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Holiday food safety

Alice Henneman
Extension Educator

Beginning in November and continuing through the first of the new year, food and fun are packed into holiday celebrations. How many times after a holiday gathering, however, have you felt a little “out-of-sorts” and blamed it on eating too much? While over-indulging can cause an upset stomach, so can eating food that was improperly handled. Keep the fun in your festivities by following practices that help prevent foodborne illness. Here are some answers that help prevent foodborne illness. Hold hot foods at least 140º F is a leading cause of foodborne illness. Here are some answers that help prevent foodborne illness.

1. Plan to prepare a number of smaller platters and dishes ahead of time. Keeping perishable foods two hours in the “danger zone” of 40º F to 140º F is a leading cause of foodborne illness. Hold hot foods at 140º F or higher and cold foods at 40º F or lower until serving time.

At events such as buffets where food is set out for guests, avoid adding fresh foods to foods that have been set out. Serve smaller bowls of food and set out fresh food bowls as needed. For added safety, put foods on ice or over a heat source to keep them out of the temperature “danger zone.”

Q. How can I stay ahead of my guests and keep the food looking and tasting good for several hours during a holiday buffet?

A. Plan to prepare a number of smaller platters and dishes ahead of time. Keep perishable foods over two hours in the “danger zone” of 40º F to 140º F is a leading cause of foodborne illness. Hold hot foods at 140º F or higher and cold foods at 40º F or lower until serving time.

At events such as buffets where food is set out for guests, avoid adding fresh foods to foods that have been set out. Serve smaller bowls of food and set out fresh food bowls as needed. For added safety, put foods on ice or over a heat source to keep them out of the temperature “danger zone.”

Q. I’m giving a party and since I don’t cook much, I’m picking up deli trays of meat and cheese. How can I keep them safe for my guests?

A. Try this: Ask the deli manager for several small platters instead of two or three large ones. That way, you can keep half your trays refrigerated while the others are out on the buffet. Of course no tray should sit out at room temperature over two hours. Not only is the replacement tray method safe, but your late arriving guests can enjoy the same appetizing arrangements as the early arrivals.

Q. I’m thinking about using plastic garbage bags to transport food to a！”

A. Don’t let any cooked food, meat or poultry remain in the danger zone—between 40º F and 140º F—for more than two hours.

If you have hot foods in the oven, you may be able to hold them safely until your guests arrive. Put a meat thermometer in the thickest part of your roast or poultry, or center of your casserole. Adjust the oven temperature so that the food stays at an internal temperature of 140º F or above. An oven temperature of 200º F to 250º F should be sufficient to hold the food. To prevent dryness, cover the dishes with wrap or aluminum foil.

Q. I frequently order take-out food when I am entertaining. What should I do with the food after I bring it home?

A. How you handle the food will depend on its temperature when you pick it up. First, take the food home immediately. Do not leave take-out foods at room temperature longer than two hours. At room temperatures over 90º F, discard after one hour.

Foods cold when picked up should be refrigerated until serving time. If the food is hot, and you will be eating within two hours, keep it hot (140º F) in a 200º F to 250º F oven. If you are picking up the food far in advance, refrigerate them. Reheat them later for serving.

Q. I have limited room and limited time for preparing a big holiday meal for my relatives. It’s about all I can do to get the turkey ready. What should I do?

A. Consider just doing the turkey. Get some “fancy” bread and heat it, last minute, in the microwave. Order a cold relish tray from the grocery. Ask one of your guests to bring the cranberry salad. Have someone else supply the dessert. Or, do like many families have started doing: make reservations.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.

Agricultural Competitiveness and Profitability
“Preparing Ag Professionals for Tomorrow’s Challenges”—page 5

Natural Resources and Environmental Management
“Wood for your fireplace”—page 4

Youth and Family Initiative
“Golden Rules for Golden Years”—page 6

Nutrition, Food Safety and Quality
“Take the guesswork out of roasting a turkey”—page 6

Strengthening Neighborhoods and Communities
“Coalitions for building community understanding”—page 10

Lancaster County Extension Educator recognized

Alice Henneman received the “Anita Owen Award” at the 79th Annual Meeting of the American Dietetic Association (ADA) in San Antonio (October 22). The Anita Owen Award, given through ADA’s National Center for Nutrition and Dietetics and the ADA Foundation, recognizes innovative nutrition education programs for the public.

Henneman received this award for creating Pyramid Power: The Food Game. Pyramid Power provides an entertaining and informative method for helping adults and youth understand and use the Food Guide Pyramid, a guide to healthful eating developed by the USDA.

More than 2,500 people in Nebraska have participated in Pyramid Power activities. Around 1,500 copies of this educational game have been sold in all fifty states, including Guam and Puerto Rico since it was developed in 1994.

In Lancaster County, Pyramid Power activities have been conducted at work, school and community sites. For more information about ordering a copy of Pyramid Power to use in nutrition education activities, call 441-7180.
Winterizing roses

Hybrid teas, floribundas, and grandifloras need protection from low temperatures and rapid temperature changes to prevent winter injury or possible death. Bush-type roses are protected by being buried or mound soil around the base of the plants. Begin by removing fallen leaves and other debris from around each plant. Use twine to loosely tie the canes together to prevent excessive whipping of the canes by strong winds. Mound soil 8 to 10 inches around the canes. Place straw or shredded leaves over the soil mound for additional protection.

Strawberry plants have already formed their flower buds for next spring. These flower buds can not stand temperatures below 20 degrees. Exposure to temperatures lower than this will result in the canes to be placed over the plants. Mound 6 to 8 inches of soil around the base of the plants. Then place the cone over the rose, securing it with bricks or other heavy objects. If not provided, small holes or slits should be placed in the top of the cones to provide ventilation. Providing winter protection for climbing roses is a little more difficult. The canes must be removed from the trellis and back to within one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights. In fact, they seem to prefer them. Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts, and sharpen blades. Store all tools in their proper places, indoors out of reach where they will rust over the winter. Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust. Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers. Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too. (MIM)

Winter care for strawberry plants

Prepare the bed in late November or early December and provide the following items: seeds; a cold frame; row covers; hoop, wire, or plastic plant supports; a variety of pruning shears; a watering system; and a compost pile. A material for the bed could be straw or leaves. (MIM)
"Preparing Ag Professionals for Tomorrow's Challenges"

A one-day research symposium is set for Monday, November 18 at the Nebraska Center for Continuing Education, 33rd & Holdrege Streets in Lincoln. This all-day symposium will highlight 15 different research topics presented by prominent speakers representing industry disciplines, the University of Nebraska-Lincoln Institute of Agriculture and Natural Resources.

