11-1991

The NEBLINE, November 1991

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Holiday Breads That Please

Let the wonderful taste of home baked breads add a special touch to your meals at holiday time. These recipes use attractive designs and frostings so that all you have to do is bake the bread and serve it up. If you keep a few rolls in the freezer, you'll be able to take them from the freezer. They come in handy for extra last minute gifts, too.

A workshop on "Making Holiday Breads" is scheduled for Thursday, November 14, 1-2:30 to 8:30 p.m. You will learn to mix and shape a variety of breads. Beginning bakers are welcome. Registration fee for the class is $5 per person. Please call 471-7180 to preregister by Friday, November 8. (EW)

Back to Back Honors for Fortner

Courtney Fortner and her horse, "Driftwood Dolly," teamed up to take some top honors in this year's Nebraska 4-H Horse Program. They placed as Junior-Junior Champions in both western pleasure and western horsemanship on July 17 at the Nebraska State 4-H Horse Exposition in Grand Island. Courtney and Dolly repeated as champions in both of these state level events in the Grand Island. Courtney is the daughter of Rich and Kathy Fortner of Davey.

Management Strategies Presented To Solid Waste Steering Committee

The Solid Waste Steering Committee, chaired by Jon Gauger and Darrell Stock, met Wednesday, October 9 at the Lancaster Extension Conference Center to consider four plans for solid waste management developed by HDR Engineering of Omaha.

The plans can use the strategies of curbside recycling, composting, banning the dumping of some materials, and the diversion of sludge, construction and demolition waste to reduce the amount of material going into the Bluff Road landfill. The plans also include elements of education, container deposit legislation, tax incentives and incineration.

The Four Waste Management Strategies progressively become more intensive and costly, and could be implemented in stages, as necessary, to conform to Environmental Protection Agency standards and goals established to increase the lifespan of the Bluff Road landfill.

The video-conference packet will include an IRS Farmers Tax Guide and an outline of each speaker's notes. (DV)

Video-Conference Targets Farm Income Tax Management

"Income Tax Management for Ag Producers" will be the topic of discussion via a two-hour satellite video-conference on November 26, beginning at 10:00 a.m. The University of Nebraska Cooperative Extension Office in Lancaster County will be the site of the video-conference.

Topics of discussion will include lowering tax liabilities (pre-paid expenses, deferred expenses, depreciation), management of capital gains and losses, insurance, employment taxes, payments in kind, family wages, health insurance plans, personal vs. business expenses, education expenses and the farm business organization.

The conference format will include a panel of three experts, Gary Breidenstein, Nebraska Farm Business Association (NFBA), Esther Kaufer, IRS Tax Policy Education and Jim Mumm, Certified Public Accountant (CPA). Conference participants will have the opportunity to ask the panel questions.

To register for the program, please call 1-800-535-4560. The cost of the program is $12.00 for the first person, $6.00 for the second from the same operation.

The University of Nebraska Cooperative Extension in Lancaster County has developed a series of educational television programs based on the Extension initiatives entitled "Helping You Put Knowledge to Work." The series is an effort to get educational information to residents of the county in a convenient format enabling them to think of things you can do in the 1990's to improve your life and business better.

The four programs (Economic Development and Waste, Plants and You) feature Metro EPU Extension staff and are shown Thursdays and Saturdays on KUON-TV Channel 8 at 8 p.m., until November 23. (MH)
How To Cope With Millipede Infestsions

Those thousand- legged creatures are persistent pests. They can become a nuisance in the fall when they migrate into homes and feed on the dead needles, which they will damage and eventually will starve to death.

Winterberry develops a dense crop of bright red flowers along the stems. Since the fruit is so bright and showy, it is seen, it often serves as an early season food. Both the Chinese and American crabapple bush viburnum produce bright red fruit that holds well into the winter to feed a variety of birds.

