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ITCH MITE EPIDEMIC Hits LINCOLN
see page 7

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.

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/nek.

Walking School Bus/Walk to School Day/Walk Your Child to School Week — Many local organizations sponsor this initiative to promote healthy eating habits with regular physical activity is the most efficient

What Parents Can Do

Children become overweight for a variety of reasons. The most common cause is a 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 and healthful ways to control weight.

Teach Your Family 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
Don’t Forget to Winterize Your Underground Sprinkler System

Tina Barrett
Director, Nebraska Farm Business Association

Many urban and rural homeowners have automated their 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 step is to take in the fall is to drain the system so you can avoid 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 system to the first set is on. This will relieve water pressure in the plumbing for the season.

To get water to drain out of a pipe, you must allow air into the pipe. This is typically done by having them turn their thumb on the end of a soda straw can attest. You can let air into the sprinkler system by opening the small valves (pet- cocks) on the vacuum relief valve assembly on the side of the house. Cycle through each irrigation set, allowing set intervals for all the water to drain through the lowest sprinkler(s) at that set. In that set, 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.

Manege Pays Better Than Labor

Year end is when ag producers can spend some time analyzing the year going 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 have an important impor- tance 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 further 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, is a risk, a balance between labor and management. Too many managers or 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 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-level 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 shift the management end of the business. (TD)

Tax Planning Update for 2004

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 year. 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 tax depreciation in the past few years. Initially, there was an allow- ance for a 30 percent Bonus Depreciation, where 30 percent of the cost of any new asset purchased was written off to 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 provision 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 limited the jump from $25,000 to $50,000 in 2003 and also increased the capped 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 chatted 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.

Federal retail taxpayers may 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.

The major difference between the Bonuses Election and the Section 179 Election is that the bonuses are available for all taxpayers, where the 179 Election is only available for a 30 percent bonus for farmers? The main difference for a farmer is that if a final bill passes it will include much more than the original level ($2,000 drop for a married couple and $1,000 for a single individual) after the 2004 tax year. (TD)

The expanded 10 percent tax bracket will also go back to its original level ($700 per child. It is not set to return to $1,000 until 2010. This amounts to $100 in tax savings per married couple, $50 for a single individual) after the 2004 tax year. (TD)

For most taxpayers, this 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 original level ($2,000 drop for a married couple and $1,000 for a single individual) after the 2004 tax year. (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 (laser), 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 production risk and price risk plan. This year? Will you buy 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 other purposes?
❑ Farming, as with every corporation, is a risk, a balance between labor and management. Too many managers or 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 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.
❑ Do you have the basis to develop a risk management and production risk plan? How are you going to manage both crop or livestock insurance? Will you forward price any portion of your production if a profitable price can be locked in?
❑ Have you thought about what types of equipment plan to pay for the replacements?
❑ What is your cost of production per unit (laser), per acre or per head this year? How does that compare to previous years? What enterprises do you want to get into or out of? Will you want family members into the operation? Do you have a retirement plan?
❑ Are there goals in this plan? 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.
The tree-lined 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 their presence, what the tree has put aside and saved enough resources to respond to the new season of growth. Winter screens for trees. Trees must stand in the face of drying and cold winds. Food reserves are carefully preserved for the coming needs of spring and winter. Weather continues to thicken through the tree until it freezes. Any creature needing a meal chews and nibbles by anesthetizing the rest of the house and wrecks the covering. Trees stand against all circumstances that the winter season can generate.

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 anyone who advertises that they are “topping” as a service. “Topping” is not an approved tree maintenance practice in normal conditions and will seriously damage the tree.

• Ask if the arborist is certified. The International Society of Arboriculture (ISA) 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 “treatment” 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 carries several kinds of insurance as well as pay for expensive and specialized equipment. Beware of estimates that fall below the normal 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.

With cold weather upon us, you may begin to store firewood in or near your homes. However, you may be storing more than just firewood. Negligence in its storage can quickly bring insects into the house.

As long as wood is properly handled and stored, no presence of insects in the home can be avoided. If wood is kept below 50°F, insects living in it may not survive, but 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, thereby contaminating the home.