In addition to this superb line-up of speakers, this year's program has been enhanced to include 5 on-site Internet World Wide Web and NUITACTS Information Center demonstrations. The lunch break has been extended to give everyone ample time to take advantage of this unique opportunity.

The entire research symposium program has been submitted for Certified Crop Advisor, Continuing Education Units. A total of 7.0 hours has been submitted including: Soil and Water Management (1 hour), Soil Fertility (1 hour), Pest Management (1.5 hours) and Crop Production (3.5 hours).

Take advantage of this opportunity to hear specialists in the agricultural industry discuss the latest research. The registration is $65 per person. For reservations call 476-1528. (DV)

Emergency conservation program

The Lancaster County office of the Farm Service Agency (FSA) has been authorized to implement an Emergency Conservation Program to provide landowners in Lancaster County with cost share assistance to repair conservation practices damaged by heavy rains earlier this year. The sign-up period for the program is October 15 to November 15, 1996.

To sign up, producers need to visit the FSA office. They will be asked to locate on an aerial photo where the damage occurred and provide an estimated cost of repair. Once application is made, representatives of the Natural Resources Conservation Service (NRCS) and FSA will visit the farm for an on-site determination of need and feasibility.

Applications will be reviewed by the county committee sometime after November 15. Based on this review, the committee will select applications for approval until the funding allocation has been distributed. If an application is approved, the repair work needs to be completed within six months. However, an extension may be granted if repairs are not done because of conditions beyond the producer's control. (CB)

1996 pesticide container recycling program nets over 17,000 containers

Over 17,000 plastic pesticide containers were collected at 15 area agribusinesses this summer. Each container was inspected to make sure that it had been rinsed, labels and lids removed. Based on trailer weights from Midwest Valley Chemical, the distributor that collects and ships these containers, over 6.5 tons of plastic will be recycled into new containers. The trailer was emptied four times during the course of the collecting season.

Each of the agribusinesses that worked a collection day should be commended for supporting this program that reduces landfill waste, but more importantly, prevents pollution by recycling the plastic container lids that cannot be used for other purposes.

Each of the agribusinesses that sponsored a collection day should be commended for supporting this program that reduces landfill waste...

This program was sponsored by the following agribusinesses: Blue Valley Farm Cooperative, Tamora; Cedar Ridge Spraying, Ashland; Countryside Cooperative, Raymond, Milford; DeHaas Ted & Sons, Denton; Dorchester Farmer's Coop; Dorchester, Exeter; Greenwood Farmers Cooperative; Farmers Union Co-op, Gretna; First Cooperative Company; Farmers Co-op Elevator, Wilber, Plymouth, Otte Oil & Propane, Wahoo; South-East Nebraska Co-op, Beatrice; Farmer Co-op Company, Waverly, Benet.

Personnel from the following agencies worked together to make this program a success: University of Nebraska Cooperative Extension Educators in the following counties: Lancaster, Sarpy, Saunders, Saline, Seward, Gage, Jefferson and Fillmore; Water Center/Environmental Programs, UNL; Department of Environmental Quality. (DV/BPO)

Beef Basics Home Study Courses

Several beef producers from this area have already completed one or both of the beef management home study courses offered last year through UNL Cooperative Extension. Both of these courses will be offered again this year for the beginner and a third course has been added for those wishing to continue this method of self education. These courses allow you to sharpen your cow/calf management knowledge within the comfort of your own home or office. Your involvement will be encouraged through answering questions on the lesson quizzes which are to be returned to the Extension Office on a weekly basis.

Home Study Courses offered this year include:
• Beef Cow Basics I (basic considerations for cow nutrition)
  cost $45
• Beef Cow Basics II (reproduction, genetics & breed selection)
  cost $45
• Beef Basics III (feeding & management of growing calves)
  cost $45

There are no prerequisites for enrollment in the courses. You may enroll in one, two or even all three courses if desired. To register contact Ward Shires, Extension Educator at the Lancaster Cooperative Extension Office, 441-7180 as soon as possible. Registrations are due at the Extension Office by November 8, 1996. Course material will be mailed to your address starting the first week in December. Courses are to be completed by March 1, 1997 to receive your completion certificate.

Over 2000 Nebraska beef producers have participated in Beef Basics Courses I & II during the past two years. These producers estimated that they would save over $14 per cow using the management and production ideas presented in these courses. Beef Basics can help you build a stronger bottom line for improving profitability in your operation. (WS)
Environmental Focus

Wood for your fireplace

A popular source of additional heating for many homeowners and apartment dwellers is the burning of wood. Sitting around a fireplace to enjoy a relaxing evening at home is another benefit of burning wood in your fireplace.

To do this most effectively, keep this in mind: ash, birch, hickory, maple, and oak because they are higher in heat value and produce fewer sparks. Heavy, smoking, wood, are easy to split and give off relatively high heat to the room.

Bt corn: environmentally friendly pest control

The first non-experimental, genetically engineered crop ever planted across the Midwest this last spring. Bt corn carries a gene for the Bacillus thuringiensis toxin that is toxic to European corn borers. These Bt corn varieties provide excellent control of ECB. However, corn producers who used Bt corn have reported that they discovered corn earworms feeding on the ears of Bt corn. Bt corn is not effective against corn earworm and other corn pests.

Researchers at Iowa State University have found that there are no negative impacts of Bt corn on non-target beneficial insects such as the 12-spotted lady beetle, minute pirate bugs and green lacewings. These predators feed on corn pollen as well as aphids and other pests found on corn plants. There are also no adverse effects on humans or livestock that feed on Bt corn.

Bt corn places its egg case. Once this sac is placed at the juncture of the cob and stalk, it can be seen behind pictures, baseboards or any other object that provides some shelter, including bed frames, headboards and nightstands. Sac spiders can climb a wall or ceiling at night and may wander across beds. They may be responsible for many of the bites people get while sleeping. The bites of another spider, the parson spider, also cause allergic reactions in some people.

Even metal, wood or glass sashes that become contaminated can be confused with a spider bite.

When someone is bitten by a spider, they should seek medical attention. The bite should be cleaned immediately and attempts to locate the spider for identification should be made.

In the past three years, we have positively identified five brown recluse specimens in our office. These spiders have come from two warehouses, a pet store (in their cricket cages, shipped from Arkansas), a thrift store (in a box) and an apartment building. In nearly every case, we could argue that these brown recluse were transported to Nebraska from southern states.

Report illegal dumping!

In the past several years, there has been an increase in the dumping of construction materials, white goods and other trash in rural Lincoln County ditches. Sometimes dumping isn’t even in the ditch, but right in the middle of the road. This has first and foremost an act of laziness because landfill fees, even though they have increased recently, are still a bargain. Where else in the country can you dispose of an entire pickup load for a mere $77? Pickup loads must be less than 5 feet high and covered with a tarp to prevent you from spilling materials on roads. Uncovered loads will cost an additional $3.

