Remember safety during harvest

Warder Shires
Extension Educator

Harvest time means lack of sleep, long lines at the elevator, worrying about weather, finding parts for a broken down combine, and extreme worry about grain prices. Getting ready for harvest involves time to clean grain bins, making grain dryers operational, lubricating and fixing grain augers, and ordering fuel and other supplies. Conditions that make the actual harvest much more hazardous include working in darkness and inclement weather conditions, dealing with the inherent dangers of harvesting equipment, moving machinery on narrow country roads, and hauling heavy loads of grain to the market. These are just a few concerns and decisions that distract farmers from making safety their number one priority. Unfortunately, some poor decisions, such as deferring maintenance, have contributed to injuries and fatalities during harvest.

Here are some tips to help prevent a stressful time from becoming tragic. Repair machinery and equipment before it breaks down. While maintenance before harvest is routine, maintenance during harvest becomes an emergency. Stock up on items or parts that routinely fail or need replacing. Make sure the fire extinguisher is operable. Get out the owner’s manual and do a complete pre-harvest check of all adjustments, fluid levels and pressures, and clean out the machine. Unless directed in the operator’s instructions, don’t make any adjustments or do any cleaning with the engine running. Watch out for kids around large machinery—walk around your combine before you head out to the field to make sure you don’t run over anything or anybody. Keep kids out of grain carts and away from augers and PTOs. Don’t leave combine headers, trailer boxes or loaders in the up position unless safety locks or stands are in place. Stepping over rotating shafts can ruin your jeans and put you in the hospital. Remove tie strings from hooded sweatshirts and jackets and replace torn and tattered coveralls, jackets and other work clothes.

If you are troubled by allergies, wear a properly fitted dust mask or respirator when working around grain. Add goggles if your eyes are irritated by grain dust and chaff. See your physician if allergic reactions incapacitate you. Read the fine print on any allergy medications you are taking, even non-prescription drugs. Many of these medications may make you drowsy and/or clumsy, and a dangerous machinery operator.

Get plenty of rest, eat nutritious food and don’t overuse caffeine, nicotine or alcohol. Take a ten or fifteen minute break when the rows start to run together—walk around the combine, stretch out those cramped muscles, or shut off the engine and perhaps listen to the wind. A successful harvest season is a safe one. (WS)

Fall clean up in the orchard

Care for the home orchard does not stop when the harvest ends. A critical part of the pest control program remains, the fall orchard clean up.

Cleaning up fallen fruits and leaves eliminates many insect pests and disease organisms that would overwinter in the orchard. They would be a problem for the next year’s growing season.

Clean up is not strictly a fall chore. Fruits that drop and diseased leaves that fall at any time during the growing season should be cleaned up as soon as possible. The major clean up occurs in the fall after harvest is over and trees have lost their leaves. A fall clean up can reduce the incidence of fungal diseases, such as apple scab. It can also reduce the pressure placed on trees by pests, such as apple maggot, by reducing the overwintering population of insects.

A fall clean up probably will not eliminate the need to use pesticides to control these problems, but it should help make chemical controls more effective. (MM)
The fall season is a busy time for gardeners. With so much to do, lawn care is often neglected. However, proper fall lawn care helps insure an attractive, healthy lawn next growing season. Late fall lawn care includes:

- **Mowing**—Continue to mow the lawn for mulch growing. The foliage of cool-season grasses, such as blue- grass, usually stops growing in early November. Mow bluegrass lawns at a height of two to two-and-one-half inches in the fall.

- **Fertilizing**—Even though turfgrass foliage stops growing in late fall, the roots continue to absorb and use nutrients. Applying a fertilizer in late fall (late October to early November) helps promote root growth and produces an early green up next spring. Apply one to one-and-one-half pounds of actual nitrogen per 1,000 square feet. Good sources of nitrogen for late fall fertilizing include urea or one of the slow release nitrogen sources.

- **Killing**—Gardens with large, mature trees in their yard need to take and dispose of the fallen leaves. A thick layer of leaves left on the lawn through out the winter may smother and damage the turfgrass plants. Composting is an excellent way to dispose of leaves. Small quantities can be shredded by a lawn mower and left on the lawn. Broadleaf Weed Control—Broadleaf weed herbicide applications in late fall are effective and pose fewer risks than growing season applica tions. By late fall, most flower and vegetable gardens have been destroyed by a frost, and most trees and shrubs are going dormant. A late fall herbicide application, therefore, poses fewer risks to non-targeted plants. On the other hand, perennial broadleaf weeds continue to absorb broadleaf herbicides until growth ceases in November. (DJ)

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**October garden hints**

- Christmas cacti need special care now to be able to provide beautiful flowers this December. Buds will form at 50-60 degrees F or when the plant is exposed to at least 13 hours of complete darkness each night.
- Fall is an excellent time for taking soil samples in the lawn and garden. Soil tests will measure the pH of the soil, organic matter content and levels of some of the major elements required for plant growth, such as phosphorus and potassium. (MIM)

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**Fall lawn care**

- The fall season is a busy time for gardeners. With so much to do, lawn care is often neglected. However, proper fall lawn care helps insure an attractive, healthy lawn next growing season.

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**Caring for fuchsia**

A fuchsia makes a good plant for a hanging basket in cool, shaded or partially shaded conditions. Pinching will make the plants fill in and look bushier. Use a moist, well drained, soil mix, but do not allow it to dry out. Fertilizer can be given at two week intervals.

Fuchsia are actually a shrub by seed or cuttings. The seed germinates in 21 to 28 days at temperatures between 70 and 75 degrees F. Take softwood cuttings with four pairs of leaves, from new growth in the spring. Make the cuttings just below a node. Remove the bottom pair of leaves and insert the cutting into a container of potting soil. (MJM)

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**Over the garden fence**

Don Janssen
Extension Educator

Q. What causes tree leaves to turn color in the fall?

A. Many people believe it is cooler temperatures and frost that cause leaves to change color, but the reds and yellows of autumn are actually due to chemical changes in the leaves that occur in response to changes in day length. As the period of daylight becomes shorter, the green chlorophyll in the leaves breaks down, allowing the other pigments that were present all along to become visible. Sunny fall days and night temperatures below 45 degrees F favor the formation of brilliant reds and yellows in the leaves of maples, green ash, Wahoo burning bush and dandelion and ground ivy.

Q. I’d like to bring some of my flowering annuals indoors and grow them through the winter. What’s the best way to handle them?

A. For best results with wax begonias, coleus and impatiens, select vigorous, healthy plants and dig them up carefully. Place the top mass in a five to six-inch pot and fill in around it with a standard potting mix. Prune the tops back to within four to six inches of the soil mass (to the main branches). Water with a standard soluble house plant fertilizer and place the pots in bright light. Keep a close eye on plants for insect and disease problems, such as powdery mildew. Keep pinching out the tops to promote branching.

Q. I know I need to get my lufurious begonias out of the garden, but what do I do with them after I dig them up? How do I store them so they’ll grow next year?

