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The NEBLINE, October 2002

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West Nile Virus: How Much Should You Worry?

Barb Ogg
Extension Educator

With West Nile Virus (WNV) in the news almost daily, it is time to put this mosquito-borne disease in perspective and discuss the importance of pests in human history. There is no doubt the course of human history has been altered by insect and rodent-borne diseases. The following examples easily illustrate the point:

• In the fourteenth century, 25% of the European population died from plague, a bacterial disease spread by rats and rat fleas. Napoleon’s war campaign in Russia in 1812 was defeated not by another army — but by disease. In one year’s time (1812–13), the French army dwindled from 500,000 soldiers to 3,000. Some deaths were due to exposure and other factors, but more than 220,000 soldiers died from epidemic typhus, caused by a microscopic organism, Rickettsia prowazekii, transmitted by body lice.

• Because of yellow fever, a mosquito-vectored disease, the French were unable to hold onto Haiti in 1801 and 1802, influencing Napoleon’s decision to sell the Louisiana Purchase to the United States for the paltry sum of $15 million. At the turn of the twentieth century, the Panama Canal couldn’t be completed until mosquito breeding sites were eliminated to prevent yellow fever and malaria that were killing thousands of canal workers.

Closer to home, most Americans don’t realize that insect-borne diseases were common on this continent until early in the twentieth century.

• Devastating epidemics of yellow fever occurred in New York, Philadelphia, Memphis, and New Orleans. In history, Philadelphia suffered 20 yellow fever epidemics — 10% of Philadelphia’s population died in the 1793 epidemic.

• Today, outbreaks of insect vectored diseases are fairly common in more tropical countries. Since May, 500 people in Bangladesh died from malaria and dengue fever, and, in Kenya, an outbreak of highland malaria killed several hundred people. It couldn’t happen here? Many Americans don’t realize that malaria was the number one insect-borne disease in the U.S. until the late 1940’s. The historical impact of these diseases was great because the causes weren’t really understood until the twentieth century. For example, it was 1898 before Simond, a French scientist, discovered the rat flea could transmit plague from a sick rat to a healthy one. These diseases are complicated because most have several components that must be studied. Depending on the disease, these components can include:

1) An insect or tick that carries or transmits the disease. Medical entomologists call this a “competent” vector.
2) A wildlife reservoir that can harbor the disease.
3) A susceptible human host.
4) And finally, for a disease outbreak to occur, conditions must favor the insect and the wildlife reservoir or bring populations of these elements into the vicinity of susceptible humans.

West Nile Virus

The disease caused by WNV is actually called West Nile encephalitis. It is primarily a disease of horses and related animals. The USDA-APHIS reported that most horses recover, but about 25% of horses that contracted the virus died or were euthanized.

The reservoir hosts are birds — more than 80 species of birds have been found to carry this disease. Some bird species are more susceptible than others: blue jays, crows and related birds may die from the disease. Exotic birds may also be susceptible. After a mosquito feeds on an infected bird, it can transmit the virus to larger animals, including horses and humans.

Compared with many other insect vectored diseases, humans are not very susceptible to West Nile encephalitis. Less than one out of 100 people who become infected will get seriously ill. Of the few who become infected, most people will have no symptoms at all or display only mild symptoms, according to the Centers for Disease Control (CDC). Those who do become ill, usually see some symptoms within three to 15 days after the mosquito bite. Mild symptoms include fever, headache, and body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands.

High-Risk Individuals

According to the CDC, high-risk individuals are people over 60 years of age, especially people who have chronic health conditions or compromised immunological systems. Symptoms of seriously ill persons can include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis.

Horse Owners

People who own horses, donkeys or mules should be very concerned about WNV because the mortality is significant. Once a horse has been bitten, symptoms may occur in five to 15 days. Horses can suffer loss of appetite, depression, partial paralysis, fever, impaired vision, ataxia, head tremors, rapid heart rate, difficulty breathing, convulsion, inability to swallow, circling, hypersensitivity, coma and death. If symptoms are present, a veterinarian should be contacted immediately. There is no specific treatment for WNV other than supportive veterinary care standard.

Vaccination

A horse vaccine is available, which must be administered by a veterinarian. The initial vaccine is a two-injection series given three weeks apart. Both injections must be given to provide protection from WNV. Foals may be vaccinated at 12 weeks of age and require a second dose three weeks later. If foals are vaccinated prior to 12 weeks of age, a three-dose series is recommended. Other equine “encephalitic” diseases (sleeping sickness: eastern equine encephalitis, western equine encephalitis and Venezuelan equine encephalitis) belong to a different family of viruses. Therefore, horses must be vaccinated specifically for WNV.

At the present time, there is no human vaccine.

Prevent Mosquito Bites

It makes sense that, if you are in the high risk group or are worried about your horses, reducing mosquitoes in your vicinity will be helpful. Some preventative measures:

• Discourage mosquito populations around your home:
  • At least once or twice a week, empty water from flower pots, pet food and water dishes, bird baths, see WEST NILE VIRUS on page 11

Risk Comparison

Compare the chances of contracting WNV with the chances of being involved in a serious automobile accident in your lifetime:

• You have a 30% chance of being involved in a serious automobile accident in your lifetime.
• There are 2.7 million Americans injured each year from automobile accidents.
• There are 40,000 Americans killed each year in automobile accidents.
• 80% of the deaths occur in cars traveling less than 40 miles per hour and less than 25 miles from home.

The chance of dying in an automobile accident is a lot greater than dying from West Nile virus, but how many of us don’t drive or ride in a vehicle because of the risk?
Storing Vegetables

After a successful garden season, you may have vegetables you would like to store until you are ready to use them. Here are some suggestions to help you store your vegetables properly.

**Carrots:** Trim the tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35 to 40 degrees Fahrenheit for 4-5 months.

**Onions:** Store cured onions in a dry location at 35 to 40 degrees Fahrenheit. As an added benefit, many silver or gray cultivars can be taken out, cleaned and stored for next year. Store cured onions in a container of moist sand. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35 to 40 degrees Fahrenheit for 4-5 months.

**Potatoes:** Cure fresh dug sweet potatoes in a dry location at 50 to 60 degrees Fahrenheit. Cure sweet potatoes in a dark location at 40 degrees Fahrenheit for 4-6 months.

**Sweet Potatoes:** Cure fresh dug sweet potatoes at 80-95 degrees Fahrenheit. Store cured potatoes in a dark location at 40 degrees Fahrenheit for 4-6 months.

**Turnips:** Trim the tops to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35 to 40 degrees Fahrenheit for 4-5 months.

