

November 2004

The NEBLINE, November/December 2004

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The NEBLINE®

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University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

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ITCHMITE EPIDEMIC HITS LINCOLN

see page 7



Photo by Jim Kallisch, University of Nebraska-Lincoln Dept. of Entomology

Picking Up the Pace to Combat Childhood Obesity

Maureen Burson
Extension Educator

It seems like every time we turn on the radio or read a newspaper we hear about the obesity epidemic and the related quality-of-life and health-care costs.

The Institute of Medicine of the National Academies has developed a prevention-focused action plan outlined in a recent report, *Preventing Childhood Obesity: Health in the Balance*. It notes, "Since the 1970s, the percentage of obesity has more than doubled for preschool children aged 2-5 and adolescents aged 12-19, and it has more than tripled for children aged 6-11 years."

According to Nebraska Health and Human Service System 2002/2003 *Overweight Among Nebraska Youth Report*, one in every three Nebraska students are either at risk for overweight or are overweight. This figure has doubled since 1990. In 2000, the personal and economic costs in Nebraska were approximately 1,900 deaths and \$700,000,000 in health care costs.

According to Kathy Karsting, R.N., and Health Services Coordinator of Lincoln Public Schools, "In the Lincoln Public Schools, we see the issues first hand. We are in a position to see or hear of disordered eating. The mental health issues of eating and body image can reach crisis dimensions. Meanwhile, current science informs us that being overweight is an epidemic among our children and is directly linked to premature death from cardiovascular disease and cancer."

Changing health behaviors requires changes in physical and social environments as well as the development and implementa-



The Nutrition Education Program kept youth moving at this year's 4-H Clover College. In this activity, youth circle around pictures of various foods until the music stops. Each participant then identifies a food item, its food group and how many servings of that food group are needed each day.

tion of policies and interventions. The challenge of improving students' eating patterns is a shared responsibility by schools, families, and communities. Schools can be the cornerstone of change and are most likely to be successful in improving students' eating patterns. Families are a vital part of the team and can promote physical activity and healthy eating. Other partners in change include: individuals, health care professionals, media, work sites, faith-based organizations and government agencies.

Local Efforts to Promote Good Health

There are many efforts in our local community to help youth develop healthy food choices and fitness habits to last a lifetime. Here are a few:

Lincoln Public Schools "Promoting Healthy Weight" Task Force — A task force formed to develop 4 to 8 recommendations for district policies, practices and standards to promote healthy weight. [See related article on page 12.] Contact: Kathy Karsting or Marybell Avery at 436-1000.

University of Nebraska Cooperative Extension in Lancaster County Nutrition Education Program (NEP) — NEP offers several nutrition School Enrichment programs to qualifying schools and Early Head Start/Head Start centers. NEP staff compiled teacher curriculum and kits with hands-on activities which classrooms check out. More than 110 classrooms are registered for the 2004-05 school year. NEP also provides nutrition programs at a variety of community sites such as summer youth camps and teen residential treatment programs. Contact: NEP at 441-7180 or lancaster.unl.edu/nep.

Walking School Bus/Walk to School Day/Walk Your Child to School Week — Many local organizations sponsor this initiative to promote

see LOCAL EFFORTS on page 12

What Parents Can Do

Children become overweight for a variety of reasons. The most common causes are lack of physical activity and unhealthy eating patterns. In rare cases, a medical problem, such as an endocrine disorder, may cause a child to become overweight. A physician can perform an exam and some blood tests to rule out this type of problem.

The increasing popularity of television, computer and video games contributes to children's inactive lifestyles. The average American child spends approximately 24 hours each week watching television — time which could be spent in some sort of physical activity.

Combining healthy eating habits with regular physical activity is the most efficient



Use your imagination to present healthy foods in fun ways: half an apple, grapes, raisins and peanut butter can become a "ladybug"!

and healthful way to control weight.

Teach Your Family Healthy Eating Habits

The Center for Disease Control says, "For children the goal is not to lose weight, but rather to slow weight gain until height catches up." Here are some ideas to help you get started:

- Reduce the amount of fruit juice the child drinks. Many children drink juice instead of water, adding significantly to their daily calorie intake. Try to limit juice to no more than 3 or 4 ounces a day.
- Avoid or limit soda pop.
- Switch to skim milk if the child is over 2 years old.

see PARENTS CAN DO on page 12

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CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

Tax Planning Update for 2004

Tina Barrett

Director, Nebraska Farm Business Association

Although there have not been many changes to the tax law this year, there are a few things to keep in mind with tax planning this fall. In the past couple of years we have seen major law changes with short-term lives. The major change affecting farmers this year is the end of the bonus depreciation allowances.

Many people have confused the two major changes to depreciation in the past few years. Initially, there was an allowance for a 30 percent Bonus Depreciation, where 30 percent of the cost of any new asset purchased was written off in the first year. There was no federal limit on how many dollars were written off in any one year.

In 2003, they expanded the 30 percent bonus to also include a 50 percent bonus. The 30 percent bonus was still available, but you could now write off 50 percent of the initial cost of a new asset. Also with this law the existing Section 179 Expense Election was expanded. This law has been on the books since the 1980s and the only change it has seen in the past is an index for inflation. The 2003 law change jumped the limit from \$25,000 per year to \$100,000 per year. It also increased the total purchase limit from \$200,000 to \$400,000. This limit is the total amount of capital purchases made in one year, which reduces your 179 limit dollar for dollar, once it goes over the purchase limit.

These "extra" depreciation laws are completely separate, but many people don't understand the differences, and as they have been talked about by the media they get the two types Bonuses & 179 Election, confused.

The Bonus Elections, both the 30 percent and 50 percent, are set to expire Dec. 31, 2004. This means that for taxpayers to take advantage of these bonuses they must have the asset purchased and available for use by the end of the calendar year. Fiscal year taxpayers can also take advantage of these, regardless of what tax year they are in, as long as the asset is placed in service by the end of the calendar year.

Another major difference between the Bonus Depreciation Elections and the Section 179 Election is that the bonuses are available for all taxpayers, where the 179 Election is only available for "businesses." What does this mean for farmers? In a situation where a farm is organized as a corporation and the individual receives cash rent for the land he owns individually, the individual is not eligible for the 179 Expense Election. If the rental agreement calls for the individual to own the pivot then this may be a good year to purchase the pivot, if it can be "available for use" by Dec. 31, 2004. If the rental agreement was set up as a crop share arrangement, the landlord would be eligible for the 179 Expense Election.

The increased Section 179 Expense Election is set to return to its "normal" level after Dec. 31, 2005. The "normal" level is the original indexed level of \$25,000 per year. (The purchase limit will also go back to \$200,000 which has never been adjusted for inflation).

There has been legislation passed by the House of Representatives that will continue the expanded Section 179 limit for another two years. This has been confusing people who think they are extending the Bonus Depreciation Elections. I have not seen any intent to continue the Bonus Elections past the end of this year. The leaders of Congress have promised to focus on the tax legislation changes in September, which includes the extension of the 179 limit. The bill the House of Representatives passes is not very aggressive in tax law changes, and talk has been heard that if a final bill passes it will include much more than the extended 179 limit. Here are a few things we may see changed:

- The 2004 tax year is the last to see the relief of the "marriage tax penalty" until 2009. This penalty stems mostly from the standard deduction and income tax brackets being more than half for a single individual than that of a married couple.
- The expanded 10 percent tax bracket will also go back to its original level (\$2,000 drop for a married couple and \$1,000 for a single individual) after the 2004 tax year. (This amounts to \$100 in tax savings per married couple, \$50 for a single individual.)
- The Child Tax Credit will also be reduced from \$1,000 per child to \$700 per child. It is not set to return to \$1,000 until 2010. (This is a credit, so it would save a taxpayer \$300 per child in taxes.)

These accelerated depreciation amounts are fantastic planning tools, but there are a few considerations to keep in mind. 1) You have to make \$100,000 to expense \$100,000, but it may be a good way to liquidate some built up inventories, 2) You have to have the abilities, cash or financing to purchase these new assets, and 3) The State of Nebraska has limited both of the accelerated depreciation laws, and you won't see any benefit from State income tax.

This article originally ran in the August 11, 2004 issue of Cornhusker Economics, a newsletter published by the University of Nebraska, IANR Agricultural Economics Department online at agecon.unl.edu. For more information about the Nebraska Farm Business Association, call 472-1399.

Don't Forget to Winterize Your Underground Sprinkler System

Many urban and rural homeowners have automated underground lawn sprinkler systems. Spending an hour or so to winterize your system in the fall can save many hours of work and considerable expense next spring.

The most important action you can take in the fall is to drain the system so you don't get ice damage to the pipes and valves. Begin by locating the water shut-off valve for the sprinkler system inside the house and turn off the water at that point. Next, set the irrigation timer so the first set is on. This will relieve water pressure in the plumbing for the system.

To get water to drain out of a pipe, you must allow air into the pipe, as anyone who has held their thumb on the end of a soda straw can attest. You can let air into the sprinkler system by



opening the small valves (petcocks) on the vacuum relief valve assembly on the side of the house. Cycle through each irrigation set, allowing several minutes for all the water to drain through the lowest sprinkler(s) in that set. If you don't have access to an air compressor, turn off the irrigation controller and close the petcocks to prevent dirt or insects from getting into the plumbing.

For most installations, the procedure above is sufficient to eliminate damage from freezing.

To be extra safe, one can attach an air compressor or portable air supply tank to the plumbing at the lower petcock valve on the vacuum breaker assembly. With about 65 PSI in the air tank, turn on the first irrigation set and open the air supply valve. You will see water that was trapped in low spots in the system blowing out of the

sprinklers. With a new charge of air in the tank, start the next irrigation set on the controller and open the air supply valve. Repeat for each irrigation set. After blowing the water out of all irrigation sets, disconnect the air supply and close the petcock. Turn off or unplug the irrigation controller. Next spring, simply open the water supply valve, set the date and time on the controller and set your irrigation schedule and you are ready for another year. (TD)

Management Pays Better Than Labor

Year end is when ag producers can spend some time analyzing the past and begin looking ahead to next year and beyond. Whether planning is done formally, with family meetings and written plans; or informally, discussing plans verbally over dinner, this is the season when farmers do their planning. In my opinion, the time spent in this activity is the most valuable time a producer spends all year.