Many viburnums are noted for their fruit crops in the fall. Each variety is a little different. If they are grown in the fall, provide food such as the American cranberry bush viburnum produces bright red fruit. The evergreens have filled pore spaces in the soil, making water and fertilizer (the manure will decompose to provide a ready source of nutrients in spring). But rhubarb should not be fertilized in the fall. It is the idea that this will be a normal sign of winter. The asparagus beetle was a serious problem during the last fall. Have many of the two to four years.

Crap residues from harvested plants are a valuable source of organic matter, which can be incorporated into the soil. A fall or winter application is beneficial for the following spring's planting. The hours and labor spent now may be more than paid back by fewer problems in the next growing season.

Garden Cleanup

Now that the end of the growing season is near, it is time to do the garden cleanup work. While this chore may seem like busy-work to some, it is important to mention the annual work is necessary for the purpose of this task. The hours and labor spent now may be more than paid back by fewer problems in the next growing season.

The garden cleanup really is a combination of the removal of old garden plants that have died, replacing them with water, searching for and removing all of rotten or diseased fruits that may have fallen, turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests, and mixing all organic matches from garden areas where it is needed. Other trees and shrubs that are no longer needed can be taken out earlier in the year. Some gardeners may leave this cleanup for the whole garden until the last fall when all the plants have been harvested, or worse yet, until just before next spring!

The fall cleanup is a good idea to clean up each garden area when it is finished even though other parts of the garden are still producing fall crops.

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Pig Profits!

Is your swine operation average, below average, above average? Does your swine enterprise make a profit? The only way to know is to keep accurate records of production and financial information.

The Nebraska Swine Enterprise Records and Analysis Program has documented production and financial information for Nebraska swine producers over the past three years. The following data show how the states high, average, and low profit producers farmed during 1990.

<table>
<thead>
<tr>
<th></th>
<th>High 1/3</th>
<th>Low 1/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total pounds of feed fed/cwt. of pork produced</td>
<td>379</td>
<td>18.13</td>
</tr>
<tr>
<td>Total feed expense/cwt. of pork produced</td>
<td>25.79</td>
<td>15.31</td>
</tr>
<tr>
<td>Profit/cwt. pork produced</td>
<td>12.33</td>
<td>5.79</td>
</tr>
<tr>
<td>Total fixed capital investment/cwt. of pork produced</td>
<td>18.13</td>
<td>7.59</td>
</tr>
<tr>
<td>Death loss: weaning to market (%)</td>
<td>65.77</td>
<td>70.19</td>
</tr>
<tr>
<td>Number of pigs weaned/crate/year</td>
<td>379.00</td>
<td>18.13</td>
</tr>
</tbody>
</table>

As you can see there are significant differences in profitability and productivity of Nebraska swine producers. By enrolling in the Nebraska Swine Records Program you can determine where your operation fits in with the rest of Nebraska swine producers. The program analyzes farrow to feeder, finishing, and combination operations.

The program currently has an annual enrollment fee of $60.00. This fee includes a three ring record notebook, record cards, an analysis of your operation conducted every six months, and a copy of the Nebraska summary to compare to. Educational opportunities are also included as a part of your participation in the Nebraska Swine Records & Analysis Program.

Are you a high profit swine producer? Enroll in this program and you can determine the profitability and productivity of your operation. For additional information or to enroll by January 1, 1992 call Dave Varner at the University of Nebraska Cooperative Extension in Lancaster County.

Natural Air Drying Is Energy Efficient

Natural air grain drying is an energy efficient method particularly suited to Nebraska's weather conditions. Natural air also produces a high-quality end product, with little of the stress cracking or heat damage high temperature drying can cause.

Properly dried and conditioned grain is less likely to develop mold or insect problems. To take full advantage of natural air drying, it is necessary to understand the process. Producers need to know what the limitations and special requirements of air drying are.

The mass of grain in a bin does not dry uniformly. The drying front takes place in a 1- to 2-foot thick layer that moves up through the grain in a wave. The grain above this "drying front" remains unchangeable, while the grain already dried below the front reaches a moisture balance with the incoming air. Consequently, the grain nearest the top of the bin is most likely to spoil if the drying front moves too slowly.

