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The NEBLINE, January 1996

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What is hazardous?

A product can be hazardous if it has one or more hazard properties. Hazard properties include:



Toxic—can cause injury or death if swallowed, absorbed or breathed in.



Flammable—can easily catch on fire and can burn rapidly.



Corrosive—can wear away the surface of a material.



Explosive—can violently burst when it is under pressure or near heat. (ALH)

It's everywhere!

Each year, Americans use lots of hazardous household products. This makes about 2 million tons of household hazardous waste. This weighs as much as 250,000 African elephants.

Household hazardous waste is the used or leftover household products that have hazardous ingredients. It is important that we take care of household hazardous waste the right way. If products are not taken care of properly, they can harm people or the environment. For example, used motor oil should never be poured onto the ground or into storm drains. The oil could end up in our drinking water. It can go into a stream and harm fish and plants.

You and your family can take care of household hazardous waste safely. Here are some things to do:

- Carefully follow the directions on product labels.
- Use up products whenever it is possible.
- Buy only what you need for a project.
- Recycle.
- Bring used and leftover hazardous products to a household hazardous waste collection site in your area. (ALH)

Is your environment making you sick?



Barb Ogg
Extension Educator

Multiple chemical sensitivities. Total allergic syndrome. Chemical hypersensitivity syndrome. Sick building syndrome.

These relatively new terms have been coined to describe possible illnesses affecting persons who increasingly blame their health problems on environmental substances. Because other people are often unaffected, there is a natural skepticism in the medical profession as to the validity of many of these ailments. In addition, there are thousands of possible chemicals in our environment making it extremely difficult to pinpoint the cause. Without backing by a medical doctor, an environmental illness (EI) is discounted (and not covered) by health insurance companies.

What is an environmental illness? According to the journal *Clinical Ecology*, an environmental illness is a chronic disorder that has variable symptoms caused by a sensitivity to an environmental substance—including industrial and domestic chemicals, cigarette smoke, diesel fumes and alcoholic beverages.

One environmental illness, multiple chemical sensitivity (MCS), has been widely documented in the medical literature and is generally accepted by medical personnel. In some cases of MCS, patients can identify an "acute chemical exposure" which triggered their hypersensitivity. Yet, other persons having MCS symptoms cannot identify an exposure that triggered their chemical intolerance.

Many patients diagnosed

with MCS describe gradual onset of symptoms over a period of months or years. Patients often report chronic nausea, acquired food intolerance (skin rashes, diarrhea, bloating), respiratory problems and increased incidences of ordinary allergies. When these MCS cases have been thoroughly studied, the patients have been shown to have a long-term, low-dose exposure to toxic compounds, whether through their job, hobby, location or through their drinking water. Compounds that have been implicated include pesticides, solvents, perfumes, dyes, synthetic fabrics and natural gas. Formaldehyde is the most common environmental chemical that has been implicated in MCS. The most logical treatment is to eliminate exposure to any chemicals that trigger MCS—a tough prescription to follow when you consider the thousands of chemicals in our environment (*refer to list on back page*).

Where can you go for help?

If you suspect that you suffer from an environmentally induced

illness, including MCS, where do you go for help? In Lincoln, a first contact can be the Lincoln/Lancaster Health Department. Mike Holmquist, environmental health specialist, will review your health history and, if you haven't already been to one, will send you to a medical doctor, possibly even an allergy specialist to see if your problem can be identified by a medical doctor. Sometimes an unsuspected allergy or underlying health problem can be identified and the case can be solved by a medical doctor.

If an obvious health problem cannot be identified, the next step is to try to identify the suspected substance/chemical. Because a person can be exposed wherever he/she spends time, both the work and home environments must be examined. The simple truth is, it is easy to identify a chemical if you already know what it is. However, most of the time the culprit will not be known or even suspected. This "needle in the haystack" approach can be

Please turn to Sick: back page

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.



Agricultural Competitiveness and Profitability

"Crop Protection Clinic"—page 3



Natural Resources and Environmental Management

"Is Your Environment Making You Sick?"—page 1



Children, Youth and Families

"Positive Parental Pressure"—page 6



Nutrition, Food Safety and Quality

"Children on Their Own"—page 7



Strengthening Neighborhoods and Communities

"Communities Can Stop Violence"—page 10

Recycle Christmas trees

Nebraskans bought several thousand Christmas trees this holiday season. After the holidays, there are several ways to dispose of or recycle your tree. Some suggestions are:

Place the tree in the yard or garden for use by birds and other wildlife. The branches provide shelter from strong winds and cold. Food can be supplied by hanging fruit slices, seed cakes or suet bags on its branches. You can also smear peanut butter and seeds in pine cones and hang them in the tree.

Prune off the branches and place the boughs over perennials as a winter mulch.

Chip the tree and use as a mulch around trees, shrubs, or in flower beds.

If you can't use the tree yourself, deposit it in one of the Lancaster County Christmas tree recycling sites so it can be chipped and used for mulch by other members of the community.

For many, selecting and decorating the Christmas tree is one of the highlights of the holiday season. After the holidays recycle the tree and prolong its usefulness. (DJ)

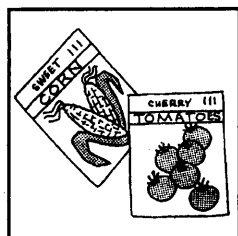
Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road
Lincoln, Nebraska 68528-1507

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Horticulture

Garden catalogs



By now you should have received all your garden and flower catalogs from the different mail order companies. This would be a good time to go through the catalogs and choose what you are going to raise this year. As you are paging through, make special notes of new varieties you might try, days to maturity, size, adaptability to your location and other special characteristics of the variety to avoid surprises or disappointments later on.

If you have a small garden plot, you may need to think about crop rotation. This is very important to the home gardener for several reasons—such as reduction in weed, insect and disease problems. These problems may increase if proper rotations are not followed in your garden program.

Check the catalogs for guarantees, special package deals, charts and information about disease tolerance and susceptibility. All of these things can help prevent disappointment as your garden matures.

While you are making out your list, take an extra minute to check the tool and equipment pages. Are your tools in good condition and proper working order?

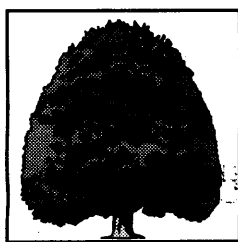
Keep a copy of your order and the catalog that your ordered from. This will be a good reference for you to use during the growing season.

Catalog shopping can save time as well as provide you with the latest garden information available. (MJM)

Protect trees from animal damage

Domestic and wild animals can cause severe damage in tree plantings, but trees can be protected and damage kept to a minimum if a few precautions are taken.

For young plantings, remove vegetation or piled debris to reduce the chance of rodent damage. Thick grass will attract mice. Weed and brush piles attract cottontails. Organize a



deer can cause considerable damage to the larger tree plantings. They will browse young, succulent growth and

hunt if an area is overpopulated with rabbits.

Heavy concentrations of deer can cause considerable damage to the larger tree plantings. They will browse young, succulent growth and



to avoid damage to nearby shrubs. Consider using sand or sawdust instead.

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on its branches.

When pruning large limbs, always undercut first. This means to cut from the bottom up, one-third of the way through the limb, then finish by cutting from the top. The undercut keeps the limb from splitting and breaking off, which could damage the trunk and become an entryway for insects and diseases. Do not cut flush to the trunk, the collar or enlarged base of a branch produces hormones that help heal wounds.

For easier lawn maintenance,

When using salt to melt ice on walks and driveways, spread it carefully

nance, eliminate the hard-to-mow spaces. Eliminate acute angles in beds and borders. Combine single trees or shrubs into a large planting connected with groundcover. Put the bird bath in a flower bed or surround it with groundcover.

Avoid heavy traffic on your dormant lawn. Dry grass is easily broken and the crown of the plant may be severely damaged or killed.

Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch also for drought-tolerant types.

Analyze last year's planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again.

Check stored fruits and vegetables such as potatoes and apples for bad spots which may lead to decay. Remove and use those which show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities.

To prolong bloom, protect poinsettias from drafts and keep them moderately moist.

Turn and prune houseplants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Check all houseplants closely for insect infestations. Quarantine gift plants until you determine that they are not harboring any pests.

Houseplants and holiday gift plants should not be placed on top of the television. This location is too warm and, in most homes, too far from windows to provide adequate light.

During the winter, most

houses are too dry for houseplants. Humidity may be increased by placing plants on trays lined with pebbles and filled with water to within 1/2 inch of the base of the pot. If you heat with wood, keep a pot of water on the stove. The added moisture will be healthier for you as well as your plants.

Houseplants with large leaves and smooth foliage—such as philodendrons, dracaena and rubber plants—benefit if their leaves are washed at intervals to remove dust and grime. This helps to keep their leaf pores open.

To clean crusty clay pots, add 1 cup each of white vinegar and household bleach to 1 gallon of warm water and soak the pots. For heavily encrusted pots, scrub with a steel wool pad after soaking for 12 hours.

If you have some time this winter, paint the handles of your garden tools red or orange. This will preserve the wood and make the tools easier to locate next summer when you lay them down in the garden or on the lawn.

Move garden ornaments—such as urns or jars—into the garage or basement to prevent damage during the cold winter season. If containers are too large to move, cover them to prevent water collecting in them or turn them upside down during the winter so water will not collect and freeze causing them to break.

Add garden recordkeeping to the list of your New Year's resolutions. Make a note of which varieties of flowers and vegetables do best and which do poorly in your garden.

Feed the birds regularly and see that they have water. Birds like suet, fruit, nuts and bread crumbs as well as bird seed.

Do not wait until late in the winter to order seeds. Many varieties sell out early. (MJM)

GARDEN CORNER

Q. Does it really matter what kind of container I use for my houseplants?

A. It matters a great deal. The type of container you choose, in combination with the way you water your plants, can be a big factor in their survival. To choose a container, take into account the needs of the plant for dry, moist or wet soil and your tendency to overwater or neglect plants. If you tend to overwater plants, you would be wise to plant them in porous clay pots with drainage holes in the bottom. Excess water can drain out the bottom and escape through the clay. If you water sparingly—or forget to water at all, sometimes—a glass or plastic container that will not take water out of the soil might be a better choice. It should have a drainage hole, however, so the soil does not remain saturated for days when you do water.

Q. Why do poinsettias so often lose all their leaves after you buy them and take them home?

A. Poinsettias drop their leaves in response to becoming excessively dry or being exposed to cold drafts. Fertilizer injury to roots can also cause leaf drop. Buy plants with dark green, healthy-looking foliage. Avoid plants sitting near frequently opened doors where they have probably already been exposed to cold drafts. Wrap your plant well for the trip home. Once there, place it in a sunny window where it will not be exposed to either hot or cold drafts. Keep the medium in the pot moist—neither soggy nor parched—by watering when it begins to feel dry. Fertilize according to the instructions that came with the plant.

Q. I want to put together a dish garden for my office. What do I need to keep in mind when I'm choosing plants?

A. The key in putting together any grouping of plants in a single container is to choose plants that require basically the same environment and care. Mixing plants that require high humidity and moist soil with plants that prefer to be on the dry side means that, no matter how you care for the grouping, the care you give will be wrong for some plants—maybe for all of them. A desert garden would include cacti and other arid-region plants; a tropical garden would include foliage plants that grow under typical indoor conditions. If you want to grow plants that need high humidity, a terrarium is your best bet. (DJ)

The herb garden

Basil—sweet (green) and purple



To grow this tender annual from seed, sow in flats about 6 weeks before last frost. Sow seeds and cover with the growing medium to about twice the depth of the seed. Keep soil at 70-72 degrees F and moist. Basil seedlings are very sensitive and most losses occur due to low moisture and low temperatures. If they are not crowded in the seed flat, do not thin, but let them grow to 3 to 4 inches before transplanting. Basil likes the warmth of full sun to grow best. Lift transplants carefully by the leaves instead of the stem. Set outdoors only after soil and air temperatures are warm. One chilly night can set plants back.