If we have any doubt whether management time is important, we should look at the example of large corporations. In large corporations, the main duty of the Chief Executive Officer (CEO) is to plan for the future. Other jobs in management are of secondary importance in comparison. In industry, the job of managing the day to day operation and the supervision of labor, isn't handled by the person at the top, it is delegated to people farther down the corporate ladder. The laborers, as important as they are, can be found at the very end of the chain of command and at the bottom of the pay scale as well.

Farming, as with every corporation, must strike a balance between labor and management. Too many managers without an adequate labor force to support them, will topple the company. On the other hand, a company with a large labor force but inadequate management, is just as doomed to failure.

The unique thing about agriculture compared to other types of business is the fact that instead of dividing the various levels of management and labor over many individuals, we

usually divide one individual's time over the various levels of management and labor. A farmer must act as chairman of the board one day, as marketing director the next day and occupy every position on the production line at one time or the other.

The sad thing is, too many people are spending too much

time doing the low-paying production jobs and too little time doing the high-paying job of management. It shouldn't be relegated to late night hours or only when weather makes it impossible to work outside.

Remember, management pays better than labor — don't short the management side of the business. (TD)

Management = Planning for the Future

If you feel you are a little short on time spent in management but can't think of any high level jobs to tackle at year end, the following list can get you started:

- What was your cost of production per unit (bushel, per acre or per head) this year. How does that compare to previous years?
- Once you know your production cost per unit, you have the basis to develop a risk management and marketing plan. How are you going to manage both production risk and price risk this year? Will you buy crop or livestock insurance? Will you forward price any portion of your production if a profitable price can be locked in?
- Do you keep a set of financial records? Are they up-to-date and ready to use for tax planning and preparation? Are they detailed enough to tell you which enterprises made you the most profit and which may have resulted in a loss last year?
- Have you thought about what pieces of equipment need replaced in the next five years and how you plan to pay for the replacements?
- What are your goals for your operation spanning the next year, the next five years, the next ten years? What enterprises do you want to get into or out of? Will you be bringing family members into the operation? Do you have a retirement plan?
- Are these goals in writing?

This list only scratches the surface. Your personal list of things to consider, no doubt is longer. One should, therefore, give this activity a high priority.

Helping Trees Through Winter

The tree-filled landscapes of winter can be mistakenly thought to be asleep. The winter trees are not sleeping, but are counting the days until spring. Most of the growing points in the tree are protected inside jackets called buds. Only in spring will it be apparent whether the tree has put aside and saved enough resources to respond to the new season of growth.

Winter is a difficult time for trees. Trees must stand in the face of drying and cold winds. Food reserves are carefully conserved for the coming needs of spring and water continues to move through the tree until it freezes. Any creature needing a meal chews and nibbles on the resting buds and twigs. Trees stand against all circumstances that the winter season can generate.

What can you do to help your

valuable trees? A few things can help a tree be more efficient and effective in surviving the winter and thriving in the spring. These small winter investments can pay off in a large way, yielding healthy and structurally sound trees.

- Add a thin layer of composted organic mulch that blankets the soil surface. Mulch protects and conserves tree resources and recycles valuable materials.
- Properly wrap new young trees and newly planted trees that have not developed a corky bark and could easily be damaged. Mechanical injury from the environment, including chewing and rubbing by animals, must be prevented.
- Remove visible structural faults and deadwood. Try to make small pruning cuts that minimize the exposure of the

central heartwood core on branches.

- Perform limited pruning of declining and poorly placed branches. Pruning should conserve as many living branches as possible with only a few selected cuts.
- Fertilize in early spring with elements needed in small quantities. Essential elements added over a mulch layer will help provide a healthy soil environment for root growth.
- Water where soils and trees are cool but not frozen, and where there has been little precipitation during the summer or fall. Winter droughts need treatment with water the same as summer drought. However, it is easy to overwater in winter, so be careful.

(Source: Society of American Foresters Urban and Community Forestry Working Group Newsletter) (DJ)

How to Hire an Arborist

From time to time anyone who owns trees may need to hire an arborist. The services of an arborist may be required if a tree is in need of pruning, fertilizing, weather-related damage assessment, or other problem diagnosis. Full-service arborists are professionals who possess skills in planting, transplanting, pruning, fertilizing, pest management, disease diagnosis, tree removal and stump grinding. Consulting arborists are experts who offer advice, but do not perform services. They specialize in tree appraisals, diagnosing problems, and recommending treatments.

Hiring an arborist deserves careful consideration. A qualified arborist will do tree work properly and safely. An unqualified person may actually damage the tree. Unqualified persons may not have proper insurance, leaving a liability burden to the customer that could run into the thousands of dollars.

Remember the following points when hiring or contracting with an arborist:

- Check your telephone directory's yellow pages under "Tree Service" for a listing of those businesses which do tree work in your area. While anyone can list themselves in the phone book, a listing at least indicates some degree of permanence. Be cautious of any arborist that advertises "topping" as a service. "Topping" is not an approved tree maintenance practice under normal conditions and will seriously damage the tree.
- Ask if the arborist is certified. The International Society of Arboriculture (ISA) maintains a list of ISA Certified Arborists throughout the entire country and you can search the database by state, city or even zip code. The Nebraska Arborists Association also maintains a list of Nebraska state certified arborists. Certification is not

required but it does indicate that the arborist has a high degree of knowledge.

- If the arborist you are considering is not certified, determine if he/she is a member of any professional organizations, such as the Nebraska Arborists Association, the International Society of Arboriculture or the National Arborists Association. Membership in these and other professional organizations does not guarantee quality, but does indicate professional commitment.
- Ask for certificates of insurance, including proof of liability for personal and property damage and worker's compensation. Then, contact the insurance company to make sure the policy is current. Under some circumstances, you can be held financially responsible if an uninsured worker is hurt on your property or if the worker damages a neighbor's property.
- Ask for local references. Take a look at some of the work, and if possible, talk with former clients. Experience, education and a good reputation are signs of a good arborist.
- Don't rush into a decision just because you are promised a discount if you sign an agreement now. Be sure you understand what work is to be done for what amount of money. It is not generally a good idea to pay in full until the work is



completed.

- Most reputable tree care companies have all the work they can handle without going door to door. People who aren't competent arborists may solicit tree work at your door pointing out a condition that needs "immediate attention" or the "tree will die." If a tree is that close to death there is probably nothing you or anyone else can do about it. These kinds of people are most active after storm disasters.
- If possible, get more than one estimate.
- A conscientious arborist will not use climbing spikes except when removing a tree. Climbing spikes open unnecessary wounds that could lead to decay.
- Good tree work will not be inexpensive by any means. A good arborist must carry several kinds of insurance as well as pay for expensive and specialized equipment. Beware of estimates that fall well below the average. There may be hidden costs or the arborist may not be fully insured or trained.
- A good pruning job is often one that cannot be noticed after the work has been done.
- Some communities require arborists be licensed in order to do tree work within city limits. If you are unsure, contact the city office to see if such a license is required.

(Note: The information and guidelines contained in this article, while written for Nebraska, apply to the entire country.) (DJ)

Tips on Storing Firewood

With cold weather upon us, you may begin to store firewood in or near their homes. However, you may be storing more than firewood and may unknowingly bring insects into the house.

As long as wood is properly handled and stored, insect emergence in the home can be avoided.

If wood is kept below 50° F, insects living in it will remain dormant. However, if taken indoors and allowed to warm up, insect activity resumes and they may emerge in the home. Emerging insects can then move out of the firewood, wander into the rest of the house and become a nuisance.

The best way to avoid invasion is to

store the wood outside in the cold until it's ready to be burned so insects don't have a chance to warm up and become active.

Store wood away from the house and under a cover, such as in a woodshed, unheated garage, utility building or under a sheet of plastic or sheet metal roofing to keep it dry. Leave an air space between the wood and covering.

Splitting, sawing and stacking wood in loose piles raised off the ground accelerates drying. Few insects will survive if wood is dried quickly and is kept dry.

Firewood also may be stored in a sealed box or container. Apply a coat of

residual insecticide inside the container before putting wood inside. But don't directly spray the firewood or allow wet spray to contact the wood because pesticides can release poisonous gases when the wood is burned.

If firewood insects, such as bark beetles, ambrosia beetles and both roundheaded and flatheaded wood borers, do emerge indoors they are not likely to attack wood in the home. However, powderpost or lyctid beetles can reinfest the hardwood from which they emerged and can attack other unfinished hardwoods in the house.

WATERWHEEL

Sources of Man-Made Chemicals in Drinking Water



Note: This is part of a series of articles related to rural water issues.

Scattered throughout Nebraska are areas that have both sandy soils and shallow water tables. The high permeability of these soils, combined with the relatively short distance to the water table, make these areas particularly sensitive to contamination. Excessive rainfall or over-irrigation can cause downward movement of water through the soil profile. Those man-made chemicals which do not bind strongly to soil particles can be carried with the downward moving water and eventually can be leached to the groundwater.

Leaching and groundwater contamination takes place in areas without sandy soils or a high water table, only at a slower rate.

Activities near a well, particularly mixing or storing chemicals, potentially can contaminate the water supply. In some areas, depending on the relative location of the well and sites where various man-made chemicals are used, contamination could occur from normal application and use. Used motor oil dumped on the ground, spilled fuel near storage tanks, pesticides spilled during mixing and loading and improperly dumped household products are all examples of man-made chemicals that could leach into groundwater. In addition, leaking underground fuel tanks can contaminate groundwater without visible evidence on the surface.

Man-made chemicals can enter groundwater through more direct routes. Improperly constructed wells or older wells with leaks around or through the casing can allow contaminants to seep into groundwater. Abandoned wells that are not properly sealed also provide direct pathways to the aquifer. Pesticide applications near such wells or any chemical spills on the surface could potentially contaminate groundwater if surface runoff moves toward the well.

Prevention of spills and immediate cleanup of any spills are among the best ways to prevent contamination of groundwater with man-made chemicals. Proper site selection and construction of domestic water wells can reduce potential contamination of drinking water. Wells no longer needed should be properly decommissioned to eliminate direct conduits to the aquifer. (DJ)



Alice Henneman, RD, Extension Educator

Serving turkey over the holidays is a way to enjoy low-fat meat that is high in protein, yet low in calories and cholesterol, and tantalizes everyone's taste buds. Depending on the side dishes that accompany it, or how it is stuffed or glazed, turkey is as different as each person who prepares it. Because turkey is a naturally mild meat, it blends beautifully with an assortment of herbs, spices and other seasonings. As a result, it's a virtual canvas for culinary creativity.

