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The NEBLINE, December 1995

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It is important to keep the envi­ronment in mind during the hol­i­day season. Think about packag­ing when selecting groceries, tableware, decorations and gifts. Many items have excess packag­ing. Consider which items can be reused or recycled.

Gift-wrapping ideas:
• Use recycled wrapping paper.
• Make your own wrapping paper from leftover wallpaper, paper bags, leftover gift wrap, etc.
• Create gift tags from old cards.
• Be creative!

Packing for shipping ideas:
• Use paper, newspaper, towels, dishcloths for packing to keep items from breaking or moving around. These items can be reused or recycled.
• For cookies pack in round potato chip containers.
• Mail items early.

Gift ideas from recycled materials:
• Use glass or plastic jars for food items such as cereal mix, rice, macaroni, candy, peanuts, etc. Decorate the lids with scraps of fabric or paper.
• Give a basket of food items to make a meal—such as pasta, pasta sauce and bread sticks.
• Give a reusable shopping bag with grocery items.
• Fill a basket with fruit.

Decorating:
• Select decorations that can be reused.
• Give old decorations to a needy family or Goodwill, Salvation Army, etc. rather than throwing them away.
• Make decorations from recycled items: snowflakes from plastic six-pack can holders and trees from hangers.
• Trade decorations with family members and friends.

Don’t forget to recycle over the holiday season. Aluminum cans, glass bottles, tin cans, newspaper, plastic milk jugs and soda bottles are recyclable at Lincoln drop-off sites.

When planning for holiday parties, think about renting or borrowing items that will only be used once or twice a year.

Have a fun and happy holiday season and keep the environment in mind. (LB)

Ron Dowding (center) recognized as Lancaster County “Volunteer of the Month.” (l-r) Gary Bergman, Russell Princ, Roland Leidtke, Lois Coffey.

The gift of giving

LaDeane Jha
Extension Educator

As we approach the holiday season, our thoughts often turn to gifts and giving. While we all enjoy the material gifts we receive, the gifts we give, in time and talent are of a more lasting nature. 4-H club volunteer leaders exemplify the “gift of giving.” Enriching lives, serving as role models and taking time from busy schedules is what 4-H volunteers do. They don’t say, “I don’t have time”—they say, “I’ll make time.” It would be impossible to write each individual story of service to 4-H—instead we tell you about three exceptional leaders and let them represent the talents and time of many others.

Ron Dowding, Gale May, Bonnie Lemke: “enthusiastic,” “dedicated,” “firm,” “always there for us,” “can do,” “dependable,” “caring,” “giving” and “willing.” These are the words used by the leaders of the three honored 1995 Outstanding 4-H Clubs. All three clubs (New Generations, County Pals, and Happy-Go-Lucky) are repeat winners, an indication of high-level leadership in each club. Leaders who definitely understand the “gift of giving”—gifts of self, time and talents. They believe that in order to solve the problems of youth, they must not live in the hope that it is the number of will do it. They understand: “If you are not part of the solution, you are part of the problem.” These outstanding leaders are part of the solution—they provide proactive leadership by providing young people with life skills that keep them out of trouble and on the road to being responsible citizens.

Ron Dowding, leader of the Happy-Go-Lucky 4-H Club for the past 14 years was recently honored as the Lancaster County “Volunteer of the Month” by the county commissioners. He is just one example of the difference one person can make in the lives of literally hundreds of youth. Ron is a giant giant of a man with a deep, yet soothing voice who is trusted absolutely because of his sterling character. Greg Crawford, swine project leader, said, “The club works because Ron is organized, sets a good example and leads by doing.” A measure of success in the club is the number of project leaders who were members and have served active leader roles in the club over time. Greg, for example, has been with the club nearly as long as Ron. When Ron took over leadership of the club, it was a club of about 20. It now boasts between 40-50 members. Russell Princ, a junior leader in the Happy-Go-Lucky club, said “Ron has always been there for me and helped me solve the problems I had trying to raise animals while living in town.” Russell holds Ron in high esteem and is quick to acknowledge the positive influence Ron has been in his life.

When Ron was asked why he does what he does he said, “My dad led a 4-H club, I’ve always been in 4-H and it just seemed like that is what I should do. It’s just a part of my life.” He and his wife, Arlene, have two active teens, Jana and Nathan. He has served as a member of Lancaster County 4-H Council, Lancaster County Agricultural Society Board, and Lancaster County Extension Board.

Gale May organized and leads the New Generations 4-H Club. Her wife, Sue, has always been by his side. Two of the original families in the club, the Lemke’s and the Grage’s are still active. Although the club has been primarily a livestock club, members have participated in a wide range of 4-H activities.

Gale was instrumental in starting the county bucket calf project because he saw a need. The project is now one of the fastest growing projects in 4-H. He has hosted school groups at his farm to help farm youth better understand production agriculture. Gale is an advocate for youth and has been active on the Beef VIPS Committee. He takes stands that he feels will help 4-H youth. Gale indicated that he was a 4-H member as a youth and that his dad, Alvan May, was one of the charter members (and later a leader) of Happy-Go-Lucky 4-H Club. Gale and Sue are the parents of 16-year-old twins, Abbie and Brendon.

A human dynamo might be an apt description of Bonnie Lemke, leader of the County Pals 4-H Club. Fun, talented, dedicated, and seeing that kids have the “best of the best,” describes what Bonnie is all about. As soon as her children were old enough for 4-H, she organized the County Pals 4-H Club and began sharing the wealth of knowledge, talent and skills she learned as a 10-year participant in 4-H. Even during a two-year period when she lived with her parents (Alice and Ted Doane) in Afghanistan, Bonnie continued work on 4-H projects. Her mother Alice said, “I think because Ted was always busy running the sheep shows at Ak-Sar-Ben and state fair, Bonnie

Turn to page 10: Giving

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 book each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.

Agricultural Competitiveness and Profitability
“Beekseeing for Fun & Profit”—page 3

Natural Resources and Environmental Management
“Make Your own Paper”—page 5

Children, Youth and Families
“Know Your Teen’s Friends”—page 6

Nutrition, Food Safety and Quality
“Can Your Kitchen Pass the Test”—page 7

Strengthening Neighborhoods and Communities
“Language: It can be Confusing”—page 10

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Turn to page 10: Giving
Painting with plants

Landscape design is an art, the art of arranging outdoor spaces to provide the maximum physical and aesthetic enjoyment. The key to good landscape art is simplicity. A well-designed garden is beautiful and functional, yet less costly in both money and upkeep time.

Thinning out would improve many homes. Foundation plantings often are prime examples. All too often old foundation plantings need continual pruning. Foundation plantings originated when houses were set up off the ground, exposing the foundation. New home-building techniques eliminate the need for traditional foundation plantings.

On the other hand, over-simplicity in the yard can be monotonous. When properly placed, splashes of color, key accent plants, garden structures and ornaments can make an average landscape friendly and interesting. Nursery personnel can help choose the correct plants for your spaces, (DJ)

Horticulture

Holiday gifts for the gardener

If you have a friend or family member who is a gardener, here are a few Christmas gift ideas. Christmas plants are always a welcome gift to any home. They add color and holiday accents to interior surroundings. The traditional red poinsettias are popular, as are the newer flower colors of pink, white and yellow. Other possibilities are Christmas cactus, Christmas pepper, red gloxinia and kalanchoe.

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be difficult to wrap and still be a surprise, but they are always welcome. Pruning tools like hand shears and small saws are easier to wrap and may be needed later this winter.

Unique garden ornaments have become very popular in recent years. Some gift ideas might include garden mark stones, stepping stones, sundial, garden plaque, fountain and wind chimes.

Seeds from a favorite plant or heirloom seeds that you have saved would be a unique gift to give. Be sure to include the plant's name and all cultural information like planting depth, light and water requirements.

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger book stores have well stocked sections on these and related topics. Garden centers and nurseries also offer a variety of titles, including many to go along with materials and landscaping, while people with a well established garden and landscape may be better in information on maintenance and pruning practices.

If you have a non-gardening friend or relative you want to introduce to gardening, consider a total package with plant, container and growing media, along with a book on plant care.

