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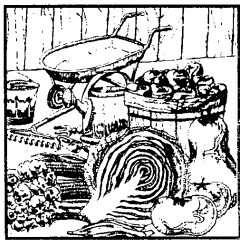
Painting with plants

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

Over time, yards and gardens often become overplanted and develop a disconnected appearance. Plants often are bought on impulse, then squeezed into the landscape. Like an ill-arranged room, an overcrowded landscape is a cluttered, disorganized environment.

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

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



Tap the branches gently.

* Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

* Minimize traffic on a frozen lawn to reduce winter damage.

* A common complaint in growing rubber plants indoors is yellowing leaves with dead spots on the edges. This is usually

* Remove snow from evergreen shrubs to prevent branches from breaking.

caused by overwatering. Bottom drainage helps remove surplus water.

* Houseplants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plants, benefit if their leaves are washed with a damp cloth to remove dust.

* A home weather station that includes a minimum/maximum thermometer, rain gauge and weather log is a good gift for a gardener.

* Check belts and spark plugs, change the oil, sharpen the blades and clean off dirt so equipment will be ready to go when you need it next spring.

* Drain the fuel tank of the lawn mower or tiller before putting the machine away for the winter.

* Clean and sharpen lawn and garden tools and store them in a dry storage area.

* After Christmas, your live tree can be moved outside and be redecorated for the birds. Anchor the tree in a bucket full of damp sand. Put on strings of popcorn and cranberries. Apples, oranges, leftover breads and pine cones covered with peanut butter then dipped in birdseed can also be added. For best results, push the edible ornaments well into the tree.

* Start reviewing and expanding your garden notes to help with next year's plans.

* Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that show signs of disease and dispose of them. (MJM)

Holiday gifts for the gardener

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

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be difficult to wrap and still be a surprise, but they are

always welcome. Pruning tools like hand shears and small saws are easier to wrap and may be needed later this winter.

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

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

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger

book stores have well stocked sections on these and related topics. Garden centers and nurseries also offer a variety of titles on individual plants as well as cultural practices. Someone with a new home might like a book on plant materials and landscaping, while people with a well established garden and landscape might better use information on maintenance and pruning practices.

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

Move plants with care

Often a living plant is the solution to the problem of what to give someone.

In cold weather, the next problem is how to get it to that person safely. Plants need to be well protected against low temperatures.

Whether you buy a plant from a greenhouse or florist, or grow it yourself, try to move it on a calm, sunny, relatively warm day if you can. Even then, wrap it in several layers of paper with some dead air space between the layers before you take it outdoors. The final layer could be a heavy grocery sack or cardboard box.

Rush the plant from the warm indoors to your heated car and take it directly to the intended recipient. Make other stops on your shopping trip either before you pick up the plant or after you drop it off so the plant does not get chilled.

The change in environment from humid, brightly lighted florist shop or greenhouse to dry, dim home or apartment can send plants into shock. To minimize the trauma, help the gift recipient select a spot for the plant that will provide plenty of light and a minimum of drafts and temperature fluctuations. Also, be sure to pass along any care instructions that came with the plant. (DJ)

Horticulture shorts

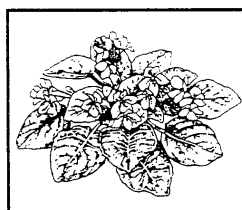
Allow cacti to go semi-dormant in the winter. Water only to avoid shriveling. Place in full sun with a maximum day temperature of 65° and a night temperature of 40° to 50°. When repotting cacti, hold them with kitchen tongs to avoid the stickers. (DJ)

Leaf-tip burn on spider plants can be caused by soluble salt buildup due to improper watering and over fertilizing. Never allow the soil to totally dry out. When water is applied, water thoroughly from the surface allowing plenty of water to exit through the drainage holes. (DJ)

Caring for the African violet

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

African violets prefer a bright, well-lit area that does not receive direct sunlight in the afternoon. These plants do well



in unshaded north or east windows. Turn your plants

weekly so they grow symmetrically.

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

When it comes to watering, water only when the soil is dry to the touch. Then, water thoroughly, until the water drains out of the bottom of the pot.

Many people water their violets through the drainage holes at the bottom of the pot. To do this, put the pot in a container of water. Keep the pot in the water until the soil at the top becomes moist.

Fertilize your violets once-a-month with a liquid fertilizer recommended for flowering houseplants. African violets especially need fertilizer during and just after blooming.

As for temperature, African violets prefer 70° during the day

and 65° at night. Cooler temperatures may reduce flowering and also cause leaves to curl under and become brittle.

African violets respond well to repotting. Repot them once-a-year in fertile, well-drained soil. Remove new crowns that form on older plants and pot them up separately.

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

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

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

You can also easily root cuttings in sand or vermiculite. Place the stalks of the leaf cuttings 1 inch deep into the mix, keeping the cuttings moist and out of direct sunlight. After about 1 month, you can pot up the newly rooted cuttings. In 6 to 12 months, the new plants should be flowering. (MJM)

GARDEN GOSSIP HOTLINE



441-7179

GARDEN CORNER

Q. Some of my houseplants have essentially stopped growing and the few new leaves they have produced are small and pale. Do these plants need fertilizer?

A. Probably not. The major problem with houseplants in winter is low light. Days are short and often cloudy and plants grown under 100 percent natural light just do not get enough light to grow well. Under low light conditions, plants need little or no fertilizer. Too much fertilizer can contribute to buildup of soluble salts in the soil in planted pots and this can injure roots and foliage.

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

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

Beekeeping for fun and profit

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

Honeybees play an important role as pollinators of many fruit, vegetable and seed crops. If you are a serious gardener, you may want to keep bees for the pollination benefits alone. Nebraska crops requiring bee pollination are: alfalfa, clover and vetch seed, canola, sunflowers, melons, squash, cucumbers, pumpkins, apples, cherries, pears, and raspberries. Bees also pollinate many plants important to wildlife and soil conservation, as well as wildflowers that beautify Nebraska's landscape.

For the beginner, buying all new equipment with packaged bees is the best way to start. An established hive can be overwhelming for the beginner who does not know how to deal with swarms, re-queening and colony defensiveness. Buying new

equipment will allow you to learn the individual parts of the hive while putting it together. With packaged bees, you can

The basic workshop fee is \$10. Hive supplies (\$50) and protective gear (\$50) will be ordered in advance so send your check by February 16 to Beginning Beekeeping, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Make checks payable to Lancaster County Extension. If you

want to do something nice for your honey (pardon the pun), gift certificates for this workshop are also available. For more information, call 441-7180.



gain valuable experience working with a small colony and gain experience as the colony grows. Two to four colonies are ideal for beginning beekeepers.

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

Learn about beekeeping in two 3-hour workshops and one Saturday hands-on lab session. Cooperative Extension Apiarist Marion Ellis and Extension Educator-Entomologist Barb Ogg will teach *Beginner's Beekeeping Workshops* March 4 and 5 from 6:30-9:30 p.m. at the Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln. The practical, hands-on lab session will be March 16, 9:00 a.m.-4:00 p.m. at the Apiculture Lab—Agricultural Research and Development Center, Ithaca, Nebraska.

Did you know?

- Honey was the only concentrated source of sugar for prehistoric humans. (It must have been a very valuable commodity, indeed!)
- Prehistoric cave paintings show honey hunters gathering honey from cliff bees.
- Scenes documenting the practice of keeping hives have been found in Egyptian tombs.
- Much of the honey produced today is used by bakeries in breads and cakes. It helps retain the moisture content of baked goods and increases their shelf life.
- The annual per capita consumption of honey is 1.1 lbs. (BPO)

Registration Form (Preregister by February 16, 1996)

Beginner's Beekeeping Workshop

Name _____ Phone (h) _____ (w) _____

Address _____

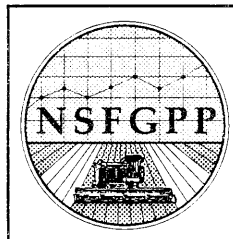
City _____

State _____ ZIP code _____

Payment enclosed: (check one)

- ☐ Workshop fee: \$10
☐ Hive supplies & workshop fee: \$60
☐ Protective gear & workshop fee: \$60
☐ Protective gear, hive supplies, workshop: \$110
 Glove size: (circle one) small med large x-large

Nebraska Soybean and Feed Grains Profitability Project growing



Area producers are invited to join the Nebraska Soybean and Feed Grains Profitability Project (NSFGPP) this winter. Now in its seventh year, this program offers farmers a unique opportunity to engage in on-farm research and hands-on marketing experiences with

fellow producers.

Finetuning management techniques to maximize profits is the ultimate goal of the program. This goal is achieved through active participation in on-farm research, marketing groups, educational programs and enterprise record analysis. Examples of individual projects include tillage comparisons, herbicide treatments, cultural practices, nutrient management and marketing strategies.