**Winter squash:** Cure ripe winter squash for 10 days at 80 to 85 degrees Fahrenheit and high humidity. Store mature, cured winter squash in a dry location at 55 degrees Fahrenheit for 2 to 6 months. Acorn squash will keep well in a dry place at 45 degrees Fahrenheit for 35 to 40 days. Do not cure acorn squash before storing them for more information about storing other vegetables or fruits, please refer to NeGuide: Storing Fresh Fruits and Vegetables (G95-1264). This publication is available at your local County Extension Office.

Storing your vegetables properly will insure that you will have good quality produce to enjoy in the months ahead. (MfF)

**Silver** or **gray** is an interesting color in the landscape. Similar to white, silver has the ability to soothe and blend with other colors. Yet unlike white, metallic colors often contrast or stand out in green landscapes. Visualize how Colorado blue spruce (Picea) or dusty miller (Cineraria) shine in their surroundings. There are many perennials that have the same ability to sparkle in your garden. As an added benefit, many silver foliage plants prefer full sun with dry soils making them excellent summer tolerant performers in the garden.

**Lamb's ear** (Stachys byzantina) is one of the most recognizable of silver foliage perennials. The whistling hairs that cover each leaf give the plant a soft covering and gray appearance. This perennial groundcover is grown primarily for its foliage. The cultivar “Silver Carpet” is noted for its consistent silver color, low-growing habit and lack of flowers. Another group of perennials that are grown primarily for foliage are the artemisias. White sage (Artemesia ludoviciana) grows to 3 feet tall and often spreads quickly in the garden. The wooly gray foliage on long stems dries well and is often used in flower arrangements. In contrast, silver mound artemisia (Artemesia schmidtiana) grows 15 inches tall and remains in clumps. Its foliage is finely dissected and delicate in comparison to white sage. Both artemisias flower in late summer, but the whitish-yellow flowers are often of little consequence. The lavender-blue flowers on Russian sage (Perovskia atriplicifolia) are one of its most ornamental features. In late summer the flowers complement the gray, aromatic foliage. Plants grow 4 feet tall and 3 feet wide. If allowed to remain, the silvery stems and leaves will stand in the garden through much of the winter.

Another groundcover perennial with metallic foliage is snow-in-summer (Ceratostigma tomentosum). This 6 to 8 inch tall plant has bright white flowers that cover the small silvery leaves in May. Snow-in-summer is ideally suited for pockets in rock walls or other dry sites. However, it is not tolerant of long periods of summer heat and humidity.

Storing your vegetables properly will insure that you will have good quality produce to enjoy in the months ahead. (MfF)
Dallas Virchow, Project Coordinator, Distance Education, Wildlife Damage Management, UNL Cooperative Extension

Cool autumn nights are much more pleasant after the long drought of summer. Autumn is a time when people put away their vehicles (such as boats, snowmobiles, personal watercraft, campers, garden tractors, etc.). Stored, too, is seasonal farm machinery and garden and lawn equipment. Often the storage areas are barns, garages, outbuildings and other buildings that are uninhabited for weeks or months.

Cooler temperatures also bring rodents into buildings. Everything from mice to squirrels are drawn inside to warm their bodies. Rodents get under roofs or in window compartments of storage units.

Small rodents in confined spaces of plastic-coated electric wire, torn carpeting, or moving mechanical parts are a recipe for disaster. Potential problems may be combustion and fires caused by nest materials or chewed wiring. Odors and smoke from burns and disease potential from urine or droppings are other issues.

What do Rodents Want Inside my Building?

How do you stop such a combustible mix of ingredients from forming? First, you have to ask why these animals seek their shelter in the first place. For rodents, even a few degrees warmer temperature inside an unheated storage area can be attractive. Because of a concrete or brick building’s natural insulation, it can be several degrees more temperate daily change than do outside the building. Animals also seek protection in confined space as well as warmth. Such areas are also conducive to nest building. Mice use nests for protection in midwinter. Used gloved hands can usually remove any nests or nesting material (chewed paper, cloth, cardboard, grasses, etc.)

Expect nests in early spring. Remember that birthing and rearing of young mice, often begins before these storage areas are re-opened for summer use.

Rodents also seek food and water. If there are food and pet food, these areas can be attractive. Protecting small spaces (like a single feeding. It is available on the shelf at your local bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Another single dose anticoagulant and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse. Other single dose anticoagu- lants and can kill mice with a single feeding. It is available in blocks or pellets and is so effective that only a couple of these bait pellets will kill a mouse.

Migrating Mice

Defensive and offensive tactics are used by the mice population to keep pests away. The mice population is always on the lookout for new ways to survive. They use a variety of methods to protect themselves from predators and other threats. Some of these methods include creating shelters, building barriers, and using sound waves to deter predators.

One of the most effective methods used by mice is to create barriers. They use their sharp teeth to gnaw on wood, plastic, and metal to create passages and hiding spots. They also use their tails to create coats and shelter. Mice are also known to use sound waves to deter predators. They create a series of clicks and chirps that predators find unpleasant, which helps them escape.

In conclusion, mice are a pest that can cause a lot of damage. They can cause significant damage to homes and properties, and their presence can be a threat to human health. It is important to take steps to prevent mice from entering your home or property and to quickly remove them if they are present.

Rodents also use their excreta to mark their territory. They often rub their scent on walls or floors, which can be a sign of their presence. This scent is used to communicate with other rodents, and it can also serve as a warning to predators. Rodents can also spread disease, as they can carry germs that can cause illness in humans.

To prevent rodents from entering your home or property, it is important to keep your environment clean and free of food sources. This can include sealing food in air-tight containers, cleaning up spills, and disposing of trash properly.

Environmental Focus

Using Rodenticides in Outbuildings, Garages and Barns

Sometimes mice take up residence in garages, outbuildings or barns. There could be so many mice that it is impossible to make headway with baited snap traps and repellents don’t work well. But, in general, urine of meat-fed predators has had some repellent effects when applied onto plants seeds. The active ingredient seems to be sulfur compounds, which are also emitted by thiram (tetramethylthiuram), a fungicidal seed-treatment that is also a rodenticide. The earliest anticoagulant rodenticide was developed in 1947. The word warfarin is an acronym, meaning Wisconsin Alumni Research Foundation, which funded the research project and patented this anticoagulant. Single large doses of warfarin are not effective, but small daily doses will kill mice and rats.

Wolf Spiders: Big, Hairy and Real Fast

Wolf spiders have a distinctive appearance, with one large pair of eyes facing forward and 6 eyes below and on the side. They have a long, slender body and are usually greenish or reddish-brown. Their legs are hairy and long, and they have a large, oval-shaped abdomen. Wolf spiders are often found in areas with tall grass or in gardens, where they can find food and shelter.