The Poultry & Egg Division of the Nebraska Department of Agriculture has information about preparing turkey (see right) and recipes (see below) to assist in preparing a traditional Thanksgiving dinner.

They are also offering two free brochures, available upon request. New this year, is a brochure on carving a whole turkey which also includes recipes for cooking turkey leftovers. *Take the Guesswork Out of Roasting a Turkey* helps ensure a safe and delicious turkey dinner. To request these brochures, contact Mary Torell, Public Information Officer, at 472-0752 or mtorell2@unl.edu. Each contact will receive *either* a \$2 off coupon for a regular turkey or a \$2 off coupon for a smoked turkey from NORBEST (a Nebraska grown product).

For additional information on turkey, such as other cooking methods, nutrition, food safety and additional recipes, go to www.agr.state.ne.us and click on "Poultry & Egg."

WINTER FRUIT GLAZE

(Makes 1/2 cup)

1/4 cup red currant jelly
2 tablespoons orange marmalade

- In a 1-cup microwave-safe glass measure, combine jelly and marmalade. Cook in microwave at HIGH (100% power) 30 to 45 seconds or until melted.
- Brush glaze over turkey during the last 20 minutes of roasting time.



Approximate nutrient content per tablespoon: 34 calories; 1 gm protein; 8 gm carbohydrate; 4 mg sodium.

GREEN ONION AND CORN BREAD STUFFING

(Serves 12)

1 can (10.5 oz) condensed French onion soup
1 soup can of water
1/4 cup margarine
1 cup chopped celery
1 cup thinly sliced green onion
1/2 to 1 teaspoon dried poultry seasoning
2 packages (8 oz each) corn bread stuffing mix
Vegetable cooking spray

- In a 5-quart saucepan combine soup, water, margarine, celery, onion and poultry seasoning. Bring to a boil and remove from heat.
- Stir in corn bread stuffing mix. Bake mixture in a 1.5-quart casserole dish coated with nonstick vegetable cooking spray. Cover and bake at 350° F for 45 minutes or until set.

Approximate nutrient content per serving: 200 calories; 5 gm protein; 6 gm fat; 32 gm carbohydrate; 683 mg sodium; 0 mg cholesterol.

Simple Tip to Avoid Scratches When Storing Nonstick Skillets

Using nylon or wooden utensils is recommended for nonstick skillets, fry pans and sauté pans to avoid scratching them. What precautions can you take to avoid chips and scratches when stacking them in your cupboard?

The simplest solution is to place inexpensive paper plates between them. In fact, the least expensive paper plates — which are flexible — work better than the more expensive rigid plates.

Tips on Turkey Preparation

Mary Torell
Public Information Officer,
Nebraska Dept. of Agriculture -
Poultry & Egg Division

Purchasing Pointers

Turkey is an economical meat and to enjoy an even greater savings purchase a larger turkey. A larger size turkey yields more meat in proportion to bone. You should allow one pound of turkey for each adult guest at your dinner. For example, if you are serving 12 people, purchase a 12-pound turkey. This allows for everyone to enjoy a generous serving of turkey and guarantees enough extra turkey for additional meals.

Thawing Tips

Never let your turkey sit out on a table or counter to thaw. Harmful bacteria multiply rapidly at room temperature.

• **Refrigerator method** — the *best* way to thaw turkey is to place the wrapped turkey on a tray in the refrigerator for three to four days, depending on the size, and allow five hours per pound of turkey to completely thaw.

• **Cold water method** — the *fastest* way to thaw turkey is to place the wrapped turkey in the sink and cover it with cold water. Allow about

1/2 hour per pound of turkey to completely thaw. Change water every 30 minutes. Refrigerate or cook turkey when it is thawed.

Stuffing Tips

For best results, prepare stuffing separately. Place it in a covered casserole dish and cook it with the turkey during the last hour of roasting time. For those who prefer stuffing cooked in the turkey, stuff the turkey just prior to roasting by spooning prepared dressing loosely in the body and neck cavities of the bird. To be sufficiently cooked, the stuffing should reach an internal temperature of 165° F. Remove stuffing from the turkey immediately after roasting.

Cooking a Turkey

The turkey is done when a meat thermometer in the thigh (not touching any bone) registers 180° F. The temperature of the breast should reach 170° F. The pop-up thermometer device also indicates the turkey has

reached the final temperature for safety and doneness.

Cooking Times

Unstuffed	
8–12 pounds	2¾–3 hours
12–14 pounds	3–3¾ hours
14–18 pounds	3¾–4¼ hours
18–20 pounds	4¼–4½ hours
20–24 pounds	4½–5 hours
Stuffed	
8–12 pounds	3–3½ hours
12–14 pounds	3½–4 hours
14–18 pounds	4–4¼ hours
18–20 pounds	4½–4¾ hours
20–24 pounds	4¾–5¼ hours

Carving Tips

Let the turkey stand 20 minutes before removing stuffing and carving. This allows the juices to set and makes the carving easier and the meat will be moister.

Storage Recommendations

Refrigerate turkey and all other foods promptly after the holiday meal, or within two hours of cooking. Cut all turkey meat from the bones and store in shallow, covered containers. When refrigerated at 40° F or below, cooked turkey will keep up to two days and up to four months in the freezer when frozen at 0° F or below.



Food Safety and Inspection Service, USDA

"It's Safe to Bite When the Temperature is Right"

How to Cook a Turkey the Day Before Serving It

Alice Henneman
UNL Lancaster County Extension
& Joyce Jensen
Lincoln-Lancaster County
Health Department

Sometimes it may be easier to prepare your turkey the day before you plan to serve it. If you do, follow these guidelines:

1. Wait about 20 minutes after removing turkey from the oven to allow the juices to distribute.

2. Slice breast meat; legs and wings may be left whole. Place turkey in metal containers; limit depth to less than 2 inches. Metal containers cool faster than glass-type pans. NOTE: Wash your hands with soap and warm water for about 20 seconds before you begin slicing your turkey.

3. Pour broth over turkey to prevent drying. Then refrigerate, loosely covered. You can place

loosely covered foods in the refrigerator while still warm; cover tightly when food is completely cooled.

4. On the day of your meal, cover pan with an oven-proof lid or foil and reheat thoroughly in a 350° F oven until hot and steaming throughout (165° F). NOTE: If you're planning to travel and bring the turkey, it's safest and easiest to travel with it pre-cooked and cold. Carry it in an insulated cooler with lots of ice or frozen gel-packs to keep the cooler temperature under 40° F. Then reheat the turkey at your final destination.

5. Either freeze leftover turkey or plan to eat cooked turkey within 3 to 4 days of the day it was originally prepared. Once removed from the oven, turkey shouldn't set at room temperature longer than 2 hours TOTAL time. For best safety and quality, avoid reheating and cooling turkey multiple times.

6. If you make your gravy the day before, refrigerate it in a shallow container. Bring gravy to a rolling boil when reheating it. Eat gravy within 1 to 2 days of original preparation date.

TIP #1: If using a DIAL instant-read thermometer, insert it at an angle 2 to 2-1/2 inches deep through several slices of turkey. If using a DIGITAL instant-read thermometer, insert it at least 1-inch deep so it measures the center of a layer of slices.

TIP #2: If heating your turkey in a glass-type container, it's safest to transfer the turkey to the container just before heating. For some glass-type baking dishes, you run the risk of the glass breaking if you put the cold dish from the refrigerator directly into the oven. It's not safe to let your turkey warm at room temperature before reheating it.

Cooking Tools Class Oct. 26

Explore the world of affordable, easy-to-use cooking tools at a one-night class "Cooking Tools for Guys and Gals" on Oct. 26 from 6:30 to 8 p.m. at the Southeast Community College (SCC) Continuing Education Center, 301 S. 68th St. Place, Lincoln. Cost is \$6. Call 437-2700 to register.

The class is geared for those who want a tasty, affordable meal without much fuss and mess — perfect for those just starting out, singles, college students and those on a budget. Class will include sampling, demonstration and discussion. Dessert will be served.

The class is co-sponsored by SCC and UNL Cooperative Extension in Lancaster County, and presented by Extension Educator Alice Henneman, RD.



FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



Most people don't think of fall as a time for firsts but this fall has been an exciting time of "firsts" for me. After being at our new address for what only felt like days, Erich and I took a long weekend to attend a convention at Lake of the Ozarks. It is a relaxing place with a laid back character and atmo-

sphere. We are returning with a renewed spirit of heart and soul to pursue life. I am composing this on the way home only to repack our bags for a much anticipated trip to Ireland that has been on the calendar for well over a year. Tickets are bought, the car is rented and I'm enthused for another "first"



experience in seeing Ireland. Since it will be a few weeks before I see any of you, I want to remind each of you to vote — it is a duty and privilege each of us must take responsibility for.

Please note the leader training lessons listed below. The next FCE Council Meeting will be Jan. 24.

Have a safe and enjoyable holiday season!

FCE News & Events

2005 Leader Training Lessons

University of Nebraska Cooperative Extension provides leader training lessons to FCE members and other community leaders at no cost. Many previous lessons are online at communityprograms.unl.edu.

Five trainings are scheduled for 2005 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. All will be presented at 1 p.m. Non-FCE members are asked to call Pam at 441-7180 so informational packets can be prepared.

"Using Your Retail Dollars to Boost Your Local Economy" — Jan. 4

The January leader training lesson is "Using Your Retail Dollars to Boost Your Local Economy." The competitive situation faced by rural retail businesses and implications to local economics is causing increasing concern across rural Nebraska. Research findings of rural retailers and their relationships with their communities, consumers' preferences in the marketplace and the multiplier effect of each dollar that is kept within the local economy will be discussed.

"One of Rural America's Greatest Challenges" — Jan. 25

The February leader training lesson is "One of Rural America's Greatest Challenges." One of rural America's and Nebraska's greatest challenges is the drug epidemic, especially methamphetamine. Nebraskans need to become more aware of the magnitude of the problem and how it relates to public safety and rural economic development. In addition, individuals and communities need simple strategies to help combat this growing problem. (LB)

Family Traditions Strengthen Ties

The special things we look forward to as a family and the everyday routines we abide by such as the time we get up, the foods we have for breakfast, the things we do on the weekends, and the activities we are involved in during the week are the threads of life that bind us together as a family.

