The NEBLINE, January 2003

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

Part of the Agriculture Commons

"The NEBLINE, January 2003" (2003). The NEBLINE Newsletter Archive from UNL Extension in Lancaster County. 27.
http://digitalcommons.unl.edu/neblines/27

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Family Leadership Key to Community Leadership

LaDeane R. Jha
Extension Educator

Just imagine a neighborhood where everyone knows everyone on their block, helps identify neighborhood issues and works on solutions in concert with others—a neighborhood where everyone volunteers at the schools, participates in neighborhood clean-ups and other activities, values the talents and skills of youth, single adults, and older residents, and welcomes newcomers.

Would you want to live in a school neighborhood where over 90 people—children, their parents and others—show up to a book review party on Harry Potter? It’s happening in Lincoln.

Communities Can Help Families and Vice Versa

Within communities there are many resources—human, economic, material and social—that can support and enhance families and schools. Likewise communities can benefit from the assistance of families, students and schools. Community resources can be mobilized to help schools, families and students—and educators, parents and children can be organized to help their communities.

Family leadership is the key to strong communities and it is at the family level community leadership begins. Key to any vibrant community is a commitment by families to be partners in the decisions that affect their well-being. We all desire a world where children are well-educated, safe and nurtured and well-being. We all desire a world where children are well-educated, safe and nurtured and well-being.

Social Networks Help Youth Development and Learning

In educational research, it has been found that children with well-developed social networks have more positive educational outcomes than children without them. The greater a youth’s social support, the greater the likelihood of exploring their neighborhoods to learn more about the individuals and institutions around them.

• Decision making—involve parents in school governance and providing them with tools such as leadership training so they can become more effective representatives in the schools and community;
• Collaborating with community—student and school involvement in support of community activities. Connections between schools and communities should be two-way.

Lincoln’s Neighborhood Communities

The Community Learning Centers (CLC’s) Schools and Neighbors Action Committees (SNACs) and Neighborhood Organizations are excellent ways in Lincoln to become involved in your neighborhood. Each of these organizations are anxious to empower parents and other community residents to become involved in ways that help neighborhood residents grow comfortable with particular issues and take each other through discussion and activities that provide mutual support. The Harry Potter book party mentioned above is just one of the things happening in a Lincoln neighborhood as a result of community, school, family partnerships.

Finding ways to encourage participation is one of the biggest challenges facing communities. Encouraging anyone to attend yet another meeting is not always an easy task. Most mighty movements, however start small and begin to build when the energy and commitment of a few fire up the imagination of a few more. Sometimes it’s as simple as asking someone to become involved and valuing the commitment they bring to the table, no matter how small, that makes the difference.

Strong family leadership, after all, is the key to community growth and vitality and schools where children learn and develop their full potential.

In this issue...

Horticulture—page 2
Environmental Focus—page 3
Farm Views—page 4
Urban Agriculture—page 5
Food & Fitness—page 6
ANNUAL REPORT—special pull-out section
Family Living—page 7
4-H & Youth—pages 8-9
Community & Home Living—page 10

Muddled by Stains?
UNL Cooperative Extension in Lancaster County has ANSWERS!

• Home & Community
• Insects, Spiders, Mice & More
• Gardening
• Agriculture & Acreage
• Food Safety & Nutrition
• Family Living
• and much more!!

www.lancaster.unl.edu
Before the successes and failures of the last year’s growing season fade from memory or get pushed aside by the anticipation of another gardening year, why not take a moment to convert lessons learned and good intentions into resolutions for the coming year. I resolve to:

- make a list of needed plants and seeds before I start browsing through the seed catalogs.
- limit the size of vegetable and flower gardens to what I can care for properly.
- plan my vegetable garden carefully and follow the plan closely by sowing crops and make good use of all available space.
- plant cool season crops early and again in mid-to late-summer for a fall harvest.
- harvest crops at their peak of quality and maturity. No more giant zucchini or tough beans.
- freeze or can produce as soon as possible after harvest to maintain high quality.
- check plants regularly for insect problems and do a better job of controlling them.
- if available, try biological or cultural controls first, rather than chemicals to control pest problems.
- mulch earlier to control weeds.
- persist in weed control efforts all summer to prevent weeds from going to seed and adding to next year’s problems.

Humidity and Plants in the Home Environment

Dry air in your home not only makes you feel uncomfortable, but also harms your plant’s growth. Moisture in the air is measured in terms of relative humidity. Most houseplants grow best at 40 to 60 percent humidity, but can tolerate levels as low as 20 percent. Unfortunately, home heating systems take moisture out of the air and houses commonly have lower than 20 percent humidity level in winter.

How do you tell if your plants need more humidity? Look for these danger signs:
- brown and shriveled leaf tips, turn yellow, wilt and fall off the plant. Many plants will drop their leaves more readily in arid winter air.
- plants have a harder time from going to seed and adding to next year’s problems.
- you can minimize the damaging effects of low humidity to your plants by following proper watering practices. Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Your plants have a harder time when you forget to water them and

The foliage plants which prefer a more humid environment include the thinner leaved plants such as ferns, philodendron and spider plant. Cacti and succulents are native to deserts and they can tolerate low humidity levels.

- You can minimize the damaging effects of low humidity to your plants by following proper watering practices. Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Your plants have a harder time when you forget to water them and

Water up to, but not above, the level of stone material. Make sure the pots themselves do not sit in water or the plants risk getting root rot.

Put your plants where humidity levels are highest, such as the bathroom or above the kitchen sink. You might want to group many plants together. As the plants give off moisture, they help create a moist environment for the whole group. (MIF)

Gardening Resolutions

I resolve to:

- plant hardy trees, shrubs, perennials and other landscape plants according to a landscape plan, selecting less problem prone plants whenever possible to minimize the need for chemical sprays, pruning and other maintenance.
- set up a priority system for lawn and garden resolutions so gardening and landscape maintenance continue to be a pleasant experience rather than an overwhelming list of chores. (MIF)

Before the successes and failures of the last year’s growing season fade from memory or get pushed aside by the anticipation of another gardening year, why not take a moment to convert lessons learned and good intentions into resolutions for the coming year. I resolve to:

- make a list of needed plants and seeds before I start browsing through the seed catalogs.
- limit the size of vegetable and flower gardens to what I can care for properly.
- plan my vegetable garden carefully and follow the plan closely by sowing crops and make good use of all available space.
- plant cool season crops early and again in mid-to late-summer for a fall harvest.
- harvest crops at their peak of quality and maturity. No more giant zucchini or tough beans.
- freeze or can produce as soon as possible after harvest to maintain high quality.
- check plants regularly for insect problems and do a better job of controlling them.
- if available, try biological or cultural controls first, rather than chemicals to control pest problems.
- mulch earlier to control weeds.
- persist in weed control efforts all summer to prevent weeds from going to seed and adding to next year’s problems.

Humidity and Plants in the Home Environment

Dry air in your home not only makes you feel uncomfortable, but also harms your plant’s growth. Moisture in the air is measured in terms of relative humidity. Most houseplants grow best at 40 to 60 percent humidity, but can tolerate levels as low as 20 percent. Unfortunately, home heating systems take moisture out of the air and houses commonly have lower than 20 percent humidity level in winter.

How do you tell if your plants need more humidity? Look for these danger signs:
- brown and shriveled leaf tips, turn yellow, wilt and fall off the plant. Many plants will drop their leaves more readily in arid winter air.
- plants have a harder time from going to seed and adding to next year’s problems.
- you can minimize the damaging effects of low humidity to your plants by following proper watering practices. Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Your plants have a harder time when you forget to water them and

The foliage plants which prefer a more humid environment include the thinner leaved plants such as ferns, philodendron and spider plant. Cacti and succulents are native to deserts and they can tolerate low humidity levels.

- You can minimize the damaging effects of low humidity to your plants by following proper watering practices. Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Your plants have a harder time when you forget to water them and

Water up to, but not above, the level of stone material. Make sure the pots themselves do not sit in water or the plants risk getting root rot.

Put your plants where humidity levels are highest, such as the bathroom or above the kitchen sink. You might want to group many plants together. As the plants give off moisture, they help create a moist environment for the whole group. (MIF)

Gardening Resolutions

I resolve to:

- plant hardy trees, shrubs, perennials and other landscape plants according to a landscape plan, selecting less problem prone plants whenever possible to minimize the need for chemical sprays, pruning and other maintenance.
- set up a priority system for lawn and garden resolutions so gardening and landscape maintenance continue to be a pleasant experience rather than an overwhelming list of chores. (MIF)
Dealing with Roosting Birds

There are only three unprotected species of bird in Nebraska: starlings, pigeons and English (house) sparrows. All other birds are protected by either federal migratory bird laws or are game birds and fall under the jurisdiction of state game laws.

Starlings, pigeons and English sparrows have a number of things in common. All of them were introduced into North America from Europe. They are also the most common roosting birds in the urban and suburban environment and highly adaptable, capable of finding shelter and roosting sites in, on and around buildings.

Pigeons, also known as rock doves, were introduced into North America in 1606. They roost under bridges, in barn rafters and on building ledges. The rock dove was the first bird domesticated by humans, first raised for meat and later as message carriers. Although wild, the pigeons found in urban areas today are used to living around people. Pigeons are a health concern because their droppings are associated with histoplasmosis—a respiratory infection caused by people inhaling fungal spores that have grown on pigeon droppings.

The European starling was first introduced in New York in 1890 and has spread across the United States. The most permanent type of habitat modification is to prevent predators from perching on rafter rafters and other horizontal surfaces. A barrier, constructed of mesh or wire, prevents birds from landing on them.

The English house sparrow was introduced to North America in the middle of the 19th Century and is now found throughout the United States. House sparrows live near humans. Large flocks are frequently seen in trees and hedges, and under the eaves of buildings where they build their nests.

Control

Roosting birds rarely cause damage, but their accumulated droppings can be a problem, especially when the birds congregate in large numbers. Common symptoms of bird infestations include: odor, noise and the defacing of public areas and sidewalks.

The most permanent type of control is carried out by mortality modification.

This includes understanding why birds congregate in specific areas and changing the environment to discourage birds from roosting, nesting and feeding in those areas.