The NSFGPP is a joint venture among enrolled area producers, University of Nebraska Cooperative Extension, crop consultants and other private industry partners. Together this team is working for the betterment of agriculture and participants' individual operation.

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

Crop Production Day & Machinery Expo

The Eastern Nebraska Crop Production Day & Machinery Expo is scheduled for Friday, December 8, ARDC Education Center, 6 miles east of Highway 77 on Highway 63 near Ithaca.

Beginning at 9 a.m., area farm operators can visit with representatives from seed, herbicide, fertilizer and equipment companies. The latest in

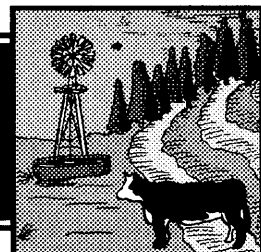
farm equipment, provided by local implement dealers, will be showcased for farm operators to view in the heated facility.

Throughout the day, topics pertaining to crop production, marketing and utilization will be presented by area farm operators, University of Nebraska researchers, Extension specialists and private industry representatives.

The topics covered will include weed control alternatives, global positioning systems and longterm tillage studies.

This event is sponsored by the University of Nebraska Cooperative Extension, Saunders County Soybean Growers Organization and private industry cooperators. (DV)

Rural Sense



Agronomy highlights Dec 19

The UNL Agronomy Department will hold its annual review of agricultural activities and accomplishments Tuesday, December 19 at the Cornhusker Hotel in Lincoln. Several presentations involving research activities in agronomy will be part of this day-long event which includes a symposium, posters and demonstrations. All programs are designed to meet the interests of the agricultural crop producer. Farmers from across Nebraska are extended a special invitation to attend.

"Balancing Soil and Water Quality with Crop Production" is the topic of this year's special feature at the symposium.

The days activities begin at 8:30 a.m. and end at 4:30 p.m. at the Cornhusker Hotel. There is no fee for this event. Those who register by December 12 will receive a complimentary noon meal. Preregister by calling the Extension office, 441-7180, before December 12. (WS)

Crop Protection Clinic

Mark your calendar now for the 1996 Crop Protection Clinic to be held Wednesday, January 3 in Lincoln. This annual clinic update will be at the Lancaster Extension Conference Center, 444 Cherrycreek Road, in Lincoln. Registration begins at 8:30 a.m. and presentations conclude at 3:30 p.m. The registration fee includes the cost of the proceedings, refreshments and noon meal. The program content will be site specific (tailored to the issues of the area). Commercial Applicator Recertification will be conducted at this clinic after 3:30 p.m. Detailed programs and advanced registration forms are available from University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (WS)

CRP workshop planned

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

Returning to the Farm

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

Blending a variety of talents and personalities into one farming operation takes planning, communication and management. The *Returning to the Farm* workshop is designed to assist families in developing successful working arrangements. College students, parents, spouses/significant others and existing multi-family farming operations who plan to farm together in the future should attend.

Returning to the Farm workshops begin the weekend of December 8 and 9 (Friday and Saturday) in Lincoln and meet a second time on January 26 and 27, 1996 (Friday and Saturday). To register, call Deb Rood at 472-1771 or 1-800-535-3456. Registration is limited to the first 15 families with paid registrations. (DV)

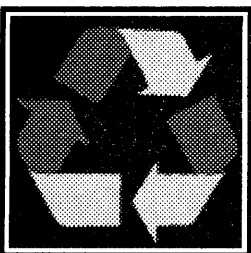
Private pesticide applicator training set for January 30

The first private pesticide applicator training session will be Tuesday, January 30, 1996, 7:30 p.m. at the Lancaster Extension Conference Center in Lincoln. Later training sessions are planned for February 8 and 9, and March 1, 2, 29 and 30. Be sure to check January's NEBLINE for exact training sessions' times and training information at other locations.

Any person holding a private pesticide applicator certificate that expires during **any month in 1996** should plan to attend a recertification training session at their earliest opportunity. A private pesticide applicator is defined as one who uses, or supervises the use of, any restricted-use pesticide to produce agricultural commodities on owned or leased property. Most farmers are certified as private applicators; however, many farmers perform custom work for other farmers and must be certified as commercial applicators.

Beginning in 1996, each person receiving initial certification or recertification training by either attending a training session or with the home study course, will be charged a fee to cover training materials. The exact charges will be announced in January's NEBLINE.

All training sessions are open to any person needing first-time certification as well as those needing recertification. (WS)



Environmental Focus

Gifts for the environmentalist

Mary Jane McReynolds
Extension Assistant

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

There are many gift ideas for people who like to spend their time at the many

state parks in the area. To make their adventure more enjoyable, consider giving them a 1996 state park car pass to get into the park, a compass and identification books on wildflowers, birds, insects, butterflies, trees, tracks or mammals. Other useful items would include binoculars to look for things far away, a pocket magnifier to see small



things close up, a sports or explorer's watch, canteen for water, camera with film, hiking boots, sunscreen and insect repellent.

Gifts for people who appreciate the outdoors in their own

back yard might be bird feeders with birdseed or a compost bin. Other gifts could be a bird bath, bird or bat

house, butterfly raise/release kit, outdoor thermometer, rain gauge, wildflower or native grass seed.

Some people may just wish to sit back, relax and enjoy the outdoors. Gifts for them may include a porch swing, garden bench, hammock, and a subscription to *NEBRASKAland* magazine.

Termite workshop

Did you miss the termite control workshop in October? Back by popular demand, there will be a termite control workshop for homeowners December 7, 6:30-9:30 p.m. at the Sarpy County Extension Office, 1257 Golden Gate Drive, Suite 3, Papillion. You will learn everything you need to know about termites and termite control. There is a \$5 cost for this workshop. To check on seating availability, call 402/593-2172. (BPO)

Save our resources: stop and think before you throwaway

Throwing away little things—like fast-food foam cups or aluminum beverage cans—is seemingly inconsequential to most residents of the United States.

However, it's more than disposing of the actual items that's wasteful. External costs associated with the manufacture of billions of these disposable products add up each year. That's all the more reason to recycle.

Think about external energy costs in these terms: Energy saved from recycling one aluminum can will operate television set for three hours; or from recycling one glass bottle will light a 100-watt bulb for more than 26 hours. On a larger scale, steel recycling each year saves enough energy to meet the electrical power needs in the city of Los Angeles for more than eight years!

Recycling materials to make new disposable products saves on energy, air, water and water treatment. Aluminum packaging is the most energy-intensive material to produce. An aluminum can currently sells for one-to-one-and-one-half cents at the recyclers. But more importantly, recycling aluminum, compared to first-time manufacturing,

reduces energy, water use and air pollution by 95 percent.

Glass is another area that can save on natural resources. Generally less energy and pollutants are needed to refill a glass bottle than to manufacture a new one. Even using 50 percent recycled glass in the manufacturing process cuts water pollution by 50 percent, air pollution by 14 percent, and mining wages by 79 percent.

Don't worry about lost



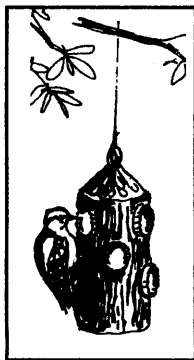
mining wages, though. All studies to date show recycling becoming an industry into itself, increasing jobs and employment.

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

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

Commercial seed mixes and feeders are available from a variety of local sources. There are also many do-it-yourself plans and recipes. Consider buying seed in quantity - maybe you can split up seed between neighbors. Bird seed is substantially less when you buy in bulk. For more information, pick up *Backyard Wildlife: Feeding Birds* (G669) available at no cost from the Extension office. Feeding and viewing birds is truly a gift for all seasons - for both the birds and your family.

Try some of these bird feeding ideas:



LOG SUET FEEDER

You'll need:
• Log (4" to 5" around and 10" to 12" long)
• Drill and 1" wood bit
• One large screw eye

Drill holes

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

Plastics wear like iron and take up 20 to 30 percent of landfill space. Plus, polystyrene never breaks down—not even in 500 years, tests estimate. Plastic also uses oil, one of the earth's greatest buried treasures.

Granted, sometimes a plastic disposable cup is needed. For those times, using scrap material rather than a virgin material saved 85 to 90 percent of the energy used to make the resin.

Metal cans are another abundant throw-away item.

Each ton of steel made produces 538 pounds of solid wastes and 242 pounds of air pollutants. Recycling a ton of steel reduces energy use by 74 percent, air pollutants by 86 percent, water use by 40 percent, water pollutants by 76 percent and mining wastes by 97 percent.

As decisions are made to recycle items or dispose of them in the landfill, the underlying thought should be guided by sensible energy and materials use policies. Conservation and responsible stewardship of air, land and water avoid draining the earth's energy and materials.

