12-1991

The NEBLINE, December 1991

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“Garbology” Introduces Students to Solid Waste Management

“Smelly stuff—truth—things we don’t need anymore.” These are ideas that come to the minds of second and third graders when they hear the word “garbage”.

“Garbology”, a new 4-H School Enrichment project, introduces students to solid waste management and the three Rs: Reduce, Reuse, and Recycle. Youngsters develop an increased awareness of garbage — where it comes from and where it goes, the problems it presents, and possible solutions.

Jan Hygnstrom, author and coordinator of the project, brings a six-pound bag of unclean garbage. Through other hands-on activities, children discover where waste goes, youngsters become acquainted with where waste goes and how waste can be used. Drew Anderson writes, “Thank you for teaching us to recycle and to make paper out of used paper.” Amanda Little says, “I really enjoyed you coming to the school. I myself thought it was cool because now I know how they do it (make paper).” Students gain “knowledge to become good keepers of the earth”, comments Karen Schaffert of Saratoga Elementary. This project “increases knowledge of the garbage problem and presents recycling in an appealing way”.

From constructing a mini-landfill to making their own garbage, 4-H’ers Adam and Sarah Nun use a magnet to determine whether cans are easily recyclable or not. The cans attracted to the magnet are either binomial, or tinned which are difficult to recycle.

Brownell Elementary School third graders press water from a frame containing the new sheet of paper they are forming from recycled classroom paper. These students in Karla Tinus’ room are learning how to recycle and reuse in the Garbology School Enrichment Project.

Take the Challenge - Be a Leaner Eater

Challenge Three: Fat - Where It’s At

The following is part of a continuing year-long series on healthy eating.

Sometimes it is easy to see that a food is high in fat. For example, think about potato chips; when you eat chips, your fingers become greasy. Pizza is another example; you can see little pools of fat on the surface of a hot pizza.

Sometimes it is not so easy to see fat in food. Two tablespoons of dry roasted peanuts, for example, have 10 grams of fat. This quantity of fat is the same amount as one ounce of potato chips; yet you cannot see the fat in peanuts.

Since fat cannot always be seen, it is a good idea to know other ways to recognize fat. One easy way is to think about the source of the food. Most foods that come from plants (fruits, vegetables, and grains), for example, are very low in fat in their fresh or natural state. They can become high in fat when they are made into other types of food:

- Fat: % Calories
  - From Fat
    - Apple 0%
    - Wheat/hour 5%
  - Potato 0%
  - Cake (plain white) 34%
  - French fries 46%

To stay healthy, balance high-fat foods with foods lower in fat. As you learn more about which foods have fat, it is important to remember:

- Eating less fat does not mean giving up any one food or group of foods. It simply means cutting down on fat whenever you can.
- To be healthy, you need to eat a variety of foods, including fruits, vegetables, lean meats, and low-fat dairy products.

Challenge:

- Circle the food in each pair that is higher in fat:
  1. Baked potato
  2. Doughnut
  3. Ham
  4. Hash browns
  5. Bagel

For more information:

If you’d like a NeBl ine guide giving more information about high and lowfat foods, send a self-addressed, stamped envelope to: Planning for Healthy Eating (GB9-915); % Alice Henneman, University of Nebraska Cooperative Extension in Lancaster County; 444 Cherry Creek Road; Lincoln, NE 68528. (ALH)
Firewood Insects

Uninvited guests that pop in around the holidays can be quite a nuisance, especially when they’re the multilegged sorts that make their homes on firewood. Unfortunately, the vast majority of insects that come inside with firewood cannot survive, reproduce or do damage in the home environment. But, a little care can prevent the few that do manage to make it in from causing a problem.

To keep insects from emerging from firewood in the house keep wood outdoors until you’re ready to use it. Bring in the wood in a wooden box, not open canvas, to keep wood indoors until you’re ready to use it. Bring in the wood in a wooden box, not open canvas, to keep the insects from getting a jump on you. If you do bring wood indoors, make sure to keep the wood in a box or sealed with plastic so that no insects can get inside.

Firewood is subject to attack by pests from the outside. Some of the most common insects found in firewood include the bark beetles, firewood beetles, and the firewood beetles’ larvae. These insects can infest green-leaved plants. To control these insects, regular spraying with an insecticide or applying a fungicide can help to prevent the problem.

White-mite infestations can also occur in firewood. These insects are attracted to the soft, moist wood, and can cause damage to the wood and the plants. To control white-mites, apply an insecticide or fungicide to the wood. You can also try spraying the wood with a water mist to flush out the white-mites.