A strong family has a commitment to one another and keeps increasing in strength because of the time they spend together. The way we "do" things becomes our family traditions. You won't find them written down anywhere, but if you ask one of the family members a question concerning a particular event, they will tell you "we always ..."

There are three types of traditions we need to recognize: **Celebration Traditions** — the things we do are built around special occasions that call for a celebration (holidays, birthdays, anniversaries, etc.)

Family Traditions — the special things created within each family to fit their lifestyle (vacations, family council, pizza night, etc.)

Patterned Family Interactions — those events are centered around the day to day things in life (dinner time, bed time, Sunday afternoons, etc.)

One person who studies families remarked, "Families that have the strongest ties have the most traditions or rituals in their life." These rituals provide a sense of continuity, understand-

ing and love that strengthens family closeness. These are also opportunities for families to have "good times" and establish good memories to build upon when times aren't so good. In a very positive way rituals touch the heart of the family and help members to feel good about themselves and each other. These feelings are carried out though the traditions they participate in.

Why else do we need traditions and rituals? The University of Wyoming shares with us five reasons to celebrate family life. By understanding these reasons, we can increase our efforts and realize the importance of daily life within our family.

1. Time to relate or communicate with one another. Caring, problem solving, balancing individual and together time are also part of this time to understand one another's needs, goals and challenges in life.

2. Help in adapting to new stages of development, crisis or the flow of events. Things like learning a new hobby, caring for a family member, planning a weekly schedule together, learning a new skill like meal preparation or grocery shopping or establishing a signal to ease transitions like a hand sign to say "you have five more minutes."

3. A time to heal and forgive from a loss or disappointment in life. Using this time to talk about the good times and tell stories. Time to spend

together as a sign of cooperation and reconciliation.

4. Time to affirm family values, faith and life experiences. The materials we read to reinforce our faith. The crafts, decorations or special things we do related to holidays or special family events. The time we spend sharing with others outside our family for those in need.

5. A time to celebrate together. The special events in our lives including holidays and special accomplishments by family members.

We can also use these traditions and rituals to connect us to our past. They provide us a base to talk about how things were done and who participated in them years ago. Many of these memories also include the sensory things such as the way something tasted, the way it felt, the special sounds around us or the aromas that enticed us.

As you recognize the traditions and rituals in your families take time to also recognize the strength you gain from them. They make your family unique and provide understanding, continuity, closeness and appreciation for one another. Start today, by realizing the daily things you do that make your family special. Realize those "little things" done together are really memories in the making.

Source: Melinda Hill, Extension Agent, Ohio State University Extension (LB)



by Lorene Bartos, Extension Educator

Holiday Stain Removal for Washable Fabrics

Always treat stains as soon as possible. Read the care label for recommended laundering procedures.

Beverages (wine, alcohol and soft drinks)

Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, 1/2 teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder. If stain remains, soak in an enzyme presoak for 30 minutes.

Candle Wax

Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between paper may set the candle dye more permanently by making it harder for the solvent to penetrate the wax. Launder using hot water and chlorine bleach if safe for the fabric.



"What's a Parent to Do" Series

Helping children manage fear and resist bullying is focus of a two-part national satellite series to be hosted by the University of Nebraska Cooperative Extension in Lancaster County. Both programs will be shown 5:30-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

Tuesday, Nov. 30

Topic: "What families, schools, and communities can do to support healthy social and emotional development in children and youth," which will examine how families, schools, and community agencies can collaborate to help youth who have behavioral problems like extreme aggressiveness, conduct disorders and bullying

Tuesday, Dec. 7

Topic: "Finding a mighty heart: acquiring the courage to stand up for oneself and other" which will look at strengths children can use to manage fear and resist peer behaviors such as bullying and other forms of intimidation.

This program will help parents, teachers and other professionals gain specific skills when working with youth who have behavior problems or experience bullying.

Call Lorene at 441-7180 for more information or to register. A \$10 registration fee will be collected at the door.

CHARACTER COUNTS! CORNER

Six Pillars of Character

Character is not hereditary, nor does it develop automatically. It is developed by example and demand.

TRUSTWORTHINESS — Be honest — don't deceive, cheat or steal. Be reliable — do what you say you'll do. Have the courage to do the right thing. Build a good reputation.

RESPECT — Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners, not bad language. Be considerate of the feelings of others.

RESPONSIBILITY — Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be accountable for your choices.

FAIRNESS — Play by the rules. Take turns and share. Be open-minded—listen to others.

CARING — Be kind. Be compassionate and show you care. Help people in need.

CITIZENSHIP — Do your share to make your school and community better. Be a good neighbor. Obey laws and rules — respect authority. (LB)



**A
Real
Conifer;
Stabilizes soil.
Emits fresh oxygen.
Protects water supplies.
Creates a scenic green belt.
Provides refuse for wildlife.
Absorbs carbon dioxide and other gases.
Recycled real Christmas trees create mulch
for gardens and landscaping.
For every real Christmas tree harvested,
at least three seedlings are planted in its place.
Protects soils which may not support other crops.
One acre of trees = oxygen for 18 people per year.
Real trees recycle back to the earth from where they started.**

REAL TREES ARE GOOD.

!!!!
!!!!



Garden Guide

Things to do this month

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases the following season.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Clean and fix all hand tools. Repaint handles or identification marks that faded over the summer. Sharpen all blades and remove any rust.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too.

Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

Minimize traffic on a frozen lawn to reduce winter damage.

Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Start reviewing your garden notes to help with next year's plans.

Check fruits, vegetables, corms and tubers you have in storage. Sort out any showing signs of rot and dispose of them.

Holiday Safety for Your Home

The holiday season is here! If you are like me, you are excited about the holidays and have already started or maybe even finished decorating the house and yard.

Many of you put your Christmas tree up right after Thanksgiving. This year you may have decided to have a real tree. Be sure to select a fresh tree. If you cut the tree yourself you know the tree is fresh. But if you do not cut your own tree, be sure to ask when the tree was cut and check it closely for drying needles. Dry greenery and Christmas trees can be a fire hazard this time of year in your home.

The stump of your Christmas tree should be cut fresh before placing the tree in the tree stand. Keep an adequate supply of fresh water covering this fresh cut at all times. Check the water level daily, and refill when needed. The cooler you can keep the room where you have the Christmas tree, the longer it will stay fresh and green. Do not

place the tree near a heat vent, wood stove or fireplace.

At the first sign of needle drop and drying you should dispose of the Christmas tree. A single spark can ignite a dry tree. Use some of the discarded tree material as a mulch over dormant perennials or as a haven for wildlife in a nature area.

Holiday greenery used for decoration should be watched very carefully for signs of drying. Evergreen boughs and wreaths can dry in just a few days. A cigarette ash or match could easily start a fire in one of these center pieces. Never leave an unattended candle burning. Blow out candles in these center pieces after the meal is over.

When decorating landscape trees and the exterior of the house, be careful. Make sure you have a sturdy ladder and someone to help hold the ladder when you are stringing lights in high places. When you are on a ladder, do not lean out or reach. Climb down and move the ladder to a better location. Please have a safe holiday season. (MJF)

Making a Holiday Wreath

A wreath is an attractive, easy-to-make decoration for the upcoming holiday season. Materials needed to construct a wreath include pruning shears, scissors, wreath frame, No. 22 or 24 gauge florist wire, wire cutter and evergreen branches. Decorative materials, such as ribbon, bows, pine cones, holly, various fruits and ornaments, may be used to finish the wreath.

When selecting a wreath frame, individuals can choose from box wire, crimped wire, styrofoam and straw frames. An ordinary wire coat hanger may be fashioned into a small wreath frame. Frames, florist wire and other materials can be purchased at craft or hobby stores.

Evergreen branches can be obtained from the home landscape. A small amount of careful and selective pruning will not harm the trees and shrubs. Greens may be purchased from garden centers, florist shops and Christmas tree lots or farms. Additional materials, such as pine cones and bittersweet, can be purchased or collected outdoors.

A 15-inch diameter wreath

frame is ideal for most home decorations. Cut the greens into 4 to 6 inch sections. Begin by firmly attaching the end of the wire roll to the frame. Place a small bundle of greens on the frame; then fasten the base of the twigs tightly to the frame with 2 or 3 turns of the wire.

Position the second bundle of greens so as to cover the base of the first group.

Continue this procedure around the frame, placing the groups close together to produce a thick, full wreath. Tuck the base of the final bundle of greens beneath the foliage of the first group and fasten it to the frame. Decorate the wreath with a bow, cones, ornaments, etc. Wire each item separately and fasten it to the frame. Finally, attach a wire hanger to the top of the wreath frame.

The wreath is now ready for hanging.

TIPS: When constructing wreaths, use only fresh greens. Needles on old material will be dry and brittle. Fresh material will have a strong fragrance and pliable needles.

Wreaths hung

outdoors

should

remain

fresh for

3 to 4

weeks.

The

average

life of an

indoor

wreath,

however, is

about 7 to 10

days. Indoor

wreaths should be

promptly removed when they

become dry. The life of an

indoor wreath can be prolonged

by hanging it up only during

special holiday occasions.

Carefully place the wreath in a

plastic bag and store in a cool

location, such as a garage,

during the remaining time.

(MJF)



Care of Cyclamens

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

The white, red or pink flowers grow tall with nodding stems above the rosette of heart-shaped, blue-green to dark green

leaves. The foliage is marked with white veins and light green splotches.

Water the cyclamen whenever the soil begins to feel dry and try to keep the soil around the roots moist at all times.

Water with lukewarm water and be careful to keep it off the foliage and crown as the plant is very susceptible to crown rot.

Fertilize the plant with a houseplant fertilizer using one-

half the recommended strength every two weeks while it is flowering. When new flowers cease to appear and the leaves turn brown, reduce the frequency and amount of watering and place the pot in a cool spot.

