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The NEBLINE, December 1994

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Local farmers host international guests

Each year, international guests visit the University of Nebraska Cooperative Extension in Lancaster County, meet with Extension staff and tour local family farm operations. These visits are arranged and sponsored by the International Programs Division at the Institute of Agriculture and Natural Resources-UNL and Lancaster County Extension.

During the past several months, guests from Albania, Slovenia, China, Japan, Turkey, Egypt, Algeria, Thailand, Rwanda, India, Ukraine and Kazakhstan have met with staff and local family farm operators. Visitors have included ministers of agriculture, forestry ministers, agricultural engineers, agronomy engineers, farm managers and operators, deans and directors of universities, and university professors.

Visitors are interested in the structure of Cooperative Extension and its role in the community, types of farm equipment, sludge and solid waste management, no-till, dry land farming, and irrigation.

Several Lancaster County farm families take time to provide tours of their operations. Hosting international guests is truly a rewarding experience. If you're interested in allowing international guests to tour your farm operation, call the Extension office at 441-7180. (SE)

Celebrate the family!

Lorene Bartos LaDeane Jha Cancer Cooperative Extension Educators

As we enter the hectic holiday season, we have a perfect opportunity to celebrate families. It's a great time of the year to build family traditions, discover other cultural traditions and spend quality time together. Think about ways your family can celebrate, give service and contribute to the community.

Laugh Together

Start by making each other laugh. Make laughter and joy mandatory. If something is not funny, evaluate why you are doing it. Making you laugh strengthens relationships. A room filled with laughter is a haven from stress and a more comfortable, relaxing place. Laughing at mistakes often takes the sting out of situations that could otherwise cause unpleasantness. Send humorous cards and notes to one another. Build fun and laughter into relationships and enliven holiday activities so that you don't become dull or boring. Try reading the comic pages of the newspaper together; when you hear a joke—pass it on and share it later; watch a funny movie together. Take time to enjoy the season, family and friends.

Plan for Memories

Leave the commercialism behind and plan goals for building family traditions that will enhance the meaning of your special holidays. Unpredictable expectations for holiday celebrations often leave family members stressed, unappreciated and disappointed. Think ahead to what will be meaningful and memorable for your family. Decide what is really important to you and the people with whom you'll be sharing the holidays. Set your own family standards rather than living by society's expectations. What do you want your family to remember and pass on to future generations? Think about helping another family or giving service at a community shelter; pick out a Christmas tree together; share Hanukkah celebrations with others in the community; teach others about Boxing Day or other cultural traditions. Think about your family traditions and memories. What makes them memorable? Did they have much to do with material things?

Nontraditional Gifts

Originally gifts were a token of love or affection. Too often today, a gift assumes many other meanings such as: proving you can afford to give expensive gifts, making up for lost time, or attempting to outdo some other gift-giver. Think about what your gifts mean and what message you are passing on to your children and other family members.

Be creative with gifts. Give coupons for home-cooked meals, a drive in the country, or a clean garage. Sit down with your family and build a new gift-giving tradition. Would your family like to forgo gifts and take a special trip instead? One family related how they decided early in the year to plan for a trip to Disneyland over the holiday break. In order to make such a trip possible for their family of 11, they decided to earn extra money. They took an early morning office-cleaning job in which the entire family participated. Every morning, five days a week, this family arose at 5:00 a.m. to work two hours prior to work and school. The family stuck to their plan and had a wonderful trip at Disneyland. Their goal had been accomplished—so they gave up their family job, but after a few weeks, the children came to their parents and asked for their job back—they liked the time it gave them together. Are there gifts or goals that your family can work on together?

Holiday Hugs

• Have "hand hugs" to begin dinner.
• Have a "family hug" before bedtime.
• Have a "piggyback hug" for small fry.
• Have a "buddy hug" for older children.
• Have a "heart-to-heart hug" just because.

Celebrate Your Family

• Turn off the TV.
• Attend religious services as a family.
• Say "I love you" to other family members.
• Visit a relative.
• Bake cookies together.
• Volunteer as a family to help someone else.
• Make a family tree.
• Attend a holiday concert.
• Watch a football game together.
• Go sledding or build a snowman.
• Make a movie of your family.

Be creative and think of ways to make holidays joyful and productive rather than stressful and hurried. Find joy in building family traditions and find ways to make the holidays work for your family. Happy Family Holiday!

Lyle Sittert from Martell (right) describes the native grasses in his pasture to Dr. Mostree Rapsawan from Thailand (front).

David Schwaniger from Hallam (right) shares information on the engines used to drive the family's pivot irrigation system with the Algerian Dryland Farming Team.

"Helping you put knowledge to work"

University of Nebraska Cooperative Extension in Lancaster County
444 Chempreek Road
Lincoln, Nebraska 68528-1507

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

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

Agricultural Competitiveness and Profitability

• "Crop Protection Clinic January 4th"—page 3

Natural Resources and Environmental Management

• "Carbon Monoxide and You"—page 5

Children, Youth and Families

• "Celebrate the Family!"—page 1

Nutrition, Food Safety and Quality

• "Don't Be Mislead..."—page 6

Strengthening Lancaster County Communities

• "Highlands Neighborhood Sets Goals"—page 10
**Horticulture**

**Care for holiday gift plants**

Q. Are the peppers on my Christmas pepper edible?  
A. If you grew the plant yourself so you know that no pesticides were used on it, the peppers should be safe to eat, though hotter than hot. Greenhouse-grown plants may have been treated with these. "Hot" that can be good for spice eating can be immersed in water at 110° F for 15 minutes. Careful control of water temperature is essential for effective mite control. Discard severely infested plants to prevent the spread of the mite.

Q. How can I transport gift plants in cold weather without killing them?  
A. Wrap the plant to be transported in several layers of paper with dead leaves or grass. (A rush the plant to and from your heated box.)

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**Winter asparagus care**

Old asparagus foliage (firms) should be removed each year for the first few years of new growth in the spring. This makes harvest easier and minimizes the establishment of certain pathogenic organisms.

Asparagus foliage may be removed either now or in early spring prior to new spig emergence. There is less chance of injury during growth next spring if dead ferns are removed in the fall.

Ferns can be cut and removed from the field, burned off or chipped. The chopped debris can be left on the soil surface as a mulch or incorporated into the top 2-3 inches of the bed.

By waiting until spring to remove foliage, ferns will catch winter snow, that retaining moisture and minimizing spring soil erosion during the winter. In the spring, more care will be necessary to avoid damage to crown buds and young spears. Asparagus fern removal should occur while the snow and ice are still on the ground.

Research has shown that either removal or burnt from the field or chipping and incorporating the debris into the soil helps minimize fungal diseases such as rhizome (purple) spot. Removal from the field or soil incorporation of old Ferns minimizes exposure of the young spears to the fungal spores.

