   - No
   - Yes

4. Do you keep your raw meat in the refrigerator until it is
   - Yes
   - No

5. Is food eaten as soon as it is cooked?
   - No
   - Yes

6. Are you distracted by television while eating meals?
   - Yes
   - No

7. Do you relax after eating and eat food as soon as it is cooked?
   - Yes
   - No

8. Do you reheat leftovers and eat them immediately?
   - Yes
   - No

9. Have the leftover foods in your refrigerator been there for more than two days?
   - Yes
   - No

10. Do you clean and sanitize your cutting board between uses?
    - Yes
    - No

**Correct answers are: “Yes” for numbers 2, 3, 4, 5, 8, 16; and “No” for numbers 1, 6, 7, 9. Incorrect answers suggest the food you are eating may not be as safe as possible.**

**Web Resources for the Holidays**
- [What’s the correct way to thaw a turkey?](https://food.unl.edu)
- [How can you prepare food ahead of time for the holidays?](https://food.unl.edu)
- [Find the answers to these questions and MORE on the “Food Safety Links for Home Cooking” section.](https://food.unl.edu)
- [Keep up-to-date on new tips, resources and recipe ideas by signing up for our monthly Cook It Quick e-mail messages.](https://food.unl.edu)
- [lancaster.unl.edu/food](https://lancaster.unl.edu/food)
- [Follow these suggestions to maintain good food safety habits:](https://food.unl.edu)
  - Perishable food should not be out of the refrigerator for more than two hours. Warm temperatures allow bacteria to grow and increase to numbers that may cause illness.
  - Keep the food in your house safe from harmful bacteria by selecting perishable foods at the end of your shopping trip. Drive directly home from the store. Do not put meat, dairy foods and eggs in the refrigerator.
  - Eat food as soon as it is cooked and put any leftovers directly in the refrigerator.
  - Eat reheated food immediately.
  - Discard leftovers after two days.
  - Clean and sanitize cutting boards after each use.
Another year is winding down (way too fast). It’s hard to believe it is almost Thanksgiving. Achievement Night was a success. We had a good turnout despite the threat of our first snowfall of the season. Our speaker was Kristin Martin from Cedars Home. She really opened the eyes of a lot of us. We had no idea Cedars touched so many people and had so many facilities throughout the city and state. If your club is looking for a service project, give Cedars a call.

Our evening ended with the award presentation. Four clubs were recognized for attending all council meetings. They were Busy Bees, Forty-Niners, Helpful Homemakers and Salt Creek Circle. Forty-Niners were honored for being a 50-year club. The following were honored for their years in FCE. Carmelita Tuma, Salt Creek Circle, 15 year member; Elvina Lyman, Beltline, 20 year member; Elaine Bertrand, Busy Bees and Donna DeShon, Forty-Niners, 25 year members; Jean Durr, individual member, Lorraine James, Helpful Home- makers and Lela Wagner, Salt Creek Circle, 30 year members; Joyce Dolezal, Helpful Home-makers, Wilma Janssen, Salt Creek Circle, Carmelita Tuma, individual member, Alda Wissink, individual member, 35 year members; Medora Cherne, Helpful Homemakers, 45 year member, Ann Meier, Forty-Niners, 50 year member and Doris Seidell, individual member, 60 year member. Congratulations to all the honorees. Hope all of you maintain your memberships so you too can be recognized for your years in FCE at a future Achievement Night.

Thanks to all of you who attended Achievement Night. A special thanks to all of you who brought food for the Food Bank (132 pounds collected) and soap, shampoos, etc for Cedars.

As the holidays approach, may you each remember to give thanks for all the blessings in your life. Have a very Happy Holidays!

Lynn Bush
FCE Council Chair

The Forty-Niners were presented with the 50-Year Club award. Members pictured are: (standing, L-R) Rosie Pribyl, Ann Meier, Donna DeShon, Joy Kruse, Marcella Hunt, and (sitting) Joanne McChesney.

