

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

The NEBLINE Newsletter Archive from UNL
Extension in Lancaster County

Extension

2-1996

The NEBLINE, February 1996

Follow this and additional works at: <https://digitalcommons.unl.edu/neblines>

"The NEBLINE, February 1996" (1996). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 245.

<https://digitalcommons.unl.edu/neblines/245>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Exploring winter

It's winter! It gets dark before you finish dinner and it's dark when you get up in the morning. When you go outside, your cheeks get red, your nose may run and your toes get numb.

Winter comes out in a fog when you talk. It's naked branches, rock salt on the sidewalks, needles of ice slicing through the glow of streetlights and headlights. Winter is crunchy sounds when you walk, wet wool, puddles leaking around your boots on the clean hall floor. It's your jacket zipper catching the front of your shirt and staying stuck no matter how you try to wiggle it loose.

Winter is crackling fires, first run shows on television, hot cocoa with marshmallows melting on top. It's going outside without getting mosquito bites and without worrying about ticks. Sometimes winter is dull, slippery, gray and boring.

But then, winter is too exciting to miss. Dress warmly and explore this wonderful season! Make icy investigations like catching snowflakes (no two snowflakes are exactly alike) or identifying the tracks in your backyard. Have a winter scavenger hunt or make snow angels and build your own snow shelter. Go ice skating, sledding or use your cross country skis. Or, just go outside and listen to the sounds and enjoy the smells of winter.

Yes, winter can be lots of fun! Once you start exploring, you definitely won't want to curl up and hibernate. (ALH)

How long will winter be?

In Eskimo villages, people don't leave what winter will be like to chance. They hold a contest each fall to forecast the coming winter weather.

The ducks (anyone born during a summer month) line up on one side and the ptarmigans (anyone born during a winter month) line up facing them. A sealskin rope is stretched between the two teams and a tug of war begins.

If the ducks win, winter will be fair and mild. If the ptarmigans win, better bundle up.

Check your friends' birthdays and set up a tug-of-war of your own to predict the remaining winter. (ALH)

Don't get "bugged" by a foodborne illness



Alice Henneman
Extension Educator

Some 33 million Americans could suffer from foodborne illness this year. Why? Because, under the right conditions, bacteria you can't see, smell or taste can make you sick.

For many people, foodborne illness results in discomfort or lost time from the job. For others, especially preschool age children, the elderly, and people with weakened immune systems, foodborne illness is more serious and may be life threatening. As many as 9,000 individuals die yearly of foodborne disease.

A serious chronic illness may follow foodborne illness for some. The annual cost of foodborne illness in the United States is estimated to be between \$7.7 and \$23 billion.

Never had a foodborne illness? Perhaps you have, but thought you were sick with the flu. It doesn't have to happen, though. Many cases could be avoided if people handled food properly. Take the following quiz to test your knowledge of desirable food safety practices.

dishwasher before storing other foods in them. If you wash dishes by hand, wash them right away using hot soapy water followed by hot rinse water. Be sure to keep dishcloths and sponges clean because, when wet, they harbor bacteria and promote their growth. Air dry hand washed dishes.

Finally, clean all work surfaces thoroughly. Wash your hands with warm water and soap for at least 20 seconds before and after touching food.

2. *Cool leftover foods rapidly by placing them in shallow containers and quickly refrigerating them.*

TRUE. Improperly cooled foods are a major cause of foodborne illness. If food is left out for two or more hours, bacteria can grow to harmful levels. Put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster. For thicker foods, such as stews, hot puddings, and layers of meat slices—limit depth of food to 2 inches.

Cover loosely to protect food from accidental contamination, yet allow heat to escape. Stir the food occasionally to help it cool. Tighten the cover when the food is cooled. Eat refrigerated leftovers in the next few days. Frozen foods will keep longer.

3. *Meat loaf that is pink in the center after cooking is safe from bacteria.*

FALSE. Ground meat is handled a great deal compared to other cuts of meat. This increases the likelihood that it is contaminated with bacteria. The U.S. Department of Agriculture recommends cooking items prepared with ground meat until brown or grey in the center and the juices run



HOW SAFE IS YOUR FOOD?

clear, not pink. Or cook until a meat thermometer reads 160° F in the center; ground poultry patties and loaves, 165° F. Follow the same guidelines for cooking thinner cuts of red meat. Thicker cuts, such as roasts—whose insides are less likely to come in contact with bacteria—are more safely served while still slightly pink in the middle.

However, if you have cut into the meat with a knife (scoring) or poked it with a fork to tenderize it, exposing it to bacteria, cook it until no longer pink in the middle.

Cook poultry to 180° F or until the juices run clear, not pink. Fish flakes with a fork when it's done.

Please turn to Bugged: page 11

PRIORITY PROGRAM INDEX

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

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



Agricultural Competitiveness and Profitability

"Seminars Help Pork Producers Plan"—page 3



Natural Resources and Environmental Management

"Let's Play Track Detective"—page 4



Children, Youth and Families

"Crisis Mode Shrinks Heart"—page 6



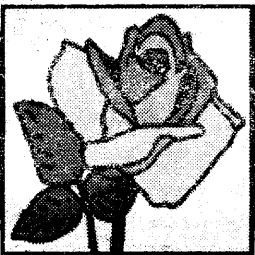
Nutrition, Food Safety and Quality

"Don't Get 'Bugged'"—page 1



Strengthening Neighborhoods and Communities

"Comprehensive Juvenile Services Plan"—page 10



Horticulture

Collect grafting wood

Now is the time of year in Nebraska to collect your bud and graftwood for spring grafting and budding. Homeowners and amateur tree growers may choose to collect wood from their favorite tree, or they could collect from a reliable tree that a neighbor has and propagate this cultivar onto one of their own trees. Grafting may dramatically improve the quality and quantity of production from your own nut or fruit trees.

