10-1997

The NEBLINE, October 1997

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Character Counts!

Pledging allegiance to our country.

Lending a hand to the citizenship flag.

The children worked together to learn how to build character.

Character Counts! activities included educational games and activities celebrating the Six Pillars of Character.

- Trustworthiness: Horton Hatches an Egg by Dr. Seuss (design your own egg)
- Responsibility: The Very Busy Spider by Eric Carle (make a spider web)
- Respect: The Grumpy Ladybug by Eric Carle (make a ladybug from construction paper)
- Fairness: The Doorbell Rang by Pat Hutchins (share small cookies)
- Caring: The Patchwork Quilt by Leo Lionni (make a patchwork quilt piece using fabric or various shaped pieces of construction paper)
- Citizenship: Swimmmy by Leo Lionni (make a fish with small fish-shaped crackers)

Great volunteers provided leadership at the daycamp.

Bob Cunningham, a local firefighter, shows off his character.

Mark your calendars! October 12-18 is Character Counts! Work across the nation. What a perfect time to reinforce the Six Pillars of Character: fairness, respect, responsibility, caring, trustworthiness and citizenship. Join in the fun and figure out ways that you might make character count during the week. How about designating a day of the week for each pillar and reinforcing the pillar through exciting activities and discussions? Homilies, sermons and talks in faith communities could reinforce the six pillars or the pillars could be recognized in religious text or stories. Teachers and coaches could use the language of the pillars during classes and sports events. The list is endless, be creative! If you need some ideas, call LaDeane, Jackie or Karen at 441-7180. They may give you a start. For more information about Character Counts!, contact LaDeane at 441-7180. All people using the curriculum are required to have training, so plan to attend the workshop October 4. (See registration form on page 7.)

LaDeane Jha
Extension Educator
Jackie Gloystein
Extension Intern
Karen Whitson
VISTA AmeriCorps

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Books and activities celebrating the Six Pillars of Character

Bob Cunningham, a local firefighter, shows off his character.

Lending a hand to the citizenship flag.

The children worked together to learn how to build character.
Garden poster contest for youth

The National Junior Horticultural Association is sponsoring a garden poster contest for youth ages 5 to 14 years. This year’s theme is “How Does Your Garden Grow?” Please share the information about this contest with 4-H members, Clover Kids, 4-H leaders, elementary schools and anyone else who may be interested.

Rules & regulations to enter:
1. The age groupings are:
   • Division I—5-7 years of age
   • Division II—8-10 years of age
   • Division III—11-14 years of age
2. Drawing must be on stand-in white 8-1/2” x 11” paper.
3. Only one entry per participant; each entry must be accompanied by a self-addressed stamped envelope. Results will be mailed by January 15, 1998.
4. Place the artist’s name, address, age, and date of birth on the back of the entry.
5. Drawing must be original colored work based on this year’s theme, “How Does Your Garden Grow?”
6. Entries will not be returned. The National Junior Horticultural Association reserves the right to use the drawings for publicity purposes.
7. The current year’s theme must appear somewhere in the poster.
8. Entries must be RECEIVED by December 1, 1997.
9. Failure to comply with any of the above mentioned rules results in automatic disqualification.
   • First place winners in each division will receive a garden tool set and a $10.00 seed certificate.
   • Second and third places in each division will receive a $10.00 seed certificate.
   • Every participant will receive a packet of seeds. (MM)

Harvesting popcorn

There are no shortcuts to popcorn harvest. Popcorn must mature on the stalk. In a normal year, it takes about 120 days from seed to harvest.

The kernels are usually hard and ready to harvest by the time the stalks turn brown and dry. The husks will be dry also. Harvest before cool, damp weather settles in, to prevent the possibility of mold growth.

After picking the ears, remove the husks and cure the ears for two or three weeks. To cure, place them in a mesh bag and hang in a warm, dry, well-ventilated place. After curing, remove the kernels by rubbing one ear against another, starting at the tip and working toward the base.

Store the kernels in sealed one-quart jars, filled three-fourths full and store in the refrigerator, if possible. Properly stored popcorn should keep three to four years before becoming stale.

How popcorn pops depends on its moisture content. If many kernels remain un popped or pop only partially, they are too dry. Try adding one tablespoon of water per quart jar and shaking the jar twice a day for a couple of days. If a test popping shows kernels are still too dry, repeat the process once.

If kernels are too moist, they will pop very slowly with a loud explosion and steam may rise from the popper. To encourage moisture loss, leave the popcorn container unsealed until a test popping shows the kernels are properly cured. (MM)

Clean up that garden

When the last of the fall harvest is complete, one more gardening task remains: a fall garden clean up.

Remove diseased plant debris and plow under other residues. This will reduce the number of overwintering insects and disease organisms and minimize these problems in next year’s garden. Fall plowing may enable you to get an early start next spring.

Insects that may overwinter in the garden include cucumber and potato beetles, squash bugs and tomato hornworms. Removing squash bugs and tomato hornworms eliminates their overwintering shelter.

Winter’s freezing and thawing action will break up the soil. By spring, all you’ll have to do is lightly rake your seedbed before sowing lettuce.

As long as you’re turning the soil anyway, take the opportunity to turn under magazine, commercial fertilizer, compost or ground up leaves to enrich the soil. Manure spread and leaves or composted enough to next year’s garden will have rotted down by next spring to provide valuable plant nutrients. (DI)
Last 1997 Household Hazardous Waste Collection

Reminder: These collections are for households only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

Bring household hazardous waste on Saturday, November 8, 9:00 a.m.-3:00 p.m. to State Fair Park at the 4-H Youth Complex. Household Hazardous Waste Collections will take:

- **Heavy metals**—Wastes containing mercury such as thermometers, thermostats and fluorescent bulbs. (Many batteries contain heavy metals but can now be recycled locally.)
- **Solvents**—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- **Pesticides**—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc. Acceptable pesticides also include EPA banned chemicals in the box below.
- **Items containing PCBs**—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors, and televisions.

Please keep products in the original container and keep the label. If the label is already destroyed or unreadable, label the products to the best of your knowledge. Opened, leaking or rusted containers should be placed in a clear plastic bag during transport to a collection. Please, do not mix chemicals!