Habitat modification includes:

- Bird netting, used to prevent birds from flying to specific locations. It can be anchored to the outside of buildings or used inside buildings to prevent perching on rafters and other horizontal surfaces.
- Barriers, constructed of mesh or wire, prevent birds from landing on them.
- Thinning or pruning trees used as a roosting sites by starlings. Slanting the limbs like to roost close to other birds. If you thin trees so there are fewer branches they will feel less secure in the open canopy and move to a new location.
- Wires, strung along horizontal surfaces, are effective in manipulating bird concentrations. The keys to a successful operation of this kind are timing, organization, persistence and diversity.

The best way to get rid of roosting birds is to carefully evaluate the situation and use habitat modification along with frightening devices. Poisons for controlling these nuisance birds are available only to licensed pesticide applicators so working with a pest control professional who specializes in bird control, may be helpful.

For more information about these nuisance birds, visit LancasterandEd.org or search “Dispersal of Blackbirds, Crows, and Starlings from Urban Roosts.” (BPO)

Environmental Focus

Chicken Feathers Can Now be Used in Air Purifying Filters

The U.S. raises more than 500 billion chickens for food annually so the poultry industry produces lots of feather. USDA researchers have been searching for new uses to turn this waste into a resource that chicken producers can sell. So far, chicken feathers have been used to make strong, less dense plastic composites for products like car dashboards and boat exteriors. Feathers have also been made into paper. Combined with wood pulp, feathers increases the number of times the fibers can be recycled.

Possibly, the biggest market for chicken feathers is air purifying filters, especially for those with allergies or asthma. Currently, most filters are made from synthetic fiber which can screen out particles as small as 10-20 microns. Feather fiber can screen out five micron particles, thus catching and trapping even more spec, dust and dander.

Already patented, the technology has been licensed to three companies with two pilot plants already turning feathers into fiber.

Source: USDA-ARS Environmental Quality Laboratory, Beltsville, Maryland. (BPO)

Creepy-Crawlies in Your Cereal

House sparrow

European starling

Dormestus beetle larvae shown are very common in Nebraska. Often called carpet beetles.

At all stages (egg, larva, pupa and adult) of pantry pets may be present at the same time in infested products.

Prevention

Follow these procedures to help prevent infestations.

- Be alert, because insect infestations usually start from infested food items and/or plant materials brought in from other sources.
- Dry food in package sizes that can be used up in a short time. Don’t store food products over two to four months, if possible. Use older packages before newer ones and opened packages before unopened packages.
- When purchasing packaged foods, be certain that contain-

ers are not damaged and seals are intact.
- Check the packaging date to make sure food is fresh. Packages with clear plastic or wax paper coverings should be checked for insects.
- Store dried foods in insect-proof containers such as screw-top glass, heavy plastic or aluminum containers.
- This prevents entry or escape of insects.
- Cardboard, paper, or plastic wrappings don’t prevent insect infestations.
- If you freeze dried foods in your freezer, it keeps pests from developing.
- Keep food storage areas clean.
- Don’t let crumbs or food particles accumulate. This is also important where pet foods and bird seed foods are stored.

All stages (egg, larva, pupa and adult) of pantry pets may be present at the same time in infested products.

Management

Inspection. Use a flashlight or other light source to carefully examine all food storage areas and food products. Be thorough; generally insects are present in foods that are seldom used or in undisturbed storage areas. Don’t forget to check pet food and bird seed storage areas.

Discarding infested food items. Toss out all infested food items; however, the insects should be killed prior to disposal to prevent reinfestation of areas near the disposal sites. Wrap the food items tightly in plastic wrap or bags and place them in the freezer for three or four days to kill the insects. Do not use heat or microwave treatment prior to disposal because 1) insects can escape during transfer of food products to pans to eventually be put in the oven, and 2) it is often not possible to put the entire package in the oven due to fire hazards.

Thorough cleaning. Remove all food packages, utensils, dishes and other related items from kitchen and pantry cabinets. Vacuum all spilled and loose food crumbs and particles present in cabinets, on shelves and in crucks and crevices. Scrub cabinets and storage areas using soap and water.

Freezing treatment. Insects infesting ornaments and decorations made from plant products or seeds can be killed by placing the items in a freezer for one to two hours. If you suspect you have pantry pets, you can bring your pest into the extension office for identification. It is important to know what pest you have before certain pests prefer certain types of dried foods.

Knowing a little about the pest can save you time when you need to look for the source of the infestation.

Insecticides. Pantry pets can be controlled without insecticides by following the steps above. There are nontoxic traps that can help you deal with Indian meal moths. These traps are laced with pheromones and attract the male moths (who don’t realize the sticky traps aren’t a female moth). These traps are available in at least one hardware store in Lincoln.

For More Info

To learn more about pantry pests, visit LancasterandEd.org or stop in the extension office and pick up NebGuide (G-1130) “Insect Pests of Stored Foods in Kitchen and Pantry.” (SC)
Put Farm Leases in Writing for Legal Protection

A written farm lease allows for adjustments, and in most cases, provides better legal protection than an oral agreement. Many landowners and operators are reluctant to sign a written lease because they think it implies a lack of trust in each other. However, written leases are more complete, can specify a definite lease term and remind the parties about agreement specifics. Signing a written document allows the parties to closely consider each provision and allows for adjustments, if unplanned conditions arise.

It’s best to have an attorney help draft a farm lease. It should be signed by both parties and include a legal description of the leased land, the lease term length, and the date the lease begins. A written lease terminates when it expires and there is no automatic right of renewal unless included in the lease.

In Nebraska, the tenant has the right to select the crops to be grown and farming methods used, subject to landlord’s right and need control, unless the lease specifies otherwise. If the tenant fails to perform a required farming operation, the lease should give the landlord the right to enter the property to perform the work and terminate the lease, if appropriate.

The lease can specify the tenant will comply with government mental regulations regarding soil, water and agricultural chemical use or if the tenant is liable for any damages resulting from violation of such requirements.

According to Nebraska law, tenants must return land in the same condition they received it, subject to normal wear and tear. The crop yield must be calculated at harvest, with all costs (including those borne by the landlord) recovered. If the crop yield is below 75% of the projected yield, the landlord must pay the tenant for the lost yield.

In Nebraska, the tenant has the right to select the crops to be grown and farming methods used, subject to landlord’s right and need control, unless the lease specifies otherwise. If the tenant fails to perform a required farming operation, the lease should give the landlord the right to enter the property to perform the work and terminate the lease, if appropriate.
Protecting Water from Freezing

One of the challenges of surviving a Nebraska winter is keeping the water you use for drinking, cooking, and a little bit of science and a healthy dose of trial and error have yielded valuable lessons about the handling of unwanted ice. Let’s look at some advice regarding winter protection for water pipes, tanks and water dishes.

Keeping water thawed is simply a matter of conserving energy in the buildings, pasture water lines, winter (sprinkler lines, empty foundations, and electrical safety in mind. A little bit of science and a healthy dose of trial and error have yielded valuable lessons about the handling of unwanted ice. Let’s look at some advice regarding winter protection for water pipes, tanks and water dishes.

Any water lines that can be drained for the winter (sprinkler lines, empty buildings, pasture water lines, ground in the form of hay, etc.) should be disconnected and drained. Compressed air can help remove water from low spots, but separating connections at the low points is the surest way to make sure water doesn’t get trapped in low spots. Remember to remove insulation from hoses, hydrants and outside faucets on your home. Connected hoses can trap water and cause freezing even in faucets designed to be “freeze-proof.”

Household Pipes

Household water pipes in exterior walls can freeze in extreme weather. Check to see that there is sufficient insulation between the outside of the wall and the water pipes. Removing insulation between the wall and the pipe can let more heat get to the pipes. Even leaving windows ajar may help keep the water warmer. Many people keep a trickle of water run all night in to keep a line open. In extreme cases, adding insulation to the water pipes in exposed locations will need extra added heat. In a small enclosed space like a well pit or pump house, you might consider a small electric heater or heat lamp. For $30–$50 you can even add a thermostat to control turn a heater on or off when it isn’t needed.

Never apply heat tape over itself (double wrapping) or over or under pipe insulation unless specifically recommended by the manufacturer. The Consumer Product Safety Commission (CPSC) estimates 2,000 fires and ten deaths every year related to malfunctioning heat tapes.

Underground Pipes

Even buried, underground water pipes are subject to freezing. Problems usually arise when soil in new water line trenches has not fully settled, or when earthwork or construction above the pipeline removes too much soil or replaces soil with materials like concrete that conduct heat away more easily. If you have a buried water line that is at risk because of fresh backfill or thin cover, you can add insulation on top of the ground in the form of hay, leaves or even snow piled over the water line. In extreme cases, leaving a small flow of water run continuously through the water line can supply enough warm water to keep a line open through temporary periods.

Adding insulation to the outside of a water line will even to the water surface can help conserve heat and keep water available longer than a line open through temporary periods. With buried lines, remember that the pipe may last for days or even weeks beyond the extreme cold weather until ground heat below can migrate back up to the water line.

Stock Tanks

Speaking as one who spent many hours trying to keep waterers open for sheep in an unheated barn, I can attest to the challenges and frustrations of tank waterers in winter. If electricity is available, submerged electric trough, tank and bucket heaters are available for $20–$50. For safe operation, you must have a power supply with a third wire ground. If electricity is not available, liquid propane gas (LPG) tank stock heaters are available for $300–$500. Energy-waterers are available for new installations. These waterers channel heat up from the ground below and use lots of insulation to keep warm. If properly adjusted, they seem to work very well in Nebraska. Expect to pay $450–$700 for energy-waterers (about $100 more than their electrically-heated counterparts). An inexpensive alternative for large stock tanks without access to electricity is the propane bubbler. This device is anchored to the bottom of the stock tank and releases a slow stream of bubbles from a 20-pound (5-gallon) propane tank. The bubbles, which are not harmful to livestock, carry warm water from the bottom of the tank up to the surface where they maintain a small open hole in the ice during moderate weather. The bubbler costs less than $100 and operates for up to three months on a small can of propane (about $10). Adding insulation to the outside of a water line and even to the water surface can help conserve heat and keep water available longer than a line open through temporary periods. When adding insulation, be sure to protect the insulation from animal chewing, manure and spilled water.

