October 2003

The NEBLINE, October 2003

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Check Your Home for Biological Pollutants

Lorene Bartos
Extension Educator

Have you thought about the air you breathe lately? Most people are concerned about the air they breathe outside. Much effort and money is spent cleaning up pollution in the outdoor air. However, people spend 90 percent of their time indoors, often at home. Many times the indoor air contains more pollutants than the outside air. Biological pollutants promote poor indoor air quality and may cause health problems, days off from school or work, and trips to the doctor or even the hospital. These pollutants are or were living organisms. Common indoor biological pollutants are:

- animal dander (minute scales from hair, feathers or skin)
- dust mite and cockroach parts
- fungi (molds)
- infectious agents (bacteria or viruses)
- pollen

Even a spotless home may permit the growth of biological pollutants. Nutrients and moisture are two conditions essential for biological growth.

Modern materials and construction techniques may reduce the amount of outside air brought into buildings. This can result in higher moisture levels. Using humidifiers, unvented heaters and air conditioners in our homes has increased the chances of moisture forming on interior surfaces.

Since everyone is exposed to biological pollutants, the effects on our health depends on the pollutant and the individual person. Allergic reactions may be the most common health problem associated with poor indoor air quality in homes. These reactions can range from mildly uncomfortable to life-threatening, such as an asthma attack. Some common signs and symptoms are:

- watery eyes
- runny nose and sneezing
- nasal congestion
- itching
- coughing
- wheezing and difficulty breathing
- headaches
- fatigue.

If you feel better outside than inside, you may have pollutants causing some of these problems.

Checking Your Home

Does your home have any of these problems? (See figure above). Take a tour of your home.

Dust and construction materials, such as wood, wallboard and insulation, contain nutrients that allow biological pollutants to grow.

Firewood is also a source of moisture, fungi and bugs. Appliances such as humidifiers, kerosene or gas heaters, and gas stoves add moisture to the air. A musty odor, moisture on hard surfaces and water stains may be caused by air conditioning units, basements, attics and crawl spaces, bathrooms, carpets, heating and air-conditioning ducts, humidifiers and dehumidifiers and refrigerators.

Where Biological Pollutants May Be Found in the Home

1. Dirty air conditioners
2. Dirty humidifiers and/or dehumidifiers
3. Bathroom without vents or windows
4. Kitchen without vents or windows
5. Dirty refrigerator drip pans
6. Laundry room with unvented dryer
7. Unventilated attic
8. Carpet on damp basement floor
9. Bathing
10. Closet on outside wall
11. Dirty heating/air conditioning system
12. Dogs or cats
13. Water damage (around windows, the roof or the basement)

Controlling dust is very important for your health as well. Dust is a source of biological pollutants. Dust mites and dust mite parts, cockroach parts, animal dander and fungal spores can all cause allergies and become a source of pollutants. If you use the AC or heat, check the filters often. Use exhaust fans in bathrooms and kitchens to remove moisture to the outside. Be sure crawl spaces are well ventilated. Fix any leaks or water seepage. Have all major appliances, such as furnaces, heat pumps and central air conditioners inspected and cleaned regularly by a professional.

Controlling dust is very important for people who may be allergic to animal dander and mites. Always wash bedding in hot water to kill dust mites. Clean rooms and closets well, dust and vacuum often to remove surface dust. Use dehumidifiers and air conditioners to reduce moisture in the air but be sure they do not become a source of pollutants. Follow manufactures directions for cleaning humidifiers and dehumidifiers. Clean refrigerator and freezer drip pans regularly. Change furnace filters often. Use exhaust fans in bathrooms and kitchens to remove moisture to the outside. Be sure crawl spaces are well ventilated. Fix any leaks or water seepage. Have all major appliances, such as furnaces, heat pumps and central air conditioners inspected and cleaned regularly by a professional.

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Growing Hardy Bulbs

Hardy bulbs provide early bloom in flower gardens. Growing them successfully requires a knowledge of life cycle, cultural requirements, and use. The term hardy refers to their ability to withstand low winter temperatures and bloom year after year. A true bulb is defined as a modified underground stem, usually surrounded by scale like, modified leaves, and containing stored food. For the shoots and flowers to emerge, the bulb, which is located at the base of the bulb, Tulip, daffodil and hyacinth are examples of true bulbs. Crows, thought by many to be a bulb, is actually a corm. This is a mass of fleshly tissue, with a bud on the top surface. This tissue disintegrates as the stored food is used to produce roots and shoots; a new corn forms on top of the old one. Bulbs and corms are Careful selection and require careful handling even while in a dormant state. In general, bulbs do not carry disease organisms through the winter to attack next year’s crop. Dried fruits or mummies do not carry disease through the winter to attack next year’s crop.

Cure pumpkins, butternut and hubbard squash at temperatures around 55 to 60° F.

Cure vine ripen winter squash for 10 days at 80 to 85° F and high humidity. Turnips can be stored in a container of moist sand with around 90% humidity. After one or two months, they will keep well in a dry place at 45° F for 35 to 40 days. Do not cure acorn squashes before storing them.

Hints for Fruit Storage

Proper storage conditions are needed for fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. For fruits such as apples, grapes and pears, store them in cool temperatures at 32 to 40° F and maintain constant conditions between 90 to 95 percent relative humidity.

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

Apples and pears will likely last through the fall and winter if stored properly. Apples should be harvested firm and be free of discoloration.

Harvest pears when they are full sized but still green around 6 to 8 months of age. They will likely last through the fall and winter if stored properly at 60 to 65° F.

Grapes will usually keep for 2 to 3 months. Grapes should be stored alone because they pick up odors of other fruits and vegetables.