Preserve Memories with Proper Photo Care

Family Community Education (FCE) Leader Training Lesson

The January FCE leader training lesson “Helping Kids in Divorce” will be Tuesday, Jan. 7 at 1 p.m. This lesson will help parents, grandparents, caregivers and family members support kids dealing with divorce. Information will be based on the “Parents Forever” program developed as an educational tool for families in divorce transition.

Non-FCE members interested in attending should preregister by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

The “Holiday” Season

The 21st century was a time of much change in the United States in terms of religious practice. At the beginning of the century, most people in the U.S. considered themselves Christian. Today diverse religious and cultural practices are much more prevalent.

As we enter the 21st century, a majority of people in the U.S. identify themselves as Christian; including 61 million Roman Catholics, 32 million Baptists, 14 million Methodists and 4.3 million Presbyterians.

For 11 million Americans are members of one of the Eastern Orthodox Christian churches. The U.S. is also home to some 2 million Buddhists, 3.3 million Jews, 3 million Muslims, and 1.2 million Hindus. These groups represent a wide variety of religious practices and traditions. There is also a significant portion of the population that does not align itself with any religious doctrine and considers itself agnostic or atheist.

Because of this diversity, a wealth of important religious holidays and cultural celebrations occur in the winter months traditionally known as the “holiday season.” With the hustle and bustle of this busy time of year, it is easy to overlook practices or observances that are different than those you and many of your friends and family members may celebrate. Certainly no one wants to embarrass or offend anyone. Here are a few tips and guidelines for displaying respect for religions and traditions that may be observed by long-time members of your community as well as new arrivals.

Be Accurate and Sensitive

Cultural differences are wonderful opportunities for families to learn about various religions and cultural traditions and their historical importance. Some religions, however, teach celebrating holidays, even ones that are not in accordance with their faith. As appropriate seek alternative ways to celebrate.

Avoid Stereotyping

Many groups celebrate the...
4-H! A Great Experience!

Sheri Ramirez
4-H Leader and Parent

Amber Ramirez began her 4-H career by judging livestock in rural Nebraska. Then she moved to Lincoln and joined a new club. She has been a member of three clubs during her 10 years in 4-H. Currently, Amber belongs to Pet Pals and Flaminagos.

Nine years ago, Amber was diagnosed with a very rare seizure disorder. After three surgeries, and many years of seizures, she underwent removal of the left hemisphere of her brain three years ago. Amber has had to relearn to read, write, speak and work one-handed. When she was hospitalized for surgery, both of her 4-H groups sent many get-well wishes and hosted a donation event for her at the county fair.

Amber currently is a senior at Lincoln High School and is an active young adult. She spends many hours as a community service volunteer. This summer Amber logged 76 hours of volunteer time at Folsom Children’s Zoo and Botanical Gardens. Among her duties were walking the ponies, helping with the barnyard critters - including the pygmy goats, Critter Corner, face painting and riding the train.

“Those goats were always chewing on my clothes,” smiled Amber. “But it was great fun.” At Legacy Terrace Retirement Community, Amber assisted older adults with craft projects and enjoyed giving manicures to many of the women. These visits enhance the lives of residents who very often have few visitors. “They always want pink,” exclaimed Amber. At the 2002 Lancaster County Fair, Amber was awarded the Grand Champion Mammal trophy for showing Cuddles, her favorite cavy (guinea pig.) Cuddles and Amber are invited guests to the Children’s Museum several times each year. They always enjoy being part of the educational events there.

Amber has gained much from 4-H. After her surgeries, Flaminagos gave her a welcome home party. These 4-H members helped Amber gain back her self esteem and self assurance. They did so much for us when she was gone. She has always felt very fortunate to belong to an organization as inclusive as 4-H. 4-H has something for every child. Whether you have a gift for doing the project or if you don’t, 4-H still finds a place for you. It offers great opportunities for kids to gain self esteem and self awareness with no strings attached. All youngsters can find their niche.