Move plants with care

Caring for the African violet

The African violet's colorful flowers and attractive foliage make it a popular plant. When you treat it properly, it can bloom several times a year. Here are some tips on how to care for your African violets.

African violets prefer a bright, well-lit area that does not receive direct sunlight in the afternoon. These plants do well in unshaded north or east windows. Turn your plants weekly so they grow symmetrically.

African violets also thrive under artificial light. The more expensive grow lights are ideal, but combining warm white and cool white fluorescent bulbs also works well. Place the lights 12 inches above the plants and leave them on—preferably for 18 hours a day.

When it comes to watering, water only when the soil is dry to the touch. Then, water thoroughly, until the water drains out of the bottom of the pot. Many people water their violets through the drainage holes at the bottom of the pot. To do this, place the pot in a container of water. Keep the pot in the water until the soil at the top becomes moist.

As for temperature, African violets prefer 70° during the day and 65° at night. Cooler temperatures may reduce flowering and also cause leaves to curl under stress. African violets respond well to repotting. Repot them once a year in fertile, well-drained soil. Remove new crowns that form on older plants and put them separately.

When you repot the violets, keep the crown slightly above the soil line to prevent it from rotting.

The young crowns you separate from plants make great gifts. You can also start new plants from leaf cuttings. To do this, select healthy, mid-sized leaves and remove them at the plant's crown.

To root the leaf cuttings in water, wrap a sheet of wax paper over a cup of fresh water and secure the paper with a rubber band around the cup. Make a matchstick mark on the wax paper and insert the stalk of the cutting.

You can also easily root cuttings in a pot of vermiculite. Place the stalks of the leaf cuttings 1 inch deep into the mix, keeping the cuttings moist and out of direct sunlight.

After about 1 month, you can pot up the newly rooted cuttings. In 6 to 12 months, the new plants should be flowering. (MJM)

December garden hints

December

* Remove debris from evergreen shrubs to prevent branches from breaking.
* Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.
* Minimize traffic on a frozen lawn to reduce winter damage.
* A common complaint in growing rubber plants indoors is yellowing leaves with dead spots on the edges. This is usually caused by overwatering. Bottom drainage helps remove surplus water.
* Houseplants with large leaves and smooth foliage such as philodendrons, dracaenas and rubber plants benefit if their leaves are washed with a damp cloth to remove dust.
* A home weather station that includes a minimum-maximum thermometer, rain gauge and wind vane/log is a good gift for a gardener.
* Check belts and spark plugs, change the oil, sharpen the blades and clean off dirt so equipment will be ready to go when you need it next spring.
* Drain the fuel tank of the lawn mower or truck before putting the machine away for the winter.
* Clean and sharpen lawn and garden tools and store them in a dry storage area.
* After Christmas, your live tree can be moved outside and be redecorated for the birds. Anchor the tree in a bucket of full damp sand. Put on strings of popcorn and cranberries. Apples, oranges, leftover breads and pine cones covered with peanut butter then dipped in birdseed can also be added. For best results, push the edible ornaments well into the tree.
* Start reviewing and expanding your garden notes to help with next year's plans.
* Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that are dead or damaged and dis pose of them. (MJM)

Move plants with care

Allow cacti to go semi-dormant in the winter. Water only to avoid shriveling. Place in full sun with a maximum day temperature of 65° and a night temperature of 40° to 50°. When repotting cacti, hold them with kitchen tongs to avoid the stickers. (DJ)

Leaf-tip burn on spider plants can be caused by soluble salt buildup due to improper watering and over fertilizing. Never allow the soil to totally dry out. Water whenever the soil surface dries out. (DJ)

Horticulture shorts

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A. Probably not. The major problem with houseplants in winter is low light. Days are short and often cloudy and plants grown under 100 percent natural light just do not get enough light to grow well. Under low light conditions, plants need less fertilizer. Much too fertilizer can contribute to buildup of soluble salts in the soil in planted pots and this can injure roots and foliage.

Q. How can I start a plant from a pineapple top?

A. Cut the top off the fruit. Remove the leaves from about 1/2-inch of the lower stem (this may expose some roots) and place the top in moist perlite or sand and cover with a plastic bag. Open the bag at the top after a couple of weeks. When new roots start to form or the existing ones begin to grow, pot the top in a porous growing medium and water. Provide bright light and water whenever the soil surface dries out. (DJ)

GARDEN CORNER

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Beekeeping for fun and profit

In Nebraska, approximately 700 beekeepers manage 115,000 colonies of honeybees. The annual honey production ranges from 5 to 11 million pounds, depending on flora availability and weather conditions. With optimal weather conditions and flora availability, a properly managed colony can produce 100 pounds or more of honey annually. A more realistic, six-year average for honey production is about 75 pounds annually per colony.

Honeybees play an important role as pollinators of many fruit, vegetable and seed crops. If you are a serious gardener, you may want to keep bees for the pollination benefits alone.

Nebraska crops requiring bee pollination are: alfalfa, clover and various grasses, sunflowers, melons, squash, cucumbers, pumpkins, apples, cherries, peaches, pears and cherries. Bees also pollinate many plants important to wildlife and soil conservation, as well as wildflowers that beautify Nebraska's landscape.

For the beginner, buying all new equipment with packaged bees is the best way to start. An established hive can be overwhelming for the beginner who does not know how to deal with swarms, re-queening and colony defensiveness. Buying new equipment will allow you to learn the individual parts of the hive while purchasing, together. With packaged bees, you can gain valuable experience working with a small colony and gain experience as the colony grows. Two to four colonies are ideal for beginner beekeepers.

New beekeepers will need to learn as much as possible about working with bees, including the proper clothing and equipment, as well as bee biology, behavior and hive management. The equipment needed to manage a single beehive will cost about $100.

Learn about beekeeping in two 3-hour workshops and one Saturday hands-on lab session.

Cooperative Extension Apiarist Marion Bond and Extension Educator-Entomologist Barb Ogg will teach Beginner’s Beekeeping Workshops March 4 and 5 from 6:30-9:30 p.m. at the Lancaster Extension Conference Center, 444 Cherry Creek Road, Lincoln. The practical, hands-on lab session will be March 16, 9:00 a.m. - 4:00 p.m. at the Agricultural Research and Development Center, Ihaka, Nebraska.

To enroll in the NSFGPP or obtain further information, please call Dave Varner at 441-7180. (DV)

CRP workshop planned

We are in the process of planning a workshop (or series of workshops) for landowners and agricultural producers with CRP contracts that will expire in 1996 or 1997 to discuss their options for returning the land to production. The first workshop is tentatively scheduled for Saturday, February 24 at the Agricultural Research and Development Center in Saunders County near Ithaca. Watch for additional information in January’s NEBRINE (CB).

Returning to the Farm

A farm family can realize their goals by bringing a young person into their operation. They can help the young person get started, keep the farm in the family, and ensure a comfortable retirement for the parents. But, success does not come automatically; it requires planning and effort.

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GIFTS FOR THE ENVIRONMENTALIST

**Gifts for the environmentalist**

Mary Jane McReynolds
Extension Assistant

Need an original or unique gift idea? Here are some gift suggestions for the environmentally focused family or someone who just appreciates the outdoors.

There are many gift ideas for people who like to spend their time at the many state parks in the area. To make the adventure more enjoyable, consider giving them a 1996 state park car pass to get into the park. The Pass also includes educational information on wildflowers, birds, insects, butterflies, trees, tracks or mammals. Other useful items would include binoculars to look for things far away, a pocket magnifier to see small house, butterfly release/release kit, outdoor thermometer, rain gauge, or live oak or native grass seed. Some people may just wish to sit back, relax and enjoy the outdoors. Gifts for them may include a porch swing, garden hose, or a subscription to the NEBRASKAland magazine.

**Save our resources: stop and think before you throwaway**

Throwing away little things—like fast-food foam cups or aluminum beverage cans—is seemingly insignificant to most residents of the United States. However, it’s more than disposing of the actual items that’s wasteful. External costs associated with the manufacture of billions of these disposable products add up each year. That’s all the more reason to recycle.

