11-1992

The NEBLINE, November 1992

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Spooky spiders

"Little Miss Muffet sat on her tuff, eating her curds and whey. Along came a spider, and sat down beside her, and frightened Miss Muffet away."

There was an old lady who swallowed a fly...and then a spider, and giggled and tickled inside her. She swallowed the spider to catch the fly. She did not know if she swallowed the fly. Perhaps she "died". Step into my parlor," said the spider to the fly.

With rhymes like these, it is no wonder why many begin their nightmares with spiders and spider-related stories. And the most common story that comes to mind is "Little Miss Muffet". The story of how Miss Muffet was frightened by the spider and how she tried to catch it, only to swallow a fly and a spider along the way.

The story of Miss Muffet is often used to teach children about the importance of cleaning up their environments. It is a warning about the dangers of not following the rules and the consequences of not paying attention to the warning signs.

Wanted: Soil samples

In a continuing effort to demonstrate the best management practices associated with the use of nitrogen fertilizer, the University of Nebraska Cooperative Extension in Lancaster County is seeking individuals interested in having their field deep soil sampled to determine nitrogen content. Priority for sampling will be given to those who have a history, amount of nitrogen applied, current year cropping plans and potential for use as a nitrogen management site. Please contact Dave Varner at 411-1180 or 441-1180.

A day in the life of an EFNEP advisor

It's 7:30 a.m. and our Expanded Food and Nutrition Education Program (EFNEP) advisor, Lenora, has just opened her calendar to prepare for the day. As she glances over her appointments, she alternately smiles in anticipation, then groans with apprehension. It's going to be a busy day and she needs to put everything down until plans change, talk to the extension office, and prepare some vegetables for a group meeting before she leaves home.

For the next hour and a half she reviews family needs, looks at needed materials, washes some carrots, celery and broccoli, gets out an ice chest and packs the vegetables on ice for use later in the day, and calls two homemakers to remind them of appointments. She next calls one of the community agencies with whom she works to make an appointment to plan cooperative activities for the fall. After making two trips to the car to load the materials, she is off on this day's adventure.

Her first stop is at the home of a single, teen-age girl who is the mother of a four-month old baby. In light of this, a visit to the Infants and Children (WIC) office here and Lenora spends much of the hour patiently explaining when and how to start solid foods for the baby and age-appropriate foods. She encourages the mother to take

Catering as a Business

The first-ever statewide series of catering workshops will be presented this year through the University of Nebraska-Lincoln. Locally, a day-long workshop, "Catering as a Business" will be offered Monday, November 16, by the University of Nebraska Cooperative Extension in Lancaster and Saunders counties.

Whether you're already involved in the catering business or thinking about starting a business, this 8:30 a.m. to 5:00 p.m. workshop can help you. The workshop will be held at the Lancaster Extension Conference Center, 444 Cherry Creek Road.

Workshop topics include business basics, pricing for services, menu planning perspectives, safety and sanitation issues, marketing the business, and "Catering 101: What every owner should know," presented by the Southeast Fire Department, will be offered November 9. To receive a registration form, call 471-7170.

The following workshops are scheduled for 1992:

- Omaha, January 6; Norfolk, January 7; Kearney, February 5; Grand Island; March 22, and North Platte, March 23. (AH)

Office Information:

Phone Numbers: (441 prefix Nov. 21) Office: 471-7180 After hours: 471-7170 Fax: 471-7148

EFNEP News

November 1992

Vol. V, No. 12

University of Nebraska Cooperative Extension
Lancaster County

Extension telephone prefix change: 471 becomes 441

Effective November 21, 1992, the prefix for telephones at the University of Nebraska Cooperative Extension in Lancaster County (and most other county/city offices) will be changed. The new number for the extension office will be 441-7180. Notice that the last four digits will remain the same.

Have a fire safe Thanksgiving

In November, many of our families will be joining together to give thanks for our families, friends, and communities, to name a few items. As many families get together on Thanksgiving for a fine, home-cooked meal, the Southeast Fire Department would like to offer the following tips to ensure your safety and that of your family:

- In many cases, a grease fire can be controlled by turning off the stove burner and putting a lid over the fire. Remember, if you can’t readily and safely control the fire in this manner, get everyone out of the house and call the fire department without delay. (Remember Monte’s rule: “When in doubt...GET OUT!”)
- Never attempt to extinguish a grease fire with water.
- Never leave your cooking unattended, and be sure to avoid wearing loose-fitting clothing while cooking. If your clothing should catch fire, remember to STOP, DROP and ROLL.
- Keep all pot handles turned inward, away from curious tots.
- Do not allow very young children in the kitchen when cooking, and see that all children are seated at the table before serving hot dishes.
- On behalf of the membership of the Southeast Fire Department, please have a happy and FIRE SAFE Thanksgiving season!
Transport plants carefully in cold weather

It’s the season for colorful holiday plants. It’s also the season for frosty plants. When buying for Christmas, a challenge is to get the tree from your store to your home without getting nipped. Most holiday gift plants and house plants are natives of the steamy tropics. One quick break of our wintry air is enough to send them into permanent shock. Exposure to cold air can cause dropping and injure leaves of plants that aren’t accustomed to cool temperatures, so it usually isn’t enough to just grab the plant and run for the car. Those few minutes are all it takes for plant injury.