The rate of movement depends on the moisture content incoming air, the grain's moisture content and the airflow rate as supplied by the fan. The airflow rate is the most important factor. Producers should be operating the fan non-stop until the initial drying zone has moved through grain, leaving it all dried to at least an 18 percent moisture level.

Outside weather conditions have the biggest effect on the grain already dried below the drying front. When fall temperatures decrease and moisture content and the grain already dried below the drying front are at least 65 percent moisture, heat damage high as it dries.

Butyrac or Butoxone (2,4-DB) can be used to control pennycress and other mustards in both established alfalfa and new seedings where plants have at least two trifoliolate leaves. These herbicides should not be used when temperatures will drop to 40 degrees within three days after application. Bantril is also effective in weeding alfalfa, but should not be used if temperatures drop to 30 degrees.

Where downy brome is a problem in alfalfa seeded this past spring or summer, apply a herbicide after late October. It controls winter annual grasses and can be used on both this year's seedings and older stands of alfalfa. Established alfalfa, downy and other annual bromes are most economically controlled with Sencor or Lexone.

Begin Treating Musk Thistle Now

October and early November are excellent times to control musk thistle, the winter weeds. A good fall control program normally eliminates the need for spring control. This is because plants that would flower next summer are normally growing in the fall. However, the success of a fall control program depends on adequate fall rainfall. Dry weather reduces musk thistle seed germination and plant establishment. When the soil is dry as it is this fall, there is no quick and easy control. Examine the site and determine if the thistle population justifies spraying. Herbicides and per acre rates for musk thistle are:

Tordon 228 at 6 to 8 fluid ounces 2.4-D + Banvel at 1.0 quart + 0.5 pint 2.4-D at 1.5 to 2.0 quart

These treatments are ranked in order of effectiveness for fall application. When mild, moist conditions prevail, all three treatments are effective. Under very dry, cool conditions only Tordon will perform well. Treat after October 1. (WS)

Don't Wait Too Long To Attack Weeds in Alfalfa

Fall is an excellent time to control weeds in established alfalfa.做到 that weened defense will almost certainly be woody again next year unless preventive measures are taken. Many times the problem is not recognized until the alfalfa "greens up" in the spring—then it is too late for most herbicides. This year, get a jump on the problem.

For alfalfa, established one year or longer, use Karmex, Lexoxone, Sencor, Sinbar and Velpar. These herbicides control both winter annual grasses and broadleaf weeds including downy brome and pennycress. Karmex is best suited to low organic matter soils. Treat either in the late fall or early spring. Alfalfa injury may occur on soils containing less than 1% organic matter with any of the herbicides.

Bunyaec or Butoxone (2,4-DB) can be used to control pennycress and other mustards in both established alfalfa and new seedings where plants have at least two trifoliolate leaves. These herbicides should not be used when temperatures will drop to 40 degrees within three days after application. Bantril is also effective in weeding alfalfa, but should not be used if temperatures drop to 30 degrees.

Where downy brome is a problem in alfalfa seeded this past spring or summer, apply a herbicide after late October. It controls winter annual grasses and can be used on both this year's seedings and older stands of alfalfa. Established alfalfa, downy and other annual bromes are most economically controlled with Sencor or Lexone. (WS)

Field Control Program Best for Perennials

Perennial weeds including field bindweed, Canada thistle, and others can be effectively treated with herbicides in the fall when the root system is still growing. However, these weeds are applied to plants with excellent top growth readily move down to the roots along with food. In the fall, temperatures and soil moisture are generally more favorable for plant growth than during summer. This is essential for best herbicide performance.

The treatments that are most useful for controlling these perennial weeds are 2,4-D and combinations of 2,4-D + Banvel, Roundup, and Tordon. Treatment with 2,4-D and combinations of 2,4-D continues on next page
Fall Fireplace Safety Checklist

As the weather turns colder in Nebraska, many people new to fireplaces and wood stoves as an auxiliary source of home heat wonder how many more people are doing this, the risk of fires relating to fireplaces and wood stoves increases. The Southeast Fire Department would like to offer the following safety reminders to you and your family:

1. Have your fireplace or wood stove inspected by a professional chimney sweep to ensure it is sized properly and can be used. This is also an ideal time to clean the chimney, as well as cleaning it out through the heating season.