Think about external energy costs in these terms: Energy saved from recycling one aluminum can will run a 60-inch television set for three hours; or from recycling one glass bottle will light a 100-watt bulb for more than 26 hours. On a larger scale, steel recycling each year saves enough energy to meet the electrical power needs in the city of Los Angeles for more than eight years! Recycling materials to make new disposable products saves on energy, air, water and water treatment. Aluminum packaging is the most energy-intensive material to produce. An aluminum can can currently sell for one-to-one-and-one-half cents at the recyclers. But more importantly, recycling aluminum, compared to first-time manufacturing, reduces energy, water use and air pollution by 95 percent. Glass is another area that can save on natural resources. Generally less energy and pollutants are needed to regrind a glass bottle than to manufacture a new one. Even using 50 percent recycled glass in the manufacturing process cuts water pollution by 50 percent, air pollution by 14 percent, and mining wages by 70 percent. Don’t worry about lost mining wages, though. All studies to date show recycling becoming an industry into itself, increasing jobs and employment.

A world inundated with paper is another reason to reduce paper. New materials used to produce a ton of paper also produces 84 tons of air pollutants, 36 tons of water pollutants and 176 pounds of solid waste. Recycling paper can reduce water use by 60 percent, energy use by 70 percent and air pollutants by 50 percent.

**Terem workshop**

Did you miss the termite control workshop in October? Back by popular demand, there will be a termite control workshop for homeowners December 7, 6:30-9:30 p.m. at the Sarpy County Extension Office, 1257 Golden Gate Drive, Suite 3, Papillion. You will learn everything you need to know about termites and termite control. There is a $55 cost for this workshop. To check on seating availability, call 402/593-2172. (BPO)

**A gift for all seasons**

The fun of winter bird feeding can provide enjoyment with very little effort. Colorful cardinals, playful chickadees and noisy blue jays are many visitors to feeding stations. These birds, as well as nearly other 100 species, are winter residents in Nebraska. Bookstores carry guides and references on birdwatching that can help you identify your visitors.

Commercial seed mixes and feeders are available from a variety of sources. Here are some do-it-yourself plans and recipes. Consider using seeds such as peanut and maybe you will split seed between neighbors. Bird seed is substantially less when you buy in bulk.

**Commercial seed mixes**

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**Log suet feeder**

You’ll need:
- Log (4” to 5” around and 10” to 12” long)
- Drill and 1-2 wood bit
- Suet or large screw eye

Drill holes in various places in log, at least 3” into the wood. Anchor screw eye to top of log. Fill holes in feeder with suet. Hang in tree or from pole.

**Bird seed**

- Cord for hanging
- Tie cord to bottom end of pine cone for hanging. Roll pine cone in peanut butter, using hands to help mash the peanut butter into the pine cone. Roll in bird seed. Hang with cord.

**Suet recipe**

- 3 cups melted beef fat (suet)
- 3 cups cornmeal (preferably yellow)
- 1 cup peanut butter (preferably chunky)
- A handful of suet in pan. Add cornmeal and peanut butter. Bird seed, raisins, rolled oats, unsalted nuts, dehydrated egg, apple bits, brown sugar, honey or syrup can also be added. Add or subtract ingredients depending on what is available and what is desired. Many ingredients that have rich seasonings.

**Pear suet mixture into**

**Pear suet mixture into** cupcake papers in a pan to harden. Remove papers and the cakes are ready for the birds.

**FRUIT CHUNKS**

Many birds enjoy assorted fruits, as well. Half an orange or apple impaled on a nail driven through a heavy chunk of wood is often relished. (Remove the sharp nail point after hammering). (SE)

**Keep an eye on finches**

A recent article in the Lincoln Journal-Star reported that a bacterial infection, Mycoplasma bacterium, is sweeping across the eastern United States in house finch populations. Although a common disease found in domesticated poultry, it is also infectious to house finches. The disease does not infect humans. Infected birds seem dazed and blurry-eyed when the bacterium invades eyes and respiratory systems. Some birds fly into windows, fall prey to predators or slowly starve to death.

To date, the disease has not been reported in Nebraska. However, house finches are found in the state and the disease is moving rapidly. Birdwatchers have spotted house finches afflicted with the disease as far west as Missouri, north to Ontario, and south to Georgia. Local birdwatchers should be on the lookout for house finches with swollen, teary eyes. The birds may appear dazed and fly erratically.

House finches showing symptoms of the disease should be reported to Nebraska Game & Parks Commission, 471-0641. (SE)

**Plastic bag do’s & don’ts**

In order to succeed, plastic bags returned for recycling must be clean and dry. Some plastic bags can be used by "grasping birds" (chickadees). Feeders placed low to the ground attract juncos and native sparrows. Larger above ground feeders draw cardinals, grosbeaks, mourning doves and larger birds.

DON’T forget—birds need water in the winter too. (SE)

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Plastics wear like iron and take up to 30 percent of landfill space. Plus, polystyrene never breaks down— not even in 500 years, tests estimate. Plastic also uses oil, one of the earth’s greatest pollutants.

**For birds that thrive**

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**Keep an eye on finches**

A recent article in the Lincoln Journal-Star reported that a bacterial infection, Mycoplasma bacterium, is sweeping across the eastern United States in house finch populations. Although a common disease found in domesticated poultry, it is also infectious to house finches. The disease does not infect humans. Infected birds seem dazed and blurry-eyed when the bacterium invades eyes and respiratory systems. Some birds fly into windows, fall prey to predators or slowly starve to death.

To date, the disease has not been reported in Nebraska. However, house finches are found in the state and the disease is moving rapidly. Birdwatchers have spotted house finches afflicted with the disease as far west as Missouri, north to Ontario, and south to Georgia. Local birdwatchers should be on the lookout for house finches with swollen, teary eyes. The birds may appear dazed and fly erratically.

House finches showing symptoms of the disease should be reported to Nebraska Game & Parks Commission, 471-0641. (SE)

**Plastic bag do’s & don’ts**

In order to succeed, plastic bags returned for recycling must be clean and dry. Some plastic bags can be used by "grasping birds" (chickadees). Feeders placed low to the ground attract juncos and native sparrows. Larger above ground feeders draw cardinals, grosbeaks, mourning doves and larger birds.

DON’T forget—birds need water in the winter too. (SE)
Making your own paper

Making paper is fun! And you are helping the environment by reusing something that may end up in the landfill. This holiday season, make your own paper and use as a combination of water and pulp. It should be the consistency of split pea soup. Pour the slurry into a dishpan that has been half-filled with water. Blend natural materials separately and combine with slurry in the pan. To see if you’ve added enough paper pulp, make a trial dip with a screen. The slurry mixture should be thick enough so the weavings of the screen are not visible. If the amount on the screen looks skinny, add another handful of pulp. Increasing and decreasing the amount of pulp will affect the thickness of your paper. Stir the slurry with your hand so the new sheet of paper is fairly dry. Serve meat and return it to the compost, it may be covered with a piece of silken, scented or nutmeg, figs, olives. Source: Everett Rogers, 1962

Bottled water: a clear choice or cloudy dilemma?

Did you know that the annual consumption of bottled water has increased from 5.7 gallons per person in 1987 to 8 gallons in 1995? Bottlers are drinking more than 2 billion gallons of bottled water per year. Some researchers recommend water consumption may be that tap or well water may be contaminated with microbes or nitrates. In some instances, there may be taste, color or odor problems associated with water. Is bottled water a health hazard? This is often linked with exercise and youth. Also, flavored, carbonated waters have become popular.

The frog does not drink up the pond in which he lives. It is not visible. If the amount on the screen looks skinny, add another handful of pulp. Increasing and decreasing the amount of pulp will affect the thickness of your paper. Stir the slurry with your hand to make sure the pulp is suspended in the water. If you are using a frame, place it on top of your screen and hold together. With both hands, dip the unit and screen into the tub at an angle under the screen. When the screen is completely under, slowly lift it out, keeping it as possible and catching the pulp on the surface of the screen. Hold the screen over the dishpan for a few minutes to let the excess water drain. Try not to shake the screen. Shaking with cause the paper pulp to slide. Quickly and carefully, flip the screen (with pulp on it) over onto a dry towel. Keeping everything in place, sponge the screen to soak up excess water from the pulp. (The sponge must be wet before doing this step.) Squeeze the excess water from the sponge into the slurry. Continue sponging until the paper seems fairly dry. Try not to scrub the screen. The pulp will stick to the screen and be more difficult to remove.