They can be directly sown in the garden after the soil has warmed and the nights are not too cool. Be sure to sow to a depth of twice the size of the seed or heavy rains may wash the seeds away. Purple basil is more susceptible to shock in the early stages.

Sweet green basil can be dried, frozen in ice cubes or used fresh. Blended with pine nuts, oil and cheese, this basil is the prime ingredient in pesto. It is also good for making flavored vinegar for salad dressing or suffused in oil for flavored oil. Purple basil is best used fresh in salads and for making flavored vinegar. In the garden, purple basil is a colorful contrast to annual flowers and its color is useful in cut arrangements. (DJ)

Shallots in the garden

Shallots are onion-like plants grown for their small pointed bulbs. Unlike onions, the flavor is very mild, but it is enough to add onion-like flavor to a variety of food dishes.

Shallots are planted early in the spring and the culture is quite similar to onion sets. Bulbs are planted shallowly and set 4 inches apart, in rows 1 foot apart. Keep the plants well watered during hot, dry weather.

At maturity, shallots will have several individual segments or cloves. They are ready to be harvested when their tops wither and fall over. The cloves should be thoroughly cured before storage and they should keep most of the winter.

The young leaves of shallots can also be used for flavor—like the leaves of bunching onions. Try shallots in your garden this year.

Garden Gossip Hotline
441-7179

Private applicator training

Private pesticide applicators have the option for initial certification and recertification by one of three methods:

(1) Attend and participate in a Nebraska Department of Agriculture (NDA)-approved training session conducted by the University of Nebraska Cooperative Extension. The fee is \$5.00 for each person completing the training.

(2) Complete a self-study

manual available at any county Cooperative Extension office. The fee is \$20.00 for the Nebraska Private Pesticide Applicator Self-Study Course.

(3) Satisfactorily complete an examination provided by the Nebraska Department of Agriculture. Locations and dates may be obtained by contacting NDA.

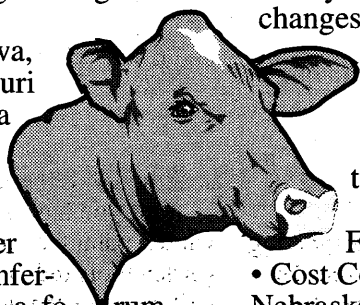
The following is the schedule of training sessions to be conducted in 1996 at the

Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln. (WS)

January 30—7 p.m.
February 8—1 & 7 p.m.
February 9—9 a.m.
March 1—1 p.m.
March 2—9 a.m.
March 29—1 p.m.
March 30—9 a.m.

4-State Beef Conference Jan 11

The 4-State Beef Conferences are designed to give beef cattle interests in Iowa, Kansas, Missouri and Nebraska a regular update on current cow-calf and stocker topics. The conferences provide a forum of specialists from four of the USA's leading beef cattle land-grant universities.



These 1996 conferences will reflect a year of agricultural changes as speakers

focus on the following:

- Prices
- Our Competition
- Custom Feeders
- Cost Control—Risks

Nebraska beef producers may attend this conference on January 11, 1996, in Tecumseh. The program will

begin at 10:00 a.m. at the Baptist Church located at 3rd and Jackson Street in Tecumseh.

Producers wishing to attend this conference should call the Lancaster County Extension office by Friday, January 5, 1996, to make their reservation.

Registration fee is \$15 per person or \$25 per couple. The fee includes a noon meal and proceedings. (WS)

Commercial pesticide applicator training: initial and recertification programs begin in February

Initial commercial pesticide applicator training (PAT) sessions will be held via satellite February 20, 22 and 27 in Lincoln beginning at 9:00 a.m. Persons must attend a general standards session in the morning and an appropriate-specific category in the after-

noon. There will also be satellite delivery at the Saunders and Gage County Extension offices February 20 and 27. *Persons must preregister at least 10 days in advance of training.* Call 1-800-755-7765 for a brochure containing preregistration information and

locations of other training sites. Because of a reduction in federal financial support for the pesticide applicator training program, there will be a pesticide education program fee of \$20 per applicator. Study packets will cost \$10 for each category.

February 20

9:00 a.m. - Noon • General Session
1:00 - 2:50 p.m. • Ag. Plant (01)
3:10 - 5:00 p.m. • Ornamental/Turf (04)

Lancaster Extension Conference Center

444 Cherrycreek Road, Lincoln

February 22

9:00 a.m. - Noon • General Session
1:00 - 2:50 p.m. • Right-of-Way (07)
• Structural (08)
3:10 - 5:00 p.m. • Ornamental/Turf Pest (04)
• Wood Preservative and Treatment (10)

Lancaster Extension Conference Center

444 Cherrycreek Road, Lincoln

February 27

9:00 a.m. - noon • General Session
1:00 - 2:50 p.m. • Ag Plant (01)
• Forest Pest Control (03)
• Public Health Pest Control (04)
3:10 - 5:00 p.m. • Ornamental/Turf Pest (04)
• Ag. Animal (02)
• Seed Treatment (06)

Nebraska Center for Continuing Education

33rd and Holdrege Streets

Testing

February 28, 9:00 a.m. Nebraska Center for Continuing Education
33rd and Holdrege Streets

March 14 and 28, 9:00 a.m. Lancaster Extension Conference Center
444 Cherrycreek Road, Lincoln

April 4, 11 and 23, 9:00 a.m.

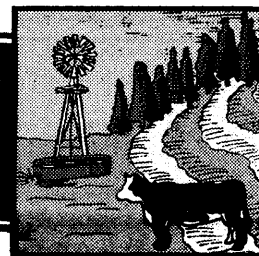
May 9 and 23, 9:00 a.m.

June 6, 11 and 20, 9:00 a.m.

Recertification

Recertification for several categories will be held February 6, 9:00 a.m. at the Nebraska Center for Continuing Education, 33rd and Holdrege Streets. You must attend a general standards session in the morning **and** at least one appropriate-specific category in the afternoon. Recertification categories include: Ornamental and Turf (04), Ag. Animal (02), Food and Grain Fumigation (11, old EPA 12A), Right-of-Way (07), and Wood Preservative and Treatment (10, old EPA 12b). For more information, call 1-800-755-7765. (BPO)

Rural Sense



Crop protection clinic

\$ Practical and environmentally responsible control of weeds, disease and insects will be the focus of the 23rd Annual Crop Protection Clinic on January 3. The Lancaster Extension Conference Center at 444 Cherrycreek Road in Lincoln will be your closest site. The clinic's registration fee of \$17 (payable at the door) includes the noon meal, coffee, rolls and printed proceedings.

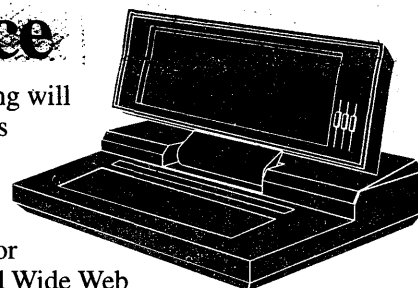
The clinic—of interest to farmers, consultants, custom applicators and dealers—begins with registration at 8:40 a.m. and concludes at 4:00 p.m. University of Nebraska Extension Specialists and Educators will be on hand to discuss topics of interest with participants.

Once again, commercial applicator recertification in the agricultural plant category will be offered. Those wishing to be recertified by the Nebraska Department of Agriculture (NDA) must attend each session throughout the day. (DV)

Speakers and topics will include:

- Chinch Bugs: Forgotten But Not Gone
- High Plains Virus: A New Threat to Corn and Wheat in the Great Plains
- Roundup Ready Crops—Soybeans
- Conservation Reserve Program
- Agricultural Information via the Internet
- Seed Rots, Seedling Diseases and Seed Quality
- Poast/Liberty Resistant Crops
- Environment X Herbicide Interaction (Post-emergence)
- Weed Resistance Management
- Corn and Wheat Disease Update
- Insect Pests of Seedling Crops
- Herbicide Injury Symptoms
- NDA Recertification

Nebraska Agricultural Microcomputer Conference



Internet and precision farming will be the emphasis at this year's Nebraska Agricultural Microcomputer Conference. Field mapping demonstrations, yield monitor displays and hands-on World Wide Web experience will be available to conference participants.

The conference begins with registration at noon, January 30, 1996, and continues through January 31 at the Ramada Inn in Kearney, NE. The first day will be dedicated to a "buyer's update" and learning more about the Netscape Internet Navigator. Day two will continue to focus on the information highway, precision farming and new computer operating systems. Participants will have the opportunity to interact with several leading agricultural information management specialists. Registration fee is \$25 per day or \$45 for the two-day conference.

For more information, contact Dave Varner at 441-7180. (DV)

Nebraska Forage & Grassland Council

The Nebraska Forage & Grassland Council (NFGC) will hold its annual state conference Thursday, January 4, 1996, at the Community College in Columbus.

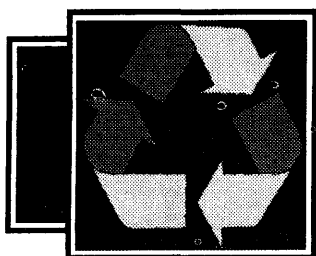
Registration opens at 8:30 a.m. and a full schedule of programs will conclude at 5:00 p.m. Noon lunch will be served at the conference center. Programs to be presented during the morning will address evaluation and management practices of alfalfa. Alfalfa is Nebraska's most important planted forage. Various harvesting and production techniques will be discussed. A special period of time will be set aside for alfalfa grazing consideration.

Registration may be completed by contacting the Lancaster County Extension office. The registration fee of \$25 covers NFGC and the noon meal. Advanced registration for this conference is requested by January 2, 1996. Checks should be made payable to the University of Nebraska and should be sent with registration or presented at the door. (WS)

**For more Rural Sense news
please turn to page 11**

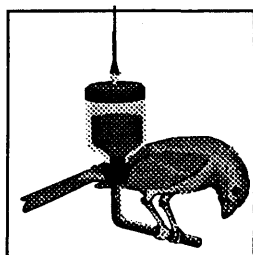
The year ahead—what will it bring?

At least we may be sure of Spring. —Author Unknown



Environmental Focus

Birdfeeding activities



- Obtain a field guide and identify the birds.
- Photograph, sketch or paint the birds at your feeder.
- Keep a list of all the wildlife species that visit your feeder.
- Keep "phenology" records of winter birds.
 - 1) First dates when species arrive in fall.
 - 2) Highest count for each species each week during winter.
 - 3) Record when birds are last seen in spring.

• Watch how birdfeeding patterns change during the day. Some birds eat early, some at mid-day and some all day long.

• Keep notes on bird behavior. How do birds relate to others of their own species and with other species? Which are timid, which are aggressive?

• Watch to see what foods are preferred by different birds. (Sand or grit is necessary in the gizzards of birds to help grind up the seeds they eat. Fine poultry grit can be mixed into the food or placed nearby if you feel a natural source is lacking.) (SE)

Springtails can jump

Barb Ogg
Extension Educator

Springtails are minute, wingless insects that get their name from the fact that they have an unusual locomotor organ. The main locomotor organ is a forked, tail-like structure (called a furcula) which is folded forward under the abdomen when the insect is at rest. The furcula is held in place by a clasp-like structure, called a tenaculum. When the tenaculum is released, the furcula thrusts downward and backward against the substrate, allowing the springtail to jump considerable distances. A springtail 5-6 mm in length can jump 75-100 mm and floating springtails can even jump on water! Many springtails are beautifully colored (white, gray, yellow, orange, metallic green, lavender, red) but, because these insects are so small, this detail goes unnoticed by the general public.