Storing Vegetables

Fruits to store properly will last through the fall and winter if stored properly. Beets should be washed and vacuum packed in oven-proof jars. Beets should be washed and vacuum packed in oven-proof jars and put in a cool, dry location at 55° F for 5 to 6 months.

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Environmental Focus

Get Started on Your Winter Bird Feeding Program

Nebraska is a terrific place to discover the joys of learning about birds. You can start a bird feeding program anytime and results will vary with the seasons. For winter feeding, it is a good idea to have your feeders up now. Chickadees, downy woodpeckers and other birds are looking for winter feeding areas. And, food will be available to birds migrating through the area. Place feeders where they are protected by winds and predators. Choose locations where birds can avoid colliding with windows if they are startled and fly away from the feeders. Try putting your feeder in a somewhat open area but within about 10 feet of cover like bushes or trees. The birds will be able to see predators (like the neighborhood cat), and still use the shrubs and trees to avoid strong winds or hide from overhead predators like hawks.

There are many types of bird feeders. You can purchase them at simple feeders at home using recycled materials. Use feeders that protect the seeds from rain and snow, are easy to fill and clean, and have a way to dispense the seed so you don’t have as much spillage. Some seed that falls to the ground is okay because birds like juncos prefer to feed on the ground. A variety of feeders and foods are used in various locations around your home help provide for the greatest diversity of birds and species competition at the feeders. Small hanging feeders attract chickadees, finches and nuthatches. Feeders placed low to the ground attract birds like juncos and native sparrows.

Safely and effectively feeding birds requires good quality feed. Birds prefer seeds that are reasonably fresh. Some mixes may not be fresh and are inexpensive. However, these mixes may not be fresh and typically contain large amounts of wasted feeders that include bird seed. In the past they were sold out because of the same chemical choice. Instead, try mixing those seeds. Some research indicates that special species of bird finds seeds. Here is a seed combination that’s attractive to a wide range of desirable backyard

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songbirds. Other combinations of seeds also work well — adjust them to your situation and to the types of birds you want to attract. You could also try different types of seeds in different locations throughout your yard to see what works best.

Here are Some Common Backyard Birds and their Favorite Foods

**American Goldfinch:** Niger thistle seeds, broken sunflower hearts, oil-type sunflower seeds

**Northern Cardinal:** Sunflower seeds (all types), safflower, cracked corn, millet, unsalted nutmeats, raisins

**Black-capped Chickadee:** Oil-type sunflower seeds, cracked unsalted nutmeats, sunflower, fruit

**Dark-eyed Junco:** Red or white proso millet, finely cracked corn, safflower, cracked sunflower seeds

**Woodpeckers:** Suet, unsalted nutmeats, sunflower seeds, cracked corn

**What are Zoonoses?**

According to Scott Hygema, Dallas Virchow, UNL wildlife specialists, West Nile virus, Lyme disease, tularaemia, rabies, hantavirus and monkeypox are similar in that they are all diseases that occur in both animals and people. Scientists refer to these diseases as “zoonoses.” Of the 1,700 infectious organisms known to cause diseases in humans, nearly half are zoonotic.

Some diseases, such as rabies, are typically cyclic, with incidences being extremely low during one year and high the following year. For example, from 1992 to 2002, fewer than five humans tested positive for rabies each year in Nebraska. However, rabies among skunks now at a 20-year high with 571 skunks testing positive so far this year.

Other zoonotic diseases, such as West Nile, which is new to Nebraska, may result in more animal fatalities during the first several years after it shows up. Animals tend to develop resistance to the disease over time, so fewer fatalities may occur in subsequent years.

While certain factors, such as geography, occupation, age, health status and level of outdoor activity, may predispose some people to come in contact with a zoonotic disease, most people are safe. Causes of exposure to zoonotic disease are considerable risk. People can also reduce their exposure to zoonoses by making sure pets are vaccinated, keeping pets away from wildlife and wearing plastic gloves when handling dead animals. Fortunately, most zoonotic diseases are not life-threatening. However, people should be aware of the diseases’ early and late symptoms, seriousness and treatment. Despite deaths due to West Nile and hantavirus, symptoms produced by most zoonoses in people are either mild or effectively treated when diagnosed early.

People sometimes panic when they become aware of these zoonotic diseases because they are reported so frequently in the news. Statistics show that the risk of infection from life-threatening zoonoses is very low and typically contain large amounts of wasted feeders that include bird seed. In the past they were sold out because of the same chemical choice. Instead, try mixing those seeds. Some research indicates that special species of bird finds seeds. Here is a seed combination that’s attractive to a wide range of desirable backyard

Hedge Apples: Not a Good Insect Repellent

How many hedge apples are needed to keep stored grain pests out of a grain bin? Someone actually called the extension office with this question a few years ago. The belief about the use of hedge apples as an insect repellent is widespread and persistent. It is claimed that placing hedge apples around the foundation or inside the basement will repel or control insects. The truth: Iowa State University entomologists have chemically extracted compounds from hedge apples. When concentrated, these compounds repel insects. But, these research also found that the normal concentration of these compounds in the fruit was too low to be an effective repellent.

One homeowner reported she found the source of an Indian meal moth infestation in a bag of hedge apples she had in her basement to keep spiders away. So, we don’t recommend hedge apples as an insect repellent for grain bins. (BPO)

*Source: UNL/NE Guide Backyard Wildlife Feeding Birds (G55-649-01) by Ron Johnson, Extension Wildlife Specialist, available online at lancaster.unl.edu/envir/pest/wildlife.htm*
Don’t Become a Farm Accident Statistic

Acidic soil can inhibit alfalfa growth, but adding lime to new fields that will be seeded to alfalfa next year may improve establishment and increase future yields.