For small quantities of water, electrically heated buckets and water dishes are available for $50–$100 from hardware and farm supply stores. Make sure these units are properly grounded for safety. (DJ)

Fire Safety in the Home

According to the National Fire Protection Association, last year there were 386,000 home fires in the United States resulting in 3,420 deaths, 16,975 injuries and 5.5 billion dollars in property damage. Data collected by the association over the past five years indicates that January was the peak month for home fire deaths, followed by February, August and December. Smoking was the leading cause of home fire deaths overall, but in the month of May, January and February, smoking and heating equipment caused similar shares of fire deaths. Cooking was the leading cause of home fires and home fire injuries year round.

Supplemental Home Heaters

Supplemental Home Heating Devices (warming stoves, fireplaces, kerosene heaters, gas fired heaters, and electric heaters) are involved in about 22 percent of all residential fires. These fires kill more than 600 people. There are also thousands of contact burns injuries and hundreds of carbon monoxide poisonings.

• Inspect your heating stove twice monthly. Have chimneys inspected and cleaned by a professional chimney sweep.

• Use a floor protector that extends 18 inches beyond the stove and covers all sides.

• Keep all combustible materials (drapes, furniture, firewood, etc.) at least three feet away from any heater.

• Never use gasoline or other flammable liquids to start wood fires.

• Keep rooms with unvented gas or kerosene heaters well ventilated (e.g. door open or windowajar.)

• If you must use an extension cord with your electric heater, make sure it is marked with a power rating at least as high as that of the heater itself. Do not permit the cord to become buried under carpeting or rags.

• Never operate heaters unattended or while you are sleeping.

Cigarette Lighters

Each year more than 200 deaths are associated with fires started by cigarette lighters. About two thirds of these result from children playing with them. Most victims are under five years old.

• Keep lighters and matches out of sight and out of the reach of children.

• Always check to see that cigarettes are extinguished before emptying ashtrays.

• Look for furniture designed to reduce the likelihood of furniture fire from cigarettes.

For the most recent map, visit www.drought.unl.edu/dm
Sizing Up Food Portion Sizes

On average, consumption of an additional 100 calories daily beyond your needs can lead to a weight gain of 10 pounds a year. Is it penny wise to super-size? Maybe. Pound foolish? You decide.

Alice Henneeman, MS, RD
Extension Educator

Large serving sizes can affect OUR size! Sometimes when we try to prevent food from going to waste, we find it going to waste instead.

News articles abound on the super-sizing of foods. Portion sizes are getting bigger, and so are people.

Here are some strategies we all can use to prevent our growing waistlines:

Bigger May Not Be Better

Commonly available food portions are often larger than standard portion serving sizes of the U.S. Department of Agriculture’s (USDA) Food Guide Pyramid in a research study by Lisa R. Young, PhD and Marion Nestle, PhD, a study published in the American Journal of Public Health (February 2002). Their findings included:

- Cookies were as much as 7 times standard portion sizes.
- Servings of cut up potatoes were often nearly 5 times standard portion sizes.
- Muffins weighed in at over 3 times standard portion sizes.

They found that, overall, marketplace food portions are consistently larger than in the past. They note a popular fast-food chain only offered one size of french fries in the mid-1950s. That size is now labeled “small” and is one third the weight of the largest size in 2001.

When ethnic foods are Americanized, the portion size may grow. Several examples are offered by Melanie Polk, RD and Director of Nutrition Education at the University of Nebraska-Lincoln. The Institute for Cancer Research (AICR) website has examples:

- The American croissant is typically 116 calories. Today’s American croissant is a 5-inch tortilla containing around 540 calories and 32 grams fat. The Mexican quesadilla has doubled in calories and increased in creased from 3-1/2 ounces to 8-ounces. At the same time, they added 370 calories (a jump from 300 to 670 calories!). Another fast-food chain lets you “biggie size” a hamburger-type combo meal for 39 cents and a gain of 180 calories (an increase from 1,360 to 1,540 calories).

On average, consumption of an additional 100 calories daily beyond your needs can lead to a weight gain of 10 pounds a year. Is it penny wise to super-size? Maybe. Pound foolish? You decide.

A THIRD OPTION: Buy the larger portion size but split it with a friend. Buy both portions and cut the calories and cost in half.

Really Read the Nutrition Label

When is the last time you REALLY looked at a Nutrition Facts label on a food package? For example, a QUICK glance at a nutrition label on a cereal box may tell you that one serving could contain over 1,200 calories and 70 grams of fat. You may be eating one serving as you read this! By reading and comparing the Nutrition Facts label, you can take control of your food intake. The Nutrition Facts label provides important nutrition information about foods. It includes:

- The number of calories per serving
- The amounts of nutrients, such as fat, cholesterol, sugars, and sodium
- Percent daily values (%DV) for each nutrient

Often, the %DV for each nutrient is based on a 2,000 calorie diet. This label can help you make healthier food choices.

Selecting the right foods and making mealtime more enjoyable makes a colorful, appetizing and delicious snack.

Savor the Flavor!

Selecting the right foods and making mealtime more enjoyable can often improve your appetite and your health. Senior citizens at Lincoln Housing Authority residential sites learned about food presentation and enjoying food flavors throughout their meals. Residents learned about:

- Savor the flavor!
- Chew slowly, noting texture
- Anticipate how it will taste
- Invite a friend to dine with you.
- Make an attractive table.
- Selecting the right foods makes mealtime more enjoyable.

For more recipes from AICR, check http://lancaster.unl.edu/food/ciqsubs.htm.

Boston Bean Soup

2 cans (15 oz. each) cooked pinto beans, drained
2 medium tomatoes, seeded and chopped
1 rib celery, sliced
1 medium onion, chopped
1 bay leaf
2 tablespoons peanuts
2 tablespoons yogurt
2 tablespoons cereal
2 tablespoons yogurt
2 tablespoons pineapple
Top with 2 tablespoons peanuts

Makes 4 servings. Per serving: 200 calories, less than 1 g. total fat (less than 1 g. saturated fat). 38 g. carbohydrate, 12 g. protein. 12 g. dietary fiber. 287 mg. sodium.

To keep up-to-date on new tips, recipes and recipe ideas to help you prepare healthy foods in a hurry, sign up for our “Ingrident Substitutions” at http://lancaster.unl.edu/food/ingsub.htm.

Yogurt Parfait

Ingredients: vanilla flavored yogurt, dry cereal or granola, sliced frozen or fresh strawberries, drained canned crushed pineapple and peanuts.

In a clear glass or cup, place the parfait in the following order and amount:

- 2 tablespoons pineapple
- 2 tablespoons yogurt
- 2 tablespoons cereal
- 2 tablespoons strawberries
- 2 tablespoons yogurt
- Top with 2 tablespoons peanuts

(For variety, try different kinds of cereal, fruits and yogurt.)

When you’re putting on weight, this may pay for it on the bathroom scale!

Now, pour out your usual serving size and measure it! Then, compare it to the label serving size. Choices are, you’re eating two, three, or four more times than the serving size on the label.

A study reported in the Journal of the American College of Nutrition (June, 2001) found the amount of cereal eaten by adults in Canada approximately twice the serving size listed on the box. That’s not necessarily bad. But, if you’re wondering why you’re putting on weight, this may be one place calories are sneaking into your meals.

The study, which had the main goal of examining the amount of folate and iron in cereals, found several cereals contained more than the labeled amounts. Larger portions of fortified cereals, especially those providing 100% of the Daily Value for nutrients, could be too much of a good thing, particularly if you also are taking a vitamin/mineral supplement.

Another label for clever scrutiny is the label on many beverages. Of special concern are portion sizes.
Helping You Put Knowledge to Work

University of Nebraska Cooperative Extension in Lancaster County invites you to take an in-depth look at our program accomplishments over the past year.

By extending UNL’s resources to urban and rural Nebraskans, Cooperative Extension strengthens individuals, families, businesses and communities. Extension’s mission of “Helping You Put Knowledge to Work” provides educational outreach through multiple delivery methods (see next page). Lancaster County Extension fully utilizes the Internet to maximize its outreach. Lancaster County Extension also leverages its resources and those of the Lincoln community by collaborating with more than 260 agencies, organizations, businesses and schools.

Here are some recent examples of the impact extension’s programs make in our community:

- The Biosolids Land Application program, Pesticide Container Recycling program and Composting Education workshops have saved taxpayers an estimated $556,749 this year by keeping waste out of the landfill.
- Research shows for every dollar invested in the Expanded Food and Nutrition Education Program (EFNEP), there is a projected health care cost savings of $8.82.
- The Character Counts! character education program initiated in Nebraska by 4-H has been so successful many schools have adopted, and are implementing, character education programs. Presently, the Nebraska Department of Education is promoting Character Counts! statewide.
- In the past year, 4-H reached 25,957 youth in Lancaster County—nearly half of the eligible youth.

Our Web site, lancaster.unl.edu now has more than 3,000 pages of online resources and received nearly 1,900,000 hits last year! We are pleased with Lancaster County Extension’s program accomplishments and are proud of our role in the community.

Gary Bergman, Extension Educator and Unit Leader

New in Extension in 2002

UNL Cooperative Extension in Lancaster County is committed to being relevant and responsive to the evolving needs of Lincoln-area residents. Here are some new developments in Lancaster County Extension.

Translation Efforts
As the Lincoln-area population becomes increasingly diverse, Extension has begun to translate educational resources into other languages including Spanish, Vietnamese, Arabic and Russian. Lancaster County Extension’s award-winning video, Removing Head Lice Safely, was translated into Spanish and Arabic this year.

New programs and partnerships are being forged to extend extension’s resources to these growing audiences. For example, a “Living with Diabetes” class was taught in Arabic by Boshra Rida, who worked at Extension as a Volunteer In Service to America (VISTA).

Environment of the Home

Additional program emphasis has been dedicated to consumer and family science/home environment issues. Educational efforts include indoor air quality, lead paint hazards, safety in the home and more.