Wolf spiders are not aggressive towards humans and will generally avoid contact.

Toxic Baits

Toxic baits, such as warfarin or brodifacoum, are highly effective against rodents. These baits contain anticoagulants that prevent blood clotting and cause internal bleeding, leading to death.

Repellents and Traps

Repellents are often used as a preventative measure to keep rodents away. Some common repellents include garlic, castor oil, and peppermint oil. These repellents are not always effective and may be toxic to pets and other animals.

Traps are another effective method of controlling rodent populations. Snap traps and poison baits are commonly used, but they can be dangerous and may be illegal in some areas.

Wolf spiders are an important part of the ecosystem and should be protected. They are an important predator of insects and other small animals, and they also play a role in controlling the population of larger predators such as snakes.

Wolf spiders are not dangerous to humans and are usually not aggressive. They are beneficial to the environment and should be protected.
When plants freeze, changes occur in their architecture and composition that can poison livestock. But you can prevent problems with forage grazing sorghums; a gas and disappears dose of prussic acid get a sudden, high rate should not exceed the winterization period from mid-October to early November. This can be an expensive alternative forage sources (see STUBBLE on page 11). The tenant needs to calculate what benefit he/she will gain by grazing the stubble. Obviously, the rental rate should not exceed the cost of the landowner to allow the stubble to be grazed. A second factor is that stubble has a value as a feed and could be considered a part of the income stream from the crop; just as the grain is a part of the same income stream. The landowner should therefore try to maximize his return from both the grain and the stubble.

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Garden Season Draws to a Close

When night temperatures dip below 32°F, garden season draws to a close. To get the most out of last-season fruits and vegetables, use these tips:

**Pick tomatoes** before the first frost, even if they’re still green. Disinfect tomatoes with a solution of 1/2-1 teaspoons of 5.25% chlorine bleach to one gallon of water. The bleach will kill fungi and bacteria, which may ruin the fruits before they ripen. Dry the tomatoes thoroughly and store them in shallow boxes, such as pop flats. Keep tomatoes in a cool location above 50°F, otherwise they’ll get chilling injury.

- **Peppers** should be harvested before the first frost. Disinfect peppers with the bleach-water solution and hang in a cool, dry place. Peppers with thick skin may need to be dehy- drated, frozen or pickled for long-term storage.
- **Most root crops**, such as parsnips, carrots, artichokes and beets, may be stored in the ground even after a hard frost. After the first hard frost, trim the foliage at the crown and place a thick layer of mulch over the plants to keep the ground from freezing. If the soil is insulated well, the straw can be removed throughout the winter to dig fresh vegetables.
- **Cabbage, brussels sprouts, kale and broccoli** will survive air temperatures to about 25°F, so don’t be in a rush to harvest all the plants. Frost actually improves their flavors, so leave some to enjoy in the late fall.
- **Harvest pumpkins** when the fruit is fully grown and well-colored and the skin is hard enough to resist denting. A light frost will damage the vines, not the pumpkins, but the fruits should be harvested before a hard frost occurs.

Jobs on an acreage often require mechanical, as well as physical power. For this reason, require mechanical, as well as

**• Pick most out of last-season fruits below 32°F, garden season store them in shallow boxes,**

**fruits before they ripen. Dry bleach will kill fungi and a solution of 1-1/2 teaspoons green. Disinfect tomatoes with and branches.**

**nest underground, eating bark and below ground level. Voles trunk and roots both above landscape plants.**

**and voles can do a lot of damage.**

** GUARDS** — Use one-quarter inch mesh hardware cloth (wire mesh) around the base of fruit trees and ornamental trees and shrubs. Set the guards about two to three inches in the ground at the base of the trunk or around the crown of the plant. Extend the wire up at least 18 inches above the ground. In areas where snowdrifts develop, the wire guards will need to be extended up even higher.

**Selecting a Tractor for an Acreage**

Rabbits, meadow mice and voles can do a lot of damage to fruit trees and landscape plants.

Mice eat the bark of the trunk and roots both above and below ground level. Voles nest underground and eating bark from the roots near the surface. Rabbits gnircle trunks and branches.

**A cylinder of hardware cloth or other material can protect trees from rabbit damage.**

**CHANGE HABITAT** — This includes the elimination of high grass cover through repeated mowing or the use of non-selective herbicides (such as glyphosphate, Roundup) in and around, but not on, the leaves or trunks of trees and shrubs (protect them from direct contact, splash and drift). This will reduce the mouse population by giving predators (such as owls) a better chance to do their job. Pea gravel (small stones) placed one inch below the soil surface and around tree trunks will discourage mice. When planting trees, allow the soil to settle one inch and apply the stone two inches deep.

**TRAPPING** — Wooden snap-traps placed in runways will help control mice. Peanut butter, oatmeal or small slices of apple make the best bait. Rabbits can be captured alive in commercially available or homemade box traps made of wire or wood. When permitted, rabbit hunting may be another option.

**REPELLENTS** — There are several commercially available repellents on the market. When you apply them in the fall, they may not work throughout the winter and may need to be reapplied. Thiram is a taste repellent that makes plants distasteful to both rabbits and mice. Mix it with diluted latex paint. Mix ten parts water with one part paint and spray or brush it on. Commercial repellents that contain Thiram or other active ingredients are also available at garden centers and farm supply stores.

These safeguards will help reduce mouse and rabbit damage. However, when snowdrifts are deep, rabbits can eat the tips of branches and even girdle limbs. So, it is very important to reduce rabbit populations in early or mid winter. Leaving pruned branches on the ground also reduces damage to living trees because rabbits are more apt to chew the bark from the branches and leave trees alone. If these methods are ineffective, then commercial rodent baits containing poisoned grain are available. However, baits may be harmful to humans, pets and beneficial wildlife. Injury or death may result if non-target animals eat the bait directly or consume rodents killed by the bait.

As with most wildlife damage, a combination of methods is usually best for controlling mouse and rabbit damage.

Mice Bait Stations

Bait stations used in rodent control programs may increase both the effectiveness and safety of rodent baits (rodenticides).

**Bait Station Design**

Bait stations should be large enough to allow several rodents to feed at once. They can be as simple as a flat board appropriate bait. Where possible, bait stations should be at least 18 inches long to keep pets and children from reaching the bait.

A flat board nailed at an angle between the wall and floor. Board should be at least 18 inches long to keep pets and children from reaching the bait.

**Bait Station Placement**

Proper placement of bait stations is just as important as using the appropriate bait. Where possible, place bait stations near rodent burrows, against walls or under travel routes used by the pests. Look for signs of activity such as droppings, tracks or signs of gnawing, burrows and rubmarks. Rodents will usually not go out of their way to find baits. Check for a reddish-brown slime inside a toilet tank or where water stands for several days.