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**Inexpensive holiday decorations**

- **Almost ever greens**
- For indoor Christmas decorations, are as close as your overgrown shrubbery.

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**Purchasing wood for your fireplace**

Relaxing around a warm, crackling fireplace is an enjoyable way to spend a cold winter evening. Those homeowners who must purchase their firewood need to know what to buy so they get the most for their money.

Firewood is sold in several ways. The cord, face-cord, rick or pick-up load are common units. A cord (shown below) contains 128 cubic feet of wood and is usually measured as a stack of wood 8 feet long, 4 feet tall and 4 feet wide. A rick contains one third of a cord or a stack of wood 8 feet long, 4 feet tall and 2-3 feet wide.

Cords of firewood range in size from 1 to 1.5 cords. If you have a friend or family member who is a gardener, here are a few holiday gift ideas:

- Gifts for the gardener
- If you have a friend or family member who is a gardener, here are a few holiday gift ideas:
- Some plants need a dormant period after flowering while others can be kept growing until moved indoors. Find out the proper time to get spindly in the low light winter and need to be moved to keep them full or compact.
- The poonsettia needs a dorma period a few days prior to when they are cut to branch inches before growth starts.
- Ornamental kale can be maintained as foliage plants indoors until spring when they are cut back to branch 2-3 inches.
Crop protection clinic Jan 4

Mark your calendar now for the 1995 Crop protection clinic. The clinic will be held Wednesday, January 4 at the Lancaster University Extension Center, 444 Cherry creek Road, Lincoln. Registration begins at 8:30 a.m. and presentations conclude at 3:30 p.m. The $17 registration fee is to ensure that the December 1994 • W.

Looking ahead at CRP acres

By 1996, thousands of Nebraska’s Conservation Reserve Program (CRP) acres may return to crop production. Specifically, farmers will have the first time in approximately ten years. However, producers may have a host of potential problems when returning such land to production. At this time, there are no real answers to the many questions raised by those looking forward to available options at the end of a CRP. A task group of University of Nebraska-Lincoln Agronomy, Crop Science and Plant Pathology has proposed implementation of research to determine the most economic and environmentally sound methods of returning CRP acres to crop production. At other locations across the state, Extension educators and specialists will

Agronomy highlights December 20

The Agronomy Department at UNL will hold its annual review of agricultural activities and accomplishments on Tuesday, December 20 at the Commodore Hotel in Lincoln. Several presentations involving research activities conducted during the year will be held as part of the day-long activity which includes symposium, posters and demonstrations. The most recent information on Crop Variety improvements will be a special feature at the symposium. All programs are designed to meet the interests of the agricultural crop producer and will be extended a special invitation. The day’s activities will last from 8:30 a.m. to 4:30 p.m. at the Commodore Hotel. There is no fee for the event and a complimentary noon meal will be provided. The agenda will be posted online at Nebraska Coop Extension. To register by December 9. To pre-register, call the University of Nebraska Cooperative Extension in Lancaster County at 441-7180 before December 10. (WS)

Terrace maintenance

- Inspect terraces and underground outlets at least twice a year—once in the spring before planting and once after the last fall rain. Also, check them after heavy rainstorms.
- Measure height and width at least annually.
- Repair sections of terraces which are damaged or broken.
- Remove sediment build-up in the terrace channel to maintain adequate water holding capacity.
- Remove sediment build-up and trash from around weir inlets and outlets from around the outlets.
- Always farm on the contour with the terraces and avoid opening tillage or planting equipment over terrace ridges.
- Control weeds between terraces by using contour tillage and residue management. (CB)

Dormant planting grasses and legumes

Believe it or not, winter or dormant planting of grasses can be nearly as successful as planting in the spring. In fact, many farmers grow the grasses during the conventional time in early spring or August. Dormant planting works best if you work the soil well during the fall when your soil is dry and soil temperature is too cold for seeds to germinate. That’s the key—too cold to germinate. When these conditions exist, seeds will remain in the soil until favorable germination conditions occur. Then, seeds will begin to germinate as if they had just been planted. Winter or dormant planting grasses are especially well suited for dormant planting seasons. They do not germinate until soil temperature exceeds 45°F. Since soils generally remain cold for this for most of the winter, dormant planting of these grasses usually are made between late November and April. In addition, the warm up and cooling of the soil in the spring stimulates a natural process in these seeds to have their germination. Cold-season grasses can germinate at soil temperatures as low as 35°F. If soils are often warmer than 35°F for several days at a time, fewer winterkill winters are in this part of Nebraska. When this happens, cool-season grasses sometimes germinate and then die when soils freeze again. Thus, dormancy planting of cool-season grasses is less successful than warm-season grasses. If you want to plant grass but never seem to have enough time to do the job in the spring, try dormant planting. It can work for you, too. (WS)

Preserve native pastures and grasslands

Native pastures were established hundreds of years ago and have always been a key to the success of Nebraska's cattle industry. In cooperation with Nebraskaland, a historical society, Nebraska Game and Parks will work to preserve native pastures in recent years. One needs only to drive through the rolling hills of Lincoln and North Platte to make a case in point. Many once productive, native pastures are now overgrown with weeds plants and trees. Nebraskaland will try to preserve this in native pasture in addition to 28,650 acres of cropland seeded to native pastures under the Conservation Reserve Program (CRP). At the present time, about 12,000 tons of prairie hay is harvested each year in Lancaster County. With the enactment of the 1995 tax cuts, we can have an even greater potential in the grass hay market. As a result, the CRP will have a new lease on life. More farmers will be interested in the CRP. Many farmers are selling their land to the CRP. This will have a greater attention to management of our grasslands. For additional information on grassland pastures and management, contact Ward Shurns, University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (WS)
Illegal dumping a problem

Squirrels in the attic!

Squirrels can be a nuisance pests in our yards nearly any time of the year; eating garden produce, gnawing shingles and stealing bird feed. In the fall, squirrels can travel up to 50 miles searching for a better overwinter habitat because they breed in December or early January. It should come as no surprise that squirrels might find your sheltered attic a better nesting site than a nearby tree.

What do you do if you have squirrels in the attic? First watch the squirrels to determine where they enter. Then, take actions to remove the squirrels. One effective method is to catch and remove the squirrels using a baited live trap. The most effective baits are slices of orange and apple, walnuts or pecans removed from the shell, and peanut butter. Make your own gift bags from wallpaper, paper bags, or leftover wrapping paper by wrapping only the top of the box.

Landfill Disposal

Until December 31, 1994, the cost to the landfill is $2 per non-freon containing appliance and $5 for those that contain freon. There is also a small vehicle base charge of $4, and if your load is not covered, you will also be charged $2 (half the small vehicle base charge).

Your load will cost you:

- Washer and dryer: 2 @ $2 = $4
- Refrigerator: $5
- Small vehicle base charge: $4 = $13

Recycling

This company only accepts water coolers and stoves, so you cannot leave your washer, dryer, and refrigerator there. But, if you have an old water heater or stove, they will pay you 1¢ per pound. (You can even make money—enough money to pay for your gas, if you have these appliances.)

