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## The NEBLINE, February 1995

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# The NEBLINE

University of Nebraska Cooperative Extension  
Lancaster County

February 1995  
Vol. VIII, No. 2

Horticulture ■ Rural Sense ■ Family Living ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

## Are we trashing our children's environment?



The Environmental Defense Fund estimates that in the U.S., each person generates an average of one ton of waste each year (about twice the amount for other industrialized countries). That is 243 million tons of waste with a severe shortage of places to put it or methods for processing it. Incineration can endanger air quality. Burial or ground dumping can lead to contaminated soil, groundwater and waterways. Ocean disposal may threaten marine ecosystems and the food chain, and increase risk of poisoning seafood.

- **Toxic waste:** Most common cleaning products contain chemicals which pose danger to our natural resources when poured in the drain, flushed down the toilet, incinerated or buried in landfills. As much as 25% of all toxic waste originates in individual households.

- **Newspapers:** Every Sunday more than 500,000 trees are used to produce 88% of the newspapers that are never recycled.

- **Glass bottles and jars:** We throw away enough glass bottles and jars to fill the 1,350 foot twin towers of New York's World Trade Center every two weeks.

- **Aluminum:** American consumers and industry throw away enough aluminum to rebuild our entire commercial air fleet every three months.

- **Paper:** We throw away enough office and writing paper annually to build a wall 12 feet high stretching from Los Angeles to New York City.

- **Plastic bottles:** Americans go through 2.5 million plastic bottles every hour, only a small percentage of which are now recycled.

- **Leaves and grass clippings:** Every year we dispose of 24 million tons of leaves and grass clippings, which could be composted to conserve landfill space.

- **Disposable diapers:** In the United States, Americans throw out 18 billion dirty disposable diapers a year, an amount that could stretch back and forth to the moon seven times. Disposable diapers can take as long as 500 years to decompose in a landfill.

Source: *Healthy Mothers, Healthy Babies, Fact Sheet No. 7 (SE)*

## Ambassadors are leaders



LaDeane Jha  
Extension Educator

Johnny Carson, Rosalyn Carter, Reba McEntire, Orville Redenbacher and Herschel Walker—what do they have in common? They are recognized leaders in highly diverse public arenas. They also have common roots in 4-H. Who are Charlie Parrott, Crystal Nelson, Amy Vandewalle, Aaron Schepers, Jason Minchow, Kim Vance, Laura Krenk, Courtney Fortner, Jayme Grundman, Amy Juricek and Ruth Vahle? They are the next generation of celebrities and leaders gaining lifelong leadership skills through 4-H and Cooperative Extension programs in Lancaster County.

They are our 4-H Ambassadors—a group of high school teens chosen for their communication and leadership qualities. To become a 4-H Ambassador, these youth have submitted a résumé and been interviewed by a group of community professionals. The skills they bring with them have been acquired through a wide variety of 4-H experiences. Most of our ambassadors have taken

leadership roles in their 4-H clubs, been members of the 4-H Teen Council, and acted as junior 4-H club leaders. Many of them have participated in National 4-H Citizenship Washington Focus (CWF), a program designed to promote awareness of the way in which government works and to encourage active community participation.

Community service is an essential component of all 4-H activities. Ambassadors have spent many hours in activities such as visiting nursing homes, making toys for hospitals, working at the zoo and cleaning communities. They have often been to 4-H camp, become camp counselors-in-training, and then returned to 4-H camp to become camp counselors. All of these outstanding young people have developed skills in gradually expanding roles over their years in 4-H. Through experiences such as giving demonstrations, 4-H speeches, interview judging, and teaching others, they are now ready to represent 4-H in the community with a wide range of skills.

Do we have another Johnny Carson in our midst? It's a possibility. Ambassadors got a

taste of what it would be like to be a celebrity during a state 4-H sponsored ExpoVisions workshop last year. A 4-H version of the popular television show, "Wheel of Fortune" gave these young people an opportunity to write, produce, run cameras and act. As they polished the skills they learned from innumerable experiences in 4-H, they were exposed to career possibilities and given a chance to "strut their stuff." Experiences such as these are the core of the 4-H Ambassador program. Radio public service announcements, television shows, interviews and opportunities to host international guests are just a few of the chances ambassadors have to practice their skills.

Although not every youth in 4-H can become a nationally-known celebrity, they all develop skills that make them leaders in their schools and communities. They are constantly evolving, personifying the 4-H motto: "To make the best better." Leadership—a lifelong skill that you never outgrow.

Applications (see page 9) to join the next group of Lancaster County 4-H Ambassadors are due March 1, 1995.

## Reframe the negative into a positive!



Many problems that arise in families and many faults that we see in ourselves and others are really positive qualities that have been carried to the extreme. This extreme is generally experienced as negative. A family can

redefine many of these negative aspects through a process of reframing. For example, Are you a stingy person or just extremely thrifty? Is your child loud and out of control or simply enthusiastic?

Very often those qualities that we reinforce in families become

"self-fulfilling prophecies." Thus, it becomes important to have them work for the good. If you see another person in terms of goodness and then share this view, this reframes the relationship and redefines it in positive terms.

Here are just a few examples:

EXTREMES	REFRAMED
wastes money	generous
talks too much	likes to share with others
bossy	a leader
messy, into things	curious
won't follow rules	creative/innovative
too picky	attends to details
interfering/nosy	interested/concerned
domineering	has strong opinions
stubborn	determined
fragmented	multifaceted/talented
shy/timid	self-contained
meek	gentle/mild

Consider each member of your family and pick some of these or choose some others that are appropriate to describe their extremes. Then, spend some time reframing them into positive attributes. This is an opportunity for members of a family to rethink the way they view a person and to learn to focus on the positive. Through activities such as this, families learn to appreciate one another and recognize the positive, the good and the beautiful. When appreciation is both given and received, the quality of human interaction is improved.

Make a family New Year's resolution to accentuate the positive this year and to reap the benefits of healthy self-concept, loving caring relationships, and enhanced family wellness and commitment. (LJ)

## 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

"1994 Crop Insurance Reform Act"—page 3



### Natural Resources and Environmental Management

"Disposal of Waste/Illegal Pesticides"—page 4



### Children, Youth and Families

"Reframe the Negative Into a Positive"—page 1



### Nutrition, Food Safety and Quality

"EFNEP . . . Create-A-Cassarole"—page 7



### Strengthening Lancaster County Communities

"Ambassadors are Leaders"—page 1

## "Helping you put knowledge to work"

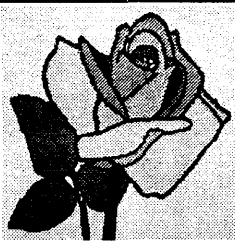


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## Horticulture

### February garden hints



- Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coreopsis, asters and lilies.
- Check stored bulbs, tubers and corms. Discard any that are soft or diseased.
- Don't remove mulch from perennials too early. A warm day may make you think spring is almost here; but, there may be more cold weather yet to come.

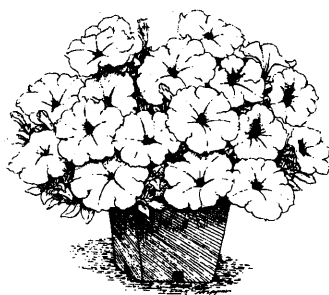
- Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.
- Branches of forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches. Place the stems in a vase of water. Change the water every four days. They should bloom in about three weeks.
- Late winter is the time to prune many deciduous trees. Look over your plants now. Remove dead, dying or unsightly parts of the tree—including sprouts growing at or near the base of the tree trunk and any crossed branches.
- If bird feeding has been a favorite activity this winter, order trees and shrubs that provide cover and small fruits for your feathered friends. Consider species such as crabapple and hawthorn which can help lure hungry birds from cultivated fruits, if planted on the opposite side of the yard.
- Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.
- This year, plan to grow at least one new vegetable that you've never grown before; it may be better than what you are already growing. The new dwarf varieties on the market, that use less space while producing more food per square foot, may be just what you're looking for.
- Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.
- Don't start your vegetable plants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growing species such as cabbage. Eight weeks allows enough time for the slower-growing types such as peppers.
- Prune fruit trees and grapes in late February or early March, after the worst of the winter cold is passed, but before spring growth begins.
- Fertilize fruit trees as soon as possible after the ground thaws—before blossom time.
- Late February is a good time to air-layer such houseplants as dracaena, dieffenbachia and rubber plant, especially if they have grown too tall and leggy.
- Check all five growing factors if your houseplants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.
- Repair and paint window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use. (MJM)

## They're here! All-America Selection winners for 1995



Each year the All America Selection (AAS) introduces

new varieties of plants that have won AAS awards. This year, all three award winners are flowers. They are excellent and worthy of being grown in your gardens. These AAS Award winners will be available from seed catalog companies and garden centers.



Petunia F1 "Celebrity Chiffon Morn"



Petunia F1 "Purple Wave"



Rudbeckia hirta "Indian Summer"

carpet aptly describes this new plant. The plants produce 2-inch single flowers and bloom throughout the growing season.

Rudbeckia hirta "Indian Summer" produces large, 6- to 9-inch yellow blooms. These plants reach 3 to 4 feet tall when mature and make an excellent cut flower. This flower blooms freely all summer in a full sun location. The plants prove to be relatively disease-free and pest-free in the garden.

Plan to enjoy these attractive flowers in your landscape this year. (MJM)

## Seed, glorious seed

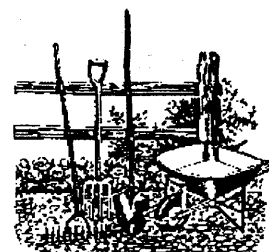
Seed is the least expensive component of gardening, so it makes good sense to buy the best quality seed you can obtain.

Start with the packet. The packet usually gives you a great deal of information about how to grow the seed successfully. Whether you purchase the seed packet from a retail store or a mail order catalog, the packet is the first place to look for guidance.

Always read the seed packet to check the "freshness date." This usually appears as "Packed for 1995" or words to that effect. Older seed, unless it has been carefully stored under optimum temperature and humidity conditions, will not have as high a germination rate as fresher seed.

It is best to start with fresh seed. The seed packet should give an indication of germination rate as well as the year for which it was packaged. The germination rate is usually given as a percentage such as "Germination: 86%." This means that for every 100 seeds sown and cared for, 86 of them will germinate. Germination rates are determined by the seed companies and are an average of germination tests they conduct. Your seed may actually have a higher or lower germination rate; but, it should be very close to the rate given on the packet. (DJ)

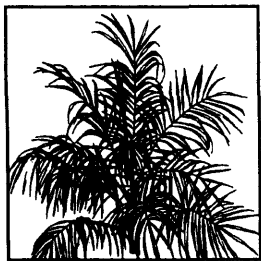
## GARDEN GOSSIP HOTLINE



441-7179

Accessible from any phone

## Accent rooms with indoor trees



The houseplant is usually a small, well-kept foliage or flowering plant sitting on the window sill. But, many of our common houseplants are full-scale trees in their native habitat. If space is available, large specimens of these plants can be used as indoor trees. Specialty plant stores often have access to large plants that can be used as effective room accents—or, you might consider growing your own.

The date palm can grow up to 100 feet outdoors; but, a 5-foot specimen is ideal for indoors. Plants set on a pedestal have a definite tree effect. For optimum growth, place them near any sunny east, south or west window, or add supplemental light. Room temperatures between 62 and 75° F and moderate humidity are ideal. When old fronds turn yellow, remove them at the trunk with a sharp pruning tool to maintain an attractive stem.

There are several types of Ficus that can provide a wide variety of large specimen plants that quickly grow into tree-form.

The fiddleleaf fig produces leathery, deep green leaves about 15 inches long, with crinkled margins on stout stems. The common rubber tree produces slightly smaller, 6- to 11-inch leaves that are bright olive-green with a touch of red along their straight margin. Well-branched specimens of either plant form trees with little effort.

Both the fiddleleaf fig and rubber plant respond well to bright, sunny locations and often drop foliage if light levels drop. Supplemental artificial light will help maintain foliage quality, as will uniform soil moisture. As with the palms, temperatures of 62 to 75° F and moderate humidity are helpful.

The weeping fig, another Ficus, probably has the greatest potential for becoming a satisfactory indoor tree. As the plant matures, it branches freely and develops a spreading, tree-like form similar to outdoor landscape trees.

Rapid changes in a weeping fig's environment often causes severe leaf drop. Some leaf drop is normal after the plant is brought home. The severity of the drop can be reduced by making certain the plant receives plenty of bright, daytime light and adequate water.

Rapid changes also may trigger leaf drop after the plant is established, so it is important to be consistent in your treatment of the plant. Washing foliage regularly with a damp cloth will maintain good plant health.

Citrus plants (orange, lemon and grapefruit) 7 to 8 feet tall create tree-like shapes as they branch freely to develop a full crown of foliage. Their waxy, bright green leaves are several inches long and remain on the plants all year. Under the right cultural conditions, these plants may produce creamy white, sweet-scented flowers and colorful, edible fruit in season.