Successful propagation of fruit, nut and ornamental trees of similar species is dependent on the availability of suitable graftwood of a desired cultivar (variety). The best place to look for graftwood is in your local area to insure hardiness. For example, collecting graftwood from a pecan tree in Texas to propagate in Nebraska will probably not be successful.

Graftwood must be collected in late winter during the dormant season (January, February and early March) and stored until spring propagation time. Select parent trees that are free of disease or damage. Young, vigorous trees produce the most desirable graftwood. Select straight, smooth graftwood from the current year's growth that contains healthy buds. Graftwood should be about the same diameter as a pencil. Cut the graftwood into 12-18 inch lengths. Be careful not to damage buds in handling or storage.

Graftwood should be labelled and stored until spring grafting time. The ends of graftwood should be dipped or painted with melted wax or paraffin to prevent excessive drying. Pack the graftwood in moist media (sphagnum, moist paper towel or newspaper). Polyethylene (freezer) bags make excellent storage containers. Keep graftwood in your refrigerator (not the freezer) until ready to use.

Next spring you'll be able to graft your superior collection onto your own tree. (DJ)

Proper pruning time: part 1

An important aspect of pruning is knowing when to prune plants. Proper timing helps insure attractive, healthy, productive plants. The proper times to prune various woody plants in the yard and garden will be a subject of this section for the next two months.

Deciduous Shrubs—Many deciduous shrubs are planted in the home landscape for their attractive flowers.

Spring-flowering shrubs bloom in the spring on the growth of the previous season. Two widely planted examples are lilac and forsythia. The proper time to prune spring-flowering shrubs is determined by their condition.

Old, neglected spring-flowering shrubs often require extensive pruning to rejuvenate or renew the plants. The best time to rejuvenate large, over-

grown shrubs is late winter or early spring (March or early April). While heavy pruning in late winter or early spring will reduce or eliminate the flower display for a few years, the long term health of the shrubs is more important.

If spring-flowering shrubs need only light pruning, prune them immediately after bloom. Pruning immediately after bloom allows gardeners to enjoy the spring flower display and gives the shrubs adequate time to initiate new flower buds for next season.

Summer-flowering shrubs, such as potentilla and spirea, bloom in summer on the current year's growth. Prune these shrubs in late winter or early spring. Summer-flowering

shrubs pruned in late winter or early spring will still bloom in summer.

Many deciduous shrubs don't produce attractive flowers. These shrubs may possess attractive bark, fruit, or fall leaf color. Prune these shrubs in late winter or early spring before growth begins. Don't prune deciduous shrubs in late summer. Pruning shrubs in July or August may encourage a late flush of growth. This new growth may not harden sufficiently before the arrival of cold weather and be susceptible to winter injury.

Evergreen Shrubs—Prune evergreen shrubs, such as juniper and yew, in late March to mid-April before new growth begins. Light pruning may also be done in late June or early July. (DJ)

The Herb Garden

Chives—There are several forms of chives, but the most common one has roundish leaves that are used for their onion-like flavor. This perennial is hardy to Zone 3. In spring it has lovely purple flowers made up of masses of florets.

From seed, sow indoors and cover lightly with the medium about 6 to 8 weeks before the last frost. Plant in potting soil in a deep container or flat. Sprouting will occur in about 10 to 14 days at 60 to 70 degrees F. Set seedlings in clumps in the garden. Outdoors, seed can be sown in furrows or broadcast to grow in clumps. Chives like full sun and rich soil. They can take partial shade, but will not grow as fully erect. The leaves will die back in the summer heat, but may return in the fall. Clumps should last four to five years before dividing.

Chives can be harvested for fresh use in salads and recipes. Cut a few leaves to the base, but don't shear the whole plant down to the base or they won't be able to manufacture food for the roots. The flower heads can be used to make chive vinegar, and the flowers can also be dried. To dry the flowers, put them in a paper bag, but leave the mouth open. Don't tie the stems together or they may rot instead of dry.

Chives can be dried by snipping the leaves as you would for a salad, and then placing them on a fine screen or nylon mesh in a warm place, out of direct light. Stir regularly for several days. When dry, seal in jars. (DJ)



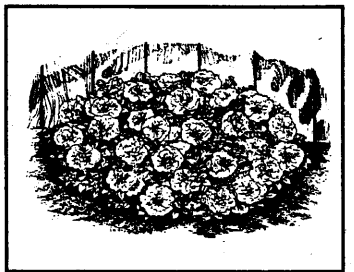
1996 All America Selections



This year's All America Selections (AAS) are three flowers. Look for their bedding plants or seeds at local garden centers or mail order catalogs.

Petunia F1 'Heavenly Lavender' is a beautiful lavender color. This color is rare among petunias and totally unique for a double flower. 'Heavenly Lavender' have double flowers with numerous petals delicately arranged in each bloom. The AAS judges noted the fullness of each double

flower and gave points for this achievement. In addition to flower quality, this petunia is improved. It is more compact and branching in the full sun garden. Plants are easy to grow in containers or garden soil. 'Heavenly Lavender' can be featured in an annual garden where this pure lavender flower color can be appreciated all season.



Petunia F1 'Fantasy Pink Morn' is the first petite petunia of this size. It is about two thirds the size of a normal petunia. "Less is more" describes this 1996 AAS winner. 'Fantasy Pink Morn' is exceptionally free flowering. The pastel pink blooms are light pink with creamy white centers. Once the plants have been established in a sunny garden, gardeners can sit back and relax to enjoy the beauty. Unlike other petunias, 'Fantasy Pink Morn' does not require pruning mid-season to control tendril-like stems. This petite petunia thrives in container plantings and blends well with other annual plants.