After December 31, 1994, the charge to the landfill will be prohibited.

Watershed Awareness

Scorecard for Rural and Suburban Landowners

All Americans are concerned about their environment. However, we sometimes overlook many things that have a potential effect on water quality. The following questions offer the opportunity to build or confirm your level of awareness about the watershed in which you live.

What is a Watershed?

A watershed is a geographic area that contains a common outlet, such as a stream, river, lake or wetland, into which the surface water flows.

Screwing points: 10 - 40

- If you know the surface water runoff from your property goes to another 10 - 40 points. Add 10 points if your stream, river, wetland or lake into which the surface water flows.

- Why? Because you know your watershed address.

- If you have a septic tank and/or drinking water well, and know where they are located, +10 points. If they are within 100 feet of each other, +10 points.

- If you collect and recycle used motor oil, +10 points. For each of the following you receive plastic, paper, glass and metal, +5 points.

- If you practice any type of composting, +20 points.

- If you have written a letter or placed a phone call in the past year to a legislator or public of official concerning your watershed, +20 points.

- If you are active in a landowner or stakeholder organization, +10 points.

- If you have participated in a household hazardous waste recycling program, +10 points.

- If you have been actively involved in a land use issue in your watershed in the last year, +20 points.

- Total

Screwing points: 0 - 90

Scoring:

by over: You are a good friend to your watershed.

- 0 - 10 You are aware and working hard for your watershed

- 10 - 40 You could do more for your watershed.

- 40 - 60 You could do more for your watershed.

- More than 60: You need to become more aware of your watershed.

The Conservation Technology Information Center (CTIC) is a non-profit, public/private partnership dedicated to transferring information that encourages a practical and environmentally sound agricultural and natural resources management practices. To order additional copies of this scorecard contact: Conservation Technology Information Center 1220 Potter Drive Room 170 West Lafayette, IN 47906. Phone: (317) 494-4555 Fax (317) 494-5009 (CB)
Carbon monoxide and you

Each year, 1,500 Americans die from carbon monoxide (CO) poisoning. About 900 of these deaths occur in homes. Most of the deaths could be prevented if people were more aware of the dangers. Carbon monoxide is a colorless, tasteless, odorless gas that is slightly lighter than air. Only small amounts of CO are produced by normal combustion. However, incomplete combustion of any fuel greatly increases the production of poisonous carbon monoxide.

Even normally safe, fuel-burning furnaces can present a danger if not cared for properly. Fuel-burning appliance systems should be kept in good repair and checked at least annually. Even small, tasteless, odorless gas that is slightly lighter than air.

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The flames on most burners that should burn steadily with a clear, blue flame. If the burner is out of adjustment or the air inlet is restricted. As a result, the burner may be producing excessive amounts of CO. However, the flames in burners that use fuel oil should burn with a clear yellow or orange flame. When there is a flame or combustion, some deadly carbon monoxide gas can be produced. The following factors, however, increase the production of this highly toxic gas:

1. Improper fuel-air mixture.
2. Insufficient ventilation of combustion gases.
3. Insufficient fresh air intake.

When none of these conditions exist, burning a solid, liquid or gaseous fuel produces little danger of CO poisoning. Under ideal conditions, only small amounts of CO are given off, and they are quickly dissipated.

Precautions
Do not use the oven of a gas kitchen stove for heating.

Avoid use of charcoal grills indoors for cooking or to eliminate odors. They give off CO fumes, even when no glow is visible in the coals.

Make sure that fuel-burning equipment is installed by qualified, licensed or trained persons. Such installation should conform to all local codes and standards.

Provide a constant supply of fresh air for safe burning of fuels. This can be done by leaving a window slightly open. For outdoor use, have a good-sized flue or chimney that does not have excessive backdrafting. If the air inlet is restricted, as a result, the burner may be producing excessive amounts of CO. However, the flames in burners that use fuel oil should burn with a clear yellow or orange flame. When there is a flame or combustion, some deadly carbon monoxide gas can be produced. The following factors, however, increase the production of this highly toxic gas:

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Simple fruit fly trap

Even though you’ve tossed out the overripe fruit, rinsed the soft drupe out of the garbage containers, pecky fruit flies still seem to stay around. This easy-to-make and effective trap is an excellent addition to your fruit fly control techniques.

Materials needed:
1. Jar, plastic bag, "beer (the stuff)" rubber-band
2. Pour approximately 1/2 cup beer into jar.
3. Place plastic bag over mouth of jar with one corner reaching down into jar.
4. Poke a small hole (no more than 1/8” diameter) in corner of bag with pencil.
5. Secure bag around rim with rubber-band.
6. Place trap near children of pets.

Fruit flies will be attracted to the fermenting beer, find their way through the tiny hole, and enter the jar. The fruit fly will quickly pass through the funnel, and not be able to find their way out and drown.

You may substitute vinegar for beer (beer does work quicker).

Some people like to speed up the process and add a drop or two of fruit juice to the “beer”. Solid bits like bananas can also be used, but the flies will not die. They continue to reproduce and you’ll have a jar of spoiled banana, maggots and flies to clean up—not very attractive in the kitchen.

For detailed information on controlling fruit flies and other annoying flies in the home, call the Extension office and ask for Fact Sheet 15-94, “Flies in the Home.” (SE)
Robert's remarks

I personally would like to take this opportunity to thank those clubs who have decided to reorganize and continue for another year with FCE. Your support is greatly appreciated.

We are planning something extra this year—just for fun—to keep your eyes open and watch this newsletter for details. Plans are being made right now for programs for the coming year, but we can always use more ideas. If you know of a program that would be suitable for us, please call. If there is something special that you would like to see us do for 1995 whether it is a program, special event or ideas for Achievement Day—just call.

We had a very enjoyable Achievement Day, but we would have enjoyed it even more if there had been more members present. Ronda M. Armstrong was our featured speaker. She is a very talented young woman doing work in fiber art. The Lancaster County Chorus entertained the group along with 4-H groups, Valerie, Bryne, and Connie Lemke. Many awards were also presented.

I hope you are all receiving our state publication—FCE Spokes and I hope after the first of the year our state publication—FCE Today. If you are not, please notify the office. This is the only means of communication each individual club members will have with the state and national organizations and it should be a welcome one!

By now, each club should have received the NAFCE Reports, filled them out to the best of your ability, and mailed them to me. If you haven't, please do so. This is the only way the national and state organizations and it should be a welcome one!

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I know it is a long and detailed report but just fill out what you can.