What can you do to stop this illegal dumping? First, if you see trash in the ditch, report it to the county sheriff’s office (441-6500). The sheriff’s office will call the Lincoln-Lancaster County Health Department which contracts with the city mission to pick up dumped trash and take it to the landfill.

If you catch someone, get the license plate number if you can and report it to the sheriff’s office. Unfortunately, illegal dumping at the current time is only a misdemeanor, but the threat of embarrassment may be the only way to prevent illegal dumping. For more information about current landfill fees, call 441-7738. (BPO)

Household hazardous waste collection on November 2

The final Household Hazardous Waste Collection for 1996 will be held Saturday, November 2, State Fair Park, 4-H Youth Complex (brick 4-H building), 9:00 a.m.-3:00 p.m.

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

Household Hazardous Waste Collections will take:
• Pesticides—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc.
• Items Containing PCBs—Ballasts from old fluorescent lamps and small capacitors from old appliances including radios, motors and televisions.
• Solvents—Mineral spirits, turpentine, paint strippers and thinners, varnishes, stains, polishes and waxes.
• Heavy Metals—Wastes containing mercury such as thermostats and fluorescent bulbs. (Most batteries can now be recycled locally.)
• Keep products in the original container and keep the label intact. If the label is already destroyed or unreadable, label the products to be mixed.

Do Not Bring:
• Latex Paint • Antifreeze
• Medicines • Used Oil
• Fertilizers • Explosives & Ammunition
• General Household Trash or Business Waste
• Alkaline, Carbon-zinc, Zinc-air & Vehicle Batteries

For assistance in how to dispose of these items, call the Lincoln-Lancaster County Health Department at 441-8040. (LB)

The aluminum age

Ours is the Aluminum Age. During the time it takes you to read this sentence, more than 30,000 12-ounce aluminum cans were made.

New aluminum comes from a kind of dirt (well, clay actually) called bauxite. Bauxite is quite common. There may be low-grade bauxite in your backyard, but getting the aluminum out of it takes incredible amounts of electricity. The aluminum usually kills the affected tissue and causes skin loss and death of the underlying tissue. Uceration develops and a well defined pock-like area may form. At this point, removal of the dead tissue may be needed along with skin grafting. Usually, the area heals itself in six to eight weeks. Other severe symp- toms may occur in individuals who suffer from other health problems, like diabetes. Death from a brown recluse bite is very rare.

All too often, bites are not attributed to this brown recluse species, but a brown recluse bite can cause a serious medical condition called hairynerve syndrome. It can also be responsible for some serious medical conditions such as kidney or heart failure. It is very rare.

The number of reported spider bites in the U.S. has increased in recent years. Many of these bites have been incorrectly attributed to the brown recluse spider. The natural range in the U.S. of the brown recluse is from western Arizona through Texas. Even though some brown recluse specimens have positively been identified in Nebraska, it is unclear whether these spiders can exist to a great extent in this state.

The brown recluse can inflict a bite that may not be felt or may feel like the sting of an ant. Usually a localized lumping sensation develops and lasts from 30 to 60 minutes. Over the next eight hours, the redened area enlarges and a pus-filled blister forms in its center. Within 12 to 24 hours after the bite, a systemic reaction may occur, characterized by fever, stomach cramps, nausea and vomiting. The venom usually kills the affected tissue and causes skin loss and death of the underlying tissue. Uceration develops and a well defined pock-like area may form. At this point, removal of the dead tissue may be needed along with skin grafting. Usually, the area heals itself in six to eight weeks. Other severe symp- toms may occur in individuals who suffer from other health problems, like diabetes. Death from a brown recluse bite is very rare.

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Cleaning closets? What to do with those unwanted clothes?

Unwanted or outdated clothing in your closet? What do you do with it? Don’t throw it in there. Even if donated, 6 million tons of textiles are discarded each year in the U.S.—three percent of the total waste stream. The majority of the discarded textiles in municipal waste is clothing. However, if you think before you throw, most of your unwanted clothes still have value. Most can be recycled and the space in the landfill saved.

Depending on the type, condition and style of your unwanted garments, you may want to sell them at a garage sale, through a consignment shop or give them to a local thrift shop. Selling children’s clothes at a garage sale, through a consignment shop or giving them to a local thrift store won’t make you any money, but will get them out of your closet. Even if thrift stores cannot sell your clothing, the fabric itself can be recycled. Some thrift stores sort and sell fabrics that are used as cleaning cloths, paint cloths or for rug making. Or, they may ship mixed loads to another processor where they’re broken and resorted. Eventually, items with value in a sale within the U.S., sent to underdeveloped countries or shredded for their fibers.

Commercial recyclers can recycle more than 93 percent of textile materials into wiping cloths, roofing materials, patio furniture, box spring padding and automobile insulation. Some textiles, such as wool, can be recycled into new garments and blankets (BPO).

If your garments are not stylish anymore, but not old enough to be vintage, giving them to a thrift store won’t make you any money, but will get them out of your closet. Even if thrift stores cannot sell your clothing, the fabric itself can be recycled. Some thrift stores sort and sell fabrics that are used as cleaning cloths, paint cloths or for rug making. Or, they may ship mixed loads to another processor where they’re broken and resorted. Eventually, items with value in a sale within the U.S., sent to underdeveloped countries or shredded for their fibers.

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Hot food safety

Q. In my family, everyone brings a favorite dish to the holiday meal. What are some ideas for coordinating the menu?

A. The most important point to consider when assigning foods to family members is the type of food and the distance the person must travel. Cold foods should not be served if the preparation over two hours, including the time they are at room temperature during serving. Hot foods must be kept hot.

People traveling a long distance might bring non-perishable foods in a wicker basket, and cookies, and cakes. Those traveling an hour or less might safely bring a meal in a cooler food. Wrap foods in foil and towels to keep warm. Place cold foods in a cooler with ice or gel packs. Plan to serve foods shortly after guests have arrived.

Q. Do you eat turkey in a brown grocery bag?

A. This practice could be dangerous. The glue and ink on brown bags were never intended for use as cooking materials and may give off harmful fumes. To cook your turkey safely in a bag, use a commercial oven bag. These bags are sealers too, and can safely be used if your family is familiar with using a large bird.

Q. Is it safe to eat the dough when making cookies?

A. As much as you may want to nibble on your favorite cookie dough, it’s best to wait until the cookies are baked. Uncooked cookie dough may contain harmful bacteria, such as Salmonella. This advice is especially important for younger members of your family. Young children, whose immune systems aren’t fully developed, are more susceptible to foodborne illness. Commercial preparations of cookie dough are not a problem; they’re made with pasteurized eggs.