Store wood away from the house and under a cover, such as a wood shed, utility building, 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 water to contact the wood because pesticides can release poisonous gases when the wood is burned.

If firewood is infected, such as bark beetles, ambrosia beetles and both roundheaded and flatheaded wood borers, the wood will emit odors they are not likely to attack wood in the home. However, powderpost or lyctid beetles can infest the hardwood from which they emerged and can attack other unfinished hard-woods in the house.

Note: This is part of a series of articles related to rural water issues.
Tips on Turkey Preparation

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 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 or piping seasoned 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 | 2½–3 hours |
| 12–14 pounds | 3–3½ hours |
| 14–18 pounds | 3½–4½ hours |
| 18–20 pounds | 4–4½ hours |
| 20–24 pounds | 4½–5½ hours |

Stuffed | 8–12 pounds | 3–3½ hours |
| 12–14 pounds | 3½–4 hours |
| 14–18 pounds | 4–4½ hours |
| 18–20 pounds | 4½–5½ hours |
| 20–24 pounds | 5½–6½ hours |

Carving Tips

Let the turkey stand 20 minutes before removing stuffing and carving. This allows the juices to settle 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.

Green Onion and Corn Bread Stuffing

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

1. Wash about 10 minutes after removing turkey from the oven to allow the juices to drain.
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 refrigerated turkey directly into the oven. It’s not safe to let your turkey warm at room temperature before reheating it.

Storing Nonstick Skillets

If using nylon or wooden utensils is recommended for nonstick skillets, try paws and sauté pans to avoid scratching them. What precautions can you take to avoid chips and scratches on your nonstick pans and skillets?

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 nonstick skillets.

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 on your nonstick pans and skillets?

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 nonstick skillets.

Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

Agriculture has information about preparing turkey (see right) and also indicates the turkey has reached the final temperature for safety and doneness.

Cooking Tools Class Oct. 26

Explore the world of affordable, easy-to-use cooking tools at a one-night class “Cooking Tools for Guys” 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 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 things that bring 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.

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

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

Patterned Family Interactions — those events are centered around everyday things we do together such as weekly schedules, showing a child how to make a sandwich, or establishing a signal to ease your child into bed time.

Families remarked, “Families that participate in weekly schedule together, the day to day things in life (dinner time, bed time, etc.)”.

There are three types of family traditions:

1. Time to relate or communicate with one another.
2. Help in adapting to new stages of development, emotional or the flow of events.
3. A time to heal and forgive from a loss or disappointment in life.

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.

As you recognize the traditions and rituals in your family, 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.

Starting today, by realizing the daily things you do make your family special. Realize those “little things” done together are really memories in the making.

Family Traditions

“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 economies is causing increasing concern across rural Nebraska. Research findings of rural retailers and their relationships with their communities, consumer preferences in the marketplace and the multiplier effect of dollar that is kept in 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)

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 a mixture of dish soap 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.

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.

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

RESPONSIBILITY — Do what you are supposed to do.

PERSISTENCE — Keep on trying; Always do your best. Use self-control. Be accountable for your choices.

FAITHfulness — 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)
Horticulture

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 the 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 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 hay 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.

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, clipped 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, cypress and eucalyptus, 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, green materials. 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 it in a cool, dry location, such as a garage, during the remaining time.

Care of Cyclamen

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 humus, garden soil and peat moss, with half the crown above the soil.

Making a Holiday Wreath

Things to do this month

- Real trees recycle back to the earth from where they started.
- Buy a home weather station that includes a minimum-maximum thermometer.
- Start reviewing your garden notes to help with next year’s plans.
- Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.
- Plant Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.
- Keep trees and shrubs for bagworm capsules. Remove all mummified fruit from fruit trees and rake up and destroy any fallen fruit.
- After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for mulch.
- One acre of trees = oxygen for 18 people per year.
- Real trees recycle back to the earth from where they started.
- Buy a home weather station that includes a minimum-maximum thermometer.
- Start reviewing your garden notes to help with next year’s plans.
- Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.
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A microscopic mite, *Pyemotes herfi*—applied as 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 leaf-boring insects (potential biters) can emerge from that 16,000 adult female itch mites of the trees into wind currents to crawl about on foliage or bail out predation or by evacuation from and pupate for the winter. The microscopic itch mite females with enlarged abdomens

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 severe enough to cause concern.