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FCE Leader Training

The training for the January FCE leader is scheduled for Thursday, January 23, 1 p.m. at the Lancaster Extension Center. Enter FCE Educator Susan Williams in Suite 220 of the Lancaster County Extension. The lesson on Ethical Leader­

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The lesson on Ethical Leadership is a lesson on leadership principles and practices as they apply to the individual leader, the group leader, and the team leader. The lesson will be offered at 10 different sites in Nebraska. For more information, contact Lorene Bartos, Extension Educator, at 441-7190.

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EFNEP helps county families

The Expanded Food and Nutrition Program (EFNEP) has had a positive change on the lives of limited resource families for the past 15 years. In 1994, EFNEP advisors taught 2,140 nutrition education lessons to adult homemakers. The 288 homemakers classed were served for 1,114 hours in 24 counties, in nutrition.

EFNEP-H-4 programs served 713 homemakers, a result. 73% of homemakers showed improvement in one or more nutrition practices. These include making healthy food choices, eating breakfast, preparing foods without adding salt, and reading nutrition labels for fat and sodium. Food safety practice, such as thawing and storing foods properly, were improved by 61% of the homemakers.

Here are a few glimpses about day-to-day experiences spoken from the hearts of EFNEP nutrition advisors:

“...One homemaker told me her family’s mealtime is much more enjoyable since using the family mealtime worksheets. They now sit at the table and talk to each other. She said she found out that one of her children wants to play in the school band. She hadn’t taken time to listen to them until they sat down to eat together.”

“I had two very successful meetings with Teen Moms at the YWCA. They learned how to buy food as they eat nutritionally when eating fast food. Most of them were very open to suggestions about making wise food choices when eating out.”

These include making healthy food choices, eating breakfast, preparing foods without adding salt, and reading nutrition labels for fat and sodium. Food safety practice, such as thawing and storing foods properly, were improved by 61% of the homemakers.

Bake-ahead for the holidays

If you’d like to do some of your holiday baking ahead of time, here are some hints to help you get started.

Cookies, bleded: Make as usual, cool completely. Package in foil or a rigid container. Place two layers of waxed paper between cookies. Store in wrappings, 15 to 20 days, or 3 months refrigeration storage (PF): 6 months.

Cookies, unbleed: Refrigerate food through roll. Package in foil or moisture/vapor-resistant material. Suggested storage time (PF): 2 months.

Before baking, thaw in refrigerator. Firm cookies enough may be sliced before completely thawed and baked.

Invert, trim the edges, unbleed. Make as usual except odd 1/2 tablespoon flour or

Holiday calorie counts

Enjoy the upcoming holiday foods, but be choosy about how you spend your calories. In general, it is possible to consume ample amounts of fat and sugar until the year’s highest in calories.

Two tricks that may help you enjoy “indulging without bulging” are:

• Eat whatever you want, only half of it.
• Plan on a day or two of “pigging out,” then stop and return to your normal eating pattern. It takes an excess of 3,500 calories to gain a pound. That’s equivalent to 35 tablespoons of butter or margarine! You’re not likely to eat enough extra food in a day or two to gain much weight. Stretch that day to several days, and the weight will come.

Here are the approximate calories in some foods often consumed during the holidays.

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate bar</td>
<td>220</td>
</tr>
<tr>
<td>Chocolate cake</td>
<td>290</td>
</tr>
<tr>
<td>Chocolate chip cookies</td>
<td>210</td>
</tr>
<tr>
<td>Cookie dough</td>
<td>250</td>
</tr>
<tr>
<td>Cup of coffee</td>
<td>50</td>
</tr>
<tr>
<td>Cup of tea</td>
<td>40</td>
</tr>
<tr>
<td>Egg</td>
<td>75</td>
</tr>
<tr>
<td>Ice cream</td>
<td>340</td>
</tr>
<tr>
<td>Muffin</td>
<td>125</td>
</tr>
<tr>
<td>Pancake</td>
<td>260</td>
</tr>
</tbody>
</table>

Use your imagination to come up with even more ideas!}

Human Resources

55 Alive driver course

If your driver’s license expires in 1995, and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this AARP course, you will review driving skills and prepare to take the license renewal test. This two-day course is offered on Monday, December 5 and Tuesday, December 6, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call the 1-800 Registration line is 38. Participants are asked to bring a sack lunch. Beverages will be provided. (LB)

Healthy Eating

Raw eggs contaminated with Salmonella enteritidis have been implicated in foodborne illness outbreaks recently. Egg nog can be safely made for the holidays, if you follow certain egg handling practices. Eggs should be stored in their carton at 40°F, unless ready to use. When preparing eggnog, the mixture should be heated to 160°F. A microwave may also be used successfully to heat the mixture. Use a thermometer to monitor the temperature of the mixture. Stir often during heating of the mixture. Cool the eggnog mixture immediately. If the batch is large, divide into smaller containers to cool quickly.

Alcohol may inhibit microbial growth at certain concentrations, but adding alcohol to eggnog cannot be relied upon to control microbial growth. Egg substitutes (such as Egg Beaters®) may be used to replace raw eggs in an eggnog recipe.

This recipe yields 1 quart of eggnog.

Holiday Eggnog

1 quart 2% milk
6 fresh eggs
1/4 teaspoon salt
1/2 cup sugar
2 tablespoons vanilla
1 cup whipping cream, whipped
ground nutmeg

Heat the milk in a large saucepan, do not boil or scald. While milk is heating, beat the eggs and salt together in a large bowl, gradually adding sugar. Gradually add the milk to the egg mixture. Transfer the mixture back to the saucepan and cook on medium-low heat while stirring until thick enough to coat a spoon. Use a thermometer to check the temperature. Cook until the temperature reaches 160°F. Stir in vanilla. Cool quickly by setting the pan in a bowl of ice or cold water and stirring for 10 minutes. Covred, store in refrigerator or freeze. If frozen, thaw in the refrigerator for 3 hours. Pour until about a 1/2 inch in a bowl, in whipped cream and dust with ground nutmeg.

This recipe yields 1 quart of eggnog:

2 eggs, 50 calories
2% milk, 175 calories
1/4 cup sugar, 15 calories
1/4 teaspoon salt, 5 calories
1 teaspoon vanilla, 20 calories
1 cup whipping cream, 65 calories
Ground nutmeg, 15 calories

Low Cholesterol Eggnog

1 cup egg substitute
2 teaspoons sugar
1 can (13 ounces) evaporated skim milk
3/4 cup skim milk
1 teaspoon vanilla
1 teaspoon rum flavoring

Ground nutmeg

Whip egg substitute and sugar together and combine with the two types of milk, vanilla, and rum flavoring. Mix well. Chill over night. Dust with nutmeg before serving.

This recipe yields 3 cups of eggnog with 88 calories and 4 milligrams of cholesterol per 1/2 cup serving.

Source: Julie A. Albrecht, Ph.D., Extension Food Specialist(AH)

Toy selection ideas for youngst

Selecting gifts for children can be a challenge. Here are some ideas that will not only be fun for the children, but help with their development skills.

