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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

November 1995
Vol. VIII, No. 11

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

Bergman named new Lancaster County Extension unit leader



The new unit leader for the University of Nebraska Cooperative Extension in Lancaster County is Gary C. Bergman. Bergman brings to this position more than 20 years of experience in agricultural education, beginning his career as a teacher of vocational agriculture in Clarkson, Nebraska. He has served as a consultant for agricultural education with the Nebraska Department of Education and as state executive secretary

of the Nebraska Young Farmer and Ranchers Educational Association.

The past eight years Bergman served as associate director to the Center for Leadership Development, directing the Nebraska LEAD program, a two-year statewide Agricultural Leadership Development program for adult agriculturalists. He has directed the leadership development of over 260 men and women and designed and directed study/travel seminars to more than 30 countries throughout the world.

Bergman earned bachelor's and master's degrees in animal science and agricultural education with teacher certification at the University of Nebraska-Lincoln. He is also a fellowship recipient of the Nebraska LEAD program and a veteran of the United States Army with overseas duty in Korea.

Gary assumed his duties as unit leader of the Lancaster County Cooperative Extension staff, October 1, 1995. He succeeds Don Miller who retired from the University of Nebraska this past spring. Gary resides with his wife Shari and daughter Megan on an acreage north of Lincoln. (WLS)

Celebrating 10 years at 444 Cherrycreek Road

Warder Shires
Extension Educator

Time flies. For most members of our staff it's hard to believe University of Nebraska Cooperative Extension in Lancaster County has been located at our present 444 Cherrycreek Road location—for ten years! Many current staff members were there for the move during the first week of October 1985 from the old location near 48th Street and Old Cheney Road. Those Extension staffers include: Lorene Bartos, Pam Branson, Maureen Burson, Lenora Fittro, Alice Henneman, Don Janssen, LaDeane Jha, Nobuko Nyman, Sondra Phillips, Virginia Piening and Warder Shires.

The first member to be added to the Extension staff upon moving to the new location was John Hudson, hired as building manager. John is well-known for his attention to detail and cooperative attitude by dozens of groups that hold meetings and workshops at the center.

The 10th Anniversary of University of Nebraska Cooperative Extension in Lancaster County denotes a record of many accomplishments. A significant number of Extension programs are undertaken in cooperation with the City of Lincoln, USDA agencies and other Lancaster County organizations. Examples include the plastic pesticide container recycling program, land application of biosolids and the composting project. During the



(l-r) County Commissioner Larry Hudkins, Senator Carol Hudkins and Extension Educator-Unit Leader Gary C. Bergman.

last ten years, Extension staff has nearly doubled in size.

The Lancaster Extension Conference Center (within the Extension complex) has provided Lincoln with a much-needed meeting facility for government agencies and many non-profit groups sponsoring educational and training programs. The building has also served as an operational center for the Lancaster County Deputy Sheriff's Department.

The Lancaster Extension Complex is undergoing its first major expansion since opening its doors ten years ago. Construction is presently underway to add 7,000 square feet of additional office space to house the Lancaster County Engineering Department. These facilities are due to open early next spring.

"In the past 10 years I have never had a problem supporting the Extension budget because the monies are so well utilized. Cooperation between Extension and county government has made an outstanding relationship in service of youth and adults in Lancaster County. The commissioners investment in Extension programming and capital improvements is truly an investment in the future."

—County Commissioner
Larry Hudkins

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

"Organic Sludge Makes Sense"—page 3



Natural Resources and Environmental Management

"Water Use in the Home"—page 4



Children, Youth and Families

"Balancing Work/Family During Holidays"—page 6



Nutrition, Food Safety and Quality

"Turkey FUNdamentals"—page 7



Strengthening Neighborhoods and Communities

"Environmental Attitude Helps Business"—page 10

Lancaster County Extension Educators receive national recognition for Pyramid Power

Extension Educators Alice Henneman and LaDeane Jha received a first place regional

and a second place national award for Pyramid Power: The Food Guide Game at the annual

meeting of the National Association of Extension Home Economists in Dallas, Texas, October 15-19. Publication and Resource Assistant Jeff Gaskins designed game package graphics and helped edit the award-winning game.

"We wanted to create a game that was easy-to-use, fun and excited others about teaching

nutrition," said Henneman.

Henneman and Jha have had fun helping over 1,500 adults and

youth learn about healthy eating using Pyramid Power.

Educators from all 50 states, Guam

and Puerto Rico have ordered the game and are now teaching with Pyramid Power.

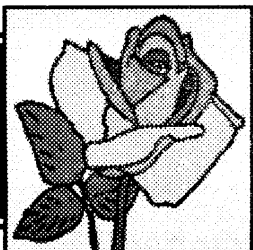
"We're amazed at the number of requests we have had for our game," said Jha. "We never dreamed that as many as 70 orders would arrive in one day." For more information about Pyramid Power, contact Henneman or Jha at 441-7180.

PYRAMID POWER
THE FOOD GUIDE GAME

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

Not a Profit Organization
Permit No. 527
Lincoln, Nebraska





Horticulture

Forcing bulbs



There is still time (through early December) to plant spring flowering bulbs for forcing. Choose cultivars of bulbs that are adapted to forcing. Bulb quality and the proper size are very important when purchasing bulbs for flowering.

Use a porous, well-drained potting mixture. Shallow pots, called bulb pans, are available for forcing enthusiasts. Bulbs need only a limited nutrient supply during forcing. Do not add manures and additional nutrients to the soil at planting time.

Plant 5 to 6 hyacinth or narcissus bulbs per 5-inch bulb pan, or 6 to 9 bulbs per 6-inch pan. Place the flat side of tulip bulbs against the side of the pan so the first leaf will curl over the outside of the pan. A general rule of thumb for other types of bulbs would be to plant half of the total surface

area to bulbs.

Use clean containers with adequate drain openings. Do not pack the soil or push the bulbs into the soil. Plant the bulbs as the pots are filled with soil. Water the soil thoroughly after planting.

Place the potted bulbs in a 35° to 50° F room for 12 weeks. Hyacinths prefer a 50° to 55° F temperature until the new shoots are 1 1/2 inches long. The soil must be kept evenly moist during the rooting process.

If you do not have a cool room, place the pots in a deep window well covering them with 12 to 24 inches of coarse mulch. Begin in 8 to 12 weeks or sooner if shoots begin to develop, bringing the pots up to a 60° F room. Early in the forcing process it is not necessary to have light for leaf initiation. It would be wise to keep hyacinths in the dark for a few days to draw the flower stalk above the leaves.

Check with your local nursery or garden center for help in selecting cultivars for forcing. (DJ)

Care of hardy chrysanthemums

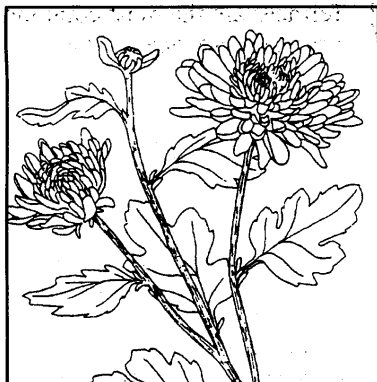
Hardy mums may be the best known fall flowering perennial. Two questions often asked now about mums are:

- 1) What needs to be done to the mums now?
- 2) What can be done to ensure their winter survival?

The quality of the mum plants in the fall, as well as the quality and quantity of the flowers, depends on the care that was given to them during the summer. Fertilizing mums with a soluble fertilizer is usually helpful in the spring up until the flowers show color. Watering during the growing season is also important—especially during drought periods.

As soon as the flowers are killed by a hard freeze, the blooms should be cut off. This

can be done quickly with hedge shears. However, do not be



tempted to cut down the mum stems with leaves as long as the foliage remains green and normal looking. Like all perennials, the leaves produce food which can be stored in the roots. After the leaves turn brown, the stems can be cut down to about 2 inches above the ground.

Two factors that are important to encourage survival include good soil drainage and adequate winter mulch applied over the mums at the proper time. This assumes that the



to the ground and dispose of stems and all dropped and dried leaves and branches.

Reduce peony botrytis blight and hollyhock rust by removing and disposing of all old stems this fall. This will reduce the carryover of diseases during the winter and you will have less trouble next year.

Cleanup rose beds. Be sure all diseased leaves are raked up and disposed.

Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

If you have purchased gourds this year as decorations, plan to grow them yourself next year. They make great garden projects for kids.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

After the ground freezes, mulch around small fruit plants

mums have entered the fall in good, healthy condition in order for them to survive.

Winter mulching has two critical components:

- 1) Do not apply mulch over the mums or other perennials until the soil has been chilled after several frosts.
- 2) If the area tends to be a little wet at times, reduce the thickness of mulch.

A good winter mulch for mums can be a 3-inch layer of shredded leaves, clean straw or pine needles. If this mulch is applied while the soil is still fairly warm, the roots may not reach a completely dormant condition and winter injury can occur.

The word "hardy" chrysanthemum has been used since these should survive from year to year. However, mums from a florist shop that are set out in the landscape may not make it through the winter since florist mums are often tender varieties. (MJM)

Growing the medicine plant is easy and fun



The true aloe or medicine plant is the ideal plant for people who tend to forget to water their houseplants.

The aloe prefers cool temperatures (around 70° Fahrenheit) during the day, with a night temperature of 50° to 55° Fahrenheit.

Aloes prefer full sun and well-drained soil. They should be kept only barely moist, as

saturated soil conditions will lead to root rot diseases. Healthy specimens produce spectacular red, yellow or orange blossoms under outdoor conditions. This is unfortunate for the Nebraska indoor gardener, as these blossoms are most often produced in winter when the plants would be indoors.

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

November garden hints

such as strawberries. One inch of straw or leaves is ideal for strawberries. Small branches may be used to keep mulch in place.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake up and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases the following season.

African violets do well when potted in rather small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights—in fact, they seem to prefer them.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors, where they will rust over the winter.

Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wildflowers.

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them, too. (MJM)

Fruit storage hints



Proper storage conditions are needed for fruits that are not consumed

immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. For fruits such as apples, grapes and pears, store them in cool temperatures (32° to 40° Fahrenheit) and moist conditions (90 to 95 percent relative humidity). Other fruits should be canned or frozen after harvest.

Select containers for storage

that have smooth inner surfaces. Baskets, melon crates or boxes are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to ensure the longest storage possible.

Harvest pears when they are full-sized, but still green and hard. Pears ripen quickly at 60° to 65° Fahrenheit.

Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors from other fruits and vegetables. (MJM)

Houseplants from seed

Starting houseplants from seed is not any different from starting "garden" plants. Many houseplants are just tropical or desert plants which can tolerate low light. There are also several "garden" plants which thrive quite well inside.

Sow the seeds, based on the instructions on the seed packet. Use a sterile soil mixture or premixed seed starter media. Provide ample light and moisture as well as correct temperature and you will have very little problems with your seeds. Most seeds sown as houseplants can be started at any time of the year, but you will get best germination results when you start during the spring. The effect of the natural lengthening of the day aids the germination process.

Some common houseplants can be purchased as seeds from catalogs, including many cactus and cacti mixes, Hypoestes, African violets, aralia, schefflera and Bird of Paradise. These tropical plants, for the most part, are evergreens and will live for many years. Those plants which are often grown as garden plants—but which do very well as house plants, too—are impatiens, coleus, geranium, Thunbergia and begonias. Many of these are annual plants which will eventually fade. The coleus, impatiens and Thunbergia are examples of houseplants which will not live for much more than a year. Good care and periodic pruning will help to extend the life span of these garden houseplants. Seeds for these plants can be purchased through garden catalogs and on seed packet racks in local garden centers. (DJ)

Control rodent damage

Girdling—gnawing a strip of bark completely around a tree trunk—kills the tree by starving it to death.