Do NOT bring—
- **Latex Paint**
- **Medicines**
- **Fertilizers**
- **Explosives & Ammunition**
- **Antifreeze (recycle)**
- **Used Oil (recycle)**
- **Batteries (recycle)**
- **General Household Trash or Business Waste**

If you have questions on how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040. (BPO)

EPA-banned, common household chemicals

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Other Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlordane</td>
<td>Chlorof, Chlordane, Chloroth, Bent, Niran, Gold Crest, C-100, Kleox Lindane, Ortho-Klor</td>
</tr>
<tr>
<td>Silver (2,4,5-TP)</td>
<td>O-X-D, Weed-B-Gon, Propon, Sila-rhap, Sila-lat, Ded-Weed, Kuran</td>
</tr>
<tr>
<td>2,4,5-T</td>
<td>Brushoff, Weed-B-Shield, Brillert, Redxx, Fence Rider, Trixon, Veon</td>
</tr>
<tr>
<td>PCP (Pentachlorophenol)</td>
<td>Dowicide, Pentacan, Santobrite, Thompson's Wood Fix</td>
</tr>
</tbody>
</table>

Web sights

Arlene Hanna
Extension Assistant

Afraid of spider webs? Don’t be. Webs aren’t scary at all—unless you’re an insect! Web-spinning spiders live on the grasshoppers, flies and other tasty bugs that get tangled up in their webs. A hungry spider will make a meal of just about any insect that blunders into its web. The spider pounces on the trapped insect, wraps it in sticky threads and bites it. This bite knocks out the victim so it doesn’t feel a thing and the poison in the bite liquefies the insect’s insides. The spider devours up its meal, leaving the wrapped-up insect shell, or silk casing, behind.

Spider webs are strong, but not that strong. Struggling insects or heavy rainstorms can damage them. When that happens, it’s time to rebuild. Many spiders eat the remains of their old web. That allows them to recycle the proteins found in the silk.

If you find webs would be sunk without silk! In addition to web-making, spiders use silk to wrap up their prey and to build egg sacs that hold baby spiders. Silk even helps young spiders find homes of their own. A spider climbs to the top of a web or stalk of grass and releases fine strands of silk. The silk “balloon” catches a breeze and carries the spider off to a new neighborhood.

Not all spiders spin webs, but they all produce silk, the material from which webs are made. Spiders have three pairs of spinnerets, located in the tip of the abdomen. Each spinneret contains lots of “prings” that release fluid loaded with proteins. As the fluid dries, it becomes stretchy and lightweight—so light that a line of silk wrapped around the Earth would weigh less than one pound!

Spider silk is sturdy, too. Scientists have found it could be used someday to make rope or to stitch up patients after operations.

Spider webs come in lots of different sizes. The webs of tropical orb weavers can measure more than six feet across. Other webs are less than 3/4 of an inch wide! A typical spider can weave a web in about an hour. Some spiders make a new web nearly every day. They like to do their spinning in the middle of the night or just before dawn.

How do spiders avoid getting caught in their own webs? Some have oily feet that slide across the sticky spiral threads in their webs. Others just try to be careful—they avoid the sticky strands and walk on the spokes of the web.

There’s a mouse in the house!

Cool temperatures in September and October prompt animals to seek shelter before colder winter temperatures arrive. To keep mice and other unwelcome critters outside, caulk or fill cracks around windows and foundations that are 1/4” or greater. Mice can squeeze through spaces as small as the width of a pencil. If you see evidence of mice inside the house, set several snap traps. Place traps next to walls or objects, in areas where mice travel, not in the center of a room. A hungry mouse will eat just about anything, but the best bait for your traps is peanut butter. Sometimes, a clever mouse will lick the peanut butter off the trap plate without springing the trap. Try tying a small piece of bacon to the trap plate with thread to prevent bait stealing. Make sure traps are checked daily and replace bait, as needed. An unaughten snap trap will not catch any mice.

Live traps can also be used to catch mice but they are most useful when the populations of rodents are so high that baiting and setting individual traps is impractical. Live traps can usually be purchased at farm supply stores. These traps rely on a mouse’s natural curiosity to explore and find new hiding places and no bait is needed to attract them. They need to be placed in locations where mice are traveling.

Fissic traps can be used for rodent control, but are not recommended inside houses because poisoned mice may die inside walls and a foul odor will come from the decaying carcass. These odors cannot be eliminated without removing the dead rodent, although the odor will dissipate over time. Dead animal carcasses inside the wall may become infested with flies and carpet beetles that may also infest the home.

For more information about mouse control, refer to NebGuides G1105, Controlling House Mice. It is available at the Lancaster County Extension Office. (BPO)

Interested in a variety of experiences?

Pioneers Park Nature Center offers many wonderful programs and events for you and your family. The following programs are listed in the Fall ‘97 issue of the Haines Branch Interpreter (a newsletter of Pioneers Park Nature Center). For more information, stop by Pioneers Park Nature Center or call the center at 441-7895. (SE)

(∗ require a nominal fee)
- **Family Hayrack Rides**—Call for dates (several offered)
- **Bird Banding Demonstrations**—Saturdays, September-October, 9:00 a.m.-noon, Free
- **Constellation Walks**—Friday, October 3, 8:30 p.m. and Friday, November 7, 8:00 p.m.
- **Wilderness Park Fall Hike**—Saturday, October 11, 8:30 a.m.-1:00 p.m.
- **Early Morning Bird Walks**—Sunday, October 12, 8:00 a.m. and Sunday, November 2, 8:00 a.m.
- **Bird Feeding Workshop**—Saturday, October 18, 1:00-4:00 p.m., Free
- **Free Guided Hikes**—Call for dates (several offered)
- **Spoktacular**—Thursday, Friday, and Saturday, October 23, 24, and 25, 7:00-9:30 p.m.
- **Birding Tour**—Saturday, November 8, 8:00 a.m.-noon
- **Breakfast with the Birds**—Saturday, November 15, 9:00-10:30 a.m.
- **Howling at the Moon**—Saturday, November 15, 7:00-8:30 p.m.
- **Campfire Glow**—Friday, November 21, 7:30-9:30 p.m.
- **Squaw Creek National Wildlife Refuge Trip**—Saturday, November 22, 8:00 a.m.-4:00 p.m.
- **Winter Magic**—Saturday, November 22, 1:30-3:00 p.m.
- **Bird Track—Saturday, November 6, 7:00-8:00 p.m.
- **Crafty Critters and Nature Nuts**—Saturday, December 13, 10:00 a.m.
- **Tracking for Winter Fun** (grades 1-4 w/adult)—Sunday, December 14, 1:30-3:00 p.m.
- **Holiday for Cardinals (4-7 year olds w/adult)—Saturday, December 20, either 12:30-2:00 p.m. or 3:00-4:30 p.m.
- **Fibonacci Celebration (Winter Solstice)—Sunday, December 21, 7:00-8:30 p.m.
- **Winter Wildlife Day Camp** (grades 3-6)—Tuesday, December 30, 10:00 a.m.-2:00 p.m.
Consider estate settlement costs early

Transferring a family-owned business from one generation to the next isn’t as simple as handing over a key. For many, the main goal is continuing the operation under family control. Planning for a transfer can help make that goal a reality.