Insects that migrate into the house with firewood are the long-horned beetles. If you see one, you’ll know where it got its name. In most cases, they are not a problem, as long as the infestation is kept under control. But, if you want to prevent the infestation from spreading, you can try spraying the wood with a water mist to flush out the insects. You can also try applying an insecticide or fungicide to the wood. However, you may need to consult a pest control professional to get the insects under control.

Most of these insects are unlikely to cause any problems in your house. Finished wood does not provide the right moisture content, suitable food or crevices for egg laying. Varied and other insects that make their homes in wood cannot easily enter homes through these holes.

Rotten firewood—firewood that no longer contains moisture—should not be brought into the house. Rotten wood can harbor insects and other pests. If you do bring the wood indoors, make sure to keep the wood in a box or sealed with plastic so that no insects can get inside.

The best way to control these insects is to keep the wood outdoors until you’re ready to use it. Bring in the wood in a wooden box, not open canvas, to keep the insects from getting a jump on you. If you do bring wood indoors, make sure to keep the wood in a box or sealed with plastic so that no insects can get inside.

Garden Sipos Hotline

471-7179

Accessible from any phone

Questions and Answers

Q. What’s the aim of cutting a slice off the bottom of a cut Christmas tree trunk?

A. Cutting a slice off the bottom of a cut Christmas tree trunk will prevent the tree from drying out too quickly. The slice will help to maintain a seal, which will keep the tree fresh longer.

Q. How can I promote good nut production in black walnuts?

A. To plant quite a few trees in the spring, you will need to plant them in the fall. Include planted black walnut trees in a mixed planting with other species for better growth and disease resistance.

Q. I have a lot of little plants I’ve started from cuttings and seeds, and I’d like to put together some dish gardens or terrariums for Christmas gifts. Do you have some guidelines on combining plants in containers?

A. The most important rule of thumb is to combine plants that share similar requirements for soil, water and light. Plants that need a cool, well-drained soil, occasional watering and bright light will not thrive in the same container with plants that prefer a heavier, moister soil and high humidity. Always read the tag of each plant before combining it with others.

Ugly Mix Prevents Theft Of Evergreens

You may wish to prevent your ornamental evergreen trees from being stolen during December. The most effective method is to use a mixture of water, corn gluten meal and baking soda. When this mixture is applied to the tree, it will repel most animals from getting close to the tree. Some people have reported that this mixture has also helped to prevent theft of evergreens from their lawns.

Keep Christmas Trees Fresh

Many families will erect and decorate the traditional symbol of Christmas this season — the evergreen tree. Here’s what is the best way to keep the tree fresh and green throughout the holiday season:

1. Cut the Christmas tree at least two to three days before putting it in the house. This will allow the tree to become acclimated to indoor conditions.
2. Trim off the lower branches and cut the tree to the desired height.
3. Place the tree in a container and fill with water. Be sure to check the water level daily and add water as needed.
4. Use a water-based, non-toxic insecticide or fungicide to control any pests or diseases that may be present.
5. Keep the tree away from direct sunlight and drafts.
6. Keep the tree away from heat sources such as radiators, fireplaces and heaters.
7. Keep the tree away from smoke and tobacco.
8. Keep the tree free of decorations that may be dangerous to pets.
9. Keep the tree away from the living room and other areas where people gather.
10. Keep the tree away from heat sources such as radiators, fireplaces and heaters.

Gifts for the Gardener

If you have a friend or family member who is a gardener, here are a few Christmas gifts that your gardener friends and family will always welcome to your home. They add color and holiday accents to your interior surroundings.

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools such as gauges, clippers and hoes may be difficult to wrap, but will be a surprise, but they are always welcome. Pruning tools, like hand pruners and hedge shears, are easier to wrap and may be needed later this winter.

Consider giving birdseed, which will not only make the birds happy, but could also be used to attract small birds to your yard. Natural bird food supplies decline and snow cover hides what is available for them to eat, so birdseed is something to consider giving a gift. Bird feeders also make good gifts.

Don’t overlook the possibility of a gardening magazine or a book on gardening as a gift. Both are stocks are solid and stocked sections on these and related topics. Garden centers also have sections about the variety of plants and flowers as well as cultural practices. Someone with a new home might like a book on plant materials and landscape, while people with a well established garden and landscape might welcome more information on maintenance and pruning practices.
**Swine Diet Workshop Saves Producers $$$$**

Fod is the largest single item among the costs of producing pork. On average, it accounts for 66% of all costs and represents about 80% of the cash costs. Thus, it is important that producers evaluate the efficiency of their feed supplies and tactics on their pigs every day.