Mice may often be discouraged from feeding on tree bark by removing the mulch or grass growing around the plant. This destroys the natural cover under which the mice normally feed.

Severe mouse infestations can be controlled by creating a barrier with quarter-inch hardware cloth set 3 to 4 inches deep in the ground and 10 inches above ground level. If the barrier is extended to reach about 2 feet above normal snow level, it will also prevent rabbit nibbling.

Rodent repellents and trapping may also be used for rodent control. Repellents have an unpleasant taste that discourages feeding on the bark. A new coat must be applied each fall and after heavy rains or wet snows. (DJ)

GARDEN GOSSIP HOTLINE



441-7179

Crop and Pest Management Update set for Nov 28-29

This year's Crop and Pest Management Update conference will be held November 28-29 at the New World Inn in Columbus, NE. The program begins with a noon luncheon on Tuesday and ends at 3 p.m. on Wednesday.

It should be noted that both the location and the format has changed this year. In response to

suggestions from conference participants, the location will be moved annually and fewer topics will be presented during each update. Among the topics are: herbicide-resistant weeds, insect-tolerance to pesticides, using GPS for crop management and B.T. transgenic corn research.

Contact your local Coopera-

tive Extension Office for a registration form and information on the conference and meal fees. Preregistration is requested by November 21. For additional information about the program topics or agenda, contact Steve Danielson, UNL Department of Entomology (402) 472-2125. (WS)

Organic sludge makes sense!

\$ Lincoln's municipal biosolid land application program has been in existence for over three years. During that time, 30 farmers have applied over 90,000 cubic yards (100,000 tons) of sewage sludge to Lancaster County cropland. Some farmers tried sludge and found they did not have the right equipment or found the application was more time consuming than they

thought. Other cooperators have tried it, liked the way their crops grew and are continuing to use it. Some farmers have even invested in better equipment to make the job easier and quicker. Application reimbursement from the city (\$.65 per cubic yard) makes purchasing equipment more feasible.

Why is sludge so good for crop growth? It is 64% organic matter and improves nearly any

soil. Lincoln's sludge also has primary crop nutrients: nitrogen, phosphorus and to a lesser extent potassium. There are also micronutrients that are essential for plant growth—including zinc, copper and sulfate. The following table gives an idea of the economic value of these nutrients. Concentrations are from weekly averages from the Theresa Street Wastewater Treatment Plant for 1994.

Value of plant nutrients per dry ton of sludge

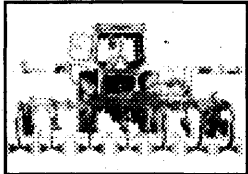
Nutrient	Lbs per dry ton	Economic Value \$/lb	Total value \$/dry ton
Nitrogen ^a	71	.25	\$17.75
Phosphorus	12	.26	3.12
Potassium	3.0	.15	.45
Copper	1.0	.80	.80
Zinc	1.5	.96	1.44
Sulfate	10	.16	1.60
Application Reimbursement			3.91 ^b
Total value			\$29.07

^a Includes ammonium and organic N. Only 15-20% will be available for plant growth the first year.

^b Value based on sludge having 19% solids, 1750 lbs per cubic yards and application reimbursement at \$.65 per cubic yard of wet material.

There are small amounts of metals in municipal biosolids such as chromium, cadmium, and lead that are not essential to plant growth. Federal regulations have established safe levels of these metals in biosolids to prevent the accumulation of excessive amounts in the soil. Concentrations of these metals in Lincoln's biosolids are well under the ceiling limits set by the EPA. (BPO)

Fall anhydrous ammonia applications—when is the best time for success?



Applying anhydrous ammonia in the fall for next season's corn or grain sorghum is a practice which has been traditionally used to spread out the workload for the next crop season and take advantage of lower fertilizer prices in the fall. More recently, the practice has been discouraged because of the potential for conversion of the ammonia to the nitrate form (nitrification) followed by leaching loss below the root zone, which can ultimately affect groundwater quality. However, fall application to silt loam and heavier textured soils may still be a viable option if best management practices are followed.

Although each year is unique and management should account

for that, it is useful to consider seasonal averages for planning purposes. A soil temperature of 50° F has been used as the "safe" temperature for fall ammonia application because the rate of nitrification is relatively slow at that temperature and it is likely that the soil temperature will soon be much cooler, lessening the likelihood that significant nitrification will occur. The week beginning October 30, on average, is the first week where the average soil temperature is below 50° F. If farmers wait until the soil temperature has been below 50° F for a week, they usually can plan to begin applying during the week beginning November 6. From this, some Natural Resources Districts have adopted November 1 as the date that fall NH₃ application can commence in water quality management areas,

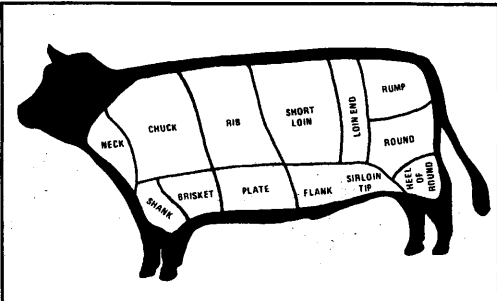
rather than setting a soil temperature.

Declining air temperature complicates NH₃ application in the fall, since NH₃ tank pressure is directly related to temperature. Once the air temperature falls below 45-50° F, it is difficult to accurately meter and apply NH₃. Also, NH₃ is difficult to apply once the soil is frozen. Using the criteria of soil temperatures between 32 and 50° F, and air temperatures greater than 45° F, we calculated the number of hours each day that NH₃ could be applied in the fall. The average time available to apply NH₃ in the field declines from 6.6 hours a day the first week in November to less than two hours a day the last week in November. This, of course, is subject to considerable yearly variation. In 1985, there was basically no opportunity for fall application

Rural Sense

Beef Cow Basics course offered

Several beef producers from this area participated in a home study course last year entitled *Beef Cow Basics*. The course addressed nutrition, economics and forage utilization at a basic level and proved to be beneficial to those beef producers who completed the course. The good news is that the basics course will be offered again this year for those that were unable to enroll last year and that a follow-up course is now available for beef producers who completed the basic course last year.



Beef Cow Basics is an introductory course designed to assist cow/calf producers in making management decisions for improving profitability. *Beef Basics II* takes a further look at improving management skills with topics that address reproduction, genetics and selection of breeding stock. Each course involves a home study course made up of eleven lessons which can be made without a large time commitment away from home. These courses allow you to sharpen your cow-calf management skills at your own time and pace.

You may register by contacting Extension Educator Warder Shires at (402) 441-7180. The fee for either the basics course or the *Beef Basics II* course is \$40 (check should be made payable to the University of Nebraska-Lincoln). Registrations received by the deadline of November 3, 1995 will be guaranteed course enrollment. Late registrations will be based on available course material. Both courses begin November 27, 1995 and should normally be completed by March 1, 1996. (WS)

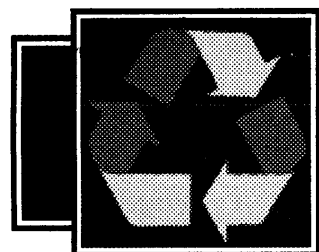
Terrace maintenance

Terraces are the most common structural practice used to control soil erosion. They control erosion by reducing slope length and controlling runoff. Terraces also represent a significant investment, ranging in cost from \$150 to \$300 per acre depending on the type of terrace installed and field being terraced. Gradient terraces with grassed waterways are least expensive while storage terraces with tile outlets are the most expensive. Cost share programs are available through the Consolidated Farm Services Agency or the Natural

- Resources Districts which can reduce the cost to the landowner by 50 to 75 percent.
- Terraces can last from 15 to 20 years or longer if they are properly maintained. Suggested maintenance activities include:
- Inspecting terraces and underground outlets at least twice a year and after heavy rainstorms.
 - Measuring terrace height and width on a regular basis.
 - Repairing sections of terraces which have eroded or over-topped.
 - Removing sediment build-up in the terrace channel to maintain adequate water holding capacity.
 - Removing sediment build-up and trash from around riser inlets and obstructions from around tile outlets.
 - Farming on the contour with the terraces and not operating tillage or planting equipment over terrace ridges.
 - Controlling erosion between terraces by using contour tillage and residue management.
- If you have questions about terraces or terrace maintenance, contact the Natural Resources Conservation Service, your local NRD or your county Extension Office. (CB)

COOPERATIVE EXTENSION SYSTEM

established 1914



Environmental Focus

Sneaky rodents tough to catch



In nature, rats and mice are among the most important sources of prey for many animals. Over the past 7,000 years, humans have also become the primary predators of some domestic rodents. Rodents, in turn, have evolved anti-predator behaviors which increase their survival. There are several innate

characteristics of rodents that help them to avoid danger.

Secretiveness. By their very nature, rodents are secretive—nesting, feeding and hiding in areas that are quiet and undisturbed. They are active at night when people are quiet. Inside buildings—as in the wild—they like to move in contact with surfaces, running along walls, squeezing into holes and between objects, and darting beneath pallets and appliances. They also eat in corners and tight spaces rather than open areas.

Quickness. To escape their natural predators, the rodent has evolved to run quickly or jump explosively within a split second. The house mouse has been clocked moving at an unbelievable speed of 12 feet per second. Rodents also jump to avoid danger. Studies have shown that, when frightened, young mice often react by “explosive” or “popcorn” jumping. This last-minute jump may propel the rodent out of the clutches of a predator.

Cautiousness. Rodents explore and re-explore their surroundings on a daily basis. These explorations may pay off in the discovery of new food sources and hiding spots. However, rodents are very cautious when new objects, surfaces and foods are found in their explorations. This means that new objects are investigated very slowly and cautiously. This characteristic is why a mouse approaches a snap trap for the first time and stretches over and removes the bait without setting off the trap.

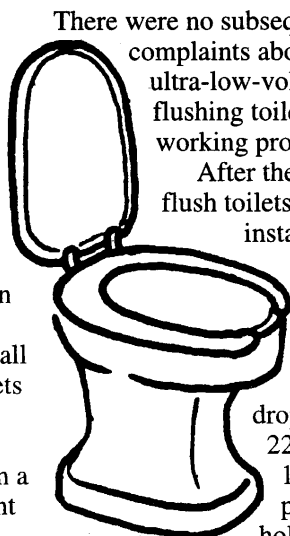
Management of rodents may be easier (or at least less frustrating) if one understands these behaviors and characteristics. Here are some tips which may help:

1. Look for evidence of rodents in quiet, dark areas. These are often good places to place baits and traps.
2. Remove food sources in areas where you are attempting control efforts. Without easy access to food, rodents will investigate traps and baits much faster.
3. Whenever possible, eliminate as much of the rodents harborage (clutter, junk, etc) as possible. This will stress the rodent and decrease its fear of new foods and harborages making trapping and baiting more successful.
4. You may be more successful if you place unbaited, unset traps for a couple days before you bait and set them.
5. Set traps along walls or appliances—not in the middle of open areas.
6. Try using “double sets” of traps with approximately 2 to 3 inches spacing between the traps. This will help decrease the “popcorn” response and escape of the mouse.
7. When using solid bait, like a small piece of bacon, tie the bait to the trigger using a piece of thread or dental floss to decrease bait stealing. (BPO)

Study shows ultra-low-flush toilets to be economical in the long run

Ultra-low-flush toilets are doubly environmentally friendly—they conserve precious water and reduce the volume of wastewater. But, if you replace your conventional flush toilet with an ultra-low-flush toilet, how much water will you really save? And, what savings can you expect on your water bill?