To get your plant to its destination safely, move quickly. First, warm the car, if it’s cold. The single most important precaution is to fully cover the plant. Insulate the plant before transporting. Only Löwenberger employees usually will handle the plant.

Here’s how to cover the plant. A plastic bag generally works best. After enclosing the plant in the bag, blow in warm air and secure the top with a twistem or rubber band. This creates a bubble of warm air around the plant, and will insulate the plant during its ride home.

Paper sacks are not as effective, although they’ll do in a pinch. Set the plant inside the sack, invert another sack and cover the top opening.

- Pack the money home let the plant set in the passenger area.
- Never put a plant in an unheated trunk. At best, the plant will remain under its covering for a few minutes so it becomes adjusted to room temperatures, then remove the covering. Keep the plant away from drafts and heat sources. With all these attentions your plant should be happy.

Questions and Answers

Q. The white pine trees we planted a couple of years ago are drooping and injuring leaves of branches. Without getting nipped.

A. It’s normal for pines and other evergreens to drop their needles. The white pine is unique in that it drops its needles one by one, three inches deep. In white pine, needles turn brown and fall in two years. Injuniper and fir, needles turn brown and fall off. Look for other than normal factors that can cause this season’s growth.

Q. What’s the best way to store winter squash?

A. Winter squash and pumpkins need cool, not cold temperatures— 50 to 55 degrees Fahrenheit is ideal. Below that temperature, the squash will harden. They should be stored in a dry, warm location at 65 to 70 degrees Fahrenheit. If the temperature is too cool, the squash will keep up to five months.

Wood for your fireplace

A popular source of additional heating for many homeowners and apartment dwellers is the burning of plant materials around the fireplace, enjoying a relaxing evening at home, is another benefit of the fireplace.

To do this most effectively, keep these things in mind:

- Ash, birch, hickory, oak, maple, apple, honeycomb and cypress are considered excellent woods as they produce few sparks, no heavy, annoying smoke, are easy to split and give off a relatively high heat to the room.

With regard to the previously mentioned factors, the second best group are poplar, aspen, soft maple, walnut, red elm, hackberry and fruit woods other than apple. They are considered good to use, but generate less heat than the first group.

A word of caution: Foods considered fair include sycamore, boxelder, willow, other elms, basswood, cottonwood, white poplar, pine, spruce and cedar. This third group should be considered as the last resort, while the first group should be employed.

Firewood is sold in a number of ways. If you buy a cord, the size of the cord is measured by the length of a stick, the width of the stick, and the height of the stick. The length of the stick is measured by the length of the stick, the width of the stick, and the height of the stick.

One must estimate how much they are getting by measuring the cubic feet of wood being delivered.

Long logs should be split to average diameter size of six inches, this will be most satisfactory from a user’s standpoint. Whether you purchase a cord, face cord, nick, or pick up, you should be well advised to purchase wood in smaller pieces. Larger pieces should not be more than a maximum of six cubic feet of wood being delivered.

The recipe:

1. Cut the squash from the vine, leaving three to four inches of stem on the plant. Be careful not to damage the fruit, cut as close to the stem as possible, but before the first night of frost. They can withstand a few degrees of frost, which will help change their starch to sugar and enhance their flavor. After a few degrees of frost, they can be stored in a warm dry location at 60 to 65 degrees Fahrenheit. The squash will keep up to five months.

Using acorn squash is a winter squash, it should not be stored in a cold or aired environment. The squash can be stored at room temperature. The squash can be stored at room temperature. The squash can be stored at room temperature. The squash can be stored at room temperature.
Predicting your crop nitrogen needs

Nitrogen used by crops comes from several sources: fertilizer, residual soil nitrate, soil organic matter, nitrates in irrigation water, legumes and manure and other organic wastes. All sources must be measured or estimated when calculating the amount of nitrogen available to the crop. Soil-nitrate-nitrogen content is determined by soil tests. Contributions from other sources must be estimated. The adequacy of nitrogen in the crop plants can be monitored by tissue testing in the laboratory or with a chlorophyll meter in the field. Most Nebraska soils contain from one to four percent organic matter. Part of this organic matter is mineralized by soil microorganisms to nitrate-nitrogen. The amount of nitrogen available is determined by soil microorganisms before plants can use it.

Reduce year-end tax liabilities

Because each business enterprise is unique, each should form a year-end tax strategy based on its own circumstances. Although this is best worked out with the help of a tax professional, a number of general guidelines are applicable in most cases. First, it should be determined where the business is on a cash basis and what the tax liability will be if nothing further is done. In some cases very little may need to be done. However, in most cases one or more of the following techniques can be used to reduce tax exposure:

- Preparing itemized deductions such as charitable contributions and charitable gifts
- Formal retirement plans
- Contributing to retirement plans
- Making capital purchases, provided the $30,000 expense election has not been used up.
- Paying wages to family members who worked for the business without pay, and thus transferring earnings to their lower bracket.
- Preventing itemized deductions such as casualty losses and charitable contributions for 1992. Preventing year-end sales under a written deferred payment contract that specifies that payment may not be received until after Jan. 1. When considering any of these techniques, always remember that good tax management is just a part of good business management. Avoid taking action for tax purposes, such as buying unnecessary equipment for the business, that will adversely affect the business overall.
- Proposed changes in Nebraska’s property tax system are still up in the air, making planning for them more difficult.