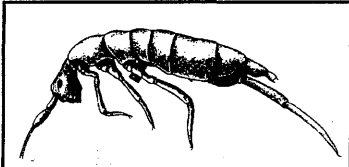
The usual habitat of these small insects is in soil of woodlands, in decaying vegetative matter, or on the surface of stagnant water. For the most part they are innocuous creatures and are seldom even noticed. Most soil-inhabiting springtails feed on decaying plant material, fungi and bacteria, and thrive in an environment that is moist or high in humidity. Because springtails infest decaying organic matter, they can infest soil of potted plants and become

a nuisance in greenhouses or mushroom cellars. They *do not* injure living plants.

Because these insects do not cause any real injury, persons faced with a springtail infestation should try to reduce the population by eliminating moisture and humidity in the area that they are found. Outside, they cause no problem and are an important component of the ecosystem.

If there is an infestation in a greenhouse area, avoid standing pools of water under plants by draining the saucers. In addition, over-watering may be causing growth or fungi and decaying organic matter; plants should dry out well before re-watering. Repotting plants may help reduce a springtail population; after repotting, use sterile potting soil. Insecticide treatments are probably not necessary although an aerosol insecticide sprayed on the surface of the potted soil might be useful. Check with a garden store regarding a spray that will not harm plants. Don't forget to read and follow label directions when using any insecticides.

Occasionally, springtails can be found floating on sewer drains or stagnant water. If possible, drain the water. If not possible, a small amount of dishwashing liquid squirted in the water should break the water tension and drown the insects. Insecticides should never be dumped down the drain.



- Recycling two aluminum pop cans saves enough gasoline to fill one pop can.
- Milk cartons can be recycled into fine writing paper. Since milk cartons are hygienic packages, the paper found in the carton is of the highest quality.
- Recycling a two-and-a-half foot stack of newspapers saves one 20-foot pine tree.
- Five two-liter pop bottles create enough fill to line a ski

jacket!

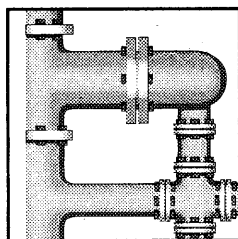
- The energy saved from recycling one glass bottle will run a television for three hours.

- Newspapers can be recycled into many interesting things. They can be used as kitty litter, cellulose insulation, and as cellumulch. Cellumulch is a mix of fertilizer, finely shredded newsprint and grass seed. It is sprayed on the ground as a fast

Recycling facts

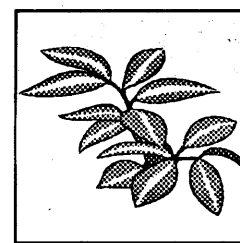
method of seeding large areas.

- The energy saved from recycling one pound of tin cans will run a 60-watt light bulb for more than 26 hours.
- Recycling one ton of newspaper saves 17 trees.
- Glass is infinitely recyclable.



cleansers and disinfectants to the septic system will destroy bacteria and cause the septic tank to function improperly.

However, research conducted over the past several years has concluded that with normal use, household cleaning products do not adversely affect septic tank operation. Normal use of household cleaning products is considered to be the amount recommended by the manufacturer.



plants which work well are philodendrons and golden pothos.

Several other plants have been tested for the ability to remove indoor pollutants. All the plants tested remove some formaldehyde from the air, but not as well as the top performers. It is likely that all house plants have some capability to reduce indoor air pollutants. The air purifying seems to be a side effect of normal photosynthesis. As carbon dioxide enters the leaf from the air, other gases are absorbed as well, including indoor pollutants.

Potted plants can occasionally contribute to indoor pollution if mildew or fungus grow on the potting soil. Avoid this problem by placing a layer of gravel on the soil surface.

About 15 to 20 plants should be effective in purifying the air of an 1800 square foot energy-efficient home. Place most of them in areas which are occupied the most, but spread a few into less frequently used areas. The more plants the better the results, so grow as many as possible. Even older, less airtight homes will benefit from the addition of house plants, as formaldehyde fumes are present in them as well, but at lower levels than if the house is airtight. (MJM)

Riparian areas worth protecting

S. Corey Brubaker
Extension Educator

Riparian areas are unique ecosystems located along the banks of streams, rivers and other bodies of water. They occupy one of the most dynamic areas of the landscape and are usually subject to flooding. The magnitude, frequency and duration of flooding significantly influences the type of vegetation found in the riparian zone. Riparian vegetation on surfaces closer to the active channel is characterized by younger stands, commonly composed of grasses, weeds and deciduous shrubs and trees. Areas which are farther from the active channel may contain older plant communities composed of either typical riparian species such as alder, cottonwood and willow or upland species which were able to adapt to the wetter soil

conditions.

Because they occur at the interface between upland areas and streams, rivers, lakes and wetlands, the importance of riparian zones far exceeds their minor proportion of the land base. Riparian areas help mitigate the impact of flooding by slowing the water down and providing areas for the water to spread out and infiltrate. They are valuable to wildlife as a source of water, food and cover and provide natural corridors for the movement of animals within a watershed, as well as, nesting and brooding habitat for many types of birds. Healthy riparian vegetation stabilizes streambanks, traps sediment eroded from upland areas and can remove plant nutrients and other contaminants from runoff before they reach the stream. In addition, the vegetation provides shade to the stream, preventing

adverse water temperature fluctuations which can be detrimental to fish and other aquatic organisms.

Riparian areas, however, are often considered non-essential and are frequently destroyed when land is used for agricultural production or urban development. This has not only resulted in a loss of fish and wildlife habitat, but has caused degradation of water quality and increased the potential for flooding downstream. The environmental value of riparian ecosystems needs to be considered in making land use decisions and every effort should be made to protect these areas from further destruction. Many of the water quality problems we are experiencing today could be reduced or minimized by protecting existing riparian areas and re-establishing riparian areas where they have been destroyed.

Drain openers tough on septic tanks

A study from the University of Arkansas showed that it is possible to destroy the bacterial population in an individual domestic septic tank by disposing of an excessive amount of cleansers or disinfectants in a slug loading (all at once). The study also showed that, with normal septic tank usage, bacterial populations recovered to its original concentration within hours.

This was not true of drain openers. Even small amounts of drain openers can kill the bacterial population in a septic system. Therefore, only small amounts of drain openers should be used.

Recommended maximum

doses for a 1,000 gallon septic tank are:

- bleach: 1.3 gallons
- cleansers/disinfectants: 2.5 gallons
- drain openers: 0.65 ounces

If you are concerned about the effect of the cleaning products on your septic system there are more environmentally sound alternatives. For example, white vinegar can be used as a cleaner, deodorizer or grease cutter. Lemon can be used also as a cleaner, deodorizer or stain remover. A mixture of one-fourth cup baking soda, on-half cup vinegar, and one gallon boiling water will clear most household drain blockages.

Source: Small Flows (BPO)

Here's what some of the abbreviations for different types of plastics stand for:

- PETE—polyethylene terephthalate
- LDPE—low density polyethylene
- HDPE—high density polyethylene
- PS—polystyrene
- OTH—other types of plastic
- Pop bottle plastic (PETE) can

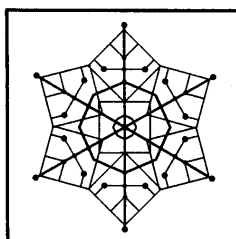
be recycled into many different things. T-shirts are now available made from a blend of 50% cotton and 50% PETE! There are also sweatshirts made with PETE content. PETE has been used as insulation for jackets and anywhere else a lightweight fiberfill insulation is needed. PETE is also used in the manufacture of carpeting.

Cardboard can be recycled into pencils! (SE)

How do insects survive freezing temperatures?

Insects that are found in Nebraska have evolved some mechanism to cope with our cold temperatures. A lot of insects find a sheltered location and then hibernate until temperatures warm up again. As temperatures get colder, these insects actually produce glycerol (antifreeze) to prevent ice crystals from forming in their blood. It is truly amazing that insects evolved to produce glycerol—no other natural chemical equals glycerol as an antifreeze.

Other insects may migrate to warmer climates (monarch butterflies, for example) or move into a part of the environment that does not freeze. A termite colony is a good example of an insect that moves deep below the frost line during the winter. Other insects merely die—using weather patterns the next year to repopulate northern states. Black cutworms and potato leafhoppers are examples of insects that cannot overwinter successfully in Nebraska. These insect pests fly from Gulf Coast states with the aid of strong southerly winds



insects. They remain active in their hive, keeping it a constant temperature—a behavior that is essential for their survival. How do they do this?

As temperatures get colder, colonies of honeybees form a dense cluster and generate heat. As the bees on the outside of the cluster become too cold to move, the warmer bees on the inside of the cluster move to the outside and push the cold bees into the cluster where they will warm up again. If this rotation did not take place, the bees would freeze to death—and that would be the death of the entire hive.

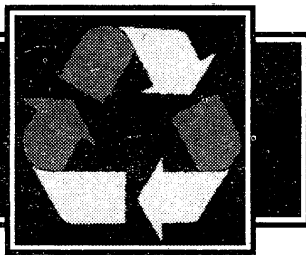
Honey, that the bees collected during the previous summer, is the energy source to maintain this constant temperature and movement inside the hive. In the northern states, a normal colony

of bees will consume 60 to 80 pounds of honey in the winter and early spring. If a beekeeper is too greedy and doesn't leave enough honey for the wintering bees, he/she may lose the colony.

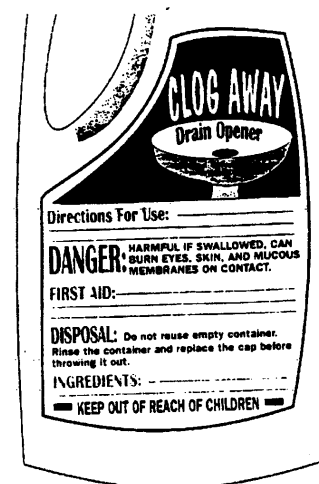
If you have always wanted to keep bees, learn about beekeeping in two 3-hour workshops and one Saturday hands-on lab session. Cooperative Extension Apiarist Marion Ellis and Extension Educator Barb Ogg will teach *Beginner's Beekeeping Workshop*, March 4 and 5 from 6:30 to 9:30 p.m. The practical, hands-on lab session will be March 16, 9:00 a.m. to 4:00 p.m. at the Bee Lab—Agricultural Research and Development Center, Ithaca, Nebraska.

The basic workshop fee is \$10. If you are a beginner, you may need supplies and equipment to get started. Hive supplies (\$55) and protective gear (\$67) will be ordered ahead of time. Call 441-7180 for a registration form or list of what equipment will be included. Please register by February 16, 1996. (BPO)

Environmental Focus



Label detectives!



Some household products can be dangerous to our safety, health and the environment. We must be very careful with these products. Read this label for important information. Answer the following questions.

1. What is the signal word on this product label?
2. How can this product hurt you?
3. What should an adult do with the empty container?

(Answers)

1. Danger.
2. It can burn eyes, skin and mucous

membranes on contact.

3. Adults should throw the container in the garbage after rinsing it and replacing the cap. (ALH)

Animal factoids

• Although birds are warm-blooded like humans, all of their life processes are speeded up. The normal temperature for humans is 98.6 degrees F, ducks 109.1 degrees F, herons 105.8 degrees F, sparrows 107 degrees F. Human hearts beat at 72 times a minute, while hummingbirds' beat at 615 times a minute.

• Three different types of pigment cells are found in the skin of a frog. This allows it to change basic coloring instantaneously and blend into any landscape when danger appears.

• Dragonfly wings flap 28 times a second and carry the insect as fast as 60 miles an hour.

• If a man could jump as well as a flea, in proportion to his size, he would be able to jump the length of a football field.

• Bats are the only flying mammal. Their wings are supported by their extended forearms and fingers.

• Spiders locate their prey by

plucking each strand of their webs to feel where there is the most resistance.