A four-part formulation and cost analysis workshop will be conducted Friday, January 19, 4 p.m. to evaluate the following:

- Several factors to consider when formulating and cost analysis workshop will be held at the University of Nebraska Animal Science Complex. Participants will have evaluated the pig's ability to achieve specific gain rates and adjusted their feed cost by differentiating of diets at the workshop.

- The Duane Reese extension swine nutrition specialist, University of Nebraska-Lincoln and Dave Vames, will present information and consult with producers about diets. We will assist in evaluating the following:
  1. Do your diets contain more ingredients than necessary to meet the pig's nutrient needs?
  2. Do your diets contain higher levels of nutrients than what you can afford?
  3. Do your diets contain sources of nutrients (ingredients) that are more costly than available alternatives?
  4. Are you purchasing pigs to less cost and less costly diets as they grow?
  5. Do your diets contain feed additives (antioxidants, flavors, etc.) and what are the health benefits of using them?

**BEEF CONFERENCE**

The Four State Beef Conferences are designed to give beef cattle producers in Iowa, Kansas, Missouri and Nebraska a regular update on current cow-calf stocker topics. These four conferences are organized as a part of the Beef-Cattle Conference Committee of the University of the USA's leading beef cattle land-grant universities. The conference in Nebraska this year will be held December 10 in Tecumseh.

The 1991 conference will reflect a year of agricultural change as speakers focus on the following:

- Effective Health Programs
- Cattle and Sheep Reviews
- Forage Management- Feeding
- Beef Production
- Cost of Casing Cows
- Feiler Replacement - Developing Costs

Registration fee of $15 includes noon meal and program materials. For more information, contact the University of Nebraska Cooperative Extension in Lancaster County. (WS)

**Private Pesticide Applicator Training Set**

Nearly 50 farm operators in Lancaster County are eligible in 1992 for private pesticide applicator training. Federal and state law requires those in preparation to purchase and use "Restricted Use Pesticides."

A certified applicator is anyone who uses or supervises the use of any restricted use pesticide for producing agricultural commodities on property owned or rented by him/her. This training is free of charge. Each applicator may apply restricted use pesticides without compensation in trading personal services between producers or agricultural commodities.

The workshop will be held on Saturday, February 15, 9 a.m. to 5 p.m. at the Lancaster County Extension Center. Persons who are using or considering the use of restricted use pesticides and those who do not own or rent are considered commercial applicators. This category includes persons applying restricted-use herbicides for hire. Producers in this category should attend a commercial applicator training session, (DV)

**Soybean Expo**

The University of Nebraska Cooperative Extension in cooperation with the Saunders County Soybean Growers Association and Altria Cooperative Extension will hold a trade show that will highlight agribusiness representatives with equipment and products that producers use in the production of soybeans. The noon meal will be provided compliments of agribusiness. (DV)

**Sludge Soon to be Available as Fertilizer**

Are you looking for the right "Computerized Farm Management system for your busi-
ness? Do you want to have the skills to make successful farm management simple? There is a workshop designed to take you from the point of purchasing a computer to ac-
tual computer operations and the use of some of today's premier agri-
cultural management software in just three weeks.

The series of three workshops will be offered at the Lancaster Extension Conference Center on January 14, 21 and 28 from 7 to 9 p.m. in Wahoo. Successful farmers in today's competitive business environment requires effective management skills. Farming is a business which requires good record keeping and sound financial management. The farm computer is one tool available to help farmers deal with information in today's complex farm business.

**Computerized Farm Management at Home**

- **Evaluation techniques** that will help you determine which farm management software package is right for you.
- **Demonstration and hands-on** evaluation of several agricultural software packages. (Third week of each series is open to the public.)

The culmination of the workshop series will be live demonstrations of agri-
cultural software programs by software company representatives that will be open to the public. Participants will also have the opportunity to try these programs by bringing their computers and visit representatives in person about their software needs.