Establishing alfalfa often is difficult because the soil pH is too low. Alfalfa grows best in soils with a neutral pH of about 7. Soils with a pH of 6.2 or lower become acid and alfalfa grows slowly and often look yellow.

With a low pH, the alfalfa roots are unable to absorb the necessary nutrients from soil. The nodules (root beans), which convert nitrogen from the air into nitrogen the plants can use, also have difficulty forming and working effectively in acidic soils.

Add Lime Now for Next Spring’s Alfalfa

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Preparing an Emergency Water Supply

Generally, our abundant domestic water supply is taken for granted. However, some situations can reduce the availability of safe drinking water, such as earthquakes, tornadoes, floods and winter storms. Such interruptions may last only a few hours or up to several days. In these situations, an emergency water supply can be desirable. One option is to purchase bottled drinking or distilled water at the time of need or for storage and future use. Another option is to follow the directions in this article to safely prepare and store water from your locally drinking and cooking supply.

In an emergency, an ample water supply is a priority. Needs will differ depending upon age, physical condition, activity, diet and climate, but most people need at least at least 1 quart, which is equal to eight cups, of water each day. Hot weather conditions can double that amount needed, and children, nursing women and ill people need even more. In addition to drinking water, supplies for food preparation and hygiene are needed. In general, store at least one gallon of water per person, per day of expected need. Never ration drinking water, even when supplies run low. Drink the amount you need today and try to find more for tomorrow. You can, however, minimize the amount of water your body needs by reducing activity and staying cool.

You can store water in food-grade plastic or glass containers with tight-fitting screw-on caps. Food-grade containers include 2-liter soda bottles and other water, juice or punch containers. New plastic containers can be purchased in most housewares and sporting goods departments, as well as at some water vending locations. New containers should be labeled for storage of food or beverages, as those not labeled for food or beverage storage could release harmful chemicals into the water. Some plastic containers may affect the taste of stored water.

Wash the containers and lids thoroughly with hot tap water and dish detergent. Rinse thoroughly with hot tap water. To treat water for storage, use liquid household chlorine bleach that contains 5.25 percent sodium hypochlorite. Do not use bleach with soaps or scents added. Add the bleach according to the following table, using a clean, uncontaminated medicine dropper.

<table>
<thead>
<tr>
<th>Amount of Water</th>
<th>Chlorine Dioxide</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 drops</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>16 drops</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>32 drops</td>
<td>1 1/2 teaspoon</td>
</tr>
<tr>
<td>64 drops</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>128 drops</td>
<td>3 1/2 teaspoons</td>
</tr>
<tr>
<td>256 drops</td>
<td>4 1/2 teaspoons</td>
</tr>
</tbody>
</table>

When treating larger quantities of water, use the following table to convert drops to standard measuring units.

<table>
<thead>
<tr>
<th>Drops</th>
<th>Tablespoon</th>
<th>Teaspoon</th>
<th>Milliliter</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>1/8</td>
<td>1/4</td>
<td>4.9</td>
</tr>
<tr>
<td>16</td>
<td>1/4</td>
<td>1/2</td>
<td>9.9</td>
</tr>
<tr>
<td>32</td>
<td>1/2</td>
<td>1</td>
<td>19.9</td>
</tr>
<tr>
<td>64</td>
<td>1</td>
<td>1 1/2</td>
<td>39.9</td>
</tr>
<tr>
<td>128</td>
<td>1 1/2</td>
<td>2</td>
<td>79.9</td>
</tr>
<tr>
<td>256</td>
<td>2</td>
<td>3 1/2</td>
<td>159.8</td>
</tr>
</tbody>
</table>

Keep the treated water for use. The treated water will be safe to use for at least one year, but it should not be used after it has been stored for longer than six months, even if it appears safe. If the treated water must be stored for longer than six months, it should be filtered before use.

There are several ways to store treated water. The most common is to store it in a clean, food-grade container. The container should be closed tightly to prevent contamination. Water can also be stored in airtight, food-grade plastic containers.

Maintaining Rubber Tires on Farm Equipment

There are certain basic fundamentals in the care of tires that should be followed carefully to make them last as long as possible. First and most important is to maintain proper pressure for the work at hand. Your best guide to proper inflation is the operator’s manual or instruction book that covers your tractor. Read the manual and check the pressure regularly. Under inflated tires suffer from reduced traction, weakens the tires’ ability to support the weight, reduces tire life and increases the possibility of puncturing.

When storing tires for long periods of time, remove the valves from the tire and fill the tire with air to keep the rubber flexible. Keep the tire out of direct sunlight and avoid contact with rubber chemicals. Keep the tires out of direct sunlight and avoid contact with rubber chemicals. Keep the tires out of direct sunlight and avoid contact with rubber chemicals.

Properly inflated tires will last longer, burn less fuel, wear less rubber, provide better traction, increase the load-carrying capacity of the tractor and make steering easier.

The air pressure in a tire is important. Too much pressure will cause the tires to wear out quickly, and too little pressure will cause the tires to be underinflated. Underinflated tires will cause the tires to be underinflated. Underinflated tires will cause the tires to be underinflated.

The proper inflation pressure for a tire is the pressure that is recommended by the tire manufacturer. The inflation pressure for a tire is the pressure that is recommended by the tire manufacturer. The inflation pressure for a tire is the pressure that is recommended by the tire manufacturer. The inflation pressure for a tire is the pressure that is recommended by the tire manufacturer.

To determine the proper inflation pressure for a tire, you will need to consult the tire manufacturer’s specifications. The tire manufacturer’s specifications will tell you the correct inflation pressure for each tire size, as well as the amount of air needed to reach that pressure.

For example, a tire with a size of 12.4/34 6PR will require 16 psi of air pressure to reach the proper inflation pressure. If the tire is overinflated, it will be difficult to steer and will not provide the necessary traction. If the tire is underinflated, it will be difficult to steer and will not provide the necessary traction.