• If you use a natural sponge to clean with, you should know that it is the skeleton of a once living animal. Sponges have no close relatives, either below or above the evolutionary scale. All traces of their ancestry have disappeared and no animal appears to have developed from them.

• The whirligig beetles have long front legs for holding their food and short, flat second and third pairs of legs for swimming. Their eyes are divided so that the upper pair can watch for food and enemies above water and the lower pair can watch below the surface.

• The largest beetle in the Americas is the Hercules beetle, some of whom reach a length of four to six inches.

• A bee's wings vibrate about 435 times a second. (MJM)

Trees/plants fulfill many roles

Plants do a lot for people. They clean the atmosphere, modify climate, reduce noise, inhibit glare and control erosion. In addition, many are lovely to the eye and good to eat. Plants clean and purify existing air, as well as manufacture oxygen. Each person requires 30 to 60 pounds of clean air to breathe each day. Ornamental plants provide clean air in four ways:

First, their "manufactured" air created through photosynthesis dilutes polluted air and increases the ratio of "clean to dirty" air.

Second, moisture that plants give off traps airborne particles and acts as a filter for some pollutants. A single, mature apple tree gives off 300 gallons of water per day.

Third, hairy leaves and stems of many plants trap airborne particles and hold them until they are washed to the ground by rain. In one large city, the dust count on the down-wind side of a heavily planted area measured 75 percent lower than a similar count on the up-wind side.

Fourth, trees can slow the air movement sufficiently for heavier dust particles and pollutants to settle. Plus, fumes and odors can be masked by plants with particularly fragrant blooms or foliage.

By modifying the intensity of sunlight and by wind and humidity control, plants can have a significant impact on the

temperature around the home. The shady area under trees is cooler because of both an increase in moisture and a decrease in direct solar radiation.

Trees not only give off moisture, but the leaf canopy tends to prevent moisture-laden air from moving away. This moist air is more difficult to heat than dry air and can help reduce the temperature near the tree.

Trees are also effective at shielding something from the sun's radiation. Leaves, twigs and branches absorb part of the radiation, transmit a smaller portion, and reflect the rest.

There are several more ways plants can modify the climate. One important way is to use trees that are deciduous (those which lose their leaves in the winter) in landscaping, to reduce both heating and cooling bills. Trees planted so that they reflect the sun away from the house and shade it during the summer help keep the house cool. In the winter, when they have lost their leaves, the sun is able to reach the house and warm it.

Noise can be reduced with properly placed ornamental plantings. Trees, shrubs, vines and turf absorb noises. Plant parts break up sound waves, changing their direction and reducing their intensity. Densely

growing plants are best for sound control but the width of the planting is critical. To effectively screen highway noises, plantings would have to be 25 to 35 feet thick. Plant sounds, such as rustling leaves, help conceal or disguise offensive noises.

Glare from car headlights can be annoying. Control of such glare can be achieved by placing buffer plantings between the light source and the room. Place them close to the house to be most effective.

A secondary source of glare, such as reflected sunlight from pavements, can be reduced by plants too. Plants, even in tubs or containers, can be used to visually "break up" or soften a reflective surface. The light is reflected to the plant, which softens it by diffraction before it reaches the viewers' eyes.

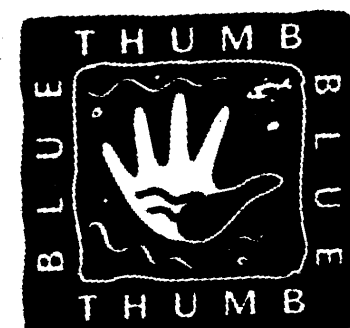
Finally, erosion control is an important role for plants. Trees, shrubs, vines, ground covers and grasses help prevent serious erosion by intercepting and breaking the impact of raindrops and by holding the soil in place with their roots. (MJM)

PUBLIC INVITATION

Lancaster County Extension Board Meeting

Held at the
Lancaster Extension Conference Center
the second Monday of every month at 7:00 p.m.

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



Give drinking water a hand.



Alice's analysis



I am looking forward to being your president of Lancaster County FCE Council for the next two years. I wish to thank LaDonna Pankoke, Jean Wheelock, Margaret Blacketer and Donna Gill for serving as executive officers of the council. I'll be calling club presidents in January and asking you to chair or serve on a committee.

Our first council meeting of 1996 will be Monday, January 22, 1 p.m. at the Lancaster Extension Conference Center. The guest speaker for our program will be Dixie Alberly of Gretna, Southeast District Director of the State FCE Council. Dixie recently attended a national meeting and will bring us information on the advantages of being in an FCE club. Please come with all your questions as to belonging to an FCE club.

Mark your calendar for April 24 as FCE Night at the Playhouse. The play will be "Our Town" which is good old fashioned enjoyable entertainment. Tickets are \$11 per person. Bring a friend or friends and encourage former and possible new members to come. Order your tickets, send your check, made payable to Sharon Knight, along with a stamped, self-addressed envelope to: Sharon Knight, 703 "C" Street, Lincoln, NE 68502. Deadline for tickets is February 1.

We hope Lorene is feeling much better especially by the time this paper goes to press.

Looking forward to seeing you all at the council meeting, Monday, January 22.

—Alice Doane, FCE Council Chair

Positive parental pressure



Adolescence can be a trying time for parents as well as for young people. As children move through adolescence, they need to be allowed increased freedom. But too much freedom too soon may mean undesirable influence from peer pressure in a teen's life.

Affirmative "parent pressure" can help balance out negative influence an adolescent may feel from peers. Positive pressures which parents can exert include:

Pressure by "stated values"

Tell your teen what you believe. Stand up for things you think are important, no matter how old-fashioned they may sound to a young person.

Be sure to let your teen know your beliefs about using alcohol and drugs and sexual conduct.

Pressure by "communication"

Talk to your teens. That means saying more than "Hi, how are you?" when they walk in the door. Find out how your son or daughter feels about

important events in his or her life.

Developing the habit of talking—and listening—may prevent a crisis point later on.

Pressure by "supervision"

Set age—appropriate limits for your teens. Be involved in their activities. Know where they are going, who their friends are, what they watch on television, even what music they like. Let them know you are interested and that you care about what happens to them.

Pressure by "participation"

Let your teen get involved in your life. Talk with him or her about your job and your interests.

Family activities such as hiking, card games or sculpting a snow family helps give adolescents a sense of belonging.

Building friendships with adults, including their parents, can be a real self-confidence builder for teens.

Pressure by "role modeling"

The adage, "Do as I say, not

as I do" does not work. Young people learn from observation. They are aware of the lives that adults lead. They observe your habits and will model their behavior after yours, whether that is the pattern you wanted them to follow or not.

Pressure by "not giving in"

Anyone who has teens knows that they can make it very difficult to stick to an unpopular decision and not change your mind in order to meet their demands.

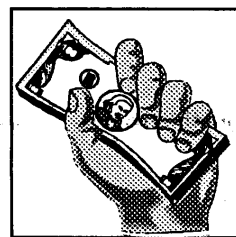
If the decision is based on your values and on previously agreed upon limits, stand firm during episodes of adolescent terrorism, no matter what.

Pressure does not need to be a negative factor in a parent—teen relationship. It can help to build a strong bond when accompanied with affirmation and respect.

Remember that it also takes pressure to transform a lump of coal into a diamond.

Credit: Connie Francis, Extension Educator, High Plains Six EPU, Lincoln County. (LJ)

Tips for preparing low-cost meals



- Plan meals ahead and make shopping lists.
- Use coupons

and pay attention to store specials.

- Try generic or store brand foods. They usually are similar in quality to name brand foods.

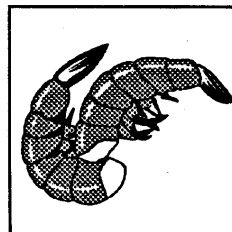
- Convenience foods are usually more expensive than those made from scratch. For example, the price of a pound of potato chips is 10 times or more the price of a pound of potatoes.
- Use non-fat dry milk in recipes.
- Fresh fruits and vegetables are cheaper in season. Compare prices between fresh, canned and frozen.
- Frozen dinners and veg-

etables with seasonings or sauces compared to plain frozen vegetables tend to be more expensive.

- Hearty soups call for small amounts of meat and vegetables. Use leftovers to create a good sized pot of soup.
- Use smaller (2-3 oz.) servings of meats and fish, and fill in calories with potatoes, rice, macaroni and breads. (MB)

Catering as a Business workshop

A "Catering as a Business" workshop will be held Tuesday, January 9 at the Lancaster Extension Conference Center. The 8:30 a.m. to 4:30 p.m. 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. Time for individual consultation will also be available. A \$35 fee for the workshop



will cover the cost of a notebook, lunch and breaks.

The "Catering as a Business" workshop is sponsored by UNL Cooperative Extension and UNL Department of Nutritional Sciences and Dietetics in cooperation with the Lancaster County Extension

Office. To obtain more information or to obtain a registration form, call 441-7180. Registration and payment must be returned by Friday, January 5.

Be a safe sledder

- Check equipment. Make sure sleds are in good shape, that they have secure handholds and are free of sharp or jagged edges.
- Check the hill. Slopes should be gentle and free of trees, stumps, posts, debris, snow-covered rocks and younger siblings. See that the run-out area is far away from traffic.
- Don't sled at dusk. Visibility is bad and kids are tired.
- Encourage using energy-absorbing pads on sled seats.
- Sled sitting up. Lying flat increases the chances of head and abdominal injuries.
- Never pull a sled behind a motorized vehicle.
- Dress for the cold and set time limits on outdoor play. Hot chocolate breaks can warm kids (and adults) and prevent frostbite.
- Avoid taking infants outside when it is colder than 40 degrees. They lose body heat quickly.
- Remember, "The majority of injuries are preventable," no hot dogs allowed. (LB)

More Family Living news on Page 11

fce Nebraska Association for Family & Community Education

Family and Community Education Club Council

All FCE 1996 presidents are members of the council. The January FCE Council meeting is scheduled for Monday, January 22, 1 p.m. The program will be presented by Dixie Alberly of Gretna, Southeast District Director of the State FCE Council. She will be talking about the advantages of being an FCE member. It is important that each club be represented at the council meetings; so, if the club president is unable to attend, please send a substitute. The council meetings are your chance to have input on FCE activities for the year and share ideas with other clubs. (LB)

1996 FCE Leader Training

Thursday, January 4: Leader, "Know Thyself" is Key to Success

Tuesday, January 23: What's Going on Around You? Are You Safe?

Tuesday, February 27: Meal Preparation for the Year 2000

Tuesday, March 26: Backyards for Wildlife and Family Enjoyment

Tuesday, September 24: Physical, Psychosocial and Spiritual Growth for Women at Mid-Life

Trainings will be held at 1 or 7 p.m. Lesson materials will be handed out at the training. If you are not able to attend the training for the lesson, it is your responsibility to pick up your club packet at the Extension office.

All training lessons are open to the public. Call Lorene Bartos, Extension Educator, if

you have questions about the lessons.

If your FCE club is using study lessons for any of the 1996 meetings, packets will be ready to be picked up at the Extension office by January 15.

"Leader, 'Know Thyself,' is Key to Success" January FCE 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 pre-register by calling Pam at 441-7180, so materials can be prepared. A leader's guide and member's materials will be available for those presenting the lesson. (LB)

Family and Community Education Club Council Scholarships Available

Watch the February NEBLINE for details of scholarships available through FCE Club Council. Applications will be due April 1, 1996. Call the Extension office for further details. (LB)



Customized garments, such as sweatshirts and t-shirts, are popular and may include paint, beads, studs and/or leather patches. Use extra care when laundering such items, as the trim or paint may not be colorfast or may not be able to withstand washing and drying.

Wash the decorated garment separately the first time, washing on the delicate cycle or by hand. Notice if there is color left in the wash water. For subsequent washings, continue laundering the garment separately until color no longer bleeds into the wash water.