Please turn to Tax: page 8 present, is in the nitrate form and is readily available to plants. The amount presented is determined by laboratory test. The pounds per acre depends on the nitrate concentration and the amount of water supplied. The concentration of nitrate-nitrogen multiplied by 2.72 gives pounds of nitrogen supplied in each acre-foot of water. Residual soil-nitrate-nitrogen, whether from previously applied fertilizer, manure, organic matter or other sources cannot be predicted without a soil test. The test must present can be a significant part of the crop’s needs. Pre-plant and pre-sidedress are two different methods of soil sampling. Pre-plant sampling has been used in Nebraska for many years. To be meaningful, soil samples should be collected from the top two to four feet of soil. The NeGuide “Guidelines for Soil Sampling” (G91-1000) discusses sampling procedures in detail (DV).

Anhydrous ammonia applicators take care

Accurate application critical

Because of anhydrous ammonia’s cost and impact on groundwasser, producers should understand that only the minimum amounts needed are applied to crops. Since anhydrous ammonia costs have increased and because fertilizer is a contributor to the spread of damaging nitrates in groundwater, accurate application is critical. To ensure that a producer applies anhydrous ammonia properly, the producer should follow check operator manuals to make sure the amount of anhydrous ammonia needed corresponds to the needs of fields and crops. For example, the manual includes a reference table so that producers can make the right decisions for the speed, application width and pounds per acre they desire to apply. Producers should set the fertilizer regulator so that the anhydrous ammonia field and then re-charge the applicator after determining the value for the specific rate. The regulator should be fine-tuned based on tank pressure. Proper flow pressure ensures consistent flow. Control units on the applicator can help in making adjustments by compensating for the speed variations that take place in the field. Anhydrous ammonia that is monitored by flow meters and adjusted for speed variations can help a producer better control application rates.

Because anhydrous ammonia is a gas placed under pressure to convert it to liquid, it can be damaged if handled improperly. Producers should wear gloves and protective clothing when working with anhydrous ammonia. Water always should be nearby to extinguish any part of the body that comes in contact with anhydrous ammonia. (DV)

Check out feed options for frost-damaged sorghum

Cattle feeders have several options in using frost-damaged sorghum (milo). If the grain is acceptably dry, it will have been subjected to reduced test weight. Market discounts for light test weight grain are usually far greater than the nutritional value would indicate. Typically, low test weight within the class of normal milo, but energy content may be less. Starch, which is the major energy component of grains, may be reduced 4% to 6%. Crude protein levels can vary considerably and feed testing is advised in order to take proper advantage of the extra protein content. A recent study at Kansas State University indicated that growing cattle fed rations comprised of corn, soybeans, alfalfa hay and milo with test weights of 35, 45 or 55 lb/bu had similar gains and feed efficiencies. When finishing cattle were fed these same milo grains, gains and feed efficiencies were similar to milo that was feed dry rolled. When the milo was steam-flaked, cattle fed 35 or 45 lb/bu test weight grain were 6% more efficient, respectively. Light test weight milo will have smaller berry size, greater variation in seed size and contain more forage residue. All grains kernels need to be processed. The forage residue will make it more difficult to properly process the grain and may cause the grain to be cleaned before processing. (DV)

Growing—finishing pigs

Ten-lesson swine home-study course offered

This ten-lesson course is designed very much like the previous pork production home study courses. You can participate in an educational program without a large time commitment away from the farm. The course will allow you to improve your growing—finishing management knowledge and provide step-by-step instructions. The discussions will be relevant to the management of confinement facilities and outside lots with straw bedding.

The home-study course program is designed for pork producers (owners, managers, employees), feed suppliers, veterinarians, vo-ag instructors, senior vo-ag students, ag credit counselors and swine industry consultants. To enroll in the course, contact the extension office or request a program brochure and registration form. The cost of the program is $25 and the enrollment deadline is November 13, 1992. The program begins December 14, 1992 and concludes March 1, 1993. (DV)
Storing summer clothes

Clean and dry is the way to store summer clothes for the winter. Check all those washable clothes for spots, stains and heavy wear. When those spots turn yellow, only then do you realize there was something on that garment when it was stored. If stored "dirt!, many stains can become permanent. Stains which attract insects, or other substances such as perfumes and dyes, are a prime example. Additives in clothes can cause yellowing and deterioration over time. Even if the garments were worn only once and looked clean, some stains dry and are nearly invisible. When these spots turn yellow only then do you realize there was something on that garment when it was stored.

Before storing those summer clothes, go through those that should be discarded or give away and mend those that need repair. Consider having a garage sale or donate the clothing to charities. Many clothing and hand stores usually do not accept spring/summer clothes until the following spring/summer season. Consider storing those clothes separate from those you will consume during the winter.

Wash the clothing with a detergent, rinsing thoroughly. Do not use any laundry additives such as fabric softener and starch because additives hold chemicals. Additives in clothes can cause yellowing and deterioration over time. Even if the garments were worn only once and looked clean, some stains dry and are nearly invisible. When these spots turn yellow only then do you realize there was something on that garment when it was stored.

The best place to store clothes is in an area that is clean, dry, and dark. The area should be free of dust to protect garments. A dry and cool area prevents rapid milkow growth. A dark area protects color fastness. The best place to store seasonal clothing is a place where you can monitor cleanliness. A basement may be a good place to store seasonal clothing is a place where you can monitor cleanliness. A basement may be a good

Individual vs. Group Health Insurance?