2. Always check the damper and screens before lighting your fire.

3. Use only seasoned (not green) wood, and burn small, hot fires. Never burn trash in your woodstove or fireplace.

4. Keep anything that burns (like furniture and firewood) a safe distance away from your fireplace or wood stove.

5. Be sure to have a properly installed and maintained UL listed smoke detector in your home, and have a dry-powder fire extinguisher (10 pound or larger) near your fireplace or woodstove.

6. Red stovetops and roaring or sucking sounds, as well as shaking stovetops and flames shooting out of the chimney are all indications of a chimney fire. CALL THE FIRE DEPARTMENT IMMEDIATELY and extinguish the fire in the firebox IF you can safely do so. Make sure everyone leaves the house until the fire department extinguishes the fire.

Bill Monta, Jr., Fire Prevention Officer

Private Pesticide Applicator Require Records

The 1990 Farm Bill requires private applicators using restricted use pesticides to keep records. The USDA will not be announcing the specifics on the recordkeeping until later this year, but here is a suggested format. The records to be kept for two years and clearly parallel that of the pesticide application. A copy of this form may be picked up at the University of Nebraska Cooperative Extension Office in Lancaster County. (DV)

Finding Winter Cover

With the first real burst of wintry weather, pheasants begin to drift toward thicker cover. If shelterbelts, willows, idle grain areas, and crops are locally proper, the pheasants need not move far to find protection. Ideally, these cover types should be located within 1 mile of each other. The farther the bird has to travel, the worse its winter is likely to be. On average, if the cock moved 0.4 miles, the hen will be 0.6 miles, and young birds 1.6 miles. Where winter cover is not properly spaced, pheasants will move greater than 10 miles. Unfortunately, where winter cover is sparse, birds must use more energy locating it. Once found, this sparse cover is subject to overcrowding and overuse before spring. While pheasants are finding the winter cover they require, their outdoor temperatures have fallen below the bird’s thermoregulatory comfort zone. That is, they can no longer simply ruffle their feathers to stay warm; they have to start eating more food. In fact, they consume 3 times more food in November than they did in October. This increased food intake is used to build body warmth and produce body heat. Not only is the pheasant forced to increase its energy intake to assure current survival through the winter, it must eat enough extra to ensure future survival through future harsh conditions. This increased RMR will provide benefits for the pheasants as they begin the bimblazed arrival.

The majority of available food has changed since last summer and pheasants must change their food habits to meet their higher energy needs. The waste grains of summer have sprawled, rooted, or been plowed under. Grains like barley, wheat, and oats do not constitute only 3 percent of the pheasant’s diet. The use of these grains is replaced by corn, since it is harvested from October to December. In fact, corn constitutes its highest use in December when it is 77 percent of the bird’s diet. At this time, when birds need more energy to survive, a corn diet has a three to one metabolizable energy to small grain diet.

Interested in becoming a member of your local Pheasants Forever Chapter? If so, please contact Richard Loeb of the Lincoln Cornhusker Chapter at 463-3417 or 472-3645. (DV)
1992 4-H Council Election

All Lancaster County residents 14 years of age and older are eligible to vote for 1992 4-H Council members. The 4-H Council is responsible for determining 4-H program and policy directions for the County. Each 4-H Council is responsible to the Lancaster County Council of Extension.

The 4-H Council has expanded the election process to provide youth a voice in election matters. It also provides expanded opportunity for all Lancaster County residence 14 years of age and older to vote. In past years, 4-H Council members were elected by organization, available by 4-H club leaders. Ballot will be considered only if properly completed. Write-in candidates are eligible for election. All ballots must be received by November 15, 1991. The ballot form may be copied. Additional ballots may be requested and completed ballots should be mailed to: University of Nebraska Cooperative Extension in Lancaster County, 444 Pierce Road, Lincoln, NE 68526-5070.