Amber has enjoyed a wide variety of projects such as sewing, baking, woodworking, crafts and showing her many pets at fair time. 4-H has been a great experience for Amber.

Music Contest and Family & Consumer Science Judging Contest are Retired

The Nebraska State 4-H office also recently announced that the traditional Family & Consumer Science Judging Contest has been retired at both the county and state levels. A new event will be offered this summer, showcasing hands-on learning opportunities in FCS subject matter areas as well as offer chances for participation in team problem solving, oral presentations and possibly an FCS quiz bowl.

The Nebraska State 4-H office also retired the Music Contest at both the county and state levels. A new event will be offered this summer, showcasing hands-on learning opportunities in FCS subject matter areas as well as offer chances for participation in team problem solving, oral presentations and possibly an FCS quiz bowl.

Stay tuned for more information about the new FCS event and performing arts camp. (TK)
Service Learning Conferences

The Nebraska 4-H Learn and Serve Conferences, supported through a Nebraska Department of Education, features keynote speakers, educational sessions and service project presentations. Elementary school through high school youth, leaders, staff, community organizations and school personnel are all invited to participate.

The dates for the conferences are:

• Feb. 27 — Westside Community Education Center, Omaha
• March 12 — St. Marks United Methodist Church, Lincoln
• April 16 — Westside Community Education Center, Omaha

Registration fee is $10 and due Dec. 10. For more information and registration forms, visit www.ne4h.org/learnserve or call Tracy at 441-7180.

Kansas City 4-H Global Conference

This Midwest Regional Conference for youth 15 and older will include hands-on sessions that involve youth in solving issues central to their lives, families and communities in a global society, thus broadening their horizons and insights into the world in which they live. Conference dates are March 12-15, 2003. Registration is due December 15. Contact the office for registration forms and more information. (TK)

Family and Consumer Science Superintendents Needed!

Are you interested in Family and Consumer Science? At least two Family and Consumer Science Superintendents are needed for the 2003 Lancaster County Fair. Join a veteran Family and Consumer Science superintendent and help receive exhibits, work with judges on judging day and display exhibits. Please contact Tracy at 441-7180 if interested. (TK)

4-H Bulletin Board

• 4-H Council will meet Tuesday, Dec. 3 and Tuesday, Jan. 7 at 7 p.m.
• 4-H Teen Council will meet Sunday, Dec. 8 and Sunday, Jan. 12 from 3-5 p.m.
• There are still County and State Fair projects, comment sheets and ribbons that need to be picked up from the Lancaster County Cooperative Extension Office. Projects, comment sheets and ribbons will be held until Dec. 15.

4-H Lock-In Registration Form

Name of participant(s) ________________________________________________
Age ____________________________
Parent/Guardian ________________________________________________
Address ____________________________
City/State/Zip ____________________________
Phone ____________________________
Special Needs or Other Information (such as food allergies) ____________________________

Make check payable ($12/participant) to Lancaster County 4-H Teen Council and mail with registration form to: Tracy Kulm, Lancaster County Extension, 444 Cherry Creek Road, Suite A, Lincoln, NE 68528-1507.

4-H & Youth

Community Service Corner

4-H Clubs — Consider Adopting a Highway...

Nebraska’s Adopt-a-Highway-program began in 1990 and is sponsored by the Nebraska Department of Roads (NDOR). Groups can adopt a section of highway and pick up litter along it. Cleanups are usually twice a year — spring and fall. NDOR provides litter bags, traffic signs and safety vests, and disposes of the filled trash bags. After the first cleanup, NDOR installs a sign at the end of the adopted section displaying the sponsor’s name.

Criteria for Adopting

• The adopting group must be nonprofit.
• The group agrees to pick up adopted section twice a year for two years (agreement is renewable).
• Sections are a minimum of 2 miles and a maximum of 6.
• Adult supervision is required for volunteers under age 15.