A ranch or farm that supports one or more families must consider legal and estate control settlement. The estate and survivors can face high costs for any or many of these factors:

• The value of the taxable estate was underestimated because the effects of recent increases in land prices weren’t recognized and planned for; or because the settlement value of the deceased person’s life insurance is included in the taxable estate.
• Property of the first family member to die passed to the surviving spouse, making the second estate too large to avoid taxation.
• A trust declaration prepared some time in the past required that the trust retain part or all of the income it receives and wasn’t amended after the income tax rate on income retained in a trust was greatly increased.
• At the time of death the deceased person had tax-deferred retirement accounts (such as Keogh, IRA, SEP), but hadn’t declared a liquidation plan or named the beneficiary, or had designated the estate as the beneficiary.
• No estate planning was done or previous planning wasn’t updated. Whether or not it was no longer appropriate.
• Litigation over the estate distribution was initiated by survivors who didn’t know about or didn’t accept the thinking of the deceased about inheritance plans.
• The deceased person had no health insurance or long-term insurance coverage and large medical or other care costs were claims against the estate.

For most family operations, estate settlement costs can be greatly reduced through estate planning. The plan should be designed to reach outcomes desired by the family while using available means of reducing estate settlement costs.

To avoid excessive costs and their effects on the viability of family operations:

• Take action now.
• Build communication within the family.
• Identify the desired outcome.
• Resolve issues that might block success.
• Use the knowledge and skills of estate planning professionals while developing an estate plan.
• If an estate plan already exists, regularly update it.

Action taken now can ensure that the family ranch or farm remains a family operation.

Although Congress is examining legislation to reduce estate taxes, the nature and timing of any such reduction is unknown. Existing laws and regulations apply until changes are enacted and become effective.

This information is for background only. Consult with legal and tax advisors before making estate planning decisions.

Source: Paul Gesaman, Ph.D., Agricultural Economist, NU/ IAAE (WS)

Farmers need to protect themselves, employees from work-related illnesses

Air quality in confined buildings or manure pits can cause illness or even death for producers unaware of the danger.

Air in confined buildings, sewer systems and manure pits contains particles and gases which can irritate, inflame or permanently injure the respiratory system. These include feed particles, fecal matter, bacteria, spores, hair and skin particles, insects parts and 138 different gases.

Respiratory illnesses, including bronchitis, mucus membrane irritation syndrome and asthma-like syndrome, usually appear after working in confined buildings for two hours a day for at least six years. Bronchitis can be acute or chronic and causes a cough that brings up phlegm. It becomes worse with smoking. Mucus membrane irritation syndrome causes of nasal stuffiness, headaches, hoarseness and burning eyes.

The asthma-like syndrome is still being studied. Most patients complain of cough, chest tightness, shortness of breath and wheezing. When the barn is cold, the barns for as long as 30 minutes. Lung function tests performed before and after a work shift show a decline in lung function in these people. People with this syndrome also experience greater than normal decreases in lung function over time.

Organic dust toxic syndrome (ODTS) occurs after working in air with high organic dust content. People with ODTS usually experience flu-like symptoms that include headache, muscle aches, fatigue and fever. With rest and aspirin to treat the fever, symptoms usually go away. However, people may become more susceptible to ODTS.

Air quality in confined buildings or manure pits can cause illness or even death for producers unaware of the danger.

Cough and chest tightness with subsequent organic dust exposure after experiencing ODTS.

To prevent these respiratory problems, a characteristic, limit exposure, construct proper ventilation systems and stop smoking where it applies. The Moldex 2300, a two-strap disposable mask with an exhalation valve to keep moisture from building up on the face, costs about $2. These respirators are reusable and filter out the air more effectively the dirtier they become.

For increased protection, half-face masks are between $20 and $30 each, plus the price of two filters to remove dust and ammonia. Air supply helmets blow cool, purified air across the face. These cost about $500 each and weigh several pounds, but may be the only option for people with severe respiratory problems.

Avoiding the deadly gases in the air, such as hydrogen sulfide, carbon dioxide, methane and carbon monoxide, requires extra safety measures.

Hydrogen sulfide poisoning occurs when manure pits are agitated without proper ventilation. The gas cannot be smelled at high concentrations and can be fatal to humans in a matter of minutes. Always enter a pit with an additional air supply and never alone.

Carbon monoxide, released by power washing equipment and heaters, causes nausea, confusion, fatigue, irreversible memory loss or even death.

In a situation where these invisible gases may reach dangerous levels, never try to save animals, but get out of the area immediately and get help.

Source: Susanna VonEessen, M.D., Pulmonary Specialist, NU Medical Center (WS)

Fall clean-up of warm season grasses

Warm season grasses provide good grass during summer. But cool season grasses often invade stands like weeds. Here are some tips to maintain strong warm season grass stands.

Fall native warm season grass stands. Tall fescue, Indiangrass and switchgrass are the ones best suited for summer pasture. They grow well during hot weather when cool season grasses like bromegrass and wheatgrass are unproductive.

However, many warm season grass pastures eventually are invaded by cool season grasses. Cool season grasses germinate, grow and spread during cool, moist times of the year when warm season grasses are dormant and not competitive.

One way to control cool season grass invasion is late fall grazing. Winter season grasses are dormant now, so they won’t be injured by grazing. Cool season grasses can be weakened and thinned out by grazing while green, just before winter.

For severe invasions, Roundup can be sprayed in late fall—but be careful. To use Roundup to remove cool season grasses from warm season grass pastures.