Like all flowering plants, citrus plants need plenty of sun, so putting them in an eastern or southern window works well. They need to be kept warm in the winter with temperatures between 62 and 72° F.

If you have a vacant corner or bare wall, consider one of these large foliage plants to add color, variety and interest during the year. When summer arrives, these indoor trees can be moved to your outdoor living space, where they will benefit from the additional light and humidity while you enjoy their color and beauty. (MJM)

## Belly up to the salad bar

One of the self-satisfying things about growing your own vegetables is the knowledge that you are providing healthy food for you and your family. Many claims have been made for various classes of vegetables, from helping to lower cholesterol to reducing the risks of certain types of cancer. We make no particular health claims for vegetables; but, they have always been recognized as being good sources of vitamins and minerals, and have long been thought of as "health" foods.

Similar to their namesake, the purchase of "rabbit foods" such as lettuce, onions, tomatoes and other produce categories has been multiplying rapidly at grocery stores across America.

The USDA food consumption bulletin lists fresh vegetable consumption per capita, and we find an increase in all salad vegetables. Starting with Iceberg lettuce, consumers purchased 20.8 pounds in 1970, but 25.8 pounds in 1990. Onions had the largest jump per capita, from 11.7 pounds to 17.5 pounds. The consumption of green peppers almost doubled and cucumbers had a 65 percent increase. If you are like 140 million adults, as reported by *Restaurant Business*, you eat salads several times a week. Salads are increasing in popularity and are as trendy as the New American Garden. (DJ)

## Aloes — easy and fun to grow

The true aloe or medicine plant is the ideal plant for people who tend to forget to water their houseplants. The aloe prefers cool temperatures around 70° F during the day, with a night temperature of 50° to 55° F.

Aloes prefer full sun and well-drained soil. They should be kept only barely moist, as saturated soil conditions will lead to root rot diseases. Healthy specimens produce spectacular red, yellow or orange blossoms under outdoor conditions. This is unfortunate for the Nebraska indoor gardener, as these blossoms are most often produced in winter when the plants would be indoors.

Aloes may be propagated from offshoots of the base of older plants. The young plants should be removed and potted in appropriately-sized pots. (MJM)

# Winter Workshops

## Farm Lease Workshop

Farm leases and leasing arrangements will be the title of a workshop designed to address the concerns of landowners and tenants alike. This educational activity will be held Thursday, March 9, 1995, 7:00 to 9:30 p.m. Registration is not required and no costs are associated with the workshop.

Discussion will center on three primary topics—choosing the right type of lease, the legal aspects of farm leases and dealing with the personal side of farm lease arrangements. A briefing on the Crop Insurance Reform will also be presented at this workshop.

Instructors will include UNL Agricultural Law Specialist David Aiken, UNL Agricultural Economics Programs Coordinator Deborah Rood and Lancaster Farm Service Agency County Director Gaylon Suhr. (WS)

## Chemigation Training

Chemigators whose certification expires in 1995 need to renew their certification now if they plan to continue chemigation practices. Producers wishing to certify or recertify should request training materials at the location they plan to attend training. Participants should bring a calculator to the training site. Training is planned for the following dates:

March 1 • 9:30 a.m.–12:30 p.m.  
*Saunders County Extension Office, Wahoo*

March 2 • 1:00 p.m.–4:00 p.m. *St. Joseph Catholic Meeting Hall, Friend*

March 3 • 9:00 a.m.–12:00 p.m.  
*Saline County Extension Office, Wilber*

March 3 • 1:30 p.m.–4:30 p.m.  
*Saline County Extension Office, Wilber*

March 3 • 9:30 a.m.–12:30 p.m.  
*Dodge County Extension Office, Fremont*

March 7 • 1:00 p.m.–4:00 p.m.  
*City Auditorium, York (DV)*

## Acreage Owner Workshop

The first annual Acreage Owner Workshop is planned for Saturday, March 4, at the Douglas County Extension Office, 8015 West Center Road in Omaha. Workshop presentations will begin at 9:00 a.m. and continue through 3:30 p.m.

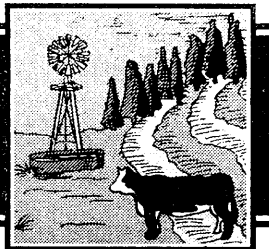
Presentations will address landscaping, windbreaks, weed management, native grasses, wild flowers, alternative crop systems, water testing, livestock production, equipment safety, wildlife and waste management. Each presentation will last 20 minutes with an additional 10-minute question period. Educational displays and commercial exhibits will also provide important information.

This workshop is free and it will offer many complimentary educational materials. Call 402-444-7804 for further details. (DV)

## Pesticide Disposal Program

The Nebraska Department of Agriculture and University of Nebraska Cooperative Extension Division are sponsoring a waste pesticide collection program. See Environmental Focus section for details. (DV)

## Rural Sense



# Dryland Crop Production Efficiency Seminar

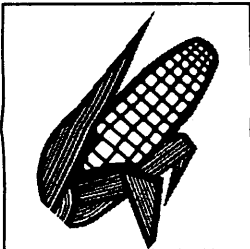
**March 2, 1995  
9 a.m. to 3:30 p.m.**

**Lancaster Extension Conference Center  
444 Cherrycreek Road**

### Topics include:

- dryland farming strategies
- cultural programs influenced by reduced tillage
- use of organic fertilizers
- improving herbicide performance under dryland conditions
- insect management under dryland conditions
- control of shattercane
- commodity boards view on markets
- briefing on the Federal Crop Insurance Reform

## Nebraska Corn Expo



Corn producers are invited to the Nebraska Corn Expo, Tuesday and Wednesday, February 7 and 8 at the Buffalo County Exhibit Hall, 1400 East 34, Kearney. Registration is \$75 at the door and includes Expo proceedings, breaks and meals.

Expo presentations will be offered in the areas of Government and Corn

Production, Corn Production and Technology, Hybrid Selection and Protection Programs, Fertility and Water Management, and Management and Economics. Planter, cultivator and water management demonstrations will also take place.

Additional information can be obtained by calling 308-236-1235. (DV)

## Plan strategy now for improved forage crops

Many of your pasture problems last year probably occur year after year. For instance, did you have musk thistle or other weed problems last year? If you did, you will probably have the same problems in the same areas next year. There is one difference though—this time you can be ready, in advance, for these problem weeds by planning your control methods now. Plan to spray those musk thistles in late April or early May *before* they get too tall to control.

What about your alfalfa fields? Are some fields becoming more grass than alfalfa? Are yields in dryland fields declining because subsoil moisture is low? Now is the time to decide about planting new fields and rotating your old, played

out fields to another crop.

Have you thought about problems with insects in alfalfa, rain on your hay or poor storage for your silage? Maybe your pastures grew poorly at times—is this a problem every year? If so, maybe you can plant a perennial or an annual grass that grows well during the time of year that you need the extra pasture.

What about cross-fencing some pastures or improving your water distribution system? Winter is the time to prepare for these improvements in your grazing lands so next year they will make you more money.

Think now about what you can do now to improve your forages this season. (WS)

## 1994 Crop Insurance Reform Act



Risk management is an area of growing importance as evidence by the recent passage of the Federal Crop Insurance Reform Act of 1994. Farmers are being impacted by a growing number of private and public forces. Long-term impacts include world-wide weather and market conditions and by societal demands for safe, high-quality food and fiber products concurrent with protection of the environment. These events are occurring as the "safety net" of government farm program payments is trending downward. The end result is that greater responsibility is being placed on the producer to

manage production and price risks in order to meet financial goals.

This reform legislation places farm disaster aid, formerly provided through special emergency appropriations by the Congress, within the crop insurance framework. Nearly all producers, including those with crops not formerly covered by federal crop insurance, must act quickly to ensure federal aid and protection for their 1995 crops. This legislation includes "linkage"; i.e., it requires that participants in 1995 federal farm programs carry crop insurance. A minimum level of catastrophic coverage equal to 50% of your yield at 60% of the expected price

will be provided to producers for a processing fee. Additional amounts of coverage can be purchased through private insurance agents.

Crop Insurance Reform details will be discussed briefly during Lancaster County Private Applicator Pesticide Training sessions. A more in-depth discussion will be offered at the Dryland Crop Production Efficiency Seminar on March 2 and at the Farm Lease Workshop on March 9. Two additional briefings are scheduled to discuss Crop Insurance Reform on February 28, 10:30 a.m. at the Firth Community Building and 1:30 p.m. at the Lancaster Extension Conference Center (DV)

## Getting the most out of your hay

Do you throw away one-third of your hay each winter? No way? Well, you might be surprised at how much you do throw away.

Do you feed hay in a rack or on the ground? Are bales unrolled on the ground or left intact? Do cows get all the hay they want or just what they will eat in one meal? Is hay tested and allocated according to nutrient requirements or do you just guess that your ration is balanced?

All of these factors affect how much hay you and your cows waste during feeding. The facts are: cattle, trample, foul, overconsume, and use for bedding, at least one-fourth, and often up to 45 percent, of their hay when it is fed

with no restrictions.

Research trials in Missouri, Indiana and elsewhere show that it takes 20 to 35 percent more hay when round bales or stacks are fed free-choice with no barriers compared to feeding in a hay rack. Cows love to paw at free hay, eventually stomping it into the ground or using it for bedding. Some animals always seem to get a thrill climbing on top to knock down even more hay for trampling and bedding.

Similar studies show that cows overeat or waste 20 to 30 percent

of the hay if they receive more hay per feeding than they will eat at that meal. Rolling out more hay than will be cleaned up immediately means that whatever is left over will be wasted—even if you can't see it. You will need about one-fourth more hay if you feed every three or four days rather than every day.

Think about it the next time you feed hay. Is your hay so worthless that it's okay to throw away one-third of it? If not, improving your feeding techniques can help. (WS)

**Please turn to page 11  
for more Rural Sense news**

## Entrepreneurial Opportunities in Agriculture Conference

You are invited to participate in the first Nebraska "Entrepreneurial Opportunities in Agriculture" Conference in Kearney on March 17 and 18, 1995. The focus of the conference is on identifying and strengthening entrepreneurial and marketing skills within the Nebraska agricultural community.

"This conference is for anyone who wants to market their existing business more successfully, for those who are thinking about

starting a business or who are involved in marketing," said UNL Program Coordinator Karen Loftis. This one and one-half day event will feature two keynote presentations and over 20 workshops. "While the emphasis is on agricultural-related products and services, all types of business interests are welcome," Loftis noted.

Concurrent sessions are scheduled throughout the confer-

ence, featuring speakers with experience marketing agricultural products and operating businesses. Each session will offer a variety of topics allowing participants to choose the topic of greatest interest to their business. Among the topics to be addressed are: Marketing Your Ag Products Directly; Promotional Advertising; Planning Your Business; Opportunities in Value Added Agriculture; Micro Enterprise Financing and

Niche Marketing.

The conference is being organized by a collaborative team, including a number of departments within the University of Nebraska, Nebraska Department of Agriculture and agricultural trade associations. For registration information, contact Karen Loftis, University of Nebraska-Lincoln, 58 H.C. Filley Hall, Lincoln, NE 68583-0922; or call 1-800-328-2851. Alan Corr, Kearney/Franklin

County Cooperative Extension Educator, can also be contacted with registration questions at 308-832-0645.

The conference will be held at the Holiday Inn in Kearney, Nebraska, on March 17, beginning at 10:00 a.m. Activities conclude on March 18 at 2:30 p.m. The conference registration fee is \$50 for both days or \$35 for a single day. Commercial exhibit booths are also available. (DV)





# Protecting yourself against hypothermia



Over half of all the heat produced by the body can be lost through the uncovered head and neck. Many people are not aware of this important point, because the head and neck do not become chilled as rapidly as some other parts of the body. The hands and feet are the first parts of the body to become cold even though most of the body heat is lost from the head and neck.

Warm clothing provides the strongest defense against hypothermia. If you feel cold—regardless of the indoor temperature—wear more clothing. Hypothermia is frequently the result of indoor cold exposure coupled with one or more predisposing factors such as old age, poor diet, illness, or medication. When surroundings are cool or cold, dressing warmly is vital to comfort and safety.

Personal insulation: The key to any system of insulation is trapped air, clothing insulates us from the cold by creating an artificial environment, a cocoon of warm air, around the body. The following are a few basic hints for effective personal insulation.

A. Make sure to wear a loose layered system of clothing to maintain body warmth. This allows more freedom of body movement and traps more air.

B. Keep clothing dry from moisture due to perspiration, rain, or melting snow. Moisture can reduce or destroy the insulating value of clothing.

C. Adjust clothing to temperature changes by focusing upon surface areas such as head, neck and chest which tend to lose heat much faster than other parts of the body.

D. Remove excess clothing to prevent overheating, perspiration formation, and loss of body heat.

E. Wear a hat and warm scarf since these conserve body heat and enable the body to send more warm blood to the hands and feet.