A. After the tops are injured by frost, gently lift the plants and cut the stems back to the soil line. Leave the ball of roots and soil intact. Store them in a cool, dry storage area for two to three weeks to cure. Then remove the remaining soil, stalks and roots, cut out any rotted spots, and spray or dust with a fungicide. Store the tubers at 50 degrees F in low humidity. To prevent excessive moisture loss, store them in a dry peat, sand, sawdust or vermiculite. (DJ)

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**The Herb Garden**

Common thyme

Thyme, a perennial hardy to Zone 4, can be grown from seed in a flat, kept at about 155 degrees F. Germination takes three to four weeks. The first year plants will be small and not flower, growing more robust and flowering the second year. Thyme needs good drainage for its deep roots. Plants should not be set too close (12 inches), and should be hardened off before planting in the garden (a week or more of several hours of sunlight and then returned to shade before evening). Divide established plants in the spring. Fall transplanting can invite winter kill.

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**October 1996**

Page 2
Surprisingly, the study showed through a dockage sieve. percent of weight of corn passing of breakage susceptibility. accounted for no more than 10% combining with another 40% kernel damage. They found that from field to storage, looking for drying. Biological Systems damaged during harvesting and grain. attributed to the handling of fact, little kernel damage is great deal of grain damage. In and elevator operators have led Observations by both farmers Center for Grassland Studies, 402-472-4101. (WS)

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**Precision Decisions '96**

The latest in precision agriculture will be featured at the Precision Decisions '96 Conference in Omaha, November 11–12, at the Holiday Convention Center, 72nd and Grover Streets.

Featured speakers will include producers using the latest technology as well as specialists from the industry and the University of Nebraska. Global Positioning Systems (GPS) and Global Information Systems (GIS) will be the conference focus. The presentations will include an overall discussion of precision farming and the equipment it entails—computer software and hardware, monitoring equipment, and the cost-benefits of investing in precision agricultural equipment. Precision agriculture, or site-specific production, relies on computers and satellites. This technology can determine exact yields from any field location. Producers can see yields as they harvest—as often as every second—and can plug the data card into the home computer to print out results. The field’s yield variability can help farmers identify problem spots which may require more intense analysis and management.

For more information, call Nebraska Farmer at (402) 489-9331, or the University of Nebraska Cooperative Extension in Lincoln County at (402) 441-7180. The conference is sponsored by Nebraska Farmer, Wallace Farmer, Iowa State University and the University of Nebraska Institute of Agriculture and Natural Resources. (DV)

**“Part-time Farming”**

The video that will help make your small-scale operation a big success!

**Set harvest equipment to reduce damage**

Combines and dryers are the main culprits behind the majority of grain damage, according to a University of Nebraska study conducted several years ago. Observations by both farmers and elevator operators have led to the belief that augers cause a great deal of grain damage. In fact, little kernel damage is attributed to the handling of grain. Augers, it seems, merely break up grain which has been damaged during harvesting and drying. Biological Systems Engineering researchers analyzed the movement of corn from field to storage, looking for kernel damage. They found that about 40% of the total breakage susceptibility was attributed to combining with another 40% attributed to drying. Augers accounted for no more than 10% of breakage susceptibility. Breakage susceptibility is the percent of weight of corn passing through a dockage sieve.

**Damage in the field:**

Surprisingly, the study showed 2-12% to 4% of the corn in the field was showing minor or severe kernel damage prior to harvesting. After harvesting, drying and handling, 12% to 17% of the kernels were severely damaged, with kernels broken, deeply split or missing pieces of endosperm. Breakage susceptibility levels were 65% higher for corn harvested at 24% moisture compared to grain at 19% moisture. This difference was due primarily to the damage occurring during drying, the researchers point out.

While augers don’t make kernels more susceptible to breakage, most broken corn and fine material shows up during conveying. This indicates that there is a need to minimize the number of handling operations required to move corn from storage to the market. Run augers full and slow: To cut down on conveying damage, be sure to run augers completely full and at slow speeds as much as possible. Dents and bends in the auger and operating augers at steep inclines increases kernel damage. Finally, 8-inch augers have been found to cause less damage than 6-inch units. (DV)

**“Part-time Farming” offers a practical approach to managing your farm or acreage.** Experienced and beginning operators alike find this video interesting and educational. Key farming concepts and the advice of experts highlight this video series.

Five-in-one: “Part-time Farming” includes five informative segments. One or more of these segments is essential to every successful operation.

- Field Crops
- Farm Management
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- Haylands and Pastures
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Save time and money. Just one hour of “Part-time Farming” provides numerous tips that will save you costly mistakes and precious time. This video will prove to be a valuable addition to your reference library.

Learn at your leisure to effectively develop your country environment and improve your quality of life. “Part-time Farming” is presented in a down-to-earth fashion that everyone can relate to. Learn from the comfort of your own home at your convenience.

ORDER NOW BY FILLING OUT THE FORM BELOW. If you have questions about “Part-time Farming” call (402) 441-7180 or e-mail cnty5025@unlvm.unl.edu.

Mail To: “Part-time Farming”; University of Nebraska Cooperative Extension in Lancaster County; 444 Cherry Creek Road; Lincoln, NE 68526-1507

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Center for Grassland Studies offers seminar series

The UNL Center for Grassland Studies is again offering its fall weekly seminar series. Presenters include university faculty and students, and guest speakers. Non-university guest speakers this year include Fritz Knopf (October 7) with the National Biological Survey and the United States Department of Agriculture. (WS)

**“Helping you put knowledge to work.”**

University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.
Termite Control Workshop for Homeowners: October 24

What every homeowner needs to know about termites and termite control.
Did you know that Nebraska homeowners pay more than $1 million each year for termite treatments? Professional treatment is a major expense for a homeowner. Why does it cost so much? Treatment estimates from different pest control companies can differ by $1000 or more. Why are the estimates so different?

A very low estimate may indicate inadequate insecticide rates, volumes and treatment procedures will be used in the treatment of your home. Post-treatment levels of insecticide in the soil may be inadequate to fully protect your home against re-infestation. Conversely, a high bid does not necessarily mean that a proper treatment will be done. How can you make sure that your home will be treated properly and protected from re-infestation?

Come to the Lancaster County Extension office on October 24, 6:30-9:30 p.m. We will teach you everything you need to know to help determine if a proper treatment should be done. We will estimate what the cost should be. There will be a $5.00-per-home-unit fee for this workshop. The fee will cover easy-to-understand reference materials. (BPO)

Leaving garden residues for another year. Most are “accidental invaders.” If you’re not a “problem pest” during the fall as they search out all they can eat, it may be because of inadequate insecticide levels of insecticide in your home. Post-treatment rates of insecticide in the soil may be inadequate to protect your home against re-infestation. Come to the Lancaster County Extension office on October 24, 6:30-9:30 p.m. We will teach you everything you need to know to help determine if a proper treatment should be done. We will estimate what the cost should be. There will be a $5.00-per-home-unit fee for this workshop. The fee will cover easy-to-understand reference materials. (BPO)

Garden residue aids wildlife
As you give your vegetable garden a fall cleanup this year, consider leaving some plant residues alone. Leave bean plants and beans too mature to be harvested, corn stalks with stubble, potatoes after they have been infected with the tough outer leaves and stalks of tomatoes, cabbage and the other cole crops as an emergency food source for winter visitors.