The workshop fee of $510 includes all workshop materials and handouts. Two or more members may attend under one registration. Please register by calling Gerald Vest, Extension Director at 3522 to register for the Wahoo site. Early registration is en-
couraged as space is limited. (DV)
Crop Protection Clinic

The annual Crop Protection Clinic will be held on Tuesday, January 7, at the Lancaster Extension Conference Center in Dodge Nebraska. The clinic, which will run until 4:30 p.m., has been a popular refresher among farmers, farm managers, and other ag-professionals for more than 20 years. The primary purpose of the clinic is to provide the latest information on crop protection and pest management, with long sessions on a variety of topics on pest management and related subjects. Each session is followed by an open panel discussion for questions and answers from the growers, scientists and soil specialists from the University of Nebraska-Lancaster County. Registration fees will include the noon meal and the cost of the Crop Protection Clinics held throughout the state of Nebraska. For more information, please call Darrell Schweppe at 472-3611.

Agricultural Marketing Course

Are you ready to sharpen your marketing skills? Or, are you wanting a few more hours of college credit to finish a degree in agriculture? Maybe you just want to get started in agricultural marketing techniques. Here is your chance. Dr. Jim Kendrick, a former agricultural economics at UNL, will instruct his popular agricultural marketing course this winter and spring statewide via satellite television. The course will be held on Wednesdays from 9 to 9:50 a.m. The class meets January 13 through May 22, 1992. Enrollment is now open, and all tests will be given at the site where you register. Those tests will be given on the satellite system, and you will be able to audit the course on a self-paced basis. Please call Dr. Kendrick at 471-7180 for more information.

Dry Season Increases Carryover

Farmers should consider the increased risk of herbicide carryover for rotational crops during a dry growing season. More herbicide residues down in dry soils, or a greater potential, to break down many herbicides. Microbes are beneficial bacteria and fungi that feed on organic substances in the soil. The number of microbes, however, decrease during dry conditions. When following soybeans should tolerate Scepter, Pursuit, and Classic fairly well, however, wheat is more sensitive to Trelfan, Proclaim and Command.

You are invited to vote for the Lancaster County Extension Board of Directors. The extension board is a nine member board elected each year to represent citizens of Lancaster County. The extension board is responsible for the program of University of Nebraska Cooperative Extension in Lancaster County. The board promotes, conducts, and funds, over all policy direction and employment of county personnel by the Lancaster County Extension office.

The extension board is similar to a local school board in areas of responsibility. The Lancaster County Extension Board works closely with University of Nebraska Cooperative Extension system. The board will screen the candidates for the Lancaster County Extension Board (of Directors).

If you have a satellite TV set, you may tune into the program at the extension office or from some other location. If you do not have a satellite TV set, you will have to hear the program via a local radio station, call Darrell Schweppe at 472-3611 for a list of local radio stations that will carry the program.

The best news is that you may enroll to audit the course and have the opportunity to help represent Lancaster County, Nebraska. The clinic will continue with its format of presentation, quizzes, and satellite participation. The program at the extension office or from some other location. If you do not have a satellite TV set, you will have to hear the program via a local radio station, call Darrell Schweppe at 472-3611 for a list of local radio stations that will carry the program. Here is your chance to reinvigorate your marketing skills. The program for the Lancaster County Extension Board Election.

Voter Declaration: I hereby declare that I am a bonafide resident of Lancaster County and am of legal voting age.

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Community Service Spotlight!  
Clover Ties 4-H club members from Malcolm folded grocery sacks in November as a community service project. The sacks will be inserted in area newspapers November 27 as an advertisement for donations to grocery stores in Lancaster County until December 23. Club members helping with the project were (from the left) Melissa Janssen, Mollie Rappl, Jaime Chambers, Stephanie Janssen, Maroya Spalding and Leader Susan Janssen (not pictured). The food sacks and delivery are courtesy of the Cornhusker Food Retailers Association, Gooch Foods, and Journal-Star Printing, with the help of clubs such as the Clover Ties. (MK)

For New (or Nearly New) Leaders

New 4-H Leaders Orientation - Part II will be held Monday, January 13, 9:30 a.m. and repeated at 7 p.m. This session will cover project leaders, junior leaders, involving parents, the teen council, membership drive, agronomy, career awareness, and some special highlights from the NC Regional 4-H Leaders Forum. Part II training will be repeated Tuesday, March 10, 7 p.m. If you missed the Part I session, it will be repeated Tuesday, February 18, 9:30 a.m. and 7 p.m. You may attend Part II even if you haven’t attended Part I. All leaders and parents are invited to attend and share ideas. (MK)

Exploring 4-H Activities

If you want to find out more about the many activities that 4-H offers, you can participate in the January 20 for Exploring 4-H Activities. At the 7 p.m. session, 4-H leaders will demonstrate and let you know how to get involved in the many activities offered during the year, including events such as speech, demonstrations, fashion review, song contest, judging and others. Four 4-Hers, parents and leaders are all invited to attend. Contact Marilly if you have questions or if you want to share an activity. (MK)

The Meeting Will Now Come to Order!