Sections of Highway Available

Currently in Lancaster County, the following sections of highway are some of those available for adopting (check with NDOR to determine availability at time of application):

• Hwy 77 — mileposts 49-51 (south of Lincoln)
• Hwy 79 — mileposts 6-8; or 8-9 (near Raymond)
• S-55-G — mileposts 2-3.82 (near Hickman)
• S-55-G — mileposts 0-2; or 2-4 (near Lincoln)

How to Adopt a Stretch of Highway

View the Adopt-A-Highway Application/Agreement online at www.dor.state.ne.us/pur-sup/adopt.htm. Print the application and fill it out. Contact person phone and address are required. Mail application to Nebraska Department of Roads-District 1, 302 Superior St., PO Box 94759, Lincoln NE 68509. For more information, call NDOR at 471-0850.

...Or a Trail or Park!

The City of Lincoln’s Parks and Recreation Department also relies on volunteers to keep the parks and trails litter free. Groups who adopt a section of trail or portion of a park are asked to pick up trash, broken glass, branches, etc. every two weeks (on trails, the area goes out 5 feet from the trail). Trash bags are provided. Groups are recognized with a certificate of adoption and a sign displaying their name at the trail or park. Groups are asked for a minimum one-year commitment; renewals are sent out each March.

Trails and Parks Available

Currently, the following trails are available for adoption:

• Billy Wolf — 27th & Capital Pkwy. to 3rd & Harrison to 56th St.
• Dietrich Bikeway — Woodside Park at 33rd to U
• Super Street Trail — 34th St. to 70th St.
• Old Cheney Trail — 27th St. to Widefield Lane; Widefield Lane to 40th St.; 40th St. to 45th St.; 45th St. to 56th St.; 56th St. to pedestrian bridge

The following Parks (or portions of) are available:


How to Adopt a Trail or Park

For more information or to adopt a trail or a park, call Julie Watson of Parks and Recreation at 441-8249.
Jan Madsen Named County/City Volunteer of the Month

On Oct. 29, Jan Madsen of Lincoln was recognized as the Lancaster County/City of Lincoln Volunteer of the Month for November by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners.

She is a tireless worker for several Lancaster County Extension programs and always goes the extra mile. She has served as a 4-H leader of the Super Stars 4-H club for 13 years and volunteered at the county and state fairs for many years. She also presents 4-H workshops, is involved with Character Counts, and co-facilitates Parents Forever classes.

Madsen became a 4-H leader because she fondly remembers the help and individualized attention she received from her 4-H leader when she was in 4-H. She is also motivated by research completed by the SEARCH Institute that states only 27 percent of today’s youth feel they have an adult role model to look toward for positive, responsible behavior.

One of her favorite volunteer experiences was when the Super Stars 4-H club did a community service project at the City Mission. Madsen helped the 4-H members prepare a grant in which they asked for items to complete projects in the neighborhood. The grant was awarded, and the Super Stars provided weekly activities for the families at the Mission.

In addition to her volunteer work with Extension, Madsen volunteers for Boy Scouts, is active at Sheridan Lutheran church, is a board member for the Northeast Family Center, and serves on many community coalitions.

Madsen often invites her husband, Galen Madsen, and three children, JoHanna, Marta, and Hans, in her volunteer projects. She thanks her family for their support. Madsen works full-time as a registered nurse and Perinatal Education Coordinator at Saint Elizabeth Regional Medical Center.

Congratulations to Jan Madsen, a super volunteer and an asset to the community!

Grantsmanship Training Scheduled for 2003

The Grantsmanship Training Program will again be offered to the Lincoln community May 5–9, 2003. The intensive, “hands-on” workshop covers all aspects of researching grants, writing proposals, and negotiating with funding sources.

Designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for the workshop is limited.

Since 1997, UNL Cooperative Extension in Lancaster County has hosted the Grantsmanship Training Program. Approximately 100 individuals representing various Lincoln and area agencies have participated to date.

For more information and to register, as early as possible, contact The Grantsmanship Center directly at (800) 421-9512 or visit online at www.unl.edu/GB/.