In a study described by Small Flows, conventional flush toilets (4.5 gallons per flush) were replaced by ultra-low flush toilets (1.6 gallons per flush) in a 30-year old four-plex apartment building located in the San Francisco area. Before the new toilets were installed, some of the residents expressed concern about the flushing effectiveness of the ultra-low-flush toilets, but this concern was unfounded.



There were no subsequent complaints about the ultra-low-volume flushing toilets not working properly. After the ultra-low-flush toilets were installed, the average water consumption in each apartment dropped from 225 gallons to 148 gallons per household per day—a savings of 77 gallons (34%). This translated to 28,105 gallons per year—an annual savings of \$46 on the water bill.

Because the cost of the ultra-low-volume toilet (including



Every time you turn on a faucet, an important natural resource, water, goes down the drain. Unfortunately, more water than necessary.

A few simple changes in your daily routine can conserve some of this important resource and help to avert waste.

In the laundry room, you can cut down on water waste several ways:

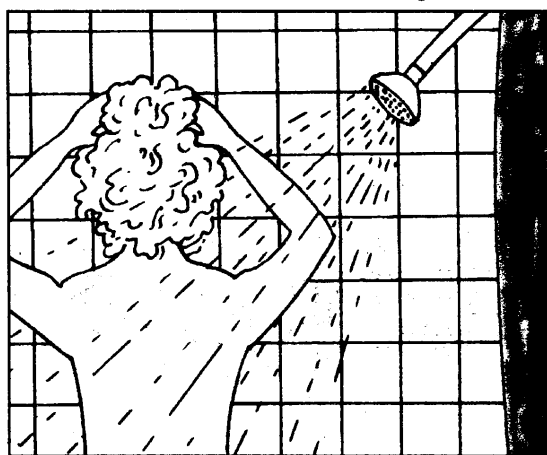
- Match the water level to the size of the laundry load or wash only full loads.
- Use a low-sudsing detergent so soap rinses out easily with less water.
- If you are buying a new washing machine, consider models that use less water.

In the kitchen, you can make the following cooking and cleaning changes:

- Keep a bottle of water in the refrigerator instead of waiting for the tap water to get cold.
- Clean vegetables with a brush and a bowl of water. Use the hand sprayer sparingly.
- Steam vegetables rather

than boil them in water. Then save the water for soup stock.

- Run the dishwasher only when it is full.
- Consider purchasing a dishwasher with water-saving



cycles.

- When washing dishes by hand, fill a wash and a rinse basin instead of running the tap.
- Wash dishes right away to avoid lengthy cleaning jobs. Soak stubborn pots overnight.

The following minor changes in the bathroom also add up to water savings:

- Take shorter showers.
- Turn off the shower while shaving, shampooing and soaping.

• Fill the bathtub with less water and do not let water spill through the overflow drain.

- Do not let water run while brushing your teeth or shaving.
- Do not use the toilet for waste paper disposal.

Finally, you can conserve water in the garden and other areas around the home:

- Collect rain water from roof gutters for use in the garden.
- Do not water the lawn or garden during the heat of the day or on windy days.
- Use a drip irrigation system in the garden wherever possible.

• Use mulches and composts to reduce evaporation and increase water retention.

• Wash the car with a bucket of soapy water and only rinse once with a hose.

• Use a broom rather than a hose to clean driveways and pavements.

By making some of these simple changes, you can pull the plug on unwise water use and help to conserve this precious resource. (MJM)

Do you have boxelder bugs?



boxelder bug

For most people, the boxelder bug needs no introduction. This insect is about one-half inch

long as an adult, black in color with three red lines behind the head, a red line along each side and a diagonal red line on each wing. Boxelder bugs become a nuisance in and around homes from fall through early spring.

Boxelder bugs feed on a variety of plants, but their favorite food is boxelder seed pods, which are found only on the female boxelder tree. These insects seldom develop in sufficient numbers to be a nuisance unless a female

boxelder tree is in the neighborhood.

The boxelder bug overwinters as an adult in protected places such as houses and other buildings, cracks or crevices in walls, doors, under windows, and around foundations—particularly on south and west exposures. In the spring, small red eggs are laid on leaves and stones, and in cracks and crevices in the bark of female boxelder trees. The eggs later hatch into young nymphs that are wingless and bright red in color with some black markings. These young bugs usually are found on low vegetation near boxelder trees until seeds are formed on the tree that they then start to feed on.

Boxelder bugs are primarily a nuisance pest, annoying residents by crawling on exteriors and inside dwellings on warm fall and winter days. They also could stain draperies and other light-colored surfaces and produce an unpleasant odor when crushed. They do not bite people, nor will they damage houseplants.

The most permanent solution to the boxelder bug problem would be the complete removal of female boxelder trees from a

neighborhood, although this may not be practical or desirable. Since boxelder bugs usually overwinter near the trees that they feed on, the removal of one or two problem trees may be of benefit to the homeowner. Infested trees also can be sprayed with carbaryl insecticide while the bugs are still concentrated on the trees, before they move into the house.

When the bugs begin to congregate on dwelling exteriors, these areas also may be sprayed. Treat all resting and hiding places. Insecticides registered for treating building exteriors will give residual control.

Screening or sealing cracks or other entrances into the home is important because once boxelder bugs have entered the home, control becomes more difficult. A vacuum cleaner is useful for controlling bugs that have entered the house. Household insecticidal aerosols are effective when applied directly to individual insects. These measures will provide temporary relief only, because the boxelder bugs may continue to enter the home as they move about on warmer days throughout the fall, winter and early spring. (MJM)

What can we do?

In the United States, the 1990 Clean Air Act requires cities that have the highest ozone levels to reduce them. But what can we do to help clean our air?

The main thing is to conserve energy. If we use less energy, the power plants do not have to burn so much coal and oil. If we burn less fossil fuel, we make less ozone near the ground. We would put fewer particulates in the air and make less acid rain.

To conserve energy in your car, drive fewer miles. Instead—ride the bus or train, organize a car pool, walk or ride your bike. When it is time to replace your car, buy a fuel-efficient model. Keep your car tuned up and your tires properly inflated. (ALH)

Did you know ...

- water conservation measures prolong the life of septic systems?
- ultra-low-flush toilets are beneficial for septic systems because they reduce hydraulic overloading—one of the most common reasons for septic system failure?
- reduced flow allows for more time for solids to settle in the septic tank and reduces the amount of water the soil absorption field must accept.

Source: Small Flows (BPO)

Newspaper value jumps!

In the past recycling in the United States has tended to be unprofitable. However, that is no longer the case. In fact, some communities now see recycling as a way to provide cash for the willing community coffers!

Not too long ago you couldn't give old newspapers away. Then, prices for old paper went from \$40 per ton in June of 1994 to as much as \$200 per ton in June of 1995.

On a larger scale, in 1993 New York City paid \$6 million to get rid of newspapers; now it expects to make \$20 to \$25 million by selling them! The City of Madison, Wisconsin, referred to its program as a "cash cow." There, in 1991 and 1992, baled cardboard sold for \$45 to \$50 a ton, but now commands \$230 to \$250 per ton.

An improved economy, new recycling facilities and exports have all shot up the price of old newspapers. When the United States has a weak dollar, it is attractive for overseas buyers to buy U.S. fiber.

Some states have laws requiring publishers to use a

certain recycled paper content in their newspapers. Old corrugated cardboard containers as well as old newspapers can meet this need. These requirements came about in 1988 when only nine facilities in North America were capable of producing recycled content newsprint.

Today there are 35 such facilities.

Paper manufacturing investments in the last decade have totaled an estimated \$7 billion, subsequently creating a market.

The public and businesses also want to purchase more recycled content paper. By the year 2000, it is estimated that paper manufacturers will have invested more than \$10 billion in new mills and retrofitting old plants to handle recycled fiber.

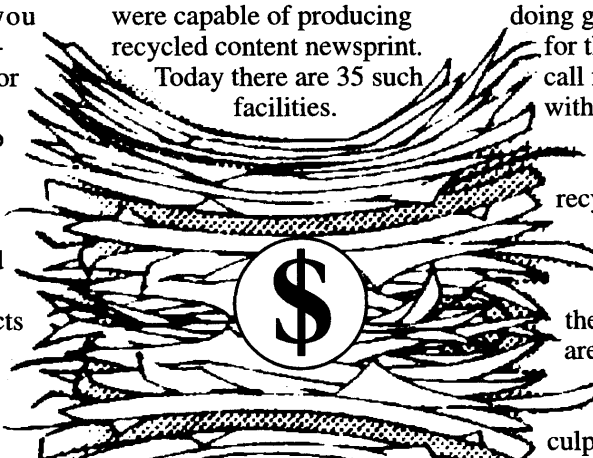
In addition to the newspaper

surge, the value of cardboard is taking off. To help market the concept of recycled paperboard, 14 of the leading paperboard manufacturers will be promoting 100 percent recycled paperboard as the most effective means of doing good for themselves and for the environment. Plans call for a coordinated effort with supermarkets and other retailers to encourage consumer paperboard recycling.

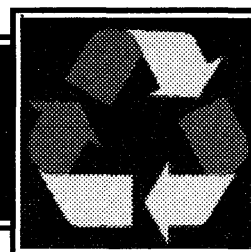
Now, recyclers are facing some pretty tough competition—*theft*. That's right, people are stealing the stuff. It is reported that in Washington, D.C., culprits use rented trucks and cruise the city streets before dawn, stealing newspapers from residential recycling bins. And in Sun City, Arizona, the Lion's Club has had to post guards at their recycling paper bins—they were losing \$1,000 a week!

WARNING: If you have not finished reading your newspaper, hang on to it—it might disappear before you return. And that cardboard box—now you see it, now you don't!

Source: *Environmental Echoes* (WLS)



Environmental Focus



Pesticide storage



As the need for lawn and garden chemicals declines in the fall, the question of what to do with the leftovers arises. Storing chemicals where they will not pose a safety hazard is the first concern; keeping them in usable condition for next year is the second.

Pesticides. Insecticides, weed killers, fungicides, etc. are poisons and need to be treated with caution. Any toxic chemical should always be stored in a locked storage area where children, pets, wildlife and irresponsible adults can not get to it. So there is no question about what is in a container or how to use it, pesticides and other chemicals should always be stored in their original containers with the labels intact.

To replace lost or unreadable labels, contact the dealer who sold you the chemicals.

Never store pesticides or other chemicals with or near food, feed, medicine or cleaning supplies so there is no chance of a mix-up.

Store pesticides and other chemicals where they will not be subject to very high temperatures—above 90° F—or very low temperatures. High temperatures may cause chemical changes that will make pesticides less effective. Freezing will ruin liquid formulations and may break glass containers.

The storage area should be dry, also, so that wettable powders, granulated pesticides and dry fertilizers do not draw moisture from the air and become caked. Enclose paper bags and boxes of powders and granules in plastic bags to protect them against dampness and moisture.

The best way to dispose of excess pesticides is to use them as directed on the label. Never dispose of a pesticide or other chemical by pouring it down the drain, on the ground, into a storm sewer or into a body of water. The danger to other humans, pets, wildlife and the environment are too great. (DJ)

Humongous fungus

It's bigger than 30 football fields.

Beneath the surface of the ground in northern Michigan lies one of the oldest and most massive living things on earth. It's neither plant nor animal—it's a giant fungus.