0–18 Months

• Manipulation—rattles, pounding, and stacking toys, squeak toys, floating toys, picture blocks.
• Exploration—crib-gym exercises, push-pull toys.
• Fitting things together—nesting boxes or cups, stacking toys and rings.
• Integrating—books with rhymes, musical and chime toys.

18 Months–3 Years

• Moving carriages—tricycle, ride-on-toy, wagon, push-pull toys.
• Object-oriented toys—sandboxes, toys, balls, blocks.

• Simulating—dress-up clothes, stuffed animals, dolls, sandboxes.
• Problem solving—simple puzzles, games, take apart toys with large parts.
• Reproducing—modeling dough and clay, large crayons, finger paints, chalkboard and chalk.

6–9 Years

• Learning social strategies—board games, tops, marbles, kites, table sports games.
• Motor skills—tricycles, skateboards, ice and roller skates, pogo sticks, scooters.
• Imagining fantasy worlds—books, costumes, doll houses, play villages, miniatures and gnomes and gnomes.
• Trying out work worlds—fashion dolls, toy trains, construction sets, sports and hobbies, role cars, science and craft sets. (LB)

Please turn to page 12 for more Human Resources news.
Achievement: What does it mean?

For those of you who attended the 4-H Achievement Night on November 1, you know the answer to the question. Terry Connelly, Husker defensive tackle, gave a perfect example of what it means to achieve. He said, "never settle for less, you can always do better." The 200 people attending heard that message and saw what he meant. Terry is a 4-H/Academic All-American and a true achiever. He never believed he couldn't do something and that is how he got into the well-rounded individual he is today. Let's take a look at how 4-H members can be well-rounded achievers.

4-H is a lot more than cooking and cows—there are over 150 projects for youth to chose from. Why stop at just one or two projects? Learn more about other areas too—but don't overload yourself to the point that you aren't learning anything.) Take part in the contests that are available such as speech, demonstrations, music, livestock judging, and the list goes on and on. Contests are another way of expanding your horizons and learning more about what you are good at—(you might even have fun too!) Older 4-H members can take part in Teen Council, 4-H Ambassadors, and 4-H Council. These activities enable participants to exercise their leadership abilities and help make you a well-rounded 4-H member.

The Nebraska Association of Fair scholarship to one male and one female who have two years of 4-H education. A total of nine scholarships are available in Nebraska. The Nebraska 4-H Foundation is seeking to come up with top stories about exceptional teens. The 4-H Foundation has a color photo or slide of them, nannies, and having fun! Food, friends and futuristic goals will be part of the system). Must also maintain a 3.0 cumulative grade point average in all 4-H activities. The Nebraska 4-H Foundation is looking to get their ideas ready. (AMM)

Cosmic Kids 4-H Club invest energy

The Cosmic Kids 4-H Club, led by Holly Heffley, has gotten into the community service spirit. This club, including members Amanda Nelson, Tamara Heffley, Alicia Dunkle, Jenna Evans, Stephanie Cherimock and Victoria Kirlieff is helping Mad Dads serve as "moon-walkers,"—walking downtown Lincoln in an effort to keep teens and others out of harm's way. They wear green vests as a means of identifying themselves as Mad Dads volunteers. The Cosmic Kids have sewn approximately 15 vests.

The Cosmic Kids also provided 200 home-baked cookies for the Mad Dads sponsored "Teen Night" at the Lincoln Corn Palace. The Halloween spirit crept up on the Cosmic Kids as they gathered at Pioneers Park Center in preparing luminaries and setting them up on the wooded trail of "Spooktacular" Pioneers Park. Great job, Cosmic Kids! (LJ)

More 4-H scholarship opportunities

Martha and Don Romeo Scholarship

The Nebraska Association of Fair Managers will award a $500 scholarship to one qualifying male and a $500 scholarship to one qualifying female who are graduating seniors in the State of Nebraska and who plan to continue with post high school education.

Qualifications for the scholarship include:
1) Must have exhibited 4-H projects in a county fair or at the state fair within the last four years.
2) Must have a 2.5 high school grade point average (based on a 4.0 system). Must also maintain a 2.5 grade point average for the first semester in college and carry at least 12 hours.
3) Must agree to spend the scholarship funds for tuition and fees at a two or four year college, or its equivalent, to be judged by the committee.
4) Must have demonstrated support for school and community.
5) Must exhibit a desire to achieve the goals of which the applicant is capable.
6) Financial need is not a consideration.

Alicia Dunkle and Amanda Nelson (back row) Stephanie Cherimock and Tamara Heffley (front row) proudly display their finished products—four vests for Mad Dads. (Not pictured—Jenna Evans and Victoria Kirlieff)

West Lincoln 4-H start-up

Northwest Family Resource Center has received a grant to help set up a 4-H program at West Lincoln Elementary School. With this grant, Cathy Fries has been hired to help recruit interested students and parents. If you live in the West Lincoln area and desire to be a part of the 4-H program write Cathy at c.fries@usda.gov.

Sewing projects from Lancaster County youth at both the county and state fairs were outstanding this year. For those of you who would like to enhance your skills further or are thinking about a career in textiles, clothing and design, this is an opportunity "tailor made" for you. We're letting you know about it early so you can get the date on your calendar and start saving your money.

Campus Encounters of the Clothing Kind

Students enrolled in the Clothing Kind will be held June 21-23, 1995, East Campus- College of Human Resources and Family Sciences, Department of Textiles, Clothing and Design (TCD). Participants must be 14 to 18 years of age and must have completed Clothing Level II. Cost has not been determined at this time but will include dormitory, meals, and incidental supply costs. Instructors will be campus staff in the TCD Department, graduates in the field, a professional sewing instructor, and Extension Educators. Acceptance is limited to 20 4-H members and 14 members on an application which will be available later in the spring.

Exceptional rural teens sought

Country Magazine is working with the National 4-H Council to come up with top stories about exceptional rural teens. The teens need to be 13-19 years old, and live in communities of 20,000 or less. They should have won the teen's name, a brief description of their accomplishments, a color photo of them, and a contact name and phone number to:
Marketing
National 4-H Council
7100 Connecticut Avenue
Chevy Chase, MD 20815 (LJ)

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Experienced rural teens sought

Country Magazine is working with the National 4-H Council to come up with top stories about exceptional rural teens. The teens need to be 13-19 years old, and live in communities of 20,000 or less. They should have won the teen's name, a brief description of their accomplishments, a color photo of them, and a contact name and phone number to:
Marketing
National 4-H Council
7100 Connecticut Avenue
Chevy Chase, MD 20815 (LJ)
Community service awards available to 4-H clubs

We have heard of some outstanding community service projects initiated by 4-H clubs in Lancaster County and think they should be recognized. Please take a few minutes to enter the Colgate—"Youth for America" competition. By telling "Youth for America" about your club's community service, you are eligible to win CASH to continue your efforts. All you need to do is attach a one page description of your club's project. Projects must be performed between March 1, 1994 and March 1, 1995 to be eligible for an entry form available in the office. Tell about the need for the project and how it was accomplished. You may include any materials that you feel will be helpful in explaining the idea and scope of the program, such as news articles, TV, or radio announcements, or other local government recognition of your program. Your project will be based on originality as well as the extent of community involvement.