Grasses, first wait for several hard freezes to kill the top growth of warm season grasses. Once completely dead, the tops won’t be able to absorb any Roundup so they won’t be injured when sprayed. But cool season grasses will be sensitive to Roundup and susceptible to Roundup. That’s the time, usually in November, to spray Roundup to remove cool season grasses from warm season pastures. Follow label directions for proper rates and formulations.

Timing of fall grazing pastures is difficult if cool season grasses invade. Timing grazing and Roundup can help. (WS)

MAKE IT YOUR BUSINESS TO FALL SAFELY

The USDA has announced that the next sign-up period for CRP will be October 14, 2017. For information regarding this sign-up contact the

The Nebline

16th CRP Sign-up Announced

Community IS Parker, Colo., October 14, 1997. For Information regarding this sign-up contact the

October 1997
Handling wastewater

Most people who live in cities and towns rely on a public wastewater treatment system for the removal and treatment of sewage. All they need to do is pay their bill to ensure that the wastewater from their home is treated. Rural and agriculural wastewater treatment systems may be available to some acreage owners, most must rely on private wastewater treatment systems. There are several options available including traditional septic tank systems, mound systems, lagoons, constructed wetlands and other innovative systems. Traditional septic systems and lagoons are the most common. To select the best wastewater treatment system for a given acreage, and to design and install a system that will meet your needs, it is important to consider soil type, hydrology, site characteristics and water use.

A private wastewater treatment system that is incorrectly designed, located or installed can cause contamination of surface or groundwater supplies (possibly including the drinking water supply) and is a risk to human health. The Nebraska Department of Environmental Quality and local agencies regulate the design and installation of private wastewater treatment systems and the user is responsible for compliance with regulations. In Lancaster County, a permit from the Lincoln-Lancaster County Health Department is required before a private wastewater system can be installed or modified. Before renting or buying an acreage, be certain you will have a properly designed, installed and functioning wastewater treatment system capable of meeting your needs.

Septic Systems

A typical septic tank system consists of two components—the septic tank and the absorption field. In the septic tank, solids are separated from the liquid, undergo anaerobic digestion and are stored as sludge at the bottom of the tank. The liquid (septic effluent) then flows to the absorption field where it percolates into the soil. The soil acts as a final treatment by removing bacteria, pathogens, fine particles and some chemicals.

Septic systems have proven to be satisfactory for many areas when properly designed, installed and maintained. However, conditions do exist where this type of system is not suitable. An area with a seasonal high water table, shallow soils or soils with very fast or very slow percolation rates is not suited for a septic system. Other limitations include a steeply sloping topography, small lot size or a close proximity to water supplies used for drinking or recreation.

Lagoon Systems

Lagoon systems consist of one or more pond-like bodies of water or basins designed to receive, hold and treat wastewater for a predetermined period of time. Lagoons are constructed and lined with material, such as clay or an artificial liner, that will prevent leaks to the ground-water below. While in the lagoon, wastewater receives treatment through a combination of physical, biological and chemical processes. Much of the treatment occurs naturally, but some systems are designed to also use aeration devices that increase the amount of oxygen in the wastewater, which increases the efficiency of the system.

Every lagoon system must be individually designed to fit its specific site and use. Designs are based on such factors as soil type, the amount of land area available, climate and the amount of sunlight and wind. Other important design considerations include the amount of wastewater to be treated and the level of treatment required by state and local regulations. Lagoon systems are an effective method of home sewage treatment and are well suited for areas that do not have sewer service. Lagoon systems are capable of treating wastewater that has a very slow percolation rate.

Proper electrical wiring helps prevent most farm fires

An estimated 75 to 80 percent of farm fires are caused by faulty electrical wiring. Electrical failures resulting in fire damage can be caused by a number of preventable factors, including poor connections, overfusing and improper wiring techniques. To stop problems before they start, anyone installing electrical wiring should understand the National Electrical Code published by the National Fire Protection Association and proper electrical installation methods.

The NEC is state law in Nebraska for all buildings, but agricultural structures are exempt from inspection unless labeled commercial. However, some insurance companies may charge up to double the premium for buildings that don’t meet the national code.

To prevent corrosion from water, chemicals and dust, the code requires that all electrical wiring in agricultural buildings be of non-metallic, water-proof and dust-proof material. All wiring should be installed using type UF cable or be a non-metallic conduit with type THHN/THWN conductors. All cables should bear a label showing compliance with tests by Underwriters Laboratories. Wiring should be surface mounted to reduce damage by rodents and to preserve the...
Diabetes control requires healthy diet, exercise

Persons with a family history of diabetes, who are overweight, 40 years old or older, or who have had babies over nine pounds at birth, have a high risk for developing Type 2 diabetes. As you eat and nutrients are absorbed, the level of sugar, or glucose, in the blood rises. Insulin, a hormone produced in the pancreas, moves the sugar into body cells where it produces energy. Insufficient insulin results in diabetes.

Two types of diabetes affect humans. In Type 1 diabetes, no insulin is produced. In Type 2 diabetes, usually apparent later in life, insulin may be produced in insufficient amounts, or the body may not respond to the insulin that is produced. A healthy diet, exercise and insulin treatments, when necessary, can help control diabetes and reduce associated health problems with feet, eyes, kidneys and other organs.

If you, or someone in your family, have Type 2 diabetes, there’s a seven-week self-study course that could help you. University of Nebraska Cooperative Extension has developed a study guide that accompanies the book, “Type 2 Diabetes: Your Healthy Living Guide.” You can study at your own pace and in your own home by reading a chapter at a time and answering questions related to the reading material. Mail-in with contact information continued on page 11

Safe Food for the Hungry ‘97—A Focus on Diversity

October 7, 1997
1:30 - 3:30 p.m.
UNL Cooperative Extension in Lancaster County
444 Cherry Creek Road, Lincoln

This video-conference workshop provides food safety and nutrition information for not-for-profit food distribution organizations. This year’s program will look at food safety and nutrition through the life cycle, from pregnant mothers and infants to the elderly, while connecting to related issues of multiculturalism. The program emphasizes practical solutions to common challenges.

Designed especially for:
• Food bank, food pantry, soup kitchen and other not-for-profit food distribution organization directors, staff and volunteers.
• Cooperative Extension specialists, NEP staff and county educators who work with not-for-profit food distribution organizations or low-income individuals. County, state, and local health officials who work with not-for-profit food distribution organizations.