Salvia farinacea 'Strata' is a unique annual salvia, the first with blue and white flower spikes. The calix is white and the delicate corolla is blue. It is an attractive flower spike with many uses. 'Strata' flowers can be cut and used in fresh garden bouquets or dried as an everlasting. These plants are tough, once established in a sunny garden. The plants offer superior, predictable performance under hot, humid, wet or dry growing conditions. This plant size is a welcome addition to any garden. 'Strata' reaches 16 to 24 inches, a mid-size height with the flower spikes arranged above the foliage. (MJM)



Front yard landscaping

Winter brings a slower pace to gardening and gives the gardener time to think about past and future successes. Now is a good time to think about the home landscape and how it can be improved. An attractive front yard can enhance the appearance of your house and neighborhood. The expanse of lawn and surrounding plants creates the most pleasing picture if designed or planned rather than allowed to take shape on its own.

How you plant the front yard depends mainly on your house. On most homesites the house is the prominent feature. All plants, driveways, fences and other items are meant to complement it. Shrubs and trees unite the house with its surroundings by softening vertical lines and making the building seem a natural part of the terrain.

The two major landscape design areas around your house are at the corners and doorway, as both have harsh vertical lines. Your front door, a beacon to visitors, is the house's focal point and short plantings on either side of it are appropriate. Taller plants are suitable for corners, where they will funnel the viewer's eye toward your doorway plants and front door. Houses that are to tall appear shorter if the corner plantings extend like wings on each side, with the tallest plants at or near the corners.

Trees frame the house, focusing interest on it as the main feature of your property. Plant trees whose mature size is in scale with the house, or low houses will look dwarfed and tall houses will appear even taller than they actually are.

Select trees to match the house design. Steeply angled roof lines and dormer windows call for pyramidal trees such as spruce. Trees with rounded or horizontal form, maples and dogwoods, are better companions for the low lines of a ranch-type dwelling.

Low shrubs and ground covers along house walls provide a smooth transition from building to lawn. Shrubs along the front wall reduces the apparent height of a tall building. Having open spaces with natural mulches and ground covers in the planting can make low-built houses appear more massive.

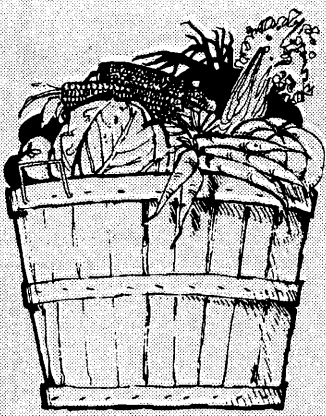
The simpler a planting near the house, the better. Use only a few kinds of shrubs, but plan for some variety in size, form and texture. Consider adding areas for flowers or ornamental grasses, but keep these at a minimum height. Select shrubs whose natural height and growth pattern fit the desired space to reduce pruning labor. Avoid pruning shrubs into unnatural shapes as they are difficult to maintain and do not always enhance the landscape.

An open lawn area can provide an impressive setting for a house. A front lawn uncluttered by specimen shrubs and garden ornaments can make your property seem spacious. Shrubs will appear lost and floating unless planted in groups or cultivated beds.

Flowers are most appreciated where you spend time relaxing outdoors, usually the backyard for modern homes, the front yard for older homes. Lay out beds with a combination of straight lines and bold, sweeping curves. Numerous, small wiggly curves have low visual impact.

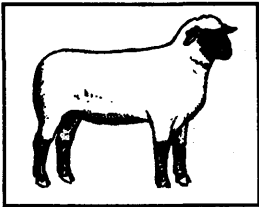
Home landscapes, like clothing, go in and out of style. After years of growth, many yards are ready for landscape renewal and improvement. Analyze your landscape and proceed with a plan. (MJM)

GARDEN GOSSIP HOTLINE



441-7179

USDA announces sheep referendum procedures



The U. S. Department of Agriculture has an-

nounced procedures for a referendum on a proposed Sheep and Wool Promotion, Research, Education and Information Order. The referendum will be conducted February 6, 1996.

All producers, feeders and importers who certify that they were engaged in the production, feeding or importation of sheep or sheep products (except importers of raw wool only) between January 1 and December 31, 1994, are eligible to vote.

There is no age limit for voter registration. 4-H and FFA youth under age 21 may vote as long as they can prove ownership of sheep within the specified time period.

Voters may register and vote in person at any county Cooperative Extension office. Absentee ballot requests were filed January 16-26, 1996. Absentee ballots must be received in county offices by close of business February 2.

The Farm Service Agency (formerly the Agricultural Stabilization and Conservation Service) will count ballots, determine eligibility of voters and tabulate results.

For the order to go into effect, the proposal must be

approved either by a simple majority of voters or by voters who account for two-thirds of the sheep and wool production represented in the referendum.

If approved, the program would be funded by mandatory assessments. Domestic producers and feeders would be assessed once cent per pound on sales of live sheep and two cents per pound on sales of greasy wool. Importers would be assessed one cent per pound or the equivalent on imported degreased wool and wool products.

To obtain details of the voting procedures, contact the Lancaster County Cooperative Extension office at 441-7180. (WS)

CRP Options: Planning for the Future workshop

A workshop for landowners with CRP contracts that will expire in the next two years is scheduled for Saturday, February 24 at the University of Nebraska Agricultural Research and Development Center—Research and Education Building in Ithaca from 8:00 a.m. to 4:00 p.m. The Research and Education Building is located just south of Highway 63 approximately 6 1/4 miles east of the Highway 63/Highway 77 intersection.