Entry forms are available at University of Nebraska Cooperative Extension in Lancaster County. Note: You may enter more than one project. (LJ)

Local 4-H clubs are encouraged to win cash grants for their best community service projects through grants offered by "Youth for America" competition. Your clubs may be working with the Human Performance Lab, University of Nebraska-Lincoln because of a grant received from the CAST (Cooperative Application of Science and Technology) Program. CAST is a collaboration of the Nebraska Science Teachers Association, National 4-H Center, and the Cooperative Extension System/USDA. Phase I of the CAST program matches an educator and team of five students with a science or technical lab site in the community to conduct a ten-week research project. Through close contact with professionals from the lab site, students research and explore an issue that is currently being addressed by those scientists, and assist in the development of possible solutions.

"Our students will examine the effects of exercise on human physiology by observing subjects performing an underwater weighing task, a treadmill with metabolic cart, and a Cybex machine," explains Ms. Larson. "They will gather, record, and analyze data, looking for patterns between the various factors of human physiology recorded," she added. "Then, we'll summarize the results and look for the causes of these patterns. It may be necessary to attempt further research to improve our conclusions."

In April, this team will travel to Washington, D.C. to share research and ideas with other CAST teams from across the nation, representatives from government, and national leaders in the field of science and technology. Upon returning home, Ms. Larson and her team review their experience and the information gathered, draw conclusions, and plan a multi-media presentation for peers and community leaders. (ALH)

Let's Hear It For... Several 4-H horse club members were honored at the Lancaster County 4-H Achievement Night, Tuesday, November 1.

In the county record book competition: Melissa Brown and Courtney Fortner were presented the Beginning Division and County Award; in addition to this award, their record book also represented Lancaster County at district competition. Melissa is a member of the Wilderness Park Conches and Courtney belongs to the Rockin' Rangers 4-H Club.

The first recipient of the Joe Harrison Award in the beginning division was Linda Schroeder. Lindsay is a member of the Pacificateur's 4-H Club.

Amie Cubb was presented the first George Phillips Award in the advanced division. Amie is a member of the Apple Hill Gang. Amie's record book was also nominated to represent Lancaster County at district competition. Both Lindsay and Amie were presented with a beautiful silver belt buckle in honor of their achievements. Certificates of Participation were awarded to all 4-H club members who submitted record books.

Several scholarships were presented to 4-H horse club members: Tara Tichola received the Lane Community Scholarship. Tara is a member of Wee Amigos. Angie Kruml received the Lincoln Center Kwawins Scholarship. Angie belongs to Apple Hill Gang. Courtney Fortner was presented the Beatrice Peterson Memorial Scholarship. All seniors received special recognition.

The 1994 State Contest winners were presented with certificates: Kala Ball, 4-H Horse Demonstration (individual) Reserve Champion; Courtney Ann were presented with a beautiful silver belt buckle in honor of their achievements. Certificates of Participation were awarded to all 4-H club members who submitted record books.

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The 1994 State Contest winners were presented with certificates: Kala Ball, 4-H Horse Demonstration (individual) Reserve Champion; Courtney

Community service opportunities

Capital Human Society Wish List
As you think about community service projects for your 4-H club, you might consider helping a community organization such as the Capital Human Society. They recently indicated a need for the following items:
- Purrina Kittey Cat Chow
- Purrina Kitten/Dog Chow
- Laundry or dish detergent
- Blankets
- Chew, dog and cat toys
- Rubber gloves
- Purina Puppy chow, and Pro Plan
- Kitten/Cat Chow
- Pro Plan
- Food or water bowls
- Milk, eggs, and butter
- Eggs
- Any one of the above

New Hoss... Horsey Tips

Horsey Tips
If your horse likes to take frequent mud baths following those sloppy warm snow days, the following tips may come in handy:
- Check their shoes often to see that each is on tight; since the horse remains coated with mud for days on end.
- Remove all of the mud from your horses' coat at least a day before showing.
- A bacterial encrustation of your horses' skin, as well as similar problems that can escape detection when a horse remains coated with mud for days on end.
- Use a shedding blade with a serrated edge to remove dried mud quickly. ("Horsey Tip" is reprinted courtesy of Emily, November 1994)
Highlands neighborhood sets goals for the future

Thirty-five residents of the Highlands neighborhood met recently to set future goals for their neighborhood. A series of three workshops were conducted by Extension Educators Don Miller and LaDeane Jha. The workshops were designed to develop the need for long-term and short-term goals which can be used to guide the decision makers.

The attendees grouped into community action committees were formed. The action committees will report to the Highlands Neighborhood Association for direction and coordination. The four priority long-term goals were:

1. One—a neighborhood plan will be developed, completed, and implemented. The Tech Park plan will, and should then be, made compatible with the neighborhood plan. The neighborhood plan will include:
   - maintenance of appearance and community atmosphere
   - maintenance and promotion of safety
   - recreation, parks and drainage plans for the neighborhood
   - business development plans
   - neighborhood services including fire protection, library and health care
   - infrastructure
   - maintenance of single-family housing with limited multi-unit structures

2. Two—Within ten years the Highlands neighborhood shall have a new high school with public transportation available within the neighborhood. They will have a library, fire station and community recreation center. There will be a community garden, accessible to all neighborhood residents.

3. Three—Within ten years, the value of existing homes and property in the neighborhood should continue to increase. Main growth in the neighborhood should be limited to single-family homes. Businesses should be planned and implemented in the neighborhood in a way that will enhance the neighborhood. And, they will maintain quality of infrastructure in the neighborhood streets, green space, median strips and street trees.

4. Four—By the year 2000 the Highlands will have developed neighborhood facilities that are important and well being of Highlands residents. These will include at least the following:
   - recreation facilities including a swimming pool, recreation center, parks and sports fields
   - community center for seniors, day-care, sports, and exercise facilities
   - community centers and public safety services including fire station, library, and public transportation

A message from Fireman Bill

Bill Montz, Jr., Public Relations/Fire Prevention, Southeast Fire Department (DM)

Marvin Ketelhut remembers

The Nebraska asked Marvin Ketelhut to write about some of his early farm experiences with us. This is Part 3 of 3.

We got our first tractor in 1934. That was a 1934 Ford 'A.' All the work was done with horses. Each horse had a name and its own harness. Each manure had a wagon that would hang hay and grain on the ends (usually oats). The horses were hitched by solving the horse on the ground with a manure next to the horses on pegs. Each horse had its own collar and harness and it was all hand worked. Just throw the harness on top of the horse and buckle the front around. The ear bud would go through a hole in the saddle strap underneath and the crupper under the tail. The horse pulls from the shoulder. If the collar doesn’t fit just right, it can cause a sore on the shoulder. Some medium size horses were put under the collar would help.