Additional helpful hints:

F. Do not wear tight clothing, a wristwatch or jewelry for they can restrict the flow of warm blood to the hands.

G. Smoking or coffee intake should be limited for they, too, can restrict warm blood flow to the hands and feet.

H. Remember, tight shoes can also restrict warm blood flow.

I. Sleep warmly, since hypothermia can begin during sleep.

J. Dry hair immediately following a shower or bath. Damp or wet hair can lead to a very rapid and dangerous loss of body heat.

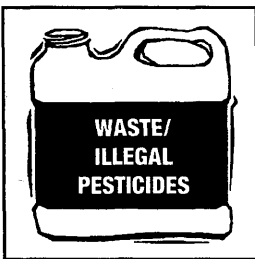
K. Finally, do not wear plastic bags over clothes. This will only cause clothes to become damp from body moisture and increase loss of body heat. (DJ)

# An opportunity to dispose of illegal and waste pesticides



The Nebraska Department of Agriculture (NDA) and the University of Nebraska Cooperative Extension Division is sponsoring a waste pesticide collection program. Nebraskans will soon have an opportunity to dispose of pesticides that cannot be used according to label directions in Nebraska due to any of the following reasons:

- Cancellation of the product's federal registration.
  - Suspension of the product's federal registration.
  - Deterioration of product or product label (often occurs due to improper storage conditions or natural deterioration of product due to time).
- Long-term storage of these products creates a risk to the environment. Waste pesticides do not include those pesticide products that can still be legally used. Pesticide products that can still be legally used will be accepted into this program under certain conditions. These conditions include assurances that the owner has no intentions of using this product in the future and that adequate funding exists to accept



these products. Pesticides are compounds used to control and manage pests and include herbicides, insecticides and fungicides. Proper disposal opportunities for waste pesticides are being offered through this program. There will be NO COST to participants. Participants are asked to complete a survey available at University of Nebraska Cooperative Extension in Lancaster County or NDA and return it to the NDA, Bureau of Plant Industry by March 1. By accurately knowing what will be brought to the collection site, more accurate planning can occur with fewer inconveniences to the participants. If participants have concerns regarding the transporting of the pesticide products that they intend to dispose of, please make note of that on the survey and someone from the NDA will contact you with assistance.

provide participants a positive opportunity to dispose of *unusable* pesticide products. Please take a few minutes and check your pesticide storage area for waste pesticides. Once you have returned a survey form indicating the products that you wish to dispose of you will be contacted to establish the date and place to bring your products. Approximately 20 collection sites are anticipated across the state in March and April. Pesticides will be accepted on A FIRST-COME, FIRST-SERVE BASIS. If it appears that the disposal costs will exceed the dollars that have been made available to this program, those that return the survey form promptly will be given the higher priority for disposal. This program opportunity is being funded by a one-time federal grant made available from the Environmental Protection Agency (EPA) with assistance from the Nebraska Department of Agriculture and University of Nebraska Cooperative Extension. Questions should be directed to Rich Reiman at (402) 471-2394. (DV)

This program is designed to

## Envirobooks for kids

*The Wump World* by Bill Peet, Houghton Mifflin Co., Boston, 1970. This book tells of a fictitious world inhabited by Wumps, simple grass-eaters well suited to their small world. One morning their peaceful existence is shattered when they are visited and taken over by the Pollutions from the planet Pollutus. *The Wump World* is truly a fable for our time (ages four and up).

*Where Can The Animals Go?* by Ron Wegen, Greenwillow Books, a division of William Morrow & Co., NY, 1978. This story forcefully dramatizes the endangered future that many animals face due to man's encroachment on grasslands, waterways, mountains, and forests (ages five and up).

*Celebrating Earth Day* by Janet McDonnell. Childrens Press, Chicago. 1994. Ms. Webster's class plans a party to celebrate Earth Day. (ALH)

## Farmers...

Farmers interested in conducting on-farm research caparisons between biosolids (municipal sludge) and commercial fertilizer are being sought for the 1995 growing season. This opportunity will assist local producers and evaluate biosolids' benefits on their own land using their own machinery. Research designs will be scientifically designed, replicated and evaluated to assure valuable results. If you are interested in further details, please call Dave Varner or Barb Ogg at 441-7180. (DV)

## Enviro Shorts

- The biggest iceberg ever recorded was 59 miles long and 59 miles wide. That's about three times the size of Rhode Island. It was spotted by satellite in 1986 in Antarctica's Weddell Sea.
- If you were a drop of fresh water, you'd probably be frozen inside a cap of ice on a mountain top or in a glacier. That's where you'll find about 99 out of every 100 drops of water on the earth.
- A sea otter keeps warm and dry in cold water thanks to its thick, fuzzy coat. Just one square inch of a sea otter's skin may be covered with over 170,000 hairs. That's usually more than you've got on you own head!
- If you convinced two people to do something for the environment, and the next day they convinced two people, and so on, it would take less than a month to get everyone in the United States to take action. (ALH)

## Fractional terms

Combine the fractional parts of two words to create a new word. For example, the first 2/3 of pollen (poll) combined with the last 3/5 of chute (ute) is pollute. Can you complete the following?

1. The first 1/2 of **wage** combined with the last 1/2 of **mister**. \_\_\_\_\_
2. The first 1/5 of **favor** combined with the last 3/4 of **roam**. \_\_\_\_\_
3. The first 1/3 of **pastry** combined with the last 1/2 of **copper**. \_\_\_\_\_
4. The first 1/2 of **planet** combined with the last 4/9 of **fantastic**. \_\_\_\_\_
5. The first 1/2 of **enervate** combined with the last 2/7 of **geology**. \_\_\_\_\_
6. The first 1/3 of **reason** combined with the last 5/8 of **unicycle**. \_\_\_\_\_
7. The first 1/2 of **galley** combined with the last 2/3 of **talons**. \_\_\_\_\_
8. The first 2/5 of **millimeter** combined with the last 1/2 of **action**. \_\_\_\_\_



Circle these hidden energy words. The words can go across or down.

B	F	M	T	S	N	K	N
X	O	I	L	E	A	Y	A
J	S	W	P	Q	M	Z	T
E	S	Z	I	R	K	E	U
L	I	O	C	N	W	R	R
E	L	R	W	S	D	B	A
C	F	H	A	O	Q	A	L
T	U	P	T	L	Y	J	G
R	E	W	E	A	G	U	A
I	L	B	R	R	Y	D	S
C	O	N	S	E	R	V	E
I	P	V	N	J	O	R	Z
T	N	U	C	L	E	A	R
Y	R	K	E	O	I	S	G

Try to find...

CONSERVE	FOSSIL FUEL	NATURAL GAS
ELECTRICITY	NUCLEAR	OIL
SOLAR	WATER	WIND

Look for answers on the next page

(ALH)

# Reduce risk of hantavirus: Keep mice out of buildings!

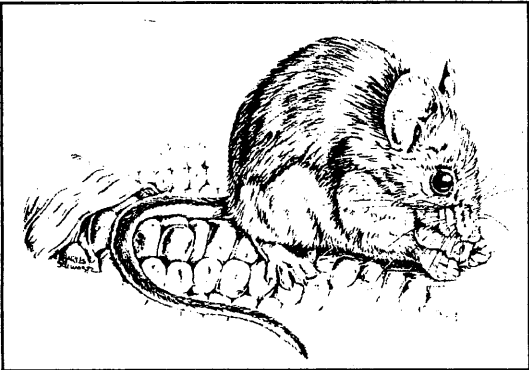
A 1994 survey of small rodents conducted by the Nebraska Department of Health has found the presence of the hantavirus in Nebraska. The most virulent strain of the hantavirus, the Sin Nombre virus, was confirmed by laboratory analysis in 4.1% of the mice collected. Rodents testing positive for this Sin Nombre virus were collected from Lancaster, Nemaha, Kearney and Scotts Bluff counties. Through November 2, 1994, no human cases have been documented from Nebraska.

Rodents are the primary reservoir for hantaviruses, but oddly enough, the infected mice usually are not adversely affected by the virus. Humans can be infected after exposure to rodent droppings, urine or saliva; the most likely infection route is through inhalation of the virus. In humans, the first symptoms usually occur two to three weeks after exposure and are flu-like in nature with fever and chills. Within three to four days rapid onset of severe respiratory failure may follow.

The primary host for the Sin Nombre hantavirus is probably the deer mouse, *Peromyscus maniculatus*. The deer mouse is found primarily in rural and semi-rural areas and sometimes invades buildings.

This disease was first recog-

nized and identified in 1993 when a cluster of cases was reported in the four corners area of the southwestern U.S. Extensive investigations have now shown that the Sin Nombre virus is found



in rodent populations throughout the U.S. The disease has been documented as far back as 1959.

The primary risk factors associated with Sin Nombre virus are domestic, occupational, or leisure activities that bring humans into contact with infested rodents, usually in a rural setting. These include:

- planting or harvesting field crops
- occupying previously vacant cabins or other dwellings
- cleaning barns or other outbuildings
- disturbing rodent-infested areas while outdoors
- inhabiting dwellings with indoor rodent populations

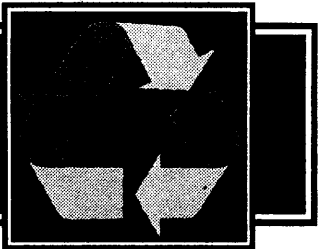
The best way to avoid the hantavirus is to keep mice out of buildings. The following sugges-

tions may be helpful:

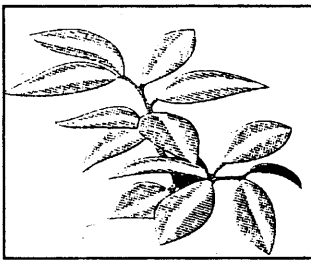
- Seal, cover or screen holes into buildings that are larger than 1/4-inch.
- Keep potential rodent food, like birdseed, grain, pet food or garbage, inside metal garbage cans with tight fitting lids. Clean up spilled food.
- Place wood piles 100 feet or farther from the house and elevate wood at least 1 foot.
- Place three inches of gravel under the base of mobile homes to discourage rodent burrowing.

If you have a mouse infestation already in the building, set snap traps to kill mice. According to the Nebraska Health Department, you should dispose of trapped mice carefully. Wear rubber gloves and spray the nest or dead rodent until soaked with a household disinfectant solution of 3 tablespoons bleach in 1 gallon of water. Let the area soak thoroughly for 10-15 minutes. Remove the nest or rodent using a long-handled shovel or rubber gloves. Double-bag the rodent or nest with plastic bag and dispose of it in the trash. Persons in rural areas may bury the waste 2-3 feet deep. Clean the rodent area with a disinfectant. For more information and a fact sheet about this disease and precautions you should take, call the Lancaster County Extension Office (441-7180). Information is from the Nebraska Department of Health. (BPO)

## Environmental Focus



# Plants are effected by home environment



Dry air in your home not only makes you feel uncomfortable, but it also harms your plants' growth. Moisture in the air is measured in terms of relative humidity. Most houseplants grow best at 40-60% humidity, but can tolerate levels as low as 20%.

Unfortunately, home heating systems take moisture out of the air, and houses

commonly have lower than a 20% humidity level in winter.

How do you tell if your plants need more humidity? Look for these danger signs: brown and shriveled leaf tips, dried up flower buds and blooms and yellowed leaf edges. Entire leaves may turn yellow, wilt and fall off the plant. Many flowering houseplants are sensitive to low humidity levels, including African violet, azalea, cyclamen, impatiens, bromeliads and dwarf citrus trees.

The foliage plants which prefer a more humid environment include the thinner leaved plants such as ferns, philodendron and spider plant. Cacti and succulents are native to deserts and they can tolerate low humidity levels.

You can minimize the damaging effects of low humidity to your plants by following proper watering practices.

Plant tissue dries out because the plant loses water form its leaves faster than it can take water up form its roots. Your plants have a harder time when you forget to water them and the soil dries out. Water plants before the soil dries out completely.

You may also need to increase the humidity around your plants. The easiest way is with a humidifier, which can increase humidity levels by 25-30%. Use portable units or humidifier installed as part of your home's heating system.

Another option is to grow plants in a waterproof tray with an inch of pebbles, crushed rock, sand or perlite. Water up to, but not above the level of stony material. Make sure the pots themselves do not sit in water or the plants risk getting root rot.

Put your plants where humidity levels are highest, such as the bathroom or above the kitchen sink. You might want to group many plants together. As the plants give off moisture, they help create a moist environment for the whole group. (MJM)

# Relative toxicities of chemicals used in and around the home

Barb Ogg  
Extension Educator

The public is increasingly concerned about the toxicity of pesticides that are used for insect and/or weed control around the home, on the lawn and in the garden. Some people believe that all pesticides are highly toxic. This is not true. Most pesticides that are used in and around the home are not highly toxic, but have low to moderate toxicity. And, there are some substances in our medicine cabinets and in our cupboards that are more highly toxic than some pesticides that are used around the home. In the last twenty years, researchers have been developing pesticides that will control pests but are fairly safe to humans and pets.