You can still clean up the garden to reduce the carryover of insects and disease by:

Remove and burn, or put out for trash pickup, any diseased plant materials, including corn, that have been infected with smut, wilt-stricken squash vines and blighted tomato and potato plants.

Till or plow under stands of broccoli, Brussels sprouts, the tough outer leaves and stalks of tomatoes, cabbage and the other cole crops as a food source for winter visitors.

Yikes! Jumpin’ Jiminy Crickets
Barb Oggi Extension Educator

Have you opened the pantry doors, looking for why crickets are in your home? Is there a cricket chirping outside before you can see it? These insects can enter homes through cracks, gaps, or at openings in windows. In fact, crickets are closely related to grasshoppers. Grasshoppers and crickets are closely related insects—both belong to the order Orthoptera. One might think that related closely related insects might respond in similar ways to favorable conditions.

How can this help us deal with crickets? We don’t know. Many species can apparently adapt to conditions and populations when their populations increase temporarily in response to a food source that changes and adjust to more normal levels. Most people think that insect pests are related to weather conditions, but increases in the abundance of food and habitat, and decreases in natural enemies are likely to trigger population explosions. The truth is that, with the exception of economic pests, most insects are not well studied and entomologists aren’t sure that conditions trigger insects outbreak. It is interesting, and maybe not a coincidence, that we are also seeing abundant populations of grasshoppers. Grasshoppers and crickets are closely related insects—both belong to the order Orthoptera. One might think that related closely related insects might respond in similar ways to favorable conditions.

The first step in cricket control is to check around the outside of your home and caulk or fill cracks and other spaces you find that may allow crickets to get inside. Look carefully around your home’s foundation, doors and ground-level windows.

You can discourage crickets from entering your home by keeping nearby weeds and grass cut short and by removing piles or stacks of wood, brush, bricks and similar materials that are close to your house. This minimizes their hiding places and reduces the number of places they can get inside.

If you’ve got a chirping cricket inside the house, don’t reach for the bug spray. Then, place the cloth near a crack where a cricket might be hiding. This creates a stickier surface with the cloth when dealing with cricket populations. First, it is important to identify the cricket. A cricket with a pair of front wings is a “true cricket,” while a cricket with a pair of rear wings is a “true cricket.” A cricket with a pair of rear wings is a “true cricket.”

If you’ve got a cricket in your home, you can identify it by its chirping. First, it is important to identify the cricket. A cricket with a pair of front wings is a “true cricket,” while a cricket with a pair of rear wings is a “true cricket.” A cricket with a pair of rear wings is a “true cricket.”

Environmental Focus

“Pest-proofing” may not keep every single animal or insect from eating out of your home, but it will certainly help reduce your chances of having pests. “Visitors.” Watch the next issue of the NEBRILNE for pest-proofing ideas inside the home.

Your Home:

• Are all the cracks around the outdoor of your home sealed and free of trash, snails, and insects can’t squeeze in? In use strong materials like cement or caulk to fill and seal cracks. Don’t try to stuff cracks with cloth—it won’t help.

• Are there holes (or other rodent damage) in your home or garage? Cover holes or rodent damage with hardware cloth that you can buy from a hardware store. Hardware cloth is a material that is easy to use and inexpensive. Make sure the holes in the hardware cloth are not bigger than one-quarter inch. If you replace the damaged wood with new wood, some animals (like squirrels) may chew right through it again. Cover new repairs with hardware cloth when dealing with this type of damage.

• Getting rid of whatever is attracting the pest to your home (overripe fruit)?

• Making sure you change your living environment so pests can’t get in or find it a comfortable place to live?

• Or, does the pest cause a health risk (body lice), does it damage valuable property (termites) or cause a problem serious enough to use chemical control (cockroaches)? Before you decide on chemicals, answer these questions:

• Is the problem serious enough to use chemicals?
• Is it worth the risk?
• Would the chemicals be used inside or outside the house?

Would children, adults with health problems or pets be exposed to the chemicals?

Are there areas where food is stored or cooked that make your meals or where you eat that would be exposed to the chemicals?

If you decide to use chemical controls, always carefully read and follow the directions on the product label each and every time you use the product. (SE)
Environmental Focus

The coolest way to SQUASH an aluminum soda pop can

Soda pop cans just aren’t what they used to be. In 1963, when they were first introduced, you could make 16 cans out of a pound of aluminum. Today, you can make around 30. The reason is something the industry calls “lightweighting.” It’s done to paper and plastic packaging as well, particularly as the public (that’s you) shows a preference for less-packaged goods at the checkout counter.

Thinner cans, a different shape, and improved alloys and manufacturing, all combine to make today’s can a more shadow of its former self and reduces transportation costs and the need for more new waste.

Thinner can walls also help to make this the coolest way to squash a can. It’s a little trickier than it used to be, since cans don’t stand up to the same kind of abuse they used to, but it’s great fun! Try it—it saves space in your recycling center.

Step 1: Put an empty can under one foot and gently shift it, but probably not all, of your weight onto it. The other foot is still on the ground. This is touchy, like standing on an egg.

Step 2: Reach over and carefully, gently, touch both sides of the can with something very—like a pencil. If you’re good, the can won’t squash.

Did you know that...

• not all earthworms are hermaphrodites (having both male and female sex organs)? Some worms are capable of reproduction without a mate.

• a nightcrawler can move a stone that is 50 times its own weight?

• composting toilets work more efficiently when redworms are present?

• a redworm can eat about half its body weight in food waste each day?

• the average American produces 30 (105-94) pounds of waste per year?

• not all earthworms are hermaphrodites (having both male and female sexual organs)? Some worms are parthenogenetic; they can reproduce without a mate.

Cooperative Extension office and asking for guidance, consult local building inspector or a reputable insulation dealer, insulation. For guidance, consult the Cooperative Extension office. You'll be able to recycle newspapers (used as bedding) and non-fatty food scraps from your kitchen (even coffee grounds and broccoli stalks). Indoor worm bins are a great way to continue composting through the winter months. It’s not unusual for worm bins not to produce any castings, but if you’ve helped recycle materials that ultimately end up in our landfills, Get your bin started now by calling the Cooperative Extension office and asking for the vermicomposting fact sheet (107-94). (SE)

Make a bird feeder

Some birds, like doves, will not come to a hanging feeder but will come to ground feeders. Find an old cafeteria tray and set it on the ground. Fill the tray with birdseed and don’t forget the water. In cold climates, birds may find it difficult to locate water that hasn’t frozen. Put a container of water near your feeder. You can place it on the ground or on a tree stump or box. In our cold climate, use a deeper container and keep an eye on the water to make sure it doesn’t freeze. Break any ice that forms near your feeder.