Heat can damage some trims, so wash in cool water and line dry or use the air dry cycle on the dryer. (LB)

Children on their own need to know kitchen safety



Alice Henneman
Extension Educator &
Nancy Malone
Grants Coordinator,
County Health Dept.

It's estimated that roughly 7 million American children are "on their own" or are "cared for by a sibling" for short periods of time after school. Often the kitchen is the first place children go when they get home. What are the most important food and safety facts that children should know? *Here are some clues to kitchen safety that you will want to remember.*

1. Hands carry lots of germs. The first step in food safety is to wash your hands before making or eating a snack. All you need is a little soap and water. Make sure the water is warm, and lather up. Scrub the back and front of your hands, between the fingers and don't forget your fingernails. Wash for at least 20 seconds. Then rinse under running water and dry with a clean towel.

This may sound nice but not necessary. Proper handwashing, however, could save you from becoming ill.

2. Wash all fruits and vegetables before eating ... use just clear, clean water—no soap.

3. When using a knife to cut your food, always cut away from your body.

4. Microwave cooking is fast but can cause serious burns. Check with a grownup for specific directions before using the microwave oven. Some general tips for safe microwaving include:

- Never turn on an empty oven. This can cause the oven to break.
- Read package directions carefully. Make sure you know how to set the microwave oven controls (for example, 10 seconds, rather than 10 minutes)

• Use only microwave-safe cookware.

• Food coming out of the microwave can be very hot. Never pop any food right from the microwave into your mouth. Allow the food to cool for several minutes before eating. This includes letting microwave popcorn set a few minutes before opening, then open the bag so the opening is pointing away from you. Steam from the bag can cause serious burns.

• Food gets hot in the microwave. Have potholders handy to remove hot dishes.

5. Hot liquids, not fire, are the most common cause of burns to children. If you get burned working in the kitchen:

- a) Go to the sink and hold the burned area under cool, running water.
- b) If the burn begins to blister ... cover it loosely with a sterile gauze, or a clean cloth.
- c) Tell a grownup whenever you are burned. If the burn is severe and hurts badly, get help from a grownup immediately.

6. Germs grow quickly in foods that are not stored properly (i.e. milk, lunch meat, hard-cooked eggs, yogurt or foods left out on the counter at room temperature). Put these foods back in the refrigerator as soon as you've fixed your snack.

7. Discard foods like bread, cheese, jelly, fruits, vegetables or any other foods that have mold spots or that look bad. Fruits and vegetables that are shriveled or have soft spots should be thrown away.

8. If you spill something, take the time to clean it up properly.

9. To use a toaster safely:
• Keep the toaster away from curtains or towels or other things that could catch fire.

• Plug it directly into the outlet. Avoid using adapters with many appliances plugged into one outlet. Unplug toasters and other kitchen appliances when not using them.

• If the toast gets stuck, unplug the toaster. Do not use any object to remove the toast from the toaster. Toasters can catch on fire. If you see flames from **any** kitchen appliance, tell a grownup immediately. If a grownup is not home, call

911.

10. Use a stove only if you have been trained to use it by an adult. Keep things that will burn away from the stove. Towels, potholders, plastics and paper towels can all catch fire quickly when near direct heat or flames.

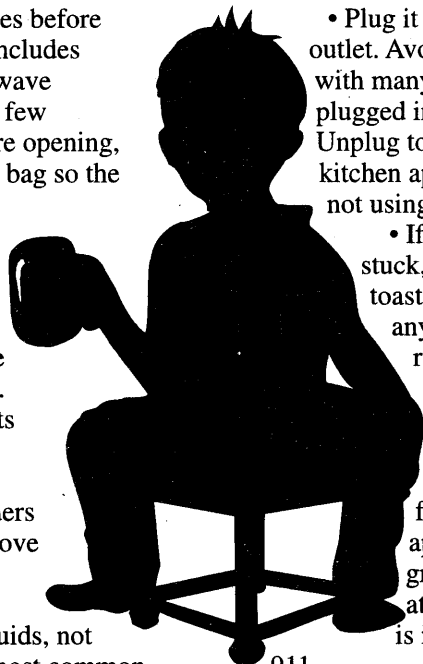
Keep an eye on the stove when cooking food. Turn pan handles away from the front so someone can't knock them off while walking by. Always turn off the stove when you're done cooking.

11. If something on your stove catches on fire:

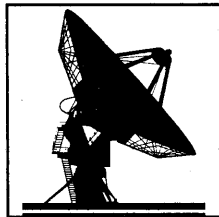
- 1) Smother the fire with a lid.
- 2) Turn off the burner.
- 3) Once the fire is out, tell a grown-up there was a fire.
- 4) Leave the house and call 911 if the fire has leaping flames.

DO NOT THROW BAKING SODA, SALT, WATER OR FLOUR ON A FIRE.

DON'T CARRY A BURNING OBJECT TO ANOTHER ROOM. (AH)



“Nutrition: Making a Difference in Schools” satellite videoconference



Nutrition educators and health professionals, teachers, school food service

personnel, school nurses, principals, curriculum coordinators, school board members and other interested individuals are invited to participate in a satellite videoconference on developing effective school nutrition education programs. “Nutrition: Making a Difference in Schools”, a national program developed by the Centers for Disease Control and Prevention will be offered Thursday, January 25, 12:00 to 3:30 p.m. at the Lancaster Extension Confer-

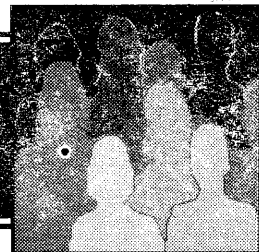
ence Center, 444 Cherrycreek Road, Lincoln, Nebraska. The Nebraska Department of Health and UNL Cooperative Extension in Lancaster County are the local sponsors of this program.

Participants will learn more about how to identify the key characteristics of effective nutrition education partnerships, school policies, curriculum, and linkages between classrooms, food service and physical activity departments. The session will help participants develop simple evaluation instruments to assess the acceptability of nutrition education programs by students and school staff and to assess the effectiveness of the nutrition education program in changing targeted behaviors. The

program will feature nationally recognized leaders in implementing school-based health promotion programs.

There is no charge for this program, however, preregistration is requested. Call 441-7180 by Wednesday, January 17. Participants are welcome to bring brown bag lunches. Continuing education credits will be offered to participants by the American Dietetic Association, American Association of Family and Consumer Sciences and Certified Health Education Specialists. For more information about the program and continuing education credits, call Alice Henneman, 441-7180, or Kathy Goddard, 471-2781. (AH)

Family Living



Tasty and Light

Come and taste lowfat cooking that you and your family will enjoy. A three-part weight management series will be held Wednesdays, January 17, 24 and 31, 1996 at Arnold Height's Family Resource Center (4621 Northwest 48, Lincoln) from 6 to 8 p.m.

We all want to be healthy, look and feel our best! Come 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.

January 17

- *Taste* hamburger vegetable soup and cheese fingers
- *Learn* healthy eating and weight management with the Food Guide Pyramid
- *Play* Pyramid Power

January 24

- *Taste* chicken and vegetable stir fry, rice and fruit salad
- *Learn* how to cut fat by reading the food label while shopping

January 31

- *Taste* skillet lasagna and no crust pumpkin pie
- *Learn* about exercise opportunities
- *Plan* lowfat meals

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

Call 470-0221 or 441-7180 for registration and/or more details! (MB)

Enhancing Restaurant Management workshop

An “Enhancing Restaurant Management” workshop will be held Wednesday, February 21, 8:30 a.m. to 4:30 p.m. The workshop is designed for locally owned restaurant managers who want to enhance their management skills. The day-long workshop will include information on food service trends, new trends in menus: nutrition and artistry, marketing and advertising, food safety, menu engineering, and cost containment. A \$50 fee for the workshop will cover the cost of a notebook and lunch. The “Enhancing Restaurant Management” workshop is sponsored by the University of Nebraska Cooperative Extension, the Department of Nutritional Science and Dietetics, and the Lancaster County Extension Office. To obtain more information or to preregister, call Alice Henneman, Extension Educator, at 441-7180. (AH)

Healthy Eating



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

Each month for the next year, I'll be sharing a fruit or vegetable recipe from the 5-A-Day Program. Look at the end of the recipe for information on how to obtain 12 additional new recipes each month.

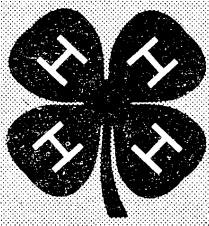
Turkey Potato Salad

- (great main dish lunch salad)
2 cups diced turkey breast, cooked
2 stalks celery, cut up
2/3 cup jicama, diced (or use water chestnuts)
3 green onions, cut up
2 red potatoes, cooked and cut into cubes
1 cup lowfat plain yogurt
2 tablespoons parsley flakes (or to taste)
2 teaspoons dill weed (or to taste)
pepper to taste

Lightly mix the turkey, celery, jicama, onions, potatoes, parsley and dill. Add the yogurt and mix. Add pepper to taste. Serve with a roll or on a bed of lettuce with bean sprouts. Makes three servings.

This is an official 5-A-Day recipe.

For your third set of 5-A-Day recipes, send a self-addressed, stamped to: 5-A-Day Recipes, #3; 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

- The Music Contest has been moved to Sunday, April 21, 4:00 p.m. at the Nebraska City Campus Union Ballroom...see article for more details. (AMM)
- State Leader Forum registrations are due by January 17. Contact the Extension office for more information. Scholarship money is available. (AMM)
- Teen Council meeting is scheduled for Sunday, January 14, 3:00-5:00 p.m. SERIES training will be the topic for the LOCK-IN. (AMM)
- Attention all 5th and 6th graders: The 4-H LOCK-IN is scheduled for Friday, January 26 beginning at 8:00 p.m. See ad on the 4-H page for more information or call Ann Marie at the Extension office. (AMM)
- The leader training scheduled for January 15 and February 13 has been rescheduled to February 8 at 9:30 a.m. and 7:00 p.m. The evening session will be televised on Channel 21. (AMM)
- Start thinking speeches! February 18, 6:00-7:30 p.m. is the date for the speech workshop to help you plan your 1996 4-H speech or public service announcement. (LJ)
- If you have an interest in participating in the Lovable Llama 4-H Club during 1996, both parent and child must attend an informational meeting Saturday, February 17, 10:00 a.m. At that meeting, all questions concerning the club will be addressed and plans for the year explained. If you have questions about the meet-

Kansas City here we come!

The 1996 Kansas City 4-H Youth Conference is scheduled for March 14-17, at the Park Place Hotel. The theme for the conference is *4-H Reaching Out From the Heartland: Globally and Culturally*. This is a midwest regional conference for youth over the age of 14.

The conference includes hands-on sessions that involve youth in solving issues central to their lives, families and communities in a global society, thus

broadening their horizons and insights into the world in which they live. *The schedule looks like this:*

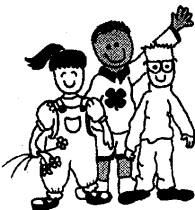
- Day 1—Keynote and banquet
- Day 2—Career education through in-depth tours of Kansas City area businesses, ethnic enrichment—foods, culture and FUN!
- Day 3—Workshops and seminars on leadership, education, careers and global issues, State Night Dinner and Dance

Day 4—Capnote and brunch—HOMEWARD BOUND!

The cost for registration is approximately \$175 per person. Registration is due by Monday, January 9. Transportation will be by bus with the entire Nebraska delegation. This conference is an excellent way to broaden your horizons and learn more about your community, country and your world. Please contact Ann Marie if you have any questions.

4-H Cloverbuds—it's for you!

Lancaster County 4-H CLOVERBUDS



"Families Exploring Together"

A discovery program for 5- to 7-year-old children & their families

Families exploring together—that's what Lancaster County 4-H Cloverbuds is all about. This exciting program for 5- 7-year -old children and their families is in its second year—and growing. In 4-H Cloverbuds, families have many wonderful opportunities to search out new activities, discover new things and share them with one another.

