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The NEBLINE, October 1994

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American families are changing

Family life in America has changed in the last generation. Between 1975 and 1993, the number of dual-earner families rose from 42% to 64%, making them the solid majority today. We are well on the way in extending the range of roles that can be assumed by men and women more flexibility in the way they pursue careers and family life.

- Men are the primary caregiver in one out of every five dual-earner households with preschool children.
- Women earn 40% of the family’s income.
- Day care creates a new social life for both children and parents and sometimes even serves as an extended family.
- Institutions outside the family—the workplace and the schools, in particular—are creating some of the biggest stresses for today’s dual-earner couples.

Researchers have not found any evidence that the mere fact a mother is employed has negative consequences for her children or her marriage. In fact, working women report they have happier lives than non-working women.

Source: Balance Newsletter, Herbert Lingen, PhD, Extension Family Life Specialist (UB)

Highlands Neighborhood Association to host planning workshops

The Highlands Neighborhood Association located in northeast Lincoln, will host a series of Neighborhood Goals Workshops. The workshops will be conducted at Fredstrom School, Tuesdays, 7-9 p.m., October 18, 25 and November 1. All Highlands area residents are invited to participate.

Extension Educator Don D. Miller, stresses the importance of participating in the workshop series. "Participants will benefit from sharing their views about the Highlannds; help identify neighborhood advantages and concerns; help design the neighborhood’s future; set goals and priorities; and develop an action plan for the neighborhood," Miller said.

Registration forms are available from retail businesses in the Highlannds, from the Highlands Neighborhood Association officers or University of Nebraska Cooperative Extension in Lancaster County. Participants are asked to rank interest areas, including education, human services, community improvement, economic development, recycling and waste reduction; parks and recreation; and housing.

The workshop series will focus on four major processes. The first process will be to conduct a neighborhood self-assessment followed by identification of short-term and long-term neighborhood goals. The third step will be setting neighborhood priorities. The final outcome will be the development of a neighborhood action plan supported by volunteer committees.

Additional information is available from the neighborhood planning committee. Members include:

Wayne Hart, 476-3479
Alan Cable, 476-0631
Betty Korber, 477-0759
Donna Liss, 477-4406
Tonee Erickson, 476-2209
University of Nebraska Cooperative Extension in Lancaster County, 441-7180
Caring for fuchsia

Fuchsia makes a good plant for a hanging basket or in a window box if given full or partially shaded conditions. The most attractive ornamental hanging pots contain three or four plants. Finishing work and keep the plants full in use. A moist, well drained, soil mix but do not allow it to dry out. Weak fertilizer can be given once every two weeks. Fuchsia is actually a shrub requiring a winter rest period. Begin to withhold water and allow the soil to become bone dry before the cold weather arrives. After that, bulbs need a cold period to break dormancy before they can bloom in the spring.

Plant hardy bulbs

Nebraskans welcome the cheerful, bright colors of crocus, daffodils and tulips after a long, hard winter. The presence of these spring-flowering bulbs is a sign of weather is over. But this is the fall!

The point is simply that you must plant these bulbs in the fall if you are to enjoy their warm beauty the next spring. Fall planting allows roots time to develop before cold weather arrives. After that, bulbs need a cold period to break dormancy before they can bloom in the spring.

Plant hardy bulbs after soil temperatures drop to about 50° or lower, usually in October. But don’t wait too long, lest you shorten the time for development of the best quality bulbs so you have the best quality flowers.

The key to this preparation is the “real key to success.” Choose a well-drained soil to prevent bulb rotting. Mix in organic matter with clay soils. Dig up the soil deeper than you’ will plant the bulbs to allow for root growth, which extends straight down from the bottom of the bulb. Misteeds and tulips, 6 to 8 inches deep and three inches apart. Fill the planting area half way with conditioned soil and water, add the remainder of the soil and water again, then cover the planted area with three inches of mulch. Water in extended warm, dry periods in the spring.

Be aware of apple freeze

As temperatures continue to fall in Nebraska concern for this season’s apple crop grows. A light frost will not harm apples still on the tree, in fact, they can withstand quite cool temperatures. Apples will freeze at temperatures between 27.8° and 29.4°F. After an apple freezes, the fruit will deteriorate quite rapidly. This does not mean that the fruit must be discarded, but, that it should be used, or preserved, within a short time.

Plants and bring them inside to a warm, dry location at approximately 55° to 60°F Fahrenheit, such as a basement or cellar. Maturity, green tomatoes may not ripen for several weeks. Inspect the tomatoes every few days. Discard any damaged or spoiled tomatoes. When the tomatoes begin to ripen, remove the newspaper and place them at room temperature. An alternative method is to pull the entire plant and hang it upside down in a cool, dark location. Harvest the tomatoes as they ripen.

Backyard composting

Listed below are the 1994 yard waste composting demonstrations hosted by the University of Nebraska Cooperative Extension in Lancaster County and the City of Lincoln Recycling Office. Each program will feature how, when and where to compost in your landscape and what it takes to be successful. (DM)

Composting Demonstration Sites

<table>
<thead>
<tr>
<th>Location</th>
<th>Site Address</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Pioneers Park</td>
<td>Pioneers Park National Center, 1000 Pioneers Park Drive</td>
<td>October 8, 1:30-3:00 p.m.</td>
</tr>
<tr>
<td>University Park</td>
<td>50th &amp; Colby</td>
<td>October 1, 1:30-3:00 p.m.</td>
</tr>
<tr>
<td>Antelope Park</td>
<td>2944 Garfield Street</td>
<td>October 15, 1:30-3:00 p.m.</td>
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Grain bin safety is crucial

Grain bin suffocation is responsible for two of the 22 agricultural fatalities reported in Nebraska as of mid-September. Bridged grain collapsed when the fan guards were less than six inches from the floor. Grain bin collapse is especially likely with high moisture corn. The critical factors to corn are air temperature and grain temperature. High moisture grain is loaded for storage and may cause the corn to become toxic. Corn in a bin with older grain at a higher temperature must be used or treated with a grain protectant before adding grain. Grain that might need to be stored for more than six months should be treated with a grain protectant when introduced into the grain as it enters the auger after the dryer. Top dressing the grain with insecticides is not necessary. Fumigation should only be done by certified professionals. Fumigation should only be done by certified professionals. Fumigation should only be done by certified professionals.

