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## The NEBLINE, October 1995

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# The NEBLINE®

University of Nebraska Cooperative Extension  
Lancaster County

October 1995  
Vol. VIII, No. 10

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

## Traveling recycling trailer nets over 9,000 pesticide containers!



After making a circuit to 12 agricultural pesticide agribusinesses in Lancaster, Sarpy, Saunders, Seward, Saline, Gage and Jefferson counties, the trailer is back home at the Lancaster County Extension Office. In the 13 collection days, approximately 9,350 containers were collected. Each white or yellow, 1- or 2 1/2-

gallon container was inspected to make sure it was triple- or pressure-rinsed and dry. When the 42-foot semi-trailer was full, Midwest Valley Chemical picked up the trailer and drove it to a plastic chipper in Wall Lake, Iowa.

After the containers are chipped, the plastic is transported to pesticide container manufacturing plants where it is melted and made into new pesticide containers.

Hats off to the following sponsoring agricultural chemical dealers: Waverly Farmer's Union Co-op, Greenwood Farmer's Co-op, Farmers Union Co-op (Gretna), Otte Oil and Propane (Wahoo), Countryside Cooperative (Raymond and Milford), Blue Valley Co-op (Tamura), Dorchester Farmer's Co-op, Land O'Lakes (Wilber), Firth Cooperative Company, Southeast Nebraska Co-op (Beatrice), Farmer's Co-op Elevator (Plymouth), and DeHass and Sons (Denton).

Thanks also to the Department of Environmental Quality, UNL Water Center and University of Nebraska Cooperative Extension for supporting this program.

If you have pesticide containers that you would like to add to this year's total, you can bring them to the Lancaster County Extension Office. Please call ahead (441-7180) to make sure that someone (Barb, Dave or Sheryl) will be available to inspect the containers when you arrive. (BPO/DV/SP)

## A community response— The Consortium for Children and Youth



LaDeane Jha &  
Lorene Bartos  
Extension Educators

The Consortium for Children and Youth is a unique, private, non-profit, non-partisan advocacy and support agency. It acts as a strong voice for children and youth in Lincoln and Lancaster County. Through collaboration and cooperation with organizations throughout the city and county, like Cooperative Extension, they respond to the unmet needs of children and families.

Because of its status as a community-based advocacy organization, it is available to serve as a vehicle for presenting community concerns, ideas and suggestions to community leaders. The Consortium provides leadership and works for action in addressing issues affecting children and youth here in our community. The value of children and youth in the community is promoted through the media, speaking engagements, participation in planning groups, open forums, seminar workshops, conferences and recognition dinners. This advocacy involves interaction with businesses, human service agencies, governmental bodies, juvenile justice systems, schools, neighborhoods, churches, civic organizations, political representatives, youth organizations, individual adults and youth.

One of the goals of the Consortium is to make Lincoln/Lancaster County one of the best places in this country for children and young people to live and grow. The creation of an environment where children and youth grow to be healthy, educated, nurtured and productive individuals is its vision.

**KIDS VIEW**, a publication of the Consortium, is a report on the state of the child in Lincoln/Lancaster County. The report is published every two years and is an eye-opening overview of the challenges facing our community with regard to children and youth. Call the Consortium for copies.

The Consortium facilitates a Public Policy Committee open to all public members, to review state legislation affecting children and youth. In 1994 and



Members of the Youth Advisory Council, The Consortium for Children & Youth.

1995, specific topics addressed, through active participation, were alcohol levels in driving, welfare reform and voluntary curfews.

Several Issue Committees are facilitated by the Consortium and are open to the public. They meet monthly to plan. This past year the committees included: Parenting Education and Support, Respite Care, Recreation/Youth Violence Prevention and Youth Employability.

One of the most exciting activities of the Consortium is the Youth Advisory Council, a diverse group of teens representing over 17 area schools. Their mission is to undertake programs that will benefit the youth of the area. Helping young people develop the leadership skills inherent in all youth is one way the Council provides an opportunity for growth and development. The Council is open to any student in grades 7-12 who has a desire to address the needs and concerns of the youth of the Lincoln area. Through needs assessment, issue identification, advocacy and collaboration with existing area groups and organizations, the Council seeks to bring resources and information together to help create the "Best Lincoln Ever" for young people.

There are three major committees within the Youth Advisory Council:

**Recreation**—a committee investigating setting up a recreation calendar for city-wide

youth events that would include activities of all agencies and planning a New Years Eve activity.

**Legislative**—a committee that investigates and speaks on issues affecting youth such as curfew. They are a "Voice for Youth, kids speaking for kids," according to Rob Paulak, Director for the Youth Advisory Council.

**Service**—a committee that urges participation in a variety of community service projects during the year such as food drives, bell ringing, etc.

During the next year, the Council has a huge challenge according to Paulak. They are putting together a Youth Summit to Celebrate Youth. The summit is intended to create partnerships

Turn to Consortium: page 11

## 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**

"Guard Your Investment ..."—page 3



**Natural Resources and Environmental Management**

"Traveling Recycling Trailer ..."—page 1



**Children, Youth and Families**

"The Consortium for Children & Youth"—page 1



**Nutrition, Food Safety and Quality**

"Food Safety for Babysitters"—page 7



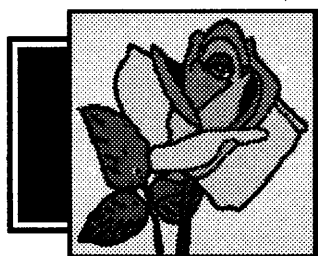
**Strengthening Neighborhoods and Communities**

"Exploring 'Rural' Myths"—page 10

Lancaster County 4-H Council  
University of Nebraska  
Lancaster County Extension Office  
444 Cheyenne Road  
Lincoln, Nebraska 68508-1507

Non-Profit Organization  
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## Horticulture

# Water yard plants



Soil moisture is lost from the soil throughout the winter either through the plants or by evaporation from the soil surface. When the soil moisture level becomes very low, root damage can occur from deep freezing of the soil. This damage to the roots can seriously injure a tree or shrub or even kill them. This damage is not noticed until the following spring.

Adequate soil moisture in the fall insulates the roots from the freezing danger and ensures adequate soil moisture for next spring's growth.

The fall watering of trees and shrubs can be done by slow application with a hose so the water can penetrate deeply or by using a soaking soil probe. In either case, try to soak the soil 3 to 4 feet for shrubs and 6 feet for small deciduous trees and evergreens. Grass, no matter what variety, should be watered to a depth of 6 inches.

All fall watering should be done before the soil surface freezes. (DJ)

# Saving geraniums over winter

Many gardeners like to keep their geraniums from one year to the next. This provides plants for the home in the winter and reduces the cost of new plants in the spring.

There are several methods of handling the plants over winter. One way is to take cuttings and root them in the fall, just prior to a killing frost. Geranium stem cuttings, often called slips, should be 4 to 6 inches long. Take the slips from the tips of the healthiest stems. Remove the leaves on the bottom 2 inches of the cuttings. Stick the cuttings 2 inches deep in a container with potting soil and water thoroughly.

After the cuttings have rooted, in about 3 or 4 weeks, plant them in individual pots and put them in a well-lighted location. Keep the soil evenly moist and begin fertilizing

monthly once new growth begins.

Rather than take cuttings, some people prefer to pot their best plants and bring them inside to overwinter. If this is your choice, cut the plant back to about one-third its original height. Carefully dig up the plant and pot it in an adequate-sized container. After you pot it, water thoroughly. Location and care is the same as for rooted cuttings. A sunny, cool location is best. One of the old but successful methods of carrying geraniums over winter, is to dig up the entire plant prior to frost. Shake the soil from the roots and hang it from the basement rafters. Years ago, fruit cellars where quite common and they made excellent places to hold the plants with this method. It will not work in many basements today because temperatures are

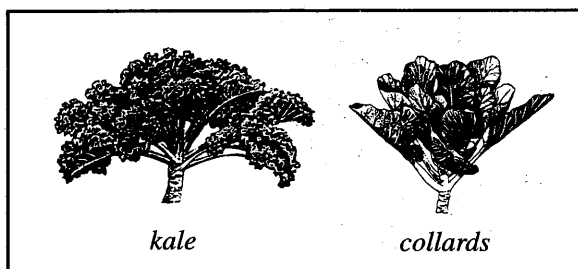
high and humidity is too low. However, some people report success with hanging geraniums in modern basements. Temperature and humidity seems to differ in every basement. Since there is no way of knowing whether this will work in your basement, try it with expendable plants.

If you decide to try this method, take the plants down occasionally and place the roots in water for a couple of hours then hang them back up. Do this several times during the winter to prevent them from drying out.

Whether you carry your geraniums through the winter as young plants started from cuttings, as old plants in flower pots or dormant plants hanging in the basement, keep them inside until all danger of frost has past in the spring. (MJM)

# Protecting the leafy vegetables

You can prolong the growth of greens such as lettuce, collards, mustard and kale in the late fall by erecting plastic shelters over the rows. Practically any type of support material is suitable as long as it will support the plastic film up off the plants. Thinking of this as an in-row plastic greenhouse, you can have one row (up to 25 feet) inside



kale

collards

one continuous row cover.

Close the plastic film down over each end during cold nights and open it up each morning to

permit ventilation during the day. You can make an arch from pigwire and stretch plastic film over it. Then you can place the covered arch over one row of lettuce.

Whenever you wish to harvest, simply raise one side of the cover long enough to pick the leaves, then let the cover back down. (DJ)

# Garden cleanup

After the last of the fall harvest is in, one more gardening task remains: a fall garden cleanup.

Remove diseased plant debris and plow under other residues. This will reduce the number of overwintering insects and disease organisms and minimize these problems in next year's garden. Fall plowing also may enable you to get an early start next spring.

Insects that may overwinter in the garden include cucumber and potato beetles, squash bugs, and European corn borers. Removing or tilling under plant debris eliminates their overwintering shelter.

Winter's freezing and thawing action will break up the soil. By spring, all you will have to do is lightly rake your seedbed before sowing lettuce, spinach, carrots, radishes, onions and other early crops.

As long as you are turning the soil anyway, take the opportunity to turn under manure, commercial fertilizer, compost or ground up leaves to enrich the soil. Manure that is spread and turned under now will have rotted enough by next spring to provide valuable plant nutrients. (DJ)



- Plant spring flowering bulbs.

- Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

- Dig up and bring in cannas, dahlias and gladiolus. Dry, clean and store in a cool location free from frost.

- After several hard frosts, add mulch to your perennial flower garden. A 1-inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.

- When deciding on new trees or shrubs to plant around your home, remember to select

varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.

- Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from overwintered eggs.

- Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

- Fall is the time to control certain broadleaf weeds in the lawn such as white clover, dandelion and ground ivy.

- Make a note of any particularly productive or unsatisfactory varieties of vegetables planted this year. Such information can be very useful when planning next year's garden.

- Remove any diseased or insect-infested plant material from your garden, it may harbor overwintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next year's pest problem.

- Cure pumpkins, and butternut and hubbard squash at

temperatures between 70-80 degrees F for 2 or 3 weeks immediately after harvest. After curing, store them in a dry place at 55-60 degrees F.

- Use dried herbs to make fragrant wreaths and dried flower arrangements.

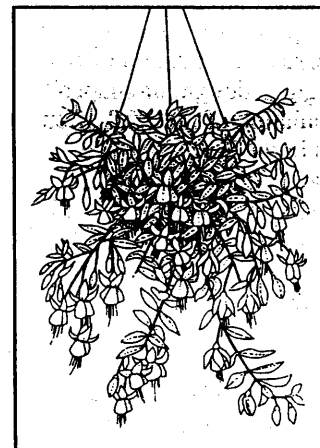
- Clean up the orchard and small fruit plantings. Sanitation is good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next year's crop.

- Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.

- Christmas cactus needs special care now to get its beautiful flowers this December. Buds will form at 50-60 degrees F or if the plant is exposed to at least 13 hours of complete darkness each night.

- Fall is an excellent time for taking soil samples in your lawn and garden. Soil tests will measure the pH of the soil, organic matter content and the levels of some of the major elements required for plant growth, such as phosphorus and potassium. (MJM)

# Caring for fuchsia



Fuchsia makes a good plant for a hanging basket in cool, shaded or partially shaded conditions. Pinching will make the plants fill out and look bushier. Use a moist, well-drained soil mix, but do not allow it to dry out. Fertilizer can be given once every two weeks.

Fuchsia is actually a shrub requiring a winter rest period. Begin to withhold water now and allow the soil to become drier, but not completely dry. When leaves and flowers drop, provide cool—but above freezing—storage conditions.

Do not let the soil dry out completely during the rest period. In mid-April, the plant may be pruned, placed in a well lit area and watered regularly to restart it.