The voter declaration section must be completed. This section will be removed by the election clerk for voter registration purposes. Your ballot will be kept secret and placed in the ballot box. You may vote in person at the extension office during regular office hours October 29 through November 15, 1991.

Vote Declaration: I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.

Name

Address

City

Zip Code

1991 Official Lancaster County 4-H Council Ballot

Lincoln Adult - vote for two
- Deb Brandt
- JoAnn McHale
- Jim Tucker
- Joyce Vale
- Linda Weber

Lincoln Youth - vote for one
- Jamie Fuller
- Aaron Schepers
- Brenda Sohl
- Becky Vale

Southwest Adult - vote for one
- Sandy Backes
- Gwen Thorne

Southwest Youth - vote for one
- Jayme Agena
- Jayme Grundman
- Stacey Nelson

Northeast Adult - vote for one
- Tim Byrne

Northeast Youth - vote for one
- JoAnn McHale
- Sandy Backes
- Jamie Fuller

Northwest Youth - vote for one
- David Killin
- Stacey Nelson

Lincoln Adult: Council president and treasurer, director of 4-H Camp, managing 4-H, computing scientist, assistant director of 4-H, board, Sunday school teacher.

Lincoln Youth: council president, council treasurer, director of 4-H Camp, Sunday school teacher, county advisor, 4-H fair committee, Sunday school teacher, school advisor, 4-H fair committee.

Southwest Adult: council president, council treasurer, director of 4-H Camp, Sunday school teacher.

Southwest Youth: council president, council treasurer, director of 4-H Camp, Sunday school teacher.

Northeast Adult: council president, council treasurer, director of 4-H Camp, Sunday school teacher.

Northeast Youth: council president, council treasurer, director of 4-H Camp, Sunday school teacher.

Northwest Youth: council president, council treasurer, director of 4-H Camp, Sunday school teacher.

Biographical Information

Deb Brandt - Eight year 4-H project leader, county fair superintendant in food one year, 4-H club advisor, county fair judge, county fair committee, president, church council chair six years, volunteer at A-Nebraska Community College adult education program.

JoAnn McHale - Four year 4-H organizer, junior leadership one year, council member nine years, vice president, county fair committee in general, church council chair two years, current vice president, Lincoln Village Gonsolalian Society, PTA treasurer, Sunday school teacher and substitute four years.

Jim Tucker - Five year 4-H project leader, county fair superintendant in engineering three years, bicycle rodeo committee four years, 4-H project leader four years, state advisor committee member, 4-H fair committee, church council chair three years, 4-H council treasurer one year, state 4-H leader forum two years, state advisor to Nebraska Community Church, special advisor to church teacher eight years, dance teacher, umpire for softball games.

Joyce Vale - 4-H organizer and eighth year, 4-H project leader eight years, involved with 4-H 11 years, 4-H Council president and treasurer, council treasurer, director of 4-H Camp, Sunday school teacher.

Linda Weber - 4-H organizational leader, eight years, 4-H council member, 4-H fair superintendant in clothing and photography six years, York County 4-H Council three years, State Leaders Forum one year, clothing 4-H project, state 4-H council member, state 4-H council member, state fair volunteer two years, volunteer at Lincoln Lutheran Jr. High.

Tim Byrne - 4-H member three years, track, game and parks volunteer.

Jamie Fuller - Eight year 4-H member, ambassador, cheer, sports, yearbook committee one year, school paper reporter one year, three years in band, jacket leader two years, 4-H council leader one year, County Fair Fun Day judge, county fair food booth worker, various community and 4-H leadership leadership seminar one year, church youth godparent program one year, church babysitter one year.

Aaron Schepers - Six year 4-H member, science, high school varsity swim team, secretary for Town Council, member and secretary of steering committee for Washington Focus group, member of VIP committee, committee chairman for small animals, engineering, 4-H Cooperative Extension, council and school advisor.