Health insurance costs represent a growing portion of the household budget. To cover these costs, many rely on health insurance. Health insurance is available as an individual policy and as part of a certain group with which a person is affiliated.

Individual Health Insurance

The advantages of having an individual health insurance policy include being able to tailor the policy to one's particular situation. For example, added protection not available under a group plan may be included in an individual plan or additional protection over and above the protection through a group plan may be part of one's individual health policy.

Selecting one's health care provider and the network of doctors is another advantage individual health care policies have over some group policies. But individual health policies do have disadvantages. Requirements to be met before being fully covered may be more restrictive. Individual policies are usually more expensive than group policies. Claims must be filed which is not the case with all group policies. Preventive health care may not be covered. A higher deductible may be part of the individual health care policy, and lower limits for some coverages included in the individual health care, and chemical dependency treatment may be part of the individual health care policy.

Group Health Insurance

Group health insurance coverage through an employer or other group also has some advantages and disadvantages. Advantages include part of all the health care provided by the employer or other policy holder. Group policies are usually less expensive than individual health policies. Usually, everyone is eligible for coverage regardless of health. Group health insurance coverage is typically comprehensive, and premiums can be deducted from paycheck if the policy holder is the employer. Coverage generally cannot be cut off because of the number of claims someone has. With most group health insurance policies, you will select your own health care providers.

Disadvantages of group health insurance policies include losing coverage when you no longer belong to the group. However, the Consolidated Omnibus Budget Reconciliation Act (COBRA) of 1985 requires a continuation privilege meaning that you can keep group insurance coverage by paying the premium. If you leave the group for a specified time period, you may do so for three years. Retired people, their spouses and dependent children may be covered by COBRA for up to 36 months. Widows, children, and dependent children may do for a few months as can unemployed and reduced-hour employees and their dependent children.

Other disadvantages of group health insurance include not being able to tailor the policy to individual needs. Group policies usually require that claims must be filed and may have high deductibles. Generally, preventive care is not covered. Low limits for major medical, mental health, and/or chemical dependency treatment may also be part of group health policies.

Group or Individual Health Care Coverage

Whether group or individual health insurance makes more sense for you depends on your situation. If you or one of your dependents has special or unusual health care needs, a group policy may not be able to cover the cost. Evaluate carefully your situation and consult with your health care provider.
Carole's comments

October was a very busy month for extension clubs, we will slow down now till after the holidays. Thank you to all of the clubs that sent in your club report forms. They were a bit confusing but you did a great job.

The Incentive Recognition will be held at Elephant Hall on Monday, November 26, 6 p.m. We will have dinner together and a program. We have 26 clubs that have been represented at all four council meetings. The following extension clubs will be recognized:

Apple Corps
Belton
Bettie's Busy Fingers
Bunch of Roses
Buffy Bean
Dawny Woman's
Demeter
Dusters
Emerald
Ferry-Niner's
Lincoln Heights
Friendship Club
North Bluff
Flairview
Gourmet
Glamour Girls
Hallam County Lines
Princeton
Happy Homemakers
Salt Creek Circle House
In Between
Southern Belles
Kramer

If you qualify and have not received an invitation, please call me at 788-2224 so we can reserve your dinner.

Be sure to get out and vote November 3. It is our right and privilege.

---Carole Doeschot, Home Extension Council Chair

Say “no” to the unimportant

In today’s busy world, the many demands on a person’s time often require developing the ability to say “no.” It’s not always easy, said Herb Lingren, extension family life specialist at the University of Nebraska - Lincoln, but it can be done.

Working women, in particular, are caught in a seemingly “no-win” squeeze between overlapping and conflicting demands at work and home.

“Husbands, children, friends, church and business associates and other family members all expect priority treatment, so it takes optimum effort to decline, however tactfully,” said Lingren.

Lingren said persons must say “no” to activities outside the home that are no longer meaningful. “You may be surprised, even a little appalled, when you inventory the list of demands others have placed on your time.”

Now is the time to prune some of these external influences, he said. First, trim those that contribute little toward your life goals. “If you’re wasting time on activities that deplete your energy from the things that are really important to you, prune and let them fall, once and for all.”

It’s much easier to people to say “no” when they have a clear idea about who they are, what they say and what they think, Lingren said.

“You must know your own self-image — how important you are to you — is often mirrored in how others behave toward you,” he said. “A clue as to how you appear to others often can be gauged by the importance of the tasks others ask you to perform. If you seem to catch the trivialities concerning chores from people outside your household, maybe it’s because you don’t project yourself, your thoughts and the importance of your time properly.”