The frog does not drink up the pond in which he lives. The slurry separate, gently lift the screen from the paper. If the screen and paper pulp stick together, sponge off more water. If using a frame, lift it off at this time.

While the paper is still damp, it may be covered with a piece of cloth and ironed or you may air dry it. Just lift the paper from the towel and place it on newspaper to dry.

Clean up note: Do not put extra paper pulp down the drain. The drain will clog. Strain as much pulp out as possible with the slurry in the pan, gently lift the screen from the paper. If the screen and paper pulp stick together, sponge off more water.

The frog does not drink up the pond in which he lives. Almost everything we use requires water to make it. For example, 1,500 gallons of water are needed to manufacture one bowl of rice cereal, 39 gallons for wheat cereal and 19 gallons for one slice of bread. A typical fast food lunch with a burger, fries and soft drink contains 40 gallons of water. It’s easy to see why saving and recycling water is so important.

Almost everything we use requires water to make it. For example, it takes 39,000 gallons to manufacture an automobile. These following amounts of water are used by these daily activities:

- Dish washing (by hand) 10 gallons/meal
- Dish washing (dishwasher) 6 gallons/load
- Drinking water 10 gallons/meal
- Bathing 1 gallon/person/day
- Showering 5-6 gallons/minute
- Brushing teeth (water running) 2 gallons
- Brushing teeth (without water running) 1 gallon
- Flushing toilet (non-ultra-low-volume) 6 gallons
- Flushing toilet (ultra-low-volume) 1.6-2.5 gallons
- Clothes washing 5-10 minutes/load
- Yard watering 100 gallons/car

A world without water

Imagine you wake up one morning and no water comes from your faucet. Or, you are drifting aimlessly in a life raft on an ocean but cannot drink the salty water. Undesalted water is needed by all of us for survival. It is also used to grow, process and make all food. Did you know that 30% of water consumption goes to rice cereal, 39 gallons for wheat cereal and 19 gallons for one slice of bread? A typical fast food lunch with a burger, fries and soft drink contains 40 gallons of water. It’s easy to see why saving and recycling water is so important.

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- Yard watering 100 gallons/car

How much water do you use in a day? Add it up!

The frog does not drink up the pond in which he lives. —Native American Proverb (BPO)

Go drinking water a hand.

Recycle for homeless

We’ve all heard about the plight of the homeless in our country. In every major city, including Lincoln, we find people with no warm bed in which to sleep, no bathroom in which to bathe, no house to come home to. Caring people are trying to do something to combat this difficult problem. You and your family can join the effort! Cash in recyclables and donate the money to centers for the homeless. It may not add up to much, but every little bit helps! (ALH)
Family Living

Robert's remarks

I would like to take this opportunity to thank those clubs who have decided to recognize and continue for another year with FCE. Your support is greatly appreciated. Our organization has changed and will continue to change, but it still is a worthwhile organization and needs your continued support.

Our night at the Lincoln Community Playhouse will be Wednesday, April 24 at 7 p.m. Tickets for ordering tickets will be February 1, 1996. Plan to attend!

Thank you to all who attended Achievement Night and made it such a great success. Many awards were presented, we all enjoyed the delicious desserts and speaker Jim McKee was both educational and entertaining. A great evening!

This will be the last Roberta's Remarks column. It has been a privilege to serve as your county chair and your representative on the Extension Board. I would like to thank the officers who have served with me: Alice Doane, vice chair; Verna Deinert, secretary, and LaDonna Pankoke, as co-vice chair. Margaret Blacker is our new secretary and Donna Gill will be keeping books as treasurer. Congratulations and good luck to our new officers. I would like to thank you also to the many members who have supported me by attending council meetings, serving on committees, and helping whenever needed.

Once again, thank you everyone!

—Roberta Newburn, county chair

Holiday stain hints

Guidelines on removing some common holiday stains and still keep those linens at their best are:

1. Try to remove the stain as quickly as possible. Then forget about it, it is to remove. But up as much of the stain as possible. Do not rub the stain as it will cause surface damage to dyes and fibers.
2. Work on the stain from the reverse side to prevent the substance from penetrating and spreading. Read the care label and pre-test the stain remover on the concealed area.

To clean other specific spills:

• Beverages, including alcohol, soft drinks, tea, wine, egg-nog, coffee: sponge with cool water.
• Pre-treat remaining stain with a prewash stain remover, liquid detergent, detergent booster, liquid laundry detergent, granular laundry product and water. Launder using chlorine bleach, only if safe for fabric or an oxygen bleach.
• Candle wax: scrape off surface wax with a dull knife. Place between clean paper towels and press with a warm iron. Sponge remaining stain with cleaning fluid, blot with paper towels. Rinse. Launder in hottest water safe for the fabric.
• Chocolate: soak in cold water. Pre-treat remaining stain with a prewash stain remover. Launder the hottest water safe for the fabric. Use appropriate bleach safe for fabric.
• Cranberry sauce: wash in cool, sudsy water using appropriate bleach. If stain remains, soak 30 minutes in an enzyme pre-soak and relaxer.
• Greasy, grease and meat juice. Scrape off as much as possible with dull knife. Soak meat and cold water. Preheat and launder in hottest water safe for the fabric. Use appropriate bleach. (LB)

Caring for sterling silver

Tips on care to keep sterling silver looking its best:
• Store silver in tarnish-proof cloth or protect it with plastic.
• Look for a polish with a tarnish-preventing agent.
• Never wash sterling silver around sterling. It can leave tarnish-preventing agent.
• Sterling is generally dishwasher safe. However, manufacturers suggest removing and hand drying it after the wash cycle, since water tears can cause any metal left to air dry.
• If stainless touches sterling, it may leave a stain. Load them separately in the dishwasher.
• Hand wash hollow-handled knives because dishwasher may jolt the handles loose. (LB)

Sendings perishable mail order food

If you’re thinking of sending a mail order gift food this year, here are some food safety tips for sending perishable food gifts. Follow these tips are offered by home economists with the U.S. Department of Agriculture’s Meat and Poultry Hotline.

• Check with the company. Ask the company how the food will be processed. How the gift will be packaged. Should it be packed in foam or ice? How will it be cooled? If it’s a perishable item like meat or poultry, it should be cold packed with a cold source.

• Seek speedy delivery. Ask the company when the food will be mailed. If it’s a perishable item, it should be delivered as quickly as possible — ideally, overnight. Make sure perishable items and the outer package are labeled “KEEP REFRIGERATED” to alert the recipient.

• Ask about storage and preparation instructions. Will the food items come with storage and preparation instructions? Some mail order food items are of an unusual nature and some consumers may not know how to handle or prepare them.

• Arrange a delivery date. Tell the recipient that the company has promised a delivery date. Or alert the recipient that “the gift is in the mail” so that they order it to be removed. If a shipment will be home. Establishing the time gift. It must be given time gift. It must be given to your house for movies, popcorn, games, or to study. Keep an address book or phone number. It can be a reference to someone who has a child's friends. Ask your child's friends what they like to do... where they work... who their boy and girl friends are. Encourage your daughter or son to invite their friends over to your house for movies, popcorn, games, or to study.

Keep an address book or circle names in the phone book of just friends. Use telephone numbers and addresses. You may need them in an emergency.

Call the parent(s) of youth who are throwing a party. Maybe you can help and your concern can be relayed to your child and other parent.