After flowering, let it rest until warm spring weather arrives. Repot in a mixture of equal parts houseplant potting soil and peat moss, with half the crown above the soil. (MJF)



Horticulture Information Center

NUFACTS • 441-7188 • 24 HOURS A DAY, 7 DAYS A WEEK

To listen to a NUFACTS message on one of the following topics, call 441-7188 and enter the three-digit number listed:

117 Tree Snow Damage
120 Christmas Tree Care
124 Wood for Fireplace
137 De-icing Salt Injury
210 Amaryllis

212 Swedish Ivy
213 Prayer Plant
214 Houseplant Insects
217 Boston Fern
218 African Violet Care

219 Poinsettia Care
220 Houseplant Leaf Yellowing
221 Holiday Cactus Blooming
222 Winter Houseplant Care

Itch Mite Epidemic Hits Lincoln

A microscopic mite, *Pyemotes herfsi* — aptly called an “itch mite” — is responsible for the mysterious, itchy red bites recently reported by a number of eastern Nebraska and Kansas residents.

The microscopic itch mites prey on the small fly maggots which cause “leaf edge” galls on pin oak leaves. The galls on pin oak leaves have been unusually abundant this year. When the maggots mature, they emerge from the galls, drop to the ground and pupate for the winter.

When numbers of the gall gnat larvae decline, either through predation or by evacuation from their galls, the hungry itch mites crawl about on foliage or bail out of the trees into wind currents to find other suitable hosts.

Preliminary research indicates that 16,000 adult female itch mites (potential biters) can emerge from one infected oak leaf and fall to the ground. Entomologists estimate there are most likely

millions of mites floating down from affected oak trees.

The mites inject a highly-potent neurotoxic venom into their insect prey through their needle-like mouthparts and voraciously consume their prey.

Adult females are unique among living animals in that they deposit their eggs into a pouch, or ovisac, formed at the tip of their abdomens. A mated female attaches to an insect host and enlarges to 1/16 inch — about BB size. The female nurtures her brood directly from the egg stage to adulthood (no nymphal stages). As many as 300 mites can develop within the female’s enlarged abdomen!

With a population doubling time of two days, *Pyemotes* mites can number in the millions in a short period of time.



Microscopic itch mites highly magnified.



As many as 300 mites can develop in a female mite’s ovisac.



Pin oak leaf infested with “leaf edge” galls.



An opened “leaf edge” gall revealing dead maggots and itch mite females with enlarged abdomens.

It is also likely weather patterns contributed to greater survival of the gall-forming maggot.

Q. Will we have itch mites again next year? Should I consider cutting down my oak tree?

A. Large numbers of itch mites may occur again next fall when “leaf edge” gall maggots mature, but predictions are notoriously inaccurate. There are many natural occurrences (weather, diseases, etc.) that might reduce the maggot populations. We simply won’t know until next year. Many people have lived with oak trees in their yard for years — we don’t recommend cutting trees.

Identifying the Problem

Barb Ogg, *Extension Educator*
& Soni Cochran, *Extension Associate*

UNL Cooperative Extension in Lancaster County began receiving phone calls about itchy bug bites the week of Sept. 6. The calls were sporadic and did not seem too unusual for the time of year, but the description of the bites was not typical of common biting pests. By 11 a.m. the following Monday, more than half a dozen Lincoln residents called describing the same bites.

Extension followed up on this unusual pattern of calls by contacting UNL’s Entomology Department and the Lincoln-Lancaster County Health Department who confirmed they were also receiving phone calls about mysterious bites. It was apparent there was an outbreak of a biting pest that could not be readily identified.

The scenario from most victims was similar. They did not see any insects or spiders and didn’t feel being bitten. Some people complained about a few bites, but others reported dozens of bites — even hundreds of bites. When asked about the types of activities people were involved in prior to noticing the bites, most reported spending time outdoors in their backyard, at a picnic or gardening the day before the bites appeared. A few callers indicated they spent little time outdoors but slept near a window. These mystery bites were so itchy that many people were unable to sleep.

On Sept. 14, we learned several eastern Kansas counties were experiencing the same exact problem. Health officials in Kansas had contacted the Center for Disease Control (CDC) who were actively working with Kansas State University medical entomologists to solve the mystery.

Lancaster County Extension sent out a media release about the mystery bites and the *Lincoln Journal Star* published a front-page story. This publicity unleashed calls from the public not only to extension, but to the Lincoln-Lancaster County Health Department, UNL and physician’s offices.

We did not anticipate the overwhelming number of responses. Many affected people desperately wanted the most recent information. Others wanted to help discover the identity of the biting pest. Some of the suggestions were very creative. Some factual information gleaned from callers proved useful in understanding this epidemic.

First, the problem was not spread throughout Lincoln, but found in specific neighborhoods in the central part of the city. Many sufferers reported that they had oak trees near their homes. And, some people reported seeing little maggots dropping out of oak trees onto the ground. Horticulturists noticed an extraordinary increase in the number of galls on pin oak leaves this year.

University of Nebraska entomologist Jim Kalisch visited affected neighborhoods and examined pin oak galls. He cut them open to look for the maggots inside. In some galls, the maggots were shriveled and dead, and the gall was filled with hundreds of

microscopic mites. He identified the mites as belonging to the genus *Pyemotes*, and believed the mites killed some of the maggots inside the galls.

Kalisch set sticky traps under several oak trees and left them for a few hours. A later examination of the sticky traps under a microscope revealed hundreds of microscopic mites caught on the traps. This was the first time a *Pyemotes* mite has been recorded associated with gall maggots and causing dermatitis after falling onto people out of oak trees.

As THE NEBLINE went to press, a mite taxonomist identified this itch mite species as *Pyemotes herfsi*, a species previously known to exist only in Europe. UNL entomologists believe that this itch mite has probably bitten people in previous years, but the bites were so infrequent and random the microscopic mite was never identified as the source of bites.

The itch mite epidemic of 2004 will be remembered as the event which triggered discovery of a new mite species in the United States.

Itch Mite Bites

Itch mite bites are usually found on a person’s upper body (neck, shoulders, arms and chest). Initially, a bite is characterized as a red patch which has a small blister in the center. Redness around the bite expands and becomes painful to the touch. More sensitive individuals have developed chills, fever, fatigue and nausea, or severe allergic skin reactions such as extreme itchiness and swelling. Itching lasts up to a week or more.

Recommendations

By the time you read this, freezing temperatures probably will have killed any *Pyemotes* mites remaining in oak leaves. If itch mites are a problem in the future, it would be in fall when gall maggots mature. During problem times:

- Avoid spending time outdoors where oak trees — especially pin oaks — are growing.
- Keep windows closed.
- Avoid scratching bites which might cause infection.
- Apply topical applications of medications like calamine lotion and benadryl to reduce itching.

Itch Mite FAQ’s

Q. What can we do to solve this problem? Shouldn’t we be spraying or treating the oak trees? How about the yard? The house? Should we treat the maggots we see on the ground?

A. The mites are completely immune to chemicals when they are inside the gall. Spraying trees is very expensive and rarely will coat all leaves, so we don’t recommend spraying trees. Spraying lawns is also not practical. It makes no sense to spray or bomb any rooms in the house. Spraying the maggots on the ground will be of little value because it is the mites that are doing the biting, but if it makes you feel better, go ahead.

Q. Will DEET repellent prevent bites?

A. Most biting pests use carbon dioxide gradients to find their warm-blooded hosts. DEET repellents interfere with the pest’s ability to detect carbon dioxide and make it hard for them to find a blood meal. Because these wingless mites are merely falling onto people, it is doubtful that DEET repellents will help prevent bites.

Q. Do the mites burrow into the skin or do they bite and fall off?

A. These mites don’t burrow into the skin, but we don’t yet know if they become enlarged after feeding on a person.

Q. How do you know when to see the doctor?

A. Different people react differently to the bites. Most people will be miserable from the bites, but a few highly sensitive individuals may have a more severe reaction. These reactions may include excessive swelling, fever, nausea and diarrhea. Persons who went to their physician before the *Pyemotes* mites were identified, reported their symptoms were not diagnosed correctly, which was not surprising, because many physicians are unfamiliar with itch mites.

The bottom line is, you should see a doctor when symptoms are not directly related to the area around the bite itself, such as fever, nausea and diarrhea. You should also see a doctor if the bite becomes infected.

Q. Why are we seeing a problem this year?

A. This problem is related to the high populations of the “leaf edge” gall maggots. According to Mary Jane Frogge, Lancaster County extension associate, some increase in these galls was noticed in 2003, but this year, these galls were abundant. There is a typical cyclical predator-prey cycle: the increase of the prey population (the maggot) results in more food, therefore increasing the predator population (the mite).



4-H Kick Off Starts New Activity Year

More than 175 people attended the September 4-H Kick Off. Many expressed interest in joining 4-H. Thanks to 4-H Council and all the volunteers who helped make the Kick Off a success — especially the 4-H youth who shared their 4-H projects! Thanks also to the following: Lancaster Event Center, Lancaster County Fair Board, Weaver's and Burger King.

COMMUNITY SERVICE CORNER

Teen Council Donates Items to Cedars Youth Services

Lancaster County 4-H Teen Council is participating in a community service project for youth in need. They are donating toiletry items (such as shampoo, soap, toothbrush and toothpaste) to Cedars Youth Services for its Street Outreach Service (SOS) and Freeway Station Emergency Shelter programs. Teen Council members also sewed bags to provide the items in.



Other 4-H clubs wishing to help Cedars can contact Rhonda Saunders at 437-8961 or go to www.cedars-kids.org.

Assisted-Living Homes Request 4-H Community Service

Two assisted-living homes have requested Lancaster County 4-H'ers and/or 4-H clubs participate in community service projects with their residents:

- The Lexington — contact Judy at 486-4400
- Milder Manor — contact Marcia at 475-6791
- Or volunteer at your local assisted-living home.

Projects and activities suggested include helping with bingo, singing songs with residents, modeling clothing projects, bringing pets such as rabbits, showcasing 4-H projects and participating in various other intergenerational activities.

Note that participation in this type of community service can be turned into a 4-H County Fair "Discover Me.... Discover You" intergenerational exhibit. (TK)

Holiday Gifts Needed

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized this year, so books and items to encourage reading are suggested. Books have been requested this year. Other gifts will be used with the books. Items, such as puppets, activity books, puzzles, small toys, etc. relating to the story would be fun for the children. The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

4-H FALL RABBIT CLINIC & SHOW

Saturday, Nov. 6

Lancaster Event Center, Pavilion 3-Exhibit Hall

OPEN TO ALL YOUTH!

CLINIC 8-9:30am



LEARN ABOUT THE 4-H RABBIT PROGRAM

- How to Join 4-H • Buying a Rabbit • Care of the Rabbit
 - Visit with Rabbit Breeders • Showmanship • Static Exhibits
- SHOWMANSHIP DEMONSTRATION AT 9AM

SHOW 9:30am Registration 7:30-9 a.m.