Set goals, then say “no” to distractions, Lingren recommended. “Don’t rush judging your success. Distractions win when you take your eyes off your goals.” (LB)

Test your food safety savvy

1. Leftover foods should be cooled rapidly by placing them into shallow containers and quickly refrigerating. A. True B. False
2. It’s O.K. to prepare raw greens for a salad on a cutting board previously used to cut raw chicken as long as it is rinsed off under water. A. True B. False
3. You can always tell if a food is contaminated with bacteria because it will smell bad, taste bad or look bad. A. True B. False

4. The mayonnaise in a salad is the cause for foodborne illness. A. True B. False
5. Frozen ham can be thawed on the counter. A. True B. False
6. A baked potato which has set out on the counter for 24 hours is safe to eat. A. True B. False
7. Meat loaf that is pink in the center after cooking is safe from contamination. A. True B. False

Please turn to Answers: page 7

Legal issues of working at home explored

If you are exploring the possibility of working at home, first check whether it is even legal to work at home. In some communities, local ordinances prohibit individuals from using their homes for business purposes. Originally, restrictions on use of the home for business purposes were initiated to keep neighborhoods from being segmented from the business industry. Many of these ordinances are still in effect today and apply to work in the home even if such work would not diminish the residential character of the neighborhood. Ignoring such laws can be risky. A better strategy is to find out if it is legal to work at home, and if it is not, what you might do about it.

Zoning ordinances are under the authority of either city or county government. Determine who has authority in your area and find out how your property is zoned. If you find under present zoning ordinances that you would not be allowed to operate your home business, all is not lost. There are two alternatives open to you. First you might seek a zoning variance which is an exception to the zoning ordinance granted by a planning or zoning commission. These are not easily granted, but your position is strengthened if you can show that what you want to do is similar to an occupation already permitted in your zoning category, or if you can build a case that your home business will in no way detract from the neighborhood.

A second alternative is to seek an amendment to the present zoning ordinance. This is a good strategy if the ordinance is somewhat antiquated or if you can unite other home business operators to work with you in getting a reasonable amendment. (AH)

Win a cookbook

If you’ve been reading the “leaner eater” series, return the following evaluation and have your name entered in a drawing for a hard cover, 542 page, American Heart Association cookbook. Our thanks to the Lincoln Division of the American Heart Association for donating this book and their cooperation in helping promote low fat eating.

Return the evaluation by November 20 to: Leaner Eater, 54 Alice Henneman; University of Nebraska Cooperative Extension in Lancaster County, 44 Cherry Creek Road, Lincoln, NE 68528. (AH)

Check up on your lowfat practices

Take the challenge Be a leaner eater

Name: ____________________________
Date: ____________________________
Phone Number: __________________
Address: ____________________________
Directions: Please read each practice. How often did you do these practices BEFORE and AFTER the Leaner Eater Course?

PRACTICES DA BEFORE DA AFTER
1. I am aware of the fat in the food I am eating. 1 2 3 4 5 1 2 3 4 5
2. If I choose to eat a higher fat food, I balance it with lower fat foods. 1 2 3 4 5 1 2 3 4 5
3. If I eat a high fat lunch I eat a lower fat dinner. 1 2 3 4 5 1 2 3 4 5
4. If I choose a high fat food I eat half a portion or less. 1 2 3 4 5 1 2 3 4 5
5. I choose no or lowfat snacks. 1 2 3 4 5 1 2 3 4 5
6. I estimate the portion of meat I am eating. 1 2 3 4 5 1 2 3 4 5
7. I eat at least 2 milk servings each day. 1 2 3 4 5 1 2 3 4 5
8. I eat 2 or more servings of fruit each day. 1 2 3 4 5 1 2 3 4 5
9. I eat 3 or more servings of vegetables each day. 1 2 3 4 5 1 2 3 4 5
10. I trim the visible fat from meat. 1 2 3 4 5 1 2 3 4 5
11. I choose low fat meals in restaurants. 1 2 3 4 5 1 2 3 4 5
12. I limit the amounts of fat spreads on foods. 1 2 3 4 5 1 2 3 4 5
13. I use recipes with low fat content. 1 2 3 4 5 1 2 3 4 5
14. I plan to eat enjoyably but the low fat way at celebrations and holidays. 1 2 3 4 5 1 2 3 4 5

How many challenges did you complete? ____________

Comments: ____________________________

Nyman honored

Neboko Nyman, an Expanded Food and Nutrition Education (EFNEP) advisor was recently recognized for outstanding service and contributions to the groups sponsored by the YWCA. Nyman has presented monthly food and nutrition lessons to the group. (LJ)

Clear Jel A

Mrs. Wages no longer carries the Clear Jel product for making canned pie filling. It is now available from: Maid of Scandinavia, 3244 Raleigh Ave. Minneapolis, MN 55416 Phone: 1-800-328-6722 The cost is $2.40 per pound. Maid of Scandinavia will take COD and credit card orders over the phone. (LB)

More Home Ec/EFNEP news on page 7

November 1992

Page 5
Seven teens take aim on 4-H Action Team

Taking ACTION and making the community aware of the 4-H story are the duties of the 4-H Action Team.

The group of seven 4-H teens from across the state began their training on August 21 and 22. They met at the Nebraska Center for Continuing Education in Lincoln.

During those days the Action Team sharpened their skills in various areas. They toured the Smith Kline Beecham facilities, a major donor to the 4-H program. Members also wrote public service announcements, which will be aired on their local radio stations throughout the state. Finally, the group worked on their plans for the upcoming year.

County 4-H Open House

Over 180 people mingled with current 4-H members, leaders and staff on September 22 at the Lancaster Extension Conference Center. They came to see and hear what 4-H is about and to sign up for upcoming activities. Insects, demonstrations, clothing, foods, small animals, model rocketry, woodwork, school enrichment, horse and pocket paws were on hand, with information given by the 4-H members.