It is important to learn to trust your adolescent once decisions have been made. Even though your children may make a major mistake, it is important for them to know that trust is not a one-time gift. It must be given time and time again. Children can only prove they are trustworthy by being given the freedom to make their own mistakes. Distraction simply breeds more distrust. If you keep trusting your teen, sooner or later the message will get through. (LJ)

Nebraska Association for Family & Community Education

January Leader Training

The January leader training for FCE clubs and other interested groups is scheduled for Thursday, January 4 or 7 p.m. The lesson “Leader, Know Thyself,” is Key to Success will be presented by Extension Educator Lorene Bartos and Saunders County Extension Educator Stanton. New way to look at your leadership skills and how to understand the role you play in an organization will be discussed.

Anyone interested in learning more about getting a job done and maintaining good group relations is invited to attend. Groups or individual not signed up through FCE should pre-register by calling Pam at 441-7180, so materials can be prepared. A leader’s guide and member’s materials will be available for those pre-registering. (LB)

February Leader Training

“What’s Going on Around You? Are You Safe?” is the February leader training lesson for FCE clubs and other interested organizations. It is planned for February 21, 1 p.m. Extension Educator Lorene Bartos will present the lesson.

With the increase of vandalism and violence in cities and rural areas one must be aware of their surroundings and protective measures to take to be safe. Tips and information on how one can increase awareness and help oneself and their neighborhood be more safe will be presented. Watch for more details in the January NEBLINE.

Groups or individual not signed up through FCE should pre-register by calling Pam at 441-7180, so materials can be prepared. A leader’s guide and member’s materials will be available for those presenting the lesson. (LB)

Gifts that don't cost a mint

Give gift certificates for:
• a batch of cookies in March
• a day of free babysitting
• window washing in the spring
• a calendar with an especially appropriate theme
• a box of all greeting cards
• invitation to an old fashioned, wintry roast—you specify the date, it could be in July
• Let your imagination roam.

Give the gift of self esteem:
• to increase your child's self-esteem: use plenty of praise encourage a variety of activities touch, pat and hug often smile at them, be positive, a positive manner spend time to get to know and understand your child better.

REFRIGERATED, open it immediately and check its temperature. Optimally the food should arrive frozen or partially frozen but ice crystals still visible, or at least, refrigerator cold to the touch. If perishable food arrives warm, notify the company if you think you deserve a refund. Do not return the food. If you remember, it’s the shipper’s responsibility to deliver perishable food in good condition. The customer’s responsibility is to have someone at home to receive the package.

Refrigerated or frozen perishable items immediately. Even if a product is partially defrosted, it can be returned within 30 days of purchase. Keep within there may be a slight loss of quality.

For more information about mailing perishable foods, call the USDA Meat and Poultry Hotline (1-800-535-7818), 9 a.m. - 3 p.m. CST. (AH)
Can your kitchen pass the food safety test?

What comes to mind when you think of a clean kitchen? Shiny, waxy floors? Gleaming stainless steel sinks? Spotless countertops and neatly arranged cupboards?

They can help, but a truly “clean” kitchen—is that, one that ensures safe food—roles on more than just looks. It also depends on safe food practices.

Food safety concerns revolve around three main functions: food storage, food handling, and cooking. To each, take this quiz, and then read on to learn how you can make the meals and snacks from your kitchen the safest possible.

Quiz

Choose the answer that best describes the practice in your household, whether or not you are the primary food handler.

1. The temperature of the refrigerator is:
   a. 50 degrees F (10 degrees C)
   b. 40 degrees F (4 C)
   c. I don’t know; I’ve never measured it.

2. The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:
   a. last night.
   b. medium.
   c. I can’t remember.

3. The last time the kitchen sink drain, disposal and connecting pipe in my home was sanitized was:
   a. last night.
   b. several weeks ago.
   c. I can’t remember.

4. If a cutting board is used in my home to cut raw meat, poultry or fish, food particles getting to be used to chop another food, the board is:
   a. wiped as is.
   b. wiped with a damp cloth.
   c. washed with soap and hot water and sanitized with a mild chlorine bleach solution.

5. The last time we had hamburgers in my home, I ate mine:
   a. raw.
   b. medium.
   c. well-done.

6. The last time there was cookie dough in my home, the dough was:
   a. made with raw eggs, and I sampled some of it.
   b. store-bought, and I sampled some of it.
   c. not sampled until baked.

7. I clean my kitchen counters and other surfaces that come in contact with food with:
   a. water.
   b. water and soap.
   c. hot water and soap, then bleach solution.

d. hot water and soap, then commercial sanitizing agent.

8. When dishes are washed in my home, they are:
   a. cleaned by an automatic dishwasher and then air-dried.
   b. left to soak in the sink for several hours and then washed with soap in the same water.
   c. washed right away with hot water and soap in the sink and then air-dried.
   d. washed right away with hot water and soap in the sink and immediately towel-dried.

9. The last time I handled raw meat, poultry or fish, I cleaned:
   a. setting them on the counter.
   b. placing them in the refrigerator.
   c. microcaving.

Answers

1. Refrigerators should stay at 40 degrees F (4 C) or less, so if you chose answer B, give yourself two points. If you didn’t, you’re not alone. According to Joseph Madden, Ph.D., strategic manager for microbiology in the Food and Drug Administration’s Center for Food Safety and Applied Nutrition, many people overlook the importance of maintaining an appropriate refrigerator temperature.

   “According to surveys, in many households, the refrigerator temperature is above 50 degrees F (10 C),” he said.

   His advice: Measure the temperature with a thermometer and, if needed, adjust the refrigerator’s temperature control dial.

   A temperature of 40 degrees F (4 C) or less is important because it slows the growth of most bacteria. The temperature won’t kill the bacteria, but it will keep them from multiplying, and the fewer there are, the less likely you are to get sick from them.

2. Answer B is the best practice; give yourself two points if you picked it.

   Hot foods should be refrigerated as soon as possible within two hours after cooking. But don’t keep the food if it’s been standing at a stable temperature for more than two hours. Don’t taste it either.

   Even a small amount of contaminated food can cause illness.

   Date leftovers so they can be used within a safe time. Generally, they remain safe when refrigerated for three to five days.

   If in doubt, throw it out, says FDA microbiologist Jeffery Robbins, noting “there isn’t enough of a food-borne illness for the small amount of food usually involved.”

3. If answer A best describes your household’s practice, give yourself two points. Give yourself one point if you chose B.

   According to FDA’s Madden, the kitchen sink drain, disposal and connecting pipe are often overlooked; but they should be sanitized periodically by pouring down the sink a solution of 1 teaspoon (5 milliliters) of chlorine bleach in 1 quart (about 1 liter) of water or a solution of commercial kitchen cleaning agent made according to product directions.

   Food particles get trapped in the drain and disposal and, along with the moistness, create an ideal environment for bacterial growth.

4. If answer C best describes your household’s practice, give yourself two points. Washing with soap and hot water and then sanitizing with a mild bleach solution is the safest practice, said Dhirendra Shah, Ph.D., director of the division of microbiological studies in FDA’s Center for food safety and Applied Nutrition.

   If you picked C, you’re violating an important food safety rule: never allow raw meat, poultry and fish to come in contact with other foods. Answer B isn’t good either. Improper washing, such as with a damp cloth, will not remove bacteria.

5. Give yourself two points if you picked answer C.

Please turn to page 12: Answers

“Tasty & Light”

Come taste lowfat cooking you and your family will enjoy!

A three-part weight management series cosponsored by EFNEP and Lincoln Housing Authority

Wednesday • January 17, 24, 31 • 1996
6:00 P.M. - 8:00 P.M.
Arnold Height’s Family Resource Center
4621 NW 48 Street

Give your family the gift of good health through good food.

We all want to be healthy, look and feel our best! Join members of your neighborhood and learn how to manage weight through healthy eating. Each session will include hands-on food preparation and a light meal. You will receive practical tips for lowfat cooking and eating, selecting foods at grocery stores and restaurants, understanding the food labels, modifying recipes, preparing healthy snacks, including fruits and vegetables, and staying fit.

Child care will be provided. Preregistration is required. Children may join us for the light meal. Cost for the three-part series, including the light meals is $10. Participants completing all three sessions will receive a $10 refund and a cook book featuring lowfat food tips.