Fuchsia may be propagated by seed or cuttings. The seed germinates in 21 to 28 days at temperatures between 70 and 75 degrees F. Take softwood cuttings, with four pairs of leaves, from new growth in the spring. Make the cuttings just below a node. Remove the bottom pair of leaves and insert the cutting into a container of potting soil. (MJM)

# Drying gourds

Harvest gourds when the stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly, so only harvest mature fruit.

After harvest, wash the fruit in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take 1 to 6 months, depending on the type of gourd. The outer skin hardens in 1 or 2 weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MJM)

# Poinsettia rebloom

There is still time to get your poinsettia to rebloom for the upcoming holiday season. The plant needs to be in total darkness from 5:00 p.m. to 8:00 a.m., then in a well-lighted area from 8:00 a.m. to 5:00 p.m. To do this process, you can have the plant in a sunny window during the day and then a box could be placed over the plant for the darkness period. The plant should begin to show color by early December and the process can then be stopped.

# Caring for rhubarb

It is a good practice to use mulch over rhubarb plantings not only to reduce weed growth, but also provide winter protection and to prevent moisture loss. A mulch can be applied during the fall; however, during the early spring, it should be pulled back to allow the soil to warm up and promote early growth. Later in the season, the mulch can be worked into the soil around the plants. (DJ)

# Guard your investment: Store grain properly

**\$** Grain quality does not improve in storage. At best, the initial quality can only be maintained. However, if proper management is neglected, the entire bin of grain may become a worthless, moldy, insect and rodent infested mass. Be sure that only high-quality grain goes into clean storage bins.

First, clean the bin site. Spilled grain and feed accumulations near bins are frequently overlooked as potential sources of migrating insects, as are dusts created by feed grinders or feed left in self-feeders.

Remove leftover grain from the bin and sweep and vacuum the walls. If long-term storage (over 10 months) is planned, consider treating the cleaned bin with protective insecticides two to three weeks before new grain is added. Apply the spray to the point of runoff to as many surfaces as possible, especially joints, seams, cracks, ledges and corners, including outside the bin at the foundation and near doors, ducts and fans. Malathion, methoxychlor, Tempo or Reldan may be used for this purpose. (Use Reldan only when sorghum is to be stored.) Do not apply Tempo or methoxychlor directly to grain. As with all pesticides, read and follow label directions carefully.

Before any grain is harvested, clean all grain handling equipment including augers, combines, trucks and wagons and remove old grain residue. Combines should be adjusted to minimize grain damage and maximize removal of fines and other foreign material. Many common grain insects are secondary feeders—feeding only on broken or cracked kernels and other materials, not sound kernels. Be especially careful when harvesting and handling grain from stressed crops because this grain is more easily damaged.

Operate augers at full capacity to reduce wear and grain breakage. With variable incoming flowrates, reducing auger speed can keep the auger operating at full capacity. Another option is to add a hopper over the auger intake, keeping it full. Be sure that all safety shields and auger intake grates are kept in place and in good working order.

To reduce the incidence of molds and insects, cool and dry the grain immediately after combining. Deterioration of grain quality occurs rapidly at higher moistures and temperatures. For example, grain held continuously at 75° F and 25% moisture content will deteriorate more in four days than 15% moisture grain held at 60° F would in 250 days. Warm, moist grain is also more prone to molds and insects.

Moisture content of the grain going into storage is critical to assuring that quality can be maintained. Recommended moisture contents depend on the

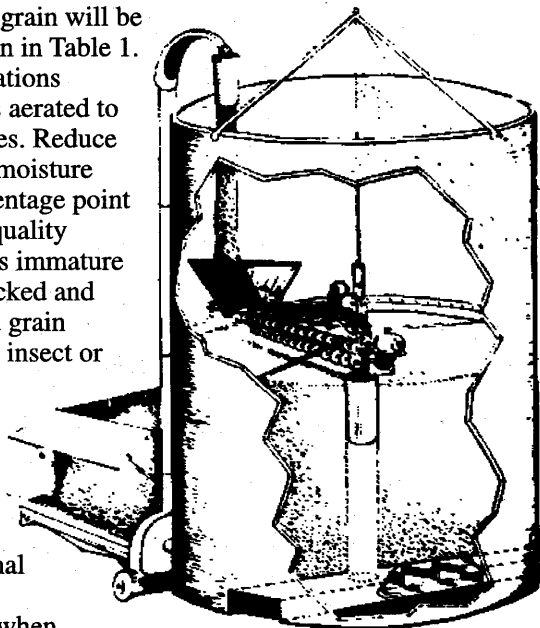
length of time that grain will be stored and are given in Table 1. These recommendations assume the grain is aerated to control temperatures. Reduce the recommended moisture contents by 1 percentage point when storing low quality grain. This includes immature grain, severely cracked and damaged grain and grain subject to previous insect or mold activity.

Grain going into a bin should be clean. Broken kernels, foreign material and fines will create additional problems in stored grain, particularly when they accumulate in pockets. Besides being more attractive to some insects, broken kernels are more susceptible to spoilage. Also, airflow from drying or aeration fans tends to go around pockets of fines so they cool and dry more slowly. These pockets often develop into hot spots that result in spoiled grain.

The most effective way to remove broken kernels, fines and other foreign material is to use a high-capacity rotating grain cleaner. If this is not possible, a power spreader may be used to minimize concentration of fines, although a “doughnut-shaped” accumulation of material often occurs in the bin. If a power spreader is not used, install a grain cone to break up the inflow of grain and partially spread the fines.

More grain goes out of condition because temperatures are not controlled than for any other reason. When first storing grain, cool to the prevailing temperature. While in storage, grain should be held at temperatures within 10° F to 15° F of the average outside air temperature. Temperatures below 50° F will prevent insect feeding and reproduction.

As grain is being augured into storage, apply a liquid or dust grain protectant, especially if the grain will be stored for 10 months or more. Use either premium grade malathion (corn and sorghum), Reldan (sorghum only) or Actellic (corn and sorghum). Power spray applicators are preferred over gravity drip applicators



because they provide more uniform coverage, giving better insect control.

Treating when the grain is above the recommended moisture for long-term storage and the grain temperature is above 90° F will limit the effectiveness of the insecticide, as the combination of moisture and temperature will increase the breakdown rate. If grain must be treated when it is warm, use an aeration system to cool it as quickly as possible. Operation of the aeration system will not remove the protectant from the grain.

After the grain has been leveled in the bin, top-dress the surface with both Dipel and malathion or Actellic (corn and sorghum) or Reldan (sorghum only). Dipel works against Indian meal moths while malathion is needed for beetle control. Reldan and Actellic control both types of insects. (Do not treat soybeans with malathion, Reldan or Actellic.) If Indian meal moths have been a problem, use Vapona resin strips (one strip per 1,000 cubic feet of air space) in the bin space above the grain.

Stored grain represents a major investment. Precautions taken as the grain is put into storage can pay dividends later by helping to assure that quality is maintained. (DV)

Table 1. Maximum recommended moisture contents for properly managed, aerated grain.

Storage period	Corn + Sorghum	Soybeans
Fed By April	18%	13%
Marketed by June	15.5%	13%
Up to one year	14%	12%
Over one year	13%	11%



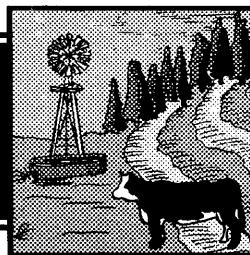
## Did you know ...

- Each federal dollar appropriated for research and Extension leverages 4 to 5 state, local and private dollars; the annual rate of return on the overall investment in research and Extension is 30-50%.

- Organic Market Overview says the U.S. organic industry grew more than 22% in 1994, reaching sales of \$2.3 billion.

Source: Center for Sustainable Agricultural Systems. (BPO)

## Rural \$ense



# Dupont agrees to phase out Bladex

On August 2, 1995, the U.S. Environmental Protection Agency (USEPA) announced that DuPont Agricultural Products has agreed to phase out the production of the pesticide cyanazine (Bladex) for use in the U.S. Under this agreement, DuPont—the sole manufacturer of this herbicide—will voluntarily cancel all cyanazine products effective December 31, 1999.

The reason for this decision is that cyanazine has been identified as a possible human carcinogen, based on studies that indicate that cyanazine causes cancer in laboratory animals. In addition, persons mixing, loading and applying this pesticide may also be at risk of cancer. In November 1994, USEPA initiated a Special Review of triazine herbicides [cyanazine, atrazine and simazine (Princep)] based the concern that long-term exposure to these herbicides in food and drinking water may pose a risk of cancer. Numerous groundwater and surface water studies have shown triazine herbicides in drinking water, especially during the spring and summer in Midwest agricultural areas. USEPA's Special Review of atrazine and simazine will continue. An estimated 95% of cyanazine (Bladex) is used to control broadleaf weeds and grasses in corn. It is among the most widely used herbicides in Nebraska.

Over the next four years, the maximum seasonal application rates of cyanazine will be reduced from the current 6 1/2 lbs. per acre. Sales and distribution by DuPont are prohibited after December 31, 1999. Refer to the following chart:

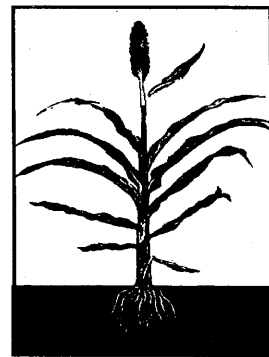
Date	Maximum Seasonal Application Rates
January 1, 1997	5 lbs.
January 1, 1998	3 lbs.
January 1, 1999	1 lb.

After January 1, 1998, growers must have a closed cab system for all applications.

According to USEPA, growers should not incur additional costs as a result of this action because there are alternatives to cyanazine currently registered and available.

Source: EPA News Release (8/2/95). (BPO)

# Minimize sorghum losses at harvest



Timely operations and the use of header attachments can save grain sorghum at harvest. Investigations show that harvesting grain sorghum at about 16% moisture content will help reduce shatter losses. However, grain sorghum is a crop that demands the best in combine operators. Most crops have one specific problem area (such as the header in soybeans), but grain sorghum can cause difficulties at nearly every point in the combine. These problems are compounded by the fact that grain

sorghum often ripens unevenly across the field.

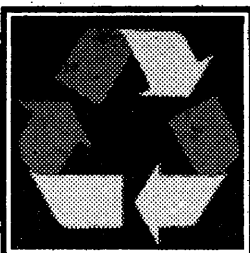
On a platform header, reel losses are usually the highest single loss. The reel bat should be about 25% faster than the ground speed. The reel should also be set high enough to avoid catching the heads and throwing them out.

Grain moisture influences grain damage. Cylinder speed is usually the most important factor affecting cracking or kernels. Consult the operator's manual to initially set the combine and if damage occurs, slow the rotor speed.

A row crop header or header attachments on a platform will reduce harvesting losses for both standing and lodged conditions. The platform attachments fit in front of the cutterbar and have gathering points to aid in picking up or directing the grain head into the cutterbar.

Some special attention will be required for drought stressed areas. Since these fields will have more variable yields and possible pockets of weeds, the combine operator should adjust the combine for these changing conditions. These adjustments probably will reduce travel speed and input feed capacity levels will be lower, so do not over thresh the grain.

Always take time to check the harvest losses by stopping the combine and inspecting areas in front of and behind the combine. Ground counts are tedious work; however, they offer a reasonably accurate idea of how much grain is being lost. As a rule of thumb, a loss of 17 to 20 kernels per square foot is equivalent to one bushel per acre. Measure the area behind the combine, if the results are 5% or less of the total yield, your losses are within reasonable limits. If losses are above 5%, check the area not harvested, determine the preharvest losses and make adjustments according to the operator's manual. (DV)



## Environmental Focus

# Garden residues a wildlife food source

As you give your vegetable garden a final fall cleanup this year, consider leaving some plant residues for wildlife. Leave bean plants and beans that got too mature to be harvested, corn stalks with nubbin ears that never grew big enough, oversized summer squash, winter squash and pumpkins with soft spots or frost damage, leafy vegetables that went to seed, and the tough outer leaves and stalks of broccoli, Brussels sprouts, cabbage and the other cole crops as an emergency food source for wildlife.

You can still clean up the garden to reduce the carryover of insects and diseases.

Remove and burn or put out for the trash pickup any diseased plant materials, including corn that has been infected with smut, wilt-stricken squash vines, and blighted tomato and potato plants.

Till or plow under stands of weeds and mulch that might provide overwintering shelter for squash bugs, cucumber beetles, Colorado potato beetles, European corn borers and other pests. But leave residues of healthy plants that could serve rabbits, birds and, in rural areas, deer as a winter food reserve.