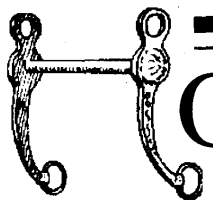
4-H Cloverbuds help children build self-esteem and talents in fun, educational group settings. Clubs provide experiences that lead to success. These non-competitive activities nurture self-esteem with positive reinforcement and recognition for participation.

It's easy to start a 4-H Cloverbuds club in your own neighborhood. Cloverbud clubs are "family friendly" and flexible! Just call the Extension office at 441-7180 and then ... GET READY FOR A FAMILY ADVENTURE. (SE)

4-H State Leaders Forum to be in Lincoln

The Ramada Inn in Lincoln will be the site of the Nebraska State 4-H Leaders Forum February 2 and 3, 1996. Registration is due January 17 and is \$55 for the whole forum. Part-time registrations are also available. 4-H Council sponsors several registration scholarships. If you would like to request a scholarship, contact the Extension office for a form. All applications for funds must be turned into the office by January 7, 1996.

Over 32 workshops are available on Saturday and everyone will be able to attend five. The forum starts on Friday afternoon with several tours offered of the Lincoln area and a Friday evening meal will kick off the event. Applications are available at the Extension office. (LJ)



HORSE BITS

Horse Owners' New Year's Resolution

You may have made a New Year's resolution to lose weight or to exercise more. But, if you're a horse owner, here are a few resolutions your horse would like you to make for 1996.

1. Feed me a balanced ration of high-quality feeds, including good, green hay.
 2. Provide me, if possible, with a high-quality pasture forage. Remember to be sure it has been properly fertilized and limed.
 3. Keep me in proper body condition throughout the year. I shouldn't be too thin or too obese.
 4. I need my teeth checked at least once a year and twice a year when I'm older.
 5. I also require a good scheduled parasite control program.
 6. My hooves should be kept trimmed and shod on a regular basis.
 7. I really enjoy being groomed and talked to—on a daily basis while I am inside and I would appreciate being exercised; either riding or just for a brisk walk as you tell me what you did all day.
 8. When it's cold outside, please remember that I need a shelter to get out of the wind and wet weather and that there is adequate water for me to drink.
 9. If I am stabled—please check on me at least twice daily.
- If the above resolutions are followed—just think what a healthier horse can do for you and what feeling good inside and out can do for me! Here's a toast to you! (CB)

ATTENTION NIGHT OWLS!

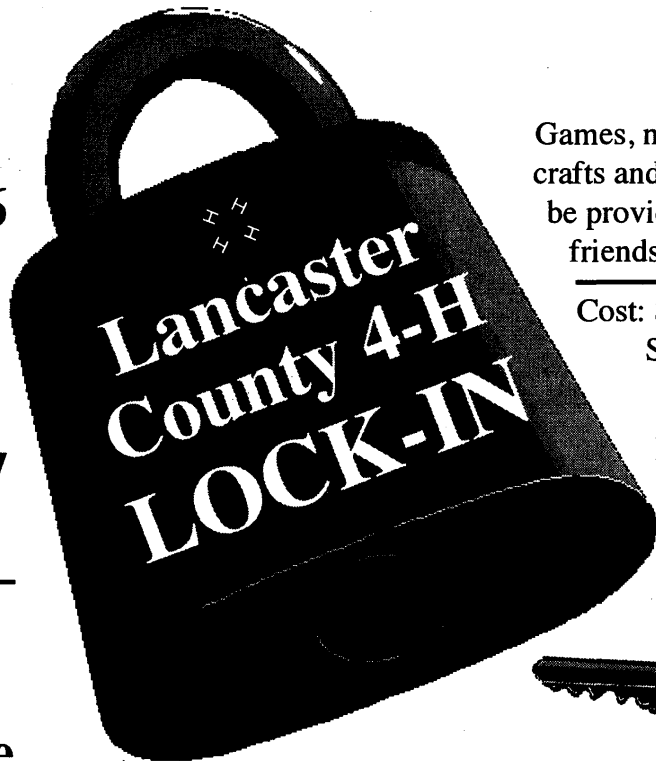


Be a part of an all-night LOCK-IN for 5th and 6th graders



Friday
January 26
8 p.m.
thru
Saturday
January 27
8 a.m.

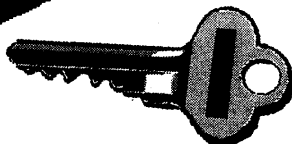
Lancaster
Extension
Conference
Center



Games, movies, snacks, crafts and breakfast will be provided. Meet new friends and have fun!

Cost: \$10 per person
Sign-up now or be locked-out!

Bring a pillow, sleeping bag, and lots of enthusiasm!



Presented by Lancaster County 4-H Teen Council

Sponsored by University of Nebraska Cooperative Extension in Lancaster County

4-H Lock-In Registration

(Registration due by Friday, January 19, 1996)

Name _____ Age _____ ☐ Male ☐ Female
Address _____ Phone _____
City _____ State _____ ZIP code _____
Parent signature _____

Please make check payable to Lancaster County Teen Council and return with registration to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, NE 68528-1507 441-7180



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth R. Bolen, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources. University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.



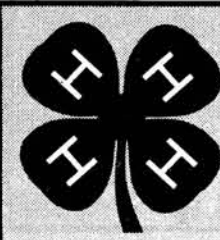
4-H in Star City Parade

Lancaster County 4-H clubs made their first appearance in the Star City Parade December 2, 1995. Following a banner proclaiming "4-H ... More Than You Ever Imagined," came a huge 4-H clover surrounded by dancing table settings, a giant spool of thread, a pygmy goat, cookies, decorated llamas, a walking camera and numerous other representations of 4-H projects. Deb Arends, Pam Stearley and Gwen Thorpe, with help from Gene Veburg and the Lancaster County Agriculture Society, were responsible for this very successful venture. (LJ)



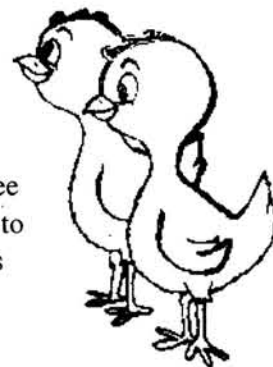
County 4Her's prepare to strut their stuff in the Star City Parade.

4-H & Youth



Free baby chicks

Baby chicks will be hatching around February 6, March 12 and May 6 as a result of Embryology, a 4-H school enrichment program. If you live on a farm or acreage and wish to receive free chicks, please call Arlene at 441-7180 to arrange your pick-up of chicks. Chicks will be available on or near the above mentioned dates. (ALH)



WANTED 22 Outstanding Educators

To spend mid-May to mid-August helping children and youth (ages 8-16) have the best summer of their lives while camping at the Eastern Nebraska 4-H Center—Gretna, NE; State 4-H Camp—Halsey, NE or South Central 4-H Center—Republican City, NE.

During pre-camp training, you will learn how to conduct sessions in photography, nature, crafts, ropes/confidence course, canoeing, watersliding, backpacking, overnight camping, games and recreation.

As a staff member, you

earn a competitive salary, are provided room, board and laundry facilities. In addition, you will be given an excellent opportunity to gain valuable experience working with youth. Internships may be arranged in order to gain college credit for you summer experience.

If you ever wanted to help kids become the best they can be, make a positive impact on improving our environment and realize your full potential, then this is the summer job for you.

The Nebraska 4-H Camps are Equal Opportunity Employers and you do not need to be in 4-H to apply. Applications

must be in by February 1, 1996 and an interview will be scheduled for February 9-10, 1996.

For more information or an application, see your employment office or call or write:

Jim Bell
215 West Highway 31
Gretna, NE 68028
(402) 332-4496

Bernie Lorkovic
Box 87
Halsey, NE 69142
(308) 533-2224 (LJ)

Attention!

4-H club leaders

During January, all 4-H club leaders will receive club update materials. It is absolutely vital that the information be returned by the date listed in the letter. If clubs are not updated, your club will be dropped from the data base and you will not receive timely materials from the office. (LJ)

Nebraska 4-H Volunteer newsletter subscriptions available

The Nebraska 4-H Volunteer is a newsletter designed to provide ideas and motivation to 4-H leaders on 4-H programming across Nebraska. Volunteers are kept up to date with current happenings through the State 4-H Office. Through "It Worked for Us" and "Volunteers in Action" sections, volunteers are linked with other volunteers from across the state. Youth development and organizational information found in the magazine helps support 4-H club programming. The 4-H Volunteer is currently published four times a year by volunteers for volunteers.

Individual subscriptions are available (4 issues per year) at a cost of \$6 per year; \$10 for 2 years; \$12 for 3 years. Payment is due to: Nebraska 4-H Volunteer Newsletter, State 4-H Office, 114 Ag Hall, Lincoln, NE 68583-0700. Subscription will begin with the next issue after the fee is received. (LJ)

Is an aviation career in your future?

Have you considered a career in aviation? If so, The Aviation Career Education (ACE) Academy is your opportunity. The ACE Academy is a week-long opportunity for students ages 12-17 where you will be given a chance to explore a wide variety of careers in aviation and experience first hand the thrill of

piloting a single engine airplane with a Federal Aviation Administration certified pilot. The camp will be held during the summer of 1996 at the Nebraska National Guard Camp located along the Platte River near Ashland. Several exciting tours will be part of the week including visits to the Strategic Air Command

Museum and Offutt AFB's Aviation Physiology Laboratory. If you would like more information on the ACE Academy, contact the Extension office for a brochure. (LJ)

Successful animal 4-H project meetings

As a 4-H leader, you are critical to the success of your particular 4-H project area. The project meeting provides an exciting experience of opportunities for every youth. Youth need to acquire subject matter knowledge, physical skills, decision making abilities and positive attitudes toward themselves and others. How successful you are depends on your ability to relate to each individual member and adult volunteer. Remember, your role is to serve as helper and/or coach rather than directive teacher. The animal 4-H project area is often a "learn-by-doing" skill which develops life skills through 4-H project work.

In addition to the "learn-by-doing" skill, all 4-H members are encouraged to keep current records of their animal project. The animal science project booklet is divided into three parts: the action, the result and the timetable. It is very important to be able to control the outcome of your goals.

Another addition to project records is "judging contests."

Judging is a very popular activity with all 4-H members. Judging helps to develop decision making, organizing and orally defending decision skills. By participating in judging contests, members and adult volunteers should be able to accomplish: selecting a placeable class, determine the cuts or margins of difference, judge several classes, present oral reasons and score their own placings.

In addition to the judging contests, conducting a "project bowl" can help you, as the project leader; but also assist the club members and adult volunteers in demonstrating their project knowledge and to recognize what they know and

don't know.

Another avenue to aid all leaders is attendance at the monthly animal VIPS meetings. The VIPS meetings are used to communicate ideas regarding clinics, judging contests, fair information and planning celebrations to show individual and group achievements. The dates for all animal VIPS meetings are printed in the NEBLINE newspaper on a monthly basis along with dates of any clinics and/or workshops being held in each animal area. As a leader, if you are unable to attend each month, ask for volunteers—adult and youth—to attend. Your input is always welcome and encouraged. (CB)

Move with the music!

It's time to make a change with the Lancaster County 4-H Music Contest, so move with us to the music! Sunday, April 21, 4:00 p.m. at the Nebraska City Campus Union Ballroom! Registration is due on Friday, April 12.

There are four classes for the music contest, drill or dance group, song group, song group with recorded accompaniment or combo/band group. Here are a few of the rules, they are further explained in the fair book (you may refer to the 1995 fair book).