 Harvest reminders

1. Field dry your grain as long as possible, trying to get it to 20-22% moisture before harvest.
2. Set your combine properly and adjust it accordingly. You may move from field to field. Set your combine clearance as far open and cylinder speed as slow as possible without leaving grain on the cob.
3. Clean your grain before drying. Finer bars can be used in higher moisture and require unnecessary drying and reduce air flow.
4. When storing grain, do not mix old and new grain or moist and dry grain. Different differentials between storage conditions will average out. The moist grain mass can create “hot spots.”
5. Use heat only when needed. If heat is needed, use the lowest temperatures possible. This will minimize stress and retain good grain quality.
6. Fill the bin slowly, in layers, as the grain dries to avoid damaging the grain.

Controlling weeds in weed seedlings

Controlled planting dates and herbicides can help control weeds in seedlings. Herbicides can be used to control weeds in fields near alfalfa. Buctril can also be used for early season weed control. Buctril should be used if temperatures will drop to freezing during the warmer months, at least weekly. If insects are found in stored grain, the only remedy is to have the facility fumigated. Fumigation should only be done by certified professionals.

Sodeseeding pastures and hay meadows

This year’s hay production is nearly complete. You are storing your hay so you can feed it wisely.

Feed wisely this winter by planning ahead to use selected fast or bales for specific livestock. In other words, feed hay to your animals according to their nutrient needs. We all know that dry, mature cows in good condition can get by on pretty low quality forage. In contrast, young stock need better feed in order to grow. After heifers gain weight, you have several options for option. This works best on thick weeds like pennycress and Butyrac, Butoxone (2,4-DB), and Buctril can also be used for spring herbicide treatment. Butyrac, Butoxone (2,4-DB), and Buctril can also be used for spring herbicide treatment. Buctril should not be used if temperatures are above 40°, as Buctril for good weed control must last longer that 1” in diameter.

Subsolling wet soils may do more harm than good

Do not subsoil this fall unless you know that your soil is very dry and that you have enough compost to apply the next year. Still, only apply within 30 days of subsoiling. Sites not specifically for specific livestock. In other words, feed hay to your animals according to their nutrient needs. We all know that dry, mature cows in good condition can get by on pretty low quality forage. In contrast, young stock need better feed in order to grow. After heifers gain weight, you have several options for option. This works best on thick weeds like pennycress and Butyrac, Butoxone (2,4-DB), and Buctril can also be used for spring herbicide treatment. Buctril should not be used if temperatures are above 40°, as Buctril for good weed control must last longer that 1” in diameter.

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Energy savers bulbs

Energy-saving fluorescent light bulbs use one-fourth the energy that standard incandescent bulbs use. Try compact fluorescent lamps (CFLs). CFLs cost around $20 each, but save about $40 in energy. They last to thirteen times as long as incandescent bulbs; however, CFLs can’t be used with dimmers. Compact fluorescent rapid start lamp versions (left to right) a. short quad, b. globe, and c. long quad. (ALH)

Selecting wood for your fireplace

A popular source of additional heat for many homeowners and apartment dwellers is the burning of wood inside their homes. To enjoy the place to relax and spend time around the fireplace to enjoy a relaxing evening at home is another benefit. Burning wood in your fireplace.

To do this most effectively, keep these things in mind: avoid bark, hickory, oak, sugar maple, apple, honey locust, and Osage Orange 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 of woods include soft maple, walnut, red elm, hickory fruit, and berry woods other than apple. These are considered good to use, but generate less heat than the first group.

Wood considered fair include sycamore, box elder, willow, and 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 encouraged.

Wood is sold in a number of ways. If you buy a cord (Fig. 1), the size of the pile will be four feet by four feet by eight feet or 128 cubic feet. Retailers of firewood may also sell by the face cord. A face cord (Fig. 2) is defined as a pile of wood four feet by eight feet by the length of a stick. The length of the stick may be anything from 12 inches to 20 inches. A cord or a run is another term used, which is 1/3 of a cord or a pile of wood four feet by eight feet by 16 inches. If you buy a pickup load (Fig. 3), this could mean almost anything. One must estimate how much they are getting by measuring the number of cubic feet of wood being delivered.

Large logs should be split to average diameter size of protected from cats. Metal bands insect eating birds. The beginning of suburban life is over a century old, when transportation improvements allowed people to travel between home (in the suburbs) and their job (in the city). As personal transportation improved, the automobile became affordable, more and more people began commuting between the suburbs (and even rural areas) and the city. According to Whipple, more Americans today live in suburban areas than live in urban or rural areas.

As housing developments have invaded rural areas, wildlife habitats have been destroyed. But, we have also provided habitat for wildlife in the form of lush gardens, nut-bearing trees, bird feeders, and park areas. We provide habitats for them in ways that we do not realize. For instance, cells and crop species makes great habitats for

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Large logs should be split to average diameter size of six inches, this will give very good satisfaction from the user’s standpoint. Whether you purchase a cord, face cord, cord, run, or pickup load, you would be well advised to purchase wood in smaller pieces. Larger pieces stack with more air in a given volume. Larger pieces may lose 15% of their volume from cutting. (MIM)

Winter bird feeding

Birds are an attractive and enjoyable outdoor feature which can be increased by attention to a few basic rules. Bird feeders should be protected from greedy squirrels and other animals too large to be protected from cats. Metal bands around the support pole and placing of the feeding station in an open area can discourage cats. Even when water, shelter, and protection are available, an adequate food supply must be provided. Seed eating birds will not get bored.