Source: Wanda Leonard, UNL Extension specialist (WS)

A gift for all seasons



ORANGE HALF SUET FEEDER

You'll need:

- Orange
- Knife
- Spoon or scoop
- Cord for hanging

Cut orange in half. Scoop out pulp. Punch two holes on opposite sides of orange. String a cord hanger from one hole to the other. Fill orange rind with suet. Hang with the cord.



PINE CONE FEEDER

You'll need:

- Pine cone
- Peanut butter

- Bird seed
- Cord for hanging

Tie cord to bottom end of pine cone for hanging. Roll pine cone in peanut butter, using hands to help mash the peanut butter into the pine cone. Roll in

bird seed. Hang with cord.

SUET RECIPE

- 3 cups melted beef fat (suet)
- 3 cups cornmeal (preferably yellow)
- 1 cup peanut butter (preferably chunky)

Melt suet in pan. Add cornmeal and peanut butter. Bird seed, raisins, rolled oats, unsalted nut meats, dehydrated egg, apple bits, brown sugar, honey or syrup can also be added. Add or subtract ingredients depending on what is handy. Do not use ingredients that have rich seasoning.

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

FRUIT CHUNKS

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

Bird feeder tips

1. Place feeder away from hiding places for cats and dogs. A good spot is a somewhat open area with bushes or trees nearby for shelter and escape.

2. Begin feeding early—October or November—and continue **without interruption** until spring. Birds develop feeding patterns and become dependent on feeders for their food.

3. Use a variety of feeders. Small feeders without perches are used by "grasping birds" (chickadees). Feeders placed low to the ground attract juncos and native sparrows. Larger above ground feeders draw cardinals, grosbeaks, mourning doves and larger birds.

Don't forget—birds need water in the winter too. (SE)

Keep an eye on finches

A recent article in the Lincoln Journal-Star reported that a bacterial infection, *Mycoplasma bacterium*, is sweeping across the eastern United States in house finch populations. Although a common disease found in domesticated poultry, it is also infectious to house finches. The disease does not infect humans.

Infected birds seem dazed and blurry-eyed when the bacterium invades eyes and respiratory systems. Some birds fly into windows, fall prey to predators or slowly starve to death.

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

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



Plastic bag do's & don'ts

In order to succeed, plastic bags returned for recycling must be relatively free from contaminants. Contaminants include any material that can hinder the recycling process.

Follow these simple do's and don'ts to reduce contamination and enhance the recyclability of your plastic bags.

DO recycle plastic grocery and merchandise sacks, newspaper delivery sleeves, dry cleaning bags and self-serve produce bags.

DON'T include plastic snack packages, food wrap, dark-colored bags, or bags with drawstrings or rigid plastic handles.

DO make sure your bags are clean and dry. Turn them inside out.

DO remove such items as sales receipts, coupons, staples, coins and other objects that interfere with the recycling process.

DON'T include plastic items other than bags, such as margarine lids, food wrap or yogurt containers.

You can find the recycling collection site nearest you by contacting the Plastic Bag Information Clearinghouse at 1-800-438-5856 and providing your zip code. (SE)

Make your own paper



Making paper is fun! And you are helping the environment by reusing something that may end up in the landfill. This holiday season, make your own paper and use as greeting cards, wrapping paper, stationery, note cards, package I.D.'s, journals, ornaments, lapel pins and more.

You can use about any scrap paper you want—like scrap office paper, paper sacks, tissue paper. If you use old newspapers, your recycled paper will be gray and depending on the thickness, it may look like cardboard so—I like to use colored scrap office paper.

Collect natural materials such as leaves, flower petals, milkweed silk, scented herbs, onion skins, orange peels, carrot tops, pine tree needles and small sticks to add interest to your paper. Glitter, paper punch circles, bits of string, a couple strips of different colored paper also can be used. Be creative and try other materials! The results are fantastic!

When making paper you'll need these materials: scrap paper, water, kitchen blender, a screen, a frame (optional), plastic dishpan, towels, a sponge, and an iron (optional).

Tear up scrap paper into one- to two-inch pieces and soak them in water overnight. Soaking makes it easier for the blender to process the paper scraps. Soak

the natural materials separately.

The next day, put one handful of wet paper pieces and three to four cups of warm water into the blender. Blend at moderate speed for a few seconds to make slurry,



a combination of water and pulp. It should be the consistency of split pea soup. Pour the slurry into a dishpan that has been half-filled with water. Blend natural materials separately and combine with slurry in the pan.

To see if you've added enough paper pulp, make a trial dip with a screen. The slurry mixture should be thick enough so the weavings of the screen are not visible. If the amount on the screen seems skimpy, add another handful of pulp. Increasing and decreasing the amount of pulp will affect the thickness of your paper.

Stir the slurry with your hand to make sure the pulp is sus-

pended in the water. If you are using a frame, place it on top of your screen and hold together. With both hands, dip the unit and/or screen into the tub at an angle under the slurry. When the screen is completely under the slurry, slowly lift it out, keeping it as flat as possible and catching the pulp on the surface of the screen. Hold the screen over the dishpan for a few minutes to let the excess water drip off. Try not to shake the screen. Shaking will cause the paper pulp to slide. Quickly and carefully, flip the screen (with pulp on it) over onto a dry towel.

Keeping everything in place, sponge the screen to soak up excess water from the pulp. (The sponge must be wet before doing this step.) Squeeze the excess water from the sponge into the slurry. Continue sponging until the paper seems fairly dry. Try not to scrub the screen. The pulp will stick in the holes of the screen and will be more difficult to remove.

When the new sheet of paper is fairly dry it will separate readily from the screen and remain attached to the towel. Slowly lift one corner of the screen. If the screen and paper pulp separate, gently lift the screen from the paper. If the screen and paper pulp stick together, sponge off more water. If using a frame, lift it off at this time.

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

Clean up note: Do not put extra paper pulp down the drain. The drain will clog. Strain as much pulp out as possible with the screen and discard it, compost it, or keep it in a plastic container in the freezer for the next time you make your own paper. (ALH)

A world without water

Imagine you wake up one morning and no water comes from your faucet. Or, you are drifting aimlessly in a life raft on an ocean but cannot drink the salty water. Unadulterated water is needed by all of us for survival. It is also used to grow, process and make all food. Did you know that it takes 380 gallons of water to produce one bowl of rice cereal, 39 gallons for wheat cereal and 19 gallons for one slice of bread? A typical fast food lunch with a burger, fries and soft drink use up 1,500 gallons of water.

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

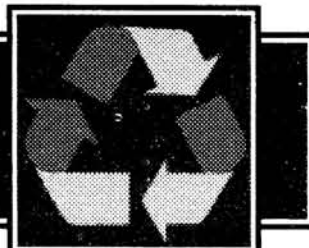
dish washing (by hand)	10 gallons/meal
dish washing (dishwasher)	60 gallons/load
cooking	10 gallons/meal
drinking	1 gallon/person/day
bathing	36-45 gallons/bath
showing	5-6 gallons/minute
brushing teeth (water running)	2-4 gallons
brushing teeth (without water running)	1 gallon
flushing toilet (non-ultra-low-volume)	6 gallons
flushing toilet (ultra-low-volume)	1.6-2.5 gallons
clothes washing	25-50 gallons/load
yard watering	5-10 gallons/minute
car washing	100 gallons/car

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

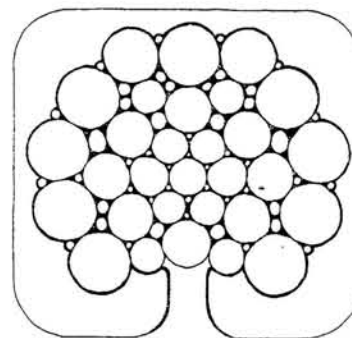
The frog does not drink up the pond in which he lives.

—Native American Proverb (BPO)

Environmental Focus



Gift-bearing trees



Trees give us many products—some we may use every day. And some we don't even know about! The following list of examples is only partial and is meant to show the more unusual products that come from trees.

Leaves: tea, oxygen, mulch, shade

Sap: maple syrup, rubber gloves, rubber hoses, rubber tires, rubber

balls, rubber bands, chewing gum, paint, turpentine, varnish/lacquer, soap, rosin, asphalt/cement

Bark: cinnamon, cork bulletin boards

Roots: sassafras tea

Fruit: avocados, chocolate, carnauba or Brazil wax, furniture polish

Spices: allspice, nutmeg, mace, figs, olives

Seeds: pistachios, macadamia, almonds, coconuts

Flowers: cloves, herbal teas with hibiscus flowers, linden flowers, orange blossoms, perfume

Wood: wooden objects and paper products

Cellulose from wood: cellophane, cellulose sponges, eyeglass frames, carpets, photographic film, toothbrush handles, combs, rayon clothing, rocket fuel. (ALH)

Give a lifetime of hunting and fishing!