1. Groups must have at least three participants and they all must be 4-H members.

2. Clubs may combine members to participate in the contest.

3. Any number of songs may be used within the 6-minute time limit.

4. Recorded music may be used with either song or dance group, although a piano will be available for your use.

5. Accompaniment must be a 4-H member, leader or parent. No more than one person may accompany a group.

We are very excited about moving the contest to this date and hope you are open to change as well. Please contact Ann Marie if you have any questions. Good Luck...Moving to the Music! (AMM)

Head



Hands



Heart

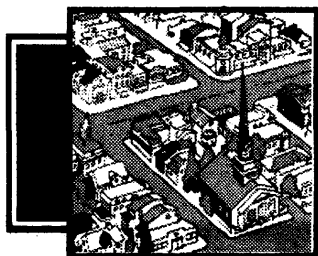


Health



Volunteer leaders wanted

University of Nebraska Cooperative Extension in Lancaster County is seeking cheerful, energetic and reliable individuals, or teams, to help organize and lead activities for youth. Ability to have fun and learn at the same time a must. Call 441-7180 for further information on how you can help "shape the future"! (LJ)



Community & Leadership Development

Lancaster County Agriculture Society elects new members

At the December 9, 1995, annual meeting of the Lancaster County Agriculture Society officers of the organization for the next year were elected. *They are:*

President—Rod Hollman
Vice president—Dick Confer
Secretary—Jerrie Hughes
Treasurer—Elaine Pruett

New three year directors include:

Roger Powell
Don Madden
Ron Osborne

Special thanks were given to Irene Rezac for her long and outstanding service to the Agriculture Society. The Fairboard (Lancaster County Agriculture Society) meets on the third Thursday of each month at 7:30 p.m. at the Lancaster Extension Conference Center. The public is invited and welcome. (LJ)

New 4-H Council ready to assume leadership

New members of the Lancaster County 4-H Council were welcomed at a working meeting and get-acquainted social last month. New as well as currently serving members of the council had an opportunity to get to know one another and begin the process of learning to work together for the good of 4-H in the county during the meeting.

Newly elected council members are:

Northwest Youth	Scott Christensen
Northeast Youth	Brett Jurgens
Southwest Youth	Kent Rosenboom
Southwest Adult	Brent Sieck
Lincoln Adult	Galen Madsen & Janet Anderson
Lincoln Youth	Robin Stearley & JoHanna Madsen

The new members of the council are joined by Emily Mitchell who was appointed by 4-H Council President Pam Stearly, to fill the rest of Eric Mitchell's term. (LJ)

Body language easily misinterpreted

Many people believe they can pick up nonverbal clues to a person's true personality. But new studies at the University of California at San Francisco and the University of Missouri at St. Louis suggest that while there are some specific signs that reveal certain traits, the fact remains that body language and other mannerisms are easy to misinterpret.

Take *lying* for example. People often say things like "I could tell she was lying because she wouldn't look at me" or "he had shifty eyes." But researchers have found that people who are lying look the other person in the eye every bit as much as truthful

people do. It seems that noting discrepancies between a person's tone of voice and gestures is a a better way to catch a lie. The studies also found that the fear of being disbelieved looks the same as the fear of being caught lying. And, it goes without saying that when people tell the same lie over and over again, they can become very convincing.

Likewise, people who *gesture* a lot are often thought of as dominant. But this also is not true. A more accurate cue of dominant people is that they are less likely to fiddle with things than less dominant people. Another common misreading is that someone is *sad or surprised*

because their facial muscles seem to suggest this. A more accurate explanation may simply be the normal lines of aging or the way someone's eyebrows are situated, for example.

The message of all this research is that we need to be more careful about making assumptions about a person's character and personality. This is particularly important in our relations with people from other cultures—where certain gestures and mannerisms may have a whole different set of meanings and implications.

Source: Work and Family Life, July/August 1994, Vol. 8,

Bill Moyers listed the following tips for communities to consider as ways to reduce or stop violence.

- Get police into neighborhoods and on the streets.
- Establish mandatory training courses for parents who are neglectful. Hold them accountable for their child's delinquency. Teach parenting and child development in high schools. (Is teaching kids how to drive a car more important than helping them understand what's involved in being a parent?)
- Build prevention and control of violence into the fabric of community life. Hold block parties. Call town meetings on community violence. Organize crime prevention committees. Ask your neighbors to call immediately when your own children cause problems. Train

young people to help their peers. Build on the positive resources in poor communities. Establish programs in churches that invite neighborhood children to family-style dinners. Provide safe places for kids at night, including schools and churches. Pay people who are home to provide "safe corridors" for children en route to and from school.

- Restrict the sale of violent pornography.
- Require devices on TV sets, so parents can control which programs their children watch.
- Make penalties for violent crime sure and predictable.
- Get young people involved in volunteer service in their neighborhoods. Every child needs to feel useful and to see what other people do for a living.
- Volunteer to work with young people. Every kid needs a caring adult.

• Discipline kids swiftly and effectively but appropriately, so they realize that actions have real consequences for which they are accountable. Require them to make restitution. If they do graffiti, have them clean it up immediately. Reward youngsters for good behavior. Never spank a child when you are angry: Children need to know that anger is sometimes acceptable, but violence is not. Use family meetings to resolve conflicts.

Through Extension programming, we hope to address some of these issues and we hope that all of you will take the time to start working on just one of those ideas listed. Call and offer to lead a 4-H club or to organize a party for your neighborhood or church. Join a group who is concerned about prevention in your community. Individuals do make a difference. (LJ)

Ten ways towards boosting morale

Morale is vital to any organization. Here are a few suggestions for relieving stress that may help invigorate your organization, group or workplace.

1. A group lunch. It doesn't have to be a fancy expensive restaurant. Ordering pizza or a six-foot submarine sandwich can be just as much fun.
2. Instigate a humor board. Designate one bulletin board as a place to post cartoons, jokes, humorous photos, etc.
3. Send cartoon memos. Attach a cartoon or a short joke to any of the more mundane memos you distribute.
4. Schedule meetings in unusual places.
5. Have a special day. Hold

an "ugly tie" or "ugly sweater" day, or something similar that everyone can participate in. Award joke prizes for winners.

6. Take a humor break. Take turns designating someone to tell a joke or a story during a daily "humor break."

7. Snapshots. Bring a camera to work and get candid shots of employees. Post the photos on your humor board.

8. Be cheerful. Be sure to smile and say hello to your co-

workers and friends.

9. Incorporate some flextime. Work out a schedule that allows people to arrive late or leave early one day every week, or every other week.

10. Stay in perspective. Remind yourself, and your colleagues, that things aren't as bad as they sometimes seem during the stress of the moment.

Adapted from Successful Meetings. (LJ)

MAKE IT BIG

It is a fact that many people will buy from big businesses more frequently than they will buy from a small or home-based business. The fact is the buyer is more likely to get better service from a small or home-based business. The following are given as suggestions to make a business look big and well established.

1. Outdo the competitors. A small business has to at least match competitors' materials but even look better.
2. Use a company name. A business will sound bigger if a company name is used rather than a personal name.
3. Get a logo. This is a company's symbol. It makes it look established and seem more real.
4. Use coordinated materials. Shipping labels, invoices, business cards and letterhead should reinforce the company's identity. Business cards are often the first thing potential customers see, so pay special attention to them.
5. Answer the phone professionally. Never answer a question with personal information. Talk in terms of scheduling conflicts, not of taking personal time to care for children.
6. Join professional organizations.
7. Accept credit cards. This allows orders to be taken more easily.
8. Advertise regularly. The business will seem well established when advertising appears on a consistent, regular basis.

Source: Business Start-ups, October 1995. (LJ)

Tips on getting your message across to Congress

At the present time Congress is debating several bills which will have substantial effects on the ways in which our country has traditionally done business. It is important as part of the democratic process that we all take a part in those decisions and let those who represent us know what we are thinking. Representative Christopher Shays (R-Conn.) urged people to be

outspoken and interact with their members in Congress. Know how to contact your representatives and senators and let them know what you are thinking.

Sherry Kaiman and Sara Davis, congressional staff members offer these suggestions.

Make presence known. Constituent mail, phone calls, faxes and e-mail are "highly

scrutinized" staffers said. Constituent opinions do help sway a legislator's vote on an issue.

Have facts on-hand. When they do hear from you, lawmakers need more than an opinion. Build a case for support of your program. Present the facts—"this is what is happening in our community, here is how this program has helped."

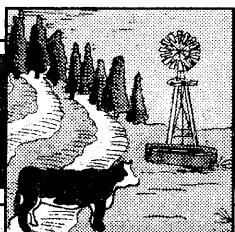
Use your business contacts.

Ask businesses that favor your group to express support for the program both to your representatives and to theirs if they have a home office in another location.

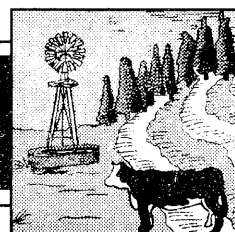
Let them see you in action. Invite members of Congress to visit your site. Overwhelm them with requests to visit if they don't agree right away. Contact district offices as well as Washington offices. Keep

inviting them back once they come.

Be inclusive. Don't contact only those who will favor your cause. "Whether they are conservative or liberal, everyone likes to be invited to the party. Whether or not they support your program is up to them—and it is your choice whether or not to support them." (LJ)



Rural \$ense news *continued*



Effective use of winter pasture

Feeding hay or silage to beef cows and young stock during winter is expensive and a lot of work. Let's consider ways to make winter pasture a cheap and effective feed source.

For years, many of you have used corn stalks as winter feed for stock cows. That is an outstanding program—DO NOT STOP. But, sometimes (in certain areas) corn stalks are not available. Or, a lot of grass remains in some pastures; then, you can plan your summer grazing to allow more grass to remain for eventual winter use. Grazing these pastures during winter has its advantages.

For starters, you will need less hay and silage for winter feed. Every day you graze winter pasture rather than feed hay or silage, you will save 25 to 50 cents per cow. Another benefit of winter grazing is the cleaning off of old growth so cattle have mostly fresh, green pasture next spring. Cattle will even eat some plants—like yucca and ragweed—during winter that they will rarely touch during summer.

Grazing during winter—rather than in summer—is one of the best methods to improve the health of your grasslands. If you have some run-down, poor condition, low producing

pastures, plan ahead to winter graze them by stockpiling rather than grazing summer growth. Grasses that need invigorating will be strengthened by not grazing them during the growing season.

Of course, do not forget that your cattle will need some protein supplements while grazing winter pasture, just like corn stalks. But, cattle do a pretty good job of picking high quality plant parts to eat while winter grazing.

Winter grazing is an opportunity to reduce winter feed costs and improve pasture conditions. Try it with your cattle. (WS)

Test winter forages at certified labs

If you are not yet testing your feed, get started now. This year's weather—the wet spring, hot summer, local droughts and early freeze—has caused much hay and silage to contain unusual nutrient concentrations.

In fact, some of the changes might be so large that your usual feeding program could be totally wrong for your livestock this winter. While many forages have normal or better protein levels, many feeds appear to be low in energy. Improper feeding could then cause calves to be weak at birth, cows to rebreed slowly next spring, low milk production and even abortions. And, if your feed supply is short, testing will guide your efforts to stretch the supply. So, test now for protein, energy, poisonous nitrates and any other nutrients important in your feeding program.

And, when you send in samples for testing, only send them to a laboratory that is certified by the National Forage Testing Association. Besides the NIR Feed Testing Lab at the University, five labs participate in this certification program in Nebraska. They are Ward Labs in Kearney, Midwest Labs in Omaha, Olsen's Ag Lab in McCook, Servi-Tech in Hastings and Specialty Services in West Point. These labs have proven their ability to accurately test forages in a national check sample program. So, go ahead, forage test. You will be dollars ahead! (WS)

CRP options: planning for the future

The pending expiration of many Conservation Reserve Program (CRP) contracts on October 1, 1996, has many landowners and agricultural producers wondering what they should do with these acres. Some plan to return them to crop production; others plan to keep them in grass and use them for haying or grazing purposes; and some would like to re-enroll

the acres in the CRP. Whatever they plan to do, most of them have questions about how to accomplish their goal.