Scientists estimate the fungus may weigh nearly as much as an adult blue whale. The bulk of the fungus consists of a dense underground network of stringy tentacles called rhizomorphs (RYE-so-morfs). Rhizomorphs grow about 8 inches a year, winding slowly through the soil and feeding on tree roots. When they find a root, rhizomorphs produce a substance that helps dissolve the root so the fungus can absorb it. In late summer, the fungus sprouts thousands of mushrooms at the surface. (ALH)



Saving resources for the future

World population has more than doubled since 1950 and it is projected to nearly double again by the year 2050.

As human population increases, so does the amount of waste we generate. And, as waste increases, so can the amount of contaminated water. We must reduce the amount of waste we create by making better choices and recycling more so that we can conserve valuable resources and reduce environmental problems caused by waste.

One United States citizen produces 3.2 pounds of garbage each day, 96 pounds each month, 1,168 pounds each year and 81,760 pounds over 70 years.

Of the Earth's water supply, which is the basis of life, only 3% is fresh, with most of that in the form of ice caps and glaciers. Approximately 1% remains for our use, and roughly half of that is contaminated.

As we use resources without adequate replenishment and contaminate the environment, we

limit the availability of resources for future generations. What we need to do is avoid contaminating water, conserve water, reduce the amount of waste we generate, reuse and recycle. (ALH)

What is man without the beasts? If all the beasts were gone, men would die from a great loneliness of the spirit. For whatever happens to the beasts, soon happens to man.
—CHIEF SEATTLE, 1854.

Give trash a *Second* chance!

Lincoln's
recyclables—
from your home
to the
Drop-Off Site

How to Prepare Items for Recycling Sites

Glass

- Do not break containers.
- Rinse and remove caps and neck rings.
- Labels are OK.
- Sort by color.

Tin & Aluminum Cans

- Rinse and flatten.

2-Liter Bottles & Plastic Milk Jugs

- Rinse and flatten. No other plastic products are accepted.
- Remove caps and neck rings.

Newspapers

- Bundle with string or place in a paper grocery sack.

Cardboard (selected sites only)

- Flatten, no plastic or packing materials.
- Cardboard packaging (ie. cereal boxes, cracker boxes) are OK.

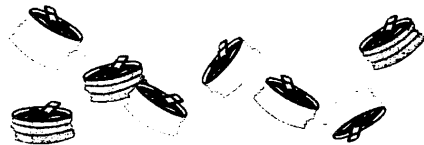
More Tips on How to Prepare Items for City Recycling Sites

Do Not Deposit

- Aluminum foil
- Aluminum pie pans
- Butter tubs
- Detergent bottles
- Glass cookware
- Grass and leaves
- Household trash
- Light bulbs
- Magazines
- Metal cookware
- Phone books
- Window glass

Please be considerate of nearby residents and others who use the drop-off sites. Do not place recyclables outside designated containers.

For more information on Recycling call:
Lincoln Recycling Office 441-8215



Find the Drop-Off Recycling Site Near Your Home

The following sites will accept:

Cardboard
Aluminum cans
Glass containers
Newspapers
Plastic milk jugs
Tin cans
Plastic soda bottles

North

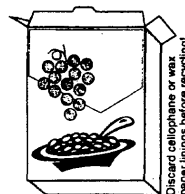
UNL Food Stores Warehouse, 1200 N 17th
Sam's Club, 27th & Superior
Food 4 Less, 63rd & Platte
Southeast Community College, 88th & "O"
University Place, 47th and St. Paul Streets

South

Union College, Athletic Field parking lot, 53rd & Calvert
East High School, Seacrest Field parking lot, 70th & "A"
Lincoln School of Commerce, 19th & "L"

Additional Communities

Bennet, Refuse Transfer Station
Hickman, City Park
Waverly, Waverly Plaza



The following sites will accept:

Aluminum cans
Glass containers
Newspapers
Plastic gallon milk jugs
Plastic soda bottles
Tin cans

North

Food Bonanza, 1340 West "O" Street
St. Marks United Methodist Church, 70th & Vine Streets
Centro Plaza, 48th & "R" Streets
University Place, 47th and St. Paul Streets

South

Leon's Food Mart, 32nd & South Streets
Hinky Dinky, 16th & South Streets

The following sites will accept Newspaper only

North

UN-L East Campus Parking Lot
Behind Fire Station No. 2
33rd & Holdrege

South

Willard Community Center
Folsom & West "O"
Sheridan Lutheran Church
37th & Sheridan Blvd.
All Saints Lutheran Church
8251 Pioneers Blvd.
Indian Village, 13th & High





Family Living

Roberta's remarks



At our September council meeting, new officers were elected. Alice Doane, Waverly Matronettes, will be your new council chair; LaDonna Pankoke, Glamour Girls, and Jean Wheelock, Emerald, will be co-vice chair; Margaret Blacketer, Helpful Homemakers, is secretary; and Donna Gill, Time Out, will be treasurer.

Congratulations ladies and THANK YOU!

Congratulations are also in order for all new club presidents! Please bear in mind that as your club president, you are automatically the representative from your club for all council meetings. If you cannot attend, please send another officer or member in your place. We encourage everyone, president or member-at-large, to attend all council meetings. You will gather information important to your club members that will be given only at the council meetings. Plus, we always have very informative and entertaining programs at each meeting. It's also fun to gather with other FCE members to share ideas. Hopefully, you have signed and sent in your committee assignments sheet. Your officers will be holding a planning meeting in November to set our program schedule for 1996 and to set up committees. If you have ideas for council meeting programs, ideas for special projects we might consider, thoughts about the direction of the organization, etc., please call an officer. We need to know what you think.

Our membership is declining, as you know. Now is the time to start recruiting NEW members or work a little harder on those OLD members to keep them. Perhaps we have gotten a little lackadaisical, taken too much for granted and not been as enthusiastic about our organization and let people slip away. There are keys to keeping members. For recruiting new members, we have for your use, a bright colored pamphlet explaining all about FCE. Keep several copies in your purse to give to anyone who inquires about the organization. Remember new members with a phone call and transportation. Do the same for absent members--offer to take them as they may feel shy after missing a few meetings. Have you considered a membership coffee? Invite prospective members to an informal coffee and explain the benefits of FCE, answer questions and maybe give a short lesson.

Happy holidays to everyone!

—Roberta Newburn, Council Chair

fce Nebraska Association for Family & Community Education

1996 Educational Program Training

This train-the-trainer program is open to all community, church, civic and FCE clubs. Please call Pam or Lorene at 441-1780 if you are interested in sending a leader to receive the training and the number of members that the program will be presented to so materials can be prepared. All trainings will be offered at 1 or 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

Balancing work & family during holidays difficult



During the busy holiday seasons balancing time between work and family seems even more difficult.

Fully meeting the demands of work, yet giving the necessary time to create and maintain a satisfying and intimate relationship, may be difficult in many two-earner families today. Here are some suggestions on how to accomplish both goals.

Separate work and family life.

- Establish rituals that signal the end of the working day, leaving the day's business behind. Focus on your love life, children, what you'll have for dinner—anything so long as it isn't work.
- Though it may be hard to take time off, vacations break the routine, retain flexibility and allow returning to the workplace with a fresh perspective.
- Pursue non-work related

activities by taking a class or engaging in a sport or hobby.

- Stick to work tasks while on the job. Work is a place to accomplish a task, not to get love and support.
- Compartmentalize personal and professional roles and realize that the two roles are different; enjoy the diversity.

Talk honestly and often.

- Get disputes out in the open. Putting something aside and avoiding it, which is common with couples, ensures that it will come back magnified.
- Listen without being critical. Learn to listen to your partner's demands without getting defensive or assuming you're being criticized.
- Express needs in a positive way. Be very specific about explaining wants and needs. Avoid blame when those needs aren't met. Learn that reciprocity is the best approach for a

true partnership.

Resolve disputes.

- Focus priorities on the job that needs to be done. Don't be sidetracked by extraneous issues.
- Learn how to develop win-win situations. Lose-lose situations occur when one side tries to "win" out of pride, arrogance or the need to be in control.

Divide work carefully.

- Define areas of responsibility. Determine who has the skills to be in charge of what. Help each other when needed.
- Respect each other's contributions. Each person brings complementary skills to the task—all talents are needed.
- Remember, the best intentions without appropriate action can lead to relationship difficulty.

Source: Herb Lindgren, Ph.D., Family Life Specialist, NU/IANR. (LB)

EFNEP recommends 5 A DAY

The Expanded Food and Nutrition Education Program (EFNEP) advisors recommend eating five fruits and vegetables daily. Here are some quick ways to include fruits and vegetables in your diet recommended by the National Cancer Center.



Looking for foods to fit into your busy lifestyle?

Take a second look at fruits and vegetables ... Nature's Fast Food!

What could be easier than:

- A carrot in your briefcase?
- An apple in your car?
- Dried fruit in your desk?
- Frozen vegetables in your microwave?

People give many reasons why they think fruits and vegetables don't fit into their busy lifestyles. Let us show you how quick and convenient fruits and vegetables really are!

"I buy plenty of fresh produce but I forget about it and it spoils in the refrigerator."

- Try putting fruits that don't need refrigeration where you can see them! Make a habit of grabbing a few pieces on your way out the door.
- Keep a bag of your favorite

vegetables in the freezer! It will last months.

- Keep fruit canned in juice handy in your kitchen cabinet!

"I eat out at fast food restaurants a lot and don't have time to eat fruits and vegetables at home."

- You can order orange juice at most fast food chains and some serve baked potatoes. Raw vegetables, fresh fruit and lettuce can be found in some fast food salads and salad bars.
- If you can't find fruits and vegetables at the fast food restaurant, bring them with you from home to eat later. Dried fruit, most fresh fruits, and fruit juice travel well.

"I like fruits and vegetables, but I don't like all the peeling, chopping, and slicing involved."

- Frozen fruits and vegetables

What about bagels?

How nutritious are bagels? Bagels are high in complex carbohydrates and low in fat—a healthy combination. An average bagel provides only one to two grams of fat. Before you binge on bagels, however, remember the following:

- Originally, a bagel weighed about two ounces and was comparable in calories to two slices of bread—about 160 calories. Today, some bagels are over five ounces and weigh in with over 400 calories. If you

want a "light" snack, a "big" bagel may not be your best choice.

- Take toppings into account when eating bagels. Two tablespoons of cream cheese or jelly will add about 100 calories. Use a thin smear of these spreads to add flavor without excessive fat and sugar.

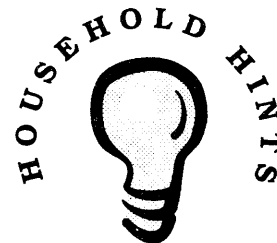
The "cement doughnut" provides a healthy choice for meals and snacking. Keep calories in check by considering serving size and added toppings.

are usually all ready-to-eat. Just open the package.

- Supermarket salad bars offer many favorite raw vegetables and fresh fruits already cleaned and sliced.

- Select fruits and vegetables that require little peeling and chopping, such as baby carrots, cherry tomatoes, asparagus, grapes, apples, or broccoli spears.

Source: Fast & Easy Fruits & Vegetables for Busy People, U. S. Department of Health and Human Services, Public Health Service National Institutes of Health. For more information on diet and cancer, call the Cancer Information Service at 1-800-4-CANCER. (MB)



"Is it ok to machine launder a garment even if the care label says 'Hand Wash Separately,' is an often asked question."