Reducing Mouse and Rabbit Damage

**• Peppers should be harvested before the first frost. Disinfect peppers with the bleach-water solution and hang in a cool, dry place. Peppers with thick skin may need to be dehydrated, frozen or pickled for long-term storage.**

**• Most root crops, such as parsnips, carrots, artichokes and beets, may be stored in the ground even after a hard frost.**

**After the first hard frost, trim the foliage at the crown and place a thick layer of mulch over the plants to keep the ground from freezing. If the soil is insulated well, the straw can be removed throughout the winter to dig fresh vegetables.**

**• Cabbage, brussels sprouts, kale and broccoli will survive air temperatures to about 25°F, so don’t be in a rush to harvest all the plants.**

**Frost actually improves their flavors, so leave some to enjoy in the late fall.**

**• Harvest pumpkins when the fruit is fully grown and well-colored and the skin is hard enough to resist denting. A light frost will damage the vines, not the pumpkins, but the fruits should be harvested before a hard frost occurs.**

SOURCE: Susan Schoneweis, horticulture specialist, NDSU.

Urban Agriculture

How to Collect and Handle a Water Sample

Proper collection and handling of a water sample is critical for a meaningful water test. Sample containers should be obtained from the testing laboratory because containers may be specially prepared for a specific contaminant. Sampling and handling procedures will depend on the specific water quality concern and should be followed carefully. If the water is being treated, it may be necessary to sample both before and after the water goes through the treatment equipment.

Bacteria Sampling

Water samples for bacteria tests may be collected in a sterile container. Take the sample from an inside faucet with the aerator removed. Sterilize by flaming the end of the tap with a disposable butane lighter. Run the water for five minutes to clear the water lines and bring in fresh water. Do not touch or contaminate the inside of the bottle or cap. Carefully open the sample container and hold the outside of the cap. Fill the container and replace the cap. Refrigerate the sample and transport it to the testing laboratory within six hours (in an ice chest). Many labs will not accept bacteria samples on Friday, so check the lab’s schedule. Mailing bacteria samples is not recommended because laboratory analysis results are not as reliable.

Iron bacteria forms a very obvious slime or a white scum on top of pipes and fixtures. A water test is not needed for identification. Check for a reddish-brown slime inside a toilet tank or where water stands for several days.

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How America Cooks Pasta
Results of a New Consumer Survey

October is National Pasta Month. Enjoy these tips from the National Pasta Association (www.lovepasta.org) to help you cook the perfect pasta. Many people are worried about calories in pasta. However, one cup cooked spaghetti (about the size of a baseball) only provides around 200 calories, has less than one gram of total fat, no cholesterol and only one gram of sodium when cooked without salt.

When it comes to cooking pasta, Americans are rinsers, salters and tasters, according to a new consumer survey conducted for National Pasta Month (October) on behalf of the National Pasta Association (NPA). “We regularly receive questions from consumers about how to correctly cook pasta so we thought it would be fun to find out how America really cooks one of its favorite foods,” commented NPA Chairman Dale Schulz.

Over 600 adults in the United States were interviewed by telephone by Express, TNS Intersearch’s Omnibus.

Getting Ready to Cook
When it comes to cooking pasta, slightly more than one-half (58%) of those surveyed reported following the package directions. “This is important,” observed culinary expert Leslie Beal Bloom, author of the new cookbook, Seafood Cooking for Dummies, because the same pasta shapes can vary in thickness and size between manufacturers. Furthermore, each manufacturer tests its own products, so you’ve got accurate information right there.

“Pasta is one of the easiest foods to cook,” she added. “By following some simple guidelines, you can ensure perfect pasta every time whether you’re cooking a romantic dinner for two, or a welcoming casserole large enough for a group of friends.”

“Cooking pasta in plenty of water is one key to ensuring perfect results,” Bloom said. The vast majority of survey respondents — 74% — did report using a 4-6 quart capacity cooking pot or larger. “If you’re using a big enough pot, there’s a good chance that you’re also using enough water,” she commented. “Pasta really has to be able to swim so be sure you use 4-6 quarts of water for every pound of dry pasta.”

Turn Up the Heat
“Another secret to perfect pasta is the cooking temperature—keep the pot at full boil the entire time the pasta is cooking,” noted Bloom. In the survey, seven out of 10 respondents (68%) reported setting the stove temperature control or burner at medium high or high when cooking the pasta, and 76.0% said they left the pot uncovered. “This is great,” said Bloom. “What is key,” she stressed, “is that the pasta should not be simmered; it needs to be kept at a full boil throughout the cooking process.”

To avoid a sticky finished product, Bloom advises bringing the water to a full rolling boil and then adding the pasta gradually to maintain the boil as much as possible. Begin timing once all the pasta has been added and the water has returned to a rapid, full boil. Keep the pot uncovered, she added, to prevent your pasta from boiling over.

To Salt or Not to Salt
When cooking pasta, three out of five respondents (61%) said they added salt to the water. “Adding salt to the cooking water definitely adds flavor to the finished product,” observed Bloom. She recommends using one tablespoon for each pound of pasta. However, adding salt is optional since sodium intake may be a health consideration for some people.

If It Sticks to the Wall
It’s Done, Right?
While survey respondents reported several different ways to tell when the pasta is done, more than one-half (52%) said they taste or bite the pasta. Other popular methods were timing it according to packaging directions (14%), knowing by instinct or habit (12%), and pinching it (9%). “The old story of throwing pasta on the wall to see if it’s done is fun but it’s just that — an old story,” said Bloom. “I recommend using a long-handled fork or spoon to pull out a few strands or pieces

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Lines from Lynn

Lynn Bush
FCE Council Chair

Fall has finally arrived. Comfortable days and cooler nights are a welcome relief from the heat and humidity. I find I have a bit more energy from the cooler nights. (Not too much more, but I do think doing projects with more zeal than I did when it was hot!) Come relief from the heat of doing projects with more zeal and humidity. I forgot to remind everyone to bring canned food to the FCE Achievement Night on Oct. 21. Also bring hotel-size soaps and shampoos. The theme for our Achievement Night will be “the homeless.” Soaps and shampoos will be collected and given to Cedars Home to be distributed to the homeless. Club leaders for the evening are Busy Bees, Helpful Homemakers and Home Service. Please call Pam at 441-7180 to register for the evening.

If you haven’t sent in your re-organizational information and your dues, please do so as soon as possible. Some of the information due Oct. 1. Happy Halloween.