Neighborhoods as Communities of Interest – Part II

William Freitas
Graduate Student

In the first part of this article (see October’s edition) interactions as the basis for all communities was discussed. It is through interaction a neighborhood becomes a pleasant, healthy and safe place to live. Interaction means strengthening relationships, having open communication, encouraging community initiative, responsibility and adaptability.

The result of positive interaction is the development of social capital. Social capital is described as networks, norms, and trust that facilitate coordination and cooperation for mutual benefit.

Social capital can be divided in two elements: bonding social capital and bridging social capital.

BONDING SOCIAL CAPITAL is the connections among homogeneous individuals and groups. Homogeneity may be based principally on class, ethnicity, or other social characteristics.

BRIDGING SOCIAL CAPITAL connects diverse groups within the community to one another and to groups outside the community. Both kinds of capital are necessary for strong neighborhoods.

Dr. Cornelia Flora presents a very interesting tology of social capital:

• Absence of Social Capital

“When a neighborhood engages in involving people from different cultures and backgrounds, it enriches its social capital. Everyone learns from one another and the quality of life in the neighborhood is increased.”

— Dr. Cornelia Flora

(nudging low: bonding low) — Neighborhoods without social capital lack the capacity to bring about change. Individuals are alienated from neighborhood issues and as consequence high indices of health problems and crime rates occur.

• Conflict with the Outside/External Factionalism (bonding high: bridging low) — Neighborhoods with high bonding but low bridging resist changes, view newcomers with suspicion and have homogeneous groups or factions within the community. The consequence is that the neighborhood isolates itself from resources offered by the city and from healthy relationships with other neighborhoods and groups. The neighborhood may be organized against the outside or against itself. The latter case occurs when different ethnic groups are in conflict with one another.

As External Influence via Local Elites (bridging high: bonding low) – Some neighborhoods are dominated by one or a few influential families or by elites who have some degree of control from outside the neighborhood. In extreme cases they may be controlled by Mafia or factions. Power is clearly concentrated in the hands of a few who decide for all.

Participatory Community Action or Entrepreneurial Social Infrastructure (bridging and bonding social capital are both high) – Equilibrium between high bonding and high

see COMMUNITIES on page 11

The best way to see what the University of Nebraska is like is to make an official campus visit through the office of admissions.

Several easy to schedule opportunities are available.

Red Letter Days for High School Seniors

Nebraska’s all-day (8 a.m. to 3:30 p.m.) open house program is offered to high school seniors and their families. At Red Letter Day, participants have the opportunity to pick from several group presentations — choosing a major, scholarships, learning communities, financial aid and many more. In addition, there is a chance to attend academic presentations, meet with faculty in your academic interest, have lunch at a residence hall, meet with other prospective students and interact with current students.

Upcoming Red Letter Days are:

• Dec. 6, 2002
• Jan. 24, 2003
• Feb. 7, 2003
• Feb. 17, 2003

High School Junior Visits

High school juniors can schedule a half-day campus visit for any day or register to attend a juniors only, all-day, open house NU Preview event.

Daily tours are offered from 9 a.m. to 1 p.m. Monday thru Friday and on selected Saturdays.

For more information or to register, visit online at admissions.unl.edu/highschool/ or call the UNL Office of Admissions at 472-2023. (GB)
INDULGING
continued from page 6
you’re filling up. Slow down to
slim down.
“Count to 8” is no special
number — it just rhymes with
Guideline 1. Put Less on Your
Plate! It does stress, however,
you allow time to savor the
more food.
6: Change Your
Calorie Fate
As you add exercise to your
lifestyle, also include some
weight-lifting. Muscle is more
metabolically active than fat.
Turn your body into a better
calorie-burner by increasing
your amount of muscle mass.
Simply toning your muscles
will help burn calories. You don’t
have to develop bulging biceps.
Plus, you’ll find your body just
seems to “hang” better on your
bones when it’s firm rather than
flabby.
7: Start Now —
Don’t Hesitate!
It’s much more fun to put
on the pounds than to take them
off! Develop healthy habits that
let you enjoy food without
your body registering a price
on the bathroom scale. Start now!