Special thanks to everyone involved and keep up the enthusiastic promotion of 4-H! (JL)

100 children's gifts needed for Christmas

Remember that about 100 three and four year old children (52 Christmas gifts are needed for the group of 15-3 range) are needed by Elliot Headstart Program. December 1. If you or your club are Purchased or homemade gifts for planning to donate gifts, call Janis

1993 4-H council election

All Lancaster County residents, 14 years and older, are eligible to vote for 1993 4-H Council members. The 4-H Council is responsible for determining 4-H policy and program direction. The 4-H Council is responsible to the County 4-H Action Team. The 4-H Council’s election process provides youth a voice in electing members. It also provides the opportunity for all Lancaster County residents 14 years of age and older to vote.

Ballots will be considered only if properly completed. Write in candidates are eligible for election. All ballots must be received by November 15, 1992. The ballot form may be copied. Additional ballots may be requested from and completed ballots should be mailed to: University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507.

The voter declaration section must be completed. This declaration 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 through November 15, 1992.

Voter 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

County 4-H to hold home economics contest

If a person has $480, and invests it in an account earning 7% annually, how much interest will be earned in one year?

Vahle

This is just one example of the many types of questions 4-H members from more than 50 counties across Nebraska answered in the State Home Economics Contest. Due to the broad spectrum home economics now covers, answers may also vary in cooking and sewing topics.

The Lancaster County contest is held every July. It is comprised of a written and oral test. The written portion contains 20 different questions that require a person to choose the best pillow or button hole to selecting foods lowest in fat and making the most of your time and money. An individual must give two short, logical presentations to a judge on these topics they choose themselves. The points are based on rational, organization, delivery, polish, and grooming. This is an excellent learning experience if you are new to speaking because only the judge hears you. Lorene Bartos, extension assistant, home economics, agrees, “This is an excellent opportunity for developing leadership, teamwork, and communication skills for youth”. This was the third year that I have been on Lancaster County’s state home economics team. The contest was September 7th, at the East Campus Home Ec Building. The team members were Krista Vance, Jayne Grundman, Ruth Vahle, Melissa Fuller, Laura Youngman and myself. Our leader was Lorene Bartos. In addition to a written test and oral question, the team must answer a question as a group may participate, and the group has 30 minutes to prepare an answer. The winning team earns a trip to Kansas City, along with the top point winner.

This year, Lancaster County tied for first place with Merrick County. Since Nebraska can only send one team, the judges looked at one specific, pre-decided question as the tiebreaker. (Merrick County was selected). However, the top point earner is from Lancaster County. Congratulations, Krista Vance and good luck in Kansas City!

I would encourage anyone, guys and gals, to compete. Not only do you test and expand your knowledge, you also meet some great people at the state level. By the way, that investment would earn $33.60 in interest by the end of the year! -Becky Vahle

1993 State Volunteer 4-H Leaders Forum

January 29-30, 1993 is the date set for the State Volunteer 4-H Leaders Forum in Grand Island.

This annual event continues to be a learning experience to strengthen the 4-H program through strengthening its leaders. “Steps to the Future” will provide networking for 4-H leaders, provide ideas to increase effectiveness and competency of volunteers working with youth audiences, foster exchanges of successful 4-H projects and activities between leaders and strengthening a positive attitude about the future, the attitude with others, and adults and youth.

Lancaster County 4-H Council Ballot

Lincoln Youth - vote for one

- Jaime Fuller
- Anne McCabe
- Brenda Sohl
- Becky Vahle

Northeast Adult - vote for one

- Marty Minchow
- Brenda Sohl
- Katrina Smith
- Becki Vahle

Southwest Adult - vote for one

- Joy Henshaw
- Anne McCabe
- Brenda Sohl
- Ron Snover

Biographical information

Jaime Fuller - nine year 4-H member, 16 years old, Camp Counselor, Citizenship and Reflection Focus, 4-H Fair Fun Day guide, 4-H program at church.

Melody Nielsen - 3 year 4-H member, 16 years old, president of Pacesetters 4-H Club, captain of the state winning horse bowl team, member of the state winning horse judging team, Spanish Club, Rainbow Club.

Brenda Sohl - 8 year 4-H member, 16 years old, 4-H Ambassador, 4-H Camp Counselor, Marching Band and Concert Choir.

Becky Vahle - 8 year 4-H member, 16 years old, 4-H Ambassador, 4-H Fair Fun Day guide, Church Youth Group.

Marty Minchow - current 4-H Council treasurer, president of church Altar Society, 4-H Foods VP, Poultry, and Horse judging at church. MPs on the Mid-Continent Refuse Service.

Mark Umbarger - 4-H parent, chairmember of the Mid-Continent Elementary School.

The Cloverbloom 4-H News and Events

Maureen Berenson
Extension Agent, 4-H
Artemio Hamme
Dave Swearinger
Jani Lampolt
Extension Audubon, 4-H

Correction

The STEAM TEAM is a new club that welcomes any 4-Her who has completed two years of 4-H. Information on eligibility was incorrect in the October issue. Contact Carol Tucker at 464-5576 for more information. (JL)

New year for Youth Advisory Council

The Youth Advisory Council, a program of the Consortium for Children and Youth, has started its new year. YAC is a council of local leaders, representing 20 Nebraska high school students who come together for fun and learning in alcohol and drug prevention. The Council offers teens an opportunity to share in local government meetings and to become responsible citizens. Members meet to hear speakers and also plan and promote their own ideas for recreational and educational activities. Past projects have included Teen Night at Noodles and Company, a program for teens on cable channel 5, radio and television public service announcements and Youth Service Day, a day of learning about careers. YAC programming this year will focus on the City of Lincoln. Events planned so far include a visit from Mayor Mike Johanns and a walking tour of downtown Lincoln.