Even though there can be non-toxic tactics that will control or suppress some pests, pesticides are sometimes needed to control others. Unhealthy living conditions exist when pests like cockroaches, fleas, and mice are

allowed to co-exist with humans. But, how do you know whether the insecticide you want to use is relatively safe or not? Your best clue to the toxicity of a pesticide is to look at the pesticide label. All pesticides that have an EPA registration number are required to have labelling that communicates a level of risk about that product. These signal words are: **Caution:** low toxicity; **Warning:** moderate toxicity; **Danger:** high toxicity. (There also may be a skull and crossbones on products that say Danger.)

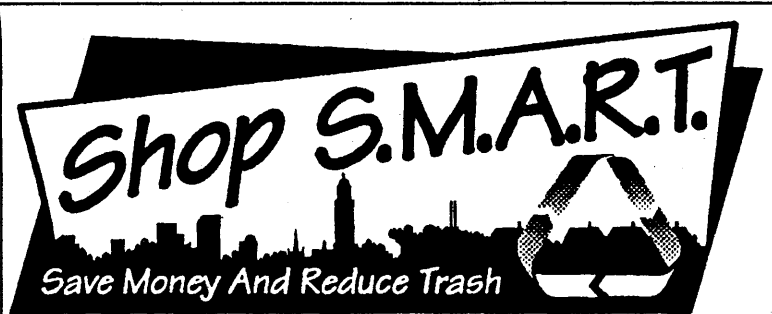
*These signal words must be somewhere on the label of the product. Look for them.*

In the process of getting a label approved by the EPA, a pesticide manufacturer must determine the mammalian toxicity of the pesticide's active ingredient, the actual chemical that "does the dirty work." Because companies cannot do experimentation on human beings, they use laboratory populations of mice or rats to determine the lethal dose (LD) of

these active ingredients. An oral LD<sub>50</sub> is the amount of *pure active ingredient* (in milligrams/kilogram of the animal's body weight) that results in 50% mortality to a laboratory population when administered orally. From the results of many experiments, we can compare the toxicity of different pesticides. Understanding what an LD<sub>50</sub> means can be initially confusing. Highly toxic substances have small LD<sub>50</sub>s because it takes a small amount of the substance to kill the animal. Conversely least toxic compounds have higher LD<sub>50</sub>s.

The following tables make it possible to compare the relative toxicities of some pesticides and other substances commonly found around the home.

See chart on page 11



Shop S.M.A.R.T. is a program designed to help customers save money and reduce trash by thinking about the waste produced before selecting and purchasing products.

Watch for the Shop S.M.A.R.T. displays during the months of February through April in Lincoln grocery stores. Look for the Recycle It! and Shop S.M.A.R.T. channel talkers while shopping. These channel talkers indicate items that can be recycled at Lincoln drop off sites.

This project is in cooperation with the Lincoln Recycling Office and made possible through a grant. For more information, contact Extension Educator Lorene Bartos, 441-7180. (LB)

## Did you know...

• A *Wall Street Journal* article notes that one in three shoppers now seeks chemical-free fruit and vegetables.

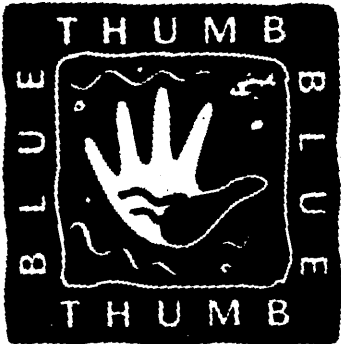
• A child born in the U.S. has a "consumption impact" on the environment greater than a child born in India.

• At least 35% of Nebraska's corn acreage is rotated to soybeans, reducing the need for insecticides to control corn rootworm. Use of crop rotation has resulted in a reduction of over one million pounds of active ingredient per year, and an annual savings in production costs of at least \$10 million.

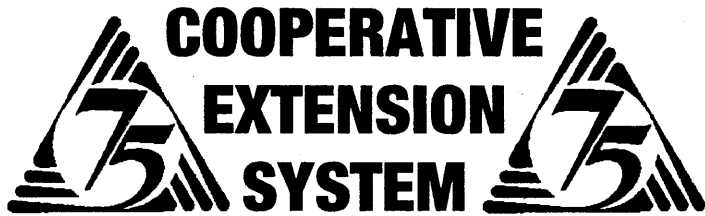
• According to a survey by the Soil and Water Conservation Society, farmers nationwide plan to return 63% of the acreage now in CRP to crop production.

• EPA calls soil loss into streams and lakes the number one cause of water pollution in the U.S.

Facts from the Center for Sustainable Agricultural Systems, UNL. (BPO)



Give drinking water a hand.



ANSWERS

Hidden Energy Words...

B	F	M	T	S	N	K	A
X	O	L	L	E	A	Y	A
J	S	W	R	Q	M	Z	T
E	S	Z	I	R	K	E	U
L	I	O	C	N	W	R	B
C	F	R	H	A	O	Q	A
T	U	P	T	L	Y	J	G
R	E	W	E	A	G	U	S
I	L	B	R	R	Y	D	S
C	O	N	S	E	R	V	E
I	P	V	N	J	O	R	Z
T	N	U	C	L	E	A	R
Y	R	K	E	O	I	S	G



## Family Living

# Roberta's remarks



We would like to thank the clubs who did send in their NAFCE reports. Although only eight clubs responded, it was interesting to see what local clubs are doing. Most clubs reported high interest in recycling, composting and mulching. Betty Smith of the Yankee Hill Club reported that, in addition to the environmental interest in her club, they

continue to serve the community at large by donations to March of Dimes and the City Mission; along with Valentine cookies and May baskets being taken to nursing homes. Crounse Club President Donna Holka wrote that her club took magazines to the nursing home; a scholarship was given to a senior from their local high school; and gifts, packaged in bags made from paper products by club members, were given to the Headstart Program. Apple Corps has an ongoing project (for several years) providing materials for those in need at the City Mission. Necessary personal items are collected at meetings and delivered to the Mission. They also purchased new toys for children at the Mission and provided wrapping materials. Thanks for letting us know what you are doing and congratulations for a job well done!

Remember to order tickets for our night at the Lincoln Community Playhouse. The date is June 14 and the play is *La Cage Aux Folles*—a comedy. Deadline for ticket orders is February 1.

Our program agenda for 1995 has been set.

1995 is going to be a challenging year for FCE; particularly, here at the grass roots level. It is our hope that each one of you who decided to stay with FCE did so because you consider this organization to be valuable in your life. We will need your help and support now, more than ever before.

—Roberta Newburn, FCE Council Chair.

# Nutrition — fact or fiction?

Test your nutrition knowledge by marking each question True (T) or False (F).

1. If you take vitamin pills, you won't have to eat anything other than the foods you like. T F
2. Mayonnaise contains less fat than butter or margarine. T F
3. Honey and brown sugar are more nutritious than regular table sugar. T F
4. Fruits contain cholesterol. T F
5. The average 12-ounce soft drink contains the equivalent of about ten teaspoons of sugar. T F
6. Starchy foods, such as bread and potatoes, contain lots of calories. T F
7. You can recognize whole-wheat bread by its color. T F

## ANSWERS:

1. FALSE. No pill can substitute for a good diet. If your diet has too much fat, sugar, sodium, or too little fiber, no pill will correct it.
2. FALSE. The amount of fat in a tablespoon of butter, margarine, or mayonnaise is about the same — 11 grams of fat/tablespoon. Use one of the reduced-calorie mayonnaise-type spreads if you enjoy mayonnaise and want to lower the fat content.
3. FALSE. Though honey and brown sugar contain traces of some vitamins and minerals, the amounts of these nutrients in such foods are too small to be important in the overall diet.
4. FALSE. Fruits, vegetables, and grains contain no cholesterol. Cholesterol is found only in foods of animal origin.
5. TRUE. Also, unlike milk, soft drinks contain only traces of some nutrients. Milk is a good

source of calcium, riboflavin, vitamin B-12, and protein.

6. FALSE. Starchy foods such as potatoes and bread are not as high in calories as many people think. A slice of bread has about 70 calories. One-half cup of baked potato is about 110 calories. Bread and potatoes are sources of essential nutrients and fiber and only a modest number of calories. Fats added to these foods increase calories.

7. FALSE. All whole-wheat bread is brown, but not all brown bread is whole-wheat. By law, bread that is labeled "whole-wheat" must be made from 100 percent whole-wheat flour. "Wheat" bread may be made from varying amounts of enriched white flour and whole-wheat flour.

The type of flour listed first on the ingredient label is present in the largest amount. Sometimes a dark color is provided by caramel coloring which is also listed. (AH)

# Food preparation techniques to increase nutrient retention

Are some food preparation techniques better than others for maintaining the nutrients in foods? In general, the vitamin and mineral content of foods is highest

when they're eaten raw. However, many foods are not safe when eaten raw. Here are some recommendations from Judy Driskell, Ph.D., UN-L, for retaining nutrients in foods.

1. Foods should be stored properly (refrigerated, frozen) after purchasing.
2. Limit exposure of foods to light, heat, air, and moisture.
3. Eat foods raw if feasible.
4. Avoid prolonged storage of foods, even refrigerated.
5. Avoid prolonged washing or soaking of foods.
6. Foods should be pared/trimmed and chopped/diced/cut as little as possible. Fat generally should be trimmed.
7. Use no or as little water or oil for cooking as necessary.
8. Foods should be covered while cooking.
9. Minimize the use of

ingredients that change pH such as vinegar and baking soda.

10. Avoid using rusty utensils.
11. Cook for as short a time as possible.
12. Minimize keeping cooked foods warm (holding).
13. Consume cooking liquid (called "pot liquor" for vegetables and "drip" for meats). If the "drip" is high in fat, it should be consumed in moderation.
14. Minimize refrigerating cooked foods (or "leftovers") followed by reheating.

For a fact sheet by Dr. Driskell giving further information about retaining nutrients in foods, send a S.A.S.E. to: Nutrient and Sensory Qualities of Cooked Foods (NF 92-89); c/o Alice Henneman; UN-L Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (AH)



## Nebraska Association for Family & Community Education

### March FCE Leader Training Lesson

Find helpful suggestions to the question, "How can I get everything done?" at the February 21 leader training "Fast and Easy Ways to Make Your Home Look Great" will be presented at 1 or 7 p.m. by Lorene Bartos, Extension Educator, and Susan Williams, Extension Educator-Saunders County. Participants will learn fast and easy ways to clean, decorate and manage time while enjoying doing it. Ideas for no-sew decorations including pillows, window treatments, etc.; recycled gifts and items; and wall groupings will be presented. Timesaving and short cut household techniques to make your life easier will be discussed. Anyone interested is invited to attend. Non-FCE members should call 441-7180 to register so materials can be prepared. (LB)

### +2 Campaign

All local FCE clubs that have increased their total membership by two members or more will be recognized at the 1995 NeAFCE Annual Convention. Since the increase has to be in total membership, any members lost must be replaced, plus two additional members. The figures will be based on the membership as of March 31, 1995. All association members must be on the NeAFCE Membership list with county, state and national dues paid. Forms will be in the Extension office upon request. Four Lancaster County clubs received +2 awards last year.

### Become an FCE Queen

Enroll five new members to join FCE. Each new member must pay county, state and national FCE dues and be enrolled as an FCE

member on the Nebraska State FCE membership list by March 31, 1995. Each recruiter sends the names and addresses of the new members to State Membership Chair Sharon Berns by May 1, 1995. The FCE Queens who have enrolled at least five new members will be recognized at the 1995 Nebraska FCE Annual Meeting in Broken Bow. (They will have to pay their own expenses.) Prizes are: crown, banner, flowers, front row seats during all sessions, VIP treatment from fellow members and, most important, given number one status in restroom and serving lines!

### Homemaker's Grant

Homemakers enrolled in a NeAFCE club wishing to further their education are eligible to apply. Applicants should have sincere intentions to enroll in an institution of higher education in the State of Nebraska. The grant can be used for classes or correspondence courses leading to an academic degree, vocational training or completing high school. Financial needs shall be considered. Recipients will receive \$200 to be used as they see fit. Application forms are in the Extension office upon request.

### Homemaker Exchange

Would you rather go somewhere instead of hosting here? You can apply to be a part of the International Study Program. NeAFCE will sponsor one member selected by the Homemaker Exchange Committee. The selection will be announced at the spring meeting, State Convention. The selected applicant will arrange her own departure and return abroad during the time frame of the "off season" for the airlines. (Usually September 20 to April 30.) If you are interested, please contact the

Extension office for information and forms.

### Heritage Arts Contest

It's not too early to start thinking about your entry for the Heritage Arts Contest. Each county is allowed one entry in each of the major categories. Each article must be the work of an NeAFCE member during the past four years. Your club council will be responsible for getting entries to and from the annual meeting. The categories this year include quilting and photography. Forms are available from the Extension office.