It is *not* recommended to machine launder a garment that recommends hand washing because the garment usually cannot withstand the agitation of the washing machine cycles. In addition, the garment may have excess dye that may bleed during washing. It should be washed alone. When hand washing instructions are given, the garment should be soaked in cool or lukewarm water for 5-10 minutes without twisting or agitation. It should then be gently squeezed and hung or laid flat to dry. (LB)

Turkey FUNdamentals



Okay, so it's your turn to host the annual Thanksgiving feast for the entire family. You've known for three years that your time was coming, but the advance warning hasn't increased your comfort level. Aunt Sara has been cooking turkeys for 40 years and Cousin Rachel is a gourmet cook. Can you tackle a turkey without being traumatized?

Believe it or not, taking care of "Tom" isn't that tough. Just follow these "Turkey FUNdamentals" and your bird will turn out fine without a lot of toil and trouble. The experts at USDA's Meat and Poultry Hotline say that each November both novice and experienced cooks have the same basic questions on preparing a turkey. Here are the answers.

How big a turkey should I buy?

You'll need about one pound per person, or a one and one-half pounds per person if you have hearty eaters or want ample leftovers. If you're having an "open house" and you're not quite sure how much meat you'll need, you could cook and carve an extra bird a few days ahead.

When should I buy the turkey?

While the quality and taste of frozen and fresh turkey are quite similar, the keeping time is not. A frozen turkey can be purchased months in advance, but a fresh bird should be bought only 1 to 2 days ahead.

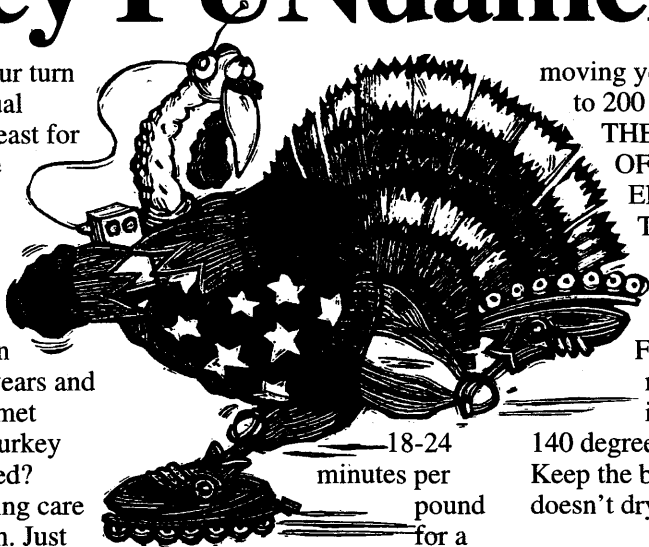
How long will it take to defrost a turkey?

It's best to defrost your turkey in the refrigerator. The rule of thumb is a minimum of 24 hours of defrost time for every 5 pounds of turkey. Thus, it can take 4-5 days to defrost a 20-pound turkey. A completely thawed bird will last for an additional 1 to 2 days in the refrigerator once defrosted.

If you need to speed up defrost time, it is safe to defrost the bird in a large utility sink of cold water. Submerge the wrapped bird in cold water. Check or change the water every 30 minutes to make sure the water remains cold. Allow 30 minutes per pound to defrost this way.

How long should I roast the turkey?

Roughly 15-19 minutes per pound for an unstuffed bird and



18-24 minutes per pound for a stuffed bird. Have your oven preheated to 325 degrees F.

USDA HIGHLY RECOMMENDS THE USE OF A MEAT THERMOMETER TO DETERMINE DONENESS. A whole turkey is done when the temperature reaches 180 degrees F in the inner thigh. A breast is done at 165 degrees F.

Still, cooking times do vary! Every year people wonder why their turkey is done too early or too late. There are many reasons—oven temperature may not be accurate, the turkey is still partially frozen in center or the roasting pan is too small and heat flow is inhibited.

What do I do if the turkey is done an hour ahead of schedule?

It is safe to hold a turkey in the oven at a reduced temperature. First, use a meat thermometer to verify that the bird is done—dark meat has reached 180 degrees F and the stuffing 165 degrees F. Keep the thermometer in the meat. You will need to lower your oven temperature. Start by

moving your oven temperature to 200 degrees F. ADJUST THE TEMPERATURE OF THE OVEN TO ENSURE THAT THE TEMPERATURE OF THE TURKEY NEVER DROPS BELOW 140 degrees F. Check meat thermometer at several intervals to ensure that 140 degrees F is maintained. Keep the bird covered so it doesn't dry out.

What do I do if the turkey is not done on time?

About the only thing you can do is keep cooking! You can turn the oven up slightly, or cover the bird tightly with a lid if you haven't already done so. Do not keep opening and closing the oven door to baste the bird or check its progress. This will only lower the oven temperature and add to the cooking time.

Can you roast the turkey the day before?

Yes. In fact, more and more people are taking this route. However, for safety reasons, the cooked bird must be deboned before being stored in shallow containers. The meat can then be reheated in the regular oven the next day for approximately 10 minutes per pound. To prevent the meat from drying out, add either the leftover meat drippings, gravy or turkey broth and cover with foil.

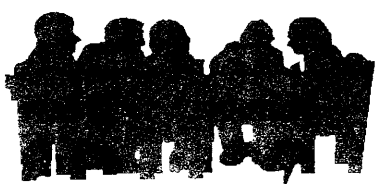
Source: USDA Food News for Consumers. (AH)

To Keep Things FUN, Not Frantic:

- Decide how much turkey you will need before you shop.
- Get a meat thermometer.
- Make sure you have a roasting pan large enough for your turkey. Or roast two small birds versus one large bird.
- Allow an adequate number of days to refrigerator-defrost a frozen bird.
- Wash hands, sinks, counters, utensils and platters thoroughly with soap and hot water before and after working with bird.
- Remember to remove the bag of giblets from inside the bird.
- Wash the inside and outside of the turkey in cold water and drain well.
- Stuff right before roasting.
- Place the turkey breast-side up in a shallow roasting pan. You may want to brush with oil or melted margarine.
- Insert meat thermometer in inner thigh.
- Cover loosely with aluminum foil.
- Roast the bird 15-18 minutes per pound for an unstuffed bird, 18-24 minutes per pound for a stuffed bird.
- Remove foil 20-30 minutes before roasting is finished to allow the bird to brown.
- Allow the cooked turkey to sit for 20 minutes before carving.
- After dinner, carve leftovers from bone and refrigerate promptly. Remember, you only have two hours from the time you take the bird from the oven.
- Smile and enjoy!

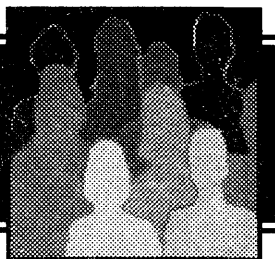
Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Extension office.

Family Living



Workshop rescheduled

Have a "Money Smart" holiday season by turning "Trash into Treasures." As the holiday season approaches, we begin to think about gifts, entertaining, decorating, and how to make it all fit into the time and budget available. A how-to workshop will be presented on Monday, November 27, 1-3 p.m. or 7-9 p.m. Register by calling 441-7180 by November 20. A \$3 fee will be collected at the door. Preregistration is necessary so materials can be prepared.

Ideas and patterns for making items that reduce, reuse and recycle things around the house will be presented. Year round holiday ideas will be included. Money saving tips will help make your holiday season more enjoyable for you and your family. Start thinking about and planning for the holidays now. Clubs and organizations may wish to attend for club meeting ideas. Youth and adults are invited to attend. For more information, call Lorene at 441-7180. (LB)

Holiday gifts needed

There is always a need for helping the less fortunate especially around the holiday season. Elliott School Headstart Program is in need of over 300 gifts for three- and four-year olds. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed.

If gifts are wrapped, please indicate what the item is, the cost (\$3-4 recommended), and if the gift is for a boy or girl. Gifts are needed by December 1.

For more information, contact Lorene Bartos, Extension Educator, 441-7180. This is an excellent community service project for FCE and 4-H clubs. Individuals may also participate. (LB)

County Chorus invitation

Any women interested in joining the Lancaster County Chorus please give Norma Lemke a call at 782-8773.

Healthy Eating



Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may help reduce your risk of cancer. The goal of the national 5 A Day program, a collaborative effort between the National Cancer Institute and the Produce for Better Health Foundation, is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5-3.5 servings to 5 servings a day by the year 2000.

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

Apple Crisp

- 4 cups peeled, sliced apples
- 1/4 cup water
- 4 teaspoons firmly packed brown sugar
- 2 teaspoons lemon juice
- 1 teaspoon cinnamon
- 1/2 cup oats (quick or old fashioned)
- 1 tablespoon firmly packed brown sugar
- 1 tablespoon soft margarine

Preheat oven to 375 degrees. Combine first five ingredients and mix well. Arrange apple mixture in an 8-inch by 8-inch baking dish that has been sprayed with non-stick coating. Combine remaining ingredients and sprinkle over apples. Bake for 30 minutes or until apples are tender and topping lightly browned. Makes 8 servings. This is an official 5 A Day recipe.

This recipe is provided by Brenda Ponichtera, Quick and Healthy Recipes and Ideas.

For an additional dozen 5 A Day recipes, send a self-addressed, stamped envelope to: 5 A Day Recipes #1; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

Practicing food safety at party buffets

Planning a party buffet to celebrate the holidays? Here are five food safety tips from the home economists with the U.S. Department of Agriculture Meat and Poultry Hotline to make your party buffet a safe and successful one:

—Handle food safely.

Always wash your hands before and after handling food. Keep

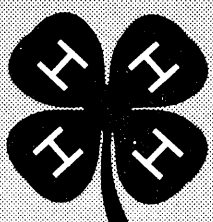
your kitchen, dishes and utensils clean also. Always serve food on clean plates—not those previously holding raw meat and poultry. Otherwise, bacteria which may have been present in raw meat

food to be served.

—Cook food thoroughly. If you're cooking foods ahead of time for your party, be sure to cook them thoroughly to safe temperatures. Cook fresh roast

Please turn to Buffet: page 11

More Family Living news on Page 11



4-H & Youth

4-H Bulletin Board

Mark your calendars for 4-H Celebration 1995 November 7 at the Lancaster Extension Conference Center at 7:00 p.m. Join the celebration! (AMM)

Ambassador meeting November 16, 7:00 p.m., Lancaster Extension Conference Center. (AMM)

LEADERS: Our first leader training will be Monday, November 20, 9:30 a.m. and 7:00 p.m. at the Lancaster Extension Conference Center. Please call 441-7180 to let us know if you will be attending. Thanks! (AMM)

Leader training—why?

Have you ever asked yourself, "Why should I go to leader training?" If you answered "yes" to this question, then read on ...

Each year, five leader trainings are conducted and lots of great information is available. Leader trainings are not just for new leaders, they are for parents, volunteers and any leader (experienced or new). The scheduling of trainings is done to accommodate every busy lifestyle. One at 9:30 a.m. and one at 7:00 p.m. each day they are scheduled. We even do them

on CableVision Channel 21 so you can watch it or tape it for later use. So, why not participate?

The schedule is as follows:

Monday, November 20

Tuesday, January 16

Thursday, February 15

Monday, March 11

Monday, May 13

Special guests, 4-H leaders and specialists help to make the program even better each time. We only ask that you call the Extension office to let us know if you plan on attending so we can make handouts, get rooms set up accordingly, etc.

4-H leader training is an excellent way for you to learn from other leaders that attend too. We are here to help you in any way that we can and appreciate your support of the 4-H program. Attend leader training ... why not? (AMM)

1996 4-H photography themes

Attention Unit II and III photography members. Themes for the Nebraska Theme Exhibits have been announced and will be:

"Hang in There"—Use your imagination, be creative and portray something about Nebraska; and

"Hello Yellow"—Use your imagination and portray something about Nebraska. Yellow must be the prominent color (LJ)

Discover SERIES November 11

When & where is it?