Family Community Education (FCE) Achievement Night

This year’s FCE Achievement Night will be Monday, Oct. 21 at 6:30 p.m. The evening will be hosted by the Busy Bees, Helpful Homemakers and Home Service clubs. Following dessert, there will be a program by Jim Blue, of the Cedars Home. Jim will talk about Cedars Home and an employee who works to help homeless people improve their lifestyle will also be present. As a community service project we will be collecting sample-size soup, shampoo, etc. Bring your items that evening.

Please call Pam if your club has reached 5, 10, 15, etc., years as an organized club. FCE clubs are also to bring a display or report on the past year’s community service project. This is a celebration for all our members and to share 2002 club activities. Club leaders for the evening are Busy Bees, Helpful Homemakers and Home Service. Please call Pam at 441-7180 for information and registration. Everyone is welcome. (LB)

FCE Leader Training Lessons for 2003

All leader training lessons will be presented at 1 p.m.

January 7 Helping Kids in Divorce
January 28 Adult Immunization
February 25 Dinner in 15 Minutes
March 25 Drinking Water: Don’t Take It For Granted
September 23 The 3 R’s: Reduce, Reuse and Recycle

Study materials are available including:

Energy isn’t the Only Thing You Will Save (This was given as a leader training in 2002.)

Long Term Care: Options, Costs and Preparation
Servant Leadership (LB)

Courtesy Counts!

There is a growing body of research that says successful youth development is largely dependent by community—the family, neighborhood and peer environment in which the young person grows and develops not solely as a result of a youth’s personal characteristics.

The Ford Foundation is currently involved in a multi-year Community Youth Development Initiative to provide support to national advocacy organizations, youth-serving groups and researchers to explore the intersection between youth development and communities. After reviewing the projects funded through the initiative, they suggest seven factors that influence the pace and effectiveness of community engagement for youth development and form the basis for concerted national advocacy actions for youth. 

1) Strong and continuous leadership at multiple levels is essential to the success of any community engagement agenda. 
2) Credible, culturally sensitive local lead agencies are essential to developing and implementing Community 

Community Development and Youth

Ask young people, “If you could make one change that would help stop the violence kids experience today, what would it be?” and you’ll learn young people want parents, schools and communities to lead the way with more positive adult behaviors that teach children by example to be respectful of differences. They also want more opportunities to interact with caring adults, access to programs that serve victims, youth, schools and communities and to be asked for their input and leadership. For more information, visit online at www.familiesandwork.org/mass/press/oulandviolence.htm.

Youth Speak Out for More Civil Society

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 children birth to 5-years old. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed. Literacy is being emphasized this year, so books and items that encourage reading are suggested.

If gifts are wrapped, please indicate what the item is, the cost ($5 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)

HOLIDAY GIFTS NEEDED

CHARACTER COUNTS! Corner

Consider This: Cindy and Her Mom

If you are the lucky parents of teens, the following scenario from Character Counts! may provide a conversation starter for you and your teen. Cindy, a tenth-grade girl, really wants to go to a party being held by seniors. She’s sure there will be drinking but if her mom knows this Cindy can forget about going. In fact, her mom will never let Cindy go to a party unless she knows the parents of the host. Her friend Jackie suggests Cindy lie to her mom and say she is going to study with Jackie and spend the night. Jackie says her mom is cool and would back her up if she had to.

What should Cindy do? Why? What might be the long-term consequences if she lies to her mom? (LB)

CHRISTMAS GIVING GUIDE

Lower Your Lighting Costs

Increasing your lighting efficiency is one of the fastest ways to decrease your energy bills. Turn off the lights in any room you’re not using, or consider installing timers, photo cells or occupancy sensors to reduce the amount of time your lights are on. Use task lighting; instead of brightly lighting an entire room, focus the light where you need it. For example, use fluorescent under-cabinet lighting for kitchen sinks and counter tops under cabinets. Consider three-way lamps; they make it easier to keep lighting levels low when brighter light is not necessary. Finally, use compact fluorescent lamps (CFLs), they are more expensive than incandescent bulbs, but they pay for themselves by saving energy over their lifetime.

EBLINE

FCE Council Chair

October 2002

Page 7
New 4-H Club Forming for Automobile Enthusiasts

The Lancaster County 4-H program offers a variety of scholarships to active senior 4-H members in Lancaster County. The following is a list of scholarships available for the 2003 school year. To obtain an application for any of these scholarships, please contact the Lancaster County Extension office or call Deanna Karmazin at 441-7180. Deadline for scholarships (except Romeo Scholarship Fund) is Oct. 31. No late entries accepted.

4-H Council — awards eight $300 scholarships to any active Lancaster County 4-H’er.

Amy Countryman Memorial — $1,000 to a senior at Waverly High School currently enrolled in 4-H. Amy Countryman was active in the 4-H horse program and this scholarship is given in her memory.

Lincoln Center Kiwanis — awards two $500 scholarships to any current high school student who is active in 4-H.

Teen Council — awards two scholarships to a current 4-H’er who is active in Teen Council and helps with at least one major fund raiser during their senior year.

Lans Scholarship — one $200 scholarship is awarded to a current 4-H’er who attends Raymond Central High School.

Martha and Don Romeo Scholarship Fund - Nebraska Association of Fair Managers — awards a $750 scholarship each to one qualifying male and one qualifying female who are graduating seniors in the State of Nebraska. Scholarship deadline is Nov. 20.

2002 Ak-Sar-Ben Youth Exposition

The 75th Ak-Sar-Ben 4-H Youth Livestock Exposition was held at Ak-Sar-Ben from Sept. 25-29. More than 2,000 4-H families from an eight-state area participate in the Exposition. Ten horse exhibitors from Lancaster County showed in the horse show in Ak-Sar-Ben’s last year at the current Ak-Sar-Ben grounds.

The Knights of Ak-Sar-Ben Foundation is a civic and philanthropic organization with a mission of building a more prosperous Heartland, where communities Can flourish and every child can succeed. Since inception, the Knights of Ak-Sar-Ben Foundation has contributed over $30 million throughout Nebraska and western Iowa towards projects in the area of community enhancement, youth enrichment and Heartland development.

In 2003, River City Roundup, the Ak-Sar-Ben Rodeo and the Ak-Sar-Ben 4-H Live-stock Show will be moving to the new Omaha Arena and Convention Center. Tentatively scheduled for Sept. 20-29, 2003, these events will be growing. A kick-off concert will begin the week-long event on Saturday, Sept. 20. Other events being added include entertainment at the rodeos, the Douglas County Fair and a carnival. More details will be provided as they become available.

Youth Leadership Lincoln

Starting its sixth year is Youth Leadership Lincoln. It is an outgrowth of the Omaha program, sponsored by the Knights of Ak-Sar-Ben. High school sophomores are given the opportunity to formulate leader-ship skills and then use them in the community by serving on community boards and associations. For more information, call 476-0306 or visit their Web site at www.leadershiplincoln.org.