Q. How can you tell if a food is safe to eat?

A. Most of the bacteria that commonly cause foodborne illness aren’t been seen, smelled, or tasted. Your protection is by following recommended storage, heating and cooling guidelines. Not everyone will get sick from contaminated food—young children, older kids, and people weakened by illness are most susceptible. A foodborne illness may develop within 1-2 hours, depending on the bacteria, but may take from 6 hours to several days to develop. Some may occur as long as two or more weeks after eating a contaminated food.

Foods that bacteria like best include such high protein foods as: milk and other dairy products; eggs; meat; poultry; and seafood. However, foods such as fruits or vegetables and cooked rice or pasta may also contribute to a foodborne illness if left at room temperature for more than a couple of hours.

Q. How should I handle leftovers?

A. Put leftovers in the refrigerator or freezer promptly after eating. If food is left at room temperature for over two hours, bacteria can grow to harmful levels and the food may not be safe to eat.

If you doubt food is safe, throw it out. Put them in shallow dishes so they cool faster. For thicker foods such as stews, hot pot roast, and layer cake slices—limit depth of food to two inches. If cooking certain foods that are cooked ahead to be reheated at a later time. For greatest safety, eat it the same day. Frozen foods will keep longer.

Loosely covered leftovers can be allowed to heat up to escape from the color. Food. Antiseptic agents are used to purify the water. According to these tests, impure water could be purified by boiling it or by filtering it through sand and coarse gravel.

Water filtration using charcoal was also known. Storing boiled water in copper vessels was considered a wise practice. Pictures of the earliest known water purification apparatus are found on the walls of Egyptian tombs as early as the 19th century B.C. The ancient Egyptians allowed impurities to settle out of the liquid, spitted off the clarified fluid using wick siphons and stored the water for later use. In ancient Greece, Hippocrates, the father of medicine, described how to purify water. Using a cloth bag, later known as “Hippocrates’ sleeve,” he instructed his followers to strain raw water. The method, however, did not work. The water was a bad smell and cause nausea.

Not all experiments trying to purify water worked. In the 19th century A.D., Sir Francis Bacon proposed a way to filter sea water with sand to remove the salt, thereby obtaining fresh water. Unfortunately, sand will not filter the salt out of salt water because salt is completely solvable in water. This experiment failed.

However, during the 17th century there were many improvements using complex sand filtration systems to filter fresh water. It was recognized by the Italian physicist, Luca Antonio Portius that this process was similar to the way water is purified by soil, sand and gravel as it travels through the earth’s surface on its way to the water table.

The first municipal water treatment system was created in Paisley, Scotland in 1804 and consisted of concentric sand and gravel filters. Glasgow, Scotland was one of the first cities to pipe filtered water to its citizens.

In mid-19th century London, the first connection between water quality and health were made. Physicians noticed a decrease in cholera deaths in areas where sand filters had been installed. By 1884, the city of New York had created the first of the major cities to be served by piped water. In the 20th century, we are still facing new obstacles to finding pure water. Unwise disposal or use of industrial by-products, pesticides and fertilizers have resulted in toxic levels of chemicals in our water. While some of these contaminants are still in water, some are not. Do we need more sophisticated water treatment methods? Today’s question is, “Once we’ve polluted the water—how do we purify it?”

Did you know that...

♦ The top of the Washington Monument is a solid block of pure aluminum. It had to be transported under armed guard when it was installed in 1884.

♦ Aluminum (in the form of aluminum chloride) is often a material used in glass making. It is an important personal hygiene aid, underarm deodorant.

♦ More than 20 million Hershey’s Kisses are wrapped with 133 square miles of tinfoil each day. Close your eyes and think about that.

♦ So, when you use an item made from aluminum and you’re ready to discard it, put it in the recycling bin. (ALH)

The quest for clean water as old as civilization itself

“The quest for clean water started in copper vessels, to expose it to sunlight, and filter through charcoal.”

—Sanskrit Uruvata Sanghita, approximately 2000 B.C.

Environmental Focus

Environmental Focus

November 1996

The Nebline

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Adapted from: On Tap, Summer 1996. (BPO)
**“Golden Rules” for Golden Years**

You may have seen all of these “golden rules” at different times in your life. Some may still be true, but here they are: 11 ways to stay healthy and active for as long as possible.

- **Use it or lose it:** That’s what gerontologists tell people about keeping both their minds and their bodies active.
- **Maintain your interest in life:** Make an effort to keep in regular contact with family and friends.
- **Discover new activities:** This could be as easy as reading to school children or volunteering at your favorite museum.
- **Exercise:**
- **Eat a diet that is high in fiber and essential nutrients and low in fat, salt and refined sugars.**
- **Give up smoking and drink in moderation.**
- **Get proper health care including screening for heart disease and cancer.**
- **Keep immunizations current.**
- **Follow your physician’s instructions for proper care of any medical conditions.**
- **Take any medications correctly.**

Source: Enriching Family Relationships Newsletter, Herbert G. Lingren, Ph.D., Extension Family Life Scien-

**BUYING A TURKEY**

- **Frozen:** Allow 1 lb. per person. Buy anything but keep frozen until ready to cook. DO NOT THAW.
- **Fresh:** 1 lb. per person. Buy anytime but keep frozen until ready to cook. DO NOT BUY PRE-STUFFED.

**ROASTING A TURKEY**

1. Place turkey breast-side up on a rack in a shallow roasting pan.
2. Set the oven temperature no lower than 325°F.
3. For uniform results and to assure that the stuffing reaches a safe temperature, it is recom-

**STORING LEFTOVERS**

- Remove all stuffing, debone turkey, and refrigerate all leftovers in shallow containers within two hours of cooking. Use leftover turkey and stuffing within 3 to 4 days, gravy within 1 to 2 days, or freeze these foods. Reheat thoroughly to a temperature of 165°F or until hot and steaming. (AEH)

**“Take the guesswork out of roasting a turkey”**

Take the guesswork out of roasting a turkey in the Refrigerator (40°F)

Approximately 2 hours per 5 pounds (Whole Turkey) 8-12 lbs. ……………… 1 to 2 days 12-16 lbs. ……………… 2 to 3 days 16-20 lbs. ……………… 3 to 4 days 20-24 lbs. ……………… 4 to 5 days

**Unstuffed:**

8-12 lbs. ……………… 2-3/4 to 3 hours 12-14 lbs. ……………… 3 to 3-1/2 hours 14-18 lbs. ……………… 3-3/4 to 4-1/4 hours 18-20 lbs. ……………… 4-1/4 to 4-1/2 hours 20-24 lbs. ……………… 4-1/2 to 5 hours

**Fresh:**

8-12 lbs. ……………… 3 to 3-1/2 hours 12-14 lbs. ……………… 3-1/2 to 4 hours 14-18 lbs. ……………… 4-1/2 to 5 hours 18-20 lbs. ……………… 4-1/4 to 4-3/4 hours 20-24 lbs. ……………… 4-3/4 to 5-1/4 hours

**Spelling Out Changes in Health Care**

Presented by: Lorene Bartos, Extension Educator

**Estate Planning for Senior Citizen**

Presented by: Chet McPherson, LIFE Office

**Holiday gifts needed**

There is always a need for helping the less fortunate especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for three- and four-year olds. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed.