The idea is to help you make your job as a club officer easier! If so, plan to attend 4-H officer training on February 22, 1 p.m. All officers duties will be covered along with meeting ideas and recreation ideas. All club members, parents and leaders are invited to attend. (MK)

4-H Shooting Sports County Club Organizes

Monday, January 6, is the kickoff day for the new 4-H Shooting Sports county club organization. All 4-H members, leaders and parents are invited to attend. The purpose of this organization is to offer a variety of shooting sports project activities to the youth interested. This will be accomplished through the sharing of responsibilities among the club’s participants. A tentative agenda has been set for the club’s winter monthly meetings, however, the organizational meeting agenda will encourage input from all participants. The club’s program agenda is flexible. We want to meet the needs of the youth involved! The January 6 meeting will begin at 7:30 p.m. at the Lancaster Extension Conference Center. (DV)

1991-92 Project Changes

The 1991-92 4-H year offers some changes in projects and materials to be used by 4-H members and leaders. New project materials are available for Tree I.D., as well as, Gardening. The new Gardening project materials are: Be A Gardener Units I and II.

By late January, the new microwave project, Microwave Connection, should be on our horizon. This project only covers one of the many changes in the foods projects. Projects no longer available include: Garden Club, Daycrafts, which are Better Breakfasts, Lunches & Suppers, Adventures with Dinners, Outdoor Cooking, and Exploring Nutrition. New projects are: Leadership Youth-Nebraska, the new Photography manuals, Units I, II and III, arrived late in the summer, so you might want to check on this project. If you have any questions concerning new project or project selection for your group, contact Marilly. (MK)

4-H and EFNEP: A Good Fit

An important component of the Expanded Food and Nutrition Education Program is working with youth. In fact, 20% of each nutrition advisor’s time is to be spent working with youth from homes with limited resources. As part of the Cooperative Extension team, the most natural and best way to fulfill that requirement is with 4-H activities geared to our special circumstances.

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by LaDeane Jha, extension agent, home economics

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A special interest 4-H group at the Salvation Army Center is one such group, Sondra Phillips, assisted by Lenora Figor, has been directing the activities of this group for over six years. They meet at the Salvation Army Center late in the summer, so you might want to look into this project. Also, the 4-H Shooting Sports County Club Organizes is a new project, membership drive, and special events and snacks, they have developed special relationships with the children involved. They work cooperatively with the Salvation Army through Carol Meyerhoff, and the center provides the meeting space, publicity and food for the activities.

At a recent meeting of the group, they explored the concept of where our food comes from and how it finally gets to all of us. A lively discussion ensued, and in answer to the question, "Where do we get eggs?," one member said, "Either Super Saver or Hy-Vee, they have the best prices." Obviously, there was a teaching moment. Lenora was able to share with the children her experiences gathering eggs on the farm. Egg tying was growing up. The kids especially enjoyed hearing about how some hens tried to peck at her.

As a climax to this meeting, April Fogelman, another 4-H club member, came to the house to buy eggs. He called her the "egg lady" as part of her 4-H projects. Two geese, a rooster and two younger chickens accompanied one involved. April told all about what she feeds them, how she cares for them and pointed out that she had to leave and sometimes they come in the house. The honking geese brought many shouts of glee and the opportunity to touch and see the animals made the lesson memorable.

A final touch was a snack of egg dip and crackers for all, then, all students knew a little more about where their food came from for them to eat. (LD)

Sondra Phillips, EFNEP Aide, points out some of the positives of a group of after school 4-Hers at the Salvation Army Center.
Fitting Beef Into a Balanced Diet

Extension club members in Lancaster County will learn the facts about including beef in a healthy diet when clubs meet on Monday, January 6, at 1 p.m. and repeated at 7 p.m. The lesson will include practice in planning healthy menus, a food preparation demonstration and tasting of the foods prepared.

Training and materials for this lesson are provided to group leaders by the University of Nebraska Cooperative Extension in Lancaster County. Representatives from non-extension groups are welcome to attend but are asked to phone 471-7180 to preregister, so that packets of materials may be prepared.