4-H Award Nominations Needed by Oct. 31

Nominations are needed for the following awards by Oct. 31. Application forms are available at the extension office.

4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member — presented to an individual who has excelled in their involvement with the 4-H program and is 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

4-H Distinguished Youth Leadership Award — presented to junior or senior high school 4-H members who have demon-strated personal integrity, lead well-rounded lives and posses-ses a willingness to assume responsibility. They do not need to currently hold a leadership position, but should be recognized by their peers and adults who work with them as emerging leaders. Two 4-H members will be selected from Lancaster County. (TK)
Parents Key to Success of Liberty Bell Laborers Club

Lynne Albin & Mary Murphy
4-H Leaders and Parents

The Liberty Bell Laborers 4-H club was organized in the Spring of 2001. Our first meeting was held at a member’s home on Liberty Bell Lane, thus the members arrived at the name Liberty Bell Laborers for their club. The Club currently consists of four 4-H members, Christian Fisher, Patrick Murphy, Jessica Albin and Monica Fujim. The club also has three Clover Kid members, Danielle Wilkerson, Joseph Murphy and Zachary Albin. Philip Murphy and Daniel Albin will be joining the club this year as Clover Kids and Derrick, Brittany and Amanda Ullman will be joining us as 4-H members.

The idea of starting a 4-H club began when a few parents were discussing their experiences with 4-H activities and what a positive experience it had been for them during their youthful years. The parents had a deep desire to pass along these positive learning experiences to their children through 4-H. One of the keys to success in our club is the involvement of the parents. All the mothers take turns organizing and planning meetings for the club. We also receive assistance from our Junior Leader, Monica Fujin. Having the 4-H members and the Clover Kids in our group has worked well for our club, for example, while the older members learn to sew on sewing machines, the younger members learn to cross stitch, or the older members will learn to make scrambled eggs and the younger members prepare the cinnamon toast to go with it. On several occasions we have done group projects where all the members will work together on projects such as tie dye T-shirts or coffee can ice cream. The Liberty Bell Laborers have made it a priority for their club to do community service work each year. This past year the members spent one meeting making valentines and they delivered them to residents of a local nursing home during the next meeting. The members also sang and signed songs for the residents during their visit. Our club members were also given the opportunity to help with the food booth at the Lancaster County Fair. All the members enjoyed the experience and were very eager to wait on the customers. Due to the age of the club’s members, it was decided that rather than electing officers for an entire year, each member would take turns at each office. At the meetings each member is assigned an office or a job for that meeting and all positions are rotated the next month. We also rotate the location for our meetings each month, so that all members get a turn at hosting a meeting. Our club members are looking forward to another fun year of 4-H projects. We will be starting our year in October and the members will be choosing their projects at that time.

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State Volunteer 4-H Leaders Forum

Mark your calendar for the Nebraska State Volunteer 4-H Leaders Forum, March 21-23, 2003, at Nebraska State 4-H Camp, Halsey, Nebraska. Watch the upcoming Newsline issues for more information. (TK)

Volunteer Profile

The Lancaster County 4-H Council has endorsed the state mandated 4-H Leader/Volunteer Qualification process, 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 cover by $1 million of liability coverage through the University of Nebraska. If you’re working with youth in the 4-H program and have not already filled out the form, please fill it out and return it to the State 4-H Office. Profiles are available at our office. (TK)

Community Service Corner

Start Planning for Make a Difference Day

Have you started to plan you Make a Difference Day activities yet? This year, the tenth Make A Difference Day is Saturday, October 26. Created in 1992 by UNA WEEKEND in partnership with the Points of Light Foundation, Make a Difference Day challenges us to spend a Saturday “making a difference” in our communities and in the lives of others. It has become the most encompassing day of service with more than a million volunteers participating nationwide. Start planning today! You can register project plans in the databank at: www.makeadifferevewend.com.

Trick-or-Treat for UNICEF

As autumn approaches, students nationwide can celebrate a favorite “spectacular” event on Halloween night. “Trick-or-Treat for UNICEF” is a simple, yet effective community project that carries the message of “kids helping kids” to youth throughout the United States. Young people can participate in this year’s campaign by going door-to-door Thursday, Oct. 31, with their orange collection boxes to ask for donations, or by organizing a community event.

With your help in bringing “Trick-or-Treat for UNICEF” to your communities, you and your peers will now have the unique opportunity to be a part of the worldwide effort to finally bring an end to the devastating disease of polio. Join UNICEF in bringing the wonderful message of “kids helping kids” to your community. Order your FREE “Trick-or-Treat for UNICEF” boxes and education materials online now at www.unicefusa.org/trickortrea.
These communities are not located in our neighborhood. They are our work, our interest. The community-shared sense of identity is often limited to the address where people live. Today our communities of interest are spread throughout the city. They are our work, school, sports club, church, volunteer organization and ethnic association. Most of these are not located in our neighborhood. These communities are an important part of our lives and have to be preserved. However, participation in the neighborhood in which we live is essential for our quality of life. Interactions are the basis for all communities. The way we interact with each other in our neighborhood builds or de- creases our neighborhood attributes and resources. If we want to preserve health and security in our neighborhoods, we need to strengthen our social capital. Social capital is de- scribed as features of social organization, such as networks, norms and trust that facilitate coordination and cooperation for mutual benefit. Communities can build social capital by strengthening relationships and communication, and encouraging community initiative, responsibil- ity and adaptability. When a high level of social capital is established, instead of community residents and leaders saying, “If only someone would...” communities are much more likely to say, “We can...” Social capital can be divided into two elements: bonding social capital and bridging social capital. Bonding social capital is the connections among homogenous individuals and groups. Homogeneity may be based principally on class, ethnicity, gender or other social characteristics. Bonding social capital connects diverse groups within the community to one another and to groups outside the community. It can set the stage for change to a better neighborhood.

Neighborhoods are becoming only a community of place instead of a community of interest.

**Recycling and Pollution Prevention Show Oct. 30**

WasteCap of Lincoln is hosting a “Nebraska Recycling and Pollution Prevention Training and Vendor Show” showcasing pollution prevention resources as well as local environmental and recycling service providers. The training session and vendor show is planned for Wednes- day, Oct. 30, 8 a.m.—4:30 p.m. at the Cornhusker Hotel in Lincoln.