In this struggle with wildlife, we may decide to compromise to accommodate them. For example, a few years ago I could not keep the squirrels from eating the sweet corn in my garden. A small area was open because squirrels can go over just about anything. I compromised. I decided they had to eat somewhere, and now I buy it at the farmer’s market. Some might say that was another form of bad, but to me it made sense.

What kind of control options make sense with urban wildlife? Unfortunately, there is a general perception among homeowners that there is nothing that can be done to get rid of wildlife that may be causing a problem unfavorable for them so they go somewhere else. Live trapping can also be a good solution.

Exclusion: This works well with animals and birds that invade buildings or places inside dwellings. You need to find where the entrance is and close it up. For example, you can use a material useful in protecting susceptible trees, shrubs, and garden plants from wildlife.

Change the environment: It can be hard to figure out what birds or animals need to survive. The best option when dealing with snakes (remove those rocks, repair or replace the fence), bats (remove or roosting birds can be discouraged by modifying the roosting or nesting area).

Trapping: Live trapping can be useful for a wide variety of animals, but there may be seasonal restrictions on trapping some fur-bearing animals. Leg hold trapping is illegal inside the Lincoln city limits. In addition, trapping with snap traps can be traumatic if done carelessly. I remember the phone call from the sad gentleman who tried to use a rat trap to get a squirrel out of his attic. He baited it with peanut butter and placed it in the garden. After a few days a trap was set up and was chagrined to find a beautiful, but dead, male cardinal in the trap. If you can’t lick ’em, join ’em "approach. Bats in your attic? After you seal the entrance of your house outside the home. In the summer, each bat eats hundreds of mosquitoes and other insects every day. Are you tired of having your backyard invaded by birds? Build a squirrel house and feeder. Squirrels are very clever animals, and they will find out how to gain access to your feeders. You may find that you appreciate them just as much. (BPO)
Tune-up your septic system

The most common wastewater treatment system used in rural areas is the septic tank soil absorption system. The septic tank removes settleable and floatable solids on the wastewater, and the soil absorption field filters and treats the clarified septic tank effluent. Removing solids from the wastewater in the septic tank protects the soil absorption system from clogging and premature failure. In addition to removing solids, the septic tank also permits digestion of a portion of the solids and stores the undigested portion.

The septic tank removes solids by holding wastewater long enough to allow the solids to settle and scum to rise to the top. To prevent this from happening, the tank must be held in the tank at least 24 hours. Up to 50 percent of the solids retained in the tank decompose. The volume of solids that accumulate in the tank as sludge. Biological and chemical additives are not needed to aid or accelerate decomposition and may actually slow the process or contaminate the sludge.

As the septic system is used, sludge continues to accumulate in the tank. To prevent short circuiting of the solids and stores the undigested portion.

Pumping Frequency

The frequency of pumping depends on the following factors:

- capacity of septic tank
- flow of wastewater (related to size of household and water use habits)
- volume of solids in wastewater (more solids if garbage disposal is used)

Table 1 shows the estimated pumping frequencies according to septic tank capacity and household size. These were calculated to provide a minimum of 24 hours of wastewater retention assuming 50 percent digestion of the retained solids, 50 gallons of sewage per person per day and no garbage disposal. If wastewater flow is more than 50 gallons per person per day, increase the pumping frequency accordingly.

Improving indoor air quality

Today, indoor air quality has become an important environmental issue for homeowners. If you live in a home or a work, often in energy-efficient buildings that lack sufficient fresh air ventilation. Various construction materials, surface finishes, interior furnishings, renovating, and cleaning activities contribute to indoor air quality. Some of these activities are substantially reduced within 72 hours. This applies to carpet made with natural as well as man-made materials. The following common sense precautions are important. (LB)

Table 1. ESTIMATED SEPTIC TANK PUMPING FREQUENCIES IN YEARS (FOR YEAR-ROUND RESIDENCE)

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<tr>
<th>Tank Size (gallons)</th>
<th>Household Size (Number of People)</th>
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<th>4</th>
<th>5</th>
<th>6</th>
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<td>0.2</td>
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</tbody>
</table>

Note: More frequent pumping needed if garbage disposal is used.
Robert’s remarks

By this time we have all had our first meeting and have made plans for another year in FCE. There will be changes—that’s for sure—but at least give it a chance!

There are many opportunities in FCE that perhaps you don’t know about. These opportunities can enrich your life personally.

See related articles on this page including scholarships and travel.

Please be sure that someone in your club has picked up your club’s reorganization packet as soon as possible.

Our District D meeting will be held in Tecumseh on October 21. We do have more information at the office if you are interested in attending. Anyone can attend. They are informative and fun meetings to attend. Our district is much larger than it was before. There are now two district meetings with two district directors. The meeting in Tecumseh will be conducted by Winnie Dowling of Eagle and is usually a day-long meeting. If you are interested in attending, please contact the Extension office.

Remember to mark October 24 on your calendar. That will be our Achievement Day. I have certificates for 50 members—those who have enrolled at least five new members. Any members lost must be made up by additional members. The figures for total membership, any members lost, must be included in the report. Our Achievement Day will be recognized at the 1995 NeAFCE spring meeting-State Convention.

OurAction Day is coming up upon request. It’s not too early to start thinking about your club’s Action Day. It’s not too early to plan your Action Day. It’s not too early to plan your Action Day. It’s not too early to plan your Action Day.