Achievement Day Recipes Available

The recipes collected at the 1991 Home Extension Achievement Day International Luncheon have been compiled and duplicated. The booklet also includes the recipes from the 1989 luncheon. Club members may purchase the booklet for 75 cents, includes tax. (EW)

Nebraska Extension Clubs

Focus on Environmental Issues

In 1992, extension clubs across the State of Nebraska will have a common theme, The Environment: It’s Ours to Protect. Several special lessons have been prepared by Shirley Niemeyer, extension specialist home environment, UNL. Lesson topics include: Precollege: Do It Right From The Start, Bag-None, and Exploring the Options for Recycling. (EW)

Candle Napkin Fold

Peppernuts are a holiday tradition in many families. They are easy to mix and fun to make. Involve the kids in a peppernut making party. The recipe below is originally from General Mills, Inc.

Sample recipe will be available at the 1991 Holiday Fun Class on Tuesday, December 4.

Peppernuts

2/3 cup sugar
1 1/2 cup light molasses
3 drops anise oil
3 tablespoon hot water
3 1/2 cups all-purpose flour
1/2 teaspoon ground cloves
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon salt
1/8 teaspoon white pepper

Mix brown sugar, shortening, egg, molasses, anise oil and water. Stir in remaining ingredients. Knead dough until of proper consistency. Chill in one-half inch in diameter. Seal in plastic wrap and refrigerate two hours or until firm.

Cut dough into one-fourth-inch slices. Place slightly apart on ungreased baking sheets. Bake at 350 degrees F. and golden brown on bottoms.

Allow to cool and store in air tight container. Makes about 35 dozen. (EW)

New FCL Lesson

Available for Groups

A series of Family Community Leadership (FCL) lessons have been developed by extension specialist for home extension clubs and other groups.

The most recent lesson is titled “Strong Families and Community: Supporting One Another”. This lesson, prepared by Patricia A. Hendricks, extension 4-H youth specialist, University of Idaho, includes information on the meaning of family," characteristics of strong families, and the relation of families to community. It also explores the critical issues facing families today that can be done to resolve the issues.

Other FCL lessons available are: And What About The Children?: A Local Look At...How To Find Your Way Through City Hall, Leadership in Community Groups, How To Run a Better Business Meeting, and What To Do When A Family Breaks Up.

For information on any of these FCL lessons or to obtain the lesson materials, please contact the extension office, 471-7180, (EW).

Associations and Organizations for the Small Business Owner

The National Business Association is a non-profit organization for self-employed business owners and entrepreneurs that strives to continuously provide the 40,000 plus members with support programs, products and services in the areas of health, education, business and lifestyle management. Some of the benefits that members receive include free business loan software programs, group medical insurance, educational loan assistance, credit union membership, travel discounts and assistance, discount vision care and more. To receive a membership application, call 1-800-455-0440.

Another organization of potential interest to you and your clientele may be:

American Entrepreneurs Association

2331 Pontius Avenue
Los Angeles, CA 90064
(800) 431-2300

Source:

Food News for Consumers
USDA Food Safety and Inspection Service. (AH)

Candle Napkin Fold

1. Place the open napkin on a flat surface, one point facing you.

2. Turn this point up toward the middle of the napkin, forming a triangle, leaving a bou one inch border.

3. Fold base of the triangle up 1/2 to 1 inches forming cuff.

4. Turn the napkin over and roll it along the cuff. Tuck the final edge into the cuff.

Does “Tradition” Put Your Family at Risk for Food Poisoning?

When you look at the faces around your holiday table, think about this. Nearly one in five of the people you see could face serious risks from food poisoning.

Who? A lot of people are especially vulnerable to food poisoning. Most of them don’t know it. People over 65, pregnant women, infants and people with chronic illnesses stand a greater chance of getting sick from food poisoning and suffering complications.

But here’s the most important thing: there are ways to protect yourself and your family. Non foodborne illnesses end up costing us more than food safety.

Turkey Like Grandma Made

"For as long as we’ve been having Thanksgivings, the turkey in the microwave or refrigerator.

- Snacking - Snacking on the turkey is fine, but don’t leave it more than one hour. Leave it out cool.

- Leftovers - To speed cooking, debone the turkey and it should be in the refrigerator. Cut the meat from the bone, remove the stuffing and store both in small, shallow containers.

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- For all we as we’ve been having Thanksgivings, the turkey in the microwave or refrigerator.

- Snacking - Snacking on the turkey is fine, but don’t leave it more than one hour. Leave it out cool.

- Leftovers - To speed cooling and limit bacterial growth, cut the meat from the bone, remove the stuffing and store both in small, shallow containers.