This event will assist businesses in Lincoln, the State of Nebraska and the region in identifying resources for pollution prevention assistance. WasteCap will aid in identifying the service provid- ers that can help businesses to be in compliance with regula- tions or become better environmental stewards through improved environ- mental practices. Over 30 vendors will be displaying their environmental products and services including recycling, the use of less toxic chemicals, environmentally preferable products, technical assistance and more. The agenda will include several speakers discussing the various pollution prevention resources that their organiza- tion provide to businesses. The vendor show is offered for free to those with advance tickets, $5 at the door. The cost of the training session is $20 per person and includes lunch at the WasteCap of Lincoln member luncheon. The training fee includes lunch, parking validation and a ticket to the Vendors Networking Reception. For more informa- tion, call WasteCap of Lincoln at 472-0888 or visit their Web site at www.wastecaplnk.org (LB).

**Winter Travel Preparedness**

Over the years, Nebraska has had many pleasant, sunny days turn into formidable ice storms and blinding blizzards. These violent storms and the accompanying freezing weather have, unfortunately, claimed too many victims. With plummeting temperatures and violent winds, stranded motorists have also endured agonizing discomfort and life-threatening experiences. Today’s highly reliable vehicles, four-wheel drive capability and cell phone technol- ogy make winter travel more safe than ever before. Still, the boosted confidence level pro- vided by modern vehicles and technology satisfy very few people up for some dangerous situations. Adequate preparation and knowing what to do in emergen- cy situations is key to safe winter travel.

**Winter Travel Kit**

Whether you are traveling short or long distances, a “Winter Travel Kit” should be packed into your vehicle as a safety safeguard. Suggestions for a “Winter Travel Kit” include:

- windshield wiper condition and washer fluid level
- fuel (maintain fuel supply above half full level)
- belts and hoses (good condi- tion)

**Vehicle Stuck: What to Do ?**

In blizzard conditions, stay with your vehicle. It will provide you with a known shelter. Leaving your vehicle can be a life- saving help or even attempting to walk to a house on the horizon can be a fatal mistake. Sub-zero temperatures, high winds and poor visibility can quickly cause disorientation and exhaustion. In most cases, a snowplow or the highway patrol will be along within a short time after the blizzard storm has subsided. Remember to refrain from panic. Stay calm, use common sense and utilize the “winter travel kit” that you have pre- pared.

Avert Overexertion— Every winter unnecessary deaths occur because of overexertion in cold weather. Young and old alike can engage in more strenu- ous physical activity than their bodies can endure. Cold weather itself, without any physical exertion, can claim your heart. Adding physical exercise, especially exercise before walking in snow, risks a heart attack, strokes or damage to your body. (GB)

**Keep Your Vehicle in “Winter Ready” Condition . . .**

Check List:

- maintain safe/relaible vehicle condition (tune-up, fuel filters, fluid levels, lights, horn)
- exhaust system (avoid deadly carbon monoxide)
- strong battery (maintain clean cable connections)
- winter tires (also check the spare tire)
- antifreeze (strength and condition)
- windshield wiper condition and washer fluid level
- fuel (maintain fuel supply above half full level)
- belts and hoses (good condi- tion)

Community & Home Living

**Neighborhoods as Communities of Interest**

William Freitas
Graduate Student

Neighborhoods today are very different from the typical neighborhoods of the past. Neighborhoods used to be neighborhoods of the past. Neighborhoods are becom- ing only a community of place instead of a community of interest. The community-shared sense of identity is often limited to the address where people live. Today our communities of interest are spread throughout the city. They are our work, school, sports club, church, volunteer organization and ethnic association. Most of these are not located in our neighborhood. These communities are an important part of our lives and have to be preserved. However, participation in the neighborhood in which we live is essential for our quality of life. Interactions are the basis for all communities. The way we interact with each other in our neighborhood builds or de- creases our neighborhood attributes and resources. If we want to preserve health and security in our neighborhoods, we need to strengthen our social capital. Social capital is de- scribed as features of social organization, such as networks, norms and trust that facilitate coordination and cooperation for mutual benefit. Communities can build social capital by strengthening relationships and communication, and encouraging community initiative, responsibil- ity and adaptability. When a high level of social capital is established, instead of community residents and leaders saying, “If only someone would...” communities are much more likely to say, “We can...” Social capital can be divided into two elements: bonding social capital and bridging social capital. Bonding social capital is the connections among homogenous individuals and groups. Homogeneity may be based principally on class, ethnicity, gender or other social characteristics. Bonding social capital connects diverse groups within the community to one another and to groups outside the community. It can set the stage for change to a better neighborhood.

Yours is a feature to do in the next issue with a discussion on social capital and diversity.
swimming pool covers, buckets, barrels and cans. – Check for clogged rain gutters and clean them out. Remove discarded tires and other items that could collect water. – Be sure to check for containers or trash in potted plants or in areas you are unlikely to see, such as under bushes or under your home. – Remove active outdoors during peak mosquito hours — dusk and dawn. – Use repellent. – If spending time outdoors during the peak mosquito activity, wear long-sleeved shirts and pants and use a mosquito repellent containing DEET.

**WEST NILE VIRUS**

continued from page 1

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So Then, How Much Should You Worry?

I don’t want to downplay the importance of this disease, but the chances are low that any one person will have a serious reaction even if bitten by an infected mosquito. Because this disease is in the news almost daily, even healthy people tend to become concerned about this disease.

You should be concerned if you or someone you care about is a high risk person. You should be concerned if you have horses.

MIGRATING MICE

continued from page 3

small amounts of liquid soap added are among homemade remedies. Extreme caution should be used in creating these as hot pepper extract is extremely irritating to mucous membranes. Traps and/or toxic baits can be placed in storage areas where wooden or metal alternative foods are available to rodents. Snap or snap traps may capture live traps more efficiently in most situations. Set traps at three feet intervals along walls and in protected areas. These must be checked and re-baited daily until no mice are caught for at least two days after the last capture. Reset, again in two weeks, if you suspect a reproducing population of mice.

Toxic baits are less labor-intensive than traps, Don’t use these if odor due to large numbers of mouse carcasses is of concern. Baits operate as anticoagulants, neurotoxins and cardiotoxins. If needed, alter monthly, between these classes of rodenticides to reduce rodent tolerance.

By eliminating what attracts rodents to storage areas during warm weather and by keeping a watchful eye on rodent control, we can reduce risks and ease some modest rodent problems before they start.

Note: For more information on Rodent Control and Cleaning Up After Rodents, visit lancaster.unl.edu.

**GRAIN STUBBLE**

continued from page 4

corn silage will also meet her protein and energy needs. If early-bloom brome hay is priced at $69 per ton and drought-stressed corn silage is priced at $23 per ton, either ration would cost $83 per head per day.

When considering alternatives, the tenant should ask if the cost of housing animals to and from the field, any fencing repair, extra cost for water, which many times must be hauled, extra daily travel to check the animals and extra risk (from predators, potentially high nitrates in the stalks or winter storms) as compared to feeding the animals at home. Also, there is no guarantee that the animal grazing corn stalks, especially in a drought year, will receive a ration as well balanced as the hand-fed forage choices described above.