HOLIDAY SEASON
same holiday, but not necessarily
in the same way. Some holidays
have incorporated stereotypes
such as images of Native
Americans on Thanksgiving
cards and decorations. Take time
to learn why Thanksgiving is a
reminder of broken promises to
some as well as a time for
togetherness and thanks for
others.
Be Constitutionally
Appropriate
Religious symbols such as a
cross, menorah, crescent, Star
of David, crape, the Buddha
and symbols of Native American
nations, among others, should
not be used as decorations at
public events. However, when
holding holiday observances as
part of public events and
functions, as in schools, it is
appropriate to use such religious
symbols as educational examples
of the culture and heritage of
various groups.
Recognize Individual
Needs of People
There are several fixed
public holidays when public
offices are closed and employees
have time off from work. In
addition, there are other move-
able holidays when offices are
open and some people do not
work in order to observe their
traditions and customs. Before
arranging meetings, travels or
work schedules check with
representatives of different
religious or cultural groups to
learn what holidays are also
days when people do not work. Also
keep in mind public prayers can
be unintentionally exclusive
when the speaker offering the
prayer uses language outside
other persons’ faith or spiritual
practice.
When you are uncertain
about a particular religious
practice or cultural tradition,
look for common themes that
promote understanding and
respect. Keep a pocket calendar
handy to record dates of special
holidays and celebrations as you
learn of them. Use these oppor-
tunities to educate yourself and
others. There are many ways to
be inclusive and sensitive to a
diversity of faiths and cultures.
Living as communities that
respect different religious, ethnic
and cultural heritages is a great
way to celebrate the universal
spirit of the long winter holiday
season.
Adapted from an article by Dee Breeder,
State Specialist for Community Resource
Development, Kentucky State University.

Holiday Schedule

Guideline 1, Put Less on Your
Number — it just rhymes with

Cultural Insights: Fasting and Ramadan
The most important issue of
fasting is its spiritual meaning.
Fasting means spiritual absti-
nence, individuals should not
give up only food and drink but
also fasting from all forms of
lying and indecent acts. Fasting
should improve moral character
and makes individuals more
truthful and careful about what
they say and do. It trains
individuals to have self-control.
Fasting gives individuals a real
understanding of what they need
during the fasting period.
Fasting is obligatory for every
Muslim, male or female, who
physically and mentally able, not
on a journey and fairly certain
that fasting will unlikely cause
any harm.

Getting Kids to Help
Teaching responsibility is an important task of
parenthood and helping kids learn to help with household chores is an
excellent way to instill the virtues of perseverance, excellence,
self-restraint and accountability. Find age appropriate chores —
one that fit the child’s ability. Then set expectations for completion
and consequences if it is not done. Remember praise works wonders for a job well done.

Ages 2–3
Hung clothes on hooks
Pick up toys

Ages 4–5
Set table
Feed and water pets
Help make snacks
Help put away groceries

Ages 6–7
Make a bed
Sweep kitchen
Clean bathroom sink
Water plants

Ages 8–10
Wash sink and toilet
Mop floor
Help wash clothes

Ages 11–12
Make own breakfast
Pack family lunches
Help serve meals
Do family wash
Cut the grass (with
supervision)

COMMUNITIES
continued from page 10
bridging social capital is the
ideal. It does not imply a flat
structure with equal wealth,
education or talents. A commu-
nity with a high social capital
is characterized by a population
where everybody participates and
is seen as capable of
providing any other member of
the community something of
value. Such neighborhoods
have diverse contacts with the
outside to generate resources,
but not so much that contacts
allow outsiders to exercise
control. There is acceptance of
controversy. This means that
people can disagree with each
other and still respect each
other. There are discussions,
new issues are brought
forward, and the neighborhoods
share visions of the future.
Finally, there is celebration of
who we are and of successes
of many within the commu-
nity.
High social capital is a
challenge for neighborhoods
characterized by great diversity.
Is it possible to match homoge-
nity with diversity? Flora states
that "networks in communities
with high social capital are
diverse and inclusive. While
there is room for subgroups
with high levels of social capital
(communities of interest within
communities), communities of
place require diversity." When
a neighborhood engages in
involving people from different
cultures and backgrounds, it
enriches its social capital.
Everyone learns from one
another and the quality of life in
the neighborhood is increased.
The more people in neighborhoods
with a high social capital develop
a sense of belonging and owner-
ship, the more they share the
spirit of caring, uniting, sharing,