When students pack up their gear to head to college, they always take the basics—clothing, a stereo, a computer and maybe a cell phone to “keep in touch.”

But many students are also heading out of town with a small microwave or a toaster-oven to prepare their own food. This makes sense. The Department of Health and Human Services recommends the handling and storage of dorm food. Here is a sampling of those guidelines.

Q. “Our dorm has a kitchen. With a microwave on each floor. Often food prepared according to the printed directions is not cooked as thoroughly as I like it. What is wrong?”

A. In a large building like a dorm, storage, equipment such as personal computers, toaster-ovens, hair dryers and stereo units can compete for current and reduce the electrical wattage of a microwave. A “community” oven may also be used more frequently than one at home. As a result, already cooked foods may also cook a few seconds slower than a college oven would.

Note how long it takes to prepare foods with package instructions. If this oven requires more or less time than the package specifies using them for that purpose. Chemicals used in plastic could transfer into the foods.

Q. “I am living off campus this year. My two roommates and I will be preparing our own meals. How do I plan to buy healthy food? What else do we need to know to make this a successful and fun venture?”

A. You sound like you’re already off to a good start. Following the simple guidelines below will ensure that your meals are not only healthy but safe.

1. When shopping, buy perishable foods fast and get them home quickly. Never leave food in a hot car while you run other errands.

2. Refrigerate perishables as soon as you get home. Freeze any fresh meat, fish or poultry you won’t use in the next few days.

3. Thaw frozen foods in the refrigerator—not on the counter. Wash your hands before preparing food. Always use clean dish towels and sponges.

4. Don’t allow raw meat or poultry juices to drip on other foods. Wash used cutting boards and knives in hot, soapy water after cutting meat and poultry on them and before chopping raw vegetables or salad ingredients. Alternatively, clean cutting boards and utensils in an electric dishwasher.

5. Cook food thoroughly. Never partially cook meat and poultry. Follow the safe handling instructions on the package. What other foods besides cookies, crackers and candy can I live on?”

A. For a change of pace, send a sampling of microwaveable foods which don’t need refrigeration such as containers of noodle soup mixes, canned entrees and packaged nacho cheese toppers. Your son can stack them on the bookcase and use as needed. Load-type cakes such as banana bread, carrot, apple turnover or sour cream cake ship well if packed in a can or box. Dried fruits also make healthful treats that mail well.

Many types of hard or pre-cooked breads and some sausages like beef sticks and pepperoni don’t need to be refrigerated. They freeze well, too.

Check the label carefully for handling instructions and choose those that do not say “Keep Refrigerated.”

Q. “My daughter’s college is only a four-hour drive away so she comes home for the holidays. How can I safely pack leftovers for her to take back to school?”

A. For a four-hour drive, food should be handled and kept safe from spoilage and food poisoning bacteria.

The food should be divided into small, shallow containers and cooled in the refrigerator prior to the trip.

To transport the food, pack a cooler with ice or a frozen gel pack, and add the cold containers of food from the refrigerator she’s ready to leave. Freezing foods prior to the return trip is also an option.

During the drive, the cooler should be kept in the passenger area of the car. It’s much cooler than the trunk. Advise your daughter to keep the cooler cold as soon as she arrives at school.

Source: USDA Meat and Poultry Hotline (Al)

What’s “cooking” on campus?

Become an FCE Queen

Enroll five new members to join FCE. Each new member must be state and national FCE dues and be enrolled as a FCE member on the List by March 31, 1995. Each recruiter needs to send the names and addresses of the new members to State Membership Chair, Sharon Berns, by May 1, 1995. The FCE Queens who have enrolled at least five new members will be recognized at the 1995 Nebraska FCE Annual Meeting in Broken Bow. (They will have to pay their own expenses.) Prizes: crown, banner, flowers, front row seats during all sessions, VIP treatment from state and county members, and most important, given #1 status in restroom and serving lines! (RN/LB)

+2 Campaign

All local FCE clubs that have increased their total membership by two members or more will be recognized at the 1995 NeAFCE Annual Convention. The increase has to be in total membership, any members lost must be made up instead of adding two members. The figures will be based on the membership as of March 31, 1995. All association members must be on the NeAFCE membership list with county and state national dues paid. Forms will be in the Extension Office upon request. Four Lancaster County clubs received +2 awards this year. (RN/LB)

HOMEMAKER EXCHANGE

HOMEMAKERS ENROLLED IN A NeAFCE club wishing to further their education are eligible to apply. Applicants should have sincere intentions to enroll in an institution of higher education in the State of Nebraska. The grant can be used for classes or correspondence courses leading to an academic degree, vocational training or completing high school. Financial needs shall be considered. Recipients will receive up to $200 to be used as they see fit. Application forms are in the Extension Office upon request. (RN/LB)

HOMECOMMITTEE

Would you rather go somewhere instead of hosting here? You can apply for a part of the International Study Program. NeAFCE will sponsor one member selected by the Home­ maker Exchange Committee. The selection will be announced at the spring meeting—state convention. The selected applicant will arrange her own departure and return abroad during the time frame of the “off season” for the airlines. (Usually September 20 to April 30). If you are interested, please contact the Extension Office for information and forms. (RN/LB)

HERITAGE ARTS CONTEST

It’s not too early to start thinking about your entry in the Heritage Arts Contest. Each county is allowed one entry in each of the major categories. Each entry must be the work of an NeAFCE member during the last four years. Your club council will be responsible for getting entries to and from the annual meeting. The categories this year include: questionnaire, must the form aloud, and organizing. (RN/LB)

FCE Club to Celebrate

NeAFCE Annual District FCE Training Session

When: Friday, October 21, 1994 9:15 a.m. to 3:15 p.m.

Where: Johnson County 4 H Building 3080 K-169 (A new building located on the farmland west of the town, follow highway #169 toward Tecumseh.