Bottom line — One would expect the “fair” rental rate to be lower than the cost of alternative feeds but perhaps more than the rate paid in “normal” years. This suggests that for 2003, this might be somewhere between about $30.00 and perhaps $50.00. $60.00 to $80.00 per head per day is more likely. The new and final rate, however, will be set after a meeting of the board of directors selected by the national members.

**PASTA**

continued from page 6

of pasta, starting several minutes before the package directions indicate it will be done. Then, cut pasta with a knife or fork, or bite it. Pasta cooked ‘al dente,’ which means ‘to the tooth’ in Italian, will be slightly chewy with a very small white dot of uncooked core at the center. If you won’t use more pasta, wait until there is no white uncooked core showing.

The Scoop on Rinsing

Once the pasta is cooked, 54% of respondents rinsed the pasta, with the majority of those (58%) choosing cold water. The most common reasons given for rinsing the pasta, whether in hot or cold water, were to remove the starch (26%), keep the pasta from sticking together (24%), keep it warm/hot for dishes that are served hot (15%), to cool the pasta/prepare a cold dish (10%), and to stop the cooking process (9%). These responses indicate to me some challenges on the part of home cooks in handling the finished pasta,” observed Bloom. “In fact, rinsing causes the pasta to lose its light starch coating which is actually important in holding the sauce.”

Now Featuring Household Pets Project

Visit 4-H Web Cam

**YOUTH**

continued from page 7

Youth Development strategies capable of engaging both adults and youth at the neighborhood level.

3) A structure that is well regarded and anchored in the community has a greater chance of successfully launching a Community Youth Development initiative than a newly created organization.

4) Intermediaries with the resources capacity and neutrality to advance a Community Youth Development agenda can contribute positively to the success of local Community Youth Development Initiatives.

5) A focus on changing adult perceptions of, and commitment to, young people, in addition to changing youth behavior is essential to the success of initiatives.

6) Communities that are actively engaged in dialogue with youth are far more likely to obtain positive responses from youth.

7) The involvement of key public systems, including juvenile justice, public schools and youth employment, in Community Youth Development initiatives, is difficult to achieve but necessary for real successes.

The field of youth development and the concept of community capacity, and activity around youth is relatively new. As various youth development frameworks are tested it is anticipated that more and more information will become available about what works most effectively.

**Visit 4-H Web Cam**

Now Featuring Household Pets Project

http://www.lancaster.unl.edu

**Clean Hands Campaign**

Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a copy of a repurposed Preschool handwashing activity. Call Eric Pardy (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Each kit must be checked out and returned within the same week. Available on a first come, first serve basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)
October 2002

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City _________________________ Zip _________________
Name _______________________________________________
_____________________________________________________

Use of commercial and trade names does not imply approval or constitute endorsement.

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Text of Concurrent Resolution
Recognizing the 100th anniversary of the 4-H Youth Development Program.
Whereas the 4-H Youth Development Program celebrates its 100th anniversary in 2002; Whereas members of the 4-H Youth Development Program pledge their Heads to clearer thinking, their Hearts to greater loyalty, their Hands to larger service, and their Health to better living for the club, the community, the country, and the world; Whereas the 4-H Youth Development Program sponsors clubs in rural and urban areas throughout the world; Whereas 4-H Clubs have grown to over 5,600,000 annual participants ranging from 5 to 19 years of age; Whereas 4-H Clubs strengthen families and communities; Whereas 4-H Clubs foster leadership and volunteerism for youth and adults; Whereas 4-H Clubs build internal and external partnerships for programming and resource development; Whereas today’s 4-H Clubs are very diverse, offering projects relating to citizenship and civic education, communications and expressive arts, consumer and family sciences, environmental education and earth sciences, healthy lifestyle education, personal development and leadership, plants, animals, and science and technology; and Whereas the 4-H Youth Development Program continues to make great contributions toward the development of well-rounded youth; Now, therefore, be it
Resolved by the House of Representatives (the Senate concurring), That Congress—
1) recognizes the 100th anniversary of the 4-H Youth Development Program and commends the program for service to the youth of the world; and
2) urges the President to issue a proclamation calling on the people of the United States to observe a ‘National 4-H Youth Development Program Week’ with appropriate ceremonies and activities.

Only Two Household Hazardous Waste Collections Left! Only two Lincoln-Lancaster County Hazardous Waste collections remain this season:
Saturday, Oct. 19 (9 a.m. – 3 p.m.) at the Lincoln-Lancaster County Health Department, 3140 N St.
Saturday, Nov. 16 (9 a.m. – 3 p.m.) at State Fair Park, 4-H Youth Complex
Bring thermometers and solvents, solvents like mineral spirits, turpentine, paint strippers and thinners, oil-based paints, pesticides, ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors and televisions.
For more information, contact the Lincoln-Lancaster County Health Department at 441-8040. (BPO)

Nebraska from the past... by Nebraska Youth in 4-H
The Robert Hillestad Textiles Gallery
October 7–24
College of Human Resources and Family Sciences
Home Economics Building, 2nd floor
35th and Holdrege, Lincoln
472-2911
Hours: Monday-Friday, 10 a.m.–4 p.m.

This show is presented in recognition of the efforts of youth throughout Nebraska and emphasizes the artistic and creative fiber arts and textiles of youth participating at the Nebraska State Fair. The exhibit is funded by the Nebraska 4-H Youth Development Office, Cooperative Extension Division in cooperation with the Department of Textiles, Clothing and Design, College of Human Resources and Family Sciences and the Friends of the Robert Hillestad Textiles Gallery.
Visit the Gallery Web site at: textilegallery.unl.edu

The NEBLINE
Page 12

Extension Calendar

House of Representatives Passes 4-H Bill

On Sept. 24, the U.S. House of Representatives unanimously passed a bill (H.R. 472) “Recognizing the 100th anniversary of the 4-H Youth Development Program.” On Sept. 25, the bill was received in the Senate and referred to the Committee on Judiciary.

To follow the progress of the bill, visit the U.S. Congress on the Internet at thomas.loc.gov.

Text of Concurrent Resolution

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Textile Art by Nebraska Youth in 4-H

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Make It Yourself with Wool

The 2002 District III Make It Yourself with Wool Competition will be held Nov. 2 at the Lancaster Extension Education Center. Registration is at 8:30 a.m. and Style Show begins at 1:30 p.m. This contest is to promote the beauty and versatility of wool fabrics and yarns.

Celebration of Youth IX: Looking Back, Looking Forward

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