TROPHIES & RIBBONS WILL BE AWARDED

Best of Breed awards will be given to each breed that has **5 or more entries**.

Classes for Youth Ages 8-19

Fancy Rabbits Juniors—under 6 months
 Seniors—6 months and over
Commercial Rabbits Juniors—under 6 months
 Intermediate—6-8 months
 Seniors—9 months and over
Pet Class* Junior exhibitors—ages 8-12
 Senior exhibitors—ages 13-19

*This class is for crossbred rabbits and rabbits which have disqualifications for their breed.

Registration Fees

\$2.50	Per rabbit or cavy
\$1.00	Fur class
\$1.50	Showmanship

Please bring a raffle prize to donate to the 4-H Rabbit Program

For Youth Ages 7 and under

Each participant will receive a participation award. No registration fee.

Pee Wee Class Any breed/any age rabbit to be shown by youth age 7 and under

For more info, call Rodney at 782-2186 or Marty at 441-7180

Sponsored by the Lancaster County 4-H Rabbit VIPS Committee & Rabbits 'R' Us 4-H club
Free exhibit space courtesy of the Lancaster Event Center

Eat Out for CWF Nov. 15 at Dairy Queen

The Lancaster County 4-H CWF youth group has teamed up with the Dairy Queen located at 1447 N. 27. If you eat there between the hours of 4-8 p.m. on Monday, Nov. 15 the 4-H youth will receive 10% of your total purchase. Please pass this on to your friends, families and neighbors. The proceeds from this fundraiser will help cover travel expenses for next years' trip to Washington D.C. Thanks in advance for your support! (DK)

Statewide Newsletter for 4-H Volunteers

Nebraska 4-H has created a quarterly newsletter, *Helping Hands*, for 4-H volunteers. You can access it online at 4h.unl.edu/volunteers or ask for a copy at the extension office.

4-H Teen Council Invites New Members

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center (unless otherwise noted).

- 4-H Teen Council members:
- organize the Ice Cream Social, Cookie Eating Contest and Teen Dance at the Lancaster County Fair
 - plan, set up and facilitate the annual 5th & 6th grade Lock-In
 - participate in several community service activities
 - are involved in other leadership activities

For more information or to join, call Tracy at 441-7180.

4-H Shooting Sports Leader Certification Workshop Dec. 4-5

Local certified shooting sports leaders are needed in Lancaster County. If you or someone you know are interested in participating in this program, plan to attend the Nebraska 4-H Shooting Sports Leader Certification Workshop. It will be held Dec. 4-5 at the State 4-H Camp near Halsey. Adult volunteers and junior leaders can choose one of seven disciplines to become certified. Muzzle-loading, wildlife, archery, rifle, shotgun, pistol and re-loading will be offered. Participants will learn under expert instruction. For more information and registration materials see the 4-H Shooting Sports Web page at 4h.unl.edu or contact Tracy at 441-7180.

Ak-Sar-Ben 4-H Expo Results

Several Lancaster County 4-H'ers participated in the 77th annual Ak-Sar-Ben 4-H Livestock Exposition held Sept. 21-26 at the Omaha Qwest Center. More than 2,000 4-H families from eight-states participate in the Expo. Full ribbon results are online at www.aksarben.org. Congratulations to the following, who won top honors!



Jeana Bulling was named the grand champion feeder calf showman.



Receiving the championship in Advanced English Equitation was Cassie Sell.



Melissa Raisch won the championship in Two-Year-Old Snaffle Bit Western Pleasure.

Future County Fair Dates

The Lancaster County Agricultural Society (also known as the Fair Board) has set the dates of the Lancaster County Fair for the next three years:

- 2005 — Aug. 3-7
- 2006 — Aug. 2-6
- 2007 — Aug. 1-5

Change to Rocketry Exhibit Rules

The 4-H Rocketry project now requires only **three** launches to earn the maximum number of launching points on the Lancaster County Fair and Nebraska State Fair score sheets.

Horse Stampede Art Contest Coming Up

As you are working in your art classes or doodling at home during the coming winter months, hang on to your better horse art work (pencil, chalk, charcoal, pen and ink or pastels) for the Nebraska 4-H Horse Stampede Art Contest. This art contest is open to any 4-H'er age 8 or up. Artwork must be a minimum size of 9" x 12" up to a maximum of 18" x 24". More information will be published in upcoming NEBLINES — entries are usually due around the first of February. (MC)

Submit your 4-H news, community service projects or club/project spotlights to Vicki at the extension office or vjedlicka2@unl.edu.

November

Kala Ball

Lancaster County 4-H is proud to announce Kala Ball as winner of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Kala has been leader of the Young Riders 4-H club for three years, leader of the Wee Amigos club for two years, Horse Judging coach for seven years, Hippology and Horse Bowl coach for three years, County Fair 4-H Horse Judging superintendent for two years, and has coached many speeches and demonstrations.

Four 4-H members and one parent nominated Kala:

- Frances Anderson said, "I nominate Kala because she has taught me many skills I can use my whole life."
- Schyler Kerns said, "Kala has helped me become a better rider and really understands me."
- Lindsay Kerns said, "She has been an incredible 4-H leader because she really puts her whole heart into the job."
- Kelli Kerns (parent) said, "She also has encouraged them to try other experiences in 4-H to have a well-rounded experience."
- Katy Cockerill said, "She is more than a leader, she is our close friend and mentor."

Kala said, "I like being a 4-H volunteer as I have been surrounded with the most amazing 4-H families — they make all of the time and effort that I put into the clubs seem effortless. Kids will amaze you if you challenge them to learn. They absorb so much knowledge so quickly, it is often a challenge for myself to keep them learning."

Congratulations to Kala! Volunteers like her are indeed the heart of 4-H!



December

Jo Fujan

Lancaster County 4-H is proud to announce Jo Fujan as winner of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Jo has held many roles during her nine years as a 4-H volunteer: organizational leader of the Shining Shamrocks 4-H club; project leader for Liberty Bell Laborers club; member of 4-H Council; and County Fair 4-H superintendent in the areas of Clover Kids, Clothing and Life Challenge.

"I like being a 4-H volunteer because it's a great way of working with youth of all ages," says Jo. "My favorite experience volunteering at the County Fair was helping as co-superintendent of clothing and working the Spudfest and concession stand. I always enjoy working with the Clover Kids Show and Tell."

Jo lives in Lincoln with her husband, of whom she says, "Bill has been very supportive of my 4-H work — he was a great help with the first Spudfest!" They have three adult sons and a daughter, Monica, who is currently a 4-H member.

In addition to volunteering for 4-H, Jo is on the Booster Board for Pius X High School, is an active band and theatre parent, is an active member of St. Patrick Parish, volunteers at the Matt Talbot Kitchen & Outreach, and is a past Cub Scout leader. Her favorite way to relax is baking, reading and "loafing."

Congratulations to Jo! Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the extension office or online at lancaster.unl.edu/4h. Nominations of co-volunteers welcome.



HORSE BITS

Awards Night Honors

The recent 4-H Horse Awards Night honored 4-H'ers who participated in the Horse Incentive Program and overall winners of the Lancaster County Fair. The Incentive Program encourages members to be involved in different types of horse-related activities as well as community service — youth track their hours.

The Horse VIPS Committee presented a special "True Grit" award to Justy Hagan, "For perseverance in the face of adversity. After, the May 22 tornado took out Justy's house, barn and school, she still headed up her 4-H club (the Riding Wranglers), led the Horse VIPS Committee to another very successful year and put in countless hours as the overall superintendent of the Lancaster County Fair 4-H Horse Show."

LANCASTER COUNTY 2003-2004 4-H HORSE INCENTIVE PROGRAM Level 1 (80 hours) — Kahdijah Green, Anna Kokrda, Claire Kraft, Lee Kreimer, Becky Ward

Level 2 (200 hours) — Elizabeth Gregg, Natalie Anderson, Clint Gregory, Abbie Heusinger, Alyssa Heusinger, Lindsay Kerns, Lyndsy Larson, Andrea McLain, Sara Novotney, Natalie Petersen, Staci Petersen, Nicole Seier, Alex Scheideler, Will Scheideler, Allison Weber, Meredith Weber

Level 3 (400 hours) — Francis Anderson, Cassie Billesbach, Lisa Booton, Samantha Cajka, Katy Cockerill, Shelby Chubbuck, Ben Cruickshank, Alison Daharsh, Daniell Fenster, Danielle Hardesty, Elizabeth Harris, Jessica Harris, Madison Lee, Bailee Peters, Cara Peters, Cassie Sell, Hope Wehling, Rebecca Wehling, Jamie Whisler, Ashley Wiegand, Ryan Zuhlke

Level 4 (600 hours) — Martina Dye, Melissa Ebeling, Elise Edgar, Taylor Holliday, Melissa Raisch, Camille Sass, Hannah Sass, Jessie Smith, Gabby Warner, Nicole Zuhlke

2004 LANCASTER COUNTY FAIR OVERALL AWARDS

Herdsmanship Awards — The Young Riders 4-H Club, winning both herdsmanship and best decorations

Horse Judging: Elementary Division — Kelsey Wolf

Junior Division — Brook Preston

Senior Division — Katy Cockerill

The Dick Confer All Around Trail Award — Mindy Leach

The Franklyn Manning All Around Barrel Racing Award — Peyton Holliday

The Wittstruck Award: All Around Lancaster County Fair Champion — Ben Leach



Ben Leach received the Wittstruck Award: All-Around Lancaster County Fair Champion



Mindy Leach received the Dick Confer All-Around Trail Award



Peyton Holliday received the Franklyn Manning All-Around Barrel Racing Award

4-H Horse Bowl Team Forming

Brenda Messick is starting up a Senior Horse Bowl Team this fall. Anyone, ages 14-18 years of age interested in learning more about horses while being a part of a competitive team, please give Brenda a call at 785-7005. The team would need to get started soon in order to be ready to compete at the State Horse Contest held in March.

How to Organize a Neighborhood Association

Helen Mitrofanova
Extension Educator

A neighborhood association is a group of neighbors who get together, share their ideas, thoughts, feelings and work cooperatively to make their neighborhood a better place to live. Before you ask your neighbors to organize, you have to convince them of the benefits of forming such neighborhood association.