Do not be surprised if some of the less palatable foods stand untouched for weeks or even months. The beans and squash seeds will go quickly, while things like Brussels sprouts stalks and leaves may remain a long time. But when snow gets deep and bark is about the only other food available, even those tough old stalks may be consumed.

Leaving garden residues for wildlife may help take some of the pressure off fruit trees and other potential foods in your landscape. It is wise not to count on this, however, to protect your landscape plants from all harm. Mice will still be busy under the snow, so you will still need to protect fruit trees and valuable landscape plants with either physical barriers or taste/odor repellents. (DJ)

## Reusing plastic bags

The Plastic Bag Information Clearinghouse passes on these ideas on reusing plastic bags:

- Take on return trips to the supermarket.
- Protect dry clothing from wet towels in an exercise bag.
- Store off-season clothes.
- Line household wastebaskets.
- Use as packing material to ship items.
- Tote dry shoes to work on a rainy day.
- Hold plastics, aluminum and glass for recycling.
- Use as lunch bags.
- Separate dirty clothes from clean ones when traveling.
- Use as an all-purpose tote.

The possibilities for reusing plastic bags are limited only by your creativity. Every time you reuse a plastic bag, you help to conserve resources by eliminating the need for a new one. Once you have finished reusing a bag over and over again, conserve even more resources by recycling it. For more information about plastic bags and the environment or to locate the nearest plastic bag recycling collection site, call 1-800-438-5856. (SE)

# Plug abandoned water wells

There are thousands of water wells throughout Nebraska that are no longer used for irrigation or domestic use. Over the years, these wells have been left behind or "abandoned" without being properly filled and sealed. These open wells are a direct pipeline to groundwater supplies and could allow chemicals and other contaminants to pollute this valuable natural resource. In addition, wells that are left open can be a safety hazard to unsuspecting people and animals.

According to state law, it is the responsibility of the landowner to properly fill and seal unused wells. This can be a costly and time-consuming process; therefore, the Lower Platte South Natural Resources District established a Well Abandonment Cost-Share Program five years ago to help landowners comply with the law. Since that time, more than 250

wells have been properly abandoned in the Lower Platte South NRD.

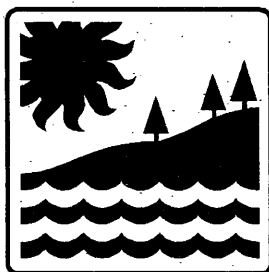
The program was recently revised to provide additional cost-share assistance to landowners to encourage greater participation. Under the revised program, the Lower Platte South NRD will pay 75% of the cost to properly decommission all types of water wells with landowner costs not to exceed \$150.

Landowners who participate in the well abandonment program can also receive cost-share assistance to have any remaining pump pipes removed. A landowner will not have to pay more than \$100 for pump pipes 2 inches or less in diameter and \$300 for pump pipes with a diameter greater than 2 inches. The NRD employs a licensed water well contractor to ensure that all wells are filled and sealed according to Nebraska

Department of Health guidelines.

In addition to providing cost-share assistance for well abandonment, the NRD has also conducted well abandonment demonstrations in cooperation with the University of Nebraska Cooperative Extension so that landowners could see how the decommissioning process works. The NRD is currently working with Cooperative Extension to schedule more of these demonstrations. Watch these pages for more information on when and where these demonstrations will be held.

Applications for the Lower Platte South's Well Abandonment Program are accepted throughout the year with the actual abandonment process being performed from late fall through early spring. The program fills up fast, so call the NRD office at 476-2729 for application information. (CB)



The earth wellness festival team received the 1995 Ventures

In Partnerships Pioneer Award for providing youth with learning opportunities that promote environmental responsibility. This award honors individuals and/or organizations that work together to enhance education and build a stronger community.

In recognition and appreciation for efforts to preserve, protect and enhance our natural environment and to

promote environmental education in Lincoln/Lancaster County, **earth wellness festival** steering committee members received 1995 Environmental Awards of appreciation from the City of Lincoln.

In March 1995, over 3,100 fifth-graders from Lancaster County took part in **earth wellness festival**. Students experienced creative hands-on, educational activities designed to help them recognize the relationships and interdependence of land, water, air and living resources. Youth identified their impact on the planet and determined steps of action to enrich the environment. Approximately 400 presenters and community volunteers

assisted in educating these future stewards of the earth.

Local resource agencies involved in the organization of **earth wellness festival** are: University of Nebraska Cooperative Extension in Lancaster County, City of Lincoln, The Groundwater Foundation, Lincoln/Lancaster County Health Department, Lincoln Public Schools, Lower Platte South Natural Resources District, Nebraska Game and Parks Commission, Southeast Community College-Lincoln, University of Nebraska Institute of Agriculture and Natural Resources, University of Nebraska Water Center and Ventures in Partnerships. (ALH)

# Pooper scooper discovered!

Soni Ericksen  
Extension Assistant

One year and six months—that's about how long I've tinkered in vermicomposting (the process of using redworms to turn non-fatty wastes into nutrient-rich humus). It's been terrific. To be honest, if this had been a lot of work (mess or smell), I would've given it up long ago—but it really does work! Our worms have devoured nearly 580 lbs. of food scraps and over 100 newspapers (including Sunday editions).

In my last NEBLINE article, I shared my frustrations in trying to separate the worms from their castings. We've had a little more practice, so I'll let you know what worked and what didn't—maybe I can save you some time. The first method was to handpick worms and cocoons out of the castings—what a tedious job. I spent so much time trying to retrieve each and every one of them that it just wasn't practical.

Another sorting option was to take the compost out, worms and all, and just work it into the garden. In my desperate search for something easier, I actually



thought about doing this. It certainly sounded simple and it wouldn't take as

much time. But, I don't want to have to buy more worms to start over. Our project had to be environmentally friendly, family friendly and *cheap*.

We did finally try something that worked for us. My seven-year-old son, Ben and I spread a large, plastic garbage bag outside in a sunny spot (one of those days when the temperatures were actually below 100° F). With small plastic buckets, we scooped out the bin and piled the castings and worms on the bag. (When you look in your bin, you usually don't see the worms because they're sensitive to light and move away from it.) Ben dumped his bucket out on the

bag and was surprised to see gobs of squirming redworms trying to bury themselves back into the castings. After about ten minutes, the worms disappeared. We gently scooped off the top layer of compost and placed it in a cooler. The worms we exposed immediately moved down away from the light again. We kept this up until all we had left was a huge, wriggling pile of worms—Ben found a pile of gold. Most kids this age love wriggly, gooey things so I didn't have any trouble motivating him to get his hands into the pile to help move the worms to their new home. Sorting worms this way turned out to be easy, practical and, dare I admit, even fun! Try it!

Fall is a great time to start a worm bin that can be used indoors during the winter. For more information, call the Extension Office and ask for "Vermicomposting" (107-94). (SE)

**HINT:** To retrieve worms you may have missed—put your sorted castings in a cooler or large box. Place 1/2 ripe melon, rind side up, on top of the compost and leave undisturbed for about a week. Some of the worms you missed will be piled up under the melon. You can then collect them and return them to the newly restocked bin.



**COOPERATIVE  
EXTENSION  
SYSTEM**

established 1914



## Feathered friends' menus

Are there certain birds you would like to attract to your urban landscape or acreage? You can do this by providing the foods they prefer to eat.

**Cardinals:** autumn-olive, dogwood, corn, sunflower and various berries.

**Blue jays:** acorns, cherry, sunflower, wild plum and cultivated grains.

**Robins:** cherry, cotoneaster, Russian-olive, mulberry, grapes, dogwood, sumac, hackberry and various berries.

**Black-capped chickadees:** sunflower, conifer tree seeds, blackberry and various berries.

**American goldfinches:** goldenrod, sunflower, mulberry, thistle seed and annual flower seeds.

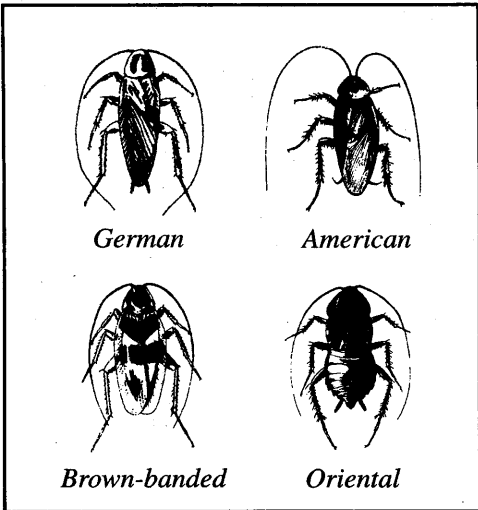
**Juncos:** millet, wheat, sunflower and grass seed. (MJM)



# Roaches are health menace!

Nearly everyone will agree that cockroaches are pretty disgusting insects, especially when they thrive in our homes. There are about 3,500 cockroach species in the world. Thank goodness only four species live and breed in our homes in Nebraska! These four species, the German, brown-banded, oriental (a.k.a. waterbugs) and American cockroaches, are world travelers, living with humans nearly everywhere across the globe.

Did you know that cockroaches can carry bacterial pathogens and cause food poisoning by contaminating



human food or utensils?

Did you know that many people who are continually exposed to cockroach

infestations develop allergic responses to cockroach "dust"? The symptoms are very similar to those of hay fever—runny nose and itchy eyes.

Because cockroaches are readily transported, need little food and are prolific, infestations easily get started and, once established, can be difficult to control. Even "clean" households can have roach problems. Apartment buildings are a special problem because roaches move easily between units that are interconnected by pipes and heating ducts. Insecticide treatments alone may not control these difficult infestations.(BPO)

## COCKROACH COMBAT WORKSHOPS

We invite homeowners, apartment dwellers, landlords, residential managers or anyone interesting in learning state-of-the-art control tactics for cockroaches to attend our *Cockroach Combat Workshops* at the Lancaster Extension Conference Center, October

26, 6:30 to 10:00 p.m.. Presenters will include Barb Ogg, Lancaster County Extension; Dennis Ferraro, Douglas County Extension; and Clyde Ogg, Water Center/Environmental Programs, UNL. Dennis and Clyde have professional experience working

with cockroaches and proper cockroach control techniques. **Come and learn from experts!** There will be a \$10 registration fee that includes reference materials. For more information or to preregister for these workshops, call 441-7180 (Lincoln). (BPO)

# How far can you stretch a cord of wood?

America's forests provide everyone in our society with an endless variety of useful products.

While the industry set aside October 22-28 as National Forest Products Week, interest in a leading renewable natural resource is present all year long.

Thousands of products used by Lancaster County residents every day come from wood.

It takes land, air, water, sun and time to grow the wood needed for these products. And, it takes technology to make the impressive quantities of things that can be made from a cord of wood today, things we take for granted because we now accept them as part of life's necessities.

While most homeowners with fireplaces are familiar only with a cord of wood providing heat and environmental enhancement, that stack of wood could be put to other uses. (One cord equals a pile of wood 4 feet by 4 feet by 8 feet, an equivalent of 80 cubic feet of solid wood.) Some of the products a cord can make include:

- 7.5 million toothpicks
- 1,000 to 2,000 pounds of paper (depending on the process)
- 942 1-pound books
- 61,370 No. 10 envelopes (standard)
- 4,384,000 commemorative-size postage stamps
- 460,000 personal checks
- 89,870 sheets of letterhead bond paper (8 1/2 x 11)
- 1,200 copies of the National Geographic
- 2,700 copies of the average daily paper (35 pages)
- 250 copies of the Sunday New York Times
- 12 dining room tables (each table seating 8)

With the equivalent of 20 cords, or 10,000 board feet of lumber, you can build an 1,800 square-foot home.

Twenty percent of the cord of wood may be bark. Bark, waste wood and pulping liquors provide more than half of the U.S. forest industry's energy needs.

Bark also is a source for many chemicals and is used for mulches and soil conditioners. By-products from wood also end up as vitamins, plastics, explosives, photographic film, toothpaste and pharmaceuticals to name a few. (DJ)

# Home grown posts

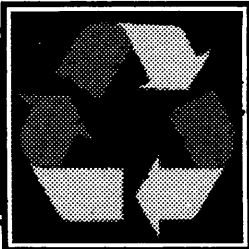
Cutting wooden posts from native trees is a good way to save fencing costs and use a local natural resource.

"Old timers" contend there is a good and a bad time to cut live trees for posts. The saying is that posts cut in the fall, when the "sap is down," will last longer than those cut during the growing season when the "sap is up."

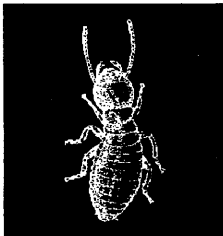
Research information backs up the fall cutting theory, but not because of seasonal differences in the moisture content of trees. In fact, the moisture content of heartwood varies very little with the change of seasons.