This Chicago native is tracking
West Nile in Nebraska.

CHUCK FROST, a senior agricultural economics
major at the University of Nebraska-Lincoln,
is headed for graduate school in wildlife biology and a career as a veterinarian. His summer
internship took him across Nebraska tracking the West Nile virus, working one-on-one with
the State Medical Entomologist.
I’ve done at Nebraska have
in the field—and it’s what
Nebraska has great people,
to be.”

For hands-on learning...

November/December 2002
Page 11
NEIGHBORHOODS continued from page 1
neighborhood groups and residents with a strong effort to build vital and mutually beneficial opportunities for the University of Nebraska-Lincoln to be a valued partner in building capacity to meet local needs in the neighborhoods surrounding the University.
CLC’s encourage family and community engagement in neighborhoods and schools.
They are teaching a vital hub in the neighborhoods they serve and find services that build on neighborhood strengths and are responsive to neighborhood needs.

Both projects believe strongly in empowering neighbor- hord residents, strong families, strong communities and community organizing to solve local problems. Both projects not only work closely with one another, but also reach out to the larger community with efforts to enhance neighborhoods, build capacity and recognize neighbor- hood strengths.

Residents living among neighbors who share a sense of community are more likely to engage in activities such as voting, recycling and volunteer- ing. They have less fear of crime and their adolescent male children are less likely to engage in delinquent behavior,” said John Schweitzer, professor in Urban Affairs at Michigan State University. These kinds of activities often lead to the creation of strong local net- works that are essential for developing social capital.

Is it possible to have strong neighborhoods and schools without strong families? Prob- ably not. Family well-being is a key determinant of the health of a neighborhood and a commu- nity. Block by block it is vital that families have a sense of shared prosperity, feel safe, and have a chance to work in ways that positively influence the conditions affecting the security and quality of their lives.

COMMUNITY PARTNERSHIPS continued from page 1

families. Bringing re- sources and talents together, we provide services and accomplish goals that we could not accomplish alone. Working together, more is accomplished and the whole is greater than the sum of its parts.”

Early Head Start Program, another great NEP partnership, works with families to improve
skills food purchasing, meal planning and food safety. As a result of this partnership, NEP employs a Registered Dietitian to support families and Early Head Start/Head Start professionals in providing safe, nutritious, age- appropriate meals for infants and toddlers. A pleasant, healthy, mealtime environment for child development centers re-enforces the importance of eating family meals together.

Lincoln Public Schools (LPS), along with funds from the USDA Food Stamp Nutrition Education Program, supported NEP programs in 105 class- rooms this past year. Teachers provided an average of 10 hours of nutrition education per classroom as a result of this partnership. Students in one of the LPS limited-income school classrooms collected nutritious food for neighbors in need.

The Women, Infant and Children (WIC) program welcomes NEP staff in neigh- borhood WIC clinics to increase the nutrition education limited-income families receive at each site. This provides WIC profes- sionals additional time to work with higher-risk families and gives NEP opportunities to share practical ways to stretch food dollars while preparing safe nutritious meals.

Community partnerships such as these have helped NEP educate 1,492 families, about meal preparation for 5,360 family members during the past year. In addition, over 2,300 youth participated in nutrition programs offered at schools and neighborhood community centers.

Head Start children at the Carol Youakim Family Resource Center learn about the importance of healthy eating through hands-on activities developed by UNL Cooperative Extension NEP.