The program is beginning to take shape and will feature Mr. Gene Glock from Senator Robert Kerrey's office, representatives from the Natural Resources Conservation Service (formerly SCS) and Farm Service Agency (formerly ASCS), and representatives from three different research projects that focused on various aspects of bringing CRP land back into production.

Topics to be addressed include program and policy considerations, economic considerations, managing CRP for forage production and wildlife habitat, and specific considerations for returning CRP to crop production. The \$10 registration fee will help cover the cost of the program and lunch. If you plan to attend this workshop, please preregister by calling the Lancaster County Extension office at 441-7180. (CB)

New Ag Technologies and Precision Farming Conference February 21

Global information and positioning systems will be the highlights of a New Agricultural Technologies and Precision Farming Conference set for February 21, 9:30 a.m. to 3:30 p.m. at the ARDC Research and Extension Building in Ithaca, Nebraska.

New agricultural technology experts from across the Midwest will address practical applications of precision farming equipment and other promising agricultural technologies. This conference will provide producers the insights to make the correct precision decisions that will continue their operation's into the 21st century.

A \$15 registration fee is payable the day of the conference. Please call 402-441-7180 or 402-624-8030 for further details. (DV)

Commercial pesticide applicator training: initial & recertification programs

Initial commercial pesticide applicator training (PAT) sessions will be held via satellite February 20, 22 and 27 at two sites 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 afternoon. There will also be satellite delivery at the Saunders and Gage County Extension offices February 20 and 27. **Persons must pre-register 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.

Rural Sense



Nebraska Milo Expo

The 1996 Nebraska Milo Expo will be held in four locations across the grain sorghum region of Nebraska. Locations and dates in this area are Monday, February 12 at the Lancaster Extension Conference Center in Lincoln and Tuesday, February 13 at the Gage County Fairgrounds in Beatrice. Topics to be presented include subjects on breeding and variety improvement, seed quality, value of crop rotations, no-till production practices, pest management, soil fertility, and the long-range weather forecast for moisture probability. The program is the same at both locations. Registration begins at 9:30 a.m. The program will start at 10:00 a.m. and end at approximately 3:40 p.m. This activity is sponsored by the Nebraska Grain Sorghum Producers and Development Board and presented by University of Nebraska Cooperative Extension.

The \$12.00 registration fee includes a noon meal, refreshments and printed proceedings. Make checks payable to Nebraska Milo Expo. Contact the Lancaster County Extension office (441-7180) or the Gage County Extension office (223-1384) for a copy of the program and registration. Payment may be made at the door; however, preregistration is important for conference arrangements. (WS)

Private pesticide 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)

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.

Seminars help pork producers plan

\$ Would you build a house without a blueprint or set of plans? It is hard to imagine anyone who would make a significant investment in a building or structure, without a detailed set of plans. Can you build a business without having a blueprint?

Having a good set of plans for your business can mean the difference between a profitable business and one that is not profitable. The Nebraska Pork Producers Association (NPPA), University of Nebraska Cooperative Extension, Capital Pork Producers Association and sponsoring agribusinesses have announced that the Lancaster Extension Conference Center will be a local host site for a seminar series to help pork producers determine their future in the pork industry. The Lincoln seminar will be Friday, February 23, 9:30 a.m.-3:30 p.m.

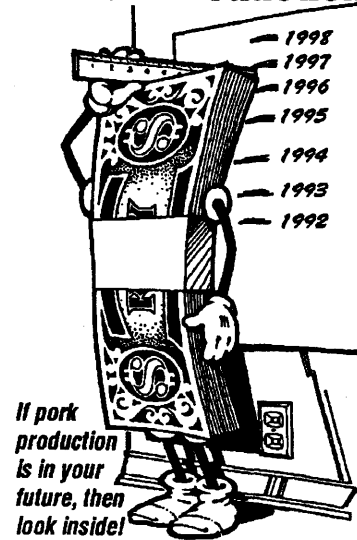
Planning Your Future in Pork Production seminars will help you take a look at your operation, identify strengths and develop a plan of action to direct your future in pork production. South Dakota Entrepreneur and Pork Producer Bob Larsen kicks off the session with his unique perspective of the

pork industry. You may not know it ... but you are an entrepreneur too and Bob will tell you why.

What do the records of the top 10% of pork producers look like? Iowa State University Area Swine Specialist Dave Stender will help you set realistic production and economic goals for your operation, during his presentation "Profile of the Top Guns."

Using the Managing For

COOPERATIVE EXTENSION Planning Your Future in Pork Production



If pork production is in your future, then look inside!

February 20 - 23

Sponsored by
Nebraska Pork Producers Association

Tomorrow program materials, UNL Extension Farm Management Specialist Larry Bitney and Program Coordinator for the UNL Ag Economics Department Deb Rood will help you assess your operation's strengths and help you formulate a plan for your business.

According to Larry Bitney, the operation's decision makers need to attend this program as a team. "If you're making plans for your future, you need to have all of the players involved. Whether that includes husband, wife, son, daughter or any combination, your management team will drive your success. Once you've completed this program, you'll have a blueprint for your future in pork production."

Is pork production in your future? If you answer "yes" or "maybe" to this questions, this program is for you. Registration is \$20 per operation. Registration is limited to the first 30 operations per site. Registration forms and more information are available by calling the NPPA office (472-2563) or the Lancaster County Extension office (441-7180). (DV/WS)

COOPERATIVE EXTENSION SYSTEM



established 1914

For more Rural Sense news
please turn to page 11



Environmental Focus

Hurry! Preregister for Beginners' Beekeeping Workshop today

Come to a 10-hour, three-session series for people interested in beekeeping and learn basic bee biology, behavior, handling and management—everything you need to get started in this fun and profitable hobby/specialty enterprise.