I had two runaways when I was 19. One was a long one. All hay in the wheat field where they were threshing. And once when we started working at 5 a.m. a horse ran 1/4 mile from the home place. A rabbit jumped up and scared a young team. They ran 3/4 mile out of the field and ran 1/2 mile north and made a left turn (they did not have to worry about running). Was 9 1/2 miles west and turned in our driveway. My mother was in the yard and stopped the horses. I got in my corn and drove them back to the field and started over again. I entered the last corn husk and missed a section of the field. There were 13 entries and I came in second. Twenty-five 1/2 bushels in 80 minutes. I worked hard and I pulled with horses and someone with a tobacco stalk behind me and pick up any ears that you missed on the stalk or on the ground. Two-year-old and the national champion lived just three miles from our place. He husked a few years earlier and was 11 when entered. Wagons always had a place in front where you could place the bundles. We tied the stalks behind me and I would put all the good looking ears up front. After a few years I was able to pick up ten ears of corn in the county and state fairs. For five years I showed the same ten ears of corn. Each year the judges would take out a few kernels of corn for some reason (maybe they roasted it). It looked so bad after awhile being peeled to pieces, I had to quit showing it and started over again. joke time.

There is a saying—as free as the wind. It should be as free as a bird. I do think we all have a right to check out the ear or gather all the family together. It can eat a worm and go any place as long as we work hard. South. We have to eat three meals a day. Horses live to be 100 years old. If we didn’t move any faster than a turtle, some of us would make it, too. Of course, turkeys don’t smoke, drink alcohol, drive cars or shoot people. What a dull life. But they do have worries about an automobile running over them, an elephant stepping on it, some crazy animal turning it on its ear.

The grain, wheat, oats and barley were cut with four horses and a binder. The grain was cut and fall into a moving conveyer that took it to the front of the binder. The leaves were thrown through some mechanism that would throw and kick them out into a holding basket. After four or five bundles were accumulated, the driver would trip a lever and leave the bundles on the ground. After finishing a field, this line of bundles were called a windrow. They had to be shock by setting about eight bundles together with the bundles up. If they were not shocked, the grain that touched the ground could grow. With the grain shocked, that meant going through with it. They would communicate with the neighbors. Everyone furnished a team and hay rack and sleds to hold to the bundles. We used three-fired pitchforks because they were smaller and lighter.

It was the corn that suffered the most with the hot, dry winds in July and August. Later, a lot of farmers went to planting sorghum and milo because it was more of a dry weather crop and could be combined. You cannot plant the same crop year after year on the same plot of ground. Crops had to be rotated. There was no sacked fertilizer—so allaita and red, white or sweet clover had to be planted. In a few years, it could be plowed under and a crop planted. The leguminous furnished nitrogen to the soil. Getting back to thersching. one did not want to be on the weather. Many days, in the 30’s especially, it was well over 100 degree. Some days 104 to 108 degrees. Heat records were set at that time. Everyone wore wide brimmed, straw hats and we all drank from a cool, crushed peck. We didn’t need a weatherman. Because every day was the same, hot and dry and sometimes windy. There was no TV. I see now the town to the east has nine weather people. I want to tell you about one big, strong, lazy, guy. It seemed like his back was smaller than anyone else. He would lay on the ground, stare at the sky and look out on the short line. But, please make it. It’s a happy time for most folks. I know, as a veteran fire fighter, that reflect their input.

Development, Task Force on Youth Development and Community Programs 

According to our data, community youth organizations (4-14 years) should:

- Listen to the views of young people and involve them actively in planning programs.
- Youth workers positively respond to programs that reflect their input.
- Tackle relevant issues that are currently on the minds of young people.
- Recognize, value and respond to the diverse background, experiences and aspirations of young people.
- Involve user-served adolescents, especially those from low-income neighborhoods.
- Compete actively for young adolescents’ time.

Strengthening community programs for youth

Do the youth programs in our communities in Lancaster County reflect common principles unique to happy time for most folks. I know, as a veteran fire fighter, that reflect their input.

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Youth workers positively respond to programs that reflect their input.

GARDEN & Gossip Hotline

441-7179

Accessibile from any phone

December 1994

Page 10

100 NEBLINE
Biographical information

The following is a brief profile of the candidates for the Lancaster County Extension Board, compiled from the candidate’s application for the Lancaster County Extension Board of Directors.

Gwendolyn “Gwen” K. Thorpe
Systems and Procedures Analyst, Lincoln Electric System

Why do you wish to be elected to the Lancaster County Extension Board?

“I believe strongly in the Extension programs in Lancaster County. The program provides many educational opportunities and is constantly challenged to meet the changing needs of the county. As changes in the concept and structure of the Extension programs in Nebraska are pending, I would like to be a part of that change. There are many exciting and demanding challenges facing Extension in the near future and I would appreciate the opportunity to put my skills to work on them as a member of the Extension board.”

Please list any particular expertise you feel you can bring to Extension:

“I think my most extensive experience has been in personnel and organizational development. I have learned money management, leadership training, group skills, time management and the art of the possible. I think my wide community experience is my best asset. I have served on boards in many facets of the community, often in leadership positions. I still maintain contacts in many areas. I have also done quite a bit of fund-raising and personnel management. I think perhaps one of my best skills is in finding the right person for a job and then in supporting him/her in it. I think I am also sensitive to community needs.”

William A. Pugsley
Assistant Chief, Division of Environmental Health, Lincoln-Lancaster County Health Department

Why do you wish to be elected to Lancaster County Extension Board?

“Lincoln and Lancaster County is where I grew up. I have derived much from the community. I would like to give something back. The Cooperative Extension Service provides so much to both rural and urban citizens. I want to be a participant in assuring the continuation of those vital activities.”

Please list any particular expertise you feel you can bring to Extension:

“Administrative understanding—people skills; planning skills; through my professional work, I feel I have a good sense of what citizens of the county want and need.”

Karen “Kit” Dimon
Housewife and professional volunteer; previously had experience as a book editor and art shop manager.

Why do you wish to be elected to the Lancaster County Extension Board?

“I am a very staunch supporter of the Lancaster County Extension program having seen firsthand what it has accomplished for 4-H and the community. In a time of deep budget cuts, I fear for the future of Extension and, most particularly, the 4-H program. I feel that we cannot afford to jeopardize such a wonderfully successful and necessary program for our youth. I would work hard as an advocate for Extension and 4-H. I think that I bring good group skills and critical thinking skills, leadership, goal setting ability and a deep interest in the Extension program. I have also done a lot of budgeting with several organizations, as well as fundraising. I also bring professional editing experience and I have served on the Nebraska Horse Council, developing more contacts.”