Registration Fee: $50, if received by Thursday, October 11, 1994. $55 per person if received after October 11, 1994.

NeAFCE Annual District FCE Training Session

Reserve your place now! Space is limited. Please call the Extension Office at 402-392-3834 for more information.

H O M E M A K E R S

S E N I O R C O M M U N I T Y C O U N C I L

ALL FAMILY AND COMMUNITY EDUCATION CLUB MEMBERS

Are Invited To Attend Their Annual District FCE Training Session

"LINK UP WITH F.C.E."
EFNEP/Lincoln Housing Authority continue teamwork in 1994

Continuation of funding from the Lincoln Housing Authority will enable the Expanded Food and Nutrition Education Program (EFNEP) to continue its work to improve the health of additional families through improved nutrition practices.

Since 1992, Charlene Rollins, an EFNEP Nutrition Advisor, has been working full time 20 hours per week by the Lincoln Housing Authority and 20 hours per week by Lancaster County. As part of this collaborative effort include working with targeted housing authority families for better nutrition, food safety and storage practice, and better management of food dollars.

During the initial visit by an EFNEP Advisor, EFNEP homemakers share what they have eaten during the past 24 hours. This food intake is recorded in a computer generated program, 29.0% of EFNEP families include at least one food from each food group in their family menu and are meeting 14.8% when they started the EFNEP.

In 16 to 20 food behaviors the families also showed significantly improved scores as they completed the program. The most significant changes were seen in the families regarding kinds of fruits daily, frequency in providing three kinds of vegetables daily, trimming fat from meat before cooking, removing chicken skin, and avoiding chips during preparation and cleanup.

These changes were achieved through nutrition education visits impacting the lives of approximately 100 families served by the Lincoln Housing Authority and EFNEP (MB).

Tips for a safe Halloween

• Buy or design the child's costume so the child can walk safely without tripping. Costumes should be lightweight and fit properly. Costumes at night should be light colored and have some type of reflective material. Bells, whistles, beads and hats should be fastened securely. Masks can obstruct a child's vision and they are not try-make up to design your gothic.

• Children should wear comfortable shoes—no, clumpy, slippery shoes or moccasins with high heels.

• Before leaving, determine the route you will be traveling. For safe Halloween trick or treating, an adult should always accompany the children.

Children should visit only those homes that are familiar with and avoid homes that are dark or dimly lit.

• Dusk is a dangerous time to be walking along the streets. Before you leave home, remind them to cross only at corners and to look both ways before crossing. They need to stay on the sidewalk—not the road.

• Set a limit for trick or treating. About one is sufficient for ages up to 13.

• Emphasize to the children they are not to eat any of the goodies they collect until you have looked at them carefully.

• Light, brightly colored costumes, easily seen at dusk or dark, are best. Avoid costumes that are dark, trim with fluorescent or reflective tape that is highly visible to drivers. (LB)

Trick or treat treats you don't eat

What will be the treat when those ghosts and goblins knock on your door this year? Why not get some inexpensive, nontoxic items like party favors. You should be amazed at all the excitement of all the children when they see something different at your house. Here are some ideas:

• balls and jacks; business cards; stickers; coloring books; comics or story books; crayons; markers; pens; plastic modeling clay (you could even make your own play dough); sunglasses; bangle bracelets; friendship bracelets; small toys, etc. The list is limited only to your imagination.

• Other possibilities for a non-sweet treat might include: sugared doughnuts, raisins, raisin bars, peanuts, sunflower seeds, small cans of juice, small boxes of cereal, or small packages of peanut butter crackers. (LB)

Be a “G” whiz

Q: How much is a gram (g)? If a food has 8 g of fat, what does that mean?

A: A gram is a metric unit of measurement. But don’t be off by that. A half-teaspoon is about 4 g of fat. So a food with 8 g of fat has 2 teaspoons of fat.

Q: I want to reduce my fat intake. I try more than 30 percent of total calories but I get confused trying to make an estimate somewhere that there’s an easy method. Can you describe it?

A: If you have a fair idea of your caloric intake, it’s a straightforward task. From that number, drop a zero and divide by 3. That will tell you how many grams of fat would contribute 30 percent of your total caloric intake. For example, if you usually consume 2,000 calories, dropping a zero and dividing by 3 would indicate that you should take in no more than 67 grams of fat.

To calculate the amount of fat you consume, keep a record of everything you eat or drink during the course of the day. Making sure to estimate amounts as carefully as you can and to record any fats added in cooking or on the table. The more careful your estimate the more accurate your results will be.

The calculation process will go more quickly if you rely on the nutrition information provided on food packaging, but pay careful attention to the fact that the portion size they describe may not be what you actually ate. Finally, you’ll probably need to consult one of the many paperback books that provide information about the amounts of fat in servings of food for which no labeling information is available.

Q. How can I lower the fat in my diet if at all? A. * Choose lower fat milk. A cup of whole milk has 160 calories and 8 grams of fat. One percent milk has 100 calories and 2.6 grams of fat. Skim milk contains 90 calories and 4 grams of fat.

* Use lowfat or nonfat cream cheese or a cup of regular creamed cottage cheese. A cup of lowfat cottage cheese has 164 calories and 2.3 grams of fat, while a cup of regular creamed cottage cheese has 217 calories and 9.5 grams of fat.

* Remove the skin from the chicken. A chicken breast with skin has 190 calories and 8 grams of fat, while a chicken breast without skin has 160 calories and 4 grams of fat. Please turn to “G” whiz: page 11.

What causes brown spots on clothes?