Properly inflated tires will last longer, burn less fuel, wear less rubber, provide better traction, increase the load-carrying capacity of the tractor and make steering easier.
Web site: lancaster.unl.edu October 2003

The Lancaster County 4-H leaders. Two 4-H members will be selected from Lancaster County. (TK)

The 4-H staff requests each club member to respond to this wonderful opportunity to serve our community by helping others who are less fortunate. What a great way to promote 4-H and its excellent projects. Thank you! (ALH)

Ak-Sar-Ben Youth Expo Winners

Twenty-four Lancaster 4-Hers participated in the 2003 Ak-Sar-Ben Youth Exposition which was held Sept. 26-28 at the new Omaha Convention Center and Arena. Here are the ribbon placings:

**Breeding Beef** — Jeanne Bulling B; Whitney Davis P; William Davis B; Steve Landon P, B; Dalton Ringland P

**Feeder Calf** — Daniel Bulling B; Jeanne Bulling B; Paige Moser R

**Sheep** — Bradley Cheney P B; Darin Cheney P B, B; Ryan Cheney P B, P; Hannah Scow B; B; Jack Vaughn P B; Katie Wilkinson B, B; Megan Wilkinson B, P

**Swine** — Kris Muhlbach P; Steven Muhlbach B, B, B

**Horse** — Cari Billesbach B (SR W PL), B (SR W HS), B (JR E PL); B (JR E EQ); Katy Cockerill B (FP Y PL); Martina Dye B (SR E PL), B (AD W HS); P (SR REIN); Amanda Essink B (JR POLE), P (JR RRL); Jessica Fit B (SR BRRL); Cherie Ronhovde B (JR POLE), B (JR RRL); Cassie Sell B (SR E PL), P (SR E EQ)

(Right) Martina Dye, 17, of Roca, won the championship in senior reining. Her winning score was 71.5. Martina, daughter of Martin and Marilyn, rode Powder N Sugar, a 7-year-old Quarter Horse mare, for the win.

(Below Right) Cassie Sell, 16, of Lincoln, won the reserve championship in English Equitation. Cassie, daughter of Gayle, rode Lethal Heritage (Buddy), an 8-year-old Paint Horse gelding, for the win. She received a plaque from the Knights of Ak-Sar-Ben.

(Below) Steve Landon, 19, of Greenwood, exhibited the reserve champion Chianina breeding heifer. In his eighth year of showing at Ak-Sar-Ben, Steve, son of Bill & Cheryl, showed his Feb. 15, 2002 heifer. Lucky. He was awarded a plaque donated by the American Chianina Association for his win. Photo (L to R): Deanna Karmazin (Lancaster County Extension associate) holding plaque and Steven Landon.

**Help Make Ornaments for 4-H Trees at “Holiday of Trees”**

Over the past 31 years, Heritage League of Lincoln’s Holiday of Trees has contributed nearly $600,000 to various community projects. The success of Holiday of Trees is due to the support of individuals and organizations who decorate trees and to the public who attend the event.

4-H is invited to decorate three trees at this year’s Holiday of Trees which will be on display Thursday and Friday, Dec. 4 and 5 at the Unitarian Church, 6300 A St. from 10 a.m. to 8 p.m. each day. Cost to attend is $1 per person.

During this holiday season, Lancaster County 4-H staff is encouraging 4-H leaders and their club members to respond to this wonderful opportunity to serve our community by helping others who are less fortunate.

The 4-H staff requests each club prepare and donate one or more ornaments to two trees. (4-H Pet Pals Club is decorating the third tree.) Ornaments are due in the extension office no later than Nov. 21.

Please join us in this special community service opportunity. What a great way to promote 4-H and its excellent projects. Thank you! (ALH)
4-H Kick Off a Success

The 4-H Kick Off held at the Lancaster Event Center on Sept. 16 was a success with more than 220 people in attendance. Lancaster County 4-H would like to thank the Lancaster County Fair Board for their generous assistance and providing the use of the facility (pictured are Ron Dowding, Frank Mitchell and Ron Snover). Lancaster 4-H Council also provided much assistance. Thanks to Rhooe Packing Co. for donating Fairbury Brand hot dogs, Weaver’s for donating potato chips, and First State Bank of Hickman for donating napkins and plates.

Community Service Can be Part of 4-H Club Meetings

Julie Walla-Thomson
Co-Leader of Sunshine Clover Kitties

4-H members are busy people! The members of Sunshine Clover Kitties believe volunteering is an important part of 4-H. We try to make some time for it during our meetings, as well as create club opportunities to volunteer.

Our parents are a valuable resource for volunteering ideas. Our first year, a parent suggested our club make “Sitter” project! a perfect place—a perfect match for beginning cooking experiences. We contacted a social services agency which identified a family and set up delivery of the meal. Our families divided up the various dishes to prepare together.

We’ve also used parent work places as volunteer locations where we often wear 4-H items to promote the program and identify us as members. One member spent the summer volunteering at the day care of her mother’s work place—a perfect experience for “The Sitter” project!

Libraries offer many volunteer opportunities. Our club members have been summer reading volunteers at city and school libraries. One member shared her entomology exhibit at a special library program. Two members gave a chess demonstra-

Marilyn Schepers
Lancaster County 4-H and 4-H Council are proud to announce Marilyn Schepers as winner of October’s “Heart of 4-H” Award in recognition of outstanding volunteer service. Marilyn has been a 4-H volunteer for 21 years (21 years in Lancaster County and 2 years in Burt County). She has been the Teen Council Advisor for 18 years. She was the superintendent of the 4-H Bicycle Safety Contest (formerly the Bicycle Rodeo) at the County Fair for 14 years. She organized the Lancaster County Shooting Sports club. She has served on a variety of former VIP committees including Speech Contest, Bicycle Rodeo, Shooting Sports and Small Animals. She is the former leader of the Busy Buddies 4-H club (all of its members have graduated from the program).