What do you give the hunting or fishing enthusiast who seems to have everything? You can purchase a Nebraska lifetime fishing, hunting or combination fishing/hunting license from the Game and Parks Commission for your special person. These lifetime licenses are not cheap, but what a terrific gift! (These are for Nebraska residents only.)

License type	Lifetime Cost	Yearly Cost ('95)	Yearly Cost ('96)
Hunting license (small game)	\$200	\$8.50	\$9.50
Fishing license	\$230	\$11.50	\$12.75
Hunt/fish combination license	\$400	\$19.50	\$21.95

The price of all hunting/fishing licenses (lifetime and yearly) will increase by about 10% after January 1, 1996. If you want to purchase a lifetime license as a gift, go to the Game and Parks Commission Office, 2200 North 33rd Street, fill out a form and pay for the license. Your special person will receive a metal plate engraved with his/her name on it and a paper license to carry. The hunting license does not include the purchase of a large game permit or a duck stamp. For more information, contact the Game and Parks Commission at 471-0641. (BPO)

Recycle for homeless

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



Give drinking water a hand.

Bottled water: a clear choice or cloudy dilemma?

Did you know that the annual consumption of bottled water increased from 5.7 gallons per person in 1987 to 8 gallons in 1991? Americans are drinking more than 2 billion gallons of bottled water per year. Some reasons for increased consumption may be that tap or well water may be contaminated with microbes or nitrates. In some instances, there may be taste, color or odor problems associated with water. Bottled water has a health image that is often linked with exercise and youth. Also, flavored, carbonated waters have become popular.

What do you know about bottled water? Many people envision that bottled water comes from a bubbling mountain stream or a gushing artesian well. Sometimes the water does come from natural sources, but about one-fourth of all bottled water comes from a municipal water supply. How do you know bottled water is fit to drink? Refer to the list that follows.

Differences Between Tap and Bottled Water

Bottled Water

- Regulated as a food product by the U.S. Food and Drug Administration (FDA).
- Used primarily for drinking and cooking purposes.
- Must meet FDA standards, which are essentially the same as U.S. Environmental Protection Agency standards that govern

public water supplies. However, some states have standards for bottled water that are more stringent than standards for tap.

- Bottled water suppliers are not required to track or report water-borne illnesses from the use of their product. No reports of water-borne illness from bottled water have been known.

- Source of water can be a well, spring, artesian well or municipal water supply.

- Tends to be more expensive than tap water when used for drinking or cooking.

Tap Water

- Regulated by the U.S. Environmental Protection Agency (EPA).

- Used for a variety of household purposes—cleaning, cooking, drinking and bathing.

- Must meet U.S. EPA or state standards. If a contaminant exceeds EPA standards, public water suppliers are required to notify citizens of the contaminant, its level in the water supply, its health effects and measures that can be taken to prevent illness.

- Public water suppliers usually track cases of water-borne illness. They may voluntarily report these cases to local and state health departments and physicians.

- Source of water may be surface water (lakes, streams) or groundwater.

- Tends to be cheaper than bottled water. (BPO)



Family Living

Roberta's remarks



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

Our night at the Lincoln Community Playhouse will be Wednesday, April 24, 1996. The play this year is "Our Town"—good old-fashioned enjoyable entertainment. Ticket price will be \$11 per person. Bring a friend or two. Former FCE members are welcome too. Deadline for ordering tickets will be February 1, 1996. Plan to attend!

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

This will be the last Roberta's Remarks column. It has been a privilege to serve as your county chair and your representative on the Extension Board. I would like to thank the officers who have served with me: Alice Doane, vice chair; Verna Deinert, secretary; and LaDonna Pankoke, treasurer. Alice will move up to assume duties as county chair for 1996 and 1997 and LaDonna will serve with Jean Wheelock as co-vice chair. Margaret Blacketer is our new secretary and Donna Gill will be keeping books as treasurer. Congratulations and good luck to our new officers. I would like to say thank you also to the many members who have supported me by attending council meetings, serving on committees and helping whenever needed.

Once again, thank you everyone!

—Roberta Newburn, county chair



Nebraska Association for
Family & Community Education

January Leader Training

The January leader training for FCE clubs and other interested groups is scheduled for Thursday, January 4, 1 or 7 p.m. The lesson "Leader, 'Know Thyself,' is Key to Success" will be presented by Extension Educator Lorene Bartos and Saunders County Extension Educator Susan Williams. New ways to look at your leadership skills and how to understand the role you play in an organization will be discussed.

Anyone interested in learning more about getting a job done and maintaining good group relations is invited to attend.

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

February Leader Training

"What's Going on Around You? Are You Safe?" is the February leader training lesson for FCE clubs and other interested organizations or individuals. The training is scheduled for Tuesday, January 23, 1 or 7 p.m. Extension Educator Lorene Bartos will present the lesson.

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

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

Gifts that don't cost a mint

Give gift certificates for:

- a batch of cookies in March
- a day of free babysitting
- window washing in the spring
- a calendar with an especially appropriate theme
- a box of all occasion greeting cards
- invitation to an old fashioned wiener roast—you specify the date; it could be in July
- Let your imagination roam.

Give the gift of self esteem! To increase your child's self-esteem:

- use plenty of praise
- encourage a variety of activities
- touch, pat and hug often
- teach values by which to measure success
- guide and redirect in a calm, firm, positive manner
- spend time to get to know and understand your child better.



As any parent knows, parenting teenagers is a difficult challenge. It is not unusual for parents and teens to look at the world very differently and to clash over many issues. Friends of adolescents are often a major concern and establishing a standard that parents and teens can agree on is vital. Trusting teens and giving them a role in decision-making helps facilitate understanding and avoid conflict.

Parents can reduce some of their anxiety about friends by: 1) knowing where their teen is; 2) who they are with; 3) what they are doing; and 4) when they will be home. Establishing the above guidelines in a friendly, direct conversation with a teen is more likely to result in cooperation than giving orders. Even

though teens may balk at some expectations, you are showing them that you care. A few guidelines for getting to know

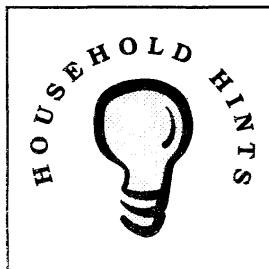


your child's friends follows.

Ask your teens about their friends...what they like to do ... where they work ... who their boy and girl friends are.

Encourage your daughter or

Holiday stain hints



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

- Try to remove the stain as quickly as possible. The longer it sits, the harder it is to remove. Blot up as much of the stain as possible. Do not rub the stain as it will cause surface damage to dyes and fibers.

- Work on the stain from the reverse side to prevent the substance from penetrating and spreading. Read the care label and pre-test the stain remover on the concealed area.

To clean other specific spills:

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

Sending perishable mail order food

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

—Check with the company.

Ask the mail order company how the gift will be packaged. It should be packed in foam or heavy corrugated cardboard. If it's a perishable item like meat or poultry, it should be cold or frozen and packed with a cold source.

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

—Ask about storage and

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

—Arrange a delivery date.

Tell the recipient if the company has promised a delivery date. Or alert the recipient that "the gift is in the mail" so that they or a neighbor can be home to receive it. Otherwise it may sit unsafely on the front porch or at the post office for hours or even days. Don't have perishable items delivered to an office unless you know it will arrive on a work day and there's refrigerator space available for keeping it cold.

There are also precautionary steps that recipients of perishable food gifts should take. If you should be a recipient of a food item marked "KEEP

son to invite their friends over to your house for movies, popcorn, games, or to study.

Keep an address book or circle names in the phone book of your kid's friends names, telephone numbers and addresses. You may need them in an emergency.

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

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

Caring for sterling silver

Tips on care to keep sterling silver looking its best:

- Store silver in tarnish-proof cloth or protective bags.
- Look for a polish with a tarnish-preventing agent.
- Never use a rubber band around sterling. It can leave damaging marks.
- Sterling is generally dishwasher safe. However, manufacturers suggest removing and hand drying it after the wash cycle, since water tends to stain any metal left to air dry.
- If stainless touches sterling, it may leave a mark, so load them separately in the dishwasher.
- Hand wash hollow-handled knives because dishwasher may jolt the handles loose. (LB)

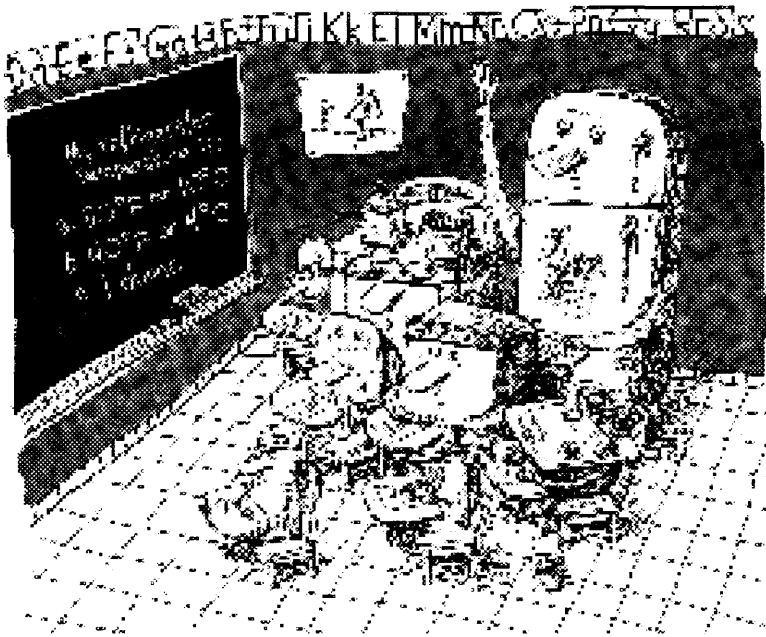
Can your kitchen pass the food safety test?