If gifts are needed, please indicate what the item is, the cost ($3-$4 recommended), and if the gift is for a boy or girl. Bring gifts to the Extension Office by December 1.

For more information, contact Lorene Bartos, Extension Educator, 441-7180. This is an excellent community service program for FCE, 4-H and other community clubs. Individuals may also participate. (LB)

**The Giving Tree**

Presented by: Lorene Bartos, Extension Educator

**November 1996 Page 6**

**1997 educational program training**

This train-the-trainer program is open to all community, church, civic and FCE clubs. Please call Pam or Lorene at 441-7180 if you are interested in sending a leader to receive the training and the number of members that the program will be presented to so materials can be prepared. All trainings will be offered at 1 or 2 p.m.

**The Giving Tree**

Tuesday, January 7
Presented by: Don Janssen, Extension Educator

Connecting Family and Community Strengths

Tuesday, January 28
Presented by: Lorene Bartos, Extension Educator

Spelling Out Changes in Health Care

Tuesday, February 25
Presented by: Lorene Bartos, Extension Educator

Estate Planning for Senior Citizen

Tuesday, March 25
Presented by: Chet McPherson, LIFE Office

**Can We Come to Consensus on This?**

Tuesday, September 23
Presented by: Lorene Bartos, Extension Educator

Susan K. Shaw's tips for gardening in Nebraska (LB)

** quoted material**

——Alice Doane, FCE Council Chair

**Alice’s analysis**

October 6 - Here at Doane Drive on this beautiful autumn day, the leaves are changing color and some leaves are falling due to the light frost we had early this week. The farmers are in their combines and the farmer’s wives and friends are in the truck going to the farm dryers or to the elevators. The grain semi-trucks go up and down Bluff Road like it was hard surface road not a gravel road— so look out! The September FCE Council meeting was held at the Lincoln Downtown Senior Center. We had lunch with the seniors who eat there each day. From our tour we saw how the center was used by men and women of many activities. They have an exercise room, a very good woodworking shop (where they make items to sell at the gift shop on second floor), and a computer room. The center offers lessons in computers and painting. You can call the center and find out about the classes. You do not have to live downtown. Madonna Health Care has a daycare room in the center, on first floor. It made me feel good to see that Old Grant’s store building is being used to help senior men and women in Lincoln downtown, as well as people around Lincoln.

We held our business meeting in the center. The ladies passed a motion to support (1) Lincoln’s Downtown Senior Center; (2) Lancaster County Chorus; (3) Teddy Bear Cottage; and (4) People’s City Mission. I hope the presidents have mailed in their FCE Council committee sheet.

On September 25, Lancaster FCE members attended the District Meeting in Ichaba. The main project coming from this meeting appeared to be on TV Awareness Day in April. It was indicated Congress passed a bill where TV major networks must have at least three hours of children’s programs a week. Signatures from FCE members, last year, were used to help pass the bill. The bill was similar to the hot lunch in schools which was passed with the help of “Extension clubs”. Also a discussion was held on the $1000 accidental death and contacted raw turkey with hot, soapy water.

Let the turkey stand 20 minutes before removing stuffing and carving.

We now have at least three hours of children’s programs a week on TV.

5. Wash hands, utensils, sink and anything else that has been in contact with raw turkey with hot, soapy water.

Safety and doneness, the internal temperature, registered as on a meat thermom-
eter, must reach a minimum of 180°F in the thigh before removing from the oven. The center of the stuffing should reach 165°F as measured by a meat thermometer.

6. Let the turkey stand 20 minutes before removing stuffing and carving.

Remove all stuffing, debone turkey, and refrigerate all leftovers in shallow containers within two hours of cooking. Use leftover turkey and stuffing within 3 to 4 days, gravy within 1 to 2 days, or freeze these foods. Reheat thoroughly to a temperature of 165°F or until hot and steaming. (AEH)
Commodity supplemental food program and EFNEP team up

The Commodity Supplemental Food Program (CSFP) is a life line for 1,400 individuals in Lancaster, Cass, Otoe, and Saunders counties. Infants, children, pregnant, breast-feeding women, and elderly meeting income guidelines receive a variety of nutritious foods through this USDA program.

Proper nutrition is critical for the growth and development of children. This is especially important during pregnancy and early childhood. Proper nutrition is also important in maintaining the health of the elderly. It is for these reasons the government provides commodity foods. The amount and kinds of foods issued depends on the age and special conditions of the individual certified for the program. Infants may receive iron fortified formulas. After four months of age, an infant may also receive rice cereal and juice. Children, pregnant, nursing women, and the elderly may receive milk (evaporated and non-fat dry milk), eggs (egg mix powder), canned fruits, canned vegetables, juices, cereal, rice, potatoes, macaroni, heme, canned meat, peanut butter, cheese, and comminut.

Nutrition advisors from the University of Nebraska Cooperative Extension in Lancaster County provide food preparation and food safety expertise. Sandy Phillips and Nobuko Nyman prepare samples of meals which may be prepared from the monthly commodities. The families and elderly, appreciate the recipes which assist in using commodities wisely. Many times they have specific questions about the shelf life of products, how and where the food should be stored and how to tell when leftover foods are unsafe to eat.

The CSFP program is located at 2729 North 12 Street. Commodities are delivered to these senior centers: Malone, Huntingdon, Lincoln Manor, LEW, Ridge, Plaza 5, Northeast, Lincoln Indian Center, Mahoney Manor, Calvert, Burke Plaza, “O” Street, Crossroads, and Charles Senior Housing.

If you or someone you know could benefit nutritionally from CSFP please call Donna Bolz, coordinator, at 438-5238 to learn about the federal and state guidelines. (MB)

4-H cookbook makes great stocking stuffer

Need a stocking stuffer for the holidays? A new cookbook, that includes recipes from well-known Nebraskans who support 4-H, is for sale to the public.