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 house. Spraying trees is very expensive and rarely will coag 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 wind-borne mites are merely falling onto people, it is doubtful that DEET repellents will help prevent bites.

Q. What are the effects of the bites? A. 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. This problem is related to the high populations of the “leaf edge” gall maggots. According to Mary Jane Froge, Lancaster County extension associate, some increase in these galls was noted in 2004, but this year, these galls were abundant. There is a typical cyclical predation cycle: the increase of the prey population (the maggot) results in more food, therefore increasing the predator population (the mite). 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 the year, but the description of the bug was typical of an itchy bite. By the following Monday, more than half a dozen Lincoln residents called describing the same bites. They also noticed a 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 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. Many people 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.

In an open “leaf edge” gall, Pin oak leaf infested with “leaf edge” galls. The bottom line is, you should see a doctor when symptoms are severe enough to cause concern.
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. 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
• Milner 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 intergenerational activities.

Note that participation in this type of community service can be turned into a 4-H County Fair “Discover You... 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 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 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.

Teen Council Invites New Members

The Lancaster County 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.

For Youth Ages 7 and under

For more info, call Rodney at 782-2386 or Marty at 441-7380.
Sponsored by the Lancaster County 4-H Rabbit VIPS Committee & Rabbit’s ‘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 CYSTF 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 year’s 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 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.akserben.org. Congratulations to the following, who won top honors:

Jeana Bulling was named the grand champion feeder calf showman. Melissa Raisch won the championship in Advanced English Equitation was Cassie Sell. Receiving the championship in Advanced English Equitation was Cassie Sell.

4-H & Youth
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 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 ages 8 or up. Artwork must be in black and white, size of minimum 9” x 12” up to a maximum of 18” x 24”. More information will be published in upcoming Newsletters — entries are usually due around the first of February. (MC)

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 five years, County Fair 4-H Horse Judging superintendent for two years, and has coached many speeches and demonstrations.

- 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 effort less. 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!

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 Laboreers 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 theater 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 “loading.”

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

ORSE 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 — you 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 4-H Horse Show.”

LANCASTER COUNTY 2003–2004 4-H HORSE INCENTIVE PROGRAM Level 1 (60 hours) — Kahlidjah Green, Anna Koletich, Claire Kraft, Lee Kreimer, Becky Ward
Level 2 (200 hours) — Elizabeth Gregg, Natalie Anderson, Clint Greggs, 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 Bridon, Samantha Caja, Katy Cockerill, Shelby Chubbuck, Ben Cruickshank, Alison Daahar, Daniell Fenster, Danielle Hardesty, Elizabeth Harris, Jessica Harris, Madison Lee, Bailee Peters, Carla Peters, Cassie Sell, Hope Wehling, Rebecca Wehling, Jamie Whisler, Ashley Wiegand, Ryan Zhukhe
Level 4 (600 hours) — Martina Dye, Melissa Ebeling, Elise Edgar, Taylor Halliday, Melissa Parish, Carville Sass, Hannah Sass, Jessie Smith, Gabby Warner, Nicole Zhukhe

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 Franklin Manning All Around Barrel Racing Award — Peyton Holaday
The Wittstruck Award: All Around Lancaster County Fair Champion — Ben Leach

November
December

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.
Helen Mitrofanova
Extension Educator

A neighborhood association is a group of neighbors who get together to 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.

A recognized neighborhood will give you a voice and an advocate. Neighborhood associations greatly improve the two-way communication between the city and its resi-
dents. 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 and help you pursue 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 organiza-
tions, check the Neighborhood Contact page on the City’s Web site at www.ci.lincoln.ne.us/city/urban/condmls/neighborhood.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 neigh-
borhood 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.