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

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

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



Quiz

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

1. The temperature of the refrigerator in my home is:

- a. 50 degrees F (10 degrees C)
- b. 40 degrees F (4 C)
- c. I don't know; I've never measured it.

2. The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:

- a. cooled to room temperature, then put in the refrigerator.
- b. put in the refrigerator immediately after the food was served.
- c. left at room temperature overnight or longer.

3. The last time the kitchen sink drain, disposal and connecting pipe in my home was sanitized was:

- a. last night.
- b. several weeks ago.
- c. I can't remember.

4. If a cutting board is used in my home to cut raw meat, poultry or fish and it is going to be used to chop another food, the board is:

- a. reused as is.
- b. wiped with a damp cloth.
- c. washed with soap and hot water and sanitized with a mild chlorine bleach solution.

5. The last time we had hamburgers in my home, I ate mine:

- a. rare.
- b. medium.
- c. well-done.

6. The last time there was cookie dough in my home, the dough was:

- a. made with raw eggs, and I sampled some of it.
- b. store-bought, and I sampled some of it.
- c. not sampled until baked.

7. I clean my kitchen counters and other surfaces that come in contact with food with:

- a. water.
- b. hot water and soap.
- c. hot water and soap, then bleach solution.

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

8. When dishes are washed in my home, they are:

- a. cleaned by an automatic dishwasher and then air-dried.
- b. left to soak in the sink for several hours and then washed with soap in the same water.
- c. washed right away with hot water and soap in the sink and then air-dried.
- d. washed right away with hot water and soap in the sink and immediately towel-dried.

9. The last time I handled raw meat, poultry or fish, I cleaned my hands afterwards by:

- a. wiping them on a towel.
- b. rinsing them under hot, cold or warm tap water.
- c. washing with soap and warm water.

10. Meat, poultry and fish products are defrosted in my home by:

- a. setting them on the counter.
- b. placing them in the refrigerator.
- c. microwaving.

Answers

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

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

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

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

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

Hot foods should be refrigerated as soon as possible within two hours after cooking. But don't keep the food if it's been standing out for more than two hours. Don't taste test it either. Even a small amount of contaminated food can cause illness.

Date leftovers so they can be used within a safe time. Generally, they remain safe when refrigerated for three to five days. If in doubt, throw it out, says FDA microbiologist Jeffery Rhodhamel. "It's not worth a food-borne illness for the small amount of food usually involved."

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

According to FDA's Madden, the kitchen sink drain, disposal and connecting pipe are often overlooked, but they should be sanitized periodically by pouring down the sink a solution of 1 teaspoon (5 milliliters) of chlorine bleach in 1 quart (about 1 liter) of water or a solution of commercial kitchen cleaning agent made according to product directions. Food particles get trapped in the drain and disposal and, along with the moistness, create an ideal environment for bacterial growth.

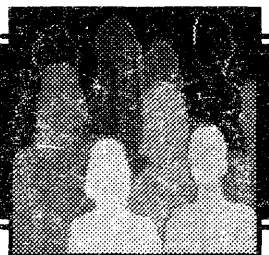
4. If answer C best describes your household's practice, give yourself two points. Washing with soap and hot water and then sanitizing with a mild bleach solution is the safest practice, said Dharendra Shah, Ph.D., director of the division of microbiological studies in FDA's Center for food safety and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

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

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

Please turn to page 12: Answers

Family Living



"Tasty & Light"

Come taste lowfat cooking you and your family will enjoy!

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

Wednesday • January 17, 24, 31 • 1996

6:00 P.M. - 8:00 P.M.

**Arnold Height's Family Resource Center
4621 NW 48 Street**

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

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

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

The program is cosponsored by the Lincoln Housing Authority Arnold Heights Family Resource Center and the Expanded Food and Nutrition Education Program, UNL Cooperative Extension. Call 470-0221 (Arnold Heights Family Resource Center) or 441-7180 (EFNEP) to register. A registration form will also be available in the January newsletter. Class size is limited, call today! (MB)

Catering as a Business workshop January 9

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

Healthy Eating



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

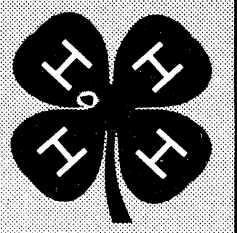
Raisin Power Pizza

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

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

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

For an additional dozen 5-A-Day recipes (new and different recipes from last month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #2; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (AH)



4-H & Youth

4-H Bulletin Board

- Clover College Workshop Proposals are due by December 15. If you have any questions, please call Ann Marie. (AMM)
- LEADERS: Watch your mail the first couple days of January for your club packet. This is a change from what we have done in the past. (AMM)
- Kansas City, Kansas City here we come! The 1996 Kansas City 4-H Conference will be held March 7-14, 1996. 4-H members over the age of 14 are welcome to attend. The cost of the conference is \$175. More information is still to come. Call Ann Marie if you are interested. (AMM)
- State 4-H Leaders Forum will be held February 2-3, 1996 in Lincoln. Please reserve those days on your calendar and watch for registration information in the next NEBLINE. If you would like financial help from the 4-H Council for registration, please request an application from LaDeane. (LJ)

Poultry essay contest

Middle school and senior high students are eligible to submit essays for the Third Annual Youth Essay Contest sponsored by the Midwest Poultry Federation. Essays must answer the question, "Describe three specific job opportunities available within today's poultry industry" in 750-1000 words.

Eight cash prizes will be awarded for the top essays: 1st prize—\$300, 2nd prize—\$150, 3rd prize—\$75, 4th prize—\$50, and four honorable mentions of \$25 each.

Essays will be judged in four categories; (a) enthusiasm, (b) grammar, (c) insightfulness about the poultry industry, and (d) technical accuracy.

Students who are currently enrolled in grades seven through twelve and who reside in Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, South Dakota and Wisconsin are eligible.

Essays must be received by December 31, 1995 and winners will be announced at the February 15, 1996 opening session of the Midwest Poultry Federation Convention.

According to John Hausladen, Midwest Poultry Federation executive director, "Our contest is conducted to introduce youth to career opportunities in the poultry industry". This contest encourages students to learn for themselves about the tremendous jobs potentially available to them by digging in and conducting some personal investigation."

Four \$500 scholarships are also available to youth interested in pursuing poultry-related degrees.

Information on both the Youth Essay Contest and scholarships can be obtained by contacting the Midwest Poultry Federation, 2380 Wycliff Street, St. Paul, MN 55114, or calling 612-646-4553. (LJ)

ALL-AROUND 4-H JUDGING

Judging is an everyday activity because every time people make a decision or choose, they judge. In 4-H club work, judging is simply a matter of selecting one animal over another because of certain desirable qualities. Judging teaches good standards and establishes ideals to work toward. It is designed to correct faults and to make livestock more acceptable and profitable to the producer.

The fundamentals of judging and learning how to judge are much the same for all projects. In fact, there are many 4-H members who have readily moved from judging large livestock to judging small animals and have excellent competitive success because of

their basic judging skills.

A good judge compares the animals with his ideal and decides which ones are most like it. Before placing a class, the judge analyzes each animal point by point and follows an outline and/or score card which gives definite values to such items as size, weight, color, uniformity, quality, condition, conformation and general appearance. There should also be a reason as to "why the judge liked one over the other." You should be able to tell others why the animal rates highest excelling over the others.

Here are some practical exercises that can help aid your involvement in the livestock and small animals judging contests:

- conduct practices between two groups of your members

4-H'ers give of themselves

One of the lifetime skills which the 4-H program teaches is citizenship. 4-H clubs are encouraged to give back to their community through community service projects and volunteering. There are many clubs and 4-H members who contribute a great deal to their community ... here are some examples:

One 4-H club has done a variety of projects for a nursing home in Lincoln. Not only do they go Christmas caroling, but they also make decorations for the holidays and visit their friends regularly. Another club takes their pets to nursing homes to let the elderly play with them. The relationships which have been built between the 4-H members and the people at the nursing homes are very special and mean a lot to both groups.