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Environment-conscious shopping can save money

You don’t have to spend more money to reduce waste when you shop. In fact, shopping with the environment in mind can save you money. Making purchases that involve less packaging is not the only way consumers can have a positive impact. A more thoughtful attitude toward the environınel choice almost always cost less to purchase.

Savings in annual energy costs could amount to 10 percent or more.

3. Look for air leaks through walls and ceilings. Install fireplace dampers, seal cracks or holes, and fill gaps in insulation.cents. Contain size and weight ofRosary or top ceiling. This should be done to a minimum of R-38 in these spaces if possible. However, if the attic insulation is too thick, the attic R-value may not be determined. If there are three or fewer inches of old insulation, chances are that more insulation is needed to bring it up to the recommended level. Investment in attic insulation of 10 inches range from $100 to $1,000. Heating and cooling savings could range from 5 percent to 10 percent (to present insulation), to 30 percent (if there is no insulation).

5. Watch where insulation is placed. Don’t lose heat through your eave vents, on top of recessed lighting or other heat-producing equipment on the attic floor. Also, keep insulation at least three inches from the sides of these areas.

1. Find out if the home needs insulation. Needs may differ depending on the climate and the amount of existing insulation. For guidance, consult a reputable insulation dealer, local energy service provider, or Cooperative Extension office.

2. Caulk and weatherstrip doors and windows. Do it yourself caulking and weatherstripping materials cost about $25 for the average home (12 windows and two doors). Savings in annual energy costs could amount to 10 percent or more.

2. Become knowledgeable about R-values. R-values are numbers that indicate the resistance of insulation material to the transmission of heat gain. The greater the R-number, the more effective the insulation capability. Purchase the thickness of insulation that will give the needed R-value. These numbers should appear on all packages of insulation materials including mineral, glass fiber or rock wool batts or blankets; foam or loose fill materials that are poured or blown into insulation spaces; or rigid board insulation.

3. It’s important to find out the R-value before purchasing insulation materials. If there is no insulation, the R-value written on the package, ask the salesperson to write it on the receipt for future reference.

4. Insulate your attic floor or top ceiling. This should be done to a minimum of R-38 in

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Worried about youth?

“We’re worried about our own kids, our neighbors’ kids, the students in our schools, the youth in our community, and kids as a whole…”

“What if you knew that there are specific, practical things you can do to make a tremendous difference in young people’s lives? What if you saw documented proof that these specific, practical things really work? What kids really need are adults who care.”

Search Institute has administered a survey, “Profiles of Student Life: Attitudes and Behaviors”, to 273,000 young people in 600 communities and 33 states. From analyzing those surveys, Search Institute identified 30 assets that every young person needs in his or her life. The first 16 are external assets, things in a young person’s environment that support and nurture him or her, set boundaries, and involve the young person in structured time use with caring, principled adults. Internal assets are attitudes, values and competencies that belong in the head and heart of every child.

External Assets
1. Family support
2. Parents as social resources
3. Parental presence
4. Other adult resources
5. Other adult communication
6. Parent involvement in school
7. Positive school climate
8. Parental standards
9. Parental discipline
10. Parental monitoring
11. Time at home
12. Positive peer influence
13. Music
14. Extracurricular activities
15. Community activities
16. Involvement with a faith community

Internal Assets
17. Achievement motivation
18. Educational aspiration
19. School performance
20. Homework
21. Helping people
22. Global concern
23. Empathy
24. Sexual restraint
25. Assertiveness skills
26. Decision-making skills
27. Friendship-making skills
28. Planning skills
29. Self-esteem
30. Hope


FCE reorganizational materials ready

October 15 is the deadline for returning club reorganizational materials to the Extension Office. October 1 is the deadline for clubs to be turned into the FCE Council Treasurer. (LB)

Bone health affected by diet

A teen’s diet likely will affect bone health in later life.

Teenage girls and young adult women who develop a healthy bone mass in the years of bone growth and increasing bone density are most likely to avoid the problems of osteoporosis. Osteoporosis is a disease of fragile,brittle bone which primarily affects women over age 45.

Low-fat milk, yogurt and frozen yogurt, ice cream and ice milk, custard, pudding and other dairy products, cheese, dried beans and peas, and dark green, leafy vegetables are all foods that boost calcium intake. From 1,200-1,500 mg of calcium per day is recommended for female teens. Four daily servings of calcium rich foods pack a tremendous punch for meeting calcium needs. Even though the need is quite high, studies show that girls between the ages of 12 and 19 typically avoid food sources of calcium because of weight concerns. They think milk is fattening if it’s low-fat or nonfat sources are selected, diet fat is greatly reduced.

When weight is an issue, there’s no need to eliminate calcium sources. Low-fat dairy products, dried beans and peas, and leafy, green vegetables are all excellent calcium rich choices to include in the diet.

Other behaviors that improve bone health include getting daily weight-bearing exercise and avoiding cigarettes and alcohol. Although the exact cause is still unknown, cigarette smoking and alcoholic beverages are associated with increased risk for osteoporosis. Limiting cola and other soda pops is a good idea. They are a source of phosphorus but lack in calcium. Overusing these beverages will disturb the calcium to phosphorus balance needed for best utilization.

Weight-bearing exercise, such as walking, dancing or light jogging, helps to increase bone density and reduce osteoporosis risk.

Meeting calcium needs is a matter of fitness. Take care of yourself in your growing and adult years. Include food sources of calcium, exercise, and avoid cigarettes and alcohol. The payoff will be worth it. (AH)

FCE 1997 leader training sessions

All trainings will be offered at 1 or 7 p.m.

The Giving Tree
Tuesday, January 7
Presented by: Don Jansen, Extension Educator
Why are trees important to us, our communities and our state? This lesson includes activities to create an awareness and appreciation of the diverse benefits that trees and forests provide.

FCE achievement meeting

“Forget the Calories”—Enjoy the Dessert is the theme of the 1996 FCE Club Achievement Meeting, Monday, October 26 at 6:30 p.m. Delores and Larry Renz of “The Renz Nest” and the County Pals 4-H Club will provide musical entertainment. FCE members will be recognized for their years of membership. All FCE members and guests are invited to attend. 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. For reservations call Lorene or Pam at 441-7180 by October 18. Come join us for this celebration of achievements. (LB)

Spelling Out Changes in Health Care
Tuesday, February 25
Presented by: Lorene Bartos, Extension Educator
This lesson will increase one’s knowledge of the “new” terminology and to improve one’s ability to function in the changing health care environment.

Estate Planning for Senior Citizen
Tuesday, March 25
Presented by: Chet McPherson, LIFE Office
This lesson will focus on what should be included in estate planning such as insurance, upgrading Medicare supplements, nursing home insurance, wills and much more with special emphasis from the women’s point of view.

Can We Come to Consensus on This?
Tuesday, September 23
Presented by: Lorene Bartos, Extension Educator
The way a group makes decisions has a lot of influence on how people feel about the group. This lesson will focus on how to help a group make decisions.
Tips for baking and serving food with less fat

Eating foods with less fat may reduce your risk for certain forms of heart disease and cancer. As you cook for your children and family keep these things in mind.