There are a variety of possibilities for how your neighborhood association can be organized. The type of organiza-
tion will depend on the role of your neighborhood association and the available resources.

There are three basic organiza-
tional models your group can choose from:

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

The Copper Hills’ Group of Lincoln and Lancaster County has created a publication “How to Create a Neighborhood Organiza-
tion in Nebraska” which is online at www.lfc.org/neighborhood.html. For more information about how to become a non-profit corpora-
tion, you may refer to the Nebraska

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 at 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.

Carter 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 service programs to Lincoln County, working to continue its strong role in strengthening and increasing the capacity and effectiveness of non-profit and the non-profit sector in our community.

In operation since 1962, HSF has become a trusted, essential resource, including publishing the Community Connections Resource Guide and assemblies the Human Services Federation section of the Blue Pages in conjunction with Allenhill in the phone book.

Under Carter, HSF developed a new mission statement: “The Federation supports its member agen-
cies 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’ community resources 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 and special projects like our Financial Outsourcing Project, where we help to provide our 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 best policies and procedures, thus strengthening the community as a whole.

To learn more about HSF, contact Rick Carter at 441-4399 or via email at rick.carter@hsf.org. For more information, visit the Human Services Federation Web site at www.hsf.org.

Source: “Nebraska Association News” by City of Lincoln, Urban Development Department, 2002, “How to Organize and Maintain a Neighborhood Association” by CO of Nebraska, PE Neighborhood Services Center, Neighborhood Resource Guide 2001, Austin, The Funders’ Group of Lancaster County is a member of HSF.

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 Strengthening Nebraska Communities and Water Quality and Environmental. The Board meets monthly.

Registered Lancaster County voters interested in serving a three-year term should complete an appointment application at the Lancaster County Extension office located at 444 Cherry creek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Online applications are available at http://co.lancaster.ne.us/communities/boardsdpm.pdf (GB)
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

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, Feb. 21

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

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)
• Trek 4300 24-speed bicycle (national drawing)

Youth prizes
• 2005 Ford Escape hybrid (national drawing)
• 24-speed bicycle (national drawing)

$100 gift certificate to Best Buy (courtesy of Von Busch & Sons Refuse)

$575 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, drop off 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, 3242 S. 10th St.
• Mid City Recycling, 4900 Vine St.
• Lancaster County Extension, 444 Cherry Creek 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/decwaste/recycle.

America Recycles Day No. 15

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.

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 ______

Daytime Phone ___________ County ____________ Check here if you are under the age of 18: ________________________

THIS INFORMATION WILL NOT BE SOLD OR SUBSCRIBED

America Recycles is sponsored nationally by: University of Nebraska Cooperative Extension in Lancaster County
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 on a fruit skewer. Substitute low-fat cheese such as part skim mozzarella for American or 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 dessert for dessert, don’t eat cake or ice cream for the thinner ones.
• Don’t ban overweight children from ever eating higher-calorie foods. As 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, particularly between the hours of 3 p.m. and 6 p.m. when most overweight children are at home. 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 through out your day and encourage your child 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.

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 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.

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

Red in Motion — This program fosters change through mentoring. University of Nebraska-Lincoln Lancaster County 4-H’ers are working with postpartum women, infants and children under the age of five. Current participants are Early Childhood Development, Lancaster County Build a Better World, and Community Health and Nutrition. Contact: Ms. Kathy Karsting, Health Services Coordinator, 800-279-2643 or by email, (karys@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 get to our website, www.arfnebraska.org and click on “My Community” and then select “Nebraska.”

Action for Healthy Kids (AHK) — 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. Contacting Janice Strang at 800-279-2643. Contact: Jamie Hahn at 471-3493 or go to the website, 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.lincolnsrun.org.

LPS Task Force to Make Recommendations for Policies, Practices Which Promote Healthy Weight
services, health and physical education, nutritional counseling 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.

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 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. For example, do we use 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, we think we can expect to:

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

If you would like more information or have comments about the role of the school in addressing obesity, please contact Kathy Karsting, School Health Coordinator, at 471-8700 or Mary ella Avery (mavery@lps.org).

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.