4-H members are working to

help the environment by adopting parks and cleaning them once or twice a month, as well as, planting flowers and painting playground equipment. Other clubs take the time to clean road ditches and the areas around lakes in our community.

given each year to be used at any 4-H activity. Another great way to encourage youth to give back to their community.

When 4-H members say the 4-H pledge, they state: "I pledge my head to clearer thinking, my heart to greater loyalty, my

Head



Hands



Heart



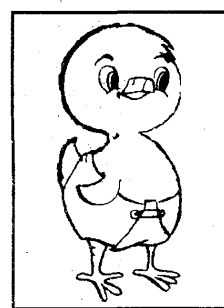
Health



There are many creative ways to do community service projects and they don't go unnoticed. The people or areas which the projects affect see the difference. The Lancaster County 4-H Council provides activity awards for 4-H members who have done the most hours of service. These \$20 awards are

hands to larger service and my health to better living, for my club, my community, my country and my world." If you look at what 4-H members in Lancaster County are doing, they are true to their pledge. Thank you for all your hard work! (AMM)

Hatching chicks encourages student responsibility



Each school year, around 3,300 youngsters participate in Embryology, a 4-H school enrichment project. The 1996 sessions begin in January. A second session is in February and the final session of Embryology is in April.

Why is Embryology so successful? It enables children from urban, as well as rural areas, to observe embryo development, learn about animal care, develop a sense of responsibility and experience hands-on

learning.

The popularity of the chick-hatching project is enhanced by its simplicity. The two items needed for a successful hatch are a functioning incubator to maintain proper temperatures, humidity levels and ventilation and fresh, fertile eggs. Once the incubator has been calibrated and the eggs placed inside, the project is under way.

Students are involved from the moment the fertile eggs are delivered to the time the peeping chicks are picked-up. Youngsters turn the fertile eggs three times, rotate them once and check the water daily. Incubator temperatures also are monitored. After hatch, children are responsible

for providing warmth, food, water and a clean environment for the baby chicks.

Teachers who participate in 4-H Embryology remark on improved classroom behavior, eager participation and increased cooperation exhibited by their students.

So—look for those little fuzzy balls of feathers in your third grade students' classroom. Baby chicks will hatch around February 10, March 15 and May 6 as a result of the 4-H School Enrichment Embryology project. Free baby chicks are offered to farm and acreage families, so call Arlene at 441-7180 to arrange your pick-up of chicks. (ALH)

Helping your child write a book

Reading with children and taking weekly trips to the library for new books and adventures are some of the finest gifts you can give youth.

But children love to write

their own books too. Have youngsters decide on a theme, then write one sentence to a page of paper. For very young children who can't write by themselves, you may wish to write down what they tell you. Use capital and small letters so it

looks like book print. Encourage them to draw pictures to illustrate their ideas. Or they may cut pictures from old newspapers and magazines. Tie or staple the pages together and share these wonderful creations with others. (ALH)

Caring for your pets

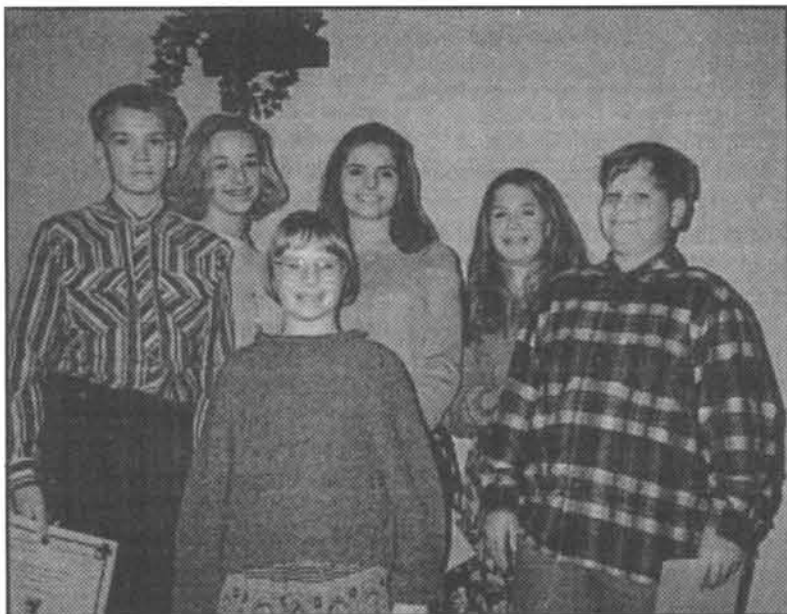
If you and your family have a pet or you are thinking about getting one, there are some things that need to be considered. What are the needs of the pet? Who is responsible for feeding and caring for the pet? Where will it play and sleep? It takes a great amount of time and attention to raise a pet, so sit down and discuss the following points with your children.

- You will need to provide your pet with love, food and water, shelter, exercise, and the health care it needs.
 - If you own a cat or dog, think carefully about letting your pet have babies. Many more kittens and puppies are born than there are homes for. Consult your veterinarian for information about spaying or neutering your pet.
 - Does your pet know your name and address? To ensure that your pet will be returned to you should it get lost, attach an identification tag to its collar. In Lincoln, all cats and dogs must be licensed.
 - Keep your pet safely in your own house or yard.
 - Take your pet to see a veterinarian regularly. Dogs and cats need yearly examinations and shots to prevent certain diseases.
- Loving and caring for family pets is an excellent way to teach responsibility. Most children have a natural affection for animals and are born with a sense of curiosity and fascination about animal life. Taking care of a pet will help children develop the insight and understanding they will need as adults to make personal and political choices beneficial to all creatures. (ALH)

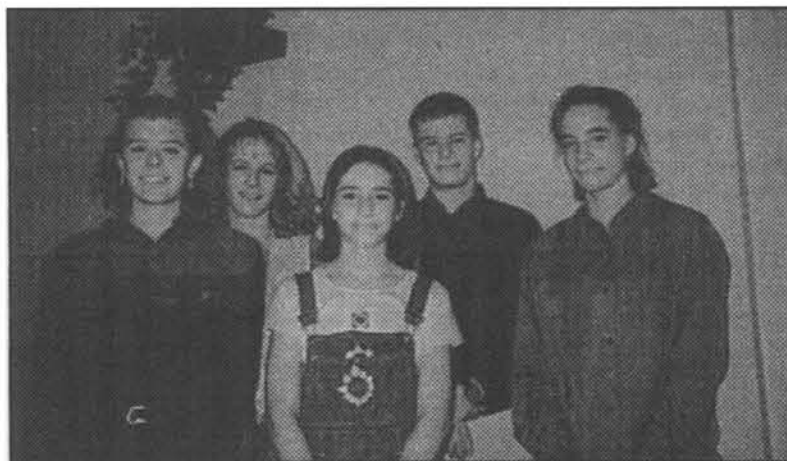
Outstanding 4-H clubs

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

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



Gale May is the leader of the New Generation 4-H Club (right) which was honored as an outstanding 4-H club this year. Dubbed as a livestock club, these 4-H members have grown more than animals as they exhibit horticulture projects, foods and clothing at the county fair. The Waverly area should be proud of the New Generation 4-H club!



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



Schepers & Siffring honored for "gifts"

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

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

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

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

4-H & Youth



YOUTH ...what we're about

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

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

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

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

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

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

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

4-H members are winners!

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

Outstanding 4-H Member	Charles Parrott
Lane Community Scholarship	Paul Donahue
Havelock Business Association Scholarship	Crystal Nelson
Lincoln Center Kiwanis Club Scholarships	Kristina Grage and Ruth Vahle
Jonathan Milligan Backes Scholarship	Tom Mueller
R.B. Warren Horse Scholarship	Angie Kruml
4-H Teen Council Scholarship	Aaron Schepers
4-H Council Scholarships	Jayne Grundman, Kim Vance, Laura Krenk, Aaron Schepers, Amy Juricek (LJ)

4-H offers solutions to youth crisis

Q: How is 4-H addressing the current problems that face America's youth like violence, unemployment, teen pregnancy, substance abuse, alienation, unsafe sex, school failure?

A: 4-H creates supportive environments for culturally diverse youth and adults to reach their fullest potential. 4-H's innovative programs meet the evolving needs of our nation's diverse suburban and urban youth while continuing to fulfill the needs of young people in rural America. Over 5.6 million youth, ages 5-19 participate each year in 4-H's "hands-on" self determined learning activities.

Q: How does 4-H combine

fun with learning "real-world" skills?