BAKE WITH LESS FAT

• Replace whole milk in recipes with lowfat or skim milk, evaporated skim milk or buttermilk.
• Use smaller amounts of a sharp cheese like cheddar, or use lower fat cheese like part skim mozzarella.
• Decrease the amount of fat in recipes. Start by decreasing the fat by 1/4. The fat in recipes for quick breads, muffins, and soft cookies can be decreased by 1/2.
• Replace chocolate and nuts with raisins or chopped fresh canned fruits.
• Replace sour cream with lowfat sour cream or lowfat yogurt.

IF A FOOD HAS MORE FAT, DOES THAT MEAN I SHOULD NOT BUY IT?

There are no forbidden foods. But if you prefer certain foods that are higher in fat, eat them less often and in small amounts. (MB)

Halloween safety crossword puzzle

Across
2. “- - - treat” with safety in mind
3. Try to find a costume which is flame-resistant. But remember, even if labeled “Flameless,” a costume can still catch fire.
6. Make sure that this covering for the face has large eyeholes so you can see clearly.
7. This long strip will stick right on. Use the reflective kind with a flashlight.
8. Witches ride this, Moms sweep with it, and kids move it to where they can’t see in the dark.
9. A Jack-O’-? should be kept away from the door so no trick or-treaters to see in the dark.
10. This October holiday is a time for costumes, treats, and one trips over it.

Down
1. When you dress up in this disguise, make sure you can still move freely.
2. These collected goodies must be checked over before they are eaten.
3. Carve a face on this orange fellow, and light him safely.
4. Here’s a kind of light that runs on batteries and helps trick or-treaters see in the dark.
5. This is made from wax and a wick and then lit with a hot fire instead of small, smoky or wet fires. It is important to sweep or clean the chimney flue and damper once a year.
6. This is made from wax and a wick and then lit with a hot fire instead of small, smoky or wet fires. It is important to sweep or clean the chimney flue and damper once a year.

Answers on page 12

Keep your ghosts and goblins safe

Excitement fills the air for young trick or treaters as they run from house to house on Halloween to fill their sacks with goodies. But overtired, over-excited children may take unnecessary chances.

Avoid accidents on Halloween by discussing the basic personal safety rules with your children before the evening’s adventure begins. Stress that extra caution is needed at night and provide them with costumes that have some reflective tape. Give them flashlights to light their way.

Youngsters of all ages should travel in groups. Never allow preschoolers or early primary-aged children out without adult supervision. Confine their route to four sides of a single block, if possible, so there is no need to cross streets. If this is not possible, set down rules beforehand that crossing streets is to be done by the entire group and the adult who is supervising.

Boundaries and curfews should be set up for the older kids, too. No children should be allowed to roam all over town at late hours.

Caution your trick or treaters to avoid sampling treats until you have checked them over. Keep Halloween happy and safe. (LB)

Healthy Eating

Healthy Eating

Each month for the last year, I’ve shared a fruit or vegetable recipe from the 5-A-Day Program. This recipe is the last in this 12-part series. *

Autumn Medley Stew – Serves 8

3 chicken half-breasts, without skin
2 cups water (optional - add 2 packets low sodium chicken broth)
1 yellow onion, cut into strips
2 cans stewed tomatoes (15 oz. cans approximately)
2 potatoes, raw, diced
2-3 medium carrots, sliced into coins
1 green pepper, coarsely chopped
1/2 teaspoon black pepper
1 teaspoon rosemary
1 teaspoon Italian seasonings
4 cloves garlic, crushed
4 cups cooked rice

In a large soup kettle, simmer chicken breasts in 2 cups of water (or chicken broth). Add onion to chicken as it simmers. While it’s simmering, add to onion mixture:
- 2 potatoes, raw, diced
- 2-3 medium carrots, sliced into coins
- 1 green pepper, coarsely chopped
- 1/2 teaspoon black pepper
- 1 teaspoon rosemary

Break chicken into chunks, debone and add to stew. Simmer 30 minutes or until carrots and potatoes are done. Add rice and simmer 10 more minutes. This is an official 5-A-Day recipe. Recipe provided by the Idaho Potato Commission.

Nutrient analysis per serving: Calories, 214; Fat, 1 g; Cholesterol, 22 mg; Fiber, 5 g; Sodium, 200 mg; Percent Calories from Fat, 6%.

For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #12; % Alice Henneman; UN-L Cooperative Extension in Lancaster County; 444 Cherry Creek Road; Lincoln, NE 68528-1507.

* Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may help reduce your risk of cancer. The goal of the National 5-A-Day Program, a collaborative effort between the National Cancer Institute and Produce for Better Health Foundation, is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5-3.5 servings to five servings a day by the year 2000. (ADH)
I Dare You Leadership Award

The I Dare You Leadership Award was first offered in 1941 by William H. Danforth. Mr. Danforth was a successful businessman who dared young people to achieve their highest potential and to influence others through lives of leadership and service. The I Dare You Leadership Award recognizes those who, with a little encouragement, are ready to see themselves as leaders — young adults who are ready to take the dare.

The program is for 4-H participants who are juniors or seniors and have demonstrated personal integrity, lead well-rounded lives and possess a willingness to assume responsibility. They do not need to hold leadership positions currently, but should be recognized by both their peers and adults who work with them as emerging leaders.

The award consists of three elements:
- A personalized award certificate
- A copy of "I Dare You"
- Eligibility to apply for a scholarship to the International Leadership Conferences

Nominations may be made by 4-H leaders, parents or friends. They may also be self-nominated.

One young woman and one young man will be selected for this award from Lancaster County. In order to apply, submit a nomination form, available from the Extension office, outlining why you think they meet the criteria for this award by October 7, 1996. Nominations should be sent to the Extension office in care of LaDeane Jha.

Welcome

University of Nebraska Cooperative Extension in Lancaster County has recently hired two new employees. Autumn Fowler has been hired as an Extension Assistant and Tina Brown will work in the office as an Americorps VISTA (Volunteer in Service to America).

Autumn is a graduate of the University of Nebraska-Kearney, with a Bachelor’s in Organizational Communication. Her education includes a strong foundation in the principles of leadership and interpersonal communication.

Autumn’s professional experience includes a diverse background in program management, public relations, volunteer relations and fundraising. She has worked for the American Diabetes Association, National Kidney Foundation and the Nebraska State 4-H and Youth Development Office.

Working with youth and young adults has been an integral part of Autumn’s professional and personal life. She worked for 6 years during college at a church camp and has remained active as a counselor and director for youth camping. She has also worked with the Nebraska Crime Commission in developing a Juvenile Justice Program in Dundy County, and has been a youth leader in the church for over 8 years.

Autumn and her husband, Matt, are happy to be in Lancaster County. Matt is a minister at Saint Paul United Methodist Church in Lincoln. The couple enjoy working on their house, fishing and antiquing.