Having a recognized neighborhood will give you a voice and an advocate. Neighborhood associations greatly improve the two-way communication between the city and its residents. Your neighborhood will have a clear, organized way to speak to city government with a guarantee you will be heard. You will have a tool for relating directly to both your elected city council and city service areas. This increased communication can be a resource for upcoming meetings or other community opportunities that may benefit you and your neighborhood. Moreover, you will be put in touch with your neighbors, people who share your fondness for and frustrations of your area.

When does a neighborhood need to develop a neighborhood association? Various issues help a neighborhood to acquire a sense of identity and feel a need to organize and develop a

neighborhood association; for example:

- Land use issues (location of a new school, shopping center, library, highway, etc.).
- Neighborhood improvements (additional street signs or lights, repair of a sidewalk).
- Urban design issues (historic preservation district; developing of architectural themes).
- Dealing with crime and other disturbances.

Before organizing a new neighborhood association, check for existing associations in and around your area. To discover the names and boundaries of existing associations and contact information within these organizations, check the Neighborhood Contact page on the City's Web site at www.ci.lincoln.ne.us/city/urban/comdev/neighbor/nhcont.htm or call the City Urban Development Department at 441-7606. If there is an active neighborhood association in your area, consider joining it!

If you and your neighbors decide to organize your own neighborhood association, consider the following:

- Avoid overlapping boundaries with another neighborhood association (check the neighborhood map in the Lincoln telephone book).
- Identify meeting time and place for the first organizational meeting.
- Widely distribute information throughout the neighborhood

about the new association's first meeting.

- Include everyone living or owning property within the association's boundaries as a potential member.
- Keep everyone informed about association activities. A newsletter or a Web site are two ways to inform your neighborhood about the association's activities.

There are a variety of possibilities for how your neighborhood association can be organized. The type of organization will depend on the role of your neighborhood association and the available resources. There are three basic organizational models your group can choose from:

1. Charitable Organization
2. Non-Profit Incorporated Organization
3. Tax Exempt Organization – 501(c)(3)

The Funders' Group of Lincoln and Lancaster County has created a publication "How to Create a Nonprofit Organization in Nebraska" which is online at www.lcf.org/publications4.htm. For more information about how to become a non-profit corporation, you can check the Nebraska Department of Economic Development Web site at assist.neded.org/npincorp.html

The IRS Web site at www.irs.gov has information about tax exempt organizations.

It is also important to remember the organizational structure that works for your neighborhood now may change in the future. Neighborhood associations change over time as they grow, mature and respond to the needs of their members.

To bring together a quite diverse group of people to reach a common goal is a difficult task. To get started, you will need to form a small group of committed neighbors who share your aspiration to form a neighborhood association. This small group of individuals is referred to as the *core group*. Members of the core group should share a common vision regarding important issues affecting the neighborhood. *Be sure to keep the size of the core group at ten or less people*. If the core group gets too large, it will become unmanageable and result in low productivity. Who should be a part of your core group? People whose views are respected by other members of the community:

- Homeowners
- Business owners
- Apartment residents, managers, owners
- Church leaders
- School teachers or administrators

Once the members of the core group have been identified and a meeting time and place have been established, develop a well-planned agenda for the first

meeting. Nobody likes to attend meetings that are unproductive and a waste of time. During this initial meeting the core group will need to:

1. Determine the boundaries of the neighborhood.
2. Develop a complete list of neighborhood residents.
3. Discuss each person's ideas concerning the problems and needs of the neighborhood.
4. Discuss goals, projects and concerns.
5. Discuss strategies to achieve common goals.
6. Identify current and potential leaders.
7. Determine special skills, talents and willingness to participate.
8. Determine a convenient time and location for members to attend meetings.
9. Determine how frequently members would like to meet.

The core group has to meet several times before it will be ready to hold meeting with the entire neighborhood. Once the entire neighborhood is involved the core group should continue meeting as an advisory board for the newly formed neighborhood association.

Source: "Neighborhood Association How To's" by City of Lincoln, Urban Development Department, 2002; "How to Organize and Maintain a Neighborhood Association" by City of Tallahassee, FL Neighborhood Services Center; Neighborhood Resource Guide 2001, Austin, TX Neighborhood Planning and Zoning Department (YM)

EXTENSION HIGHLIGHTS

2004 Service Awards

Recently, University of Nebraska-Lincoln employees reaching an anniversary year of employment were honored for their work. Extension Educator Lorene Bartos (pictured) was recognized for 35 years of service. Extension Associate Karen Wobig was recognized for 5 years of service.



Public Notice

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2005.

Extension Board members represent and assist University of Nebraska Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, Strengthening Nebraska Communities and Water Quality and Environment. The Board meets monthly.

Registered Lancaster County voters interested in serving a three-year term should complete an application for appointment by November 1, 2004. Additional information and an application can be obtained from the Lancaster County Extension office located at 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Online applications are available at <http://interline.ci.lincoln.ne.us/cnty/commiss/boardapp.pdf> (GB)

Rick Carter Celebrates First Anniversary at Human Services Federation

Susanne Blue
Vice President of
Human Services Federation

Rick Carter, executive director, recently celebrated his first anniversary with the Human Services Federation (HSF). HSF attributes a successful year to Carter's strong and innovative leadership. Carter came to HSF with extensive experience in management and political consulting.

HSF is comprised of 106 member agencies dedicated to the provision of quality health and human services in Lincoln and Lancaster County, working to continually inform, involve, strengthen and increase the capacity and effectiveness of non-profits and the non-profit sector in our community.

In operation since 1982, HSF provides many programs, including publishing the *Community Connections Resource Guide*

and assembles the Human Services section of the *Blue Pages* in conjunction with Alltel for inclusion in the phone book.

Under Carter, HSF developed a new mission statement: "The Federation supports its member agencies through education,

networking and the power of collective action." An example of how this mission works to build the capacity and effectiveness of its membership is through collaborative, educational and advocacy endeavors that promote the delivery of accountable and professional human services in our community.

HSF also works to bring member agencies' collective power together to educate policy makers and the community on



the services available and the impact some decisions have on those services. In addition, HSF works to lower administrative costs through pooled purchasing arrangements such as an Employee Assistance Program and

special projects like our Financial Outsourcing Project, where small agencies are given assistance with their bookkeeping and accounting services as a way to strengthen the agency. HSF is also developing a series of "Best Practices" handbooks to assist agencies in developing strong policies and procedures, thus strengthening the community as a whole.

To learn more about HSF, contact Rick Carter at 441-4399 or go to www.hsfed.org.

Note: UNL Cooperative Extension in Lancaster County is a member of HSF.

Nebraska Disaster-Affected Persons Please Note

Some people who were affected by the tornados and storms that swept through Nebraska from the end of May to early June of 2004 are in need of additional assistance with their recovery process. The Nebraska Disaster Recovery Organization (NDRO) is assisting people with unmet needs

by meeting with them, helping to evaluate what is needed, and working to locate resources to meet those needs.

If you are in need of such services, please call the Nebraska Rural Response Hotline at the number listed below and ask to be referred to the "unmet needs" process.

If you are able to make a financial contribution to help others in needs, use the same toll-free number to do so.

Nebraska Rural Response Hotline 1-800-464-0258 • www.nebraskadisasterrecovery.org

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

OCTOBER

- 23 Acreage Insights: Rural Living Clinics — "Grapes" 9–11 a.m.
- 26 "Cooking Tools for Guys and Gals", *Southeast Community College Continuing Education Center, 301 S. 68th Street Place* 6:30–8 p.m.
- 31 Deadline for 4-H Scholarships and Award Nominations

NOVEMBER

- 6 4-H Fall Rabbit Clinic & Show, *Lancaster Event Center* 8 a.m.
- 12 Extension Board Meeting 8 a.m.
- 14 4-H Teen Council Meeting 3 p.m.
- 15 Dine Out for 4-H/CWF, *Dairy Queen, 1447 N. 27th St.* 4–8 p.m.
- 23 4-H Council Meeting 7 p.m.
- 30 "What's a Parent to Do" Satellite Conference 5:30–8:30 p.m.

DECEMBER

- 1 Deadline for Holiday Gifts for LPS Headstart Program to Extension Office
- 4–5 4-H Shooting Sports Leader Certification, *State 4-H Camp near Halsey*
- 7 "What's a Parent to Do" Satellite Conference 5:30–8:30 p.m.
- 7 4-H Council Meeting 7 p.m.
- 10 Extension Board Meeting 8 a.m.
- 12 4-H Teen Council Meeting 3 p.m.

UNL 2004–05 Red Letter Days

University of Nebraska-Lincoln's open house program is offered to high school seniors and their families. At Red Letter Day, you will have the opportunity to pick from several group presentations: choosing a major, scholarships, learning communities, financial aid and many more. You'll also have a chance to attend academic presentations, meet with faculty from your academic area of interest and interact with current students. For more information and to

register, call 472-2023 or go to www.admissions.unl.edu. Below are dates UNL colleges will host Red Letter Days.

Agriculture & Natural Resources: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Architecture: Nov. 15

Arts & Sciences: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Business: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Criminal Justice: Dec. 3, Jan. 28, Feb. 21

Education & Human Sciences: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Engineering: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

General Studies: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Interior Design: Nov. 15

Journalism & Mass Communication: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Nursing: Nov. 12, Nov. 15, Dec. 3, Jan. 28, Feb. 21

Textiles, Clothing & Design: Nov. 12

America Recycles Day Nov. 15

Do the right thing...and recycle! Lincoln provides drop-off centers to make recycling easier. Recycling helps the environment and saves landfill space.

The City of Lincoln Recycling office locally sponsors the America Recycles Day contest, which offers the following prizes:

Adult prizes

- 2005 Ford Escape hybrid (national drawing)
- One year of curbside recycling (courtesy of Recycling Enterprises)

Youth prizes

- Trek 4300 24-speed bicycle (national drawing)
- \$100 gift certificate to Best Buy (courtesy of Von Busch & Sons Refuse)
- \$75 gift certificate to Wal-Mart (courtesy of Wal-Mart)

You are asked make a commitment to yourself to step up your recycling efforts over the next year in some way, large or small.