The program is cosponsored by the Lincoln Housing Authority, Arnold Heights Family Resource Center, National 5-A-Day program and the Produce for Better Health Foundation. Call 470-0221 (Arnold Heights Family Resource Center) or 441-7180 (EFNEP) to register. A registration form will also be available in the January newsletter. Class size is limited, call today! (MB)

Catering as a Business workshop January 9

An all-day “Catering as a Business” workshop will be held Tuesday, January 9 at the Lancaster Extension Conference Center. The workshop will include information on catering business basics, pricing for profit; menu planning perspectives; catering safety issues; marketing your catering business; and insurance for your business. Call Alice Henneman (441-7180) for more information. (AH)

Healthy Eating

Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may help reduce your risk of cancer. The goal of the national 5-A-Day program, a collaborative effort between the National Cancer Institute and the Produce for Better Health Foundation is to increase the per capita consumption of fruits and vegetables in the United States from the current average of 2.5 - 3 servings a day to 5 servings a day by the year 2000.

Each month for the next year, we’ll be sharing a fruit or vegetable recipe from the 5-A-Day program.

Raisin Power Pizza

1 flour tortilla
1 tablespoon lowfat cream cheese
1 teaspoon honey
1/4 cup raisins
1/2 cup diced apple
1/2 teaspoon cinnamon sugar
1/2 teaspoon cinnamon sugar mixed with a dash cinnamon

In small bowl, mix cream cheese raisin mixture on 350 degrees F until crisp, about 3 minutes, turning over to lightly brown both sides. In small bowl, combine cream cheese and honey. Stir in raisins and apple. Spread mixture on tortilla and sprinkle with cinnamon sugar. Serve OR return to oven and bake 1 to 2 minutes until warm. Cut in quarters and serve. Makes 12 servings.

This recipe is provided by the California Children’s 5-A-Day Campaign and Sun Maid Growers of California.

For an additional dozen 5-A-Day recipes (new and different recipes from last month), send a self-addressed, stamped envelope to: 5-A-Day Recipes; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherry creek Road; Lincoln, NE 68508-1507. (AH)
4-H Bulletin Board

4-H & Youth

Poultry essay contest

Middle school and senior high students are eligible to submit essays for the 4-H Poultry Essay Contest sponsored by the Midwest Poultry Federation. Essays must answer the question, "Describe three specific job opportunities available within today's poultry industry." Each essay should be 500 words or less.

EIGHT THOUSAND EXHAUSTED CHICKENS

Eight cash prizes will be awarded for the top essays: 1st prize—$300, 2nd prize—$150, 3rd prize—$75, 4th prize—$50, and four honorable mentions of $25 each. Each school must submit 12 entries. The essays will be judged in four categories: (a) enthusiasm, (b) grammar, (c) insightfulness about the poultry industry, and (d) technical accuracy.

The essays are due by December 31, 1995. Winners will be announced at the January 1996 session of the Midwest Poultry Federation Annual Convention.

Helping your child write a book

Reading with children and taking weekly trips to the library for new books and adventures are some of the finest gifts you can give youth. But children love to take part in a local Enrichment project. Teachers who participate in the Embryology project are given each year to be used at any time during the school year. For very young children who can’t write by themselves, you don’t need to write down what they tell you. Use capital and small letters so it looks like book print. Encourage them to draw pictures to illustrate their ideas. Or they may cut pictures from old newspapers and magazines. Tie or staple the pages together and share these simple creations with others.

Hatching chicks encourages student responsibility

Enrichment Embryology project.

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Enrichment Embryology project.
Outstanding 4-H clubs

The Lincoln Center Kiwanis Club sponsors three outstanding 4-H club awards each year. The awards are based on number of members in a club and are given points for each county fair entry. The following clubs were honored this year at Lancaster County’s Outstanding 4-H Clubs:

The Country Pals 4-H Club (right) is located in the Walton area of Lancaster County. Bonnie Lamke has been the leader of the club for 5 years and works hard to get the club involved in a variety of activities and projects. With a long line of parents and grandparents, the Country Pals are very deserving of the outstanding club award.

The Happy Go Lucky 4-H Club (right) has three things to be proud of: they are the oldest club in Lancaster County with 52 years, they have the most members over 45 and they are an outstanding 4-h club. Ron Dowding has led the Bennet area club for 14 years and they have earned all of these honors. Congratulations! (LJ)

Lincoln Center Kiwanis Club Scholarships Kristina Grage and Ruth Vahle

Jonathan Milligan Backes Scholarship Tom Mueller

Teen Council Scholarship Aaron Schepers

4-H Council Scholarships Jayme Grundman, Kim Vance, Laura Schepers, Amy Juricek (LJ)

4-H & Youth

...what we’re about

Nebraska State 4-H Leaders Forum
February 2 & 3, 1996
Ramada Hotel, Lincoln, NE

More information and registration booklets are available in local Extension offices. Registrations due January 17, 1996.

Full registration is $55. Part time registration break down is available. Hotel accommodation: Ramada Hotel $55 per room. So come when you can. (LJ)

Farm Credit eager to help youth with 4-H and FFA Projects

Farm Credit Services of the Midlands is providing up to $10,000 per lending office to fund local 4-H, FFA or other youth projects. Loans of up to $1,000 per individual are available to be used for production projects that will be repaid within an annual production cycle, including feeder steers, feeder hogs and feeder lambs. Other types of projects will also be considered.

Because credit and financing is such a large part of today’s agriculture operations, the Farm Credit Services Youth in Agriculture program is intended to give young producers practical experience in how loans are made, the credit factors involved in agricultural lending and matching production with loan repayment. Participants will actually go through the steps necessary in applying for a loan and work with Farm Credit loan officers to create a business plan for their individual project or projects.

Youth in Agriculture funds are available from October 1 through April 1. For more information, please contact your local Farm Credit Service lending office. Applications will be handled on a first come, first served basis and will be available until the local $10,000 allocation is depleted. (LJ)

Scheppers & Siffring honored for “gifts”

Marilyn Scheppers and Don Siffring were honored for their “gifts” of service to the 4-H program at the Annual 4-H Celebrations, November 7, 1995.

Marilyn was the recipient of the Alumni Award, an award given to outstanding 4-H alumni who have continued to make service to the 4-H program a high priority as adults. Lorene Bartos, Extension educator said, “Marilyn is an outstanding example of someone who has shared her expertise, time and talents with others. She has served as a 4-H leader for 15 years and her involvement on the county level is unending. She has served on numerous VIPS committees, as Teen Council sponsor, as a Key Leader, 4-H Honors Banquet Chair, and county fair superintendent. She has also provided active leadership on the state level and has chaired the State Leader Forum, served on numerous state committees and is an avid state fair volunteer.” Bartos further states, “Her dedication and support of the 4-H program is unending, she is willing to go the extra mile always to assist youth and adults in making the best better.” Youth, staff and our community have been greatly enriched through her dedication.

Scholler Mixon, Waverly, said, “The Meritorious Service Award is presented to individuals or organizations that show strong support of the 4-H program over time. It is expected that service connected with this award go beyond the local community. Don Siffring, a long time supporter of 4-H and Cooperative Extension was this year’s recipient. Don has volunteered for many activities relating to 4-H youth and adults and frequently has gone the extra mile to accommodate our needs. Through Lincoln Center Kiwanis Club, he has been a key contact for 4-H activities ranging from Kiwanis Karnival to scholarships. The Arboretum at the Eastern Nebraska 4-H Center has benefited from his many hours of volunteer service and the tractor safety program that he was instrumental in developing, still provides certification for youth in Lancaster and surrounding counties. Professionally, he has been a friend to Extension through collaborative activities in the area of youth injury prevention. Don is a strong advocate for 4-H and gives whatever time and talents he can to make the program grow and meet the needs of today’s youth.

The staff and volunteers of Lancaster County are proud to honor these exceptional individuals and thank them for their service to youth.

4-H members are winners!