When a post is cut from a live tree in the fall, it begins to lose moisture during the winter. By the next spring, the post is well along in the seasoning process. On the other hand, a post cut during hot weather is almost certain to pick up blue stain, which starts the decay process almost immediately. (DJ)

## Environmental Focus



# Termite control for homeowners: Oct 5 workshop scheduled



Everything you need to know about termite treatments to ensure you are getting the most for your money.

Did you know that Nebraska homeowners pay more than \$1 million each year for termite treatments? Professional treatment is a major expense for a homeowner. Why does it cost so much? Treatment bids from different pest

control companies can differ by \$1,000 or more. Why are the bids so different?

A very low bid estimate may indicate that inadequate insecticide rates, volumes and treatment procedures will be used in the treatment of your home. After treatment, there may not be enough insecticide in the soil to fully protect your home against reinvansion. Conversely, a high bid does not necessarily mean that a proper treatment will be done. How can you make sure that your home will be treated properly and protected from reinfestation? Come to the Lancaster Extension Conference Center, October 5, 6:30 to 9:30 p.m. We will teach you everything you need to know to understand how a proper treatment should be done and how to estimate what the cost should be. There will be a \$5.00 fee per home unit for this workshop that will include easy-to-understand reference materials.

# National Geographic WORLD takes youth poll on environment

Magazine POLL—Junior members of *National Geographic WORLD Kids Time* responded to a survey in the March issue of *WORLD* magazine. Results follow:

*Which action would you be willing to take to help protect the environment?*

- Top three actions**
- Recycle trash 72%
  - Plant trees 46%
  - Pick up litter 43%

*Which areas do you think most need environmental protection?*

- Top two areas**
- Rain forests 72%
  - Earth's atmosphere 51%

*Which goal would you accomplish if you had the power to change the world?*

- Top three goals**
- No more pollution 54%
  - A cure for AIDS 49%
  - An end to world hunger 47%

*What are your favorite school subjects?*

- Top two subjects**
- Art 42%
  - Science 41%

(ALH)

# Extension Environmental Shorts

## Ants galore!

Tropical rain forests support a mind-boggling array of animal life. You might find as many as 43 different kinds of ants on a single tree.

## Did you know?

The human brain is 85% water and is so soft that it would lose its shape without the skull to hold it.

## A long way to go!

Each year birds called Arctic terns migrate from the Arctic to the Antarctic and back again—a round trip of 22,000 miles!

## Skeeter-up!

Mosquitoes don't need a long runway to take off. As soon as they beat their wings, they're airborne. No wonder they're hard to swat.

## Whole lotta trunk

The largest trees in the world is the General Sherman Tree in Sequoia National Park, California. It's just over 272 feet high. That's almost as tall as a 30-story building.

## Get a whiff

Skunks are not the only animals that spray a stinky smell when

they are scared. So do cockroaches, earwigs, foxes, snakes, wolverines, weasels, minks and bedbugs.

## A tasty fact ...

Many bugs can taste anything and everything—they have taste buds on their feet.

## Know sweat

People sweat all the time—even in winter. On a normal day, your sweat would fill half of a quart-size milk container and on a really hot day, you might fill that container—and a second one! (ALH)



## Family Living

### Roberta's remarks



By this time, we have all had our first meeting and have made plans for another year in FCE! Please be sure that someone in your club has picked up your club's reorganization packet as soon as possible—if you haven't done so already. Please note all date deadlines—it is VERY important to have everything in on time.

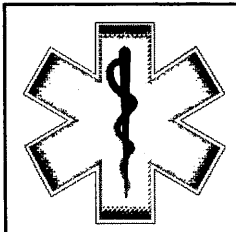
Looking to the future, please be thinking about some of the many opportunities to take advantage of in 1996, including: the heritage arts contest at both state and county levels, the homemaker exchange program, becoming a host family for someone coming from another country and the scholarship program. These are great opportunities for FCE members only!

The Southeast District Meeting will be held Friday, October 20 in the Sokol Auditorium in Wilber, Nebraska. Program presentations will include: organ transplant, homemaker exchange, family choice-TV, literacy, membership, environment and heritage skills. The day will begin at 9 a.m. and end at 2:30 p.m. A good day of education, leadership and action has been planned. For more information, please call Roberta Newburn, 794-4804.

Remember to mark Monday, October 23, 6:30 p.m., on your calendar. We will be having our Achievement Program in the evening this year—JUST DESSERTS NITE. Local historian Jim McKee will be our guest speaker. I'm sure many of you have heard of Jim. He is very informative and entertaining, too. We will be honoring new members, 5, 10, 15, etc. year members and be presenting awards to our cultural arts winners. R.S.V.P. by October 18 to Alice Doane (786-3555) or Pam (441-7180). If transportation is a problem for anyone, please call me (794-4804). A ride can be arranged rather than have you miss this important evening. Bring a friend—learn about FCE.

—Roberta Newburn, County Chair

## Friends are good medicine



When we have a friend, we feel better about ourselves and life.

Friendship

makes it possible to share play, exercise or sorrow with somebody, and friends can even help keep us healthy.

• *Friends can help you live longer.* One study of 7,000 adults found that people with more social contacts—whether from marriage, close friends, relatives or church—were two

to five times more likely to outlive people with fewer contacts.

• *Friends help keep your heart healthy.* People in less-developed societies who had close relationships with neighbors had lower blood pressure and fewer symptoms of heart problems and were less depressed than people in advanced societies with fewer neighborly ties.

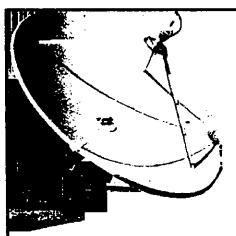
• *Friends share health information.* Friends are more likely to participate and be supportive in exercise programs, and when one person quits

smoking, the friend is more likely to do so.

• *Friends give each other emotional comfort.* This may affect us physically at the cellular level. People in tense situations have lower levels of "free fatty acids" (a risk factor for heart disease) when a friend is present. It may be that friends act as buffers against stress. They modify the impact of stressful events on the body.

Source: *Balance Newsletter*, Herbert G. Lingren, Ph.D.; *Extension Family Life Specialist*. (LJ)

## "Safe Food for the Hungry" videoconference October 12



Food banks, food pantries, soup kitchens and other non-profit

food assistance organizations face the challenge of providing safe, nutritious food to people in need. Staff and volunteers of food assistance organizations, officials who work with non-profit food distribution

organizations, and other interested groups of individuals are invited to participate in a satellite videoconference on "Safe Food for the Hungry."

This program will be offered Thursday, October 12, 9 a.m. to 2 p.m. at the University of Nebraska East Union. The University of Nebraska Cooperative Extension in Lancaster County is a local host of this national program developed by Purdue University Cooperative Extension.

Participants will learn about keeping food safe until it's consumed, integrating donated and commodity foods into a healthy diet, and recruiting and managing volunteers. There is no charge to attend this videoconference; however, preregistration is requested. Call Jeanne Pittam at 472-3717 by Friday, October 6 to register and receive a visitor's parking permit. For further information, call Alice Henneman at 441-7180. (AH)

## "Nutrition: Making a Difference in the Worksite" videoconference Oct 19

Health professionals, worksite representatives, insurance companies and managed care organizations are invited to participate in a satellite videoconference on developing worksite nutrition programs. "Nutrition: Making a Difference in the Worksite," a national program developed by the Centers for Disease Control and Prevention will be offered Thursday, October 19, 12:30 to 3:30 p.m. at the Lancaster Extension Conference Center. The Nebraska Department of Health and the University of Nebraska Cooperative Extension in Lancaster County are the local sponsors of this program.

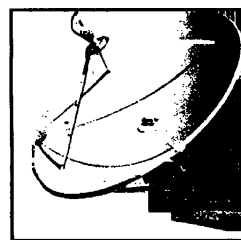
Participants will learn more

about how to assess, organize, plan, implement and evaluate worksite nutrition strategies. The session will also focus on practical ways to market and promote worksite nutrition programs. Pam McCarthy, a nutrition education consultant and entrepreneur and Ardine Kirchhofer, manager, health promotion, Coca-Cola Company, will lead the program activities.

There is no charge for this program, however, preregistration is requested. Call 441-7180 by Wednesday, October 11. Continuing education credits will be offered to participants by the American Dietetic Association, American Association of Family and

Consumer Sciences and Certified Health Education Specialists.

For more information about the program and continuing education credits, call Alice Henneman (402) 441-7180 or Kathy Goddard (402) 471-2781. (AH)



## fce Nebraska Association for Family & Community Education

### FCE 1996 Leader Training Lessons

All trainings will be offered at 1 and 7 p.m.

Leader, "Know Thyself" is Key to Success

Thursday, January 4

Presented by: Susan Williams, Saunders Co. Extension Educator

What's Going on Around You? Are You Safe?

Tuesday, January 23

Presented by: Lorene Bartos, Lancaster Co. Extension Educator

This lesson will present information on being aware of your surroundings and neighborhood. Simple ideas to make you and your home more secure and safe.

Meal Preparation for the Year 2000

Tuesday, February 27

Presented by: Alice Henneman, Lancaster Co. Extension Educator

Backyards for Wildlife and Family Enjoyment

Tuesday, March 26

Presented by: Dennis Ferraro, Douglas Co. Extension Educator

Physical, Psychosocial and Spiritual Growth for Women at Mid-Life

Tuesday, September 24

Presented by: Lorene Bartos, Lancaster Co. Extension Educator

## Fat-free fears laid to rest

Products labeled "fat-free" can be trusted.

While consumers may wonder if there is a "fat-free" cover-up, rigid label codes regulated by the Food and Drug Administration and the U.S. Department of Agriculture define "free" as any product containing less than 0.5 grams per serving. Cookies, candies, pies and other sweets or bread products labeled "fat free" therefore tell the truth: they contain less than 0.5 grams of fat, an amount that nutritionists feel is of no dietary significance.

Products labeled "fat-free" have simply not added fat, or have been reformulated with fat substitutes or extra bulking agents. The registered trademark products "Simplese" and "Litesse" are two examples of fat substitutes that have undergone rigorous testing by the FDA to ensure safety. Bulking agents, such as gum, which are

Please turn to Fat-free: page 11

## Healthy Eating

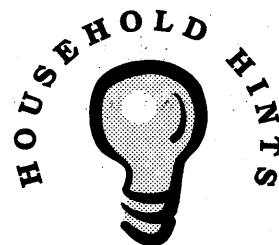


So rich-tasting yet only 2 tablespoons margarine and 1/3 cup sugar in the whole recipe.

### Date Nut Bread

- 1 cup chopped dates
- 3/4 cup raisins
- 1 cup boiling water
- 1 teaspoon baking soda
- 2 tablespoons margarine
- 1/3 cup sugar
- 1 teaspoon vanilla
- 1 egg
- 1 1/3 cups flour
- 1/2 cup chopped pecans

Place dates and raisins in a bowl. Add soda and boiling water and let stand. Cream margarine and sugar. Add vanilla and egg and beat well. Add flour and mix until just moistened. Add fruit mixture, including water and pecans to flour mixture. Mix gently. Bake in a greased 9 X 5-inch loaf pan at 350 degrees F. for 45-55 minutes or until toothpick inserted in center comes out clean. (AH)



### Tip for removing paint from fabrics

The treatment for removing paint from fabrics depends on whether the paint is water- or oil-based. For water-based paints, rinse the soiled area in warm water, then launder. Removal must be done while the paint is still wet; when dry, water-based paints become permanent. For oil-based paints, check the paint can label, then use the same solvent recommended as a paint thinner. If there is no label, use turpentine. Always test on an inconspicuous area of the garment first. Rinse, then pretreat with a prewash stain remover, bar soap or laundry detergent. Rinse again, then launder. (LB)



# Food safety for babysitters



Is your child starting to babysit? Here are some things that she or he should know about feeding infants. "Go over everything you need to know with the parent—how to hold, feed and burp the baby, the sleep schedule, where supplies are kept and how to change diapers," recommends Julie Albrecht, Ph.D., Extension Food Specialist. Albrecht also recommends learning if there is a medical condition you should know about. In addition, find out where items are located in the kitchen and how to operate any needed kitchen equipment, such as the microwave.