No charge. Registration is needed to ensure that educational handouts are available.

Locally sponsored by:
• UNL Cooperative Extension in Lancaster County (441-7180)
—Maureen Burton, Extension Educator, Nutrition Education Program
—Alice Henneman, Extension Educator, M.S., R.D.

Statewide expertise provided by:
• Dr. Julie Albrecht and Dr. Wanda Koszweski, UNL Extension Food Specialists

National technical expertise provided by:
• Purdue University Cooperative Extension Service, University of Florida, Washington State University and Oregon State University

Focus on Food

Alice Henneman, R.D., LD
Extension Educator

Q: How do you roast pumpkin seeds?
A: Roast at 300°F on a cookie sheet or in a shallow baking dish. Stir frequently to avoid scorching. Do not over roast as seeds darken and become crisper when cooled.

Q: Why do recommendations say to cook food right away when in doubt?
A: Unlike food thawed in a cold refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth. Cook these foods promptly for greatest safety. (AH)

Safe trick-or-treating

Ensure that the food your children receive trick-or-treating is safe. Here are some tips from James Van Horn, Extension Specialist, Pennsylvania State University, for a safe and enjoyable trick-or-treating outing:

• Give children an early meal or a filling nutritious snack before they go out, so they won’t be tempted to eat candy or other treats before they get home.
• Insist treats be brought home for inspection before anything is eaten.
• Wash fruit and slice into small pieces.
• Report anything that appears suspicious about treats to the police.
• When in doubt, throw it out. (AH)

Selecting and preparing pumpkins

Pumpkins, which are from the winter squash family, are an excellent source of vitamins A, One-third cup of baked pumpkin provides 100 percent of the vitamin A recommended daily for adults. Pumpkin is also low in calories if added fat and sugar are kept to a minimum. For example, a 1-3/4 cup serving of baked pumpkin contains 40 calories. Pumpkin is also an excellent source of dietary fiber and potassium.

continued on page 11

NUTRITION AND FOOD SAFETY SITE

Visit our internet web site at:
http://anr.fnas.unl.edu/anr/foodsafety/index.htm

Learn about programs, publications and links to other sites.

FREE FoodTalk e-mail newsletter
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TO: listerv@unlvm.unl.edu
SUBJECT: (leave blank)
MESSAGE: subscribe foodtalk
**Alice's Analysis**

Alice Doane  
FCE Council Chair  

Sunday afternoon, August 17 and it is a gray day. Looks like it may rain. The reason I’m writing my analysis so early is because we are leaving my Tuesday morning, August 19, for a holiday to North Battleford Saskatchewan, Canada to see if we can find the little town that my dad went to when he left Scotland as a young man. I rememnber talking about how flat the country was. Some days he could see the smoke and hear the whistles of the train 20 miles away. Then we will head over to Dawson Creek, British Columbia where one of dad’s brothers went by boat and walked to homestead a farm. A few years later another brother went up and bought a farm next to the first uncle. In 1954, Uncle Alex passed away and is buried there. Uncle Alf moved down to White Roc, BC. Dad was the youngest of 16 children and four of his brothers came to the U.S. and Canada. After we look up past history we will head south and be in Blackfoot Idaho. September 1 and 2 where Ted will judge the Open Class Sheep and Wool Show at the Eastern Idaho Fair. Then, we will return home.

By the time you read this analysis I hope the 18 Family and Community Education Clubs have organized and we have some new ones. Our September business meeting will be September 22, 7 p.m.

**Boo! It's Halloween**

Halloween is an exciting, fun-filled time for young people and is a favorite for children who love to use their imagination and creativity. By taking a few minutes to review Halloween safety parents can ensure that their little Halloween ghosts and gobins will have a bag of goodies to show for their fun and will not be haunted by unnecessary injuries. These tips from Temple University Health System should ensure a safe, fun-filled evening.

**What to Wear**

- Masks can obstruct a child’s vision. Make sure eye holes are large enough to allow full vision or even better use make-up or face paint that is non-toxic and hypoallergenic.
- Costumes should be flame resistant and fit properly. Avoid oversized shoes and high heels. Skirts and pants should be short enough to prevent children from tripping and falling.
- Children who will be trick-or-treating after dark should carry flashlights. Trim costumes and candy bags with reflective tape, which glows in the beam of automobile headlights.

**Carve with Care**

- Children under the age of five, should never carve pumpkins. Children can draw a face with markers, then parents should do the cutting. Under parental supervision, older children can carve with pumpkin cutters equipped with safety bars. Children use pumpkin cutters are another safe alternative.
- Place lighted pumpkins on a sturdy table that is away from curtains and other flammable objects.
- Never leave a candlelit pumpkin unattended.

**Screen those Sweet Treats**

- Don’t allow children to snack while trick-or-treating. Check all treats for signs of tampering, such as small pinholes in wrappers and torn or loose packages. If you’re not sure throw it away.
- Limit the amount of sweets a child eats in one day.
- Parents of young children under two years of age should get rid of choking hazards such as gum, peanuts, hard candies and small toys.

**Safe Houses**

- Only approach houses lit with outside lighting as a sign of welcome.
- Children should not enter houses or apartments. Children should walk, not run, from house to house.
- All children should trick-or-treat with an adult.

**Your Home Safe Home**

- Keep your property safe for visiting trick-or-treaters by removing obstacles such as garden hoses, toys, bikes and lawn decorations.
- Check outdoor lights and replace burned-out bulbs.
- Sweep wet leaves from sidewalks and steps.

**Motorists**

- Drive cautiously on Halloween. Excited youngsters may forget safety rules and dart in front of your car.
- Be safe! Happy Halloween! (LJ)

**How white is your white clothing?**

White clothing, whether it be a shirt or blouse or a pair of cotton pants, always looks nice when the garment is new. The challenge is to keep that fresh white look.

Our grandmothers used to add chlorine bleach to the wash water. Adding chlorine bleach today, however, may actually turn those whites into yellow or gray. No matter how often they turn those whites into yellow or gray. Today, however, may actually add chlorine bleach to the wash water.