The first two training sessions will be March 4 and 5 from 6:30-9:30 p.m. The six-hour practical laboratory session will be held at the Apiculture Laboratory in the Agricultural Research and Development Center (ARDC)—Ithaca, NE on March 16, 9:00 a.m. - 4:00 p.m.

The basic cost of this workshop is \$10 and includes written materials. Protective equipment (\$67) and hive supplies (\$55) will be ordered ahead of time so you are ready to get started this year. Protective equipment includes coveralls, helmet, round veil, bee gloves, a hive tool and a smoker. Hive supplies will include everything needed to assemble your hive in the lab session on March 16. You will also learn how to install packaged bees at this lab session.

Presenters will include UNL Extension Apiarist Marion Ellis and Extension Educator Barb Ogg. **Please preregister by February 16.** Make checks payable to Cooperative Extension. Send checks to: Beginning Beekeeping, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Questions? Call 441-7180. (BPO)

ICE PUZZLERS

Watch as ice begins to form in your neighborhood. Is there a pond or a lake near your house? Go looking for puddles. Be an ice detective and look for icicles hanging from the edges of roofs or wherever you can find them.

- What's the longest icicle you can find? Where is it hanging? Why do you think it formed there? Why do icicles form on the edges of roofs?
- If you find frozen puddles, jump on them. They will crack and collapse with a wonderful crunch. Frozen puddles are usually hollow. Why? Where did the rest of the water go?
- A pond or lake will freeze first around the edges in the winter and melt first along the edges in the spring. Why does the water freeze and melt there first? (ALH)

(Answers)

- **Icicles:** The sun's warmth or heat radiating through the roof melts the snow. If the air is still below freezing, the running water refreezes as it drips over the edge of the roof.
- **Puddles:** After a puddle freezes over, some of the remaining water sinks into the ground.
- **Lake:** The dirt or rocks along the edge of the lake lose heat more quickly than the water near the edge of the lake in the winter and absorb heat more quickly in the spring. This affects the water closest to the shore. Also, the shallow water does not circulate as much as the deeper water. This speeds up the freezing and melting of the surface water.

Let's play track detective



Who lives in the forest? What creatures inhabit the banks of streams and shores of ponds? What are those animals that leave footprints in the mud and trails in the snow? What has gnawed the bark or clipped the twig? Animals leave us many clues and familiarity with signs—tracks, droppings,

gnawings, scratching, rubbings, dams, nests and burrows that can open up a wonderful world for the outdoor traveler.

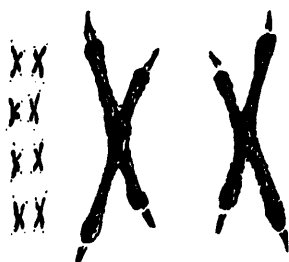
Reading tracks is not easy. A track in the mud may look different than one in the snow, even if it was made by the same animal. Tracks in the snow that have been warmed by the sun

appear enlarged and distorted. Even animal droppings can be misleading depending on the animal's age, size and diet. A perfect track is not always found!

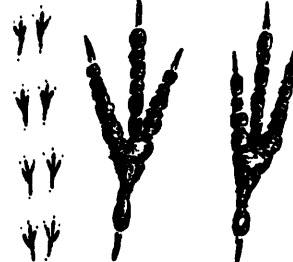
Here are a few examples of tracks you may spot while hiking:

(SE)

Woodpecker—two toes forward and two toes back, shows that this bird is adapted to climbing and clinging.



Blue Jay—three toes forward and the long hind toe, tells that this bird is adapted for perching on limbs.



Ring-necked pheasant—three strong toes forward and the small toe to the rear, indicates that this bird is adapted to life on the ground and its feet are used for running and scratching.



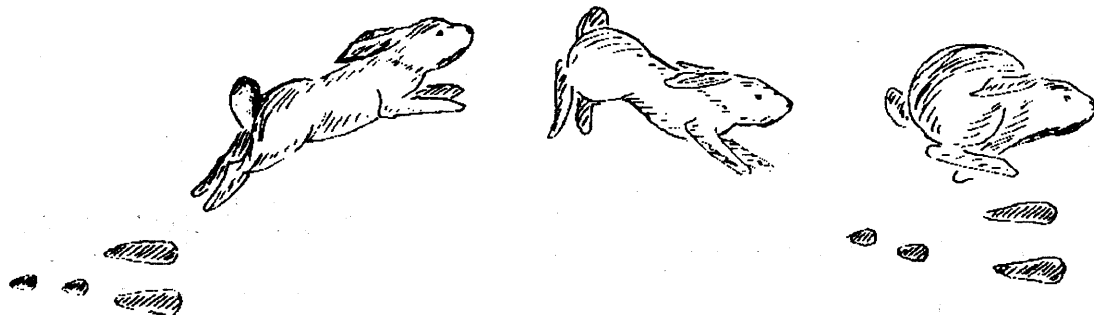
Fox squirrel—tracks are generally found in wooded areas. Look for signs of nuts or acorns that have been opened. This squirrel is running—hind feet tracks in front, the same pattern as the cottontail rabbit. The imprints show that this is a climbing animal because the forefeet are together. Compare with the rabbit—a non-climber.



Whitetail deer—deer walking in mud or snow (shows dew-claws) (a) and running deer (b).



Cottontail rabbit—the rabbit's tracks shows why their hind feet are first in the pattern. Try to follow a rabbit's tracks after a new snow. The rabbit will return to its starting point. If you continue to follow it, the rabbit will try different tricks to throw you off its trail.



Go on a hunt

For an activity that includes the whole family, try a winter scavenger hunt. Go outside and try to find one item to fit each of the following categories. No fair using the same item for more than one category.