In 1988, she helped establish the Nebraska 4-H State Volunteer Leader Forum and served as its co-chair. The following year, she was Nebraska’s representative in the Salute to Service on page 11

New 4-H Projects are Now Available!

Two new curriculum series, “Financial Champions” and “Becoming Money Wise” are now available that focus on money management and concepts. These curriculum pieces delve into such practices as keeping track of where money is spent, check writing, reconciliation of bank statements and credit card interest rates just to name a few. Another 4-H project available is “Exploring Your Environment”. For example, 4-H’ers can learn how to create an ecosystem and compost, how to reduce solid waste and why clean water is important. Come to the office and get these projects today! (TK)

Swedish Weaving Anyone?

4-H’ers who are currently enrolled or plan to enroll in Home Building Blocks 3 and are interested in learning Swedish weaving you are now in luck! Huck toweling, the type of fabric necessary for Swedish weaving, can be difficult to locate, but thanks to 4-H leader, Linda Hanigan, the toweling is only a phone call away. She has towelig for spare for only $3 a yard. Please contact her at 488-6807. (TK)

4-H Bulletin Board

- Teen Council will meet Sunday, Nov. 9, 3-5 p.m. All 7-12 grade youth are invited to join!
- Remember, all 4-H clubs have their own mailbox at the Lancaster County Cooperative Extension Office. Leaders, parents or members will want to check them periodically.

The 4-H Bulletin Board, co-sponsored by the 4-H Council and the Lancaster County Cooperative Extension Office, offers information for 4-H’ers and families interested in volunteer opportunities and professional development opportunities.

2004 4-H Unicameral Day Set

4-H Foundation’s 2004 Unicameral Day is Tuesday, Feb. 17. 4-H’ers from across the state will have the opportunity to visit the state capitol for the day to learn more about the legislative process, discuss current events and perhaps interact with their state senator at a luncheon. Two youth age 12 to 19 will be chosen from each legislative district. Applications are available at the extension office or online at 4h.unl.edu/pro-
grams/citizenship/civics/4c. 4-H Council will provide scholar-
ships for the $20 registration fee.

Sarah Kosch’s Unit II Action Print (above) was one of several photographs chosen from State Fair entries for the honor of being displayed at the UNL Cooperative Extension Dean’s Office on East Campus during the upcoming year.

The 2004 Nebraska State 4-H Volunteer Leader Forum will be held on the following dates and places: April 2 & 3, Eastern 4-H Camp at Gretna & April 23–25, State Camp at Halsey. More details to follow. (TK)

See HEART OF 4-H AWARD on page 11

4-H & Youth

Web site: lancaster.unl.edu

The NEBLINE

October 2003

Page 7
Venison: From Field to Table

Field Dressing

To reduce the risk of food-borne illness, hunters need to handle, process and prepare deer properly, being careful to prevent contamination from the field to the table.

Bring These Items When You Hunt

• A sharpened hunting knife
• A small hatchet
• A whetstone or steel for sharpening
• Several feet of rope or nylon cord
• Six-inch rubber bands
• Clean cloths or paper towels
• Sealed storage bags
• A large cooler full of ice or snow
• Ground pepper and cheesecloth
• Disposable plastic gloves for dressing
• Clean drinking water

Clinching Tips

Many of us need a small snack between meals to make it through the day. Snacking between meals can be beneficial. Healthy snack selections can help reduce overeating at meal times, keep your metabolism and energy levels up and provide missing nutrients to your diet. Unfortunately, many of us unknowingly fall prey to current myths regarding snack foods.

1. Low-fat/Reduced fat foods are always the better choice.
   Sometimes low-fat food choices really do not differ from their full fat counterparts. A serving of chocolate chip cookies only has 20 fewer calories than regular chocolate chip cookies. The difference in fat is only about 3 grams.

2. Beware of “yogurt” and candy covered treats.
   Now, just plain yogurt with some added fresh fruit is an excellent snack. However, yogurt covered raisins and pretzels are just plain raisins and pretzels with added calories and fat. They do not contain the calcium, protein and other nutrients associated with yogurt. The “yogurt” coating is actually classified as a “confectioners” coating” by the U.S. Department of Agriculture.

3. Energy bars/weight-loss bars are better choices than candy bars.
   While some energy bars contain a lot of nutrients, they also contain a lot of sugar. Most energy bars contain the same amount of calories as candy bars. Their packaging makes them look smaller and less fattening when you ounce for ounce, provide the same amount of sugar and sometimes fat as candy bars.

What Makes a Good Snack?
   Healthy snacking is easy if you follow some basic guidelines:
   • Are you really hungry?
   • Make sure your snacks are satisfying hunger—not boredom, stress, thirst or fatigue.
   • Let the Food Guide pyramid be your guide.
   • Use snacks to fill in what food servings you are missing for the day. A piece of fruit, yogurt and granola crackers or vegetables and dip are filling and nutritious snack choices.
   • Avoid thinking of chips, cookies, and sweets as snacks.
   • Try milk, juice or water as snack drinks.
   • Soft drinks and fruit drinks do not offer nutrients and often take the place of healthier drink choices.
   • Healthy snacking is an easy way to ensure you get all the nutrients needed for the day and to help combat overeating and mid-day fatigue. With just a little thought, you can make healthy additions to your diet. Enjoy snacking!!

Smart Snacking is a Snap

The following information is from a publication “Proper Care and Handling of Venison from Field to Table” by Catherine N. Reynolds, Susan. Drying Seeds, Popcorn and Nuts, Fact Sheet FCS 8506, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences. University of Florida. Publication date: June 1989.