- White clothing, whether it be a shirt or blouse or a pair of cotton pants, always looks nice when the garment is new. The challenge is to keep that fresh white look.
- Some fabrics turn yellow due to the deterioration of fluorescent brightening agents. These optical brighteners often are added to make fabrics appear whiter and brighter. Occasionally, however, the brightener breaks down and causes the fabric to revert to its natural off-white or yellowish color. Here are some steps to take to keep those whites looking their best.
  - Avoid overexposing white clothing to light. Light can break down fluorescent brighteners. A garment laid out in the sun to dry may turn yellow, but the back will remain white. Once this happens, the damage usually cannot be corrected.
  - Don’t use chlorine bleach on whites, especially wool, silk, nylon, rayon and acetate. Chlorine bleach causes fluorescent brighteners to break down more rapidly.
  - Always pre-soak heavily-stained garments to ensure adequate soil removal.
  - Use enough detergent and adequate water temperatures.
  - Don’t overload the washing machine and sort clothes correctly.
  - Clothiny gray from soil buildup may be restored with these methods:
    - Use the hottest temperature of water acceptable for the fabric. Continuous washing in cold water isn’t the best way to remove soil buildup.
    - Add a water conditioner to hard water. Follow the directions on the box for the amount to add.
    - Use sufficient amount of detergent.
    - Run clothes through a complete wash and rinse cycle.

**FCE achievement meeting**

“Enjoying Families” will be the theme for the 1997 FCE Club achievement meeting Monday, October 27 at 6:30 p.m. The program “Families are the of the Matter” will be presented by Clarice Orr. FCE members will be recognized for their years of membership with certificates. All FCE members and guests are invited to attend. For reservations call Lorene or Pam at 441-7180 by October 17. Come join us for this celebration of achievements!

If you would like to learn more about FCE (Family and Community Education Clubs), please feel free to join the evening activity. Clubs are reorganizing this month. (LB)

**Registration**

Name: _________________________________________________
Organization: __________________________________________
Address: ______________________________________________
City _______________________ State ______ Zip _____________
Phone ______________________ Fax _________________________
E-mail ___________________________________________________

Registration fee of $5.00 per person must be enclosed with registration. Make check payable to Cooperative Extension.

Registration deadline is September 30.

Return to: University of Nebraska Cooperative Extension In Lancaster County, LaDeane Jha, 444 Cherry Creek Road, Lincoln, NE 68528-1507

**By Lorene Bartos, Extension Educator**

**FCE COUNTS!**

**Workshop**

**October 4, 1997**

8:30-11:30 a.m.

Lancaster Extension Education Center

444 Cherry Creek Road

**What is Character Counts?**

Character Counts is a curriculum designed to:

- Emphasize the need for character
- Teach the six pillars of character
- Encourage accountability
- Enhance ethical decision making
- Create an atmosphere that encourages good character
- Support character development activities

**Who Should Attend?**

- Youth educators or mentors
- 4-H leaders
- Human Service Agency
- Parent volunteers
- 4-H leaders

**Tickets!**

- $5 per person
- $25 per group

Make check payable to Cooperative Extension.

Registration deadline is September 30.

Return to: University of Nebraska Cooperative Extension In Lancaster County, LaDeane Jha, 444 Cherry Creek Road, Lincoln, NE 68528-1507
National 4-H Week
October 5-11

4-H Council election results

4-H Council elections were held during the county fair. The results of the election are:

Northwest youth—Megan Bergman
Northeast youth—Brett Jurgens
Southwest youth—Kent Rosenboom
Southwest adult—Deb Day
Lincoln youth—Jenny Fiala
At large youth—JoHanna Madsen
Lincoln adults—Janet Anderson, Gene Vehburg
At large adults—Deb Arends, Larry Pershing

The newly elected members will serve beginning October 1, 1997. The 4-H Council provides support and program planning advise to 4-H professionals, volunteers and members. (LB)

4-H & Youth

Food Safety Programs

Looking for a new program idea for your 4-H group? In less than 30 minutes, receive training and materials so you can do one or both of these food safety activities with your group. We’ll meet with you individually at your convenience. Schedule an appointment with Extension Educator Alice Henneman at 441-7180.

For more information, contact your County Extension Office.

Do you know these space facts?

Arlene Hanna
Extension Assistant

What’s the difference between a planet and a star?

Planets live in outer space and stars live in Hollywood! Actually, the difference is that planets, like Earth, give off no light of their own. Stars, like our sun, do. Stars are incredibly hot balls of gas. The biggest, the red giants, are much bigger than the sun. The smallest, the white dwarfs, are only about the size of Earth. The sun is an average, run-of-the-mill star. While we know there are billions of stars, we have only found a handful of planets. Of the nine in our solar system, some are made of rock. These include Earth, Mercury, Venus, Mars and Pluto. The rest are larger and made up mostly of gas. These are Jupiter, Saturn, Uranus and Neptune.

A few planets have been found circling distant suns outside the solar system. Perhaps we’ll be able to explore one of them someday. How many stars are in the sky? That depends. If you live where there’s little or no air pollution, you could count about 3,000 stars at night. Telescopes allow people to see farther into space. The most powerful telescopes let us see about three billion stars. Many more stars are too far away to see even with the strongest telescopes. How many? Oh, about 200 billion, billion...more or less.

And the number of stars is changing all the time. New stars are being formed, while old ones die out. Why isn’t there air on the moon? Blame gravity — or the lack of it. Gravity is the force that pulls everything toward the center of the planet, including gases. The pull of gravity causes Earth’s gases to form a layer of atmosphere around the planet. On the moon, gravity isn’t strong enough to do this job. Moon gravity is only about one-sixth as strong as Earth gravity. The moon once may have had an atmosphere, but its weak gravity would have allowed the gases to slowly escape into space.
Focus on 4-H

This month we will focus on one project of the animal science series: Dairy Level 1. In this unit members can learn all about dairy cattle. 4-H members will find out the costs to raise dairy cattle, how to care for dairy cattle and much more. Participants do not have to own a dairy cow to enroll in this project. If you are interested in getting started in the dairy project, stop at the Extension office and pick up manual RP 419 Dairy 1: Dig into Dairy. (DL)

Focus in next month for another project outlook!

Help families—save pop tabs

We, the Lancaster County 4-H Ambassadors, encourage you to collect as many pop tabs as possible to help defray costs for families staying in the Ronald McDonald House in Omaha.