Try to find:

- Something older than you are.
- Something younger than you are.
- Something that will burn.
- Something that will not burn.
- Something that will rot (decay).
- Something that will not rot.
- A seed.
- Something rough.
- Something smooth.
- Something that will change in the spring.
- A bird feather.
- A cocoon or an egg case. (ALH)

Controlling soil erosion essential for protecting water quality

S. Corey Brubaker
Extension Educator

Sediment is the major nonpoint source pollutant found in streams and lakes. Excess sediment turns stream and lake water cloudy making it less suitable for recreation, fish and aquatic plants. In addition, fertilizers and other chemicals can be attached to the soil particles and further compound the problem. Sediment sources include soil eroded from construction sites, cultivated land, stream banks and road ditches—as well as dirt washed from streets and parking lots.

Sediment is the end result of the water erosion process. Water erosion is the detachment, transport and deposition of soil particles by water. Soil particles are detached from the soil

surface by raindrop impact, transported downslope by raindrop splash or runoff and deposited in streams, rivers, lakes, and wetlands. The key to reducing soil erosion is to prevent the detachment and transport of soil particles by protecting the soil surface and reducing runoff.

Methods for protecting the soil surface include:

- maintaining vegetative cover
- leaving crop residue on the surface
- using protective mulches such as straw, wood chips and gravel

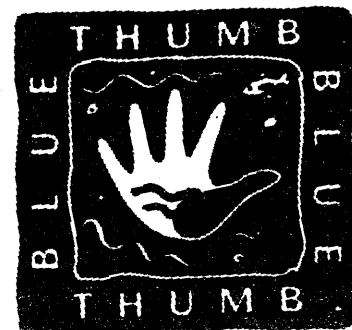
Runoff and sediment control practices are designed to keep sediment and the associated pollutants on site—thereby

protecting nearby streams, wetlands and lakes. These practices remove soil particles and other contaminants from runoff by slowing the water down and allowing them to settle out or by acting as a filter to physically remove particles from the runoff.

Types of runoff and sediment control practices include:

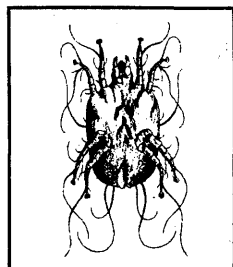
- vegetative filter strips and waterways
 - silt fences
 - check dams made of straw bales, sod or sandbags
 - terraces
 - contour farming
 - conservation tillage or no-till
 - water and sediment control basins
 - constructed wetlands
- For maximum efficiency,

these practices need to be properly maintained. Check structures frequently to ensure that they are functioning properly and have not been damaged. Maintenance also includes removing debris from around riser inlets and tile outlets, removing accumulated sediment, if necessary, and making any needed repairs.



Give drinking water a hand.

Allergic to dust mites?



Do you sneeze and wheeze after you dust and clean your closets? If so, you may be allergic to dust and its components. Scientists have found dust is composed of a wide variety of airborne substances (see the side box).

The most potent house-dust allergens are caused by microscopic cast skins and feces of dust mites. These microscopic parts induce allergies (sneezing, itchy eyes or asthma) in some individuals. Other important allergens are produced by silverfish, cockroaches, itch mites, booklice and pet dander. An allergist can identify specific allergens using a simple "scratch test." The rest of this article will emphasize non-chemical control tactics associated with dust allergies and house dust mites.

Biology. House dust mites are so tiny that they are virtually invisible without magnification. They do not bite people, but feed on shed skin scales, animal dander, pollen, fungi and bacteria. Dust mites obtain water from the air and the environment, so they survive best at higher relative humidities (70-80%). They do not survive well at low relative humidities.

Dust Mite Management. Several tactics should be used at the same time to reduce dust mite populations. Complete elimination of house dust mites is not realistic, but management should include making the environment inhospitable to dust mites as well as reducing exposure to allergens. Sleeping and lounging areas, places where we spend much of our time, deserve the most attention.

The following hints may be

helpful in reducing dust mites:

Select Appropriate Furnishings. Avoid furniture that collects dust as well as wool fabrics/rugs—wool sheds particles and is eaten by insects. Whenever possible, use washable window treatments and rugs. Keep surfaces free of clutter and knickknacks that collect dust. Enclosing mattresses in plastic greatly decreases populations of mites in the bed. Replace feather pillows and down quilts with synthetic fibers.

Avoid Furry or Feathered Pets. Pets that have fur or feathers contribute dander to the dust (another allergen) and increase the food source for mites. If you are a pet lover, locate their sleeping quarters as far from yours as possible and furnish their sleeping quarters so they can be cleaned easily.

Keep Humidity Low. The humidity in the house should be kept below 70%—not difficult to do in the wintertime. During the summer, it might be useful to run dehumidifiers, especially in bedrooms and lounging areas.

Reducing Air Infiltration. Airing out the house with open windows allows the entry of pollen which is a food source for mites as well as a common allergen. Minimize incoming air by caulking cracks around windows, doors and other openings.

Dust Management. Regular, thorough vacuuming of carpets, furniture and draperies will help reduce exposure to dust mite allergens. Use a specially designed vacuum cleaner with HEPA (High-Efficiency-Particulate Arresting) filters made of fine, packed fibers. Regular vacuum cleaners pick up debris and dust, but blow small particles into the air, increasing exposure.

Cleaning/Heat Treatments. Shampoo or steam clean non-washable carpets once a year to remove large particles missed by the vacuum cleaner. Washing bedding in hot, soapy water will kill mites. Heat treatments, like heating blankets in a clothes dryer, will also kill mites. In the wintertime in Nebraska, mattresses, overstuffed furniture and bedding can be exposed to the outside cold to kill the dust mites.