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• Six-inch rubber bands
• Clean cloths or paper towels
• Sealed storage bags
• A large cooler full of ice or snow
• Ground pepper and cheesecloth
• Disposable plastic gloves for dressing
• Clean drinking water

Field Dressing

To reduce the risk of exposure to disease, wear disposable plastic gloves while handling deer.

• Use clean water, premoistened wipes or alcohol swabs to clean the knife frequently or between cuts to avoid dragging bacteria into the meat.
• Place the deer on its back, elevate its front legs and spread its hind legs. Support carcass in this position with rocks or sticks.
• Cut around the anus to loosen the bung so it will come out when the entrails are removed. Tying off the bung with rope, cord or rubber bands will prevent feces from contacting the carcass during removal.
• Using a clean knife, cut along the midline from the breastbone to the anus (to keep from dragging feces). Make the cut by lifting the skin and muscle together.
• Avoid cutting the pancreas and intestines, since bacteria associated with food-borne illness may be found in these organs.
• If the organs smell offensive or exhibit greenish discharge, black blood or blood clots in the muscle, do not consume meat from this carcass.
• Discard the carcass properly.
• Cut the diaphragm free from the rib cage.
• Cut the windpipe and gullet at the base of the throat.
• Pull out the lungs, heart, and entrails. Place variety meats in a plastic storage bag and store on ice or refrigerate as soon as possible.

Hints for Field Dressing

• Dress the carcass as soon as possible.
• Remove allvisible dirt, feces, hair and bloodshot areas.
• Wipe out the cavity with individual paper towels. Prop the cavity open with a clean stick to aid in air circulation.
• If you wash the cavity with water, dry the area quickly to prevent spoilage.
• To prevent bacterial growth, quickly cool the carcass to 35–40° F.
• After cleaning the cavity, you can add ice or snow sealed in plastic storage bags and pack them in the cavity. Secure the bags in place by tying the cavity shut with rope or cord.
• Keep the carcass out of direct sunlight and allow for adequate air circulation.
• If the carcass is.skinned in warm weather and flies are a problem, keep surfaces clean, sprinkle ground pepper on them, and cover them with cheesecloth.

Transporting and Processing Game

• Keep the carcass cool during transport. Keep it out of the sun. Do not tie the deer across the hood or roof of a car. Do not put a deer in the trunk while it’s still warm. Allow for adequate air circulation.
• To transport the carcass to the processing facility as soon as possible. Processing should be done only by businesses with fully refrigerated facilities.
• If you are processing your own game, hold the carcass at 40° F or less. Freezing the carcass before processing may toughen the meat.
• If aging the carcass, do so at 40° F or less for two to three days.
• If you are using the meat for sausage, aging is not necessary.
• During processing, frequently clean your knife between cuts to avoid contaminating the meat.

• Wash your knife, hands and cutting boards often with warm, soapy water.

Kitchen Processing

• Store any unfrozen meat in the refrigerator, and use it within two to three days.
• Keep raw meat separated to prevent cross-contamination in the refrigerator.
• Marinate all meats in the refrigerator.
• Thaw all frozen meats in the refrigerator or microwave and use immediately.
• Heat all game meats, including jerky, to 160° F to reduce the risk of food-borne illness. Use a meat thermometer to ensure proper cooking.
• Do not cook meat unless you have a current or recently tested pressure canner. Proper pressure and time are critical to ensure safe canned meat.

Freezing Tips

• Cut and package the meat into meal-size portions.
• Use heavily waxed paper, freezer wrap, heavy-duty aluminum foil or plastic freezer storage bags for meat storage.

see VENISON on page 11
**FAMILY COMMUNITY EDUCATION (FCE) NEWS**

**Achievement Night**

This year’s FCE Achievement Night will be Monday, Oct. 20, at 6:30 p.m. The evening will be hosted by the Busy Bees and Helpful Homemakers. Following dessert Rose Marie Tondl will present a program on vests. Everyone is asked to bring canned food or a donation for the Food Bank for FCE’s annual collection.

Please call Pam at 441-7180 if you plan to attend. We will start the evening at 6:30 p.m. with dessert and coffee. Rose Marie Tondl will present a program on vests. Members will be recognized for their years in FCE. Everyone who attends is asked to bring canned food or a donation for the Food Bank for FCE’s annual collection. Helpful Homemakers and Busy Bees Clubs are responsible for the evening.

Enjoy the cooler weather and don’t forget to call your reservations in for Achievement Night.

**Don’t Overlook Safety on Halloween**

Even super heroes and princesses need to follow safety rules when trick-or-treating.

For a safe Halloween, parents should:

- help children use these basic safety suggestions:
  - Children should trick-or-treat in small groups accompanied by an adult.
  - Visit well-lit houses and stay on porches instead of entering the home.
  - Make sure children know their phone numbers and can carry the correct amount of change for emergency phone calls.
  - Stay in a group and cross streets at pedestrian crosswalks or corners. With the excitement of getting candy, children may forget what they know about street safety and dart between parked cars or cross roads without looking.
  - Wear sturdy shoes that fit well.
  - Before sinking your teeth into delicious candies, think about candy safety:
    - Inspect candy before letting children eat it.
    - Don’t let young children eat choking hazards such as peanuts, hard candy and gum.
    - Avoid costume that’s too loose or improperly fitted.
    - Avoid wearing hats while eating.

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**Family Living**

**Lynn Bush**
FCE Council Chair

Can it really be October already? I’m glad the heat and humidity are gone, but did they have to take so much of the year with them?

Thank you to all the clubs that re-organized for 2004. Without you, our local FCE would not exist. Presidents, please let your club members know about Council meetings and other FCE activities. Everyone is welcome to attend all FCE events.