Tina Brown is a native Lincoln resident. She has a six year old son, named Michael, who is in first grade. Tina has a BA in Psychology and Anthropology from the University of Nebraska-Lincoln, and is currently working on her MA in Anthropology there. She has experience working with children in both learning and non-learning environments: leading small group learning activities at Prescott Kindergarten, supervising kids at the Salvation Army Malone Center, and assisting in a daycare. Tina has also done some outreach work when serving on the Teen Parent Panel in high school. In addition, she has lots of research experience, and participated in an applied/developmental anthropology project in rural Mexico last summer. Tina is looking forward to bringing the opportunities that this office has to offer to those kids who have not yet been able to benefit from them.

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4-H Awards

Take a few minutes and nominate outstanding 4-H adults and youth for the following awards.

Meritorious Service to 4-H Award

The Meritorious Service to 4-H Award is presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible. Service should go beyond the local community.

Outstanding 4-H Member Award

The Outstanding 4-H Member Award is presented to those individuals who have excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection applies to the variety and depth of 4-H activities.

Leaders and parents may nominate 4-H members by submitting a nomination form which is available at the office.

Nominations are due by October 7. (LJ)

4-H Phon-A-Thon

Show your support for 4-H both in Lancaster County and the state by positively responding to calls from Lancaster County 4-H youth during the week of October 9-15, 1996. You will be called between 6:00-9:00 p.m. Not only is this an opportunity for you to give back to 4-H, you will be participating in an activity that will help them to communicate with the public and tell the 4-H story during National 4-H Week.

Four pledge will:
- provide leadership opportunities and scholarships for youth
- provide funds for the development of new projects and educational opportunities
- enhance school enrichment programs that reach over 13,000 youth each year
- train volunteer leaders
- recognize achievement (LJ)

Things That Go Bump in the Night

A 4-H Halloween Camp — naturally! Saturday and Sunday, October 26 and 27, beginning at 5:00 p.m., Saturday, October 26. Any youth ages 8-13 can come. 4-H membership is not a requirement. Cost is $25. Send your fee and a form (available at the Extension office) to the Eastern Nebraska 4-H Center. (LJ)

Make a Difference Day

Here is a chance for 4-H clubs to participate in community service projects on “Make a Difference Day”, October 26, 1996. The day is sponsored by USA Today Weekend Magazine and the Points of Light Foundation. For every project registered with the magazine, Campbell Soup Company will donate food in the project’s name to a nearby food bank. $120,000 is awarded to recognize outstanding efforts on the day. (LJ)
The NEBRLLNE

October 1996

National 4-H Week
October 6-12, 1996

“Celebrating the accomplishments of 4-H youth across the nation”

YOUR club can help promote National 4-H Week by...
• writing a letter to the editor of your local newspaper about 4-H
• putting up a 4-H display at your school, in a mall or at a library
• coordinating a service project during 4-H Week
• inviting new people to join your club
• volunteering to give a presentation about 4-H to local organizations such as Optimists, Kiwanis, churches, etc.
• be creative!

Let us know about your National 4-H Week activities so we can include them in the NEBRLLNE. (AF)

4-H leader opportunities

Nebraska State 4-H Volunteer Forum
What is it?
An opportunity for those who provide leadership to 4-H to see what’s new in 4-H, share ideas from other counties, increase leadership skills and take advantage of personal development opportunities. Workshops are presented by 4-H volunteers and staff.

Who is it for?
Anyone who or would like to become involved in 4-H.

How to get involved
• Mark your calendar now for February 1, 1997 to attend the Nebraska State Volunteer Forum at the Holiday Inn, Hastings, Nebraska.
• Request further information from the Extension office.
• Workshop descriptions and other program information and registration will be available later this fall.

Tri-State Leaders Forum
The Tri-State Leader Forum is especially designed for 4-H parents, leaders, junior leaders, Extension staff and other volunteers in youth organizations from the states of Wyoming, Nebraska and South Dakota. This two-day conference features keynote addresses and over 29 workshops, as well as round table discussion groups and practical hands-on learning experiences.

When: October 25 and 26
Where: Hitching Post Inn, Cheyenne, WY

For More Information: Contact the Extension office (LJ)

4-H & Youth

Hip hip hooray...

Special congratulations to the following 4-H members who achieved special recognition through their hard work at the Lancaster County Fair:

4-H horse show
Hadley Richters received the 1996 Winstron Award for outstanding 4-H Horse Exhibitor in memory of Wilmernena Winstrook.

Kellie Hollar received the 1996 Iean Card Trophy for the fastest time in the barrel racing class.

Michelle Rohnhovde received the 1996 Confer Trail Award for the most points earned during the trail obstacle course. This award is funded by Dick & Cookie Confer.

4-H dog show
John Savage received the 1996 Outstanding 4-H Dog Exhibitor in memory of Jonathan Backes.

4-H rabbit show
Michael Trawinski received the 1996 Outstanding 4-H Rabbit Exhibitor.

Dawn Eggert received the 1996 Reserve Outstanding 4-H Rabbit Exhibitor presented by the 4-H Rabbit VIPS Committee in memory of Jonathan Backes.

Congratulations to everyone for a job well done! (CB)

What happens to those school clothes!

On the first day of school my children looked absolutely perfect. Six-year-old Jessi skipped to school in a snappy green outfit and Ben (who’s eight going on fourteen) marched off with new shoes and bright “white” socks. After one month, all those bright white socks and new (or near new) school outfits are already showing the wear and tear of being attached to two very energetic children.

If your family is like mine, this may be a really good time for 4-H Cloverbuds clubs and Cloverbud families to check out some terrific curriculum on clothing care. I’d like to suggest 4-H, 4-H! Stains! (Michigan State University) and/or Clothing Care (Minnesota State University).

These fun lessons help 5-8 year old children and families learn about clothing:
• building awareness of the importance of clothing care.
• helping children realize that they can try to avoid getting stains on their clothing.
• helping children understand that wearing clean clothes can help people look nice.
• helping members learn how to take care of their own clothing.

Hopefully, Jessi won’t have to have another “smiley face” patch sewn on her snappy new green outfit (after only the first day of school mind you) and Ben will learn to keep his socks “white” as long as possible. I’d like their clothes to last longer than one month (or one day) this year. (SE)

4-H Cloverbuds part of new partnership

A new partnership has been formed with 27th Street Salvation Army Rec Center and University Place Art Center, 2601 North 48th Street to co-sponsor a 4-H Cloverbuds club for 5-8 year old youth. Salvation Army after-school youth will be bussed weekly to the art center to enjoy hands-on experiences under the direction of art center counselors.

This special-interest club is in urgent need of many common household items that will be used in their weekly activities. If you can help, please check the list below and bring items to the Extension office. (SE)

Help provide Cloverbud-age youth (ages 5-8) with a positive educational experience—bring any of the following items to the Extension office.