Several outstanding, 1996 graduating 4-H members were awarded scholarships and special recognition at the 1995 Lancaster County 4-H Celebration on November 7, 1995. Many applications were received for the awards and the judges decisions were difficult. It is obvious that 4-H and excellence go hand-in-hand. We congratulate the following winners:

Outstanding 4-H Member
Charles Parrott

Lane Community Scholarship
Paul Donald

Havelock Business Association Scholarship
Crystal Nelson

Lincoln Center Kiwanis Club Scholarships
Kristina Grage and Ruth Vahle

Jonathan Milligan Backes Scholarship
Tom Mueller

R.B. Warren Horse Scholarship
Angie Kruml

4-H Teen Council Scholarship
Aaron Schepers

4-H Council Scholarships
Jayme Grundman, Kim Vance, Laura Krenk, Aaron Scheppers, Amy Juricek (LJ)

4-H offers solutions to youth crisis

Q: How does 4-H combine fun with learning “real-world” skills?
A: While youth in 4-H develop important life skills, they gain opportunities to expand their world by forming new friendships, and exploring individual interest areas. Apathy is replaced with hope as youth get a glimpse of a positive future through exposure to new people, ideas and activities. 4-H offers young people nurturing, safe environments in which to grow, to their fullest potential.

Q: How can I find out more about 4-H?
A: Call one of our 4-H staff at the Lancaster County Extension Office and we’ll be happy to introduce you to the world of 4-H. Our number is 441-7180.

Camp staff wanted

Each year, staff is hired to work the summer at the Eastern Nebraska 4-H Center. Graduating seniors and college students are eligible to apply for these paid positions. Applications are available at the Extension office and due by January 2, 1996. Camp counselor applications are due later in the year. Watch for that announcement in a future edition of Nebrarue. (LJ)
Giving

learned to be independent and go on its own. Bonnie and Ted were among the most dynamic leaders, is an active VIPES committee member and is often consulted by the 4-H staff. She is a mother of two, and her husband, Mark, is a nurse practitioner. The couple has three children, Clothé, Bryce and Connie. In addition to their own activities, they also help with other 4-H projects.

Bonnie, as typical of many of our 4-H leaders, is a resourceful, hardworking person who is able to offer her skills and knowledge to those in need. Her enthusiasm and energy are contagious, and her dedication to the 4-H program is evident in everything she does. She is an inspiration to young people everywhere, and her impact on our community cannot be overstated. For these reasons, we proudly announce Bonnie as one of our Outstanding 4-H Volunteers.

Language: it can be confusing

LaDeane Jha
Extension Educator

Nagoya is it is a pig. And why is that writers write but fingers don’t fing, grocers don’t groce and horses on hot a hot one. Because of its being, why is it, you plural of you, two, meese? One index, two indices? Doesn’t it seem crazy that you can write an index without an index? And, when you put two, three bushel of odds and end and get rid of all but one of them, what do you call it?

If teachers taught, why didn’t the preachers preach? If a vegetarian eats vegetables, what does a humanitarian eat? If you wrote a letter, perhaps you bote your tongue.

Perhaps we all need to be a little more cautious about the confusing language we call English. And how it works to provide Nebraska with the energy it needs. Excellent questions and interesting statements as we began to understand customer demands, resources available, regulations and control of NREPP. The atmosphere is exactly what we needed prior to our second day of the seminar.

One early morning motorcoach ride took us to the Gerald Willow County, Mr. Tom Milner, Upper Reclamation, Mark Twain: “Put all your eggs in one basket and watch the basket.”” It’s a good piece of advice, watching eggs in one basket may be more risky than moving forward on the path you’ve never considered before. The history books are filled with lessons of what happens when people, organizations and nations choose blindness to the forces of coming change. When people and groups... are afraid of failure, they tend to fail and to fail to lose their existing identity... they are usually more prone to failure. Kenneth Judd is an organizational researcher. Tom Peters warns us that predictability is a thing of the past and all bets are off. In Thriving on Chaos he seems to have ended the discussion of... success. Perhaps by declaring there are no excellent companies. He proposes revising both the success conditions. If it’s broke, don’t fix it... to “If it ain’t broke, you just haven’t looked hard enough. Fix it anyway.”

As leaders we can’t wait for the perfect day, the perfect tool, the perfect organization, we must rid ourselves of fears and decide to be confident and bold according to the policies. The NEBLINE, according to the publication “Rural Facts,” April 1995, small businesses have a good success rate. This flies in the face of popular belief. After eight years 80% of small businesses still operating according to Research and Training Center on Rural Rehabilitation and Education. It is now widely accepted that 50% of all new businesses failed within the first year, 70% were in business by the second year, or that 80% had failed by the fifth year. People considering self-employment must think they are... others? For many, self-employment is an option that may increase their quality of life, modern way of life, retirement, etc. Self-employment is a form of long-term... self-employed versus 7.8% of the income levels. The percent of the... store owner. Can you think of others? For many, self-employment is an option that may increase their quality of life, modern way of life, retirement, etc. Self-employment is a form of long-term... self-employed versus 7.8% of the

Self-employment facts

LaDeane Jha
Extension Educator

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Biographical Information

The following is a brief profile of the candidates for the Lancaster County Extension Board compiled from the candidates’ applications for a position on the Board of Directors.

Deborah A. Caha, Cerese 
Farmer, wife, Systems Analyst and Administrator of the AS/400 computer system for the Nebraska Department of Roads, member of Lancaster County 4-H Horse VIPS Committee.

Why do you wish to be elected to the Lancaster County Extension Board? 
I would like to be involved in the promotion, establishment, and maintenance of the educational programs and services offered by the Extension Service. I believe these programs are a valuable commodity in our county for both adults and youth. I would like to be active in the process of making them available to everyone.

Please list any particular expertise you feel you can bring to Extension?
“I have been employed by both the federal and state governments in the Department of Agriculture which makes me familiar with the programs and services they offer. Along with working for the Department of Agriculture, I have been a part of our family farming operation for the past 15 years. We have a farrow to finish swine operation, horses, and have had cattle. We raise crops of corn, soybeans and hogs. Our children have been 4-H members for the past 5 years which makes me familiar with the youth program offered through Cooperative Extension.”

Doug Nagel, Davey 
Farmer, member of Nebraska Grain Sorghum Producers Association, Nebraska Soybean Producers Association and Branched Oak J.C.’s.

Why do you wish to be elected to the Lancaster County Extension Board?
I have been involved in the Lancaster County Extension Board. I think that I bring a broadened perspective from a family farming operation, as they relate to agricultural needs. I would also like to be 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?
“As a farmer, I hope to share my knowledge for setting a budget, efficient allocation of money, working with people and providing information to help the needs of rural Lancaster County.”

Lynette R. Nelson, Davey 
Farm wife and a registered electrodiagnostic technologist with 20 years experience in the medical field. Involved with several research pilot projects during past 6 years as a member of the “Key Personnell” for the Center of Ergonomics & Safety Research Team sponsored by the Department of Industrial Management Systems, UNL Engineering.

Why do you wish to be elected to the Lancaster County Extension Board?
“Being involved in agriculture, various 4-H committees, research projects and working with youth, I understand the need that Extension programs meet the needs of adults and youth, as well as rural and urban residents of the county. I feel that I would be a team player in helping the Lancaster County Extension Board meet those needs.”

Please list any particular expertise you feel you can bring to Extension?
“My experience working with the county Extension programs during the past 15 years has given me an insight of the issues affecting youth programs now and in the future. Having served as superintendent of the Lancaster County Fair Sheep Division and as president of the 4-H Council, I understand the need for developing meaningful education programs which teach kids how to properly treat and care for animals. I also have experience of serving four years as a member of the Lancaster County Fairboard which is responsible for all county fair activities.”

Dean C. Lesoing, Hickman 
Farmer and dairy producer, auctioneer, Hickman Area Chamber of Commerce and Firth Cooperative Company Board of Directors.

Why do you wish to be elected to the Lancaster County Extension Board?
“I have utilized the services of Cooperative Extension for several years and would like to give a little of my time back to Extension by serving on the Lancaster County Extension Board. I think that I can be an effective board member by bringing a broad perspective from a wide variety of Lancaster County residents to the Extension program. It is important to deliver current and useful Extension programs to our people. These programs need to remain in the general scope of the Extension mission; but should be selected to benefit a majority of the citizens of the county.”