“Sharing Our Best, Recipes from Nebraska 4-H” includes photographs by 4-H’ers and recipes collected from across the state. The 300 recipes from Nebraska 4-H’ers, their families, and supporters of 4-H such as Tom Osborne, Gerald Food, and Roger Welsch, demonstrate how our “best” 4-H’ers are still using the cooking skills they learned. The cookbook also features a food safety guide developed by Alice Henneman, Lancaster County Extension Educator and Julie Albrecht, Associate Professor at the University of Nebraska. It includes tips on safe food handling when buying, storing and preparing foods. The cookbook also features nutritional analysis of each recipe and the food guide pyramid.

Favorite Recipes® Press of Nashville, Tennessee designed, edited and manufactured “Sharing Our Best, Recipes from Nebraska 4-H”. The company, which develops cookbooks as fund-raisers for a wide variety of organizations, has adopted the food safety guide developed by Alice Henneman and Julie Albrecht to use in other cookbooks they manufacture. The cookbooks sell for $13.00 and are available at the Lancaster County Extension Office, 441-7180. Proceeds from sales will be divided: $2 will go directly to Lancaster County 4-H; $1 will go to the Nebraska 4-H Development Foundation’s general fund; and $1 to a grant program supporting innovative county 4-H programming. (AIH)

Healthy Eating

Enjoy leftover turkey in this recipe from the Nebraska Department of Agriculture Poultry & Egg Division. For more recipes and ideas on how to cook with turkey, call Mary Reiners, promotion specialist, Nebraska Department of Agriculture Poultry and Egg Division (472-0752). Each caller will receive a $2 off coupon for a turkey from Norbest, a Nebraska product.

Turkey Tarragon Pitas (serves 4)

1/2 cup low-fat lemon yogurt
1 tablespoon reduced calorie mayonnaise
1/4 teaspoon dried tarragon leaves, finely crushed
2 cups fully cooked turkey breast, cut into 1/2-inch cubes
1/2 cup green grapes, sliced in half
4 mini whole-wheat pitas
4 pieces leaf lettuce

In medium bowl combine yogurt, mayonnaise and tarragon. Fold in turkey and grapes; cover and refrigerate at least one hour. Trim tops from pitas pockets. Line inside of pitas with lettuce. Carefully fill pitas with turkey mixture.

Approximate Nutrient Content Per Serving: 216 KCAL; 19 gm protein; 4 gm fat; 27 gm carbohydrate; 771 mg sodium; 26 mg cholesterol. (AIH)

The secret to eliminating mothball odor from woolens and other garments that have been stored over the summer is to take them out of storage and let time and air circulation go to work. Hang or lay the items in open spaces so fresh air will circulate around them. Let garments air for several days. Mothballs are a pesticide and need fresh air and time to break down. (LB)

University of Nebraska

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501 Visiting a Child Care Home or Center
502 Understanding Your Child From Birth to 18 Months
503 Understanding Your Child From 18 Months to 3 Years
504 Are You Spoiling Your Baby?
505 Attachment: A LifeLong Commitment
506 Discipline and Baby

Parenting Children
516 Choosing School Age Child Care
517 Is It Okay to Leave My Child Alone?
518 Is My Child Ready for Kindergarten?
519 Reading Promotes Life Long Learning
520 Discipline vs. Punishment
521 What’s Your Parenting Style
522 Getting Angry With Your Child
523 Understanding Your 3-8 Year Old Child
524 Using Guidance Tools
525 Preventing Behavior Problems
526 Setting Consensus for Misbehavior
527 Rewards Often Backfire
528 Setting Reasonable Limits
529 Seven Reasons Why Children Misbehave
530 The Effects of Spanking
531 Building Self-Esteem

Understanding Adolescents
546 Good Study Habits Make School a Success
547 Let the Theme, Rather Than Alcohol, Set the Party Mood
548 Why Do You Compete?

Family issues
561 Effects of Divorce on Children
562 Helping Children Cope With Divorce
563 Helping Dealing With Stress

500 Looking for Child Care

500 Infants and Preschoolers

501 Parenting Children

520 Discipline vs. Punishment

546 Understanding Adolescents

561 Family issues

1-800-832-5441
(441-7188 in Lincoln area)

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.
What do 678 former 4-H members from five mid-western states have in common? They’ve successfully caught calves at the Ak-Sar-Ben Catch-A-Calf contest.

A reunion of the successful calf catchers was held at the 69th Ak-Sar-Ben Livestock Exposition this year, the 20th anniversary of the contest. More than 85 people attended the reunion, watched the Catch-A-Calf live show on September 29, then attended a noon luncheon and afternoon rodeo.

Lancaster County 4-H members who join the ranks of Catch-A-Calf winners in past years include Linda Lottz, Mike Hanson—Denton; Greg Coffey, John Coffey—Lincoln; Andrew Roeder, Corey Roeder—Bennet; Mike Feit—Hanson; Greg Hollam—Martell; Brenda Hailing—Waverly; and Eric Mitchell—Roca. Successful calf catchers during this year’s Ak-Sar-Ben Livestock Expo from Lancaster County include Anthony Nisley—Hickman; and Jeremy Holthus—Roca.

Each year since 1976, Ak-Sar-Ben has presented a calf to each of the winners in the Catch-A-Calf contest. The winners must physically catch a calf, halt it, and lead it to the finish line. The number of calves given out each year has varied from 22 to 47, with twice as many members competing as there are calves to be caught. Many more members apply each year than are selected for the contest. The calves in any one year all come from one producer’s herd so the genetic potential of the calves is similar. Nine different producers have furnished the calves in the 20 years of the contest. 4-H members who successfully catch their calves are required to follow a strict schedule of activities. They are expected to write letters to the sponsor throughout the year to report on their progress, and they must agree to bring their calf back to the Ak-Sar-Ben Exp. The following September, when Catch-A-Calf steers are shown in a separate class from the other market steers. The live winner is, however, eligible to compete for the overall grand champion steer award. (AF)

Lama Therapy
In August, the Lovable Llamas 4-H Club visited Madonna’s St. Anthony’s Alzheimers Program. The residents were quite cautious of the llamas at first, not wanting what to expect from the large, unfamiliar creatures. To show them that their llamas were harmless, the kids performed a llama obstacle demonstration—with the kids being the obstacles. Some of the residents were petting, and even leading the animals around themselves. Even normally combative and non-associative patients paid great attention to the llamas, treating them with wonder instead of striking out. One resident didn’t even want to go home when her daughter came to pick her up because she was having too much fun with the llamas. The nursing home staff commented that there were “many smiles we usually don’t see” and that “some patients are still talking about it.” Congratulations Lovable Llamas, on a service well done and greatly appreciated! (TB)

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Celebrating accomplishments for all members

As goals are set for the coming year, help youth by:
• outlining expectations
• setting obtainable goals
• creating rewards for meeting goals

The 4-H Council is responsible for providing an atmosphere that will enhance the development of life skills. In order to truly "make the best 4-H" and "be a partner", the members are expected to regularly attend council and committee meetings, follow through on commitments, and consider what is in the overall interest of young people and families when making council decisions.