### Great Nebraska Family

Is there a Great Nebraska Family in your area? You can nominate your favorite family detailing how teamwork and love, friendship and service, and how individual growth of each family member has been encouraged and supported. Forms are in the Extension office.

### Youth at Risk Projects

The family life Youth at Risk committee is accepting project applications. Two \$75 awards will be given. They will be made awarded a competitive basis to an individual or non-profit organization to support family life Youth at Risk through the University of Nebraska Cooperative Extension through May 31, 1995. For more information, please contact the Extension office. (LB)

### Host Family for International Exchange

We have applications in the Extension office for anyone interested in becoming a host family for the international exchange.

## Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Cooperative Extension Office

## FCE scholarships offered

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.


A \$200 Homemaker's Education Grant, sponsored by the Nebraska Family and Community Education Clubs, Inc., is available for an FCE club member planning to take courses leading to an academic degree, vocational training or completing high school. Applications are due April 1, 1995. The grant must be used between June 1 and December 31, 1995.

A \$275 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in a home economics degree program. This is open to full-time students that will be beginning their sophomore, junior or senior year in college in the fall of 1995. Applications are due April 1.

A \$100 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County enrolled in Food Service Management, Dietetic Technology, Child Care or Human Services Division of Health Related Fields at Southeast Community College. Applicants must be full-time students who have completed two quarters of study, with a grade point average of 2.5 or above. Applications are due April 1, 1995. (LB)



# EFNEP teaches homemakers to create-a-casserole

 Creating casseroles adds interest to everyday meals. The Expanded Food and Nutrition Program Advisors encourage homemakers to stretch their food dollar by preparing easy to make casseroles. Some casseroles contain nutrients from each of the five food groups. Casseroles which are extended with bread, cereals and dried beans are among the thriftiest choices. To save money, use less tender cuts of meats which will become tender by cooking slowly with moisture, or by grinding, cubing, pounding and scoring. Use leftovers by creatively disguising them in casseroles.

Appearance of casserole should be attractive – the way a food looks is just as important as how it tastes. It's much easier to get your family to try something new if it looks appealing. Color is especially important for acceptance and vegetables are great to use to provide variety in color. These tips will help create an

- attractive casserole:
- Keep food in pieces which you can identify. Whenever possible, try to keep food in bite-size pieces.
  - Layer ingredients occasionally instead of combining them.
  - Provide contrast in flavor, color and texture.
  - Use canned soups, dry soup and sauce mixes for quick sauces.
  - Use herbs and spices imaginatively.

Many casseroles can be prepared ahead of time and refrigerated or frozen for baking later. Allow 15-30 minutes additional time for chilled and frozen casseroles. Casseroles can be served directly from the baking dish. Select a dish of the proper size for the food to be cooked. The casserole can be prepared in one dish or individual size dishes.

Prepare two or three casseroles at one time. Freeze one or two so they will be ready for busy days when there is not much time to cook. It is best to freeze casseroles *before* they are baked or cooked.

This will prevent them from tasting like leftovers. Only oven-proof containers can safely be moved from freezer to hot oven.

*Freezing Hint:* To save freezer space and free the baking dish for other use, line the casserole with aluminum foil. Allow lengths of foil to extend beyond the ends of the pan. Fill, then fold the foil over the food to seal and freeze. Remove foil package from dish and store in the freezer. To heat, place in same baking dish, foil and all. FROZEN CASSEROLES SHOULD BE USED WITHIN FOUR MONTHS.

Do not overcook any foods that need to be precooked for use in casseroles. This is especially true for rice, noodles, macaroni and other pasta products. They will finish cooking during the time the casserole is baked or cooked. "Mushy" foods are not appealing to the eye or as tasty. Do not rinse rice or noodles before or after cooking. This washes off the nutrients that were added during the enrichment process.

## Family Living



## April serger workshop

Brush up on using your serger through a three-session serger workshop presented by Rose Marie Tondl, clothing specialist with the University of Nebraska Cooperative Extension. The sessions will be held Thursdays, April 13, 20 and 27, 7 to 9 p.m. Registration fee for the three sessions is \$20. Please call 441-7180 to enroll. Advanced payment is requested to hold your place in the class. Class size is limited to 12. Class members are asked to bring their sergers to the workshop. (LB)

## Healthy Eating



### Salsa

Here's a fat-free salsa dip that provides vitamin C and vitamin A and contains only five calories per table-spoons. Try serving it with some of the new fat-free or low-fat taco chips for a healthy snack or party appetizer.

- 1 (8 ounce) can tomato sauce
- 1 tablespoon chili peppers, canned, drained, finely chopped
- 1/4 cup green pepper, finely chopped
- 2 tablespoons onion, finely chopped
- 1 clove garlic, minced
- 1/4 teaspoon oregano leaves, crushed
- 1/8 teaspoon ground cumin

Mix all ingredients thoroughly. Chill before serving to blend flavors. (AH)

## Food safety queries

**Q. Is it safe to store food in garbage bags?**

**A.** The rule of thumb is, "If it was not made for food storage, then don't use it for food." Plastics for use in food storage will be labeled as such and are the only plastics that should be used with food.

Foods should be stored in food grade containers, only. Garbage bags, plastic containers used for nonfood items, buckets and any other container that was not manufactured for food use are not intended for food storage. (AH)

**Q. Is it O.K. to use grocery bags for cooking?**

**A.** The same rule of thumb applies that is stated above. Paper grocery bags should not be used as a cooking container because (1) the bag may not be sanitary; (2) the glue and ink used on the bag have not been approved for contact with food and may give off toxic fumes when heated; and (3) the bag may become saturated with fat or liquid during cooking or break, spilling hot contents in the oven (risk of fire) or on you (risk of burns).

## Dirty words—what to do

Dirty words have been coming out of the mouths of children for years. But today, the words seem dirtier and the children younger than ever before. What can parents do when they hear their youngsters using X-rated words:

» *Model good language.* The way parents talk to and around

children has an enormous impact on the way they talk to others.

» *Explain why certain words are bad.* You might say that they are the verbal equivalent of punches or kicks, that they show a lack of respect and consideration and hurt people's feelings.

» *Supervise what children watch,* especially premium channels that air unedited R-rated movies. Kids flip through the channels, listen awhile and think "It must be OK, I heard it on TV." » *Refuse to tolerate foul language.* Use discipline if necessary. Spell out the consequences of using dirty words (such as a ban on TV watching). (LB)

## Love is...

*Love is* when you come home from work and discover that your partner has already started dinner.

*Love is* when you go to bed after your partner and find he or she has turned on your side of the electric blanket and your side of the bed is nice and warm.

*Love is* when your partner says "I can see you don't feel well. Go lie down and rest and I'll take the kids out for dinner."

*Love is* when you come home after a long, hard day's work, come into the kitchen and smell a delicious pot roast ready to eat.

*Love is* when you give a weekly gift to your partner by doing something he or she would really like and appreciate. (LB)

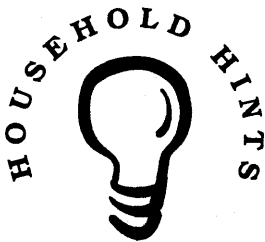
### CREATE-A-CASSEROLE CHART

Take one ingredient from each column numbered 1-4. (Column 5 is optional.) Combine all ingredients in an 8 cup baking dish, large skillet or fry pan. Bake in oven 350 degrees for 35 minutes, or if using stove top, heat until all food items are thoroughly cooked and mixture is bubbly. Makes 4-6 servings.

If you do not have enough of any one food item listed, substitute 2 ingredients from that column, but use only half the suggested amount for each. Season your casserole to taste

1. Meat-Eggs-Cheese Fish-Beans	2. Potatoes-Pasta-Rice	3. Vegetables (fresh, canned, or frozen)	4. Sauces *	5. Casserole Toppings:
<b>Cooked beef or pork:</b> 2 cups diced roast beef or ground beef 8 to 12 slices meatloaf 2 cups pork or ham 1 pound hot dogs or sausage <b>Cooked poultry or lamb:</b> 2 cups diced or ground chicken, turkey or lamb <b>Eggs or cheese:</b> 8 hard-cooked eggs, sliced or 2 cups diced or shredded Cheddar cheese or any hard type <b>Fish:</b> 1 (16 oz.) can or 2 cups tuna, salmon, mackerel or other fish <b>Beans:</b> 2 cans or 1 pound dried lima beans, kidney beans or any other favorite variety. 2 cup lentils	3 cups cooked rice 3 cups leftover stuffing 2 cups leftover biscuits, crumbled 2 cups crackers, crumbled 2 cups mashed potatoes 2 cups sliced potatoes 3 cups cooked macaroni, noodles, or other pasta 1 package (1 pound) macaroni & cheese 2 cups whole kernel or cream style corn 2 cups green lima beans  Others	About 2 cups of any vegetable. These can be leftover, canned, fresh or frozen. Root vegetables should be partially cooked or sauteed.  green beans green peas carrots celery slices zucchini, diced broccoli, chopped red or green peppers, chopped spinach onions, chopped and sauteed tomatoes cucumbers, pared cubed and cooked for 5 minutes rutabagas turnips parsnips	2 cups prepared casserole sauce mix 2 cups lowfat white sauce 2 cups stewed tomatoes 3/4 cup mayonnaise or salad dressing plus 1/2 cup skim milk and two tablespoons lemon juice 2 cups tomato juice or sauce 1 cup plain yogurt and 1/2 cup milk 1 1/2—2 cups meat stock (broth) 2 cups vegetable cooking liquids 2 cups bouillon 2 cups leftover gravy 2 cups cream soup  * Amount of sauce required will vary depending on the consistency of the other foods used.  Others:	tomato slices topped with grated cheese crushed cracker crumbs or croutons crushed crisp ready to eat cereal dumplings mashed potatoes biscuits shredded cheese soft or dry bread crumbs popcorn snipped parsley  Others:

Refer to the Create-a-Casserole Chart to make a casserole using your family's favorite ingredients. Source: Adapted from "Food Preparation, Expanded Food and Nutrition Education Program," University of Nebraska Cooperative Extension, EFNEP Handout 1 BLT. (MB)



Clothes that stay in a dryer after they are dry, may become very wrinkled. To remove the wrinkles, wet a washcloth or a hand towel and put it in the dryer with the wrinkled clothes. Run the dryer for about ten minutes, then remove the clothes. Most of the wrinkles should disappear.

For best washing action, mix large items, like sheets, with a few smaller items, like blouses or hand towels, in the same color range. Put large items along side of the agitator; avoid wrapping them around the agitator post. They need to be free to move easily. (LB)

## Give your spouse an even better marriage for Valentine's Day

A box of candies with little cupids on them or a bouquet of flowers are great traditional Valentine gifts. This year, however, consider giving your spouse a present that can make a successful marriage even better. Talk together, every

day, about your life together so you can have a satisfying marriage.

The following are qualities of couples who have stayed together for more than ten years:

- They consider problems as a

## Baking: Oil for shortening?

"Can you substitute oil for shortening in baked products such as cakes and cookies?" is a question we're frequently asked. Unfortunately, there is not a standard way to substitute oil for a solid shortening in baked products. Oil is 100% fat while butter and margarine are 80% fat. Solid shortenings like Crisco® have air whipped into them; so, when one cup is melted it would be less than one cup.

Also, oil does not help incorporate air into the batter during the creaming stages as well as solid shortening. Therefore, if you substitute oil for shortening, your baked product will be more compact and oilier.

The best practice would be to write or call (check the label for a toll-free number) the companies that make oils and ask for recipes that have been developed using their product. Also, check your local library for books written for heart-healthy diets: they usually contain several recipes that use oil as a fat source. For a listing of cookbooks containing heart-healthy recipes, send a S.A.S.E. to: Fact Sheet 85-95 (Reducing Fat and Cholesterol: c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528

challenge for growth and use problem-solving techniques instead of becoming depressed.

- They talk a lot or even argue through problems to help find solutions.

- They learn to accept traits that once caused problems.

- They share some activities and basic values and goals that keep them bonded in spite of change and stress.

- They value problem-solving skills and consider them as important as skills for building a home or career.

- They consider their mates as easy to talk with and consider good communication as essential to their relationship.

- They think the happiest years of marriage start after their children leave home and that these years keep getting better.