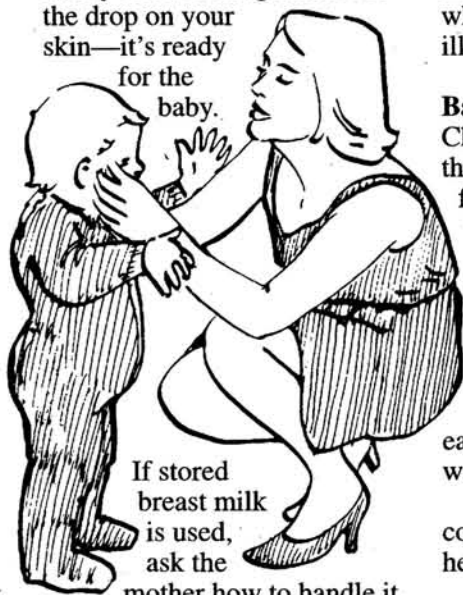
Some general suggestions from Albrecht on taking care of a baby's bottle and handling baby food are given below. Check with the parents for specifics for dealing with these situations.

## Baby's Bottle

Older babies can drink a bottle from the refrigerator. Younger babies (six months and under) need lukewarm food. To warm a bottle:

- Heat milk in a disposable insert in a plastic bottle by holding it under hot tap water a few minutes. Test the

temperature of the milk by putting several drops of milk on your wrist. At body temperature—when you can barely feel the temperature of the drop on your skin—it's ready for the baby.



- Be careful warming hard plastic or glass bottles in the microwave. Hot spots can occur in microwaved bottles and cause burns in the baby's mouth. To heat in the microwave, remove the cap and nipple. Heat a refrigerated eight ounce bottle 30 seconds on HIGH. Let stand for a minute. Replace nipple, shake and test on your wrist as suggested above.

Milk, formula or food that is left out of the refrigerator for

two or more hours should be discarded. Discard leftover milk from an unfinished bottle. Microorganisms from the baby may contaminate the milk which may cause foodborne illness in the baby.

## Baby Food

Check that the safety button in the lid of a glass jar of baby food is down and that the lid "pops" when you open it. Don't use the food otherwise. Don't use food from jars with chipped glass or rusty lids either. Before opening a baby food jar, wipe cap with a clean cloth. The cap will be easier to remove if you run warm tap water over it.

Baby foods can be served cold, at room temperature or heated. To heat baby foods:

- Spoon a portion from the jar into a microwave dish. Don't put the jar in the microwave! A small serving should heat on HIGH in eight seconds. Stir and let stand a short time. Caution: Stir and taste for lukewarm temperature before feeding the baby, otherwise "hot spots" in the food could burn the baby's mouth. Use a clean spoon to feed baby.

- Do not heat baby meats or meat sticks in the microwave. They heat unevenly. (AH)

# Kids can create halloween costumes



Halloween is less than a month away so your children are probably starting to think about what they want to "be" this year.

You can save money and, at the same time, let your kids feel really special if you get them to design their own costumes. I'm sure you have all kinds of things in the house that they can use. Old clothes, funny hats, scraps

of material ... etc. Boxes with holes for the arms can be painted or colored. Smaller children might even be able to get away with wearing a decorated paper bag.

If they aren't feeling particularly creative, look to their favorite cartoon characters for inspiration. Your old clothes provide a lot of material for a little body and can be easily turned into a fairy princess or witch costume.

Skirts and sheets are among the easiest to adapt.

Since the costume will be

essentially homemade, you can get away without a mask if the child's face is painted with make-up. Make-up is safer than a mask anyway because they tend to slip and slide around the little one's face and can impair vision.

You still have some time to think about it, with a little creativity and some quick sewing, your child will have a costume he or she will love to go trick or treating in.

Source: Ethel Ann Jones, Pennsylvania State University (LB)

# "Healthy meals in a hurry" contest results

A big "THANKS" to everyone who submitted ideas for preparing "healthy meals in a hurry." Here are some tips that were sent in that should help us all. The winner of the drawing for a cookbook on quick and healthy eating was Charlotte Kyriess.

- Use leftover vegetables from the night before: when making breakfast, spray a muffin tin with a non-stick vegetable spray. Put two tablespoons of two vegetables in each cup. Crack an egg over the top. Sprinkle with pepper and bake. (Editor's note: the American Egg Board recommends baking eggs in a preheated 325 degrees F. oven until whites are completely set and yolks begin to thicken but are not hard, about 12 to 18 minutes, depending on number of servings being baked.)

- Fry one pound of hamburger and divide it in half. Use half one night with a jar of spaghetti sauce and half another night in a white sauce or milk gravy over mashed potatoes.

- Combine a pound of lean browned ground beef with a package of taco mix and freeze in 3-oz. portions. Later, bake a potato in the microwave, slice open and top with the re-heated taco meat, taco sauce, shredded cheese, black olives, etc. and serve with steamed broccoli and fruit. The potato can be microwaving while you're changing clothes after work.

- Buy several one-pound packages of 90-95% lean ground beef at one time and brown them in the microwave using a 3-quart casserole with a colander insert. In this way, the fat seeps away from the beef as it's browning. Brown the packages one after the other and freeze in one-pound units for later use. I have to wash the microwave casserole and colander only once.

- Buying, learning and using a pressure cooker.

- Make and use your own mixes—a white sauce mix serves as the base for many recipes and takes seconds to prepare. There are many good books on mixes—

make your own and control ingredients and cut costs. They cost pennies to make instead of dollars to buy.

- Make a pork roast, beef roast, cooked whole chicken, etc. and divide into portions for several meals. Roast pork can be the entree one evening while the roast can be shredded or chopped into meal-size portions for another time. It can be prepared as barb-b-que pork sandwiches or pork fried rice, for example.

- Keep a peeled onion in a plastic bag in the refrigerator

Please turn to Meals: page 11

# How-to workshop: Trash into Treasures

Have a "Money Smart" holiday season by turning "Trash into Treasures." As the holiday season approaches, we begin to think about gifts, entertaining, decorating, costumes and how to make it all fit into the time and budget available. A how-to workshop will be presented on Monday, October 9, 1995, 1-3

## Family Living



# Hispanic Center and EFNEP share culture

Friendly faces and twinkles in the big brown eyes of 15 Hispanic preschool children greet Lenora Fittro, Expanded Food and Nutrition Education Program Advisor, each month. She looks forward to the second Thursday of each month, 10:30 a.m. - noon at the Hispanic Center, when she shares nutrition education with their mothers.



EFNEP Advisor Lenora Fittro shows homemakers how to prepare and sample nutritious foods at the Hispanic Center in Lincoln.

Most of the homemakers haven't been in Lincoln very long and are learning about American culture and the English language. Lenora says, "They are so eager to learn. They are teaching me, too. They want to learn how to buy and prepare American foods. I'm learning about their language and the richness of their culture."

Each month they study a different nutrition topic with the assistance of an interpreter. "Language could have been a barrier," says Lenora, "but they have been very patient. The women are eager to learn how to stretch their food dollars by using coupons and comparing prices through the unit price codes. They also liked the inventory sheets in which they list what they have to determine what they need to buy." Bilingual curriculum which was developed by Texas EFNEP has been essential for the program to succeed.

Each meeting includes some basic food preparation. Lasagna, mini-pizzas and healthy snacks for children have been some of their favorites. "The Hispanic Center staff has gone out of their way to make this educational program possible," Lenora comments.

The Family Service Women Infant and Children Program (WIC) serves pregnant and post-partum women, infants and children up to age five at the Hispanic Center every Monday, 9 a.m. - 12:30 p.m. WIC provides health and nutrition education and supplemental food vouchers for qualified families. Judy Frederick, R.D., WIC nutritionist, says the Hispanic families she serves are very generous and caring. "The Hispanic Center staff is very inclusive. They welcome the entire neighborhood to access its programs. It is a nice, friendly place to work."

Nutrition education is just one of many programs which is offered at the Hispanic Center. "Health, education and the well-being of children are high priorities at the center," says Joel Gajardo, executive director. The center is a hub of activities seven days a week. Bilingual staff have been important to the center's success. Programs include mental health outreach serving 70 Hispanic families, health fairs, English as a second language, general education degree (GED) classes and adult Spanish classes.

Cultural richness is shared through Zapatos Alegres (children's dance group), coffee group (Spanish Conversation) and the annual Hispanic Heritage Festival.

Contact the Hispanic Center staff, 2300 "O" Street or call 474-3950, Monday - Friday, 9 a.m. - 5 p.m. Chances are you will be greeted by the same friendly pre-school children with twinkles in their big brown eyes which Lenora eagerly awaits each month. (MB)

p.m. or 7-9 p.m. To register, send \$3 by October 2, 1995 to Money Smart Holidays, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Make checks payable to Lancaster County Cooperative Extension.

Ideas and patterns for making items that reduce, reuse and recycle things around the house

will be presented. Money saving holiday tips will help make your holiday season more enjoyable for you and your family. Start thinking about and planning for the holidays now. For more information call Lorene at University of Nebraska Cooperative Extension in Lancaster County, 441-7180.





# 4-H & Youth

## 4-H Bulletin Board

- Remember, all awards books are due to the Extension Office by Friday, October 13. Call Ann Marie with questions. (AMM)
- Attention 4-H Ambassadors: Meeting Thursday, October 19, 7 p.m. (AMM)
- Mark your calendars for the 4-H Celebration (Achievement Night) Tuesday, November 7, 7 p.m. (AMM)
- Scholarship applications for the Havelock, Backes, Lane, Kiwanis and Birdie Hutchinson Memorial are due at the Extension Office by Wednesday, October 4. (LJ)
- 4-H Halloween Camp will be at the Eastern Nebraska 4-H Center October 28 and 29. Call the Extension Office for more information. (AMM)

## 4-H Council nominations

Take a few minutes to nominate outstanding people to represent you on the 1995-96 Lancaster County 4-H Council. Members of the 4-H Council serve a vital role in seeing that the 4-H program in Lancaster County moves forward and continues to provide outstanding opportunities for youth to develop lifelong skills. It is essential that those nominated be dedicated to seeing that the work of the council is done.

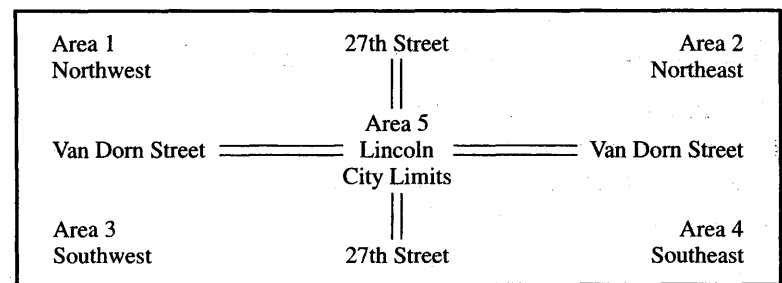
Each council position is held for two years and members may be elected for no more than two terms. Seven members of the council will be elected this year to fill the positions currently held by the following members:

- Area 1: Charles Parrot—youth  
Area 2: Jason Minchow—youth

- Area 3: Jayme Grundman—youth  
Gwen Thorpe—adult  
Area 5: Robin Stearley—youth  
Penny Cariotto—adult  
Pam Stearley—adult

- Continuing on the council are:  
Area 1: Deb Heitbrink—adult  
Area 2: Rod Leake—adult  
Area 4: Jason Snover—adult  
Eric Mitchell—youth  
Area 5: Rhonda Tucker—youth  
At Large: Ardel Harger—adult  
Kent Rosenboom—youth

All 4-H volunteers and 4-H members in ninth grade or older are eligible to vote. Members will represent areas of Lancaster County as indicated on the map. Nominations are due to the Extension Office by October 20. (LJ)



### 4-H Council Nominations

I nominate the following for consideration by the 4-H Council Nomination Committee:

Area 1 (Northwest): Youth \_\_\_\_\_  
Adult \_\_\_\_\_

Area 2 (Northeast): Youth \_\_\_\_\_  
Adult \_\_\_\_\_

Area 3 (Southwest): Youth \_\_\_\_\_  
Adult \_\_\_\_\_

Area 5 (Lincoln): Youth \_\_\_\_\_  
Adult \_\_\_\_\_

## Uranus: One weird planet

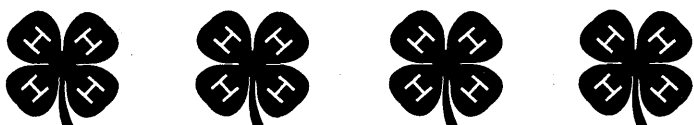
Spending your vacation on planet Uranus? Summer lasts 21 years there. But you can't get a suntan. The average temperature is 300 degrees F below zero! (ALH)

Head


Hands

Heart

Health



# NATIONAL 4-H WEEK



National 4-H Week celebrates the accomplishments of 4-H youth during the week of October 1-7. The theme for 1995, "4-H...More Than You Ever Imagined," reflects the variety of 4-H programming and the diversity of the lives and backgrounds of 4-H youth throughout our nation.