Please carefully consider the outstanding slate of nominees for council and take the time to vote.

All Lancaster County residents, 14 years and older, are eligible to vote. Ballots will be considered only if properly completed. Write-in candidates are allowed. All ballots must be postmarked by November 18, 1996. The ballot may be copied or additional ballots may be requested from the Extension office.

The voter declaration section must be completed, but it will be removed by the election clerk after recording voter information. Your ballot is kept secret and placed in a ballot box in the office.

You may vote in person at the Extension office during regular office hours through November 18, 1996 or send your ballot to 4-H Council Election, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507. (LJ)

1997 Official Lancaster County
4-H Council Ballot

See biographical information on candidates (below)

Northwest Adult—vote for one
Craig Schnieder
Lori Cook

Northeast Adult—vote for one
Marvin Mueller

Southeast Youth—vote for one
Valerie Lemke

At Large
Ardel Harger

Biographical information

Craig Schnieder—9 years involvement with 4-H as a youth, 3 years 4-H leader experience. Deputy Sheriff of Lancaster County for 17 years. Member of Northeast 4-H Club. 4-H Shooting Sports leader, conducts 4-H shooting sports training for other adult leaders at Halsey. Works with Rock Creek Kids 4-H Club. Member of Bethlehem Covenant Church in Waverly. Enjoys hunting. Two children currently in 4-H, wife is 4-H leader. Strongly committed to youth. Enjoys community and believes in doing his part.

Lori Cook—12 years involvement with 4-H as a youth, 8 years 4-H leader experience. Clean Community System, Star City Parade, Wilderness Park, clean-up volunteer. Treasurer of cub scout pack, cub scout leader, boy scout project and fundraising helper. Parents without Partners. Has a high interest in 4-H.

Marvin Mueller—10 years of 4-H involvement, assisted in livestock area for 8 years. Helped with 4-H Food Booth. 2 years as 4-H dairy judge. Member of Trinity Lutheran Church, Waverly. Teacher at Lincoln High Farmer.

Rhonda Tucker—9-year 4-H member. Vocal and instrumental music, academics, 4 years serving on Student Council, Red Cross Club, International Club.

Gene Gillam—9-year 4-H member. Member of Northeast varsity football and wrestling teams. Participated in Difference Makers (a club of individuals nominated by teachers that they feel show leadership potential). Member of 4-H Teen Council for 2 years, 2 years as 4-H Ambassa- dor, 2-year speech VIPS commit- tee member, 3-year 4-H VIPS committee member, 1-year as camp counselor, junior leader. Previous Red Cross Club member, volunteer at Children’s Museum, 2-year member of Jr. Zoo Crew at Folsom Children’s Zoo. Involved in numerous volunteer activities such as Food Bank, Clean-a-Mile, City Mission.

Ardel Harger—10 years of 4-H involvement, 4-H VIPS committee member, Key Leader for 3 years. Current 4-H Council member, Sunday School teacher for 6 years. Girl Scout leader, Bright Lights staff member.

Rosie VerMaas—8 years of 4-H involvement, 4-H VIPS committee member, Key Leader for 3 years. Current 4-H Council member, Sunday School teacher for 6 years. Girl Scout leader, Bright Lights staff member.

At Large
Ardel Harger

Winter care of your horse

Fall is certainly one of the most beautiful times of the year, particularly for the horse rider. Fall is also the beginning of the end of winter. Many people worry about their horse getting cold. A healthy horse with an insulated coat, shelter from the wind and rain, and a few management changes can make the difference between a healthy horse and a healthy horse getting cold. A horse must spend more energy to keep warm. Do not underestimate the energy to keep warm. Do not drop a horse must spend more energy to keep warm.

For example, if the temperature is 32 degrees, a horse must spend 10% more energy to keep warm. The results can be an increase in allergic or infectious respiratory disease. These effects are heightened on the foals. Keep the barn dry and prevent a stiff wind from blowing through but keep it well ventilated. Closing the doors and windows on the north side while keeping the south open to the sun will work most of the time.

When is it too Cold?

Usually cold air is not enough to chill a healthy horse. It is the combination of cold, wet and wind that chills a horse. So when the worst days are not the coldest but the wettest. Thirty four degrees, raining and a 15 mile per hour wind will set the hardest horses to shivering. Shelter from the wind and rain and adequate feed is all that is needed to see the horse come through the cold comfortably. Barring that, a heavy water-resistant blanket may keep him from shivering.
Coalitions for building community understanding

Tips for writing on-line

Avoid “cut” misspellings. They are difficult to read. Also, avoid “shirking” the task of checking your messages. Use capital letters for emphasis, but don’t go overboard. Keep paragraphs short. Use white space. List main points.

Entrepreneurship education in the United States

These findings are from a national survey conducted by the National Center for Research in Economic Education in cooperation with The Gallup Organization, Inc.

Interest in starting a business of their own
- High school students: 69%
- General public: 50%

Self-rating on entrepreneurial knowledge
- High school students: 86% very poor to fair
- General public: 74% very poor to fair

Entrepreneurial knowledge score
- High school students: 44%
- General public: 50%

More Entrepreneurship education in schools
- High school students: 84% very important to important
- General public: 80% very important to important

Importance of giving back to community
- High school students: 68% very important
- General public: 68% very important
- Small business owners: 59% very important

Louise Anderson was awarded “Volunteer of the Month” during September by the Lancaster County Board of Commissioners. She was recognized for ten years of outstanding and dedicated volunteer service at the Gere Library, 2420 South 56 Street, Lincoln. Louise fulfilled a wide variety of assigned duties and was responsible for making new materials available for circulation. Louise was commended for her assistance during the youth book sale at Gere Library. She was also recognized for her ability to promote a positive image for this library.


1. Express concern about the problem
2. Become involved and identify all players
3. Clarify the issue
4. Consider alternative ways of solving the problem
5. Consider consequences for each alternative
6. Inform others of the choice
7. Activate the choice
8. Evaluate the choice

Decision-Making Steps for Citizen Action

Today we often hear that we must build coalitions in order to solve our problems. As more citizens recognize a particular problem, the problem moves from private or individual concern to the public domain. More and more institutions who fund projects expect organizations and groups to work together to solve community problems. As a result, the involvement of a larger segment of the community is required and coalitions among different entities are needed. Some decision-making steps for citizen action using coalitions have been identified by Georgia L. Stevens, Extension Family Economics Policy Specialist.