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**Time-Pressed Parents and Schools**

When mom and dad help out in the classroom, children feel like a “VIP” (very important person). But if volunteering one day a week (as many schools would like parents to do) is out of the question for you and your spouse, here are some inventive ways to get involved even when you’re crunched for time.

- Find out which days your office is closed but school is in session. Arrange with your child’s teacher to volunteer on your free days.
- When you have more than one child at the same school, maximize your volunteer time by working on a school-wide project, such as the book fair or picture-taking day.
- Offer to bake snacks, type up worksheets or prepare school materials. Teachers are always looking for help with these activities, most of which can be done at home.

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**The Bully, the Bullied and the Bystander**

It’s a dangerous combination: bullies who get what they want from their target, bullied kids who are afraid to tell, bystanders who either watch, participate, or look away and adults who see the incidents as simply “teasing” and a normal part of childhood. Discussing her new book, “The Bully, the Bullied and the Bystander,” Barbara Coloroso will give parents, caregivers and educators the tools to break this cycle of violence. Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliation justice. You can visit her Web site at www.kidsareworthit.com.

Please plan to attend this FREE seminar. There is no pre-registration. For more information, see the special interest. If a visit to your spouse’s or your place of business would make a good learning experience, plan a class trip there.

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**Don’t Overlook Safety on Halloween**

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**FREE seminar. There is no pre-registration...**

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**CHARACTER COUNTS! CORNER**

Caring

Caring is to show love, regard and/or concern for the well-being of others. A caring person is:

- compassionate and empathetic.
- kind, loving and considerate.
- thankful and expresses gratitude.
- forgiving of others.
**EXTENSION HIGHLIGHTS**

**Bartos Receives Award, Is Huskers Guest Coach**

Lorene Bartos, Extension Educator, received a Meritio-

nous Service Award at the Galaxy II Conference held in Salt Lake City. Galaxy II is the combined National Association of Extension 4-H Agents (NAE4-HA), National Extension Association of Family and Consumer Sciences (NEAFCS), and Epsilon Sigma Phi. The award was given in recognition of an outstanding career of leadership and profes-

sional service to the 4-H program and NAE4-HA.

On Oct. 4, Lorene was an NU Huskers guest coach for the Nebraska vs. Troy State game (30-0). A full-day’s itinerary included pre-game breakfast with the team, brunch with recruits, recognition on HuskerVision, and meeting Coach Frank Solich with recruits, team, brunch.

Lorene has been with the Lancaster County 4-H and Extension program for more than three but less than seven years in Extension service. She works with the Lancaster 4-H program for more than seven years in Extension program for over 30 years beginning in 1973. Her home town is St. Edward, Nebraska where she was a 10 year 4-H member. Lorene received her B.S. degree in Home Economics and Extension in 1970 and her M.S. degree in Human Development and the Family in 1984.

**Kulm Receives Award**

Tracy Kulm, Extension Associate, received an Achievement in Service Award at the Galaxy II Conference in Salt Lake City. This award is given to a recognition on HuskerVision, and meeting Coach Frank Solich with recruits, team, brunch.

Tracy Kulm presents “4-H Fiber Fun” at earth wellness festival.

**Spotlight on a Neighborhood: University Place**

**Businesses**

- A bustling business district along North 48th Street offers most goods and services with easy access via three off-street parking lots. A new bank, drugstore, restaurant, several new retail shops and an expanded University Place Art Center have enhanced the business district. The mall at 48th & Leighton offers a full-service grocery store and several shops. Additional businesses are found on Adams Street and the North 33rd Street area. An active University Place Business Association promotes commercial and improvement activities.

**Community Services**

- The Northeast Family Center in the Whitehall Mansion offers partner support and education, toddler playgroups, teen nights, family counseling, family fun nights and a grandparent support program. The Community Learning Center at Huntington Elementary provides school-based supervised centers for studies, clubs, and programs and support services for children, families, and neighborhood. A Senior Diner site is located at the First United Methodist Church, 50th & St. Paul, and the city recycling center at 47th and St. Paul is one of the busiest in town.

**Recreation**

- The neighborhood currently boasts two parks: University Place Park offers a new Aquatic Center at 47th and St. Paul, and the city recycling center at 47th and St. Paul is one of the busiest in town.

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**Transportation Available for Residents of Rural Lancaster County**

The cost for this service is $1.50 per one-way trip. Reser-

vations are made one day in advance. This is public transpor-

tation and anyone living in rural Lancaster County can ride.

For more information about the Rural Transit service, call 441-7031. Provided in part by the Lincoln Area Agency on Aging/Aging Services. (GB)

**HBline Community & Home Living**

**EXTENSION HIGHLIGHTS**

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**Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.**

**Two Best of Show winners are awarded $100!!**

For a registration and information packet, call (402) 441-7022 (collect calls accepted).

Deadline for submission is Saturday, April 12, 2004. ...so don’t delay...call today!!

**Hey Kids! -- Teachers & Parents too!!**

Here’s your chance to enter a fun event! 6th Annual Aging Services Photography Contest Lincoln Camera Club & People’s Choice Judging

Open to ALL ages, Kindergarten to older folks! Anyone.....Anywhere!!!

Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.

Two Best of Show winners are awarded $100!!

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Deadline for submission is Saturday, April 12, 2004...so don’t delay...call today!!

The Lancaster County Rural Transit is excited to announce a change in how service for senior citizens is being provided! Since July 28, Lancaster County has been divided into two service areas. A North and South route. The dividing line is Highway 34 east of Lincoln and Highway 6 west of Lincoln.

The North route will be served Monday, Tuesday, Wednesday, and Saturdays. The South route will be served on Tuesdays and Thursdays.