YAC is open to any junior or senior-high age person in the Lincoln area. Meetings are held the 2nd and 4th Tuesday of every month at Irving Rec Center, 100 Van Dorn. Transportation to and from meetings is provided for Lincoln residents. Please call Susan Lethby, 436-1761, for more information. (MHB)
Camps update

Discovery, friendships and development are experiences in a 4-H camp. Those who like variety will enjoy what is available at the Eastern Nebraska 4-H Center for 1993.

Midwinter Escape for teens will be January 23. Kålidoscope for preteens will be February 6. Counties will offer 4-H camps from June through August. There will be 13-4-H summer camps from June 7-July 23. Two Wet and Wilds, two Outdoor Skills, two Summer Safaris and two Sports camps. Other choices will be Boldly Bound, First Timers, Small Animals, Passport to the World and Theater camps. Teens also may grab the excitement of a trip up to the Niobrara River on June 6 or June 26-28. These two trips will be the LIMITED to the first 14 that apply ($150).

If you haven’t experienced 4-H camp yet, begin thinking about adding this fun opportunity to your summer schedule. Watch for details about cost and registration in future NEBLINE issues.

Records update

Completing 4-H records is a way to check skills learned. Some of the 4-H projects have their own record sheets which may be in a situation where youth must track their progress. New record sheets available in 1992 are for Sewing for Fun, Clothing Level I and The Sitter.

Donate your time for the holidays

Tannebaum Festival, November 24-29, Bob Devaney Sports Center. Donate a few hours of your time by assisting children with their Christmas shopping at the Elf shop. Call Janie Tanum at 488-3406.

Salute to leaders

The Lincoln Center Kiwanis Club will sponsor the 4-H Honor Banquet Wednesday, November 16, 5:30 p.m. The banquet will honor key 4-H leaders for their accomplishments and service.

Attention high school seniors!

The Nebraska Association of Fair Managers will provide two $500 4-H scholarships honoring Don and Martha Romeo. Graduates of seniors in 4-H who plan to continue at a two year or four-year post-secondary institution in Nebraska will be considered on the basis of financial need and will be considered in selection. Applications are available from University of Nebraska Cooperative Extension in Lancaster County and are due by December 1. Apply now. (MHB)

What’s a VIP’s?

It’s time to begin planning for 1994 programs. This is initiated with the 4-H VIP’s committee meetings. VIP’s stands for Volunteers In Program Service. This fall, VIP’s committees select officers as well as showup assistants and show judges.

The VIP’s committees discuss and recommend fair changes such as new classes or rule changes to the 4-H Council. They also plan and organize show and workshop held throughout the year.

Anyone who can be involved in the VIP’s program are you. Please attend to the meetings that number between three and five per year. If you would like to see changes or simply have some ideas to share, join a VIP’s committee soon! (JL)

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The 65th Ak-Sar-Ben Livestock Exposition was held in Omaha September 23-29, 1992. The 4-H Livestock Exposition opened on Wednesday, September 23 with the 4-H Horse Show. Lancaster County 4-H horse exhibitors, all from Lincoln, competing at Ak-Sar-Ben this year. The purple and blue ribbon winners of Lancaster County 4-H members are as follows:

*Advanced English Equitation Champion: Tasha Broser*
*Reserve Champion: Alyson Young*
*Sr. English Pleasure Purple: Tasha Broser*
*Blue: Jodi Ash*
*Sr. English Pleasure Blue: Tasha Broser*
*Advanced English Equitation Blue: Tasha Broser*
*Blue: Alyson Young*
*Jr. Girls Western Horsemanship Blue: Jodi Ash*
*Blue: Advanced English Equitation*
*Sr. English Pleasure Purple: Tasha Broser*
*Blue: Jodi Ash*
*Advanced English Equitation Blue: Tasha Broser*
*Blue: Alyson Young*

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Congratulations and thank you!

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

Karla Anderson
Nancy Birkey
Glenda Edgman
Mary Garbarcz
Deana Hotchkiss
Shelley Kurtzer
Beth Morgan
Pam Parrish
Jo琳 Landis
Carroll Storvits
Laura White

Patty Baker
Joan Britik
Francie Delgado
Doug Everett
Lavern Gage
Barb Hellerich
Donna Jackson
Bonnie Lembke
Donna Maud
Sheryl Murray
Kent Prior
Kathy Schoell
Julie Tyvrd

Seated Bear

Nancy Butterfield
John Haskell
Jim Fesler
Vicky Hancock
Judy Hennecke
JoAnn Johnson
Deb Lembke
Patricia McFadden
Patricia Nun
Debbie Root
Constance Sierzenta
Marilyn Veomett

Congratulations! Another 4-H success

Top 50 winners of the State Home Economics Contest is Krista Vanoe! Her knowledge, presentation, and ability to stimulate other contestants from around Nebraska, Krista won a $500 scholarship. In November, the Nebraska 4-H Conference in November with the winning Nebraska team from Merrick County, Nebraska, Krista will experience an exciting focus on personal development and career planning.