Food, Nutrition & Food Safety
- Nutrition, food safety and food preparation
- Stretching food dollars

Pest Management
- Insect pest identification
- Low-toxic solutions
- Wildlife educational resources

Agriculture
- Farm management
- Crop & livestock production
- Rural living

Strong Families
- Parenting/child care
- Marriage relationships
- Resource management

Environment of the Home
- Indoor air quality
- Home maintenance and safety
- Reduce, reuse, recycle

Leadership Development
- In families and youth
- In neighborhoods
- In organizations

Gov. Johanns Proclaimed 2002 “4-H Centennial Year in Nebraska”

4-H celebrated its 100-year anniversary last year. Gov. Mike Johanns, a former 4-H’er from Iowa, proclaimed 2002 “4-H Centennial Year in Nebraska.” See inside for more about the Centennial Celebration!
Cooperative Extension carries out University of Nebraska's land-grant mission by extending reliable, research-based information to the public for use in everyday life.

Lancaster County Extension utilizes multiple media avenues and new technologies to impact people in Lancaster County and beyond, 24 hours a day.

“Would like to compliment you on your excellent Web site — it is probably the most informative one on the net.”

—Web site user

Over 3,000 Web Pages of Content

UNL Cooperative Extension in Lancaster County’s Web site, lancaster.unl.edu, has grown substantially since 1998, from receiving approximately 100,000 total hits annually to nearly 1,900,000!

Visitors can easily navigate the site and find resources on 4-H and Youth Programs, Agriculture and Acreages, Environment and Natural Resources, Family Living, Food Safety and Nutrition, Gardening, Hispanic Environment and Pests and Wildlife. Visitors can also learn more about Lancaster County NEP and view current and archived issues of the NEPE newsletter. Hundreds of Web site users have signed up to receive free weekly updates and announcements via e-mail.

The content-rich Web site is updated daily and consists of more than 3,000 Web pages with numerous educational resources, a program calendar, photos of events, multimedia clips and downloadable Powerpoint presentations. The site also has interactive features such as a searchable database, online registration forms, quizzes and Master Gardener Diagnostic Center.

The 4-H Egg Web Cam was selected by the National Science Teachers Association as a resource for their “SciLinks,” an endeavor to connect textbooks to useful online content, and the site was listed as a “Kool Site of the Week” on the national radio program, “The Kim Komando Show.”

The Head Lice Resources You Can Trust portion of Lancaster County Extension’s Web site was also selected as a “SciLinks.”

The Food Web site continues to be rated “Among the Best!” by Tufts University Nutrition Navigator — a rating guide to Nutrition Web sites.
In addition to direct outreach, University of Nebraska Coopera-
tive Extension trains individuals who in turn impact multiple people.
This includes teachers, busi-
ness professionals, food and other
service industry workers, govern-
ment employees, health profes-
sionals, childcare providers and
community volunteers.
Here are some ways Cooperative-
Extension trains the trainer in Lancaster County:
- Extension provides training for Commercial Pesticide
Applicator certification. More than 350 people were trained or
recertified at the Lancaster Extens-
ion Education Center in 2002.
- Extension provides inte-
grative post management educational resources for pest
control professionals, health care professionals and
social workers.
- A teaching program was developed this year for real
estate agents and land appraising professionals to help them pro-
 mote functional and sustainable landscapes.
- Real estate licensees
received continuing education credits from the Nebraska
State Commission for attending extension termite workshops.
- Extension develops lead
 rices used by many health professionals.
- Extension educates comm-
ercial horticulture indus-
try employees on localized hor-
ticulture issues. Extension's horticulture clinics and videos.
- Master Gardener
 volun-
teeer trainee and special events.
- In the ServSafe program, extension partners with UNL, Lin-
coln, Lancaster County Health Department and the Nebraska Res-
 taurant Association to train food
 handlers in food safety pro-
ductures. Ninety-seven percent of ServSafe participants pass a
 national certification exam.
- Extension conducts Food, Nutrition and Food Safety Updates
 for child care providers, directors and cooks, in coop-
eration with the Lincoln-Lancaster County Health Department and
the State Department of Education.
- Extension educates comm-
ercial horticulture indus-
try employees on localized hor-
ticulture issues. Extension's horticulture clinics and videos.
- Master Gardener
 volun-
teeer trainee and special events.
- In the ServSafe program, extension partners with UNL, Lin-
coln, Lancaster County Health Department and the Nebraska Res-
taurant Association to train food
 handlers in food safety pro-
ductures. Ninety-seven percent of ServSafe participants pass a
 national certification exam.
- Extension conducts Food, Nutrition and Food Safety Updates
 for child care providers, directors and cooks, in coop-
eration with the Lincoln-Lancaster County Health Department and
the State Department of Education.
- Lancaster County Extension
developed an award-winning game "Don’t Get Bugged by a Foodborne Illness," for nutrition
educators to teach consumers important food handling practices. Approximately 3,000 copies of the
 game have been sold to educators nationally and internationally.
- The Food Web site offers extensive resources for other
health professionals and educators to teach about success-
ful food, nutrition and food safety programming.
- 4-H extension program pro-
grams provide K–5 teachers with curriculum, training and ma-
terials for hands-on classroom activities. In 2001–02, 482 teach-
ers in 58 schools utilized School Extension Program.
- Extension-4-H trains pre-
school–12 teachers, day-
care workers and parents to deliver Character Counts! charac-
ter education.
- 4-H staff provides ongoing leadership training to 4-H leaders and parents.
- Extension conducts Poverty Simulations for agencies and
organizations who work with limited-resource fami-
lies.
- Neosho River Watershed
Commission, University Place
 Cooperatives, Inc., United Way of
Ricketts County, and the Neosho
River Watershed Coalition.
- Partners in Pollution Prevention, Extension Educator Gary
C. Bergman, team member — IANR Team Award, UNL Institute of
Agricultural and Natural Resources.
- TASS (Telling Extension’s Success Stories), Extension Edu-
cator Gary C. Bergman — FFA Degree pre-
 sented by the Norris FFA Chapter, co-winner, National FFA, Public
Education category, Nebraska Association of County Agricultur-
al Agents (NACA) Communication Award.
- Education has the power to transform lives as well
even more so through extension's entire work.
- Cooperative Extension's entire work creates a stronger Nebraska.
Celebrating 100 Years

The 4-H Youth Development program recognized its 100th anniversary with celebrations on national, state and county levels. Lancaster County 4-H was no exception and planned centennial-related activities throughout 2002.

Lancaster County 4-H'ers participated in the Feb. 5 “Unicameral Day and the Nebraska Conversation on Youth Development in the 21st Century. Gov. Mike Johanns addressed the 4-H’ers and proclaimed 2002 “4-H Centennial Year in Nebraska.”

On Feb. 5, a “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects.

Throughout the evening, different generations of 4-H’ers were on display. Books from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.” Projects, photographs and scrapbooks from more than 20 4-H Projects. The “4-H Centennial Celebration” was held in conjunction with 4-H Achievement Night. City of Lincoln Mayor Don Wesely attended and proclaimed Feb. 3-9 “4-H Centennial Week.”

• Alumni Showmanship
• Lasagna Cook-off & Feast
• Several centennial-related activities:
...
Youth “Learning by Doing”

4-H Offers Many Opportunities for Personal Growth

4-H offers youth a variety of activities and opportunities which help teach youth decision-making skills and build self-confidence. The largest event of the 4-H year is the Lancaster County Fair (see story below). However, there are opportunities throughout the year, such as the annual Speech Contest, Music Contest and Demonstration Contest. Karen Clinch says “Speech is a great experience for me. I used to be very quiet and shy, but now I’m able to go out in public and speak.”

4-H livestock exhibitors have several opportunities to participate in activities across the state, including progress shows, the District Horse Show, State Fair, and the Ak-Sar-Ben 4-H Livestock Exposition. Non-4-H youth can participate in 4-H Clover College, the 4-H Lock-In and Nebraska 4-H summer camps. Clover College is a four-day series of workshops held each June. Last year saw 278 registrations — more than double the previous year’s.

Nuturing Leadership

Lancaster County 4-H also offers a variety of leadership possibilities. 4-H Council (see article opposite page) includes youth members. 4-H Teen Council helps with many 4-H activities such as Speech Contest and Fair Fun Day. They also plan, organize and lead a fifth and sixth grade overnight Lock-In. Teen Council member Ian Beck-Johnson says “I feel that this has taught me how to become successful when it comes to helping people.”

Last year, more than $5,100 in 4-H scholarships were given to graduating seniors. Jami Rutt, recipient of $600 in 4-H scholarships, says the money helped a lot in helping pay tuition for her first semester in college.

County Fair Showcases Talents

The County Fair marks the end of the activity year for 4-H members, who work the rest of the year on projects, many of which are exhibited. Winners at the county level go on to State Fair.

In addition to the usual 4-H/FFA activities which span all five days of the fair, the 2002 Lancaster County Fair had many new activities. 4-H Teen Council members did free face painting and gave temporary tattoos. A 4-H/FFA Prettiest Cow contest garnered much attention. This was also the first year in which Theater Arts, Leather Craftsmanship and Barn Again projects could be exhibited. At the 2002 Lancaster County Fair, 4,708 exhibits were showcased by 611 4-H members.

4-H School Enrichment Programs Feature Hands-On Learning Activities

4-H School Enrichment programs have been a part of Nebraska’s 4-H program since 1974. These programs include teacher guides, videos, books, posters, experiments, games and more. Extension staff develop the programs, train teachers on their use and go into the classrooms for hands-on activities with students. UNL Cooperative Extension in Lancaster County educates 17,988 youth in 58 schools with the following School Enrichment programs:

- **Garbology**
  - Garbology is a curriculum and kit with hands-on activities which introduces second graders to solid waste management and the three R’s: Reduce, Route, Recycle. This unit is a core (required) subject in the science curriculum at Lincoln Public Schools (LPS).

- **Vermicomposting**
  - Second graders learn a new way to compost in Vermicomposting. About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps every week. Their castings can then be added to potting or garden soil for richer plantings.