Diverse groups of youth from across our country participate in 4-H activities. Young people between ages 5 and 19 develop leadership, citizenship, interpersonal and workforce skills in a wide variety of 4-H programs. Of the total number of youth in 4-H, 26 percent are from minority racial-ethnic groups. These diverse groups of youth participate in 4-H projects that fall within four major academic disciplines: biological sciences, social sciences, arts and humanities, and physical sciences. Our greatest number of young participants are active in the biological sciences.

4-H creates supportive environments for culturally diverse youth and adults to reach their fullest potential. 4-H's innovative programs meet the evolving needs of our nation's diverse suburban and urban youth while continuing to fulfill the needs of young people in rural America. Over 5.6 million youth participate each year in 4-H's "hand-on" self-determined learning activities. 4-H is part of the Youth Development program of the Cooperative Extension System.

For more information about 4-H, contact LaDeane Jha or Ann Marie Moravec at University of Nebraska Cooperative Extension in Lancaster County, 441-7180.

## Lancaster County 4-H Awards Program outline for 4-H'ers 8-11

The purpose of this new program is to get younger 4-H members involved in keeping 4-H records beyond the Chris Clover program. The skills they use to prepare this awards book will be invaluable to them in the future. This award program will be non-competitive. However, participants will receive a participation ribbon and recognition at "4-H Celebration" on November 7. All awards books will be evaluated and comments will be made by judges.

The following format should be followed in preparing your awards book. Please do in the order given.

- 1) All awards books should be placed in the green 4-H record book cover available at the Extension Office.
- 2) Cover page should include a picture of you, your name, age,

club/clubs, and a list of all projects taken in 4-H.

- 3) Your 4-H Story is a story no more than three pages in length (handwritten or typed) that includes the following information:

Part I - Who are you? This may include your age, interests, information about your parents and family, place of residence, school, and why you are active in 4-H.

Part II - Highlight 4-H projects and activities. This should include information about projects and activities, interesting experiences doing projects or a short story about an unusual learning experience. You may also indicate special interests developed as a result of projects taken.

Part III - Describe 4-H influence on leadership/citizen-

ship. This may include offices held, committee assignments, what you have learned from working with others, how 4-H increased interest and participation in community affairs or what was learned from working with others.

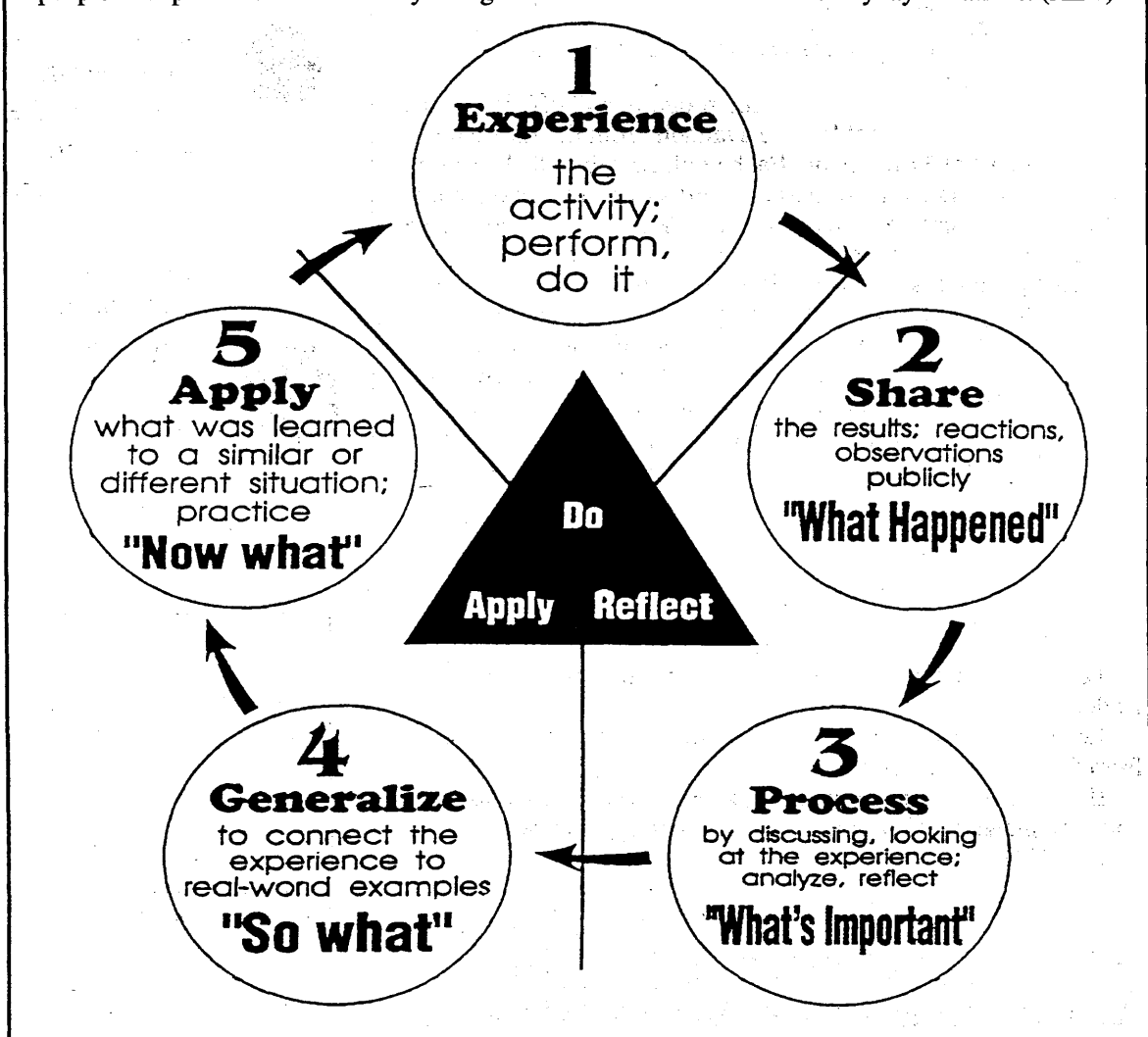
Part IV - Describe 4-H influence. This may include self-confidence gained, school/career goals and use of leisure time.

4) Up to two pages of pictures are allowed at the end of the award book. A plain piece of paper is appropriate with the pictures attached with a caption below. Pictures may include you working with the 4-H club, making exhibits, doing community service projects, etc.

Awards books are due to the Extension Office by Friday, October 13. (AMM)

## The experiential learning process

The experiential learning process is designed to involve people in experiences that require them to think, analyze, question and reflect. This "learn by doing" method stimulates thoughts and ideas that build on learning that can be applied to everyday situations. (ALH)



# Nelson wins State Fair Beef Ambassador Contest

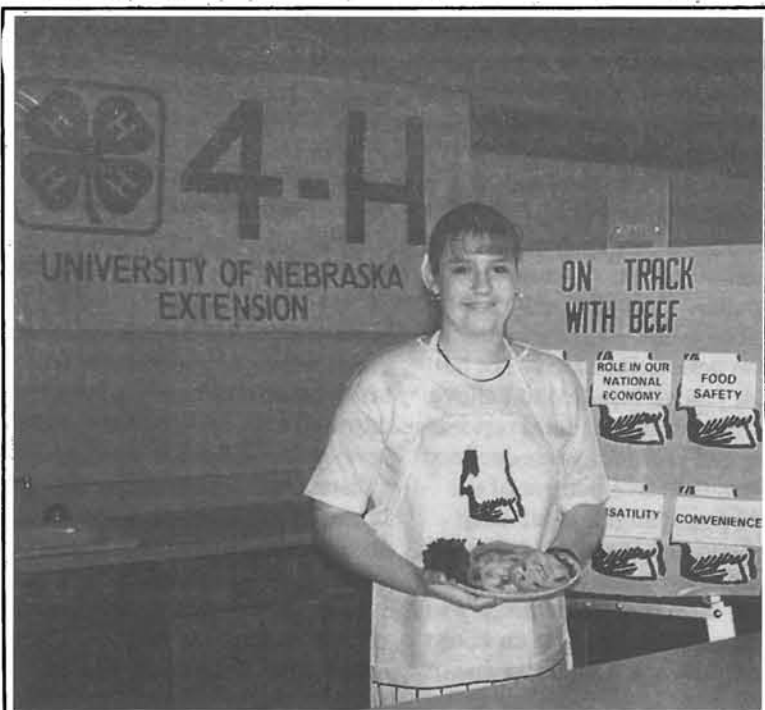
Lancaster County is proud to announce that Crystal Nelson, a member of the Ambitious Beef 4-H Club, won the Nebraska Beef Ambassador Contest at the Nebraska State Fair. The contest is based 75% on an illustrated presentation and 25% on the recipe/beef dish. The title of Crystal's presentation was "On Track With Beef." Her main points included beef's versatility, convenience, food safety issues, nutritional value, beef's role in today's healthy diet and a brief history of the beef industry. Crystal will represent Nebraska at the National Beef Ambassador Contest in Louisville, KY in November.

The Beef Ambassador Contest is just one of the ways 4-H members can utilize their interests and define their public speaking skills. This contest, in addition to the Egg Preparation and Turkey BBQ Contests, were added to the Lancaster County Fair this year. 4-H members are encouraged to take part, learn new speaking skills and make

the best better!

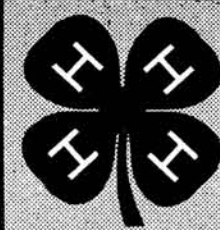
If you have an organization that would be interested in having Crystal present her

winning presentation, please call Ann Marie at 441-7180. Practice makes perfect and that's what Crystal is shooting for! (AMM)



Lancaster County 4-H member, Crystal Nelson, won the Nebraska Beef Ambassador Contest at the Nebraska State Fair.

## 4-H & Youth



## Leader training

4-H leaders, new and experienced, 4-H parents or volunteers are all encouraged to take part in 4-H leader training. Topics for leader trainings include, parental involvement, club meeting ideas, contest and activities information, plus lots more! All meetings are at the Lancaster Extension Conference Center, 9:30 a.m. and 7:00 p.m. All evening meetings are televised live on CableVision Channel 21. Here is the schedule for the 1995-96 year:

Part I, Monday, November 20, 1995 and Thursday, February 15, 1996

Part II, Tuesday, January 16, 1996 and Monday, March 11, 1996

Part III, Monday, May 13, 1996

Please call Ann Marie if you have any questions or ideas for training sessions. (AMM)

## The dream catcher

Among the Indians of the woodlands, the Ojibway believe that dreams have magical qualities; the ability to change or direct their path in life. Since the night air is filled with both good and bad dreams, one of their traditions is to hang a dream catcher in their lodges, for the benefit of all.

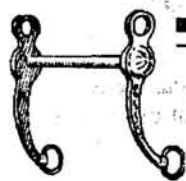
When hung, the dream catcher captures the dreams as they float by. The good dreams, knowing the way, slip through the center, drifting gently off the soft feather to the sleeper below. The bad dreams, not knowing the way, become entangled in the webbing, only to perish with the first light of the new day. (ALH)

## Awards competition

4-H members who are 12 years of age and older are encouraged to enter their awards books for competition. The awards book includes *Building Your 4-H Record*, a 4-H Story and pictures of the 4-H member taking part in 4-H activities. A pamphlet of information is available from the Extension Office which explains the program very thoroughly.

The awards books are due to the Extension Office by Friday, October 13. All books will be judged by a committee and those selected will go on to district competition. In order to qualify for districts the 4-H member must be 14 years old as of January 1, 1995. All 4-H members will be recognized for their efforts at the 4-H Celebration on Tuesday, November 7.

The awards program is a wonderful aspect of 4-H which helps you keep records of your accomplishments and really is an asset when filling out scholarship applications. Please call Ann Marie if you have any questions about this program. (AMM)



## HORSE BITS

October 1, 1995 the new level testing program will officially start. The new level testing booklets are available from the Extension Office at a cost of \$1 per book. Each book contains all skill tests for levels 1 through 4, as well as a record sheet and an explanation of "what" is required for each level completion. Written tests have been added to the completion requirements; these tests are available from the Extension Office. Two versions are available—but, you may design your own test as long as it covers the topics identified specifically for each level. A copy of your test and answers must be given to the Extension Office before the test is given. After the written part is completed, the test should be brought to the Extension Office for checking. It is recommended that the skill and written tests be taken within one week of each other.

When office personnel receive your passed written and skill tests, a certificate of completion will be sent to the 4-H member.