Saturday, November 11, 1995

Seward Ag Pavilion, Seward County Fairgrounds

Cost: \$15 per person

Includes T-shirt and lunch meal

Registration deadline—November 3

Times: Registration begins at 8:30 a.m.

Training will end by 4:30 p.m. (LJ)



Registration

(Deadline—November 3)

Name _____ Age _____

Street address _____ County _____

City _____ State _____ ZIP Code _____

Area to be trained: (Mark 1st and 2nd choice)

_____ Beyond Duck & Cover _____ Chemicals Are Us

_____ Oak, Woodland, Wildlife _____ It Came from Planted Earth

Enclose \$15 per person. Make checks payable to Nebraska State 4-H Office
Send to State 4-H Office, c/o Kathleen Lodl, 114 Agriculture Hall, Lincoln, NE 68583-0700

Clover College is here!

The key leaders and Extension staff have been brainstorming for the 1996 Clover College and we need your help! Please keep in mind that this is a new activity and we are still in the process of working out the details.

Clover College will be held June 10-14. The purpose of this event is to expose youth to different types of projects to give them the opportunity to work with an expert in a project area, to help 4-H members complete a project for the county fair, and to provide a positive, educational experience as they work with their projects.

At this time, we need volunteers to present a two-hour workshop each day. Here is an example: Susie will teach a workshop on sewing, she must teach the workshop everyday for two hours at a time. At the end of the workshop, each participant will have at least one finished project. It is the responsibility of the presenter to keep the participants busy the entire two hours.

A registration fee will be required for each workshop which will be determined by the presenter and Extension staff. Further information on registration will be out after February 1.

Workshop proposal forms are available at this time and are due by December 15. Please contact Ann Marie or your key leader for more information. (AMM)

4-H Shorts

Congratulations!

Congratulations to Tanna Lea Doeschot, member of the Country Classics 4-H Club for the picture her father entered in the Nebraska Cattleman photo contest. Tanna Lea's picture was the featured cover for the September 1995 *National Cattleman* magazine. Congratulations! (CB)

New Animal Newsletter Concept

What would you enjoy more than reading your words in print as they would appear in the NEBLINE on a monthly basis? Several VIPS boards have come up with a way to get across why they feel so strongly about their animal projects that there will be a news editor committee in each animal VIPS board. These committees will submit news articles that fit the time of season, activities and events. Each article submitted will follow certain criteria set by the VIPS board and 4-H Extension staff members.

Interested? Plan to attend your next VIPS board meeting; your input and concern regarding your animal projects are important. (CB)

Announcements/Dates

4-H Horse VIPS Meeting—
Wednesday, November 8, 7:30 p.m.

4-H Rabbit VIPS Meeting—
Thursday, November 16, 7 p.m.

4-H Livestock Booster Club Meeting—Thursday, November 2, 7 p.m.

4-H Cloverbud VIPS Meeting—Friday, November 17, 1:15 p.m., location to be announced

1995 Catch-A-Calf Winners

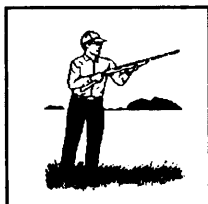
Our CONGRATULATIONS go to Eric Mitchell of Roca, Nebraska and Corey Roeder of Bennet, Nebraska in the 1995 catch-a-calf contest at Ak-Sar-Ben. Corey and Eric will be picking up their calves at the end of this month after a winners' breakfast. Good job! (CB)

Invite birds for lunch

This winter, invite some feathered friends to lunch! Here are some ways to feed your favorite birds:

- Peanuts in the shell strung together in a row.
- Pine cones spread with peanut butter and rolled in birdseed.
- Coconuts cut in half, drained and filled with birdseed or melted suet. (Some birds like coconut meat too!)
- Wide holes drilled in a birch log, filled with suet, then hung by an eye screw.
- Sunflower heads (with seeds still intact) hung upside down.
- Small clay plant pots filled with melted suet and hung upside down like bells.
- Lunch tray or other platform trays filled with birdseed, set upon a low stump on the ground. (ALH)

Shooting ... responsibly



4-H shooting sports program is designed to give young people and families an opportunity to experience and appreciate the recreational potential of shooting sports. While enjoying the fun

associated with the shooting sports, participants also develop safety skills, responsibility, leadership, citizenship, self-discipline, sportsmanship, ethical behavior and an understanding of wildlife and habitat management.

Lancaster County's shooting sports program offers educational experiences targeting BB gun, pellet rifle, smallbore rifle, pellet pistol, shotgun trapshooting and archery. Youth who join the Lancaster County 4-H Shooting Sports Club are invited to participate in monthly meetings November through April to learn more about general shooting sports education. Participating youth also have the opportunity to engage in one or more hands-on training courses which concentrate on skill development in the shooting disciplines identified earlier.

Cooperative Extension's shooting sports program is carried out by community volunteers. Hands-on shooting sports training offerings are conducted through cooperative agreements with Lincoln Trap and Skeet Range, Lincoln Parks and Recreation, Prairie Bowmen and the Lancaster County Agricultural Society.

Youth interested in learning more about Lancaster County 4-H Shooting Sports are invited to attend the club's organizational meeting on Monday, November 20, 7 to 9 p.m. at the Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln. Please call Dave at 441-7180 for further information. (DV)



Head



Hands



Heart



Health



Time to vote for 4-H Council

In 4-H, life skills are learned by participating in projects, workshops, activities, events, camps and demonstrations, and by serving in leadership roles throughout the 4-H program. Life skills are also taught through the examples of adult role models.

The 4-H Council is responsible for providing educational opportunities that will enhance the development of these life skills. In order to truly "make the best better," it is important to focus on more than the short-term rewards and objectives of the 4-H program. The 4-H Council makes a difference by providing learning experiences that helps young people become the best they can be.

Membership in the 4-H Council consists of an equal number of youth and adults. Members of the council are expected to regularly attend council and committee meetings, represent community needs and concerns to Extension staff, follow through on commitments, and consider what is in the overall best interest of young people and families when making council decisions.

Please carefully consider the outstanding slate of nominees for council and take the time to vote.

All Lancaster County residents, 14 years and older, are eligible to vote. Ballots will be considered only if properly completed. Write-in candidates

are allowed. All ballots must be postmarked by November 15, 1995. The ballot may be copied or additional ballots may be requested from the Extension office. The voter declaration section must be completed, but it will be removed by the election clerk after recording voter information. Your ballot is kept secret and is placed in a ballot box in the office. You may vote in person at the Extension office during regular office hours through November 15, 1995 or send your ballot to 4-H Council Election, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. (LJ)

Youth scholarship opportunities

Martha and Don Romeo Scholarship

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

The following qualifications are considered by the NAFM scholarship committee:

(A) Each applicant must have exhibited his/her 4-H projects in a county fair or at the state fair within the last four years

(B) Each applicant must have a 2.5 high school grade point average and must maintain a 2.5 grade point average for the first semester in college and carry at least 12 hours

(C) Must demonstrate support for school and community

(D) Must exhibit a desire to achieve goals

(E) Financial need is not considered

One male and one female

will be chosen from Lancaster County to be forwarded to the state contest. Applications are due at the Extension office by November 27. If you have questions, contact LaDeane. No late entries will be accepted.

The Farmer's Foundation Scholarship

The Farmer's Foundation awards scholarships each year to graduating high school seniors. These are one-year scholarships granted to the school of your choice and in the amount of \$1,000.

Eligibility includes:

(A) A cumulative grade point average of 3.0 or above

(B) Your parents or guardians must derive two-thirds of their gross income from a farming source

(C) You must demonstrate financial need

Applications must be received no later than November 6 and selections will be made by April 30. Due to the large number of applications, the foundation will only contact

those students who are selected. Application materials are available from the Extension office.

Discover Card Youth Programs

Attention Juniors in high school! The Discover Card Tribute Award Scholarship Program honors outstanding high school juniors by making available \$15,000 for nine scholarships in each state, the District of Columbia and American schools abroad and \$135,000 for nine national scholarships.

Juniors must maintain a minimum 2.75 cumulative grade point average in the 9th and 10th grades and must demonstrate accomplishments in four out of these five areas: Special Talents, Leadership, Obstacles Overcome, Community Service and Unique Endeavors.

Applications must be received by January 17, 1996. Applications and criteria are available at the Extension office. (LJ)

Win \$ with Colgate's Youth for America

Calling all 4-H clubs! Plan to participate in the 23rd Annual Community Service Campaign sponsored by Colgate's Youth for America. All you need to do is to ask for an entry form from the Extension office. Here's what you do to enter.

A. Attach a description of your club's service work performed between March 1, 1995 and March 1, 1996.

B. Tell us about the need for the project and how it was filled.

C. Attach any materials that might be helpful in explaining

the idea and scope of the program such as: news articles, TV news, radio announcements, or local government recognition of your program.

Examples of community service activities are: handicap awareness education, environmental education and recycling, crime prevention and victim's aid, community beautification and/or repair services, self-esteem programs, anti-violence campaigns, benefits for the elderly or disadvantaged, substance abuse education and

prevention, or another great idea that your club has initiated.

Prizes include:

Six \$1000 1st place prizes

Six \$500 2nd place prizes

Six \$300 3rd place prizes

240 \$100 4th place prizes

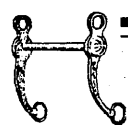
Plus an additional \$1000 bonus prize for best of all entries!

Help Lancaster County shine! Enter your club in this exciting community service contest. If you have questions, just give LaDeane a call at 441-7180. (LJ)

Lancaster County 4-H Horse Clubs Educate

The 4-H club is one of the major methods of involving boys and girls in the 4-H program. It serves as the hub of activity which generates enthusiasm for participation in 4-H activities outside the local club.

The 4-H club meetings are an important learning experience. Participation in planning and carrying out the club's program will help the members learn to make decisions, develop skills in group discus-



HORSE BITS

sions, try new ideas and methods, develop citizenship and leadership skills, develop confidence, gain a sense of group pride, and form a cooperative attitude.

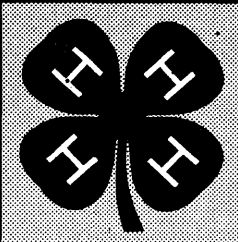
The majority of 4-H horse clubs are known as "special interest clubs." This refers to clubs in which members work and study in one particular project ... horses. Project work is a learn-by-doing phase of 4-H.

When the goals set by the 4-H members at the beginning of the year are completed, their project for the first year is completed.

The clubs have at least one leader and successful clubs depend on their leadership from good club officers and parents which are a very valuable resource to 4-H. When parents have the opportunity to share their interests and talents with the 4-H members in club work, both will benefit. Some of the basic needs ALL boys and girls

Please turn to Bits: page 12

4-H & Youth



Voter declaration: *I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.*

Name _____

Address _____

City _____ ZIP Code _____

Return with marked ballot by November 15 to:
UNL Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, NE 68528-1507

(Name will be separated from ballot by election clerk)

1996 Official Lancaster County 4-H Council Ballot

Please see biographical information on candidates below and on the back page

Northwest Youth, vote for one

☐ Scott Christensen

Northeast Youth, vote for one

☐ Eric Edgeman

☐ Brett Jurgens

Southwest Youth, vote for one

☐ Kent Rosenboom

Southwest Adult, vote for one

☐ Brent Sieck

Lincoln Adult, vote for two

☐ Galen Madsen

☐ Janet Anderson

☐ Marty Sehn

☐ Barb Suing

Lincoln Youth, vote for one

☐ Russell Princ

☐ Robin Stearley

Lancaster County at Large Youth, vote for one

☐ JoHanna Madsen

☐ Jill Hatten

Biographical Information

Scott Christensen—Four-year 4-H member and current member of Rock Creek Kids 4-H Club; 15 years old. Trapshooting, rocketry. Raymond Central High School, participant in track and basketball. Enjoys hunting and shooting sports and is an active member of the youth group at Redeemer Lutheran Church.