A: While youth in 4-H develop important life skills, they gain opportunities to expand their world by forming new friendships, and exploring individual interest areas. Apathy is replaced with hope as youth get a glimpse of a positive future through exposure to new people,

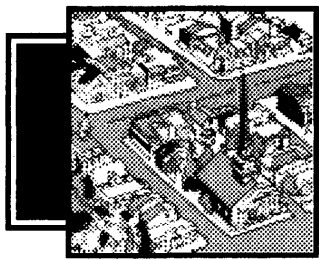
ideas and activities. 4-H offers young people nurturing, safe environments in which to grow to their fullest potential.

Q: How can I find out more about 4-H?

A: Call one of our 4-H staff at the Lancaster County Extension Office and we'll be happy to introduce you to the world of 4-H. Our number is 441-7180.

Camp staff wanted

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



Community & Leadership Development

The LEAD Program heads out west

Ann Marie Moravec
Extension Assistant

A beautiful drive through the southwest part of Nebraska led the LEAD XV fellows to McCook, NE for our second seminar. The theme for this seminar was Natural Resources, Energy and Water. One of the tips given at the beginning of our LEAD fellowship was to study the topics prior to attending each seminar. By reading the newspaper, watching the news and keeping your eyes and ears opened, you can learn a lot about Nebraska's natural resources.

Our seminar was located on the McCook Community College Campus. Dr. Bob Smallfoot, president of McCook Community College, familiarized us with the facilities and programs available.

Mr. Cecil Jones, Senior Manager of Fuels for the Nebraska Public Power District, then turned our attention to the topic at hand. LEAD fellows learned about the organization of NPPD and how it works to provide Nebraska with the energy it needs. Excellent questions and answers were discussed as we began to understand customer demands, resources available, regulations and control of NPPD. The program was exactly what we needed prior to our second day of the seminar.

An early morning motorcoach ride took us to the Gerald Gentleman Station near Sutherland, NE. This is the largest generating facility in Nebraska producing enough energy for 1 million homes. We were very impressed by the efficiency and cleanliness of the facility, and the pleasant workers at GGS. David Whitman, station

manager, was very helpful in providing useful information and a positive approach to all questions asked by LEAD fellows.

We then went to the North Platte Hydroelectric Generating Station to tour their facility. The difference between GGS and North Platte is that GGS uses coal to produce the energy where water is used at North Platte. It was very interesting to see the equipment and technologies used to make the outcome more efficient.

A stop at the Red Willow Reservoir helped us to visualize the outlet works and gate controls for irrigation and flood control. This is one of 17 reservoirs throughout Colorado, Kansas and Nebraska managed by the Bureau of Reclamation. Its use has currently been expanded to fisheries and recreation. The second day ended with a meal featuring Dr. Bob Rathjen, Extension Educator in Red Willow County, and Mr. Tom Kohmetscher of Cornbelt Chemical Company. Reduced tillage systems and a overview of Nebraska's natural resources.

The final day included a host of speakers which included, Mr. Dennis Allacher, Water Control Field Branch Neb-Kan Projects Office; Mr. Ron Milner, Upper Republican NRD; Mr. Wayne Heathers, Middle Republican NRD and Mr. Russell Oaklund, Department of Water Resources & The Republican River Basin.

At the end of the seminar, we each left with a better understanding and appreciation for the natural resources we have here in Nebraska. Let's all work to keep what we have been given and leave it in better shape for tomorrow! (AMM)



LaDeane Jha
Extension Educator

Is it any wonder that people trying to learn English as a second language may sometimes be very confused? Have you ever thought of how difficult it must be to understand all the nuances of the language most of us so glibly use? Are we unrealistic about expectations we have of those new to our mother tongue. Do we really think about what people are hearing when we utter what to us are common phrases. Perhaps we all need to be a little more patient and understanding of those struggling with the confusing language we call English. The following essay is "food for thought."

English is a crazy language. There is no egg in eggplant nor ham in hamburger, neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from

Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, two geese. So one moose, two meese? One index, two indices? Doesn't it seem crazy that you can make amends but not one amend, that you comb thru annals of history but not a single annal? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

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

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and wise guy are opposites? How can overlook

and oversee be opposites, while quite a lot and quite a few are alike? How can the weather be hot as hell one day and cold as hell another?

Have you noticed that we talk about certain things only when they are absent? Have you ever seen a horseful carriage or a strapful gown? Met a sung hero or experienced requited love? Have you ever run into someone who was combobulated, grunted, ruly or peccable? And where are all those people who are spring chickens or who would actually hurt a fly?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm clock goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race (which, of course, isn't a race at all). That is why when the stars are out, they are visible, but when the lights are out, they are invisible. And why, when I wind up my watch, I start it, but when I wind up this essay, I end it.

Risktaking on the road to success

"Nothing ventured—nothing gained." "Fortune favors the bold, but abandons the timid." "They are able because they think they are able."

And yet in the next breath our adages go in the opposite direction. "Better safe, than sorry." "Tried and true." Or more humorously framed by Mark Twain: "Put all your eggs in one basket and watch the basket."

It is ironic that sitting and watching eggs in one basket may be more risky than moving forward on the fully uncharted course. The history books are filled with lessons of what happens when people, organizations and nations choose blinders

to the forces of coming change. When people and groups ... are afraid to take risks, are afraid to fail and afraid to lose their existing identity ... they are usually more prone to failure.

Best selling author and organizational researcher, Tom Peters warns us that predictability is a thing of the past and all safe bets are off. In *Thriving on Chaos* he seems to have ended his earlier search for excellence by declaring there are no excellent companies. He proposes revising the old say, "If it ain't broke, don't fix it" ... to "If it ain't broke, you just haven't looked hard enough. Fix it

anyway."

As leaders we can't wait for the perfect plan, the perfect tool, the perfect organization, we must rid ourselves of fears and decide to be confident and build confidence in others.

Listen to the sage advice of an anonymous Spanish bull-fighter: "To fight a bull when you are not scared is nothing. And to not fight a bull when you are scared is nothing. But to fight a bull when you are scared ... that is something!"

Adapted from an article by Myron Johnrud, Epsilon Sigma Phi Newsletter, April, 1989. (LJ)

Self-employment facts

LaDeane Jha
Extension Educator

According to the publication "Rural Facts," April 1995, small businesses have a good success rate. This flies in the face of popular belief. After eight years 80% of small businesses are still operating according to Research and Training Center on Rural Rehabilitation. Until recently it was thought that 50% of all new business ventures failed within the first year, that 66% were out of business by the second year, or that 80% had failed by the fifth year. New analyses indicate that these failure rates were in error because they counted businesses that were sold, incorporated or those where the owner retired as failures.

Self employment is more prevalent in rural than in urban areas. The U.S. Bureau of the Census reports that in 1990, 10.2% of the rural population was self-employed versus 6.0% of the urban population. Another interesting figure is that 12.2% of the workers with a disability are

self-employed versus 7.8% of the workers without a disability.

Based on the policy analysis undertaken by the Research and Training Center on Rural Rehabilitation, and experts on entrepreneurship, vocational rehabilitation has established some policies and procedures on self employment as an option where employers and jobs are scarce, wages are low, and jobs that are available often require physical effort. For all those who find themselves in similar situations entrepreneurship may be an answer.

Business ventures that have been successful for entrepreneurs include: farmer, contractor, chiropractor, auctioneer, weed abater, writer, welder, boat maker, accountant, counselor, auto body repair, bicycle shop owner, piano refinisher, janitor/maintenance, restaurant owner, childcare provider, real estate agent, air conditioner repair person, used clothing store owner. Can you think of others? For many, self-employment is a viable option with better success rates than may have previously been thought.

Giving

learned to be independent and go it on her own." Alice and Ted set an example for Bonnie through their longtime leadership of Progressive Herdsmen 4-H Club. Bonnie's grandparents were 25-year leaders in 4-H and her grandmother started 4-H in the classroom in Jackson County, Missouri over 70 years ago. The same trophy that Bonnie's club has won the past three years was also won three different years by the club her parents led. In her club, Bonnie has always emphasized the importance of speech, music, judging and demonstrations as activities that build lifelong skills. Bonnie said, "I want to give my kids and other youth stepping stones they can use to communicate and cooperate with others in the world. I want them to learn to work as a group, yet still be strong individuals." She also indicated that it was important that kids have fun. Dynamic leadership is already starting to emerge with Country Pals as a result of the holistic approach Bonnie takes to 4-H.

Bonnie, as is typical of many of our most dynamic leaders, is an active VIPS committee member and is often consulted by the 4-H staff. She and her husband, Mark are parents of three children, Valerie, Bryce and Connie.

Do these three people and all the other volunteers in 4-H have extra time on their hands? Absolutely not. They are individuals who make time to serve youth. Ron Dowding is a full-time Goodyear Tire and Rubber Company employee, owns an acreage and is a sheep producer. Gale May farms, raises registered Angus, shows and sells bulls, and has an ag lime business. Bonnie Lemke works with her husband on their farm operation and ag lime business, is active at school and church, and is devoted to her grandparents.