Following is a list of who can test your 4-H members:

Level I Club leader

Level II Club leader or visiting leader

Level III Must be on approved examiner list, but not your club leader

Level IV Must be on approved examiner list (lists available from the Extension Office)

If you have already completed any level, you do not retake your completed level. These new guidelines apply to new level exams. (CB)

Please turn to page 11 for 1995 Fonner Park State 4-H Horse Show Exposition results

## Star City Parade



## "Magic on Parade"

### "4-H ... More than you ever imagined"

Lancaster County 4-H members have the opportunity to show the state what 4-H is all about in the Star City Parade on Saturday, December 2, 1995. A 10-foot high push float of the 4-H Clover and walkers representing various 4-H projects is our vision. Walkers could be an animated first aid kit or rocket, for example, or costumed llamas could be another. Helpers are needed to construct the main unit and clubs are needed to make and represent the project areas. Independents are welcome to participate. Fill out and send your application today!

### Application for Star City Parade

Due at the Extension Office by October 16, 1995

Additional applications are available at the Extension Office. Clubs and individuals will be accepted on a first-come basis. For more information, call Gwen at 423-8403, Deb at 486-1371, Penny at 488-3792 or Pam at 489-2018.

Club name \_\_\_\_\_  
Contact name \_\_\_\_\_  
Members' names who will participate in the parade: \_\_\_\_\_

Project area to be represented and a short description of what your club will be making or doing: \_\_\_\_\_

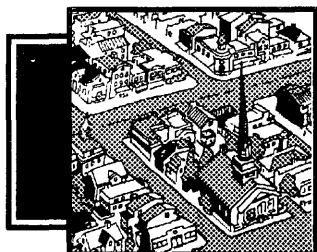
Please check the following (more than one if you like) & list names.

\_\_\_\_ Names of people to help construct main unit.

\_\_\_\_ Names of push unit volunteers (will purchase own sweat suit or shirt).

\_\_\_\_ Names of people who will dress up as project areas.





## Community & Leadership Development

# What is rural?

As with many things today, it is difficult to find one standard that everyone agrees with. The same is true with a definition for rural. Below are some current definitions of rural.

### Census Bureau (Department of Commerce):

Rural: living in the open countryside or in towns of less than 2,500 inhabitants that lay outside urbanized areas.

Standard Metropolitan Areas (SMA's): a county or group of counties having at least one central city of 50,000 or more.

Nonmetropolitan Counties: all counties which are not SMA's.

### Office of Management and the Budget:

Metropolitan Statistical Areas (MSA's): core counties containing a city of 50,000 or more and a total area population of at least 100,000. Additional contiguous counties are included if they are economically and socially integrated with the core county. Metro areas are divided into central cities and areas outside (suburbs). "Urban" and "metro" are often used interchangeably.

Non-metro Areas: counties outside metro areas. "Rural" and "nonmetro" are often used interchangeably.

Adjacent county: abuts one or more MSA's and at least two percent of its employed labor force commutes to a metro area(s).

### Farmer Home Administration (FmHA):

Rural Area: open country, communities of up to 20,000 in non-metro areas and towns of up to 10,000 having a rural character but located within metro counties.

An informal working definition:

If you think you are rural, then you're rural.

(Information from *The Rural Exchange*, The University of Montana, July 1995.) (LJ)

# Exploring "rural" myths

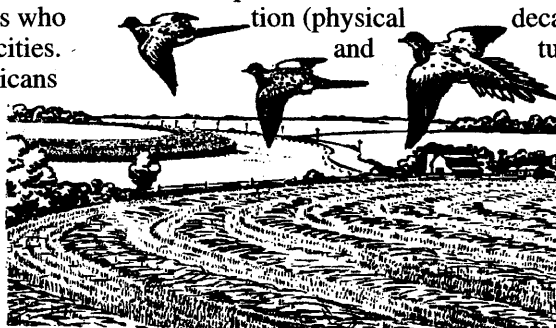


Do you know that there are at least 68 million Americans—more than 25 percent of the American population—who are classified as rural? (See "What is Rural," this page.) This compares with about 68 million Americans who live in the nation's central cities. While the number of Americans who are rural has held steady for 70 years, rural Americans are now a smaller percentage of the population because of urban growth. The composition of that steady rural population has changed radically, however, during that same period. Rural may not be what you've been led to believe.

The number of rural residents engaged in farming has declined to less than five percent of the rural population and off-farm employment is now the primary source of income for the majority of farm families. Contrary to our popular myths that cowboys and farmers are the backbone of rural society, the majority of rural residents work in service, financial, wholesale and retail trades. Farming is no longer the predominant economic base of rural America. The 20 percent of the American population that is

rural, but not farm-based, is essentially invisible both in popular perception and in public policy.

Not only do rural residents face many problems inherent in distance, dispersion and isolation (physical and



social), but rural Americans lack equal access to important services and resources. Federally adjusted expenditures for human services have been shown to be substantially less in rural than urban areas. Many policies regarding rural areas are based on the faulty assumption that it is cheaper to live and work in rural areas. In fact, rural residents generally have less to spend and spend a greater proportion of their income on living expenses.

Such analyses point toward some underlying problems in rural America. One of these is equity: The challenge is to figure

out how to be fair and efficient while addressing social values of individual health and welfare.

Flora and Christenson, in *Rural Policies for the 1990's*, Westview Press, said.

"Whereas, the 1970's was the decade of rural renaissance and turnaround, the 1980's was the decade of rural decline and turnback. Poverty in rural areas increased, as did unemployment rates and environmental problems. The 1990's will be a decade of decision for U.S. leaders regarding

rural America: Either we will have two Americas, geographically and economically distinct, with the rural one considerably disadvantaged compared to the urban one, or efforts will be made to promote equity and opportunities for people in rural areas. The rural disadvantage is not inevitable. Public choices are made at the local, state and federal levels that can reverse current trends. While fiscal and monetary policy and general economic restructuring are major causes of the current problems, specific policies targeted to counteract them can make a difference." (LJ)

# The art of being a good follower

Leadership skills are studied in schools, stressed in seminars and dissected in bestsellers. But, if you lack the skills to be a follower—and many of us do—your worklife can be sapped by needless friction and frustration. "Ninety percent of us spend 90 percent of our time as followers," according to Robert Kelley, professor of management at the Carnegie-Mellon Graduate School of Industrial Administration. "Even chief executive officers have a board and shareholders to boss them around." Clearly, the need for skilled followers is great. A typical manager may be on three or four project teams, as a leader in one and a follower in the rest. "If someone's leadership switch is always on, that person will run into problems," Kelley warns.

Kelley identifies four essential qualities in good followers:

1. They manage themselves well.
2. They are committed to the organization and to a purpose,

principle or person outside themselves.

3. They build their competence and focus their efforts for greatest impact.
4. They are courageous, honest and credible.

Kelley elaborated on these four qualities as follows:

• **Self-management and self control.** Good followers think independently and critically and are neither slaves nor manipulators of their bosses. They acknowledge that both parties have needs. They view the leader/follower relationship as horizontal rather than vertical—as two equally important people with different jobs.

• **Competence and focus.** Good followers master skills that are useful. They hold high standards of performance—higher in many cases than the work environment requires. They may take on extra work gladly, but first they do a good job with their core responsibilities. They're good judges of their

own strengths and weaknesses and contribute well to teams.

Good followers see co-workers as colleagues rather than competitors. They also keep their contributions tied to what they care about and don't allow themselves to be sidetracked. If an assignment seems off-target or impossible, a good follower informs the leader at the start.

• **Courage.** Good followers stand up for what they believe in. They give credit where credit is due. They admit mistakes and they share successes. They form their own views and standards. Good followers also keep their leaders and colleagues honest and informed. It's important to remember that leaders and followers are roles, not people. Try to shape your role to the situation.

Source: *Work and Family*. (LJ)

# Isn't it funny?

Isn't it funny—when other people take a long time to do something, they're slow. But when I take a long time to do something, I'm thorough.

When other people don't do it, they're lazy. But when I don't do it, I'm too busy.

When other people go ahead and do something without being told, they're overstepping their bounds. But when I do something without being told, that's initiative.

When other people state their side of a question strongly, their bullheaded. But when I state a side of a question strongly, I'm being firm.

When other people overlook a few of the rules of etiquette, they're rude. But when I skip a few of the rules, I'm being original.

When other people do something that pleases the boss, they're polishing the brass. But when I do something that pleases the boss that's cooperation.

When other people get ahead, they sure had the lucky breaks. But when I manage to get ahead, wow! It was hard work that did it!

Funny how things work out, isn't it?

From: *Balance*, An Institute Newsletter on Work, Family and Personal Growth, January 1993. (LJ)

# 10 strategies for recruiting and retaining board members

1. **Look for skills, not names:** Rather than depending on the same people again and again, analyze the skills needed and seek out new people.

2. **Appeal to self interests:** Match your recruiting style to the motivation of the new prospective member. Self interest may be intellectual or social, but it is the foundation of volunteer efforts.

3. **Define the job:** Define the job by time commitment needed, the skills to be used and the contribution that you expect.

4. **Use current members to recruit new members:** Current members are in the best position to draw new members because of visibility, position and example.

5. **Offer membership "premiums":** What are the advantages of membership? A "premium" can be anything from a discount on club dues, a trip to a convention or even a certificate of appreciation.

6. **Use people's time efficiently:** Practice good time management by keeping meetings focused and organized. Start on time. End on time.

7. **Communicate effectively:** Find out how best to communicate with your board; keep checking to see if what you're doing works. Assume that few board members will read volumes of information before meetings.

8. **Build trust:** Work to build trust with your board. Avoid—hidden agendas. Get outside help with conflict resolution if things fall apart.

9. **Start where they left off:** While a lot may have changed in your office since the last board meeting, the board picks up where the last meeting left off. Start where they were, not where you are.

10. **Don't forget who's boss:** A board of directors, even a bad one, is still ultimately in charge. Make sure they know that you know.

Source: 1991 *Heartland Center for Leadership Development*. (LB)

## PUBLIC INVITATION

## Lancaster County Extension Board Meeting

Held at the  
Lancaster Extension Conference Center  
the second Monday of every month at 7:30 P.M.

Monthly agenda available for review  
See Extension Office receptionist  
8:00 a.m.-4:30 p.m. M-F

## Family Living news continued

### Meals

ready to use.

• Need a quick dessert? Take two graham crackers, two large marshmallows, some chocolate chips and heat in microwave or oven just enough to soften ingredients. Delightful with skim milk!

Several people mentioned using a white sauce or white sauce mix as the basis for quick recipes. Here's a favorite of many readers from Iowa State University Extension that's lower in calories, fat and sodium than typical white sauces.

#### Casserole Sauce Mix

2 cups of nonfat dry milk crystals  
3/4 cup cornstarch  
1/4 cup instant chicken bouillon  
2 tablespoons dried onion flakes  
1 teaspoon dried thyme, crushed (optional)  
1 teaspoon dried basil, crushed (optional)  
1/2 teaspoon pepper

Combine all ingredients and store in an airtight container. To use as a substitute for one can condensed soup, mix 1/3 cup of the dry mix with 1 1/4 cups water in a saucepan. Cook and stir until thickened.

This recipe for homemade sauce mix can be substituted for canned condensed soup (cream of mushroom, cream of celery, cream of chicken) called for in many recipes. (AH)

From page 7

### Consortium

From page 1



Rob Paulak, director, Youth Advisory Council, Consortium for Children & Youth

with youth and adults and to make youth aware of available opportunities. "Youth will run the show", says Paulak. "We hope to build a communication bridge between youth and adults," he said.

"The greatest thrill (of the job)," according to Paulak, "is seeing the kids that aren't the class president, athlete, cheerleader or top of the class", take part in this organization and make it theirs to take an issue and run with it."

The Consortium Youth Advisory Committee was instrumental in raising awareness of

youth risk behaviors through writing, producing and filming the play *Where Do You Fit In?* and subsequent TV show produced by KOLN-KGIN TV. (This video is available to the public to use for discussing and planning. Call the Consortium office for a copy, 436-1761.)

Additional information about the Consortium and their programs can be obtained by calling or writing: The Consortium for Children and Youth, 5901 "O" Street, Lincoln, NE 68510, 402-436-1761.

### Fat-free

From page 6

used to hold products together, can be seen in such common products as low-fat ice cream.

Another area of potential confusion is the "total fat" heading on the Nutrition Facts panel of food labels. "Total fat" refers to all the fat in the food, including saturated, polyunsaturated and monounsaturated. Only

total fat and saturated fat information is required on the label because high intakes can increase the risk of high blood cholesterol levels and coronary heart disease. This is why the amounts of fat don't always add up to the amount given for "total fat."

Many consumers reach for

fat-free products hoping that they can snack and diet at the same time. Fat-free products can be an important part of the diet, if they're not added to what is normally eaten. Unfortunately, there is no substitute for decreasing calories and increasing exercise in a weight loss program. (AH)



### 4-H news continued

Reprinted courtesy of Star City Sports

## Horse Exposition results

Lincoln area 4-H members brought home five champion and nine reserve champion ribbons, plus a number of blues, reds and whites from the 1995 Fonner Park State 4-H Horse Show Exposition at Grand Island in July.