Eric Edgeman—Nine-year 4-H member, dairy VIPS; 17 years old, Waverly High School, FFA, and football. President, news reporter, and junior leader of Central Dairy 4-H Club. Member First Evangelical Covenant Church.

Brett Jurgens—Eight-year 4-H member of Waverly Whiz Kids 4-H Club. Junior leader and project leader for photography. 4-H Ambassador, 4-H Teen Council member, two-year 4-H Camp Counselor at Eastern Nebraska 4-H Center. Attended Kansas City 4-H Leadership Conference and ExpoVisions. Has helped present photography workshops and presented at 4-H State Leader Forum. Volunteer at both county and state fairs. Waverly High, History Club, Drama Club, FBLA, and VICA. Member First United Methodist Church in Waverly and member of Lincoln Gem and Mineral Club.

Kent Rosenboom—Seven years of 4-H involvement; 15 years old, football, wrestling, band, chorus, honor roll and president of 4-H club for two non-consecutive years. On 4-H Teen

Council, beef VIPS member, swine VIPS member, county and state fair volunteer, church choir and usher, and "clean-a-mile" community service volunteer.

Brent Sieck—Ten-year 4-H member with an emphasis in cattle, engineering and gardening. From Martell; has a degree from UNL in Animal Science; has run judging contests. Young, married farmer with a strong belief in the value of 4-H.

Galen Madsen—Nine-year 4-H member in Hamilton County as a youth. Active 4-H dad. Photography project leader in Super Star's 4-H Club, photography superintendent for the past two years, active participant in 4-H Council Food Booth, judge of county 4-H awards, and helper at the state fair in photography. Registered nurse, administrative coordinator at Saint Elizabeth Hospital, member of Sheridan Lutheran Church and Prairie Life.

Janet Anderson—Eight-year 4-H member as a youth, club assistant leader for past 6 years of the Lucky Charms 4-H Club. Song contest VIPS committee member and was on a 4-H Council committee to review animal practices in the 4-H program. Legislative aide for Senator Schimek, member of church altar society, and vice president of the corporation board for her sorority. Husband, Bert, and two children who will soon be 4-H members.

Please turn to back page



Community & Leadership Development

Moravec selected to LEAD program



Ann Marie Moravec, Extension Assistant, has been accepted to the Nebraska LEAD Program for 1995-1997. The LEAD program is a statewide program and involves the selection of up to 30 "fellows" from across Nebraska. The purpose of the Nebraska LEAD program is to provide Nebraska's most promising adult men and women agriculturalists an opportunity to participate in an

intensive two-year educational program designed to enhance leadership development, essential for long-term future farming/ranching, agribusiness, Nebraska and the nation.

Twelve in-state seminars are held throughout Nebraska at public and private colleges and universities. Seminar topics include social and economic issues, natural resources, education, religion, cultural understanding, foreign trade and policy, plus much more. Study/travel seminars are held throughout the United States and abroad during the two-year program.

Ann Marie will provide reports on the seminars in the NEBLINE in the Community and Leadership Development section under LEAD Focus. For more information about the Nebraska LEAD program, please call 402-472-6810 or write: Nebraska LEAD Program, 35 Food Industry Complex, UNL, Lincoln, NE 68583-0924. (AMM)

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

Turn yourself into a power listener

Most of us think of ourselves as good listeners, but we often take in less than we think, for many reasons.

"Most people value speaking—which is seen as active—over listening, which is seen as passive," explains Nancy Wyatt, professor of speech communication at Penn State University. Other reasons we might fail to tune in? We become so fixed on what we think that we tune out important information. Or, we may react emotionally to a phrase or style the speaker uses and miss the main point. Or, we're just too busy to pay attention to what is being said.

Sound familiar? If so, listen up, for changing your ways will pay big dividends. Here are some suggestions for learning to listen for what is said—and not said—more effectively.

- **Control distractions.** Give a speaker your full attention, or you're likely to miss the main point, and try to control emotional distractions as well.

- **Don't finish other people's sentences.** Many people have this bad habit. Just observe

yourself: Do you cut people off before they finish a thought? Are you so busy thinking about what you want to say that you can't resist breaking in? Bite your tongue and follow up with your comments only after the other person is finished.

- **Don't let the speaker's style turn you off.** Force yourself to concentrate by making a game of finding something worthwhile in an uninteresting or irritating conversation.

- **Don't be distracted by buzzwords.** What springs to mind when you hear the label "feminist" or "chauvinist"? If you're like most people, emotions take over and you stop paying careful attention to the point a speaker is trying to make. Learn to identify the buzzwords and kinds of conversations that trigger strong emotions. Think of them as radio static: Once you've removed the noise, you still may not agree, but you'll be able to hear what's being said a lot more clearly.


- **Listen for what is not being said.** Sometimes it's

important to hear between the lines. Many people like to avoid conflict, and so the person speaking is very reluctant to say anything negative. When you suspect that a delicate or controversial subject is being avoided, be prepared to ask the speaker to explain. Probe to find out what the speaker is trying to conceal.

- **Show you are listening.** Think about what your body language is revealing. Are you making good eye contact and leaning slightly forward in a way that indicates "I'm open to what you're saying?" Or, are you tapping your foot and looking out the window as if to say, "I have more important things to do than listen to you."

- **Make sure you heard it right.** Many misunderstandings could be prevented if we'd just make sure we heard what we thought we heard. So when in doubt, don't be afraid to ask, "Let me make sure I understand what you're saying." It's a hearing test well worth taking.

Source: Cole, Diane, *Working Mother*, March, 1991. (LJ)

 Pollution prevention is one way for businesses to broaden their audience appeal.

As many business people know, image building is a long and expensive process. Environment-friendly policies such as pollution prevention can help improve image while reducing costs.

Public awareness of a company's waste management efforts can be stimulated by publicizing them in annual reports, company brochures, advertising and press releases. Costs also can be reduced by printing documents on both sides, using recycled paper, and using inks that don't contain

heavy metals.

It's also important for businesses to share information on pollution prevention efforts with trade associations, local government and environmental organizations, and other community groups.

More tips on building an environmental image include:

- Identifying products made from recycled materials indicating their composition.
- Using minimal packaging or packaging that is easy to re-use or recycle.
- Promoting environmentally friendly materials by using them and setting an example.
- Participating in environmental promotions through local

TV and radio stations.

- Distributing news releases to local media expounding the business's pollution prevention accomplishments.

Employee environmental efforts also should be recognized and rewarded. A free meal, a certificate of recognition, or a reserved parking space could be small tokens of appreciation.

Local businesses involved in pollution prevention efforts should consider state and federal grants to help in their financing. For more information on Nebraska grants, contact: Wanda Blasnitz, pollution prevention coordinator, Nebraska Department of Environmental Quality, 471-2186. (LB)

LEAD fellows come together for Focus #1 seminar

Ann Marie Moravec
Extension Assistant

As 30 men and women from across Nebraska came together on a September afternoon there was much excitement in the air. LEAD fellows were ready for the upcoming challenge and opportunities. Very few of the fellows knew each other. They were all from different backgrounds. Farmers, attorneys, ranchers, investment officers, and fellows with a wide variety of other occupations made this group dynamic.

The focus of our first LEAD seminar was leadership assessment and potential. Our first day involved getting to know each other and learning more about the job ahead. Dr. Allen Blezek, president of the Nebraska

Agricultural Leadership Council and Sheila Kepler, Center for Leadership Development at UNL, helped present the information in a positive, enthusiastic manner.

"Creating a Leadership Base" was the focus for day two as Gene and John Harding, a father/son team, assisted us in determining our leadership style and how to work together as a team.

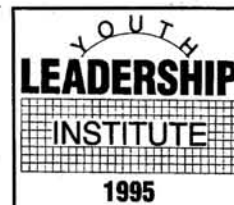
The third day found us managing our time with Elmer Miller, Center for Leadership Development; Dan Wheeler, UNL Office of Professional & Organizational Development spoke on "Balancing Work, Family and LEAD"; and Diane Gloystein gave us great tips on dressing and traveling with the LEAD program.

All of the sessions were excellent, but one sticks out in my mind. Ron Hanson, a professor in the Ag Economics

Department at UNL, gave a presentation called the "Unspoken Words of Family Farming." He travels across the U.S. working with family farm operations who have problems getting along and working together. After learning so much about leadership styles, I found it easy to understand how some families don't get along. I truly feel his message can be used by any family. It's very simple: "I love you, I need you, I appreciate you." These are words which are difficult to say, but words which can hold a family together and keep them strong. Try it at your home and see if it makes a difference—I'm sure it will.

The first LEAD seminar was exciting, educational and provided us a wonderful opportunity to look ahead. Our next seminar is in McCook, focusing on natural resources and energy.

Wanted: youth leaders



Leadership skills are in high demand. Colleges and employers want applicants with strong leadership skills and self-confidence. Communities need responsible, self-motivated individuals to lead into the 21st century.

Junior high and high school students have a chance to learn life-long leadership skills at the 4-H Leadership Institute, Saturday, November 11, at the Ramada Inn in Kearney. At the Institute, youth will learn leadership skills to use in their home communities. Program emphasis will be on leadership management styles, group dynamics, team work, and communication. The ultimate goal is to give young people the skills to foster working relationships between adults and the community.

Teams of five students are encouraged to attend from every school or community. It is expected that these teams will return to their hometowns to work together to accomplish goals or complete projects. Any size team and individuals are welcome, too.

The cost of the Institute is \$25 per participant. Cost includes lunch, refreshment breaks and registration fee. For a registration form, contact the Lancaster County Extension Office. For more information, contact LaDeane at 441-7180. (LJ)

Do Something grants

Do Something is offering young people across the country an opportunity to apply for grants up to \$500 to create or support a community building project. *Do Something* is a national non-profit organization that provides funding to young people with the ideas and energy to improve their communities. For more information, a brochure and grant application, contact the Extension Office. If you have any questions, call LaDeane at 441-7180. (LJ)

Family Living news *continued*

Buffet

cooked to 160° F.

—**Use small shallow containers.** Divide cooked foods into small shallow containers for storage in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165° F.

Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200-250° F) or cold in the refrigerator until serving time. This way, foods will be held at a safe temperature for a longer time. If you're ordering trays from a deli, consider buying a couple of small trays rather than one large try. Then set out one tray at a time.

REPLACE empty platters rather than adding fresh food to a dish that already had food in it. Many people's hands may have been taking food from the dish, which has also been sitting out at room temperature for a while.

—**Follow the "two hour" rule.** Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything that has been there two hours or more.

—**Keep hot foods HOT and cold foods COLD.** Hot foods should be held at 140° F or warmer. On the buffet table, you can keep hot foods hot with chafing dishes, crock pots and warming trays. Cold foods should be held at 40° F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them often. (AH)

Cutting fat and sugar in holiday recipes not always necessary

Are many of your favorite holiday recipes fairly high in fat and sugar? Yet, do you hate to change them as they've been passed down through the family and hold special meaning? Ask yourself these questions before modifying those special family recipes.