To enter, dropoff a pledge card (below) at any of the following locations through Nov. 15:

- any Russ's Market store
- any Wal-Mart location
- Leon's Food Mart, *32nd & South*
- A & J Recycling, *3400 N. 22nd St.*
- A-Can Recycling, *3244 S. 10th St.*
- Mid City Recycling, *4900 Vine St.*
- Lancaster County Extension, *444 Cherrycreek Road*

To find out how easy it is to do the right thing, call the City of Lincoln Recycling Hotline at 441-8215 or go to www.ci.lincoln.ne.us/city/pworks/waste/sldwaste/recycle.

Pledge To Be A Recycler And You Could Be A Winner.

I pledge to renew my commitment to recycling in the coming year by:

- Buying more recycled content products
- Increasing my recycling efforts at home, school and work
- Participating in some other recycling-related effort _____



AMERICA RECYCLES 2004

It All Comes Back To You.

Please enter me in the random drawing to be held on or about December 15, 2004.

No purchase necessary. Your name and address will be kept confidential and you will not be contacted unless you are a winner. Entries must be received by November 19, 2004. For a complete set of rules, visit the America Recycles website, www.americarecyclesday.org. One entry per person.

Name _____

Organization or School _____

Address _____

City _____ State _____ Zip _____ County _____

Daytime Phone _____ Check here if you are under the age of 18
(This information will not be sold or transferred.)

America Recycles is sponsored nationally by:



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NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170

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NEBLINE FEEDBACK

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (*please print*)
2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

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- Change of Address

Comments _____

Story Idea(s) _____

Return to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

PARENTS CAN DO

continued from page 1

- Avoid fried foods.
- Limit the use of butter and margarine.
- Avoid processed baked goods such as cookies, cakes, and doughnuts.
- Present healthy foods in fun and attractive ways. For example, arrange a few raisins, a banana slice and a peach slice into a face on a plate.
- Substitute low-fat cheese such as part skim mozzarella for American and cheddar cheese.
- Avoid using food as a reward or withholding food as a punishment.
- Treat an overweight child like everyone else in the family when it comes to food. For example, if the overweight child is served fruit for dessert, then everyone should eat fruit for dessert, not cake or ice cream for the thinner ones.
- Don't ban overweight children from ever eating higher-calorie foods. Once a food becomes forbidden, it becomes more desirable. Serve these higher-calorie foods on occasion and always at meal time where portion size can be regulated. Don't allow children free access to the refrigerator and cupboards all day long.
- Most importantly, support your overweight child. Don't criticize or blame him or her for the problem. Talk with your child about their concerns with weight and health.
- Be a role model and set a good example.

Increase Your Family's Physical Activity

- The point is not to make physical activity an unwelcome chore, but to make the most of the opportunities you and your family have to be active. Some simple ways to increase your family's physical activity include:
- Increase the child's physical activity level, particularly between the hours of 3 p.m. and 6 p.m. when most overeating takes place. They could participate in organized sports.
 - Plan family activities that provide everyone with exercise and enjoyment, like walking, dancing, biking or swimming. Make sure you plan activities which can be done in a safe environment.
 - Reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games.
 - Be sensitive to your child's needs. Overweight children may feel uncomfortable about participating in certain activities. It is important to help your child find physical activities that they enjoy and that aren't embarrassing or too difficult.
 - Become more active throughout your day and encourage your family to do so as well. For example, walk up the stairs instead of taking the elevator, or do some activity during a work or school break.

Source: Helping Your Overweight Child, Federal Citizen Information Center, online at www.pueblo.gsa.gov/cic_text/health/overweight-kid/helpchld.htm

LPS Task Force to Make Recommendations for Policies, Practices Which Promote Healthy Weight

Kathy Karsting
Health Services Coordinator,
Lincoln Public Schools

In Lincoln Public Schools (LPS) we see the childhood obesity and eating disorder issues first hand. Any school nurse can speak of children who are clearly very uncomfortable with their weight and being weighed. LPS nurses pool our ideas to provide privacy, demonstrate sensitivity and show positive attitudes and acceptance. The school nurses also want to be attentive to the child whose growth patterns during the school years indicate possible medical disorders that need further attention.

What should we in the school do about these issues, especially in these days of tight budgets and emphasis on classroom performance first and foremost?

Whatever we do, we don't want to make the problem worse by making children feel stigmatized. Food and meal patterns, body image

and even physical activity are important aspects of family culture and tradition. School nurses desire to be a good resource to educators about eating disorders. We want to help identify the child who is living the dangerous nightmare of eating disorders such as bulimia or anorexia and work with families to get the help they need. In the course of producing an educated person ready to be a responsible adult, it would be nice to produce a graduate who is an informed healthful consumer of food products and enjoys regular physical activity.

Yet some would ask, to what extent are these matters actually related to educational priorities? To help chart an appropriate and meaningful course through these issues, LPS has formed a "Promoting Healthy Weight" task force of community members and school personnel.

The task force is made up of public health, diabetes, nutrition and family and community education experts with school personnel representing building principals, health

services, health and physical education, nutrition services and school social workers. The volunteer physicians and health professionals on the district's medical advisory committee are also very involved in planning our health screening program.

Our task force goal is to develop 4-8 prioritized, implementable consensus recommendations for district policies, practices and standards to promote healthy weight. While the task force members are not asked to oversee the implementation of the recommendations, their work will provide the basis and focus for internal change that can be undertaken from within the district.

We used as our starting point, *The Role of Michigan Schools in Promoting Healthy Weight*. This document includes a long hard look at the school setting and how we create environments that are/are not conducive to healthy eating and physical activity. The recommendations and questions raised about screening programs in which children are weighed and

measured are very provocative.

The issues of healthy eating, physical activity, respect for oneself and others may not be measured on report cards or statewide performance standards. They are eventually evident, however, in the health and happiness of our children, their life expectancy, and the quality of life. The school alone will not solve the problems of obesity and eating disorders. However, as school health personnel, I think we can expect to:

- contribute to the solutions that are evidenced by science;
- do no harm and don't make the problems worse;
- use the resources and expertise we have in the most effective and efficient means we can to help students.

If you would like more information or have comments about the role of the school in addressing obesity, please contact Kathy Karsting (kkarsti@lps.org) or Marybell Avery (mavery@lps.org).

LOCAL EFFORTS

continued from page 1

physical activity. Events and resources provide parents and schools strategies to encourage a safe, healthy walk to school. Contact: Mike Heyl, Lincoln-Lancaster County Health Department, at 441-8000.

All Recreate on Fridays (ARF) — The Nebraska Health and Human Services System Cardiovascular Health Program is launching ARF for elementary- and middle-school aged youth. Participants aim to be active at least 60 minutes every Friday through school, family and community activities. Contact: Michelle Garwood at 471-0505 or go to americonthemove.org and click on "My Community" and then select "Nebraska."

Action for Healthy Kids (AFHK) — A way to combat the epidemic of overweight children in the school setting. A nationwide initiative to promote nutrition and physical activity in Nebraska schools. Contact: Janice Strang at 800-279-2643, Jamie Hahn at 471-3493 or go to www.actionforhealthykids.org.

Mayor's Run for Children/Kids Grand Prix — 10 select Lincoln Track Club races are part of the Kids Grand Prix which is a noncompetitive program open to all students up to sixth grade. The Mayor's Run for Children one-mile run is America's second largest children's running event, attracting approximately 2,000 youth annually. Contact: your school PE teacher or go to www.lincolnrun.org.

Red in Motion — This program fosters change through mentoring. University of Nebraska students from the Healthy Living Center are paired with fourth and fifth grade children who are at risk for obesity-related health problems. This effort is a partnership between Saint Elizabeth Medical Foundation, LPS and UNL. Contact: Christina Perry, UNL Nutrition and Health Sciences, at 472-3922.

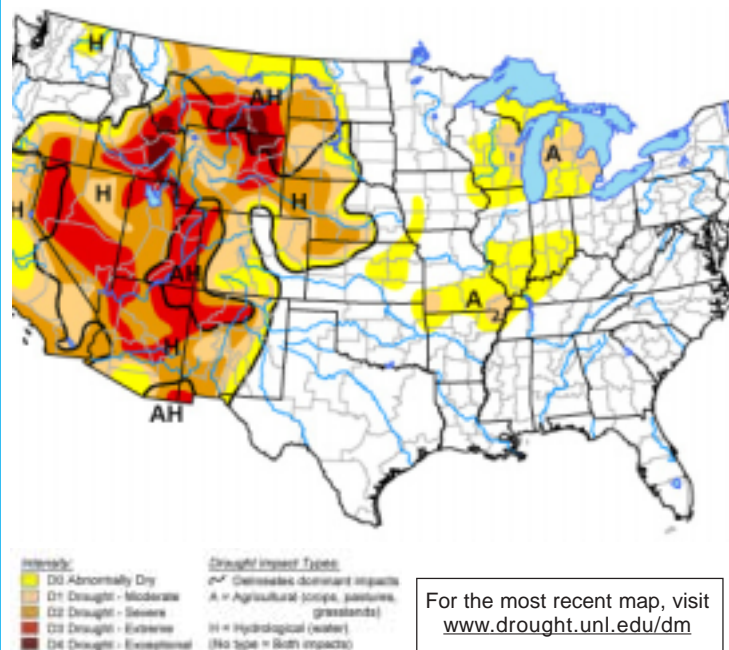
N-Lighten Nebraska/N-Lighten Kids — In this annual four-month competition, teams of 2 to 10 members (families, friends, etc.) work together toward the common goal of living healthier lives. 2005 dates are Feb. 1 to June 1. Contact: Cornhusker State Games at 471-2544 or www.n-lightennebraska.com.

4-H — More than 450 Lancaster County 4-H'ers are currently enrolled in 4-H food/nutrition projects. Other 4-H projects encourage youth to stay active, such as gardening, pets, entomology and rocketry. 4-H is open to all youth ages 5-19. Contact: UNL Cooperative Extension in Lancaster County at 441-7180 or lancaster.unl.edu/4h

Women, Infant and Children (WIC) — WIC provides nutrition education, health assessments, information about physical activity and vouchers for nutritious foods to income eligible pregnant/postpartum women, infants and children under the age of five. Contact Lincoln Lancaster County Health Department at 441-6200 or Family Service WIC at 441-8655.

Latest U.S. Drought Monitor Map

As of Oct. 12, Lancaster County was not in drought conditions.



Can You Guess It?



Did you guess it? Find out at
lancaster.unl.edu

Did you guess it from the October NEBLINE?
The answer was a tree pushing against the sidewalk.