Two of the competitors won both a championship and a reserve championship. Lisa Rieck, 17, and her 23-year-old Quarter-Arabian gelding Troy T, won the hunter hack championship and also a reserve championship in elementary dressage. Lisa is the daughter of Ron and Tracy Rieck of Lincoln.

Lindsay Schroeder, 13, won the junior public speaking championship. She and her Quarter Horse gelding Glows Tradition won the junior western pleasure reserve championship. Lindsay is the daughter of Chuck and Kathi Schroeder of Lincoln.

Other champions include Andrea Winner, Lincoln, 12, and her 10-year-old Paint gelding Teddy's Rockin', junior English pleasure.

Other reserve champions: Courtney Fortner, Lincoln, 18, and her Quarter Horse Precious Heather, 2-year-old halter mare; Kala Ball, Ceresco, 17, senior individual demonstration; Kim Caha, Ceresco, 14, and her 6-year-old Quarter Horse Heirotant Sonny, junior halter showmanship; Carrie Alm, Lincoln, 14, and her 11-year-old Pony of the Americas gelding Prime Time, advanced English pleasure; Amy Ryan, Bennet, 14, and her 8-year-old Quarter Horse gelding Dee Bar Investment, junior western horsemanship; Alison Umberger, Waverly, 14, and her Paint Lethal Zipper, 3-year-old halter gelding; Amanda Baillie, Lincoln, 12, and her 5-year-old Paint Rare Reflection, 4- and 5-year old halter mares.

Other ribbon winners include:

Break-Away Roping: White, Ashley Branting, Lincoln.

Calf Roping: White, Ramsey Harder, Ceresco; Ashley Branting, Lincoln.

Dally Team Roping - Heeler: White, Ramsey Harder, Ceresco.

Yearling Fillies: Blue, Kerry Pavel, Lincoln.

2-Year-Old Geldings: Blue, Ashley Branting, Lincoln.

4 & 5 Year-Old Geldings: Purple, Alyson Young, Lincoln. Blue, Lindsay Schroeder, Lincoln.

Senior Public Speaking, Individual: Blue, Carrie Alm, Lincoln.

Team Judging: Blue, Lancaster County.

Individual Judging: Purple, Lisa Rieck, Lincoln. Blue, Kala Ball, Ceresco. Red, Merci Vinton, Lincoln; Sara Messick, Ceresco.

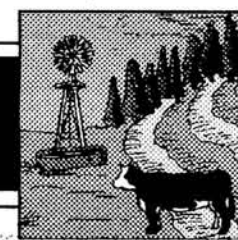
English Pleasure - 14 Hands & Under, Girls 14 & Up: Blue, Jannell Colton, Ceresco.

English Pleasure - Over 14 Hands, Girls 12-13: Purple, Andrea Winner, Lincoln.

English Pleasure - Over 14 Hands, Girls 14 & Up: Purple, Adreianne Graham, Lincoln. Blue, Jayme Agena, Waverly; Hadley Richters, Lincoln.

Please turn to Results: page 12

### Rural \$ense news continued



## There's always tomorrow—if you work safely today

Farm accident victim Arlen Sieg has to constantly remind himself to slow down. Although he often finds himself racing Mother Nature to complete his field work, he tries to remind himself to "slow down for safety."

The 46-year-old farmer from central Illinois learned this valuable lesson when he did not take time to think and found himself trapped in a grain bin. "For awhile, I thought it was all over," he says. "I was afraid the corn would pull me down into the auger."

"I don't know what would have happened then," he adds. "I don't even want to think about it."

Ironically, the accident happened on September 21, 1993, during National Safety Council's Farm Safety and Health Week. Sieg and his neighbors were unloading corn from a 10,000-bushel grain bin. When the corn stopped running out of the bin, Sieg climbed inside to see what was wrong. Using a broom handle, he poked around to loosen any rotten corn that might have been causing the clog. That broom handle broke off, so Sieg called to one of the other men to get him something else to use. With a new stick in hand, he continued his attempt to free the corn.

"The corn started running out and just kept flowing faster and faster," he says. "I tried to crawl up the corn, but I couldn't get out; it kept pulling me back. Next thing I knew, I was buried up to

my waist. . . then to my neck."

Suddenly, the auger stopped. The broken broomstick had wedged in it and stopped it. By that time, the corn covered Sieg's neck.

The other men quickly realized what had happened and called 9-1-1. If they had jumped into the bin, they would have knocked the corn loose, burying Sieg. Rescue workers cut holes in the bin to empty it and free Sieg. Although he had been trapped in the bin for about an hour, he was not injured. The corn had put a lot of pressure on his legs and waist, but less on his chest and lungs.

"That stick going into the auger was just a miracle," he says.

Having spent his entire life on the farm, Sieg knew that the grain bin was a potential death trap, but in the past, he had unclogged the bin auger without incident.

"I just never thought I wouldn't be able to get out," he says. "I figured I could climb right out like I always do. But I'd never had the auger running when I was in the bin."

That brush with death is always in the back of his mind, Sieg says. He is now more aware of the potential safety hazards on his 1,000-acre grain farm.

"I just didn't think about the dangers until it was too late," Sieg says. "You get used to doing things a certain way, even if it's not the safest way, especially if you've always gotten away with it."

How can you safely dislodge a grain bin clog?

• Never enter a grain bin when grain is flowing.

• When entering a grain bin, always wear a harness attached to a rope or lanyard held by workers outside the bin or fastened to a wench.

• Always post an observer who can see the person entering a bin and signal to others if help is required.

Sieg believes many farming accidents could be prevented if people would take their time. "You need to think before you do things; don't be in such a hurry—there's always tomorrow." (DV)



Healthy Mothers  
Healthy Babies

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The NEBLINE  
Nebraska Cooperative Extension Newsletter  
Lancaster County

THE NEBLINE is produced and edited by Jeff Gaskins, publication & resource assistant. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Jeff Gaskins, (402) 441-7180 for more information.

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.

CONTRIBUTING STAFF

- Lorene Bartos, Extension Educator
- Cindy Blome, Extension Assistant
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Soni Ericksen, Extension Assistant
- Jeff Gaskins, Extension Assistant
- John Gonzalez, Extension Assistant
- Arlene Hanna, Extension Assistant
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Mary Jane McReynolds, Extension Assistant
- Ann Marie Moravec, Extension Assistant
- Barb Ogg, Extension Educator
- Sheryl Post, Extension Assistant
- Warder Shires, Extension Educator
- Dave Swarts, Extension Assistant
- Dave Varner, Extension Educator

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Return to:  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherrycreek Road, Lincoln, Nebraska  
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- GARDEN GOSSIP HOTLINE ..... 441-7179
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OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

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

October 1

Chris Clover Awards Books Due to Leaders

October 1-7

National 4-H Week

October 3

4-H Council Meeting.....7:00 p.m.  
Livestock Booster Club Meeting.....7:30 p.m.

October 4

Scholarship Applications Due

October 5

Termite Control Workshop.....6:30-9:30 p.m.

October 8

Teen Council Meeting.....3:00-5:00 p.m.

October 9

Extension Board Meeting.....7:30 p.m.  
Money Smart "Trash into Treasures".....1:00 and 7:00 p.m.

October 11

Horse VIPS Meeting.....7:30 p.m.

October 12

Safe Food for the Hungry Satellite Videoconference, East Campus Union.....9:00 a.m.

October 13

County Awards Books Due

October 19

Fair Board Meeting.....7:30 p.m.  
Nutrition: Making a Difference in the Worksite Satellite Videoconference.....12:30 p.m.  
4-H Ambassador Meeting.....7:00 p.m.

October 20

Southeast District FCE Meeting, Wilber.....9:00 a.m.-2:30 p.m.

October 23

FCE Achievement Day.....6:30 p.m.

October 26

Cockroach Combat Workshop.....6:30-10:00 p.m.

October 28-29

4-H Halloween Camp, Eastern NE 4-H Center

November 7

4-H Achievement Program.....7:00 p.m.  
Livestock Booster Club Meeting.....7:30 p.m.

November 8

Horse VIPS Meeting.....7:30 p.m.

1995 4-H Horse Exposition results continued

English Horsemanship - Girls 14 & Up: Purple, Adreianne Graham, Lincoln. Blue, Jannell Colton, Waverly.

Showmanship - Girls 12-13: Purple, Lindsay Schroeder, Lincoln; Kim Caha, Ceresco; Amy Ryan, Bennet. Blue, Amanda Baillie, Lincoln; Jessica McMahon, Bennet; Sara Messick, Ceresco; Andrea Winner, Lincoln.

Showmanship - Girls 14 & Up: Purple, Lisa Rieck, Lincoln; Alyson Young, Lincoln; Maggie Young, Lincoln; Maggie Hoppe, Lincoln. Blue, Carrie Alm, Lincoln; Jessie Eggerling, Ashland; Hadley Richters, Lincoln; Allison Umberger, Lincoln. Red, Bobbie McMahon, Bennet; Marie Vinton, Lincoln.

Western Pleasure - Over 14 Hands - Girls 12-13: Purple, Amanda Baillie, Lincoln; Lindsay Schroeder, Lincoln; Kim Caha, Ceresco; Sara Messick, Ceresco. Blue, Jessica Kelling, Lincoln; Jessica McMahon, Bennet.

Western Pleasure - Over 14 Hands - Boys 14 & Over: Purple, Jason Wise, Lincoln.

Western Pleasure - Over 14 Hands - Girls 14 & Over: Purple, Melissa Brown, Lincoln; Alyson Young, Lincoln. Blue, Jamie Eggerling, Ashland; Jessie Eggerling, Ashland; Jennifer

Irvin, Ashland; Ashley Branting, Lincoln; Maggie Hoppe, Lincoln.

Western Horsemanship - Girls 12-13: Purple, Lindsay Schroeder, Lincoln; Kim Caha, Ceresco; Amy Ryan, Bennet. Blue, Brenda Brinker, Ashland; Amanda Baillie, Lincoln; Jamie Cowell, Lincoln; Sara Messick, Ceresco; Andrea Winner, Lincoln.

Western Horsemanship - Boys 14 & Over: Purple, Jason Wise, Lincoln. Red, Chad Wohlers, Gretna.

Western Horsemanship - Girls 14 & Over: Purple, Alyson Young, Lincoln; Maggie Hoppe, Lincoln. Blue, Jayme Agena, Waverly; Jamie Eggerling, Ashland; Jessie Eggerling, Ashland; Bobbie McMahon, Bennet; Hadley Richters, Lincoln; Alison Umberger, Lincoln. Red, Jennifer Irvin, Ashland; Marie Vinton, Lincoln; Anna Swanson, Raymond. White, Ashley Branting, Lincoln.

Elementary Dressage: Purple, Carrie Alm, Lincoln; Hadley Richters, Lincoln; Lisa Rieck, Lincoln. Blue, Angela Kruml, Lincoln; Andrea Winner, Lincoln.

Advanced Western Pleasure: Purple, Lisa Rieck, Lincoln. Blue, Molly Block, Ashland; Angela Kruml, Lincoln; Melissa

Brown, Lincoln; Jake Hoppe, Lincoln.

Advanced English Horsemanship: Blue, Carrie Alm, Lincoln; Lisa Rieck, Lincoln.

2-Year-Old Snaffle Bit Western Pleasure: Red, Cody Potter, Valparaiso; Melissa Brown, Lincoln; Justina James, Lincoln; Jason Wise, Lincoln.

Western Riding: Blue, Lisa Rieck, Lincoln; Alyson Young, Lincoln.

Reining - Girls 12-13: Purple, Jamie Cowell, Lincoln. Blue, Kim Caha, Ceresco.

Champion Senior Pole Bending: Kade Hodges, Ashland.

Champion Junior Pole Bending: Tyler Hodges, Ashland.

Pole Bending - Boys 12-13: Tyler Hodges, Ashland.

Pole Bending - Boys 14 & Up: Purple, Kade Hodges, Ashland. Blue, Jeremiah Frink, Lincoln.

Barrel Racing - Boys 12-13: Blue, Tyler Hodges, Ashland.

Barrel Racing - Boys 14 & Up: Purple, Kade Hodges, Ashland. Blue Jeremiah Frink, Lincoln.

Barrel Racing - Girls 14 & Up: Blue, Ashley Branting, Lincoln.

Trail Horse: Blue, Carrie Alm, Lincoln; Alison Umberger, Lincoln. Alyson Young, Lincoln; Maggie Hoppe, Lincoln. (CB)