Biography of candidates:

Lincoln Adult - vote for two
- Deb Brandt
- JoAnn McHale
- Jim Tucker
- Joyce Vale
- Linda Weber

Lincoln Youth - vote for one
- Jamie Fuller
- Aaron Schepers
- Brenda Sohl
- Becky Vale

Southwest Adult - vote for one
- Sandy Backes
- Gwen Thorne

Southwest Youth - vote for one
- Jayme Agena
- Jayme Grundman
- Stacey Nelson

Northeast Adult - vote for one
- Tim Byrne

Northeast Youth - vote for one
- JoAnn McHale
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- Jamie Fuller

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Help! I’m a New Leader!

If you’re wondering just what to do and want to learn more about the 4-H program, we’ve got what you need. New Leader Orientation - Part I is set for Thursday, December 3, 9:30 a.m. to 7 p.m. Organizational meetings and the club meeting, including projects, business meetings and recreation, will be covered.

If you’re a new leader in 1991-92, or you started last year and were unable to attend, please join us. This is your opportunity to ask questions and share ideas with other leaders. Part II of the New Leader Orientation will be Monday, January 13. This session will cover project and junior leaders, parental involvement and 4-H activities.

Both sessions will be repeated. Part I on February 18, Part II on March 10. All new and returning officers are invited to attend. Contact Marilee if you have questions. (MK)

One Nebraska

The Good Life Goals

The fifth annual volunteer 4-H Leader’s Forum will be January 31-February 1, at the Ramada Inn, Kearney. Speaks, exhibitors, entertainment, idea sharing, and training sessions are planned to help volunteers expand their skills and knowledge of 4-H.

Registration for the forum is $100. The Lancaster County 4-H Council will provide several scholarships for leaders to attend. All 4-H volunteers are invited to submit an application available from University of Nebraska Cooperative Extension in Lancaster County. Applications are due December 1. Call Marilee for more details. (MK)

4-H Swine Project Meeting

Four 4-H swine project leaders, members and supporters are asked to please reserve December 10 for a meeting. The meeting will begin at 7 p.m.

The agenda includes county fair evaluation, show date, and suggestions for next years’ show.

This is your chance to take an active part in organizing the 4-H swine project and show. We would appreciate suggestions that will lead to a more meaningful and positive experience for 4-H swine producers. (DV)

Swine Carcass Class Champions

Picture placed above is Grand Champion Dustin Lovern (left) of Hickman, and Reserve Grand Champion Nathan Dowding of Bennet. (MK)
If it is to be, it is up to me!

Explore the challenges and opportunities of parenting, nutrition, and health education with EFNEP, the Evolution of Nutrition Education Program. This program focuses on empowering individuals and communities to make informed choices about their health and well-being. EFNEP, It Works!!

Although the program offers many resources, some key topics include:

1. **Heart Health**: Focuses on understanding the importance of heart health and making lifestyle changes to reduce the risk of heart disease.
2. **Nutrition Education**: Teaches basic nutrition principles and how to apply them in everyday life.
3. **Health Promotion**: Encourages regular physical activity and healthy eating habits.
4. **Family Nutrition**: Aims to create a supportive environment for families to make healthy choices.

For more information, visit the EFNEP Program at University of Nebraska Cooperative Extension, 444 Cherrycreek Road, Lincoln, NE 68526-1507, or call 471-7180. You can also find resources on the website EFNEP.org.

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**EFNEP Program**

University of Nebraska Cooperative Extension
444 Cherrycreek Road, Lincoln, NE 68526-1507
Phone: 471-7180

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**Health Heart Food Tour**

Monday, November 4, 1 - 2:30 p.m. and 6:30 - 8 p.m.

Confused about cholesterol? Frustrated about fat? Take a Healthy Heart Food Tour to learn about healthy eating habits.