This is a simple community service project that allows you, your families and friends to come together and make a difference for a worthy charity that benefits many Nebraskans.

The Ronald McDonald House in Omaha was opened in 1994. It provides a home to families whose children, 18 years of age and younger, are receiving medical care in the Omaha area. To help offset the cost of operating, the Ronald McDonald House recycles pop tabs.

Please bring your tabs to the Lancaster County Extension Office when it is convenient for you. This is an ongoing project, so continue saving your tabs. Share this information with your families, colleagues, peers and anyone who would like to help families. Join us in this excellent community service project! (TK)

4-H & Youth

Kudos Corner

1997 State Style Revue winners

Back row: (left to right) JoHanna Madsen, Megan Bergman, Jill Steele, Melissa Ruskamp, Sara Paschold.

Front row: Tanna Lea Doeschot, Marta Madsen, Alyssa Jefferson

Representing Lancaster County at the State Fair were JoHanna Madsen, Megan Bergman, Tanna Lea Doeschot and Marta Madsen.

“ME & My P.A.L.” camp

Here is a wonderful opportunity for youth to participate in a camp that focuses on sharing time with their “P.A.L.” (Parent and/or Leader. This person can be a parent, guardian, uncle, adult sibling, Big Brother or Big Sister, teacher or scout leader, etc.) The youth is the “ME” part of “ME & My P.A.L.” Camp.

At “ME & My P.A.L.” camp, the ME arrives at camp a day before the P.A.L. The ME will then learn through fun programs and adventures about the natural world. The next day the P.A.L. will arrive and the ME will teach the P.A.L. what he/she has learned. Together, the P.A.L. and the ME will enhance their knowledge, become part of a team which will participate in light-hearted competitions, fun adventures and wondrous activities.

Date of “ME & My P.A.L.” Camp: October 24, 25, 26

This camp is open to any youth 8-14 years of age. 4-H enrollment is not required. Cost is $76 for 1 youth and 1 adult P.A.L. (Includes all programs and meals.) “ME & My P.A.L.” camp is located at the Eastern Nebraska 4-H Center, Gretna, NE.

For more information on this camp, please contact the Extension office at 441-7180. Registration forms are available at the office. (TK)
University of Nebraska reaches out through Speakers Bureau

The University of Nebraska has a line-up of distinguished experts who can speak on a variety of timely and interesting topics. They can also tailor presentations to suit the needs of groups desiring a speaker. The Speakers Bureau is a free service of the University and is deemed an important way to share campus expertise with local communities. To secure a speaker for your group, simply phone (402) 472-2211 or forward a written request to University of Nebraska-Lincoln, Office of Public Relations, 321 Canfield Administration, Lincoln, NE 68588-0424. Listed are sample presentations. Other quality presentations are also available through the Speakers Bureau. Please inquire for a complete listing.

Michele Fagan, Librarians
UNL Library Treasures: Rare Books and Manuscripts
Take a trip through history with literary artifacts like Shakespeare’s First Folio, medieval manuscripts and the Nuremberg Chronicle, dating back to 1493. Personal papers of Willa Cather and Mari Sandoz, the diaries of the Beatrice man in the Alaskan Gold Rush and an Englishwoman’s European travels are also part of this literary “show and tell.”

Kit Voorhees, Fine and Performing Arts
The Arts: The Mirrors of a Culture
To understand a people or a culture or a historical period, the arts offer the best insight into who “they” were or what was happening. Explore how the United States became a world force in the arts because of the rich storytelling traditions of the people. Meet legendary characters like LaLlorona (the Witch) and LaBruja (the Wailing Woman) and LaMuerte (the Angel of Death). Hear how valiant Mexican Americans were killed fighting for America, dating from the Civil War to Vietnam. Enjoy the stories and learn about Mexican American culture in the process.

James Stubbedieck, Agronomists
On the Verge of Extinction: Blowout Pentstemon, Nebraska’s Only Endangered Wildflower
Once common to the Sandhills Prairie and the favorite of “Old Jules” Sandoz, this beautiful wildflower is the only Nebraska plant on the federal endangered list. Learn what pushed the pentstemon to the verge of extinction and how University of Nebraska scientists are trying to save the species.

Cindy Cammack, Agricultural Sciences and Natural Resources
Purple Cow, Robotic Plows and Genetic Sows: Science and Technology in Agriculture and Natural Resources
How do science and technology impact agriculture and natural resources in Nebraska? This interactive discussion focuses on exciting and innovative examples of developments at the University of Nebraska, their effects and what they mean to you.

Eric Marintz, Student The Student Experience
Explore the day-to-day experience of student life--in and out of the classroom. Personally, professionally and socially, a marked process of “growing up” occurs in every student. Gain some insight on what college is all about.

Rod Bates, University Television
Nebraska--A Pioneer in Distance Education
Discover Nebraska Education's Telecommunications' growth from “a single television transmitter” in 1954 to being one of the nation’s premier distance learning centers today. Although not well known to the general public, these distance education services have brought Nebraska national attention.

Colleen Jones, Management The Kaleidoscopic Workplace
The workplace is becoming increasingly diverse. When, how, where and with whom we work are all factors we must consider. The variety offers opportunities to broaden our perspectives on minorities and women. Learn how to meet the challenges of working with diverse people and how women and minorities can help others work productively, creatively and comfortably with them.

Janet Kaufman, Nebraska Human Resources Institute Tapping into Your Potential
It has been estimated that 35 percent of people use only 10 percent of their potential, while the rest of us use even less. This presentation provides simple, yet effective and time-tested ways, to foster growth and achievement in people.

Patricia Crews, Textiles, Clothing and Design
Nebraska’s Quilts and Quiltmakers
Who were the state’s quilters of the 19th and 20th centuries? What were their quilts like? Find out in this slide presentation as Crews recounts the compelling stories of quilters’ lives and the events that influenced their artistry. (GB)
How do seeds travel? Consider for a moment all the ways a seed can travel and be planted. The berry is eaten by a bird or fox, that often cannot digest the seeds but carries them far from the mother plant. The squirrel buries an acorn as part of its winter storehouse and then forgets to eat it. A milkweed, dandelion or thistle seed has a silky parachute that floats on the wind. The buffalo bur or beggar-tick sticks to an animal’s fur. The snowy partridge pea pod twists open when it dries and flings away its seeds. Porcupine grass has two tails (twaws) that twist at different rates with changes of moisture and drill the seed into the ground. Source: The Haines Branch Interpreter (Newsletter of the Pioneers Park Nature Center), Fall ’97, Volume 41, (SE).