• Any plastic bottles (water, dishsoap, bleach, milk, aspirin, etc.)—with or without handles.
• Tissue boxes
• Rubber bands
• Brown and white paper sacks
• Colored tissue paper
• Buttons
• String
• Pipe cleaners
• Glitter
• Embroidery floss
• Copy paper
• Styro balls
• Glue and glue sticks
• String elastic
• Crayons
• Markers
• Seeds - pinto beans, kidney beans, popcorn, sunflower seed
• Poster board
• Clear glaze spray
• Food coloring
• Felt tip pens
• White plain paper towels
• Varnish
• Varnish remover
• Pin backings
• Animal crackers
• Wooden spoons
• Empty thread spools
• Fake jewels
• Gold paper
• Oatmeal containers
• Ric-rac trim
• Cupcake liners
• Fabric scraps
• Yarn scraps
• Feathers
• Cotton balls and q-tips
• Snowcone cups
• Small paper drinking cups
• Pasta - all colors and shapes
• Plain cardboard
• Coffee cans - clean
• Tin cans - clean

The vocal repertoire of the horse is not great and the sounds it can make are far from musical, but it never the less possesses a simple, precise meaning. Equine sounds range from guttural “Hello, good to see you” to high-pitched “Don’t push me any further”. Similar to the snort in human terms would be “Hello beautiful”. The maternal nicker—a state of conflict. The snort—carries the message “there may be danger ahead”. Although its most common use is when a strange object is detected in the distance; the mood is one of great interest tinged with anxiety—a state of conflict.

The squeal—this is a defensive signal sound. In aggressive encounters it means “Don’t push me any further”. The greeting nicker—is really a general salutation, saying in effect “Hello, good to see you”. This sound is a low-pitched, guttural sound with a pulsating quality. The courthship nicker—this sound performed by a stallion approaching a mare; in other words the equivalent in human terms would be “Hello beautiful”. The maternal nicker—is a very soft, barely audible sound given by a mare to her foal as if to say “come a little closer”. The neigh—sometimes called the whinny. It is usually a request for information. Such as “I am over here, is that you?” “Yes, it’s me, I hear you.”

The roar—this sound is not heard often, but is heard when horses are fighting seriously. The roar—“What’s that” or a signal of well-being “Life is good”. Similar to the snort in sound.

Remember, all horses are different and the tone of each sound may be different depending on the situation and may alter its precise meaning. Equine sounds should always be read with this in mind. (CB)

October 1996

The NEBRLLNE

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ORSE BITS
Community empowerment of youth

LaDeane Jha
Extension Educator

“Source”, a quarterly newsletter of the Search Institute, indicates that a key developmental need among youth is to be valued and validated. They say, “Young people’s experience of contributing to their community and being valued by others can help to shape their life commitments.” However, we often do not value the contributions that youth can and do make. In fact, young people are often viewed with suspicion and fear.

A few years ago Search Institute developed a set of developmental assets that, if found within a community, empowered youth to succeed. They recently added four new ones. These include:

• The community values youth——Young people perceive that adults in the community expect them to succeed. They recently added four new ones. These include:

• The community values youth——Young people perceive that adults in the community expect them to succeed.

• The community sees youth as resources——Young people are given useful roles in the community. Community service is integral——Young people serve in the community one hour or more per week.

• Safety——Young people feel safe at home, school, and in their neighborhoods.

There is a concern nationally that these four assets are in short supply in many communities. An example from Albuquerque and Minneapolis supports this concern (see below).

For example, over 39 percent of Albuquerque youth and 32 percent of Minneapolis youth say they never feel afraid of getting hurt in their neighborhood, school, or home. This means, however, that 69 percent of youth do feel afraid.

As we look at surveys and studies such as these, it is important to think about the ways that we can begin building assets in our community that support youth. What, for example, can we do to value youth, use them as resources, help them feel safe? Think about your neighborhood, school, or home. How can we enhance each of those environments in ways that help youth succeed? How do we build assets? If you have creative ideas, let us know—we’ll share them in later articles.

Empowerment assets among youth

This chart shows the percentages of 6th to 12th graders in Albuquerque and Minneapolis who reported having each of the empowerment assets in Search Institute’s expanded model of 46 developmental assets.

Myth 1: Hunger is not a problem in Lancaster County.

FACT: The number of emergency food pantry meals served via Lincoln Interfaith Council’s Emergency Food Pantries System increased from 325,305 in 1994 to 331,548 in 1995 and the rate continues to grow in 1996.

Myth 2: The reason people are hungry is because they are too lazy.

FACT: The vast majority of program recipients (82%) are at or below the poverty level, with at least one member of the household employed. The problem is not “unemployment,” the fact is “underemployment.”

Myth 3: If welfare recipients wanted to work, they would get jobs and that would be enough.

FACT: The jobs single mothers receiving welfare are finding are mostly in the service sector, where the average full-time wage for welfare recipients going through the JOBS program is $4.86 an hour, for part-time workers, the average wage is $4.25 per hour. Welfare mothers with little education and skills are competing against others in a job market saturated with low-wage, temporary, part-time jobs. These jobs, in addition, are not likely to have job benefits.

Myth 4: The minimum wage is only supposed to prevent poverty, not assure a higher standard of living, and it does that already.

FACT: Hardly. In 1995, full-time, year-round minimum wage earnings alone equaled only 73% of the federal poverty level for a family of three. Indeed, the minimum wage, which is not indexed to inflation, would need to be about $5.75 per hour to provide the same purchasing power as in the 1970s.

Myth 5: Most minimum wage earners are teenagers not really dependent on their own income to live or support a family.

FACT: Contrary to popular stereotype, teenagers make up only about 15% of the minimum wage workforce. Most minimum wage workers support their families or their meager incomes. The average minimum wage earner contributes half of family income and two out of five are the sole breadwinners in their families. The minimum wage is especially important for women, who make up two-thirds of the minimum wage workforce.

Myth 6: Most people can get by on minimum wage.

FACT: In Nebraska today, a full-time single parent must make at least $10.52 an hour to minimally support her two children without any public assistance. In a two-parent household where both parents work, each would need to earn a minimum of $7.00 per hour just to provide the basic necessities for a family of four.

The language we use makes a difference

Say person with a disability...instead of disabled or handicapped person

Say person who has cerebral palsy...instead of paralyzed, C.P., or spastic

Say uses a wheelchair...instead of confined to a wheelchair, wheelchair bound

Say person with mental retardation...instead of retarded, M.R., slow

Say has a physical disability...instead of crippled, lame

Say seizures...instead of fits

Say person who has epilepsy...instead of epileptic

Say has a learning disability...instead of learning disabled

Say has mental illness...instead of insane, crazy

Say person, citizen...instead of client, patient, resident (LJ)

A generation lost?

Statistics point toward growing troubles for America’s youth. According to the National Association of Psychiatric Treatment Centers for Children:

• The number of children who need mental health services doubles each year.

• The number of juveniles entering the correctional system has doubled since 1988.

• Of juveniles in the correctional system, 30 percent have an emotional or behavioral problem.

• And research continues to uncover the disturbing trend toward young offenders committing serious crimes. A recent study of delinquency in children under the age of 10 in Hennepin County, Minnesota, including Minneapolis, illustrates the extent of the problem.

• Child welfare workers previously had investigated the families of 81 percent of children arrested.

• 70 percent of the children had a parent or sibling with a criminal record.