- **Embryology**
  - Through incubating and hatching baby chicks in the classroom, third graders study life cycles. A core subject in the science program of the Lincoln Public Schools, Embryology meets the National and Nebraska Learning Standards of Excellence.

- **Garbology**
  - Garbology is a curriculum and kit with hands-on activities which introduces second graders to solid waste management and the three R’s: Reduce, Route, Recycle. This unit is a core (required) subject in the science curriculum at Lincoln Public Schools (LPS).

- **Vermicomposting**
  - Second graders learn a new way to compost in Vermicomposting. About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps every week. Their castings can then be added to potting or garden soil for richer plantings.

- **Embryology**
  - Through incubating and hatching baby chicks in the classroom, third graders study life cycles. A core subject in the science program of the Lincoln Public Schools, Embryology meets the National and Nebraska Learning Standards of Excellence.

Character Counts!

In Nebraska, the Character Counts! character education program was initiated and coordinated by Cooperative Extension/4-H. From a pilot site in Lincoln at Belmont Elementary School, the program now reaches the majority of schools in Lancaster County. Character Counts! has been so successful most Nebraska schools have adopted and are implementing character education programs.

This year, extension and other community partners sponsored the third annual Character Counts! Conference in York. Each year the conference gets bigger, and one participant this year — a school principal — noted it was the best $25 he had ever spent.

Cultivating Smart Yard and Garden Practices

- Disseminated information
- Presented 86 educational programs that are energy efficient and less diverse and functional landscapes property owners develop healthy, enjoyable, liveable and sustainable properties.
- Answered more than 6,500 telephone calls.
- Conducted 40 hours of volunteer time to educational extension programs such as Master Gardener trainings and in return, Master Gardeners provide educational information at public gardens.
- Assisting in 4-H and other youth programs
- Conducted 18 hands-on composting presentations throughout Lincoln to teach citizens how to successfully compost yard waste in their own backyards.

Collaborating with Social Workers

Social workers may be confronted with pest problems in their cases, but may not have the training to help. Extension Educator Barb Ogg has taught several social workers how to identify pest problems and what low-toxic controls work best. Social workers from Lincoln Housing Authority, Lincoln-Lancaster County Health Department, Lincoln Public Schools and League of Human Dignity have received assistance. One particularly challenging case in 2002 was a serious cockroach infestation in a substandard rental occupied by a pregnant woman and two children. A collaboration between Pest Management Extension, the UNL Pesticide Safety Education Program, Lincoln Action Program and a local pest control professional resulted in a treatment with low-toxic baits, reducing pesticide exposure to the family.

Gardens and other green spaces help make cities more enjoyable, liveable and sustainable. UNL Cooperative Extension plays a vital role in teaching community horticulture issues customized for local weather, water, soil and pest conditions. Extension also tries to help property owners develop healthy, diverse and functional landscapes that are energy efficient and less dependent on pesticides.

In 2002, horticulture staff:
- Presented 86 educational programs to groups and through other venues such as home and garden shows.
- Disseminated information through the media, such as "Garden Gossip," a weekly column in the Lincoln Journal Star.
- Conducted 18 hands-on composting presentations throughout Lincoln to teach citizens how to successfully compost yard waste in their own backyards.

Head Lice Resources You Can Trust

Lancaster County Extension has developed head lice resources, including printed materials, photos and an award-winning video, "Removing Head Lice Safely." Recently translated into Spanish and Arabic, more than 1,400 copies of the video have been sold. The video is the most requested video on 5 City-TV and plays more than 20 times per month on Lincoln Cable Channel.

Lancaster County Extension also works with community organizations and industry professionals in disseminating pest control resources and assistance.

Termite workshops developed, organized and taught by extension educators have helped more than 1,200 Nebraskans make better decisions about termite control and be better consumers. A reference manual, "Subterranean Termites: A Handbook for Homeowners," is dated annually and can be read on the Internet.

Cultivating Smart Yard and Garden Practices

In 2002, 45 Lancaster County Master Gardeners logged 2,076 volunteer hours and had 10,995 direct clientele contacts.

Cooperative Extension — Your Resource for Pesky Pest Problems

"This [termite workshop] is a wonderful public service! It has given me peace of mind and confidence as a homeowner. Thank You! I will be recommending this class to other homeowners."

— 2002 Termite Workshop attendee

Head Lice Resources You Can Trust

Lancaster County Extension has developed extensive head lice resources, including printed materials, photos and an award-winning video, "Removing Head Lice Safely." Recently translated into Spanish and Arabic, more than 1,400 copies of the video have been sold. The video is the most requested video on 5 City-TV and plays more than 20 times per month on Lincoln Cable Channel.

Lancaster County Extension also works with community organizations and industry professionals in disseminating pest control resources and assistance.

Termite workshops developed, organized and taught by extension educators have helped more than 1,200 Nebraskans make better decisions about termite control and be better consumers. A reference manual, "Subterranean Termites: A Handbook for Homeowners," is dated annually and can be read on the Internet. A Cockroach Control Manual, written by extension educators, has been widely acclaimed as an easy-to-read manual that teaches low-toxic methods of controlling cockroaches. The online manual is on the UNL Pesticide Education Resources Web site and received 423,324 hits last year. Not only is it used by homeowners and apartment dwellers, but it is used in pest education programs and to train community interns to lower hazards to children in poor families.

One satisfied customer wrote, "You folks have done a heck of a job and are doing a real service for the public generally and more specifically for people like me. I can’t thank you enough for the info."

Overall, Lancaster County Extension’s insect and pest Web pages received 691,169 hits last year. Staff entomologists responded to more than 2,500 phone calls, 750 walk-in identifications and 400 e-mail requests for information.

"Lancaster County Extension continues to implement ways to serve an increasingly diverse and growing community."

— Sheila Kepler, Lancaster County Extension Board member

Master Gardeners Field Calls from Public

The Master Gardener Training Program is a volunteer program where people are given training by University of Nebraska personnel and then in return provide 40 hours of volunteer time to educational extension programs such as:
- Answering horticulture phone calls
- Presenting educational programs at workshops
- Assisting in 4-H and other youth programs
- Establishing and maintaining community beautification projects

The City of Lincoln and Recreation Department offer support to the Master Gardener trainees and in return, Master Gardeners provide educational information at public gardens.

In 2002, 45 Lancaster County Master Gardeners logged 2,076 volunteer hours and had 10,995 direct clientele contacts.

More than 177 people attended one of Cooperative Extension’s termite workshops presented in five Nebraska cities, including Lincoln. One satisfied customer wrote, "You folks have done a heck of a job and are doing a real service for the public generally and more specifically for people like me. I can’t thank you enough for the info."

Overall, Lancaster County Extension’s insect and pest Web pages received 691,169 hits last year. Staff entomologists responded to more than 2,500 phone calls, 750 walk-in identifications and 400 e-mail requests for information.
Food Programs: Helping Every Time You Eat!

“I just want to say how much I LOVE your Web site! I have learned S0000000000000 much from your thorough articles. They are long enough to be greatly informative yet short enough for anyone not to lose interest.”

Food Web site user

Limited-Income Residents Stay Healthy Through Nutrition Education Program

Nutrition Education Program (NEP) partners with 161 agencies, classrooms and coalitions to teach budgeting food dollars, saving money through meal planning, saving time by fixing quick and easy meals, keeping food safe to eat, feeding infants and children and preparing nutritious snacks.

Maltreatment and food security are real issues in Lincoln. In 2001, 17,841 Limited-income residents stayed healthy through the Emergency Food Pantries System and 2,087,031 pounds of food were distributed by the Food Bank — a 10 percent increase over the previous year. Limited-income adults may participate in NEP classes or receive individualized lessons, including meal planning with Women, Infants and Children (WIC) and commodity foods. One woman took pride in learning how to make homemade pizza. She stretched her food dollar $10 a month by preparing pizza four times, rather than purchasing it. Another continued on next page.

Drought Highlights Need for Reliable, Relevant Information

2002 was the third drought year in a row for Nebraska and Cooperative Extension continued to respond to the need for information on minimizing agriculture losses. Lancaster County Extension Educator Tom Dorn developed educational resources for use statewide on “Drought-stressed Corn” and “Blending Grain and Feedstuffs — How to Figure the Proper Proportions.”

There has also been an increased interest in irrigation development. IRRIGCOST, a spreadsheet developed by Lancaster County Extension, assists farmers in estimating annualized costs of owning and operating an irrigation system. 350 producers attended a series of six Farm Bill seminars presented in Lancaster County by Lancaster County Extension, the Farm Service Agency and Natural Resources Conservation Service. These seminars helped explain farm bill provisions and how to calculate the most advantageous program option for a particular farm.

Agricultural Programs Support Nebraska’s Premiere Industry

Lancaster County has 1,540 commercial farms covering 421,000 acres — farm products bring in more than $82 million annually. UNL Cooperative Extension continues to increase agricultural profitability and sustainability a priority issue. Lancaster County Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site.

The Agriculture and Acreage Web site, which has won a national award, is constantly updated and available online at the Internet — the PowerPage. This is the first place I head to for Lancaster County Extension’s programs such as the Agricultural Awareness Program, the Ag Awareness Program and precision ag classes.

The Agriculture and Acreage Education Program (NEP) partners with 161 agencies, classrooms and coalitions to teach budgeting food dollars, saving money through meal planning, saving time by fixing quick and easy meals, keeping food safe to eat, feeding infants and children and preparing nutritious snacks.

Maltreatment and food security are real issues in Lincoln. In 2001, 17,841 Limited-income adults may participate in NEP classes or receive individualized lessons, including meal planning with Women, Infants and Children (WIC) and commodity foods. One woman took pride in learning how to make homemade pizza. She stretched her food dollar $10 a month by preparing pizza four times, rather than purchasing it. Another continued on next page.

Drought Highlights Need for Reliable, Relevant Information

2002 was the third drought year in a row for Nebraska and Cooperative Extension continued to respond to the need for information on minimizing agriculture losses. Lancaster County Extension Educator Tom Dorn developed educational resources for use statewide on “Drought-stressed Corn” and “Blending Grain and Feedstuffs — How to Figure the Proper Proportions.”