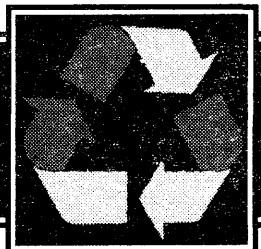
House dust mites are an important constituent of house dust and a powerful allergen in some people. An allergist—a medical doctor specially trained to treat allergies—should be consulted for proper diagnosis and treatment of allergies. For a free fact sheet on this subject, call the Lancaster County Extension office (441-7180) and ask for fact sheet #013 *House Dust Mites*. (BPO)

Constituents of House Dust*

ash, cigarette
ash, incinerator
combustion products
fiber, synthetic textile
fibers: wool, cotton, paper
and silk
fingernail filings
food crumbs
glass particles
glue
graphite
hair (human and animal)
insect fragments
oil soot
paint chips
plant parts
pollen
polymer foam particles
salt and sugar crystals
skin scales—human
skin scales—pet
soil
spores—fungal
stone particles
tobacco
wood shavings

*Drawn primarily from van Bronswijk, 1981. (BPO)

Environmental Focus



earth wellness festival makes a difference!

Announcing—**earth wellness festival** is Friday, March 22, 1996. This award-winning environmental education event will again be held at Southeast Community College in Lincoln.

Over 3,200 area fifth graders, their teachers and 400 presenters and volunteers participate in the daylong festival. Students attend four 25-minute sessions—one each in air, land, water and living resources—and then gather for a culminating activity with a special presenter. Featured this year are Mr. and Mrs. Fish (a.k.a. Jeff and Deb Sandler) from the University of Southern Maine. This dynamic duo use their creative talents to provide a first-rate environmental education experience for their audience. Mr. and Mrs. Fish are sponsored by the Lower Platte South Natural Resources District Education Committee.

Corporate co-chairs for **earth wellness festival** are Dick and Kathy Campbell, Campbell's Nurseries & Garden Centers and Doug Grant, Chief Operating Officer, Environmental Division—General Manager, Isco, Inc.

Community support is necessary to facilitate education for the future stewards of the earth. Local organizations and individuals wishing to assist with **earth wellness festival** should contact Arlene Hanna or Soni Ericksen, co-chairs at the Extension office (441-7180). (SE)

Over 98% would "do it again"

At **earth wellness festival**, volunteers play a vital role in helping make the event a success. It is a rewarding experience for all as indicated by the positive comments made by volunteers following last year's festival:

- "It's (the festival) a wonderful teaching opportunity for students and teachers to learn about our environment."
- "Educational experience even for me—not just the school kids."
- "Quite an organizational feat and all involved should be very proud of the gift they have given to the school children in the community."
- "I enjoyed seeing the commitment and the effort to teach the kids in an enjoyable way by the presenters and to see the kids' enthusiasm."
- "I'm sure it had a positive impact on the kids involved." "I was sorry I had chosen to work only half the day."
- "I like this stuff."

Note: Over 98% of the volunteers who responded to our questionnaire indicated that they would volunteer at **earth wellness festival** again.

For more information on volunteer opportunities at **earth wellness festival**, March 22, 1996, Southeast Community College-Lincoln, contact Soni or Arlene at 441-7180. (SE)

Redworm composting

Advantages of redworm composting:

- Can be done inside or outside.
- Quicker than most other composting methods.
- Provides fishing worms.
- Great educational tool for kids.
- Worms don't require as much attention as dogs and most people are not allergic to them.

They can eat:

- kitchen scraps
 - old newspapers
 - even junk mail.
- Reduces waste to landfills.
An excellent compost source for the garden.
Can be done year-round.
For more information, call the Extension office and request fact sheet #107 *Vermicomposting*. (SE)

Ventures in Partnerships new member

earth wellness festival welcomes Ventures in Partnerships to the steering committee. Ventures in Partnerships is a cooperative project of Lincoln Public Schools, Lincoln Education Association and the Lincoln Business Community. Edith Meints, a sixth-grade teacher at Culler Middle School, represents Ventures in Partnerships on the **earth wellness festival** steering committee. (SE)

earth wellness festival steering committee:

• University of Nebraska
Cooperative Extension in
Lancaster County
—Soni Ericksen, co-chair

Health Department
—John Chess
—Phil Rooney

Lincoln Public Schools
—Bob Reeder
—Laura Tegtmeier

Lower Platte South Natural Resources District
—Syd Hime

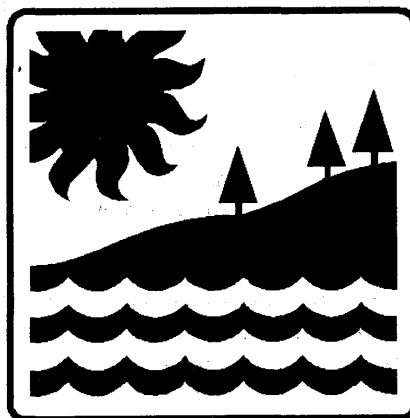
Nebraska Game & Parks Commission
—Carl Wolfe

Southeast Community College-Lincoln
—Jerry Gruber

University of Nebraska Cooperative Extension
—DeLynn Hay

University of Nebraska Water Center
—Bob Kuzelka

Ventures in Partnerships
—Edith Meints



—Arlene Hanna, co-chair
—Don Janssen
—Dave Varner

City of Lincoln
—Gary Brandt
—Gene Hanlon

The Groundwater Foundation
—Cindy Kreifels

Lincoln/Lancaster County

Compact fluorescent bulbs energy efficient

Most homes have a few lights that stay on several hours each day. These fixtures are prime candidates for compact fluorescent bulbs, that initially cost more than incandescent bulbs, but are big energy savers. A 15-18 watt compact fluorescent provides the intensity of 60-75

watt bulbs but draws only a fraction of the electricity. They have a three-year life span (based on a 12-hour day usage estimate!) and outlast incandescents by about 9,000 hours. By using them, you will save the cost of replacement bulbs as well as energy dollars.