1) How often does your family eat this food? That favorite family fruitcake that's eaten once a year won't add much to your total fat and sugar intake. Similarly, pumpkin pie with whipped cream doesn't count for much when viewed in relation to overall yearly food consumption.

Rather, concentrate on daily and weekly changes that *do* make a difference. For example, changing from whole to 1% milk

can save you 50 calories per cup of milk. Over the course of a year, if you drank two cups of milk daily, you'd save 36,500 calories. This is more significant than the calories in that one or two pieces of fruit cake.

2) How much of the food does your family eat? Consider decreasing the *quantity* of the food rather than the *quality*. For example, rather than a family-size serving of 1/6 of an apple pie (460 calories), reduce the size to 1/10 of a pie (280 calories).

Make half a batch of cookies and make smaller cookies. Buy a smaller carton of eggnog and decrease the serving size.

Practice eating slower and really savoring food. You may find that you can make a little of

a really rich food go a long way.

3) How much fat and sugar is actually in a "serving"?

Though a quick bread may call for a half cup of fat, the recipe might make about 20 slices or "servings." The resulting fat per serving would be about one teaspoon per slice. If you don't add any further fatty spread, this level of fat is still fairly low. (AH)

Proper handwashing best weapon against Hepatitis A virus

Proper handwashing may be the best preventive measure against the Hepatitis A virus.

The Hepatitis A virus is a microorganism that needs a host to reproduce. The incubation period averages from 10 to 14 days, during which the infected person can still transmit the virus. That's why it's very important to follow basic precautions, regardless of apparent state of health.

Symptoms for Hepatitis A may include abdominal pains, nausea, fever and loss of appetite. Symptoms may appear weeks after initial contact with the virus.

Any food item can be a carrier of the virus. Hepatitis cannot grow or multiply in food but can survive for several days in it, even at refrigerator temperatures. Food can be infected through contact with infected people.

Basic hygiene measures can help prevent the transfer of the Hepatitis A virus from infected people to foods. Proper handwashing, especially after using the bathroom, may help prevent the spread of Hepatitis and thorough cooking may destroy the virus if present. The final imperative advice is that infected people should not handle food until they have received proper medical treatment and are no longer shedding the virus.

Source: Julie Albrecht, Ph.D., Food Safety Specialist, NU/IANR.

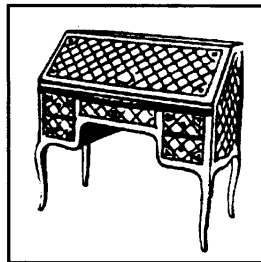
How to wash your hands

1. Wet your hands with warm, running water.
2. Add soap and rub your hands together to make a soapy lather. Do this away from running water so that you don't wash the bubbles away. Wash the front and back of your hands, between your fingers and under your nails. Count to 20, and then you're done!
3. Rinse your hands well under warm running water. Let the water run back into the sink, not down your elbows.
4. Dry your hands thoroughly with a clean paper towel. (AH)

From page 7

Fine wood furniture

Custom care keeps it beautiful



Fine wood furniture, regardless of type of wood, method of construction or decorative finish, is treated with a final layer of protection. Usually this finish consists of several coats of a transparent nitrocellulose lacquer. However, polyurethane, acrylic lacquers, polyesters, varnish and shellac may also be used. If this final finish is kept clean and free from wear and damage, the

wood itself can retain its beauty for a very long time.

To help absorb everyday wear and tear, as well as guard against accidental spills, the final finish should be protected with regular applications of polish or wax. Some furniture care products, especially paste wax, will also help camouflage signs of wear and/or minor imperfections in the finish.

Because dust contains thousands of particles of fiber, earth and silica, dusting with a dry cloth can create tiny scratches that dull the finish. To provide a cushion against scratches, always dust with a polish-moistened cloth. The polish will also help hold the dust particles so they are not released back into the air to settle, once again, onto the furniture. A furniture care product that contains cleaner, solvent and polish all in one tends to keep furniture cleaner longer than an oil-based one because there's no oily residue to attract dirt.

Do not use soap and water on fine wood furniture. It will not remove soils that accumulate on wood surfaces, such as grease from cooking and heating fumes. Plus, soapy residue leaves the piece looking dull and unattractive.

Soft, 100% cottons, including terry toweling, cotton diapers, cotton knitwear and flannel, make the best dusting and cleaning cloths. Synthetic fabrics are not absorbent enough. Oil-treated fabrics can soften the wax, leaving the surface sticky or cloudy. Paper towels, coarse materials, lint fabrics and old clothing with snaps, seams or buttons can all scratch the finish.

Source: Soap and Detergent Association. (LB)

Ten ways to help your dry cleaner



According to the International Fabricare Institute, here are 10 ways

to help your dry cleaner.

- Tell the cleaner everything about a stain, including attempts made to remove the stain and age of it.

- Don't allow a stain to set in. The sooner it is removed the better. Avoid ironing stained or soiled clothes. This makes stains harder to remove.

- Note stains which are hard to see, as some stains tend to

become invisible. Watch out for white wine, soft drinks and sugary substances. The heat of drying and finishing may set the stain permanently.

- Never remove a care label. Labels are permanently attached to garments for you and the dry cleaner.

- Don't store your clothes in a plastic bag. These cleaner bags are used to protect your garments until you get home. Remove them and store garments in a cool, dry place.

- Prevent prolonged exposure to light. White garments are often treated with optional brighteners that yellow when exposed to heat and light. Don't

leave them in direct sunlight for long periods of time.

- Make sure matching pieces are cleaned together. Normal fading may occur, thus all pieces need to be cleaned at the same time.

- Check for tears, rips and loose buttons. Point them out to the dry cleaner. Two sets of eyes are better than one.

- Keep a good line of communication open with the dry cleaners to find the cause and possible solutions to problems that may arise.

Source: Rose Marie Tondl, Ed.D, clothing and textile specialist. (LB)

Avoid these "choker" foods with tots

Young children, especially those under five, are the highest risk of choking on food and remain at high risk until they can chew better. Here are some tips from the U. S. Department of Agriculture on helping prevent choking in young children.

WATCH CHILDREN DURING MEALS AND SNACKS TO MAKE SURE THEY:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Eat small portions at one time.

FIX TABLE FOODS SO THEY ARE EASY TO CHEW:

- Grind up tough foods.
- Cut food into small pieces or thin slices.
- Cut round foods, like hotdogs, into short strips rather than round pieces.
- Take out all bones from

fish, chicken and meat.

- Cook food until it is soft.
- Take out seeds and pits from fruit.

The foods which are popular with young children are often the ones which have caused choking.

FOODS THAT MAY CAUSE CHOKING:

- Firm, smooth, or slippery foods that slide down the throat before chewing, like:

- hotdogs
- peanuts
- grapes
- hard candy
- Small, dry, or hard foods that are difficult to chew and easy to swallow whole, like:
- popcorn
- nuts and seeds
- potato and corn chips
- small pieces of raw carrots
- Sticky or tough foods that do not break apart easily and are hard to remove from the airway:



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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.

Gary C. Bergman, Extension Educator–Unit Leader

NOTICE

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

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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.

November 2
4-H Production Livestock Booster Club Meeting.....7:00 p.m.

November 6
Farmer Foundation Scholarship Applications Due

November 3
Deadline for SERIES Training Registration

November 7
4-H Celebration Program.....7:00 p.m.

November 8
4-H Horse VIPS Committee Meeting.....7:30 p.m.

November 9-12
North Central Regional Leaders Forum—*Bloomington, MN*

November 11
SERIES Training—*Seward Ag Pavilion, Seward County Fairgrounds*.....8:30 a.m.-4:30 p.m.

November 12
4-H Teen Council Meeting.....3:00-5:00 p.m.

November 13
Extension Board Meeting.....7:00 p.m.

November 15
Ballots for 4-H Council Due

November 16
Fair Board Meeting.....7:00 p.m.
4-H Rabbit VIPS Committee Meeting.....7:00 p.m.
4-H Ambassador Meeting.....7:00 p.m.

November 17
4-H Cloverbud VIPS Meeting—*tba*.....1:15 p.m.

November 20
4-H Leader Training.....9:30 a.m. & 7:00 p.m.
4-H Shooting Sports Organizational Meeting.....7:00-9:00 p.m.

November 27
Martha & Don Romeo Scholarships Due
Trash to Treasures Workshop.....1:00 p.m. or 7:00 p.m.

November 28-29
Crop and Pest Management Update—*New World Inn, Columbus, NE*

December 5
4-H Honors Banquet

Bits

From page 9

need are belonging, independence, new experiences, affection and recognition, achievement, and success. Club volunteers can help by understanding, teaching, encouraging and respecting.

The 4-H Horse Program provides each club member with the information needed to complete each level of advancement. Each level serves as a guide for instruction and evaluation for each member's progress.

The correct handling of horses is emphasized from the beginning level to the most advanced level. This emphasis will develop the member's self-discipline, patience, self-reliance, respect, responsibility and pride of accomplishment.

Level I—designed for riders who have little or no experience around horses.

Level II—instruction should

continue to stress the basic handling and riding fundamentals given in Level I.

Level III—members should understand the techniques of gaits, feeding, aging of a horse and disease factors.

Level IV—riders will be evaluated on competence shown in all phases of working their horse, including leading, grooming, saddling, halter showing and actual riding.

Biographical Information continued

Marty Sehn—Nine years as a 4-H member, Collegiate 4-H Ambassador for North Dakota. Leader of two 4-H clubs in North Dakota prior to having children of her own. Three-year leader of Crazy Eights 4-H Club with own children. Speech VIPS, rabbit VIPS, home economics VIPS, llama VIPS and table setting VIPS. Active member of Saint Joseph's Catholic Church. Holiday Fair Chair at church, and room mother. Instructor at Southeast Community College, has her own consulting business with purchasing and materials management. Professional manager in the food and pharmaceutical industry.

Barb Suing—Past 4-H Club member for 10 years, junior leader and assistant leader while still a youth. 4-H leader for 15 years and foods superintendent for 12 years at the county fair. Nurse at Bryan Hospital, has three grown children and is now a grandmother

just waiting to have grandchildren in 4-H.

Russell Princ—Eight years of 4-H involvement; 16 years old. Secretary and member of Happy-Go-Lucky 4-H Club. Member of beef VIPS committee for three years. Attends Northeast High School, member of FBLA and Model Railroad Club. Secretary-Treasurer of Nebraska Junior Shorthorn Association and member of Nebraska Junior Angus Association. Attends St John's Catholic Church.

Robin Stearley—Nine-year 4-H member of Lucky Charms Club, 4-H Ambassador, member of 4-H Teen Council, participant of 4-H Citizenship Washington Focus, camp counselor at the Eastern Nebraska 4-H Center, and two-year member of 4-H Council. Volunteer at county and state fair, 4-H food booth volunteer. East High, drama, marching band, high

school ambassador, church youth group.

JoHanna Madsen—Six years as a 4-H member of Super Stars 4-H club, on 4-H Teen Council, active food booth volunteer, participant in numerous 4-H community service projects; 14 years old. Attends Lincoln East High School, member of German Club, plays flute in marching band and is in choir. Member of Sheridan Lutheran Church where she is in youth group and choir. Member of Prairie Life Synchronized Swimming. Enjoys reading, sewing, and 4-H.

Jill Hatten—Seven years in 4-H. Active participant in crafts and arts projects; 15 years old. Helped as a volunteer at fair. Attends Northeast High School, plays volleyball, basketball, and tennis. Plays flute and piccolo in the school band. Enjoys sports and painting.