There has also been an increased interest in irrigation development. IRRIGCOST, a spreadsheet developed by Lancaster County Extension, assists farmers in estimating annualized costs of owning and operating an irrigation system. 350 producers attended a series of six Farm Bill seminars presented in Lancaster County by Lancaster County Extension, the Farm Service Agency and Natural Resources Conservation Service. These seminars helped explain farm bill provisions and how to calculate the most advantageous program option for a particular farm.

Agricultural Programs Support Nebraska’s Premiere Industry

Lancaster County has 1,540 commercial farms covering 421,000 acres — farm products bring in more than $82 million annually. UNL Cooperative Extension continues to increase agricultural profitability and sustainability a priority issue. Lancaster County Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site.

The Agriculture and Acreage Web site, which has won a national award, is constantly updated and available online at the Internet — the PowerPage. This is the first place I head to for Lancaster County Extension’s programs such as the Agricultural Awareness Program, the Ag Awareness Program and precision ag classes.

The Agriculture and Acreage Education Program (NEP) partners with 161 agencies, classrooms and coalitions to teach budgeting food dollars, saving money through meal planning, saving time by fixing quick and easy meals, keeping food safe to eat, feeding infants and children and preparing nutritious snacks.

Maltreatment and food security are real issues in Lincoln. In 2001, 17,841 Limited-income adults may participate in NEP classes or receive individualized lessons, including meal planning with Women, Infants and Children (WIC) and commodity foods. One woman took pride in learning how to make homemade pizza. She stretched her food dollar $10 a month by preparing pizza four times, rather than purchasing it. Another continued on next page.

Drought Highlights Need for Reliable, Relevant Information

2002 was the third drought year in a row for Nebraska and Cooperative Extension continued to respond to the need for information on minimizing agriculture losses. Lancaster County Extension Educator Tom Dorn developed educational resources for use statewide on “Drought-stressed Corn” and “Blending Grain and Feedstuffs — How to Figure the Proper Proportions.”

There has also been an increased interest in irrigation development. IRRIGCOST, a spreadsheet developed by Lancaster County Extension, assists farmers in estimating annualized costs of owning and operating an irrigation system. 350 producers attended a series of six Farm Bill seminars presented in Lancaster County by Lancaster County Extension, the Farm Service Agency and Natural Resources Conservation Service. These seminars helped explain farm bill provisions and how to calculate the most advantageous program option for a particular farm.

Agricultural Programs Support Nebraska’s Premiere Industry

Lancaster County has 1,540 commercial farms covering 421,000 acres — farm products bring in more than $82 million annually. UNL Cooperative Extension continues to increase agricultural profitability and sustainability a priority issue. Lancaster County Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site.

The Agriculture and Acreage Web site, which has won a national award, is constantly updated and available online at the Internet — the PowerPage. This is the first place I head to for Lancaster County Extension’s programs such as the Agricultural Awareness Program, the Ag Awareness Program and precision ag classes.

The Agriculture and Acreage Education Program (NEP) partners with 161 agencies, classrooms and coalitions to teach budgeting food dollars, saving money through meal planning, saving time by fixing quick and easy meals, keeping food safe to eat, feeding infants and children and preparing nutritious snacks.

Maltreatment and food security are real issues in Lincoln. In 2001, 17,841 Limited-income adults may participate in NEP classes or receive individualized lessons, including meal planning with Women, Infants and Children (WIC) and commodity foods. One woman took pride in learning how to make homemade pizza. She stretched her food dollar $10 a month by preparing pizza four times, rather than purchasing it. Another continued on next page.
Extension Builds Strong Families, Communities...

Leadership and community development, as well as fostering family strengths, are by-products of most Cooperative Extension programs. Extension also has programs specific to these areas. Extension partners with a variety of community agencies to present workshops such as Strengthening Families, Resource Management and Basic Investing, Real-World — Real Decisions, Parents Forever (for divorcing parents) and other Family Strengthening programs.

New this year is a strong partnership with the Community Learning Centers (CLC’s) as part of the Neighbors Working Together Project (see article at right). Leadership, teamwork and a better understanding of self and others are developed through Real Colors Matrix and Myers Briggs Temperament Inventory (MBTI) workshops delivered by Extension Educator LaDeane Jha. In addition to direct outreach in these issues, extension provides staff development and training to educators, government officials, agency workers and community groups, both locally and regionally.

Environmental of the Home

Extension Educator Lorene Bartos has been a longtime expert in household hints, shopping smart and recycling. Her column “Housewise” runs Sundays in the Lincoln Journal Star.

In response to increased community concerns about home environment and safety, UNL Cooperative Extension in Lancaster County is placing additional program emphasis in this area. Expanded educational efforts include indoor air quality, lead paint hazards, safety in the home and more. In the past year, Bartos disseminated information in conjunction with National Safety Month (June), Indoor Air Quality Month (October) and other similar topics through her column, Lancaster County Extension’s Web site and other outreach methods.

Ten-Year-Old Biosolids Program Saves $4 million

UNL Cooperative Extension in Lancaster County coordinates distribution and application of biosolids to agricultural crops by the City of Lincoln Wastewater and Solid Waste Division. Biosolids are organic solids that are separated from wastewater and biologically processed to make them safe for land application.

Lancaster County Extension uses many of the latest technologies in precision agriculture to ensure biosolids are applied in an environmentally sound method. GPS/GIS technology, which is an important aspect of the record-keeping and monitoring system, helps make this a state-of-the-art program nationally.

The past year, more than 35 tons of biosolids were delivered and applied to 32 fields and 1,169 acres. Studies on farmer’s fields have shown the nutrient value of biosolids is worth at least $25 per acre for the first year’s crop. The four-year-old biosolids were worth more than $500,000 to Lancaster County farmers.

Since 1992, when the City of Lincoln’s Biosolids Land Application program began, more than 250,000 tons of biosolids have been distributed to crop fields. This has saved taxpayers $4 million by keeping this recyclable waste out of the landfill. Over the entire life of the Bluff Road landfill, recycling biosolids could add a total of 2-1/2 years to the landfill’s life.

Nutrition Education Program

Continued from preceding page

Much of the facilitation of In response to increased community concerns about home environment and safety, UNL Cooperative Extension in Lancaster County provides a framework for people to volunteer their time and talents to the community. Extension trains and supports, as well as coordinates the efforts of, a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, NEP volunteers, Character Counts! volunteers, and others.

NWT collaborates with other community partners such as the Community Outreach Partnership Centers (CLC) and Neighborhoods, Inc. to help develop leadership through trainings and other methods.

Family and Community Education Clubs

A 2002 meeting, Salt Creek Circle members donated toys and games to clothing to Head Start. Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. This year, Lancaster County FCE clubs have placed extra emphasis on community service.

Volunteers Contribute to Extension’s Success

A 4-H clubs and activities, such as Clover College (above), are made possible by numerous volunteers donating their time and talents.

UNL Cooperative Extension in Lancaster County provides a framework for people to volunteer their time and talents to the community. Extension trains and supports, as well as coordinates the efforts of, a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, NEP volunteers, Character Counts! volunteers, and others.

*Independent Sector values volunteer time at $10.50/HR

Continued from preceding page

woman struggled to get her children to eat a good variety of foods. After receiving the fruit and vegetable lessons, she fixed the recipes for her children. She was impressed how much they ate and they would actually eat vegetables.

In addition to monthly meetings, NWT maintains a mailing list as a way to send information, alerts and announcements.

Community Education Clubs

Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. This year, Lancaster County FCE clubs have placed extra emphasis on community service.

People have been flocking to NWT from the beginning. In the last 10 years, the organization has served $4 million in the city.

In addition, 101 senior citizens participated in an average of four lessons each. One tip seniors learn is they can cut down on sodium by using NEP master mix instead of canned soups for casseroles.

NEP programs have proven successful. Research shows for every dollar invested in EFNEP, there is a projected health care cost savings of $8.82.
Divorce and Children

During the past 30 years, there has been a significant decline in the proportion of two-parent families in first marriages and a complementary increase in the number of single-parent families. It is projected between 50 and 60 percent of all children born in the 1990’s will live, at some point, in single-parent families, typically headed by mothers (Bumpass & Sweet, 1989; Furstenberg & Cherlin, 1991). Divorce is stressful because it usually involves money, being alone, often children, property settlements, and an ex-partner’s new romance. When children are involved, parents are more likely to have a continuing relationship. Divorce often increases children’s risk for a number of problems; however, not all children who experience divorce have problems. Children of divorce are more likely to have difficulty getting along with siblings, peers, and their parents, engage in delinquent activities, be involved in early sexual activity, and experience academic problems. See DIVORCE on page 11.

Lines from Lynn

Lynn Bush
FCE Council Chair
Happy New Year! Welcome back to a new year of FCE. The planning committee met in December and the 2003 FCE calendar has been filled in. Thank you to the five children who returned their committee sign-up sheets. Those completed sheets help make the planning committee’s job easier. The dates and events will be listed in the president’s letter coming in January. Watch your内衣 for reminders of upcoming events.

Be sure to mark Monday, Jan. 27 on your calendar, the first council meeting for 2003. A fun day is planned. You won’t want to miss this one. We will meet for lunch at The Ville Grille, 2710 N. 48th St. at 12:30 p.m. We haven’t finalized the cost or whether we will order individually from the menu or select items to choose from.

At 1:30 p.m. we will go across the street from The Ville Grille to The Back Porch, 2710 N. 48th, for our business meeting and a fun craft lesson. There will be a fee for the craft. Final costs will be included in the president’s letter or you can call the extension office.

You will need to pre-register by calling Pam at 441-7180, by Friday, Jan. 17, so we can have a count for dinner seating and supplies for the craft.

Hopefully the weather will cooperate so you feel the advantage of the many unique shops in the University Place area.

Everyone is invited to attend this and all council meetings. If you’ve never been or haven’t been for awhile, 2003 would be a good year to start. We have fun, good food, great entertainment and good speakers.

I hope everyone has a fabulous 2003 and the year goes by slower than 2002!