Please list any particular expertise you feel you can bring to Extension?
“My background in both production agriculture and business allows me to bring a broadened perspective to the board from several angles. In a diverse county such as Lancaster County, we need to develop programs for a wide variety of people and it is important to deliver these programs effectively and efficiently.”

Official Lancaster County Cooperative Extension Ballot 
(Voting information on this page)

Vote for total of 3 candidates with at least one from each district.

North District

- Deborah Caha
- Doug Nagle
- Lynette Nelson

South District

- Ronald Dowding
- Dean Lesoing
- James Stewart

Lancaster County residents are urged to vote for directors of the Lancaster County Extension Board. The Extension board is a nine-member group elected to represent citizens of Lancaster County. Annually elections are conducted to replace board of directors who have completed two-year terms.

The Extension Board of Directors provide overall direction for University of Nebraska Cooperative Extension programs in Lancaster County. Monthly board meetings are held to help administer appropriated funds, assist Cooperative Extension staff with educational program direction and maintain linkages with the Extension program. Extension board members are elected by a majority of Lancaster County Commissioners and University of Nebraska Cooperative Extension.

Any legal resident of Lancaster County who is of legal voting age may cast a ballot. Written-in candidates are also eligible for election. All ballots must be received or postmarked no later than December 18, 1995 at the Lancaster County Extension Office.

This ballot may be duplicated. Additional ballots are available, free of charge, through the Lancaster County Extension Office, 444 Cherry creek Road, Lincoln, NE 68528. All completed ballots should also be returned to the above address.

Complete the voter declaration section on the top of the ballot. The declaration section will be removed by the election clerk for voter registration purposes. All ballots are confidential. You may vote in person at the county Extension office during official office hours Monday, December 4, 1995 through Monday December 18, 1995.

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

Name ________________________________
City _____________________________ State ZIP code __________________

This ballot may be duplicated. Additional ballots are available, free of charge, through the Lancaster County Extension Office.

Elected to the Lancaster County Extension Board? Lincoln Farmer, part owner of L.P. Stewart & Sons trucking service for rock, gravel and ag. lime, assistant for the Nebraska Farm Business Association, LEAD fellow with LEAD 13 group and member of Board of Directors for LEAD Alumni Chapter.

Why do you wish to be elected to the Lancaster County Extension Board? “Because Lancaster County Cooperative Extension is an important and valuable part of our community, I would like to help guide the Extension programming into the next century.”

Please list any particular expertise you feel you can bring to Extension?
“I have been involved with Extension through various marketing and farm management programs, the soybean and feed grain profitability project, and a visioning session for future Extension programming. Being self-employed for 25 years, I have had many opportunities to work with budgets and personnel under both good and bad circumstances.”
**The NEBLINE**

**Notice**
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise.

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**In order to best serve our subscribers, this form will appear in**

**THE NEBLINE**
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**NEBLINE FEEDBACK FORM**

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:
1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

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**Story Idea(s)**

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GARDEN Gossip Hotline .............................................. 441-7179
COMPOSTING Hotline ................................................ 441-7147

**OFFICE HOURS:** 8 a.m. to 4:30 p.m. Monday-Friday

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**Extension Calendar**

**December 4**
4-H Council Pot Luck, Thorp's

**December 5**
4-H Honors Banquet .................................................. 7:00 p.m.

**December 8**
Eastern Nebraska Crop Production Day & Machinery Expo ................................................................. 9:00 a.m.

**December 7**
Termite Control Workshop, Sarpy County ........................................... 6:30-9:30 p.m.

**December 8 & 9**
Returning to the Farm

**December 9**
Fair Board Annual Meeting ........................................... 9:00 a.m.

**December 10**
Teen Council Meeting .................................................. 3:00-5:00 p.m.

**December 11**
Extension Board Meeting .............................................. 7:00 p.m.

**December 12**
4-H Shooting Sports meeting

**December 15**
Clover College Proposals Due

**December 19**
Agricultural Activities & Accomplishments, Cornhusker Hotel ......................................................... 8:30 a.m.-4:30 p.m.

**December 31**
Poultry Essays Due

**January 3**
Camp Staff Applications Due

**January 4**
"Know Thyself" is Key to Success" FCE Leader Training .................................................. 1:00 or 7:00 p.m.

**January 9**
Catering as a Business workshop

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**Answers**

The safest way to eat hamburger is to cook them until they are no longer red in the middle and the juices run clear. That doesn’t happen with rare-cooked meats, and it may not happen with medium-cooked ones. Cooking food, including ground meat patties, to an internal temperature of at least 160 degrees F (71 degrees C) usually protects against food-borne illness. Well-done meats reach that temperature.

For microwaved food, follow directions, including the standing time, either in or out of the microwave, after cooking. Microwave cooking can create pockets of heat in the food, but allowing the food to stand before eating allows the heat to spread to the rest of the food.

6. If you answered A, you may be putting yourself at risk for infection with Salmonella enteritidis, a bacterium that can get into shell eggs. Cooking the egg or egg-containing food product to at least 140 degrees F (60 degrees C) kills the bacteria. So answer C—eating the baked product—will earn you two points.

You’ll get two points for answer B, also. Foods containing raw eggs, such as homemade ice cream, cake batter, and egg nog, carry a Salmonella risk, but the commercial counterparts don’t. Commercial products are made with pasteurized eggs (eggs that have been heated sufficiently to kill bacteria), and may contain an acidifying agent that kills the bacteria. Commercial preparations of cookie dough are not a food hazard.

If you want to sample homemade dough or bake or eat other foods with raw-egg-containing products, consider substituting pasteurized eggs for raw eggs. Pastedurized eggs are usually sold in the grocer’s refrigerated dairy case.

7. Answers C or D will earn you two points each; answer B, one point. According to FDA’s Madden, bleach and commercial kitchen cleaning agents are the best sanitizers—provided they’re diluted according to product directions. They’re the most effective at getting rid of bacteria. Hot water and soap does a good job, too, but may not kill all strains of bacteria. Water may get rid of visible dirt, but not bacteria.

Also, be sure to keep dishcloths and sponges clean because, when wet, these materials harbor bacteria and may promote their growth.

8. Answers A and C are worth two points each. There are potential problems with B and D. When you let dishes sit in water for a long time, it “creates a soup,” FDA’s Madden said. “The food left on the dish contributes nutrients for bacteria, so the bacteria will multiply.” When washing dishes by hand, he said, it’s best to wash them all within two hours. Also, it’s best to do dry-them-so-you-don’t-handle-them while they’re wet.

9. The only correct practice is answer C. Give yourself two points if you picked it. Wash hands with warm water and soap for at least 20 seconds before and after handling food, especially raw meat, poultry and fish. If you have an infection or you’re feeling ill, wash your hands, wear rubber or plastic gloves. Wash gloved hands just as often as bare hands because the gloves can pick up bacteria. (If washing gloved hands, you don’t need to take off your gloves and wash your bare hands, too.)

10. Give yourself two points if you picked B or C. Food safety experts recommend thawing foods in the refrigerator or the microwave oven or putting the package in a water-tight plastic bag submerged in cold water and changing the water every 30 minutes. Changing the water ensures that the food is cool enough for an important factor for slowing bacterial growth that may occur on the outer thawed portions while the inner areas are still thawing.

When microwaving, follow package directions. Leave about 2 inches (about 5 centimeters) between the food and the inside surface of the microwave to allow heat to circulate. Smaller items will defrost more evenly than larger pieces of food. Foods defrosted in the microwave oven should be cooked immediately after thawing. Do not thaw meat, poultry and fish products on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.

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**RATING YOUR HOME’S FOOD PRACTICES**

20 points: Feel confident about the safety of foods served in your home.

2 to 19 points: Reexamine food safety practices in your home. Some key rules are being violated.

1 points or below: Take steps immediately to correct food handling, storage and cooking techniques used in your home. Current practices are putting you and other members of your household in danger of food-borne illness.

Source: Paula Kurtzweil, October 1995, FDA Consumer. (AH)