- They consider humor and laughter as important assets to their marriage. (LB)





## 4-H & Youth

### 4-H Bulletin Board

- 4-H Horse VIPS Committee meeting—Wednesday, February 8, 7:30 p.m. Plan to attend monthly 4-H Horse VIPS meetings (always held the second Wednesday of the month at 7:30 p.m.). Look to THE NEBLINE for upcoming events and keep up-to-date on activities, planning and deadlines. (CB)
- “Horsin’ Around 1995—Western Riding and Lead Changing,” Saturday, February 25 and Sunday, February 26 at UNL East Campus. Contact Kathy Anderson at 472-6414.
- “QHAN Clinic—Hunt and Western Riding,” Saturday, March 11 and Sunday, March 12 at Columbus. Contact Rich Fortner at 785-5555.
- Teen Council will meet Sunday, February 12, 3-5 p.m. Election of officers and planning for the year are on the agenda.
- 4-H Leader Training—Part I will be televised Monday, February 27, 7 p.m. Make sure you watch and find out great tips on making club meetings fun and productive.
- Ambassador applications are due by March 1. Call Ann Marie if you have any questions. See related articles (page 1 and 9) for more details. (AMM)

## Official fair dates set

Put August 2 through 5 on your calendar as the official dates of the 1995 Lancaster County Fair. Although these are the main dates of the fair, several 4-H horse events take place prior to the official opening of the fair. Static exhibits will be entered on July 31, judged August 1, and officially open to the public August 2 at 11 a.m. More specific information on the fair will be published in the March NEBLINE. (LJ)

## New 4-H Council hard at work

Seven newly elected members have joined seven continuing members to form the 1995 4-H Council. Newly elected members are adults Ardel Harger, Deb Heitbrink, Rod Lemke, Jason Snover and youth Eric Mitchell, Kent Rosenboom and Rhonda Tucker. They join Pam Stearley, Robin Stearley, Jason Minchow, Charlie Parrott, Penny Cariotto, Jayme Grundman, and Gwen Thorpe who are serving the

second year of their terms.

Officers for the coming year were elected at the January meeting and appointments were made to the Extension Board and the Lancaster County Agriculture Society. New officers and representatives are:

Pam Stearley, president  
Jason Minchow, vice president  
Eric Mitchell, secretary  
Ardel Harger, treasurer  
Rod Lemke, Extension Board

representative

Jason Snover, Agriculture Society representative

The council will attend a 4-H Council workshop at the Eastern Nebraska 4-H Center on February 2, 1995. This workshop will include councils from Sarpy, Saunders, Douglas and Lancaster counties. Del Dearborn, state 4-H leader, will be the featured speaker. (LJ)

## Yes, you can make a difference!

“Environmental stewardship is a global responsibility and it is important that children and their families not only develop an awareness of environmental concerns, but learn how they can make a difference,” says Extension Assistant Arlene Hanna, coordinator of school enrichment programs.

Using science-based materials and hands-on experiences, students are introduced to solid

waste management and water conservation. In Garbology, Deb Portnoy brings a 4-pound bag of *clean garbage* into the classroom and second-grade youngsters sort it into categories such as paper, metal and plastic. Through additional activities, children discover that large amounts of packaging are used to wrap the products they buy. From constructing a mini-landfill to making their own paper, youngsters become acquainted with where waste goes and how it can be used. Students develop an increased awareness of garbage as they are introduced to the three R’s: Reduce, Reuse—then Recycle.

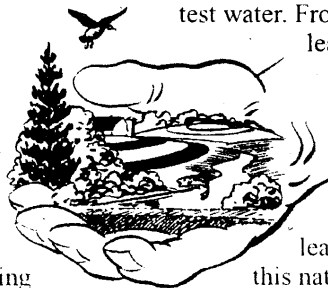
Water Riches introduces the complexities of preserving one of our most precious natural resources—water. Arlene’s demonstrations with a groundwater flow model help students become aware of what groundwater is, how it is stored underground, where it comes from—where it goes, and

how it is affected when we pollute. Fifth grade youngsters measure the percolation rate of four varieties of soil and begin to understand infiltration. They build a condenser, plant a terrarium and test water. From learning about

leaching and how soluble materials get into the groundwater to determining ways to manage our water supply, youth learn how they affect this natural resource.

Because our planet could be destroyed if we fail to make environmental planning a lifetime goal, students and families are encouraged to reduce, reuse, and recycle as well as preserve and conserve water.

“Two things we can do to make a difference—become informed and become involved,” explains Arlene. “Through Garbology and Water Riches, youngsters are making a commitment to make the world an environmentally safe place in which to live!” (ALH)



## Rodent granola

Mix one or more of these ingredients together with uncooked oatmeal to make a once or twice-a-week snack for your rat, mouse, hamster or gerbil.

Unsweetened dry cereal  
Sunflower seeds  
Raisins  
Dried fruits  
Cat or dog kibble  
Unsalted peanuts  
Unsalted crackers  
Crumbled bread (ALH)

# 4-H SPEECH WORKSHOP

Friday • February 10 • 1995  
7:00 p.m. - 8:30 p.m.

Lancaster Extension Conference Center  
444 Cherrycreek Road

Parents and leaders will be better prepared to assist youth if they attend this workshop along with 4-H'ers.

### 1. Learn how to:

- Select a topic
- Research and organize your topic
- Prepare for the presentation

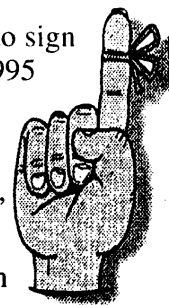
### 2. Adults—share ideas on how to assist and encourage your child with their speech

### 3. Learn about the “4-H Speech and Public Service Announcement Contest”

### 4. Attend group workshops for:

- Novice (8-9 years old)
- Junior (10-11 years old)
- Senior/Intermediate (12-19 years old)
- Public Service Announcements

Don't forget to sign up for the “1995 Lancaster County 4-H Speech and PSA Contest” to be held Friday, March 17 at the Lancaster Extension Conference Center. Call 441-7180 by March 6. Please include your 4-H age (as of January 1, 1995), the title of your speech or PSA, and whether you prefer the 6:00 or 7:00 p.m. session.



## Do you love 4-H camp?

If you can answer yes to this question, then you should consider being a camp counselor at the Eastern Nebraska 4-H Center. Training is required the first weekend in June and the fun starts there. Anyone who is 14 years old as of January 1, 1995 or older is eligible to apply. Applications are available at the office and are due by April 1, 1995.

Being a camp counselor gives you the opportunity to learn about helping younger campers through their first camping experience, finding out what skills you can teach to campers, plus being responsible for a cabin of 4-H members. The entire experience is really super and something you will remember for the rest of your life. Go ahead and apply to be a camp counselor, you'll be happy you did! (AMM)

## Growing Up Female retreat April 22-23

Growing Up Female is a special mother-daughter retreat scheduled for April 22 and 23, 1995 at the Eastern Nebraska 4-H Center in Gretna. This retreat is an opportunity for mothers and their 11-13 year old daughters to spend a special time together learning effective communication skills and building self-esteem.

Workshop sessions include opportunities to learn more about sexuality, techniques to deal with peer pressure, and discussion on the importance of individual family values.

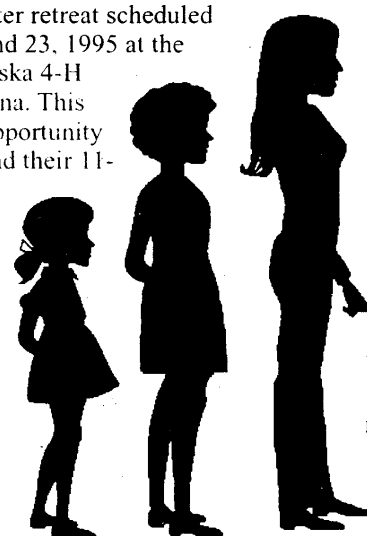
Past reactions to the program have been highly positive. One

mother said, “This was a terrific weekend and it feels like I've had my parenting battery recharged!” A reaction from a daughter was equally positive. “I enjoyed the confidence course with my mom. I got to know my mom better and I even had time to make new friends.”

The cost for each mother-daughter pair is \$65. This fee includes meals, snacks, and lodging. Registration is limited, so it is

suggested that you register as early as possible.

For more information, contact LaDeane at the office. We also encourage other female caregivers such as stepmothers or grandmothers to attend. (LJ)



# Tractor Operator Safety Course

For youth 13-15 years of age (including 12 years old turning 13 this year)

Successful completion of this training qualifies youth for a state tractor permit to operate tractors on the farm. The training certifies each participant for a Federal Occupational & Safety Health Act (OSHA) employment permit. This is a tractor operator's safety course, not a course to learn how to drive a tractor.

**Instructors:**  
Jim Bauman · Marlin & Brad Burkey · Fred Petsch · Dennis Kahl · Dave Swarts

**Registration fee:** \$5  
**Call to register:** University of Nebraska Cooperative Extension in Lancaster County, 441-7180  
University of Nebraska Cooperative Extension in Seward County, 643-2981

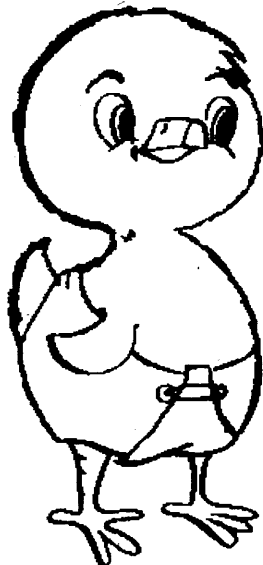
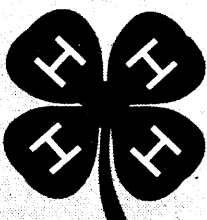
**Note:** Youth must attend all classes to qualify and passing the test is required to obtain a permit. (DS)

## Dates & Locations

Times: 6:30-9:00 p.m.

- Class 1** • Thursday, March 9—*Seward Implement, E. Hwy 34, Seward*  
**Class 2** • Thursday, March 16—*Bentzinger Grain & Equipment Company, Martell*  
**Class 3** • Thursday, March 23—*John Deere Pro-Tech Training Center, Southeast Community College, Milford*  
**Class 4** • Thursday, March 30—*Seward County Fairground, Seward*

## 4-H & Youth



## Free baby chicks

Baby chicks will be hatching around February 14, March 20 and May 8 as a result of the 4-H School Enrichment Embryology project. We may have as many as 1,200 chicks. If you wish to receive free chicks, please call Dave Swarts at 441-7180 to arrange your pick-up of free chicks. Chicks will be available on or near the above mentioned dates. (ALH)

# 4-H livestock/companion animal leader training February 28

All 4-H leaders (including project leaders) are welcome to attend this leader training February 28, 7-9 p.m. at the Douglas County Extension Office (8015 West Center Road, Omaha). Doyle Wolverton, UNL Extension Livestock Youth Specialist, will be presenting the

NEW North Central Regional animals science materials. He will present the use of the experiential learning process in teaching animal science concepts and levels. The North Central Region animal science supplemental project areas include beef, sheep,

swine, dairy cattle, goat, horse, rabbit, poultry, cats, dogs, small pets and exploring animal science (designed for 5-8 years old). Also included in this training will be a brief presentation on the NEW 4-H animal record guide to be used for any animal project. (DS)

## Come with us to D.C.!

Twenty Lancaster County 4-H members have already decided to make the summer of 1996 a year to remember! They are signed up and ready to head for Washington, D.C. Citizenship Washington Focus is an excellent experience for 4-H members 14 years old and older. Held at the National 4-H Center, youth from all across the country learn about our national government, address issues facing our world today, plus tour many historical parts of Washington, D.C. There is still time to sign up and begin fundraising for the trip. Please call Ann Marie at 441-7180 for more information. The sooner you join, the more you will learn and the more friendships you will build. So, come with us to Washington! (AMM)

## Books to share with your children

*Under the Moon* by Joanne Ryder. Illustrations by Cheryl Harness. Random House, NY, 1989. Mama Mouse teaches her little mouse how to recognize her particular home in the meadow by reminding her of its special smells, sounds and textures. (ages 3-5)  
*I Like Old Clothes* by Mary Ann Hoberman. Illustrations by Jacqueline Chwast. Alfred A. Knopf, NY, 1976. This is the delightful story of a child who likes wearing hand-me-downs and enjoys imagining the history behind these old clothes. (ages 4-8) (ALH)

## Become an Ambassador!

The time has come to select the 1995-96 Lancaster County 4-H Ambassadors and we want you to take part! The application for a 4-H Ambassador is simple, a cover letter and résumé is all you need to submit. This format is being used to help you in forming a 4-H résumé and learning to write a good cover letter. The following guidelines should be included in the cover letter:  
1) No more than one page in length.  
2) Why you are interested in being a 4-H Ambassador.  
3) What talents or qualities you possess which would help you to be a good 4-H Ambassador.  
4) How much time you are willing to spend with the program.  
5) Any details you feel would help the committee in the selection process.