We’re proud of you, Krista! (JL)

Summer From page 4

good choice, but check the storage area for the amount of humidity.

Clean the storage area thoroughly. This involves vacuuming, including crevices, and spraying for insects. Silverfish in particular, like cellulose including cotton, linen, ramie and starch.

Save on space by folding the clean clothing and place in boxes or garment bags. Plastic bed and jacket sleeves are good storage spaces. Suitcases will provide a good storage area. If you do not have a plastic case, clothing will be easy to remove if you need to use the suitcase.

Storing clothing properly will help to extend the life of your garments. Check your storage area periodically. An ounce of prevention will pay off in terms of maintaining the condition of clothing between seasons. (LB)
Spiders

human than the prairie rattlesnake. Fortunately, the amount injected from a spider bite is relatively small. With humans, the bite may not be felt at first, although a slight local swelling around two tiny spits may be observed. After a short time, there will be severe pain at the site of the bite which will spread throughout the body. Elevated blood pressure, nausea, vomiting, difficulty in breathing and profuse perspiration may occur in severe cases. Symptoms usually diminish within several hours and are gone after several days. A specific antivenom and other medications can be given by a physician that will reduce pain. It should be emphasized that only four deaths were attributed to black widows from 1960-69 in the U.S., so the incidence of severe reactions to the bite is very frequent.

Brown Recluse. This spider has a light brown body and legs. The cephalothorax (head united with thorax) has a darker brown violin-shaped mark on the upper side. The female constructs an irregular web outdoors and indoors in undisturbed dry locations such as basements, garages, closets and farm outbuildings. Care should be taken when moving objects or clothing that has been undisturbed for long periods. Initially, there may be little or no pain from a brown recluse bite, but, over the course of several hours, an intense localized pain develops, followed by inflammation of the area. Within a few days, a large ulcerous sore forms around the bite. This sore heals very slowly and leaves a large disfiguring scar. There is no specific antivenom available for brown recluse toxin, but various other treatments are used with some success. Early diagnosis and treatment are essential to alleviate pain and speed healing of ulcerated tissue. The parson spider is about one half-inch long and may vary in color from brown to black. The front segment of the body tends to be a chestnut color, while the abdomen generally is grayish with a distinctive white or pink pattern along its middle. The body is covered with fine hairs, giving a velvety appearance. The parson spider is found outdoors, under rocks or in piles of brush or firewood. This spider does not spin a web, but wanders on the ground in search of prey.

Indoors, this spider wanders about at night and conceals itself beneath objects or in clothing during the day. Most bites from this spider occur at night or when it is trapped in clothing. While the parson spider is not considered poisonous, bite symptoms are variable in severity, and some people tend to have localized allergic reactions to the bite. In addition to initial pain, there may be localized swelling and itching around the bite. A few persons may experience excessive swelling, nervousness, nausea, sweating and elevated temperatures from the bites. Although most spiders are not toxic or dangerous to humans, it is important to save the spider for identification purposes.

Control. Consistent presence of spiders in structures may be a sign of an insect infestation as the spiders can not survive long without food. Controlling insect infestations will also decrease spiders. Removing spider webs and egg cases through systematic cleaning of closets, attics, basements and garages will discourage spiders. Insecticides can be applied directly to spiders, webs and areas frequented by spiders. This should control existing infestations. For further information on spider control, refer to Nebriguide 486-792,“Spiders”, available at no cost from the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, NE 68528. (BPS)

Extension Calendar

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

November 2
Incentive Recognition for Home Extension Club Council .................................................. 6 p.m.
Livestock Booster Club .................................................................................................... 7:30 p.m.

November 3
4-H Council ................................................................................................................. 9:30 a.m.-2:45 p.m.
Ripiens Dairy, Walton ......................................................... 7:30 p.m.

November 4
Waterfowl Hunting videoconference ............................................................................ 7:30-9:30 p.m.

November 5
Mastics Control Miller School - Stuart Hunkele Dairy, Wilber ..................................... 9:00 a.m.-2:45 p.m.
Feeding Wild Birds ..................................................................................................... 12:30 p.m.

November 8
Teen Council ................................................................................................................. 2:30 p.m.

November 9
4-H Beef VIPS committee .......................................................................................... 7 p.m.

November 12
How to Calculate Net Worth—How Much is Enough? ................................................ 1 or 7 p.m.

November 14
Insulating Without Bulging ........................................................................................ 10:30 a.m.

November 16
4-H Shooting Sports Club meeting ............................................................................ 7:30 p.m.
Catering as a Business ................................................................................................. 8:30 a.m.

November 17
4-H Honors Banquet .................................................................................................. 6:30 p.m.

November 18
Home VIPS Meeting .................................................................................................. 7:30 p.m.

November 24
Star City Rabbit Raisers Club meeting ........................................................................ 7 p.m.

December 1
4-H Leader Orientation, Part I .................................................................................... 9:30 a.m. & 7 p.m.

December 3-4
Crop Pest Update - Kearney ..................................................................................... TBA

December 10
Eastern Nebraska Soybean & Machinery Expo. - Wahoo ........................................ TBA

December 15
Star City Rabbit Raiser Club Meeting ........................................................................ 7 p.m.

December 17
1993 Midwest Marketing Conference - Southeast Community College, Lincoln ...... 9 a.m.-3:15 p.m.
(storm date, December 18)