Spills on fabrics from beverages containing water, wine or gagele, may seem to disappear—but don’t believe they may still be there! Once the stain is exposed to air, the sugar oxidizes and leaves an invisible stain, which can only be removed.
New Awards for Horse Members
We have two awards that will be presented for the first time to the outstanding junior and senior members of the Lancaster County 4-H horse program. The Joe Harrison Memorial Award for the outstanding junior member and the George Phillips Award for the outstanding senior member will be presented at the 4-H Honors Banquet, Thursday, November 10, 7 p.m. These individuals will be named by the Lancaster County Awards Selection Committee upon review of the awards books of individuals applying for special awards. Additional awards, including scholarships, are also available for horse members. However, only those 4-H horse members who have submitted their award books on time are eligible for selection.

Horsemanship Level Testing
The project year is over and most 4-H horse shows for 1994 are now history. However, now is the time to look ahead to next year and one thing to think about is horsemanship level testing. If you intend to advance to the next higher level next year, there are several reasons that may be best to complete that test this fall. Probably the best reason is that both you and your horse are likely to be more proficient in your riding skills now than you will be next spring after a long winter layoff. Also, the weather conditions are usually better and there are no show entry deadlines to crowd your schedule. Finally, horsemanship level examiners are not as busy training horses and riders in the fall as they are in the early spring when everyone is trying to get ready for the coming show season. All 4-H leaders should have a list of the horsemanship level examiners; but if not, contact University of Nebraska Cooperative Extension in Lancaster County for more information.

Feeding Horses When It’s Cold
Providing your horse with the proper nutrition is every bit as important during the off season as it is during the summer months when they are working hard. Most horses are fed with great care when they are performing; however, many are either underfed or overfed during the winter months. The underfed horse is likely to suffer from more extreme weather conditions, but an overfed horse will likely be overweight next spring. Here are some interesting facts concerning feeding horses during the winter months.

Huskies

Go Big Red! Go Big Green!

New Bulletin Board

4-H Bulletin Board

VIPS committee members—see us at the VIPS workshop Wednesday, October 5, 9:30 a.m. If you have not received an invitation, or are reading this and would like to be involved with the VIPS committee, contact LaDeane at 441-7180.

Youth 12 years old and older: Plan to attend the Teen Leadership Workshop Sunday, October 9, 3-5 p.m. (See article for more information.)

Ambassador meeting Thursday, October 13, 7 p.m. See you there!

County award books and scholarship applications are due to University of Nebraska Cooperative Extension in Lancaster County by Friday, October 14. For more information, please contact LaDeane or Ann Marie.

Any youth in seventh, eighth, or ninth grade is welcome to attend SERIES training October 22, UNL City Campus, Avery Hall. Call LaDeane for registration information. (LD)

4-H Achievement Night

Tuesday, November 1 7:00 p.m.

Lancaster Extension Conference Center 444 Cherrycreek Road

Achievement Night is an event to recognize the accomplishments of 4-H members. Scholarships, awards and special recognitions are presented during the event.
**Celebrate National 4-H Week**

National 4-H Week celebrates the accomplishments of 4-H youth during the week of October 2-8. The theme for 1994, "4-H ... More Than You Ever Imagined," reflects the diversity of the lives and backgrounds of 4-H youth throughout our country. Diverse groups of youth from across our nation participate in 4-H activities and Lancaster County is no exception. Young people from diverse backgrounds, ages five to 19, develop leadership, citizenship, and life skills in a wide variety of 4-H programs. Nearly 13,000 youth in Lancaster County are involved in a 4-H activity for a minimum of six hours through our traditional club program, independent membership, special interest events, or through school enrichment activities. Youth members work on projects falling within four major academic disciplines: biological sciences, social sciences, arts and humanities, and physical sciences. The 4-H program in our county is supported by the efforts of 1,069 volunteers who lead clubs, serve on advisory and VIPS committees, facilitate 4-H programs, and encourage youth to be "more than they ever imagined.

If you know of someone who would like to join 4-H, or know more about 4-H programming in the county, contact a member of the 4-H staff at 441-7180. (LJ)

**Make a Difference Day**

Is your 4-H club and program making a difference? Here is your chance to be the most visible 4-H club in your county and area. Join the 4th Annual Make a Difference Day, Saturday, October 22. Sponsored by USA Weekend and the Points of Light Foundation, Make a Difference Day can be a new, one-time event or even an ongoing volunteer activity. Why should you participate in Make a Difference Day? Besides the benefits to your 4-H members and the community, hundreds of projects will be honored with coverage in USA Weekend magazine and local newspapers. Representatives from 10 leading reading projects will be honored at the annual Make a Difference Day function in Washington, D.C. during National Volunteer Week in April 1995.

Sixty top projects will each receive a $2,000 donation for their charitable cause. Contact the office for a promotional brochure highlighting information about Make a Difference Day. If you plan to participate, contact LaDeane so appropriate recognition can be given to you and your 4-H group. (LJ)

**The 4-H name, emblem and pledge**

**Q. Where did 4-H get its name?**

A. The first use of the term "4-H club" in a federal document appeared in 1918 in a bulletin written by Gertrude L. Warren. At a Nippenong, D.C. conference early in the 1920's, Miss Warren and several others favored the name "4-H Club Work." By 1924, wider usage of the name "4-H" was adopted and used thereafter, throughout the world.