The résumé should:  
1) Be written in résumé format.  
2) Include 4-H experiences and achievements. (Do not include, blue ribbon on dress at county fair for example.)  
3) Include school and community activities.  
4) Personal, social, or career goal(s) set or achieved through 4-H.  
All applications must be typed. Any 4-H member in grades 9 through 12 may apply. An interview will be held with each applicant by a selection committee. The 4-H Ambassador program is an excellent way to build leadership and communication skills and meet new friends in the 4-H program. We'll be looking for your application in the mail by March 1! (AMM)

## Attention: high school sophomores and juniors

High school sophomores and juniors are invited to apply for the 1995 Nebraska Farm Bureau Youth Citizenship/Safety Seminar being held at the Youth Development Center in Aurora, Nebraska, March 19-21, 1995. Activities at the seminar include a trip to visit the legislature, a tour of the UNL Animal Science Department and workshops on farm, railroad, electric safety and dress for success. If interested in attending, contact your county Farm Bureau President or Jody Schrage at the State Office, 421-4400. (LJ)

## A gentle rub?

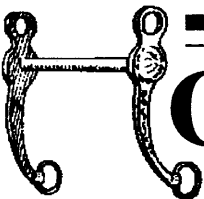
Why does your cat rub against your leg even when she doesn't want you to pet her? A cat has little scent glands on its face and these glands make a scent that other cats can smell. The cat rubs the scent onto things to say, "This is mine." So, when your cat rubs against your legs, she's not always asking to be petted. She may be marking you with her scent. You've always thought your cat belongs to you—maybe she thinks you belong to her! (ALH)

## Educational loan funds available to ag families

The Nebraska Farm Bureau Federation Charles Marshall Educational Loan Fund is available to individuals enrolled for training in accredited institutions for the advancement of professional skills in nursing or other educational areas. Applicants must be individuals whose families derive the majority of their income from agriculture, or reside in a community of less than 10,000 population. They must also enroll in an accredited school of nursing leading to an LPN or RN or in an accredited school leading to a certificate, degree, or certification of advancement of professional educational skills or similar skills. Application forms are available from Nebraska Farm Bureau Federation, Charles Marshall Educational Loan Fund, P.O. Box 80299, Lincoln, NE 68501. (LJ)

## Dog biscuits

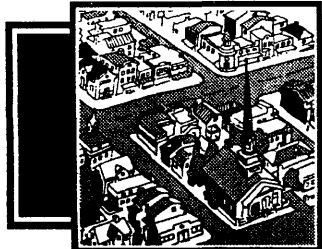
Mix these items to form a dough.  
2½ cups whole wheat flour  
½ cup nonfat powdered milk  
1 egg  
6 tablespoons margarine  
1 teaspoon sugar  
1 teaspoon salt  
½ cup cold water  
3 tablespoons powder beef or chicken broth  
With rolling pin, roll out dough to ½-inch thick. Cut into shapes with cookie cutters. Put biscuits on greased cookie sheet and bake at 350 degrees for 30 minutes. Let cool and store in airtight container.



## HORSE BITS

**"I Care About My Horses"**  
The "I Care About My Horses" program was developed to emphasize humane treatment of horses and the conduct of 4-H horse project members, parents and horse owners. The "I Care About My Horses" program and statement of principles govern the treatment of horses and the conduct of 4-H horse project members, parents and horse owners in all activities and competitions under the jurisdiction of the Lancaster County Horse VIPS Committee. *The Nebraska 4-H Horse Show and Judging Guide* (green book) provides for disciplinary sanctions. The "I Care About My Horses" program requires that the "I Care" pledge be signed by each 4-H horse project member, parents and owner as a prerequisite to participate in events and activities under the jurisdiction of the Lancaster County 4-H Horse VIPS Committee. Your signature acknowledges that you and your child have read and fully understand the horse VIPS committee principles on the welfare of horses. Violation of these principles can and will result in disciplinary measures. A copy of the "Statement of Principle for Humane Treatment of Horses" along with the "I Care Pledge" will be placed in each club's mailbox for all members to sign and return. Please read and discuss the statement at your club meeting.

**Nebraska Junior Quarter Horse Association 4-H Mentor Program**  
The Nebraska Junior Quarter Horse Association (NJQHA) is aware of the impact that horse activity has on the 4-H program both nationally and within our state. Our state offers one of the most comprehensive 4-H horse programs in our country and our association would like to continue to be a part of this exciting activity. We have designed a program to offer 4-H members involved in the horse program in Nebraska. The program is offered through each county Extension office throughout the state. It is open to individuals, clubs and county groups. At least two members of NJQHA will make each presentation and will be accompanied by a parent or guardian. Instruction in the following areas will be offered by NJQHA members: Fitting the Halter Horse, Preparing the Lunge Line Prospect, Showmanship at Halter, Western Pleasure and Horsemanship, Hunter Under Saddle and Equitation, Reining and Western Riding. Continued "mentoring" will be a possibility worked out by the various individuals which will include preparation for various showing opportunities. Those individuals and/or clubs interested in the 4-H Mentor Program can contact NJQHA members through Rich Fortner, RR 3, Lincoln, NE 68507, 402/785-5555. (CB)



## Community & Leadership Development

# Conflict: don't let it get you down!

Conflict seems to be as inevitable in our lives as Big Red Fever in Nebraska. Families, neighbors, co-workers, communities and countries experience conflict at various times in their history. We know that conflict will occur, most conflicts can be managed, conflict can help build relationships, and conflict can be a motivator for change. All conflicts can not be resolved and conflict does not always result in a winner loser. How we handle and resolve conflict is the key.

Conflict often emerges as a result of our need to manage change, to understand cultural differences, or to become an effective team member or leader. Learning the skills to deal with conflict in positive way, is crucial to building relationships in families and in communities.

Communication is vital to the process of conflict resolution. Think about some of the principles of good communication listed below. Which of these principles might apply to you and how might you change patterns of communication in ways which will facilitate the resolution, rather than escalation of conflict?

- Ask rather than assume
- Speak only for yourself
- Don't let the past control the present
- Relationships can be built on difference
- Timing and cooperation are important
- Messages may have more than one level (what is the person really trying to tell you)
- Messages sent are not always messages received

Roadblocks to communication may include ordering, threatening, preaching, lecturing, blaming, name calling, psycho-analyzing, sarcasm, flabby language, and dead endings.

When dealing with potentially explosive situations, some good tips to remember are:

- Don't deal with issues when angry
- Focus on behaviors, not personalities
- Use neutral language rather than beginning a sentence with "you"
- Indicate your desire to resolve the difference. It might be something as simple as, "I'd like to work this out. Let's talk about it."

Conflict can be healthy if handled in constructive ways. Consider your approaches to conflict. Choose one technique to develop reducing conflict or dealing with it in healthy and effective ways at home, work or in your community. (LJ)

# New Extension board officers

Ed Woeppel, Firth, was recently elected president of the Lancaster County Extension Board. Gerald Halling, Waverly, was elected vice president and Gwen Thorpe, Lincoln, was elected secretary-treasurer. Rod Lemke, Waverly, and Karen "Kit" Dimon, Lincoln, were installed as new board members.

Directors on the Extension

board also include K. Q. Allen, Lincoln; David Grimes, Raymond; Charles Willnerd, Roca; and Roberta Newburn, Martell.

The County Extension Board is the governing body for all Cooperative Extension activities in Lancaster County. This responsibility includes the 4-H program, Family and Community Education and Expanded Food and Nutrition.

The Extension board meets the second Monday of each month. Board meetings begin at 7 p.m. during standard time and at 7:30 p.m. during daylight savings time. The monthly meeting agenda is available for public review during normal business hours. The public is welcome to attend all board meetings. (DM)

# Making your business more accessible to consumers

Businesses can be made more accessible to people who may have difficulty walking, hearing or seeing.

For example, businesses may consider installing an automatic door opener or adjusting the closer on a heavy door that is difficult for customers to open. They can make goods and services accessible by replacing difficult-to-use door-knobs with lever or loop handles. Restrooms that lack maneuvering space can be made more usable by rearranging the existing space or possibly by combining two restrooms to create a larger room.

Tax incentives may help finance the changes. If the modifications are difficult or costly, consider alternative solutions that are safe and maintain the dignity of the customers and employees.

Contact other businesses that may want to join in efforts to improve accessibility in the area and use the improvements as a marketing tool to attract new customers.

The Americans with Disabilities Act (ADA) offers these suggestions to making accessibility changes:

- Contact resource people from local disability groups who can help with an accessibility review.
- Conduct self-evaluation to identify accessibility problems.
- Set priorities. For example, ways to get customers into the building, make goods and services accessible and make restrooms usable.
- Develop a plan of priorities for improving accessibility. The Title 3 assistance manual can help develop those priorities.
- Consult state and local building codes for exact specifications.

More stringent standards may apply when building a new structure or when remodeling.

—Consider hiring qualified, training professionals to assist with planning more complex remodeling or building projects to help ensure guideline compliance.

—Review and evaluate progress periodically.

For more information about ADA requirements, contact the nearest Regional Disability and Business Technical Assistance Center at 1 800 949-4232.

Sources: Shirley Neimeyer, Ph.D., Home Environment Specialist, NU/IANR; Mary Yearns and Arvid Osterberg, Iowa State University

# Restaurant workshop to enhance culinary management

Restaurant managers will be interested in a workshop that promises to enhance their culinary management techniques. University of Nebraska presenters will discuss topics at this day-long event.

Topics and presenters include:

- Food Service Trends with Carol Thayer, NU Small Scale Entrepreneurship coordinator;
- New Trends in Menus: Nutrition and Artistry with Marilyn Schnepf, Department Chair of UNL's Nutritional Science and Dietetics;
- Marketing and Advertising with Brian Hill, Coordinator of the Travel and Tourism Program, University of Nebraska-Kearney;
- Food Safety with Julie Albrecht, UNL Food Specialist;
- Menu Engineering with Beverly Benes, Assistant Professor, UNL Nutritional Science and Dietetics; and
- Cost containment with assistant professor Fayrene Hamouz, UNL Nutrition Science and Dietetics.

Cost for the 8:30 a.m. to 4:30 p.m. workshop is \$50, which includes lunch and materials. The fee for a second person attending from the same company is \$35.

For more information, or to register, call the nearest contact person: February 8, 1995—Wayne; Lynda Cruickshank, 402-375-3310 February 15, 1995—Nebraska City, American National Bank, 10th & Central Avenue; Judith Schwab, 402-269-2301

March 28, 1995—Chadron; Sheryl Carson, 308-327-2312; or Shari Meyer, 308-432-3373

March 29, 1995—Ogallala, Holiday Inn; Carolyn Straub, 308-284-6051 (AH)

# Tips for your career

1. *Smile more often.* Smiles indicate self-acceptance and the acceptance of others. Smiles inspire confidence in the person smiling. Smiles make people feel good about the smiler, themselves and their jobs. *Workplace smiles* can also intimidate or confuse an adversary, soften the blow of bad news, reduce tension, build a reputation as a winner—especially if you smile whether you win or lose.

2. *Optimists are better* at workplace problem-solving than pessimists. Optimistic salespeople are more likely to handle reversals by drawing on past experience, finding good things even in rejection and fighting for what they want. Pessimists more often accepted their fate or bad luck—or seek sympathy and understanding. Optimists are more likely to overcome difficulties and turn problems into opportunities.

3. *Use troubles to get ahead.* Fifty percent of supervisors' or managers' paychecks tie into their problem solving ability. *Key:* Look for problems—handle them cheerfully and with good judgment. People who show they can approach troubles as opportunities rather than irritations advance at surprising rates.

4. *Better business meetings.* Ask questions to direct discussions in the direction you want them to go—so you can learn what you need to know. Don't hesitate to ask questions from notes or to write down the answers. Use questions to direct or redirect the conversation as needed.

# Your employees are your business representatives

Employees are representatives of a business to the public. The image portrayed and the ultimate success of the business depends on the people it hires.

A job description including all duties assigned to the position, the wages and benefits should be clearly outlined in writing before hiring an employee.

After hiring an employee, the first few days are critical in setting an employee's perspective and attitude and making the job meaningful. Orienting the employee to the business will save time and money. Continuous training may be necessary in some businesses to keep up with trends and remain competitive.

Communicating clearly with employees is very important so they understand the duties, goals and objectives of the business. On the other hand, an employer should understand an employee's needs, goals and desires to help motivate them to be productive as well as gain self-satisfaction.

Source: Carol Thayer, Small Scale Entrepreneurship Program Coordinator, NU/IANR

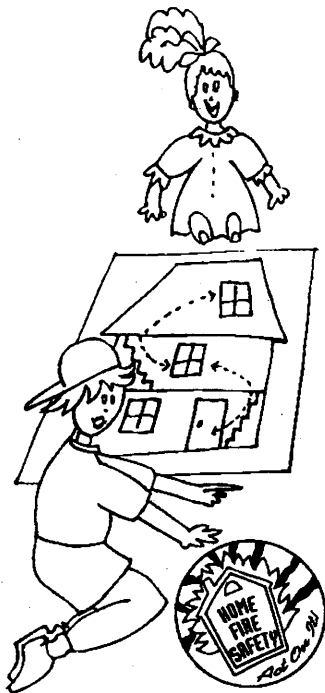
# A safety message from Fireman Bill

February is the month where love is in the air, with Valentine's Day and all its fervor. Your friends at Southeast Fire would like to make a suggestion to you for a gift for your sweetie that's not going to go to his/her waistline, has lifesaving potential, and is a lot cheaper than the age-old "diamonds and pearls!" Give your loved one a UL Listed smoke detector, and offer to install and test it properly. We recommend following the directions of the manufacturer for proper installation, and recommend testing your detector at least once a week.