**FingerTips**

The Lean Line
Get timely tips for a healthier diet by calling: 477-3333
Enter Code 1760

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**Upcoming Nutrition & Health Programs**

For more information or to register, please call 471-7180.
Coupon Strategies Can Save $$$

Eighty percent of all shoppers use coupons when shopping. Coupons are another way that manufacturers advertises and encourages the use of their products. The average shopper spends 15 cents off, or 15 percent off, the regular price of a product. The shopper can use coupons to save money. First, look for cents-off coupons. You can find coupons in weekly newspaper specials, magazines, or product box, on labels, displays or tear pads on the shelf or bulletin board. Some stores offer coupons. One good way to save money is to start a coupon system at home to save money on household items. You may want to use separate envelopes for each category, or sort coupons in a small box. If your shopping list is organized, you can find your cents-off coupons quickly before shopping. Don’t forget to use your coupons to save money on the products you follow.

Oven French Toast

At a recent class on "Cooking for Singles", this recipe was quite popular. We’re grateful to Dorothy Glen, a member of the home extension council, for sharing the recipe at a gourmet cooking session some time ago. It is quick to make and has a pleasing flavor. If your family eats breakfast on the run, try freezing the French toast and when you are ready, warm it on defrost in the microwave.

Festive Double Decker Salad

- 3 cups lettuce
- 1 cup hard-boiled egg, chopped
- 1 can (14-1/2 oz.) green beans, drained
- 1 small can, 8 oz. sliced mushrooms
- 1/4 cup vinegar
- 1/4 cup oil

Mix all ingredients and refrigerate until ready to serve.

Festive Double Decker Salad

- 2 cups browning water, divided
- 1 cup canned pumpkin
- 1/4 cup packed brown sugar
- 1/2 cup sour cream
- 1/2 tsp. cinnamon
- 1 tsp. vanilla extract

Mix ingredients and refrigerate until ready to serve.

Find Your Past Through a Heritage Project

Four-H’ers in Lancaster County have the opportunity to learn more about their- selves, their families, their clubs or even their state. They experience Heritage and the Genealogy projects. These projects offer over 50 opportunities to visit with other family members and hear more about your family and state. The 4-H’ers then helped trim overgrown bushes around the mausoleum and cleaned and repainted the outside of the building. Four-H’ers from around the county have had similar interesting discoveries as they have completed their heritage projects. Winter and the holiday season gives some special opportunities to visit with other family members and hear more about your family. If you would like to learn more about the project or enroll in either Genealogy or Explore Your Heritage, contact Mariliete, (MK) 4-H Extension Specialist.

Outstanding 4-H Clubs Named

Congratulations to the three clubs selected by the Lincoln County Kiwanis Club as Outstanding 4-H Clubs on their fair participation. Points were awarded for fair exhibits and activity participation.

The 1991 winners are:

13 + members: Happy Go Lucky, Rod Dowling, leader
8-12 members: Wide Horizons, Pat Ruth, leader
7 or less members: No Name Kids, Mandelle Bergsten, leader

These clubs were recognized with a special traveling trophy at the October 25 Kiwanis meeting. (MK)

Salute to Leaders

The Lincoln County Kiwanis Club will sponsor the 2-Honor Banquet Tuesday, November 12, 6:30 p.m. The Kiwanis Club will present four key 4-H leaders for their achievements and service. Pam Epp, a UN-L student and former 4-H'er, will speak on 4-H volunteers in a speech during the evening. Special invitations will be sent to the following and future leaders:

1991 Five, Ten, Fifteen and Twenty Year Leaders

- Meritorious Service Recipients
- Outstanding 4-H Club Members
- Nebraska 4-H Foundation Award Recipients
- 1990-91 VIPS Committee Chairs
- 4-H Foundation Trustees
- 4-H Recruiters
- 4-H Staff

1991 Extension Board President

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Sue Thomas
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Linda Tisdall
Sue Tolleson
Linda Toussaint
Ann Trapp
Jayne Trumpfarth
Linda Tusher
Alvin Turner
Patricia Turner
Linda Tuschl
Steve Tyndall
Mary Upp}

One-Stop Business Assistance

Need help in starting a business? Call the One-Stop Business Assistance Center at the Nebraska Department of Economic Development, 402-844-0790. The purpose of this program is to improve access to state services by reducing the time it takes to respond to information needs and by reducing the time involved in locating information. The service is available to any individual, business, institution, or organization.