Karen “Kit” Dimon
Housewife and professional volunteer; previously had experience as a book editor and art shop manager.

Why do you wish to be elected to the Lancaster County Extension Board?

“I believe in the programs and goals of the Extension Service. The services provided are an integral part of every person’s daily life—we need to continue to promote these services and increase accessibility by everyone in this community to receive these services and participate in programs. This may come about through program redesign or increased networking with other agencies and volunteers. Through my work at Saint Elizabeth’s, I have developed strong community ties. I feel I could represent the community well to help build/ strengthen Extension programs and, in so doing, meet community needs and help strengthen families.”

Randy V. Hiatt
Director of Continuing Education, Southeast Community College, Lincoln Campus

Why do you wish to be elected to the Lancaster County Extension Board?

“As a parent, long-time resident and acreage owner, I am interested in the quality of life available to residents of Lancaster County. I feel Cooperative Extension’s educational programs and activities can have a major role in maintaining and improving that quality lifestyle, even as the county continues to change at a greater and greater population. I want to be a part of that process of planning and implementing programs and services that support this growth and learning.”

Please list any particular expertise you feel you can bring to Extension:

“I think I have good communication, planning, organizational and implementation skills—plus, experience in promotion and marketing.”

Janet S. Madsen
Registered Nurse, ASPO Certified Childbirth Educator, AHA CPR instructor. Currently, coordinator of prenatal and parenting programs at Saint Elizabeth’s Community Health Center.

Why do you wish to be elected to the Lancaster County Extension Board?

“I believe in the programs and goals of the Extension Service. The services provided are an integral part of every person’s daily life—we need to continue to promote these services and increase accessibility by everyone in this community to receive these services and participate in programs. This may come about through program redesign or increased networking with other agencies and volunteers. Through my work at Saint Elizabeth’s, I have developed strong community ties. I feel I could represent the community well to help build/strengthen Extension programs and, in so doing, meet community needs and help strengthen families.”

Please list any particular expertise you feel you can bring to Extension:

“Strong program development skills, marketing and networking through community agencies related to parenting and family issues.”

Edward C. Woeppe
Consultant, Agricultural Communication, Nebraska Department of Education

Why do you wish to be elected to the Lancaster County Extension Board?

“Afar serving these past two years, I’ve been able to see the broad area of coverage that the Extension Office has. I would like to be able to continue to serve on the board so that I can help develop the policies that will allow the staff to meet the needs of the citizens of Lancaster County.”

Please list any particular expertise you feel you can bring to Extension:

“Worked with statewide FAA and Young Farmers’ programs for the past seven years. Served as statewide Ag. Ed. curriculum consultant for the past seven years.”

Gerald Halling
Farmer, Cattle Breeder

Why do you wish to be elected to the Lancaster County Extension Board?

“To continue to provide information and assistance to the youth and adults of Lancaster County. I believe that the Cooperative Extension system provides a vital link to our youth through the 4-H programs. I would like to prepare them for adulthood.”

Gerald Halling
Farmer, Cattle Breeder

Why do you wish to be elected to the Lancaster County Extension Board?

“To continue to provide information and assistance to the youth and adults of Lancaster County. I believe that the Cooperative Extension system provides a vital link to our youth through the 4-H programs. I would like to prepare them for adulthood.”

Please list any particular expertise you feel you can bring to Extension:

“I think I can help develop the policies that will allow the staff to meet the needs of the citizens of Lancaster County.”

Please list any particular expertise you feel you can bring to Extension:

“Strong program development skills, marketing and networking through community agencies related to parenting and family issues.”

Having served on the Extension Board for 4-H Council representative and having been appointed to fill a vacancy on the board, with this experience, I wish to continue to help the Extension Board provide the best possible Extension Staff and programs.”

Doug Nagel
Farmer

Why do you wish to be elected to the Lancaster County Extension Board?

“As a farmer in Lancaster County, I would be able to extend my views as they relate to agricultural needs. I would also like to be a part of a team that would create an efficient use of taxpayers’ money from every working sector of the county.”

Please list any particular expertise you feel you can bring to Extension:

“Strong program development skills, marketing and networking through community agencies related to parenting and family issues.”

Having served on the Extension Board for 4-H Council representative and having been appointed to fill a vacancy on the board, with this experience, I wish to continue to help the Extension Board provide the best possible Extension Staff and programs.”
Calories

Mincemeat pie, 94 proof, 185 calories
Fruitcake, light, homemade, 220 calories
Peanuts, dry roasted, 1 oz., 175 calories
Molasses cookies, 1 cookie, 120 calories
Mince meat pie, 1/8 pie, 320 calories
Mixed nuts, oil roasted, 1 oz., 175 calories

Puzzle

ANSWERS!

From puzzle on Page 4

Don D. Miller Extension Educator, Lancaster County
Jeffrey D. Gaskins Extension Assistant, Media & Marketing

Nebline Feedback Form

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After hours ____________________________ 441-7170
Fax ____________________________ 441-7148
Garden gossip hotline ____________________________ 441-7179
Nebline RBBS ____________________________ 441-7149

Office Hours: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

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

December 1
Applications due for Martha and Don Romeo Scholarship

December 2-8
National 4-H Congress

December 5-6
55 Alive Safe Driver Course—Thorp’s Home

December 6
4-H Council Meeting (new & old council)—Thorp’s Home

December 8
Ambassadors Meeting

December 9
Eastern Nebraska Crop Production Day and Machinery Expo—Rahoro Fairgrounds

December 10
Fair Board Annual Meeting

December 11
Teen Council Meeting

December 12
Lancaster County 4-H Shooting Sports Club Meeting

December 14
4-H Horse VIPS Meeting

December 20
Agromy Highlights—Cornhusker Hotel, Lincoln

January 1
4-H Re-enrollment Packets Due

January 4
Crop Protection Clinic

January 5
Ethical Leadership FCE Leader Training

January 6
Application due for Eastern NE 4-H Center Camp Staff

January 11-13
Husker Feed Grains and Soybean Conference—Cornhusker Hotel, Lincoln

Families

A list of traits that resilient families have:
Commitment: Keeping promises and committing to caring and doing what it takes to follow through.
Cohesion: Togetherness involving a balance of affection, support, and respect for individuality.
Adaptability: Blending tradition and consistent rules with flexibility and helping kids think for themselves.
Communication: Openness and respect expressed through “speaking for self” and listening with care.
Spirituality: Faith, hope, and a sense of purpose and service for other people.
Time Together: Taking time out every day and celebrating special occasions which build memories.
Efficacy: Family pride and optimism which leads to esteeming members and accomplishing bold goals.

Nebline

The NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media & Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

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Healthy Mothers, Healthy Babies
24 Hour Helpline 1-800-862-1889

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Notice!
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be repeated without special permission if the source is acknowledged. For reprint information about other articles in The NEBLINE contact the source listed in the article.

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