Also a timely reminder in this "season of love." Show your family and loved ones you care. Practice your home fire escape plan with a family fire drill at least every four months, practice fire prevention and safety at work, home, and wherever you are!

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

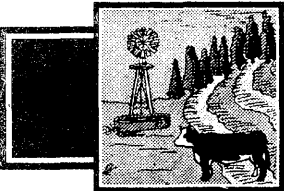
## PLAN YOUR ESCAPE A Fire Can Happen to Anyone at Anytime...



- Install smoke detectors outside every bedroom and on every level of your home. Test them monthly and replace the batteries at least once a year.
- Know two ways out of every room.
- Practice crawling low, to avoid smoke and heat.
- Feel doors with the back of your hand before opening them. If hot, use your second way out.
- Identify an outside meeting place, and never return to a burning building for any reason.







Rural \$ense News *continued*



Testing for germination rate

Any seeds that have been stored over the winter should be tested for their viability or germination rate. Seeds coming directly from the grower to the gardener usually have a tested rate of about 80 to 95 percent, meaning 80 to 95 out of every 100 seeds will germinate under proper conditions. Rates naturally decline as seeds are stored. By testing before you plant, you can determine how many seeds must be sown in order to guarantee a certain number of mature plants.

To test seeds, place 20 to 50 seeds on a moistened paper towel and cover them with a plastic or glass container or another paper towel. The idea is to keep the seeds moist and to protect them from cool, drying drafts. Lift the container or towel each day to air the seeds, add water and check for germination. Wait the average number of days to germination, preferably one week longer, before counting the results. Count the number of seeds germinated, then divide by the number tested to get the germination rate in percentage form. If it is below 60 percent, consider buying new seeds. If it is between 60 and 80 percent, just plant the seeds more thickly in order to ensure an adequate number of plants. (WS)

Mid-America Alfalfa Expo set for February 7 & 8

The first ever Mid-America Alfalfa Expo will be February 7 and 8 at the Adams County fairgrounds in Hastings, Nebraska. This all-indoor show features 24,000 square feet of exhibits on the latest alfalfa and hay production equipment, including balers, rakes, windrowers, irrigation systems, new alfalfa seed varieties, hay preservatives and inoculants, various storage systems and much, much more.

This is a hands-on opportunity to actually "ride and drive" many of the new machines available to help you handle your haying chores faster and easier. If something really interests you, maybe the auction Tuesday afternoon will be of special interest. At this auction, you will have a chance to bid for the right to use—for 30 or 60 days—a New Holland swather, a Heston square baler, a Hoelscher bale accumulator, a Vermeer twin rake and many other items. Now, where else can you get this opportunity to try it before you buy it?

If you want detailed information on profitable alfalfa production practices, national and Nebraska experts will be available both days to share their ideas and answer your questions.

Mark your calendar now! (WS)

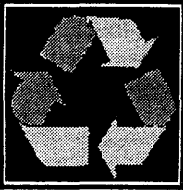
Chemigation Training

Chemigators whose certification expires in 1995 need to renew their certification now if they plan to continue chemigation practices. Producers wishing to certify or recertify should request training materials at the location they plan to attend training. Participants should bring a calculator to the training site.

- March 1 • 9:30 a.m.–12:30 p.m. Saunders County Extension Office, Wahoo
- March 2 • 1:00 p.m.–4:00 p.m. St. Joseph Catholic Meeting Hall, Friend
- March 3 • 9:00 a.m.–12:00 p.m. Saline County Extension Office, Wilber
- March 3 • 1:30 p.m.–4:30 p.m. Saline County Extension Office, Wilber
- March 3 • 9:30 a.m.–12:30 p.m. Dodge County Extension Office, Fremont
- March 7 • 1:00 p.m.–4:00 p.m. City Auditorium, York



Environmental Focus News *continued*



ECOLOGICAL SCORECARD

...by Linda Williamson

What is your Ecological Quotient (EQ)?

Many Americans are concerned about the environment. However, it's sometimes easy to overlook activities that we can perform to have a positive impact on the environment. The following quiz is designed to test your Ecological Quotient (EQ). See how well you score.

- ☐ Do you recycle your glass, plastic jugs, tin cans, motor oil, paper or aluminum? Give yourself 10 points for each one you recycle. Subtract 5 points if you recycle none.
- ☐ If you have donated money to an environmental cause or organization in the last year, +10 points.
- ☐ If you littered in any way, -10 points.
- ☐ If you wrote a letter to a legislator or other public official regarding an environmental issue, +15 points, two or more letters, +25 points. If you didn't write any letters, -5points.
- ☐ If you car pool, ride the bus or bike on a regular basis instead of driving alone, +20 points.
- ☐ If your car gets less than 20 miles per gallon, -5points.
- ☐ If you use recycled paper, +20 points.
- ☐ If you purposely buy products that reduce your waste generation, such as returnable glass bottles and unpackaged bulk foods, +15 points.
- ☐ If you walked somewhere instead of drove in the past week, +5points.
- ☐ If you compost yard waste and/or food scraps in your backyard, +20 points.
- ☐ If you have taken an active role in an environmental issue in the last year, +20 points.

Total

Scoring:

91 and over: Good for you, a true friend of the environment!

66-90 points: Concerned and doing okay

40-65 points: You can try harder

Less than 40 points: OOPS! You're part of the problem

This quiz was adapted from the Lincoln Memorial Garden and Nature Center, Springfield, IL. Reproduced with permission from Groundwater Education in Michigan newsletter.



Table 1. LD<sub>50</sub>s of insecticide active ingredients used in home insect control, classes and toxicity categories. This table can be used for comparison purposes, but it is important to remember that the formulation is also extremely important in determining the toxicity of a product. And, it is the concentration and exposure that creates the hazard to the individual.

Active Ingredient	Oral LD <sub>50</sub>	Class	Toxicity Category
d-limonene	nontoxic	botanical (citrus)	5
diatomaceous earth	nontoxic	desiccant	5
Bacillus thuringienses	nontoxic	microbial insecticide	5
methoprene	34,000	insect growth regulator	4
fenoxycarb	10,000	insect growth regulator	4
hydroprene	> 5,100	insect growth regulator	4
d-phenothrin	10,000	pyrethroid	4
piperonyl butoxide	7,500	synergist	4
abamectin, avermectin b1	4,200	natural toxin	4
hydramethylnon	> 5000	aminohydrazone	4
tetramethrin	4,640	pyrethroid	3
borax	3,000	mineral	3
resmethrin	2,000	pyrethroid	3
pyrethrins	1,500	botanical	3
malathion	885	organophosphate	3
acephate	886	organophosphate	3
allethrin	425	pyrethroid	3
diazinon	300	organophosphate	3
trichlorfon	144	organophosphate	3
permethrin	4,000	pyrethroid	2
cyfluthrin	500	pyrethroid	2
fenvaterate	451	pyrethroid	2
cypermethrin	247	pyrethroid	2
chlorpyrifos	135	organophosphate	2
propoxur	95	carbamate	2
esfenvalerate	75	pyrethroid	2
bendiocarb	34	carbamate	2

Toxicity categories: 5 = non toxic; 4 = least toxic; 3 = slightly toxic; 2 = moderately toxic.

Table 2. The LD<sub>50</sub> (mg/kg of a persons body weight) of some substances found around the home.

Substance	LD <sub>50</sub>	Use
absolute alcohol	10,600	beverage, preservative
acetone	10.7	finger nail polish remover
aspirin	1,000	drug, pain
caffeine	355	constituent in coffee, colas
ethylene glycol	8,540	antifreeze
propylene glycol	24,000-30,000	antifreeze
ibuprofen	626	drug, pain
nicotine	0.3	constituent in tobacco
salt	3,750	food additive
Vitamin A	7,910	vitamin
warfarin	323	rodenticide, anticoagulant

The average household has a number of toxic substances around the home that can result in injury to humans or pets if improperly handled or stored. Make it a point to check the places you keep these products (under the sink, in the medicine cabinet) and make sure they are secure. All hazardous materials in the home should be stored in a locked location especially when small children live in the home or visit regularly.

The NEBLINE  
Nebraska Cooperative Extension Newsletter  
Lancaster County

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 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

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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 reprinted 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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PHONE NUMBERS:

Office (leave message after hours) ..... 441-7180  
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FAX ..... 441-7148  
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OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

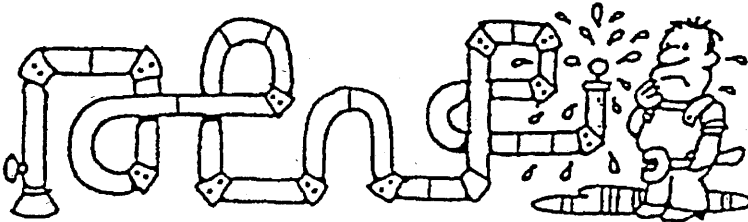
Grants or low interest loans are available to low and moderate income rural Lancaster County residents to make repairs to owner occupied homes.

Repairs are restricted to addressing hazards to health and safety. For example: furnace, duct work, roofs, foundations, wells, bathrooms, etc.

Requirements: One year residency prior to date of application. Meet income guidelines. Land contracts must be registered.

This program is provided by the Lancaster County Board of Commissioners and administered by Lincoln Action Program.

Crisis Home Repairs



for Lancaser County homeowners

For more information, contact Judy Adams, Lancaster County Rural Coordinator, Lincoln Action Program (LAP), 2202 South 11th Street, Lincoln, NE 68502, or call 471-4515.

Extension Calendar

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

**February 2**  
EPU 4-H Council Training—*Eastern NE 4-H Camp*..... 6:00 p.m.

**February 4**  
Cloverbud Leader Training.....10:00 a.m.-12:00 p.m.  
4-H Cattle Weigh Day

**February 7**  
Mid-America Alfalfa Expo—*Adams County Fairgrounds, Hastings*  
Nebraska Corn Expo—*Buffalo County Exhibit Hall*..... 9:00 a.m.-7:30 p.m.  
4-H Council Meeting.....7:00 p.m.

**February 8**  
Nebraska Corn Expo—*Buffalo County Exhibit Hall*..... 8:00 a.m.-3:00 p.m.  
Mid-America Alfalfa Expo—*Adams County Fairgrounds, Hastings*  
Nebraska Microcomputer Conference—*Kearney Ramada Inn*..... 1:00-5:00 p.m.  
4-H Horse VIPs Meeting..... 7:30 p.m.  
Restaurant Management workshop—*Wayne*..... 8:30 a.m.-4:30 p.m.

**February 9**  
Nebraska Microcomputer Conference—*Kearney Ramada Inn*..... 9:00 a.m.-4:00 p.m.

**February 10**  
Speech Workshop.....7:00 p.m.

**February 11**  
Canine Companions Dog Training.....1:00 p.m.

**February 12**  
Teen Council Meeting..... 3:00-5:00 p.m.

**February 13**  
Extension Board Meeting.....7:00 p.m.  
Lancaster County 4-H Shooting Sports Club Meeting..... 7:00 p.m.

**February 15**  
Restaurant Management workshop—*Nebraska City*.....8:30 a.m.-4:30 p.m.

**February 16**  
Fair Board Meeting.....7:30 p.m.

**February 18**  
Canine Companions Dog Training.....1:00 p.m.

**February 21**  
Star City Rabbit Raisers Club Meeting.....7:00 p.m.  
FCE Leader Training, "Fast and Easy Ways to Make Your Home Look Great" .....1:00 or 7:00 p.m.

**February 25**  
Canine Companions Dog Training.....1:00 p.m.  
Horsin' Around 1995—Western Riding and Lead Changing—*UNL East Campus*

**February 27**  
New Leader Orientation-Part I..... 9:30 a.m. & 7:00 p.m.  
Horsin' Around 1995—Western Riding and Lead Changing—*UNL East Campus*

**February 28**  
4-H Livestock/Companion Animal Leader Training—*Douglas Co. Extension*..... 7:00-9:00 p.m.  
Crop Insurance Reform Act briefing—*Firth Community Building*..... 10:30 a.m.  
Crop Insurance Reform Act briefing—*Lancaster Extension Conference Center*..... 1:30 p.m.

**March 1**  
Deadline to participate in Waste Pesticide Disposal Program  
Chemigation Training—*Saunders County Extension Office, Wahoo*..... 9:30 a.m.-12:30 p.m.  
4-H Ambassador Applications Due

**March 2**  
Chemigation Training—*St. Joseph Catholic Meeting Hall, Friend*..... 1:00-4:00 p.m.  
Dryland Crop Production Efficiency Seminar.....9:00 a.m.-3:30 p.m.

**March 3**  
Chemigation Training—*Saline County Extension Office, Wilber*..... 9:30 a.m.-12:30 p.m.  
Chemigation Training—*Saline County Extension Office, Wilber*..... 1:30 -4:30 p.m.  
Chemigation Training—*Dodge County Extension Office, Fremont*.....9:30 a.m.-12:30 p.m.