This program responds to any assistance request and will provide referrals when necessary. It provides information on regulations, fees, and other requirements of doing business in Nebraska; assistance on marketing, finance, and other business concerns. This program can supply information on business and economic conditions in the state; and information on economic development programs.

For more information, contact Steve Williams; Nebraska Department of Economic Development; One-Stop Business Assistance Center; P.O. Box 94666; 301 Centennial Mall South, Lincoln, Nebraska 68509-4666; Phone 402-844-6050 or 402-471-3782.

4-H News continues

Toll-Free Federal Government Information Line

Have you ever tried to find an answer to a simple question about the federal government without much time or effort? Or have you ever had a question about the federal government that was so difficult that you just didn’t know where to go? The Federal Information Center is one office that has specialized in answering your questions and making the answers easily available.

If you would like to write, mail your inquiry to the Federal Information Center, P.O. Box 605, Cumberland, MD 21502. Users of Telecommunications Devices for the Deaf (TDD/TTY) may call toll-free from any point in the United States during regular business hours.

Source: U.S. General Services Administration (AF)

Yo! Teens! Teen Council Meeting Monday, November 12, 10:30 p.m. Lancaster Extension Conference Center Agenda: Election of officers C-ya there!!

Congratulations and Thank You!

The following leaders have successfully completed their second year of 4-H leadership and received two-year pins at local club achievement meetings. Take time to thank your leaders for their dedication:

- Pam Rihanek
- Diana Beene
- Peggy Rahn
- Kim Ryan
- Deb Schilling
- Michelle Schneider
- Jeri Schulte
- Diane Schwalb
- Susan Seeman
- Linda Shooka
- Cindy Sipkemeier
- Sue Smith
- Lynda Stover
- Jan Tidball
- Leita Taylor
- Cheryl Tichenor
- Brian Thelen
- Terry Timmer
- Mary Urphot
- Linda Weston
- Lisa Wheeler
- Tony Wilson
- Nomi Wingate
- Judy Zieg
Grain Sorghum Hybrid Improvement Update

November 15, 1991
Lancaster Extension Conference Center
444 Cherrycreek Road, Lincoln
9:20 a.m. - 3:30 p.m.
FREE

Registration and refreshments beginning at 9 a.m.

Topics:
- Grain Sorghum Hybrids Breeding Programs
- Importance of Crop Production Research
- Planting for Maximum Yields
- Chinch Bug Outlook for 1992
- Efficient Fertilizer Strategies
- Lunch provided by agribusiness companies

Sponsored by:
University of Nebraska Cooperative Extension
Nebraska Grain Sorghum Board
Nebraska Grain Sorghum Producers Association

Nebraska Certified Quality Seed Book [1991]

Also available...
Farm & Home Directory & Plat
for Lancaster County
Only $17.50
Stop in and get one
while supplies last!
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln
471-7780

The 1991 Nebraska Seed Book brings you current information on seed sources and characteristics of Nebraska Certified Quality variety of soybeans, oats, grasses, and other spring-sown crops.

Available FREE at the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road in Lincoln.

Extension Calendar
All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

November 4
55 Alive Driving Workshop
10 a.m. to 2:30 p.m.
Health Heart Food Tour
1 to 2:30 or 6:30 to 8 p.m.
4-H livestock Booster Club
7:30 p.m.

November 5
55 Alive Driving Workshop
10 a.m. to 2:30 p.m.
4-H Council
7:30 p.m.

November 8
4-H Beef VIPS
7 p.m.

November 12
4-H Honors Banquet
6:30 p.m.

November 14
Fun with Holiday Breads
1 to 3 or 6:30 to 8:30 p.m.

November 19
Conservation
Provisions for Farmers Video-Conference
1-3 p.m.
4-H Horse VIPS
7:30 p.m.

November 26
Income Tax Management for Ag Producers
Video-Conference
10-12:15 p.m.
Dairy VIPS
8 p.m.