This change will give current riders the opportunity to ride twice a week. And new riders more options from which to choose.

This service consists of early morning pick-ups in rural Lancaster County going into Lincoln and mid-afternoon returns to your home.
HEART 4-H AWARD
continued from page 7

to Excellence Program and received a grant which she applied to the forum. She coordinated the forum for six years.
Emily Schroeder and Connie Lemke, members of the Lancaster County 4-H Teen Council, nominated Marilyn saying, “She has continually given her time to the Lancaster County 4-H Teen Council even though her children have all graduated from school. She is a generous, hard worker who shares her kindness and warmth with everyone.”
“I believe in the value of 4-H for our youth,” Marilyn says. Her favorite experience as a 4-H volunteer has been working with Teen Council. “I enjoy observing the teens grow through the process of developing leadership skills. I need only to give a few guidelines and set a few boundaries so as not to stifle the creativity and enthusiasm of the individuals. I am very proud of the community service projects they perform.”
Marilyn and her husband James Scephers live in Lincoln. Their four sons are all 10-year
4-H club members.
Something most people might not know about Marilyn is she likes to scuba dive and has a collection of sea and river waters from places she has traveled.
Congratulations to Marilyn. Volunteers like her are indeed the heart of 4-H!

SERVICE
continued from page 7
4-H clubs are filled with talented and creative members. Many 4-H’ers volunteer with the Folsom Children’s Zoo & Botanical Gardens Crew. The Lincoln Children’s Museum needs youth volunteers ages 12-18. The local 4-H artists could share their artwork with nursing home residents by creating a traveling display. There are so many possibilities!

VENISON
continued from page 6

2003 UNL Career Night Set for Nov. 13
High school juniors and seniors — learn more about career opportunities and how UNL can get you to your goal. Join us on Thursday, Nov. 13, 7:8:5 p.m. for a live broadcast via satellite from the University of Nebraska-Lincoln. A distinguished panel of faculty and administrators will share insights into career opportunities and academic programs at UNL. Individuals interested in attending this event should contact UNL Cooperative Extension in Lancaster County at 441-7180 for more information and to RSVP.

Public Notice
The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Several current extension board members will be completing their appointed terms this December. Those vacancies will be filled with three-year terms beginning January 2004.
Extension Board members assist and represent University of Nebraska Cooperative Extension staff in Lancaster County with priority issues that include Agricultural Profitability and Sustainability; 4-H, Youth and Families; Food Safety; Health and Wellness; Strengthening Nebraska Communities; Water Quality and Environment. The board meets monthly.
Registered Lancaster County voters interested in serving a three-year term should submit an application postmarked no later than Nov. 1, 2003. Additional information and an application can be obtained from the Lancaster County Extension office (GB).
As of Sept. 30, Lancaster County is in moderate drought conditions.

Latest U.S. Drought Monitor Map

Source: National Drought Mitigation Center, University of Nebraska

Rabbit Clinic
Open House
Saturday, Nov. 8
9:30 a.m. – 12 noon
at the
Lancaster Event Center
84th & Havelock
(Exhibit Building)

For more information, call 441-7180 or visit lancaster.unl.edu/4h

Sponsored by the Lancaster County 4-H Rabbit VIPS Committee
Free exhibit space courtesy of the Lancaster Event Center

NEW FEATURE!
Can You Guess It?
Starting this month, in every issue of The Neblime we will publish a close-up photo.

Did you guess it? Find out at lancaster.unl.edu
The answer will also be printed in the next Neblime.

Holiday Gifts Needed
There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for children birth to 5 years old. New, hand-made or purchased items such as books, stuffed toys, dolls, cars, trucks, markets, puzzles, etc., are needed. Literacy is being emphasized this year, so books and items that encourage reading are suggested.

If gifts are wrapped, please indicate what the item is, the cost ($5 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by Dec. 1.

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

4-H Chess Tournament
Saturday, Oct. 18
Lancaster Extension Education Center
444 Cherry creek Road, Lincoln

8:30–9:30 a.m. On-site registration* 9:00–9:30 a.m. Check-in 9:45 a.m. Opening announcements 10:00 a.m. 1st round 11:30 a.m. 2nd round 12:30 p.m. Lunch 1:30 p.m. 3rd round 3:00 p.m. 4th round 4:15 p.m. Awards

The Lancaster County Checkmates 4-H chess club invites all Nebraska 4-H’ers to a chess tournament! The Checkmates Tournament is also open to 4-H friends age 18 and under. It is nonrated, so no United States Chess Federation membership is required. This is a four-round, Swiss system chess tournament. Players who note their games will be eligible for special drawings.

4-H Citizen Washington Focus members will have a lunch/snack stand at the event.

Note: Supervision of youth will not be provided.

Registration Information
Due to limited space, preregistration is encouraged. Preregistration deadline is Oct. 15. Entry fees: 4-H members: $3/Non-4-H members: $5. Payment should be made at time of check-in. On-site registration will depend upon availability of space. On-site entry fees for those not preregistered: 4-H members: $4/Non-4-H members: $6.

For more information, contact James Walla, Checkmates leader, at 476-2094 or e-mail jgwbohemian@yahoo.com.

Registration form and rules are available at the extension office or online lancaster.unl.edu/4-H.

For the most recent map, visit www.drought.unl.edu/dm

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For the most recent map, visit www.drought.unl.edu/dm

SESSIONS INCLUDE:
• How do I get into 4-H?  
• Care of the Rabbit  
• Visit with Rabbit Breeders  
• Showmanship  
• Static Exhibits

Rabbit Clinic
Open House
Saturday, Nov. 8
9:30 a.m. – 12 noon
at the
Lancaster Event Center
84th & Havelock
(Exhibit Building)

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