Family Community Education (FCE) Council Meeting

The January FCE Council meeting will be Monday, Jan. 27. It will begin with a Dutch-treat lunch at 12:30 p.m. at The Ville Grille, 2710 N. 48th St. After lunch we’ll go across the street to The Back Porch, 2710 N. 48th St. for the meeting and a craft project beginning at 1:30 p.m. There will be a charge for the craft. Parking is available behind both locations.

Reservations are needed for lunch and the meeting by Jan. 17. Call the extension office to sign up. If you can’t make it for lunch come for the meeting. All FCE members are invited to attend. (LB)

FCE Leader Training Lesson “Adult Immunization”

The February FCE leader training lesson “Adult Immunization” will be Tuesday, Jan. 28 at 1 p.m. Did you have a flu shot last year? When was the last tetanus shot? Vaccinations aren’t just for children anymore! According to the Centers for Disease Control and Prevention, “Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines.” Participants in this program will better understand why vaccinations are important, barriers that prevent adults from seeking immunizations and the importance of keeping accurate records.

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

“But Everyone Else Has One!”

During this past holiday season we had a great opportu-

nity to experience the “But everyone Else Has One!” syndrome with our 6-year-old granddaughter. Her number one wish for Christmas was a granddaughter. Her number one want was “But everyone Else Has One!” When asked if she had ever had one before she said, “No, but it is fun.” When asked to clarify who everyone was, she said one or two kids played with them while waiting for parents to pick them up from school — not quite everyone.

During a Thanksgiving visit she continued her lobbying for a Gameboy. When talking to her parents, however, we discovered they had explained to her she could not have one. They did not want her to become accustomed to one more thing that kept her sitting glued to “entertainment.”

In no uncertain terms the grandparents were told, “She is way too young to have a Gameboy.” When she heard her parents give the edict to the usually more compliant grandparents, she was devastated. “But Everyone Else Has One!” was quickly followed with, “You are so mean.”

As grandparents, we want to give her everything and have to admit to being pretty easily swayed at times. However, we do respect her parents’ deci-

sions. So, how do we help kids deal with such disappointments? First of all, it is important to teach some kids will always have things others don’t. That’s a fact of life. But it doesn’t mean those without the desired item have to be less happy. In fact, most of us know, the disappoint-

ment is soon forgotten and kids move on.

Children who are indulged, however, are more likely to have power and rules because that is what the majority is saying. Does he/she under-

stand what you mean? Focus on what you say, not what you feel. Don’t accuse, or say “You...”, instead say “I feel...”. For example, don’t say “You are always so mean (or rude, or whatever).” Do say, “When you said that, it made me feel bad” Try to look at both sides. Don’t try to “win” the argu-

ment. Work it out together so each of you comes out a winner.

Sometimes it’s just better to agree than disagree.

Even though you may feel he/she hasn’t been fair, sometimes it’s better to just drop it. If you continue to bring it up again and again, you may do more damage to your marriage than the disagreement was worth.

Remember — the strength of your marriage does not depend on how you feel about each other at the moment because you may be very mad right now. The strength of your marriage depends on believing you belong together and you will be together for a long time. (LJ)

Getting Along with Your Mate

Almost every couple disagrees sometimes. Some argue a lot. But disagreements don’t have to break up mar-

riages.

When you disagree:

• Calm down. You can’t commu-

nicate when you’re mad.

• Take time to listen, really listen to each other. Do you under-

stand what he/she is really saying? Does he/she under-

stand what you mean? Focus on what you say, not what you feel.

Follow a few tips to save energy and money when cooking:

• It’s more energy efficient to match the size of the pan to the food you’re cooking. Try using a smaller pan rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• In gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed (consult the manufacturer or your local utility).

• For small meals, use small electric pans or toaster ovens rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• Keep range-top burners and reflectors clean; they will reflect the heat better, saving you energy.

• It’s also more efficient to match the size of the pan to the burner.

For more tips on saving energy at home, visit www.energyanswers.gov.

by Lorene Bartos, Extension Educator

Cut Your Energy Costs During Cooking

Follow a few tips to save energy and money when cooking:

• It’s more energy efficient to match the size of the pan to the food you’re cooking. Try using a smaller pan rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• In gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed (consult the manufacturer or your local utility).

• For small meals, use small electric pans or toaster ovens rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• Keep range-top burners and reflectors clean; they will reflect the heat better, saving you energy.

• It’s also more efficient to match the size of the pan to the burner.

For more tips on saving energy at home, visit www.energyanswers.gov.

Family Living

by Lorene Bartos, Extension Educator

Follow a few tips to save energy and money when cooking:

• It’s more energy efficient to match the size of the pan to the food you’re cooking. Try using a smaller pan rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• In gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed (consult the manufacturer or your local utility).

• For small meals, use small electric pans or toaster ovens rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• Keep range-top burners and reflectors clean; they will reflect the heat better, saving you energy.

• It’s also more efficient to match the size of the pan to the burner.

For more tips on saving energy at home, visit www.energyanswers.gov.

Getting Along with Your Mate

Almost every couple disagrees sometimes. Some argue a lot. But disagreements don’t have to break up mar-

riages.

When you disagree:

• Calm down. You can’t commu-

nicate when you’re mad.

• Take time to listen, really listen to each other. Do you under-

stand what he/she is really saying? Does he/she under-

stand what you mean? Focus on what you say, not what you feel.

Follow a few tips to save energy and money when cooking:

• It’s more energy efficient to match the size of the pan to the food you’re cooking. Try using a smaller pan rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• In gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed (consult the manufacturer or your local utility).

• For small meals, use small electric pans or toaster ovens rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• Keep range-top burners and reflectors clean; they will reflect the heat better, saving you energy.

• It’s also more efficient to match the size of the pan to the burner.

For more tips on saving energy at home, visit www.energyanswers.gov.

Family Living

by Lorene Bartos, Extension Educator

Follow a few tips to save energy and money when cooking:

• It’s more energy efficient to match the size of the pan to the food you’re cooking. Try using a smaller pan rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• In gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed (consult the manufacturer or your local utility).

• For small meals, use small electric pans or toaster ovens rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.

• Keep range-top burners and reflectors clean; they will reflect the heat better, saving you energy.

• It’s also more efficient to match the size of the pan to the burner.

For more tips on saving energy at home, visit www.energyanswers.gov.
4-H Horse Leader
Training Feb. 10

There will be no 4-H Horse VIPS Committee meeting in February. In its place, on Monday, Feb. 10, 7 p.m., we will present a 4-H Horse Leader Training at the Lancaster Event Center, 84th & Havelock. We will have useful information for all club leaders and parents regarding the upcoming 4-H calendar year, but also general club information. This training is mandatory for all Lancaster County 4-H horse clubs. If the club leader is unable to attend, another parent from that club will be expected to attend and assist the leader in getting the information. This training will make available techniques for running a club with the least amount of stress, and will provide an opportunity to meet parents and leaders from other clubs with the same interests. Expect your invitation soon! If you have questions, call Ellen Kraft at 441-7180.

4-H Unicameral Youth Conference

The 4-H Unicameral Youth Conference 2003, held June 22-25, will introduce youth to the legislative process and highlight parents careers or hobbies. The really neat part of this kids get to see exactly what their parents really do and other kids understand more of what that career or hobby has to offer. Part of the goal of the group is to expose the children to many skills and show them how they apply to careers.

From year to year our meeting focus has changed to accommodate the children’s changing age and interests. So in the third year of Clover Kids we decided to learn about cooking because it is essential to everyday life and good health. It’s also fun!

With training and assistance, kids can learn to cook many things at an early age. We made many things that would be in the first cooking project and supplemented our meetings with speakers on specialized topics. Our speakers covered food science, table setting, dietetics, etc.

For applications or more information, visit 4h.unl.edu or call Denise Embree, Beth Hartman, Pam Beiermann; (row 4) Miranda Raatz, Ben Johnson, Alex Embree; (row 2) Paige Beiermann, Hayley Raatz, Beth Embree, Emily Hartman, Laureen Johnson, Ellie Beiermann; (row 3) Jill Johnson, Denise Embree, Beth Hartman, Pam Beiermann; (row 4) Brandon Raatz and Chase Hartman.

Kiwanian Karnival. Pictured arc: (back row, L–R) Barb Walters, Judy Spiehs; (middle row) Joel Spiehs, Spencer Farley, Grace Farley, Trevor Craig, Taylor Katt, Taylor Walters, Trenten Craig; (front) Roger Spiehs

At Star City Explorers last meeting, Junior Leader Grace Farley taught members how to make clay pens. Pictured are: (L–R) Barb Walters, Judy Spiehs, Joel Spiehs, Taylor Walters, Grace Farley, Judy Spiehs, Joel Spiehs

4-H CAN Fight Hunger a Success

Four Lancaster County 4-H clubs collected food for the Food Bank of Lincoln as part of Nebraska 4-H’s annual 4-H CAN Fight Hunger drive. Malcolm Clovers collected 48 pounds, Kids of the Future collected 41 pounds, Shimmering Shamrocks collected 21 pounds and Friends in 4-H collected 20 pounds. Thanks to these clubs for their efforts!

For the first two years of Clover Kids many meetings highlighted parents careers or hobbies. The really neat part of this kids get to see exactly what their parents really do and other kids understand more of what that career or hobby has to offer. Part of the goal of the group is to expose the children to many skills and show them how they apply to careers.

From year to year our meeting focus has changed to accommodate the children’s changing age and interests. So in the third year of Clover Kids we decided to learn about cooking because it is essential to everyday life and good health. It’s also fun!

With training and assistance, kids can learn to cook many things at an early age. We made many things that would be in the first cooking project and supplemented our meetings with speakers on specialized topics. Our speakers covered food science, table setting, dietetics, etc.

For applications or more information, visit 4h.unl.edu or call Ellen Kraft at 441-7180.
Star City Llamas Win Two Awards at Star City Holiday Parade

Karen Armstrong
4-H Leader and Parent

The Star City Llamas 4-H Club participated in Lincoln’s Star City Holiday Festival parade in December. Our club has been in this parade for at least five years, but this is the first time we won two awards. One trophy was awarded for Best Animal Unit and the second was given for Best Costumes.