1. As a public policy issue develops, the first step is to recognize and express concern about the problem. An example would be realizing that their community has made no arrangements for school-age child care. Some community thinkers wonder if this is a problem. How do parents, school administrators and community leaders feel about this problem? How many school-age children actually lack supervised care? Where can you get facts and figures for your own community? This is the same way? How many school-age children actually lack supervised care? Where can you get facts and figures for your own community? This is the same way?
**Community service is for you!**

Arlene Hanna
Extension Assistant

Is your 4-H club involved in a community service project? If not, think about helping an older adult. The rewards are many!

Look here are some things to keep in mind when helping older adults:

- Always call to set up an appointment before going to visit. If you promise to visit and fail to show up, it will be tremendously disappointing for the senior citizen. If for some reason you are unable to come, get in touch with your friend as soon as possible and apologize.
- Some older people tire easily and need to take short naps during the day. If your friend gets sleepy during your visit, ask if he/she would like to you to leave and return another time.
- If you plan to bring food, make sure you know about any dietary restrictions or special needs.
- Everyone loves surprises! Each time you visit, bring something to show to your friend—a baby picture of yourself, a project you are working on, a new electronic gadget, or rocks and shells you have collected. These are great conversation starters.
- If the person you are helping has lost one of his/her senses (sight, smell, hearing), think of creative ways to reach his/her other senses. For example, for the person who has lost his/her sight, you might want to bring fragrant flowers for the person to smell or something with a lot of texture to touch. For a person who is deaf or hard of hearing, remember to talk louder than you usually do and sit or stand where he/she can read your lips.
- Many seniors enjoy books with large print. They also may enjoy listening to music and books on tape. You can find these books and tapes at public libraries.
- Be a secretary for someone who has difficulty writing. Ask if they’d like to dictate a letter to a family member or friend while you write it. When you are finished, read the letter aloud to make sure that it is accurate. Address an envelope, donate a stamp, and mail the letter.
- Challenge the person you visit to a game of checkers, chess, or cards. Or bring along your favorite board game to play. You might even ask the person you are visiting to teach you a game.
- Spend time reading aloud to an elderly person. Choose a book from your favorite author or a collection of poetry. Many older adults have difficulty reading small print so read from the local newspaper or a magazine.
- Prepare brown bag lunches and invite an older adult to a picnic. Decorate the lunch bags and bring along a brightly colored table cloth, flowers and a homemade centerpiece. Choose a picnic area that is convenient for your partner. Make sure there is a restroom near by. Take photographs and give the pictures to your friend as a momento of your day together.
- Other ideas include: Create a story, share a talent, lend a hand, be a pen pal, fill a balloon-o-gram. And visit as often as you can. These times together can be special for both of you.

**It’s okay for your child to see you struggle with an issue of integrity, as long as the outcome is consistent with your values.**

- It’s okay for your child to see you struggle with an issue of integrity, as long as the outcome is consistent with your values.
- Help your child see that certain concerns are “...bigger than all of us.”
- Create a written statement of beliefs with your family.
- Teach your child to look for the good in every person, and to understand that every person needs to feel good about himself or herself.

- Be truthful with your child and others. Don’t let them catch you in lies.
- Challenge the person is showing their compassion for others.
- Get to know people of different ages, races, and cultures. Show interest in their beliefs.
- Show that every person needs to be needed, respected, loved and appreciated. We need to feel and be important to others.
- Point out that other people have rights too.
- Encourage helpfulness and fairness with others.
- A family pet can be a good example of compassion and responsibility. How would your pet rate its caretaker?
- Accept differences in the members of your family. When your child feels accepted for who he is, he will feel free to focus his thoughts on who he might become.
- Adapted from "How to Teach Leadership Skills" developed by Family Services of Omaha. (LJ)

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**Trustworthiness**

In the old movies it was always easy to tell who were the “good guys” and the “bad guys.” What they stood for and how they lived was consistent with what they believed. The “good guys” knew right from wrong and chose to live by the right. Unfortunately, today the difference between right and wrong has been blurred by a philosophy that says “Look out for No. 1” or “If it feels good, do it.”

Recently, many leaders in our country have called for people to look again at the importance of ethics. First, adults are asked to reaffirm their own ethics and then teach these principles to our children—because Character Does Count.

Each month, we will be highlighting a “Pillar of Character.” We encourage you to talk about it with your family and at 4-H club meetings.

The first “Pillar of Character” is TRUSTWORTHINESS.

**What does it mean?**

- You are honest—willing to tell the whole truth—nothing more, nothing less.
- You know what is right and wrong and have the courage to say “no” when you think something is wrong.
- You keep your word. If you borrow something, you return it; you pay your debts.
- You keep confidences; you are loyal to your family, friends, employers, community and country.

How can you become more trustworthy?

- Check your own actions. Do they match up to the principles listed above?
- Watch a movie or the news with your family. Identify examples of trustworthiness (or lack of it).
- Share examples of trustworthiness that you observe at home, work, etc.

Watch for Character Counts! Training in January! (LJ)

**Gaylan Suhr Retires**

A Retirement Open House will be held for Gaylan Suhr, County Executive Director of the Lancaster County Farm Service Agency (formerly ASCS) on Friday, November 1, 1996, 9-11 a.m. and 2-4 p.m. at the Lancaster County Farm Service Agency at 6030 South 58th Street, Suite A. Lincoln, Nebraska.
Extension Calendar

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

November 5
Livestock Booster Club Meeting ................................. 7:30 p.m.

November 10
Teen Council Meeting ................................................ 3:00-5:00 p.m.

November 11-12
Precision Decisions ‘96—Holiday Inn Centre, Omaha

November 12
4-H Achievement Night ............................................. 7:00 p.m.

November 13
Executive Committee Meeting (Rabbit VIPS).................... 6:30 p.m.
4-H Rabbit VIPS Committee Meeting ............................ 7:00 p.m.

November 18
Last Day to Vote for 4-H Council Members
Preparing Ag Professionals for Tomorrow’s Challenges—
Nebraska Center for Continuing Education, Lincoln

November 19
4-H Leader Update .................................................... 9:00 a.m.-5:00 p.m.
4-H Rabbit VIPS Committee Meeting ............................ 7:00 p.m.

November 21
Fair Board Meeting .................................................... 7:30 p.m.

November 25
Lancaster County Shooting Sports Club
Organizational Meeting ............................................. 7:00-9:00 p.m.

December 2
Deadline for Martha and Don Romeo Scholarship Applications

December 3
4-H Honors Banquet

December 2-4
Crop Pest Management Update—Hastings

December 14
Ag Society Annual Meeting ........................................ 9:30-11:30 a.m.

The NEBLINE
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OFFICE HOURS: 8 a.m. to 4:30 p.m., Monday-Friday