Traditions. The registration fee for the Extension, 444 Cherry Creek Road, Lincoln, NE 68525, (AH)

Van explains, “Overnight” is not just for people when people are having a lot of guests. A big turkey takes a long time to cool. Rather than sitting around the table, think the turkey all night at a low temperature. But it’s not safe.

Thorough cooking kills bacteria. Cooking at low temperatures - less than 325 degrees F. - has the opposite effect. The warmth of low heat actually helps bacteria grow.

For Safe Holiday Food

- Thawing a Frozen Turkey - Don’t thaw on the kitchen counter. Thaw in the microwave or refrigerator.

- Cooking - Don’t cook the turkey with unpasteurized eggs. Temperature. Cook at 325 degrees F. - according to the microwave or refrigerator.

- Deserts - Cook custards to 160 degrees F. and refrigerate.

- Yogurt - Don’t use a raw egg recipe. Use commercial prepared, pasteurized eggs. When People Don’t Agree.

But How Do I Get My Turkey Cooked?

According to Van, there are a couple of good alternatives to overnight cooking. Cook two smaller turkeys, or use a cooking bag or covered round pan. Speed cooking.

Lots of callers to the hotline get confused about cooking bags,” Van says, “They think you can use brown grocery bags. Don’t use them for cooking. It’s not safe and can be a fire hazard from the glue in the bags you could make you sick.

“[Legs] Cautions.

Because of emerging problems with salmonella bacteria, it’s important to note that people need to take precautions when preparing food made with eggs, especially some desserts, like pumpkin or custard pies made with eggs.

Dry foods like, containing eggs, milk and a high acid content are okay, though. You can cook to 160 degrees F. and still be safe. They must also be refrigerated after cooking a precaution that’s not necessary with other kinds of cakes, breads or cookies.

It’s also not important to consume raw eggs. Use commercial prepared, pasteurized eggs or make your own egg substitute using a cooked custard base, Van said.

Source:

Food News for Consumers
USDA Food Safety and Inspection Service. (AH)
Toy-Giving Tips for the Holidays

More toys are bought during the holiday season than at any other time of the year. Doing favors and relatives sometimes enjoy handcrafting toys to give as special presents. Whether you’re a toy purchaser or a toy maker, take note of these tips:

- A toy should enhance a child’s creativity, thinking skills and muscle-motor coordination.
- Toys should be sturdy, safe and versatile. To get the most for your money, choose toys that can grow with the child.
- Before purchasing or making a gift for a child, check with their parents or older siblings to find out about the child’s interests and abilities, as well as what toys they already have.
- When buying toys for children under three, avoid anything with small, loose parts that can be ingested, sharp points and edges. The Toy Manufacturer’s of America Safety Standard includes special requirements for testing toys intended for children under three.
- Look for suggested age-range guidelines on toy packages and buy those toys that best suit the child.
- Check for the following safety-indicators on toy packages: nontoxic, flame-resistant, washable and hygienic.

The True Price of Pop: Soft Drink Container Information

America has become a “throw away” nation. Each American throws out their own weight in packaging material about every 30 to 40 days. Of the various packaging materials, beverage containers (plastic, aluminum and glass) account for most of this weight in household garbage.

Plastic

Plastic offers a container that is lightweight, durable, break resistant and can be flexible and squeezable. Plastic is derived from petroleum products which are dwindling and are nonrenewable resources. Some of the chemicals used to make process plastic are hazardous compounds. The energy used to manufacture and transport one plastic bottle is equal to about 3.0 ounces of gasoline.

Plastic is currently not as easily recycled in Nebraska as other materials. However, advances are being made in recycling plastics. By recycling plastic, they estimate 85 to 90 percent of the energy used to produce virgin plastic resin could be saved.

The 12 billion pounds of plastic produced each year, one-fourth is used for packaging. In 1986, over 20 billion plastic bottles were produced. About 7 percent of all plastics are currently recycled.

Incineration of plastic, unless done correctly, can produce toxic air pollution. Plastic should not be burned in home burn barrels.

Aluminum

Although, aluminum is one of the most abundant metals, it is also one of the most expensive and polluting metals to produce. Much of it is surface mined in tropical rain forest areas. Aluminum is produced from bauxite which is 93 percent aluminum and 7 percent impurities of bauxite and 1,020 pounds of petroleum coke. Aluminum decomposes in about 500 years.