**Q. How was the emblem created?**

A. The first emblem design was a three-leaf clover, introduced by O.H. Benson, between 1907-08. From the beginning, the three H's signify "Head, Heart, and Hands." A four-leaf clover design with H's appeared around 1908. Benson and others incorporated this design on the 1911 emblem. In 1911, Benson referred to the need for four H's rather than three—suggesting that they signify "Head, Heart, Hands, and Hustle ... reason; heart trained to be true, kind and sympathetic; hands trained to be useful, helpful, and skillful; and the hustle to render ready service, to develop health and vitality." In 1911, at a meeting of club leaders in Washington, D.C., a committee recommended that O.H. Benson and others incorporated this design on the 1911 emblem. In 1911, Benson referred to the need for four H's rather than three—suggesting that they signify "Head, Heart, Hands, and Hustle ... reason; heart trained to be true, kind and sympathetic; hands trained to be useful, helpful, and skillful; and the hustle to render ready service, to develop health and vitality." In 1911, at a meeting of club leaders in Washington, D.C., a committee recommended that this design be adopted on a new 4-H emblem. O.B. Martin is credited with suggesting that the H's signify "Head, Hearts, Hands, and Health," universally used since then.

The 4-H emblem was patented in 1924 and Congress passed a law protecting the use of the 4-H name and emblem in 1939, slightly revised in 1948.

**Q. What is the 4-H pledge?**

A. "I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living ... for my club, my community, my country and my world." State leader of Kansas, Otto Hall, was responsible for the original wording of the 4-H pledge, officially adopted by the state 4-H leaders at the first national 4-H camp in 1927. The pledge remained unchanged until 1973, when it was revised to include "and my world." This change was officially adopted in 1973 by the Extension Committee on Organization and Policy. (LJ)

**The NEBLINE**

**Award nominations due**

Nominations for "I Dare You," "Outstanding 4-H Member," "4-H Alumni" and "Meritorious Service" awards are due at University of Nebraska Cooperative Extension in Lancaster County by Friday, October 14. Leaders, parents, and other interested 4-H supporters may nominate people for these awards. Nomination forms, along with the criteria for each award are available at the office. For more information, contact LaDeane. (LJ)

**National 4-H Week ends with a bang!**

"4-H...More Than You Ever Imagined" is the theme for the 2nd Annual 4-H Teen Leadership workshop scheduled for Sunday, October 9, 3-5 p.m. All Lancaster County 4-H youth 12 years old and older are encouraged to attend as it is the perfect way to end National 4-H Week (October 2-8).

The purpose of this workshop is to acquaint these 4-H members with other 4-H youth from around the county, recruit new members to Teen Council, and to recognize the leadership and FUN experiences available through the 4-H Teen Council. The Lancaster County 4-H and 4-H Ambassadors will conduct teamwork and leadership activities. University of Nebraska athletes will have the opportunity participate in a 4-H Teen Leadership Workshop on October 9! (AMM)

**Make a winner with 4-H records**

Once again it is time for the Lancaster County Awards Program to get underway! You may have seen the article in last month's Lancaster County Awards Program. In 1911, Benson referred to the need for four H's rather than three—suggesting that they signify "Head, Heart, Hands, and Hustle ... reason; heart trained to be true, kind and sympathetic; hands trained to be useful, helpful, and skillful; and the hustle to render ready service, to develop health and vitality." In 1911, at a meeting of club leaders in Washington, D.C., a committee recommended that this design be adopted on a new 4-H emblem. O.B. Martin is credited with suggesting that the H's signify "Head, Hearts, Hands, and Health," universally used since then.

The 4-H emblem was patented in 1924 and Congress passed a law protecting the use of the 4-H name and emblem in 1939, slightly revised in 1948. Therefore, we have developed a program that will give awards and recognize achievements. All leaders should have received a copy of the re-enrollment packet, the entry sheet for the awards program. We have added more areas for 4-H members to compete in and have made two divisions. The beginning division is for those 4-H members who have never won in a specific area before. The advanced division is for 4-H members who won in a specific area before and have won the county award, which is only supposed to be won once by an individual. More resources and areas are available because we have a large enrollment in these areas. (Such as club, county, public speaking, home environment, etc.) The award books will be the same complete. The entry sheet is required first, then the Building Your 4-H Record, the 4-H story (no more than six pages long), and up to three pictures of pages. All books should be bound in the green 4-H record cover available at University of Nebraska Cooperative Extension in Lancaster County.

Award books are due to the office by Friday, October 14. Books will be judged by a committee of county 4-H leaders. The winners will be given out at 4-H Achievement Night, Tuesday, November 7. If you have any questions about the program or what is required, please call Ann Marie or LaDeane. We challenge 4-H members, leaders, and parents to complete these record books and make "4-H...More Than You Ever Imagined." (AMM)

**Baffled by science?**

Join the crowd! To millions of adult Americans, science education remains a vague and somewhat confusing childhood memory. What did we do in our first grade science class? Perhaps we memorized flower and insect parts, or built a baking soda volcano that belched red fizz on the floor. Or maybe we just took turns reading from a textbook, while hoping that we’d be saved by the bell.

Today, many of us are still baffled about science. We’re really not sure how electricity works, why airplanes fly, or what makes the seasons change. Of course you may argue that after all, we know how to start our lawn mowers, heat pizza in our microwave ovens, and hook up a VCR. So why do we need to know about Ohm’s Law or the boiling point of hydrogen?

Science education is about life. It’s about how our planet, solar system, and the universe works. Do you ever wonder how we know that there are holes in the ozone layer, air and water pollution, poor diets that cause sickness and disease? All these issues can be better understood, and more easily resolved, by citizens who are well informed about how the natural world works.

For all people, and especially kids, science is a natural. So... welcome curiosity, exploration and discovery, start asking questions, and provide abundant hands-on experiences for your youngsters. Science can be interesting, helpful in everyday situations, and fun! (AllH)
Test your smoke detector

When was the last time you tested your home’s smoke detector? Can’t remember? If you’re not sure, then do you really know it’ll work if there’s a fire? This year’s theme for Fire Prevention Week is, “Test Your Detector... For Life,” which is a reminder not only to test your detector during the week of October 9-15, but year round as well. Here are some timely reminders on smoke detectors from your friends at Southeast Fire:

If you do not have a smoke detector, now is the time to get and install one. Don’t put it off any longer. When buying a smoke detector, be sure to carry the familiar UL label, and install and maintain it according to the manufacturer’s directions.