Wise words from Chief Seattle Every part of the Earth is sacred to my people. Every shining pine needle, every misty coast, every clear and humming insect is holy in the memory and experience of my people.

Teach your children what we have taught our children, that the Earth is our mother. The rivers are our brothers: they quench our thirst and feed our children. The air is precious to the red man, for all things share the same breath: the beast, the bird, the tree, they all share the same breath. And what is man without beasts? If all the beasts were gone, men would die from a great loneliness of spirit.

This we know. The Earth does not belong to man; man belongs to the Earth. All things are connected like the blood that unites one family. Whatever befalls the Earth, befalls the sons of the Earth. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself. All things are connected. Chief Seattle, 1854 (BPO)

Diabetes control requires healthy diet, exercise continued from page 6

Selecting and preparing pumpkins continued from page 6

Selection and Storage The best pumpkins for cooking are not the large bright ones that are popular for making jack-o-lanterns. Rather, smaller pumpkins are more flavorful and far less stringy. Choose pumpkins that have a hard rind and are heavy in relation to their size. You can store pumpkins at room temperature for up to a week. For longer storage, store them in a cool (55-60 °F), dry, place with good ventilation for up to a month. Once cut, pumpkin should be stored covered with plastic wrap and stored in the refrigerator for two to four days. Basic Preparation Pumpkin can be used in nearly any recipe that calls for winter squash. Pumpkin puree can be used in pies, breads and desserts and also in soups and stews, or in place of mashed potatoes in shepherd’s pie. It can be steamed, sautéed, and stir-fried. Baked pumpkin halves are delicious stuffed with meat, rice, or vegetable mixtures. When a different taste during the holiday season, add grated raw pumpkin to stuffing for chicken or turkey. The easiest way to prepare a pumpkin is to bake it. To prepare pumpkin for baking, wash and cool the flesh of the pumpkin. Score around the stem and remove the lip of the pumpkin. Bake in a 325°F oven for about one hour or until it is tender when pierced with a fork. To use the pumpkin in a pureed form, after baking, scrape the pulp from the shell and put it through a ricer, strainer or blender. (AH)

Kids play One of the most important things a child does is play. Play is the essence and identity of childhood and is also the way children learn about themselves, their environment and the people around them. As they play, children learn to solve problems, get along with other people and control their bodies as they enrich their creativity and develop leadership skills. When children play with a broad variety of toys, the experiences help them to develop to their fullest potential. Children bring boundless energy and imagination to their play with toys and constantly developing new and creative ways to play. Because there are so many different kinds of toys and novel ways to play with them, children learn that the world is a diverse place with unlimited possibilities. Toys thus have an exciting role in helping children to become mature, confident and imaginative adults.

—From an article by the U.S. Consumer Product Safety Commission and The American Toy Institute. (LJ)

Laughter is good for body and soul Everyone enjoys a good hearty laugh. It makes us feel good, and that feeling can last with us even after the laughter subsides. Humor can be an effective coping mechanism. It enables you to look at a problem from a different point of view, make it seem less serious and to avoid using or disposing of products or materials which might damage or interfere with the operation of the system. (SCB)

Proper electrical wiring helps prevent most rural fires continued from page 5

Electrical panels should be located within 50 feet of the equipment site so that repair persons don’t accidentally get shocked. Wiring should enter the panels from the bottom side, never from the top. Wires strung into the top can bring contamination into the box, causing premature failure of the system.

Lighting fixtures should be enclosed, gasketed, watertight and of a non-corrosive design. Some inexpensive light bulbs may run 40 to 50 degrees hotter than others. These imports are less efficient and will require wiring rated for higher temperatures.

For older buildings, it is important to keep upgrading the wiring as maintenance is necessary. For instance, all conductors, cables or cords with cracked insulation should be replaced whether or not the damaged or deteriorated insulation is the primary problem. Cracked insulation can allow arcing between the phase or hot conductor and a grounded surface or conductor, causing a heat build-up and eventual fire.

The key to electrical wiring codes is to ensure wiring not only works safely, but fails safely to prevent fire and loss.


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Source: Balance, An Institute Newsletter on Work, Family and Personal Growth, UNL/IANR (LB)

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Gary C. Bergman, Extension Educator–Unit Leader

NOTICE
All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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Deanna Lieneman, Extension Assistant
Mary Jane McReynolds, Extension Assistant
Barb Ogg, Extension Educator
Warde Shires, Extension Educator
Jim Wies, Extension Assistant

Heart and Sole
(oh yeah, that’s soul!)

Community Dance
October 25
7:00-10:00 p.m.

At Shepherd Hall and Youth Center
Warren United Methodist Church
1205 N 45th Street (45th & Orchard)

Everyone is invited!

Music by Complete Music
Dance instruction by Shelly Bracken, Bracken Dance Directive

Admission
$10 per family
or
$2 age 0-11
$4 age 12-59
$3 age 60+

Child care provided (0-4)
Come and dance to the beat of fun!

Enjoy family activities and create a unique family pledge for a chance to win prizes!

Phone numbers:
Office (leave message after hours) .................. 441-7180
After hours ................................................................. 441-7170
FAX ................................................................. 441-7148
COMPOSTING HOTLINE ......................................... 441-7139
NFU ACTS INFORMATION CENTER ....................... 441-7188

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

The University of Nebraska Cooperative Extension is Keeping Families First during the

October 5-11
National 4-H Week

October 7
4-H Production Livestock Booster Club Meeting ......................... 7:30 p.m.
4-H Council Meeting ................................................................. 7:00 p.m.
School Enrichment Blue Sky Below My Feet Teacher
In-service Training ................................................................. 4:15-5:15 p.m.

October 12
4-H Teen Council Meeting ....................................................... 3:00-5:00 p.m.

October 13
CWF Meeting ................................................................. 7:00 p.m.

October 14
School Enrichment Garbology Teacher
In-service Training ................................................................. 4:15-5:15 p.m.

October 28
School Enrichment Water Riches Teacher
In-service Training ................................................................. 4:15-5:15 p.m.

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

The Nebraska Cooperative Extension Newsletter Lancaster County
October 1997