The real legacy of these three leaders, and all volunteers serving 4-H, are the very real gifts they give, developing youth into the citizens of tomorrow. In their backgrounds were parents who found time in their busy lives to

give the gift of themselves to youth. That kind of dedicated service has a payoff. Examples set are often followed. Volunteers in the 4-H program see the world as being filled with *be's*—those things that can be. They don't think the solution to youth problems is with someone else, they know that through being resourceful, diligent, creative and cooperative, they can empower others to be the "best they can be."

In 1994-95, 1715 volunteers helped meet the needs of 14,569 Lancaster County 4-H youth by helping with projects, teaching leadership and public presentation skills, training 4-H volunteers and developing 4-H programs and policies. 4-H leaders come from all walks of life: retirees, factory workers, homemakers, professionals and older teens. Each receives great satisfaction from knowing that their involvement helps today's young people become mature, responsible adults who will also give the "gift of giving."

From page 1

Biographical Information

The following is a brief profile of the candidates for the Lancaster County

Extension Board compiled from the candidates' applications for a position on the Board of Directors.

Deborah A. Caha, Ceresco

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

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

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

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

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

Doug Nagel, Davey

Farmer, member of Nebraska Grain Sorghum Producers Association, Nebraska Soybean Producers Association and Branched Oak J.C.'s.

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

"As a farmer in Lancaster County, I would be able to extend my views as they relate to agricultural needs. I would also like to be part of a team that would create an efficient use of

taxpayers' money from every working sector of the county."

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

"As a farmer, I hope to share my knowledge for setting a budget, efficient allocation of money, working with people and providing information to help the needs of rural Lancaster County."

Lynette R. Nelson, Davey

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

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

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

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

"I bring with me an agricultural background, knowledge and understanding of how Extension programs need to meet the needs of rural and urban residents of the county."

Ronald D. Dowding, Bennet

Goodyear Tire and Rubber Company employee, acreage owner and sheep producer, leader of Happy-Go-Lucky 4-H Club, and Lancaster County 4-H Sheep VIPS Committee.

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

"I have already served a one-year appointment on the Lancaster County Extension Board as the representative of the 4-H Council while I was Presi-

Extension Board Election

December 4 - 18, 1995

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

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

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

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

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

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

Name _____
Address _____
City _____ State _____ ZIP code _____

----- Above section to be removed by clerk -----

Official Lancaster County Cooperative Extension Ballot

(Biographical information on this page)

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

North District

- ☐ Deborah Caha
☐ Doug Nagle
☐ Lynette Nelson

South District

- ☐ Ronald Dowding
☐ Dean Lesoing
☐ James Stewart

dent of that organization. I know what the responsibilities of the Extension Board are and will work with the Lancaster County Extension staff to provide effective programs for the citizens of Lancaster County."

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

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

Dean C. Lesoing, Hickman

Farmer and dairy producer, auctioneer, Hickman Area Chamber of Commerce and Firth Cooperative Company Board of

Directors

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

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

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

"I feel my background in both production agriculture and business allows me to bring a broadened perspective to the board from several angles. In a diverse county such as Lancaster County, we need to develop programs for a wide variety of people and it is important to deliver these programs effectively and

efficiently."

Jim Stewart, Lincoln

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

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

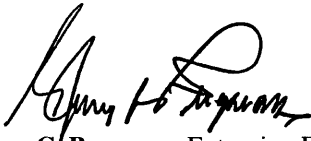
"Because Lancaster County Cooperative Extension is an important and valuable part of our community, I would like to help guide the Extension programming into the next century."

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

"I have been involved with Extension through various marketing and farm management programs, the soybean and feed grain profitability project, and a visioning session for future Extension programming. Being self-employed for 25 years, I have had many opportunities to work with budgets and personnel under both good and bad circumstances."

The NEBLINE

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.

CONTRIBUTING STAFF

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

NEBLINE
FEEDBACK
FORM



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Cooperative Extension in Lancaster County
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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.

- December 4**
4-H Council Pot Luck, *Thorp's*
- December 5**
4-H Honors Banquet.....7:00 p.m.
- December 8**
Eastern Nebraska Crop Production Day & Machinery Expo.....9:00 a.m.
- December 7**
Termite Control Workshop, *Sarpy County*.....6:30-9:30 p.m.
- December 8 & 9**
Returning to the Farm
- December 9**
Fair Board Annual Meeting.....9:00 a.m.
- December 10**
Teen Council Meeting..... 3:00-5:00 p.m.
- December 11**
Extension Board Meeting.....7:00 p.m.
4-H Shooting Sports meeting..... 7:00 p.m.
- December 15**
Clover College Proposals Due
- December 19**
Agricultural Activities & Accomplishments, *Cornhusker Hotel*..... 8:30 a.m.-4:30 p.m.
- December 31**
Poultry Essays Due
- January 3**
Camp Staff Applications Due
- January 4**
“‘Know Thyself’ is Key to Success” FCE Leader Training.....1:00 or 7:00 p.m.
- January 9**
Catering as a Business workshop

Answers

From page 7

- The safest way to eat hamburger is to cook them until they are no longer red in the middle and the juices run clear. That doesn't happen with rare-cooked meats, and it may not happen with medium-cooked ones. Cooking food, including ground meat patties, to an internal temperature of at least 160 degrees F (71 C) usually protects against food-borne illness. Well-done meats reach that temperature.
- For microwaved food, follow directions, including the standing time, either in or out of the microwave, after cooking. Microwave cooking creates pockets of heat in the food, but allowing the food to stand before eating allows the heat to spread to the rest of the food.
6. If you answered A, you may be putting yourself at risk for infection with *Salmonella enteritidis*, a bacterium that can get into shell eggs. Cooking the egg or egg-containing food product to at least 140 degrees F (60 C) kills the bacteria. So answer C—eating the baked product—will earn you two points.
- You'll get two points for answer B, also. Foods containing raw eggs, such as homemade ice cream, cake batter, and eggnog, carry a *Salmonella* risk, but the commercial counterparts don't. Commercial products are made with pasteurized eggs (eggs that have been heated sufficiently to kill bacteria), and may contain an acidifying agent that kills the bacteria. Commercial preparations of cookie dough are not a food hazard.
- If you want to sample homemade dough or batter or eat other foods with raw-egg-containing products, consider substituting pasteurized eggs for raw eggs. Pasteurized eggs are usually sold in the grocer's refrigerated dairy case.
7. Answers C or D will earn you two points each; answer B, one point. According to FDA's Madden, bleach and commercial kitchen cleaning agents are the best sanitizes—provided they're diluted according to product directions. They're the most effective at getting rid of bacteria. Hot water and soap does a good job, too, but may not kill all strains of bacteria. Water may get rid of visible dirt, but not bacteria.
- Also, be sure to keep dishcloths and sponges clean because, when wet, these materials harbor bacteria and may promote their growth.
8. Answers A and C are worth two points each. There are potential problems with B and D. When you let dishes sit in water for a long time, it "creates a soup," FDA's Madden said. "The food left on the dish contributes nutrients for bacteria, so the bacteria will multiply." When washing dishes by hand, he said, it's best to wash them all within two hours. Also, it's best to air-dry them so you don't handle them while they're wet.
9. The only correct practice is answer C. Give yourself two points if you picked it.
- Wash hands with warm water and soap for a least 20 seconds before and after handling food, especially raw meat, poultry and fish. If you have an infection or cut on your hands, wear rubber or plastic gloves. Wash gloved hands just as often as bare hands because the gloves can pick up bacteria. (However, when washing gloved hands, you don't need to take off your gloves and wash your bare hands, too.)
10. Give yourself two points if you picked B or C. Food safety experts recommend thawing foods in the refrigerator or the microwave oven or putting the package in a water-tight plastic bag submerged in cold water and changing the water every 30 minutes. Changing the water ensures that the food is kept cold, an important factor for slowing bacterial growth that may occur on the outer thawed portions while the inner areas are still thawing.
- When microwaving, follow package directions. Leave about 2 inches (about 5 centimeters) between the food and the inside surface of the microwave to allow heat to circulate. Smaller items will defrost more evenly than larger pieces of food. Foods defrosted in the microwave oven should be cooked immediately after thawing.
- Do not thaw meat, poultry and fish products on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.

Rating your home's food practices

- 20 points:** Feel confident about the safety of foods served in your home.
 - 2 to 19 points:** Reexamine food safety practices in your home. Some key rules are being violated.
 - 1 points or below:** Take steps immediately to correct food handling, storage and cooking techniques used in your home. Current practices are putting you and other members of your household in danger of food-borne illness.
- Source: Paula Kurtzweil, October 1995, FDA Consumer. (AH)