The festival had a “Stars in Action” theme this year. The 4-H Animal Unit and the second was based in Lancaster County. For information about the club, call 464-4129.

Karen Armstrong
4-H Leader and Parent

4-H & Youth

DESERPERATELY Seeking Family and Consumer Science Superintendents

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)

State 4-H Volunteer Leader Forum
March 21–23 at 4-H Camp in Halsey

The State 4-H Volunteer Leader Forum will be held March 21–23 at the Nebraska State 4-H Camp in Halsey. The forum is an opportunity to:

• Re-energize your 4-H spirit
• Have fun while learning
• Network with other 4-H leaders and staff across the state
• Increase your effectiveness and competencies related to working with youth

Nominate Your Favorite 4-H Volunteer!

Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at 4h.unl.edu/leader).

1. ______, nominate ______ for a “Heart of 4-H Award” because ______

I can be reached at (phone) ______ or (e-mail) ______

Return form to: UNL Cooperative Extension in Lancaster County, 444 Cherry Creek Rd., Suite A, Lincoln, NE 68528.
2002 Census of Agriculture
Report Forms Due. Feb. 3

The USDA’s National Agricultural Statistics Service (NASS) has mailed the 2002 Census of Agriculture to every farmer and rancher in the Nation. It marks the 26th national measurement of agriculture since the first agriculture census was taken in 1840. The census of agriculture provides a complete picture of U.S. farms and ranches every five years. Data from the census are used by many in the public and private sectors to help chart the future of agriculture. Farmers and ranchers are being asked to report on their operations during 2002 and return their completed forms by Feb. 3, 2003. Everyone who receives a census form is required by law to return it, even those who did not operate a farm or ranch in 2002.

A farm, for census purposes, is any place from which $1,000 or more of agricultural products were produced and sold or normally would have been sold during the census year.

NASS has provided a convenient toll-free number, 1-888-4AG-STAT, for producers who need help completing their form. Farmers and ranchers who do not receive a census report form by the end of January 2003 can call the toll-free number to ensure they are counted.

The same law requiring response also ensures information provided by individual farm operators is held strictly confidential.

Additional information on the census of agriculture is available online at www.usda.gov/nass. (GB)

Population Trends in Lancaster County

Lancaster County ranks second in Nebraska on numeric change in population, 1990 to 2000, and ranks fourth on percentage change in population, 1990 to 2000.

### Population

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln</td>
<td>128,521</td>
<td>149,518</td>
<td>171,932</td>
<td>191,972</td>
<td>225,581</td>
</tr>
<tr>
<td>Lancaster</td>
<td>155,272</td>
<td>167,972</td>
<td>192,884</td>
<td>213,641</td>
<td>250,291</td>
</tr>
<tr>
<td>County</td>
<td>1,411,312</td>
<td>1,485,333</td>
<td>1,569,825</td>
<td>1,578,385</td>
<td>1,711,263</td>
</tr>
</tbody>
</table>

### Percent Change

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln</td>
<td>16.3%</td>
<td>15.0%</td>
<td>11.7%</td>
<td>17.5%</td>
</tr>
<tr>
<td>Lancaster</td>
<td>8.2%</td>
<td>14.8%</td>
<td>10.8%</td>
<td>17.2%</td>
</tr>
<tr>
<td>County</td>
<td>5.2%</td>
<td>5.7%</td>
<td>0.6%</td>
<td>8.42%</td>
</tr>
</tbody>
</table>

Sources: U.S. Census of Agriculture: Nebrasoka State Data Center; Center for Public Affairs Research (C-PAR); Bureau of Business and Economic Research (BBR) population projections; City of Lincoln Planning Department data bank.

Brazil: A Land of Extremes and Opportunities

A 100 ft. statue of Christ the Redeemer stands above Rio de Janeiro, Brazil’s second largest city.

Standing from the top of a mountain, Christ the Redeemer, one of the most well known landmarks in Brazil, contemplates the extremes of Rio de Janeiro. Beauty and ugliness, wealth and misery, progress and chaos are mixed in this land of contrasts. The Redeemer sees breathtaking beaches cutting along the mountains, mixed however by pollution, heavy traffic and construction. He sees sumptuous mansions, expensive cars and yachts but he also sees the ‘favelas’—slum houses scattered along the hillsides. He sees children going to excellent schools as well as children on the streets begging for change. Brazil is a country of contrasts, of social inequalities, but also a land of opportunity.

In the fourth-largest democracy in the world, and the strongest economy of South America, Brazil is the fourth-largest democracy in the world, and the strongest economy of South America. The United States is Brazil’s main trading partner. U.S. investments in Brazil are five times greater than the amount going to China. In 2002, Nebraska exports to Brazil were worth $27 million. Brazil is the world’s largest producer of coffee and sugar. It contributes about one-third of the world’s oranges and has the second largest herd of cattle in the world. Other major exports include commercial jets, steel, lumber and nuts. Soybean production is a growing trend. Farmers are expected to produce 49 million tons of soybeans this harvest, up 13 percent from last year. However, according to specialists, Brazilian production could grow to more than 130 million metric tons a year. The quality and price of land has become attractive to farmers around the world. Prices vary but cleared land in areas of strong soybean production can be bought for $700 an acre compared with $3,850 in Illinois. However, the huge economic contrast in Brazil is a barrier for its development. In a country of 170 million inhabitants, where 50 million live with a minimum wage of $70 a month and 30 million still go to bed hungry, Brazilians hope for a better future, a future of more social equality.

Most of Brazilian’s hope is now focused on the newly elected president, Mr. Luiz Inicio Lula da Silva, know as Lula, from Brazil’s left-wing Workers’ Party. The difference between Mr. Luiz da Silva and former presidents is he has known and lived the dark extremes of Brazil’s reality. A former lathe operator and union leader who was born to a poor peasant family, Lula made his way to the presidency winning 61 percent of the votes. He has promised policies that would bring “more justice, brotherhood and solidarity.” If only parts of his promises are fulfilled, it might be possible the Christ the Redeemer landmark may overtake Rio and see fewer extremes and more opportunities.

### Census Count of Farms

<table>
<thead>
<tr>
<th>Year</th>
<th>All Farms</th>
<th>Full-time Farms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>3,076,000</td>
<td>2,162,000</td>
</tr>
<tr>
<td>2000</td>
<td>2,586,000</td>
<td>1,674,000</td>
</tr>
</tbody>
</table>

### Land in Farms

<table>
<thead>
<tr>
<th>Year</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>155,272</td>
</tr>
<tr>
<td>2000</td>
<td>192,884</td>
</tr>
</tbody>
</table>

Sources: U.S. Bureau of the Census; Nebraska State Data Center; Center for Public Affairs Research (C-PAR); Bureau of Business and Economic Research (BBR) population projections; City of Lincoln Planning Department data bank.

### Market value of agricultural products sold

$82,386,000 — 18% increase from 1992
- Crop sales accounted for 28% of the market value.
- Livestock sales accounted for 72% of the market value.

### Market value of agricultural products sold, average per farm

$56,545 — 10% increase from $51,500 in 1992

Sources: U.S. Bureau of the Census; Nebraska State Data Center; Center for Public Affairs Research (C-PAR); Bureau of Business and Economic Research (BBR) population projections; City of Lincoln Planning Department data bank.

2003 Master Conservationist Award

Nominations due April 1

Sponsored by the Omaha World-Herald and the University of Nebraska Institute of Agriculture and Natural Resources, the Master Conservationist program was established in 1983 to recognize those who have excelled in soil and water conservation. Award categories include production agriculture, residential, community and youth. For guidelines, applications or more information, contact Dick Fleming at the Institute of Agriculture and Natural Resources, 472-8742 or e-mail pfleming1@unl.edu.

Award recipients will be recognized during a special presentation at the Nebraska Association of Resource Districts annual banquet Sept. 22 in Kearney and will be featured in the Omaha World-Herald on Sept. 21. (GB)
are those regular soft drinks packaged in 20-ounce or larger containers. The label may show a fairly low level of calories PER SERVING, but LOOK AGAIN! How many SERVINGS does it list? You may be surprised to see the 20-ounce container is supposed to provide 2.5 or more servings and you usually drink it as one serving! When is the last time you saw someone share one of those bottled beverages with another person or persons? How do you decide who gets the half-full thing?

Another concern is your body’s physiological response to these beverages. “Various liquids are pro-
cessed by different mechanisms in the body,” according to Rolls. “The hunger and thirst mecha-
nisms are quite separate. A soft drink will trigger thirst mecha-
nisms, not hunger mechanisms, and add calories without satisfy-
ing hunger. You may end up consuming more total calories than if you didn’t take the drink.”

NOTE: This effect doesn’t seem to hold true for all drinks. “Milk-based drinks and drinks with some protein will influence hunger mechanisms. In our lab, we found that milk-based drinks help people feel full and eat less at the next meal,” said Rolls.

BOTTOM LINE: Look at the label to learn the SIZE of serving and NUMBER of servings.

For your convenience!

UNL Cooperative Extension
in Lancaster County
SATELLITE OFFICE
Located at:
LANCASTER EVENT CENTER
84th & Havelock, Lincoln
Main office at 44 Cherry Creek Rd., Ste. A
Phone for both offices: 441-7180
Visit us virtually at: lancaster.unl.edu

REFERENCES


3) Madison: University of Wisconsin, Center for Demography and Ecology.


Grantsmanship Training Scheduled for May

The Grantsmanship Training Program will again be offered to the Lincoln community May 5–9. 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 expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for this 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 easily as possible, contact The Grantsmanship Center directly at (800) 421-9512 or visit online at www.utcni.com.

High School Students Invited to UNL Animal Science Open House Feb. 8

All High School Students are invited to attend the University of Nebraska-Lincoln’s Animal Science Open House. The open house will be held Saturday, Feb. 8, 8:30 a.m.—1 p.m. at UNL east campus in the Animal Science Building. The day will begin with registration from 8:30–9 a.m. followed by talks and hands-on presentations including reproductive physiology, breeding and genetics, meat science and nutrition. You will also be able to ask current students about their college experience. The day will end with closing comments and lunch. If you are interested in attending, please call Rosie Nold at 472-6479. (DK)