The success of aluminum recycling has softened its environment impact. In 1985, some 66 billion aluminum cans were manufactured. We are now recycling 25 percent of all aluminum cans, saving about 5 million tons from burial in our landfills. The use of recycled aluminum saves not only 95 percent of the raw products but 90 percent of the energy needed for production.

The energy saved from one recycled beverage can could save about 8.5 ounces of gasoline or enough energy to operate a television set for three hours. The energy from two aluminum cans could power a United States light bulb for 1 hour.

Recycling aluminum helps reduce mining wastes which amounts to 2,700 singles have joined chapters in Indianapolis, IN.

Encourage Your Child

Raising or working with children is one of the most rewarding tasks in life. It is also one of the most challenging! Too often the shopper or toy buyer makes a decision based on self-esteem is the ability to encourage. Encouragement is the encouragement phase of the toy-buying process. Parents need to encourage their children to find value in work and improvement which, in turn, fosters cooperation and self-esteem. It inspires confidence and acceptance.

Educational psychologists believe that praise was important as a reward for a job well done. But we soon learned that giving praise too often fostered competition and fear of failure. Encouragement, on the other hand, emphasizes effort and improvement which, in turn, fosters cooperation and self-esteem. It is a learned skill which helps children believe in themselves and their abilities.

Some of the ways you can encourage children are fairly simple. When used consistently, they very often lead to more healthy relationships with children. Here are some of the methods:

- Showing faith. Having and showing faith in children’s ability to handle situations means minimizing their mistakes and communicating our confidence instead. Showing faith is not avoiding the positive aspects of their efforts.

- Building self-respect. Enhancing self-respect involves accepting individual’s differences. Encouragers avoid comparing children, so the ability to handle situations means minimizing their mistakes and communicating our confidence instead. Showing faith is not avoiding the positive aspects of their efforts.

- Recognizing efforts and improvements. It’s easy to give recognition for completed tasks. But when we hold out for achievement—a better grade in math, a near home at room—网民; purple ribbon at the fair—some children conclude they are never good enough. For the recognition of effort and improvement helps children find value in work and improvement, as well as final accomplishments.

- Focusing on strengths and assets. We live in a society that puts a premium on being perfect or excellent. Sometimes it appears that fault-finding rivals baseball as a national pastime! Yet when parents and teachers look for a child’s strengths and resources, they encourage that child to become a responsible adult.

- It takes time and effort to become an effective encourager. Encouragers believe in the ability to handle situations means minimizing their mistakes and communicating our confidence instead. Showing faith is not avoiding the positive aspects of their efforts.

- Giving them age-appropriate responsibilities. With responsibility comes a learned skill, it improves with practice. Here are some proven strategies for encouraging children:

  - Take on extra responsibilities.
  - Have positive expectations. Children rise to the level of our expectations.
  - Encourage participation in decision-making.
  - Help children believe in themselves and their abilities. Parents and leaders who offer encouragement help children accept themselves and learn from their mistakes.
  - Encourage them to take on extra responsibilities.
  - Help children help themselves to become the best they can be.
The holiday season is one of joy and happiness, but this joy has been marred in past years when people fail to make fire prevention a part of their holiday season. The members of the Southeast Fire Department want your holiday season to be fire safe. Here are a few timely reminders:

Christmas trees should be located away from fireplaces, wood stoves and any other source of heat. Trees should also be kept away from exit and traffic areas. As for real trees, be sure to buy a fresh tree (shake it and tap the stump on the ground at the time of purchase: if needles fall off, select another tree), and keep it fresh by putting it in a sturdy, water holding tree stand (be sure to fill the tree stand with water daily).

If the tree dries out it is a serious fire hazard. Discard it immediately, even if it is before Christmas. Do not take the chance that it will "all right" until after the 25th.

Christmas lights should be checked before use for any cracked or broken fixtures, as well as for the UL label (the UL label is the symbol that the Underwriter's Laboratories have tested the lights for safety.) Do not use indoor lights outdoors, and do not connect over three sets of lights to the same electrical outlet. Always turn off lights when leaving your house and before going to bed. Never use lighting on a metallic tree.

Use electric candles instead of an open flame candle for decorations (these should also have a UL label.) After opening Christmas presents, promptly discard of wrappings and boxes. Never burn wrapping, boxes or trash in your fireplace or wood stove.

On behalf of the Southeast Fire Department, I would like to take this opportunity to wish you and your family the very happiest of holidays, and a fire safe 1992!

Bill Montz, Jr.
Fire Prevention Officer