• 91 percent came from families that either were on welfare or had received public aid in the past.

Source: Enriching Family Relationships Newsletter by Herbert G. Lingren, Ph.D., Extension Family Life Scientist. (LJ)

Hunger and poverty myths in Lancaster County

Hunger is a result of a lack of job opportunities, not a lack of motivation.

Myth: A lack of job opportunities prevents people from working.

FACT: There are numerous low-wage, temporary, part-time jobs. These jobs, in addition, are not likely to have job benefits.

Myth: The minimum wage is only supposed to prevent poverty, not assure a higher standard of living, and it does that already.

FACT: Hardly. In 1995, full-time, year-round minimum wage earnings alone equaled only 73% of the federal poverty level for a family of three. Indeed, the minimum wage, which is not indexed to inflation, would need to be about $5.75 per hour to provide the same purchasing power as in the 1970s.

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Monthly and Annual Cost of Family Support for Nebraska Single-Parent Families

<table>
<thead>
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<th>Family Size</th>
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<tr>
<td>Food</td>
<td>$240</td>
<td>$335</td>
<td>$421</td>
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<tr>
<td>Housing</td>
<td>$446</td>
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<td>Health Care</td>
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<td>Transportation</td>
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<td>$540</td>
</tr>
<tr>
<td>Clothing/Miscellaneous</td>
<td>$142</td>
<td>$183</td>
<td>$223</td>
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<tr>
<td>Monthly Total</td>
<td>$1,315</td>
<td>$1,666</td>
<td>$2,145</td>
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</tbody>
</table>

Annual Total: $15,780, $19,987, $25,740

Stop the hurry habit

With a new school year start-
ing, parents are hurrying here and there to prepare their children adequately.

Parents often see the need to have a well-dressed child in school, and to local discount stores to buy the necessary clothes. The school supplies, are just a few additions for a parent’s already busy schedule. Oh, and one can’t forget the trip to the grocery store for those goodies to pack for lunch!

Food Talk
e-mail newsletter

FoodTalk is a free monthly newsletter available through your computer e-mail. It provides a short “how-to” tip ready for you to use immediately. To subscribe, e-mail this request to:

TO: LISTSERVER@UMLYML.EDU
SUBJECT: (please leave blank)
MESSAGE: SUBSCRIBE FOODTALK (do not include signature when subscribing) (AH)

Senior food safety tips

Older people dining out need to be extra careful about food safety. Studies show that older persons are 10 times more likely to die from consequ-

ences of foodborne illnesses than the rest of the population, due to their weakened immune system.

The following basic guidelines can make dining out safe for our senior citizens.

1. Order hamburgers well-
done, and then check to make sure there’s no pink. If there is, send it back.
2. Never eat raw meat, poultry, or seafood such as steak tartars, raw oysters or sushi.
3. Take leftovers straight home and put them in the refrigerator. Never leave them in the car while you go shopping, to a movie, or to visit friends. Bacteria grow rapidly on perishable foods left unrefrigerated for even two hours. The results could be fatal.
4. Check to see that the restaurant is clean. If the floor and the waiters look grimy, there might be creepy crawlers scuttling on the walls, and the kitchen could look even worse. Eat somewhere else.
5. Raw or undercooked eggs may mean salmonella. Sunny-side-up eggs, Caesar salads, hollandaise sauce, some custards, or any foods that contain cooked eggs could also pose a potential threat. Ask your waiter or waitress if you feel concerned about a food item.

Additional tips for seniors:

1. Always keep hot foods hot, cold foods cold, and all foods clean.
2. For more tips, contact Julie Albrecht, Ph.D., Food Specialist, NU/IANR, (AH)

Kill alfalfa stands in fall

As an alfalfa stand ages, it becomes less productive and eventually must be replaced. Two to three alfalfa plants per square foot will produce maximum yields in older stands on dry land. Stands thicker than this will not produce more forage because the lack of moisture limits production. Therefore, it is in your best interest to rotate to another crop for several years before reseeding alfalfa.

Fall is an excellent time to kill alfalfa with herbicides in prepara-
tion for next year’s row crop. The increased use of no-till treatment makes this a popular alternative to plowing. Plowing may not completely kill the alfalfa. Herbicides are more economical than plowing, very effective, and will leave the soil in a condition which is less susceptible to erosion. Applying herbicides in the fall will eliminate hurried applications in the spring and possible planting delays due to product label restrictions.

An economical, consistent alfalfa control treatment is a combination of one quart 2,4-D (four h/fgal) plus one-half pint of Banvel per acre. Make sure that the alfalfa has at least 4 inches of top growth so there is sufficient plant surface for herbicide uptake.

Applications made in October to a hard freeze, will produce the best results. (DV)

Stress reduction tips

• Share concerns or troubles with a trusted friend or professional (i.e., minister, banker).
• Get involved in church, school or community organizations that help expand your sense of purpose and self esteem.
• Approach tasks and problems with an “I can” and an “I care” attitude.
• Set priorities; do important tasks first.
• Set realistic goals for you and your family, as well as land and livestock. (When any of these don’t meet expectations, farmers may become frustrated.)
• Get a good night’s sleep.
• Take a night course in stress reduction.
• Take quality time for you and your family. (DV)
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OFFICE HOURS: 8 a.m. to 4:30 p.m., Monday-Friday

October 1
4-H Council Meeting .......................................................... 7:30 p.m.
All 4-H Record Books (for awards) Due

October 2
Nominations for 4-H Council Due

October 6
Teen Council Meeting ...................................................... 3:00-5:00 p.m.

October 6-12
National 4-H Week

October 7
Meritiorious Service to 4-H Award Nominations Due
4-H Scholarship Applications Due
Outstanding 4-H Member Award Nominations Due
I Dare You Award Nominations Due

October 8-15
4-H Phon-A-Thon

October 21
CWF Meeting ............................................................... 7:00 p.m.

October 24
Termite Control Workshop for Homeowners .......... 6:30-9:30 p.m.

October 26
Make a Difference Day

October 26 & 27
Things That Go Bump in the Night Halloween Camp
—Eastern Nebraska 4-H Center, Gretna

October 28
FCE Achievement Day ..................................................... 6:30 p.m.

Nebraska 4-H Volunteer Newsletter

The Nebraska 4-H Volunteer Newsletter shares program-
ning ideas, youth development information, meeting
ideas and activities happening in Nebraska 4-H. The
quarterly newsletter will come to your home for $4 per
year. Contact LaDeane at 441-7180 if you would like to
purchase a subscription. (LJ)

Public Invitation

Lancaster County Extension Board Meeting

Held at the Lancaster Extension Conference
Center the second Monday of each month at
7:30 p.m.

Monthly agenda available for review
See Extension Office receptionist 8:00 a.m.-4:30 p.m.,
Monday-Friday

Answers to crossword puzzle on page 7

Across
2. Trick or
3. Proof
6. Mask
7. Tape
9. Lantern
10. Halloween

Down
1. Costume
2. Treats
3. Pumpkin
4. Flash
5. Candle
8. Broom
9. Lawn