A workshop is planned for February 24, 1996, at the Agricultural Research and Development Center near Ithaca in Saunders County to answer some of their questions. Speakers will address topics such as managing

CRP for forage production, considerations for returning CRP to crop production and economic considerations. However, plenty of time will be allotted for answering specific questions producers might have. Watch for additional information in the next issue of NEBLINE or contact the Lancaster County Extension office at 441-7180. (CB)

International Agricultural Exchange Association

International Agricultural Exchange Association (I.A.E.A.) is an exchange program for those with a background in farming and a desire to work abroad. Trainees live with a host family and work with them on their agricultural or horticultural enterprise. The choices for this year's program include the countries of Australia, New Zealand and Japan, and also the continent of Europe. (GCB)

Family Living news *continued*

Family mealtimes

Mealtime is family time and a good time to teach nutrition by example. "The eating habits that children learn from their parents develop into lifelong patterns," according to Linda Boeckner, Extension Nutrition Specialist. "When good eating practices are formed at an early age, they are much easier to maintain when children go off to elementary school and beyond." Boeckner offers several suggestions for creating positive family mealtimes:

- Children need mealtime experiences to pick up appropriate eating habits and socially acceptable eating behavior. One startling aspect of our fast-paced society is the number of households that do not schedule a family meal together. Too often children and parents are off on busy schedules that leave no time for a leisurely meal and discussion of daily activities.
- Children can be involved in more than just eating the meal. They learn from shopping for foods and helping in food preparation. Even very young children can be involved in getting a meal ready. For example, a two or three year old can help open food boxes, set the table, wash fruits and vegetables, stir batters, and put food away after shopping. Under supervision, children can learn to push buttons for mixers or microwave ovens.
- When children are older, they can learn the proper use of a knife and cutting board to cut vegetables for stew or a salad. Children love to mix juice and other drinks.
- Once in a while ask your children to plan the family meal for an evening. They will love it and you will be surprised at their creativity.
- Food values and traditions are based on our family experiences. Make your approaches to food enjoyable and help your children develop some habits they'll never forget. It takes some time and planning, but the results will be worth it. (AH)

Family Community Leadership

Become involved in making decisions that affect you and your community



For more information, contact your local Extension office.

Should you "diet" this year?

If you've already fallen off your New Year's diet plan, this may be the year for you to "redefine success" in relation to the goal of a diet. This advice comes from Sue Cummings, registered dietitian and a weight control specialist at Boston's Massachusetts General Hospital.

Ms. Cummings and other weight control experts recently expressed a variety of viewpoints on whether "to diet or not?" in a Tufts University "Diet & Nutrition Letter" special report. For the person who is continually going up and down in weight, simply maintaining current weight might be considered a "success", according to Cummings.

Having weight loss as a goal can be quite destructive according to Ellyn Satter, registered dietitian and a clinical social worker in Madison, Wisconsin. Satter, who leads a "Treating the Dieting Casualty" workshop, feels it's better to promote eating in a positive way and exercising in a pleasurable and sustainable fashion. Dieting to an exact predetermined body weight should not be the goal. Rather, focus on the body weight that's best for you when you are eating and exercising in a healthy and enjoyable manner.

All dieting shouldn't be thrown out the door according to other weight control experts. Xavier Pi-Sunyer, MD, Chief of Endocrinology, Diabetes, and Nutrition at St. Luke's-Roosevelt

Hospital Center in New York City, feels that certain health conditions merit weight loss. For example, the incidence of diabetes, high blood pressure, cardiovascular disease, stroke, gout and osteoarthritis, rises with increasing weight.

When excessive weight imposes life-threatening conditions, weight loss to a healthier weight is recommended by John Foreyt, PhD, Director of the Nutrition Research Clinic, Baylor College of Medicine, Houston. Later, the goal may be to help the person focus on healthy eating and good exercise.

Given these various thoughts on dieting, what's a reasonable goal? Some starting points might be:

- 1) Eat a lower fat diet with an emphasis on more fruits, vegetables and grains. Choose foods you enjoy and take time to savor

them.

- 2) Increase your physical activity in a way that you find pleasurable and sustainable.

- 3) Consider a "healthy" weight. This may mean stabilizing your current weight. Or possibly, losing just 10- to 15-pounds. For the person that's not excessively overweight, a small weight loss may be sufficient to reduce blood pressure and cholesterol and to lower blood sugar.

- 4) If you're extremely overweight to the point of your weight being life-threatening, work with your health professional toward achieving a "healthy" weight. Focus on "health" rather than what might be a genetically impossible "ideal" weight.

- 5) Enjoy yourself and have fun at whatever weight you are. (AH)

Nutrition for Alzheimer's

Sometimes people with Alzheimer's disease may not eat as well as they used to. Here are some practices used by the Food and Nutrition Department at the Hebrew Home for the Aged in Riverdale, New York that may be helpful in caring for someone with Alzheimer's. As reported in *Tufts University Diet and Nutrition Letter*, this facility has developed an award-winning "Finger Foods Menu Program." Here are some suggestions they offer:

- Offer bite-sized portions of foods such as fruits, vegetables, cheeses and sandwiches. Persons who have forgotten how to use knives and forks can easily eat such finger foods. You may wish to go as far as making easy-to-hold strips of meatloaf and small one-ounce fish croquettes.
- Puree soups and serve them in a mug rather than a bowl.
- Allow plenty of time for eating. Offer foods at times when the person is hungry, even if this isn't a "normal" mealtime. (AH)

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Lancaster County

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Gary C. Bergman, Extension Educator-Unit Leader

NOTICE

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

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Extension Calendar

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

January 2	
4-H Council Meeting.....	7:00 p.m.
January 3	
Crop Protection Clinic.....	8:40 a.m.
4-H Camp Staff Application Due	
January 4	
Nebraska Forage and Grassland Council, Community College, Columbus.....	8:30 a.m.-5:00 p.m.
FCE Leader Training.....	1:00 p.m. or 7:00 p.m.
January 8	
Extension Board Meeting.....	7:00 p.m.
District SOY Session, Peppercorn Restaurant, South Hwy 15, Seward.....	9:00 a.m.
4-H Shooting Sports Meeting.....	7:00 p.m.
January 9	
Catering as a Business.....	8:30 a.m.-4:30 p.m.
Kansas City 4-H Youth Conference registrations due	
January 10	
4-H Horse VIPS Meeting.....	7:00 p.m.
January 11	
4-H Beef VIPS Meeting.....	7:00 p.m.
4-State Beef Conference, Baptist Church, 3rd & Jackson, Tecumseh.....	10:00 a.m.
January 12	
4-H Cloverbuds VIPS Meeting—Farabees.....	1:15 p.m.
January 14	
4-H Teen Council Meeting.....	3:00 p.m.-5:00 p.m.
January 15	
4-H Speech VIPS Meeting.....	7:00 p.m.
January 16	
4-H Bucket Calf VIPS Meeting.....	7:00 p.m.
January 17	
4-H Dog VIPS Meeting.....	7:00 p.m.
Star City Rabbit Raisers 4-H Club Meeting.....	7:00 p.m.
State Leader Forum registrations due	
January 17, 24, 31	
Weight Management Workshop, Arnold Heights Family Resource Center.....	6:00-8:00 p.m.
January 18	
4-H Sheep VIPS Meeting.....	7:00 p.m.
Fair Board Meeting.....	7:30 p.m.
January 22	
FCE Leader Training.....	1:00 p.m. or 7:00 p.m.
January 23	
4-H Dairy Cattle VIPS Meeting.....	7:00 p.m.
January 24	
4-H Poultry VIPS Meeting.....	7:00 p.m.
January 25	
Nutrition: Making a Difference in Schools videoconference.....	12:00-3:30 p.m.
January 26-27	
4-H Lock-In.....	8:00 p.m.-8:00 a.m.
January 30	
Private Pesticide Applicator Training.....	7:00 p.m.
January 30-31	
Nebraska Agricultural Microcomputer Conference, Ramada Inn, Kearney	

NEBLINE
FEEDBACK
FORM



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Sick

extremely time-consuming and is often inconclusive. The following case study provides a good example of what environmental health specialists and medical personnel might be faced with:

Situation: In the past year or so, Mr. and Mrs. H., retired and in their early 70s, have had respiratory problems that are getting progressively worse. Mr. H. was a longtime cigarette smoker, but he quit a couple of years ago after he started to have some health problems associated with smoking. Mrs. H.'s respiratory problems started about a year ago, after she and her husband moved into their new home. Before they moved in, all the interior walls were painted and floors were recarpeted. In the process of fixing up the basement, a water repellent product was applied to the block walls before the walls were painted. Carpet was glued to the slab floor. During a routine termite inspection, a carpenter ant infestation was found. A pest control company has been treating the house monthly for the past year. After they moved in, Mr. and Mrs. H.'s daughter gave them her pet bird because she works long hours and it is lonely. Mr. and Mrs. H. rarely open the windows of their house. Because they are concerned about their health, they installed a special furnace filter to filter out the dust and pollen. Their home is meticulously clean.

This is a true story. After nearly a year in their new house, Mrs. H. was so sick that she was hospitalized. Mr. H. was con-

vinced that something in the house was making his wife sick. What was the cause of Mrs. H.'s respiratory problems? Do you think the cause was:

- a. old age?
- b. second-hand smoke?
- c. fumes from the new carpet?
- d. the carpet glue?
- e. the water repellent chemical?
- f. insecticide use or misuse?
- g. an allergy to the pet bird?
- h. tight building syndrome?
- i. all of the above?

An initial investigation eliminated the insecticide as contributing to the problem. After examining earlier x-rays, Mrs. H.'s doctor believes that she had some respiratory problems before she moved into the new house, maybe from her age or exposure to secondhand smoke. The water repellent product applied to the basement block walls seems to have been the acute chemical exposure that triggered her respiratory problems. Mr. and Mrs. H. have given the bird back to their daughter, but Mrs. H. has noticed that she has more respiratory problems when she spends time around the bird at her daughter's house. This is the typical scenario of MCS.

Chemicals in the Environment: Over 70,000 new chemical compounds have been introduced into the environment since World War II. What are the long-term health risks associated with exposure to these chemicals? For the most part, we don't know.

What chemicals are you exposing yourself to in/around your home or at work?

- Air freshener: paradichlorobenzene, naphthalene, phenol, cresol, ethanol, xylene, formaldehyde
- Permanent markers: benzene
- Correction fluid: trichloroethylene, cresol, ethanol, naphthalene
- Plastic and pressed wood furniture: formaldehyde, PVC and toluene diisocyanate gases
- Polyurathane foam mattress: toluene diisocyanate gas
- Dandruff shampoo: selenium sulfide, recorcinol
- Antiperspirant spray: aluminum chlorohydrate
- Toothpaste: saccharine, ammonia, benzyl alcohol, sodium benzoate, fluoride, formaldehyde
- Plastic shower curtain: polyvinyl chloride gas (PVC)
- High maintenance lawn: sprayed with propoxur, diazinon, benomyl, prometon, glyphosate and 2,4-D, among other pesticides
- Chlorinated scouring powder: chlorine fumes
- Disinfectants: diethylene or methylene glycol, sodium hypochlorite, phenols
- Wet paint: aliphatic hydrocarbons, ethylene, mineral spirits and other solvents
- Stains and finishes: mineral spirits, glycol ethers, ketones, halogenated hydrocarbons, naphtha
- Wood strippers: methylene chloride, acetone, methyl ethyl ketone, alcohols, xylene, toluene
- Secondhand cigarette smoke: benzene, carbon monoxide, carbonyl sulfide, formaldehyde, hydrogen cyanide and others