If you already have smoke detectors, along with a well planned and practiced home fire escape plan, actually double a family’s chance of escaping a home fire safely! Preventively expensive life insurance, don’t you think? Be sure to change your detector’s batteries at least once a year, or whenever the low battery warning is seen or heard on your detector.

Don Miller
Extension Educator
Community Development

Open house invitation

The Southeast Fire Department would like to cordially invite all Nemaha residents to attend their annual Fire Prevention and Safety Open House at the Pine Lake Fire Station, 7700 Pine Lake Road (Pine Lake Road and Highway 2), on Sunday, October 9, 1 to 4 p.m. Many firehouse staff and families from the participating communities will present fire demonstrations and firescapes by the Southeast Fire Department, the Lancaster County Sheriff’s Office, MADCO, Eastern Ambulance, Operation Lifesaver, and the Nebraska Crime Stoppers. Volunteers and fire personnel will be on hand to answer questions and show equipment. Fire trucks will also be served. We’re looking forward to meeting you, so stop by and see us on the 9th! (BM)
**Encouraging words on homework**

We all know how kids react when we find fault with their homework. Even if you are going to offer constructive criticism, try saying something positive first. This will be helpful both to you and to your child. But sometimes parents are unsure of what to say to encourage kids as they do their homework.

Here are 25 suggestions to keep homework time on an upbeat note:

1. You're right on track.
2. You're impressed.
3. You're learning fast.
4. Keep going, it's getting better.
5. I like that.
6. You're so proud of yourself.
7. Terrific!
8. Good thinking.
10. Keep working that way.
11. Now you're cooking.
12. You're doing it.
13. You're getting there.
14. You're almost there.
15. I knew you could.
16. That's the best ever.
17. That's a good job.
18. That's great.
19. That's a fine piece of work.
20. Keep it up.
21. You're doing fine.
22. Keep on trying, it will come.
23. That's an improvement.
24. That kind of work makes me very happy.
25. Good for you.

**Salad bar etiquette**

Salads and other food bars such as buffets, taco bars, pasta bars, and ice cream sundae bars are beginning to proliferate. While these cater to our basic urge for convenience and huge amounts of food, they have their drawbacks according to Dr. Charlotte Hinkamp, food specialist at the Utah State University College of Family Life.

Most customers, though well intentioned, are not trained in proper food handling sanitation, so there are many reasons to be conservative. However, consumers should use extra care when handling salad bar food. Here is a list of sanitizing salad bar foods. Critical areas to watch include:

- **Sneeze Guards.** Sneeze guards are at a height appropriate for most adults. Be careful that children don't stick their hands up under the guards or grab food with their bare hands.
- **Plates.** Because most of us wash our own dishes, we hesitate to keep getting clean plates after each trip to the salad bar. The danger is that you transfer germs or viruses from your dirty plate to the food on the salad bar. Even though it may go against your instinct not to waste food, putting food back on the salad bar after it has been on your plate is out of the question.
- **Tongs and Spoons.** Only touch the food with your tongue or spoon. When cheese, lettuce, or tomatoes are involved, these items are placed on top of the lettuce. When there is nothing to be said about the utensils, they are not even provided. This can lead to unnecessary utensil usage.
- **Bleach.** To use chlorine bleach properly, measure 1/2 ounce per gallon of water. This is approximately 1/2 cup for a small load to 1 1/4 cups for an extra large load. Use the bleach dispenser with your machine. Dilute the bleach with water in a ratio of one to four.

**Handle chlorine carefully around fabrics**

Chlorine bleach is very effective for removing heavy soil and stains. However, it is also a strong chemical which needs to be used properly.

Improper use of chlorine bleach commonly causes fabric damage. Never pour chlorine bleach directly on an item. When chlorine bleach comes in direct, prolonged contact with natural fibers—especially cotton—the fibers are literally weakened and tear easily.

Effective vs ineffective discipline

Discipline is effective when parents teach children self-control and other skills needed to develop successful relationships with the world. Through effective discipline, parents guide their children through the difficulties of growth and demonstrate their love and concern.

On the other hand, discipline is ineffective when parents simply punish their children for misbehavior. With ineffective discipline, parents frequently reveal a greater concern for establishing strict conformity to rules than for promoting the child's personal development. Ineffective discipline typically places too much emphasis on correcting "bad" behavior instead of encouraging "good" behavior. (LJ)
Subsoil
more compaction by subsoiling this fall.
If you want to reduce compaction, adjust your harvest operations. The amount of land area covered by wheel traffic and the axle load of equipment will determine the potential for increased compaction. To reduce the axle load of the combine and grain cart, do not fill the grain bin or cart to capacity and consider removing fluid from tires to lighten the load.
To minimize wheel traffic on the field, use a wider header (if available) or use a single path through the field to transport grain that has been emptied from the combine. Also, do not unload grain into a cart on the go. Instead, leave the grain cart at the endrows and unload the combine when it reaches the cart.
Mother Nature can also become an ally in battling soil compaction. Wetting and drying, freezing and thawing of soils from harvest to spring planting can help create cracks and fissures in the soil. These natural processes allow space for roots to grow deep into the soil to extract water and nutrients, especially nitrates, needed for top production. Plant uptake of water and nitrates deep in the soil profile can also help to reduce the potential risks for further groundwater contamination.
Lastly, harvest field with the driest soils first, allowing more time for wetter fields to dry out. (DV)

Crisis Home Repairs
for Lancaster County Homeowners

For more information call Lincoln Action Program, Judy Adams at 471-4515

The NEBLINE

From page 3

10 a.m.-5:00 p.m.
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