Companies have improved compact fluorescent bulbs by eliminating the annoying flickering of other fluorescent bulbs. These bulbs, manufactured by Phillips, GE and Osram, cost between \$15-\$20, but they will pay for themselves after about 2,000 hours of use. (BPO)

Family Living

Alice's analysis



Happy New Year to the 23 organized FCE Clubs in Lancaster County. I wish to thank you for your support in the reorganization process.

The first order of business is the non-cost insurance benefit. Last week I received a letter and card pertaining to the insurance benefits for each member of FCE. I hope you have also received the same information and have taken the opportunity to return the information to American Income Life in St. Louis, Missouri. I encourage you to exercise this non-cost insurance policy.

The education and scholarship committee are accepting applications until April 1 for an FCE scholarship. See detailed article elsewhere in this NEBLINE.

The deadline for ordering tickets to the play "Our Town" at the Lincoln Community Playhouse has been extended to February 15.

See you next month where you least expect me.

—Alice Doane, FCE Council Chair



Nebraska Association for Family & Community Education

Council Officers Elected

1996 FCE Council officers are:

President: Alice Doane, Waverly Matronettes FCE Club

Co-Vice President: LaDonna Pankoke, Glamour Girls FCE Club and Jean Wheelock, Emerald FCE Club

Secretary: Margaret Blacketer, Helpful Homemakers FCE Club

Treasurer: Donna Gill, Time Out FCE Club

Please feel free to share ideas and concerns for the county program with any of these officers. Remember: *Members Make a Difference!* Become involved starting with this meeting and help make 1996 an eventful year! (LB)

FCE Scholarships

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

A \$200 Homemaker's Education Grant, sponsored by the Nebraska Association of Family and Community Education Clubs, Inc., is available for an FCE club member planning to take courses leading to an academic degree, vocational training or completing high school. Applications are due April 1, 1996. The grant must be used between June 1 and December 31, 1996.

A \$200 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or health occupation degree programs. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 1996 or who have completed two quarters of study in a vocational school. Applications are due April 1. (LB)

March leader training

"Food Times in the Year 2000" is the March leader training lesson for FCE clubs and other interested organizations or individuals. The training is scheduled for Tuesday, February 27, 1 or 7 p.m. Extension Educator Alice Henneman will present the lesson.

In a few short years we'll be at the beginning of the 21st Century. Food trend watchers are already beginning to paint quite an interesting picture for food and dining options in the years ahead. Take a peek into the future. Learn about functional foods and nutraceuticals, trends in meals, and the role that advanced technology will play in food availability, shopping and preparation.

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. (AH)

FCE club night

Family and Community Education Club Night at the Lincoln Community Playhouse will be Wednesday, April 24, 1996. The play will be *Our Town*. FCE club scholarships will be awarded just prior to the 8 p.m. performance.

Club members wishing to order tickets should send their requests in the mail by February 15. Ticket price is \$11 per person. To order 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.

Bring a friend. Former FCE members are welcome. (LB)

Crisis mode shrinks heart



When you're in crisis mode (and most Americans are), you skim the cream of your life right off the top—into the garbage. Find out how to stop your shrinking heart.

Crisis mode living is when you spend every waking moment of every day trying to figure out how to keep all your balls in the air and all your plates spinning.

In crisis mode, you keep running faster and faster, from project to project, deadline to deadline, quota to quota, meeting to meeting. Your RPMs creep higher and higher until you hit the red line.

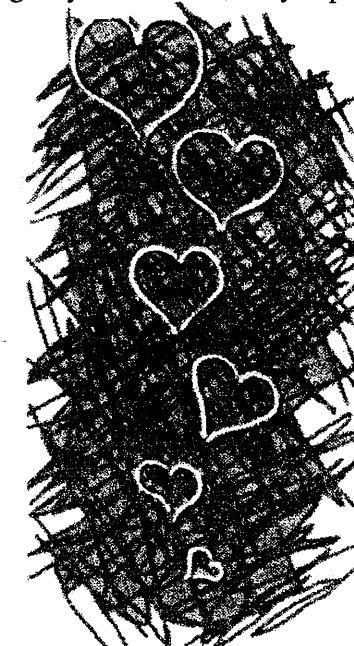
Most active people have to spend a certain amount of time in crisis mode. The problem arises when you spend *too much time in crisis mode*. That's when crisis mode goes from being a season of life to becoming a way of life.

When that happens, you start doing the only thing you can do. **You economize.** You short-change your investment of energy in certain areas of your life so you can invest it in other areas—usually in the performance-oriented areas to which your self esteem is tied. In every other area of life, you become a miser: you hoard your energy, you engage minimally, you touch superficially, you slide along the surface, you skim.

1. First, you skim in relationships. The bond with your spouse, which used to be strong and intimate, becomes increasingly weak and distant. You hope your spouse doesn't have a serious need because you don't

have energy to deal with it. You hydroplane over conflicts. You put bandages on serious problems. You resort to quick fixes and pretend things really aren't so bad.

2. You also skim with your kids. You don't keep track of them too well anymore. You no longer know what is going on in their lives. Little signs of trouble grab your attention, but you push



them out of your mind. Warning flags wave, but you turn your head. You don't have the energy to face them—not now, anyway. Maybe tomorrow. Or, maybe they will just go away.

3. Your friendships, which used to be so deep and accountable, are now characterized by shallowness. Your casual friendships don't even exist anymore. Pretty soon, nobody has access to you, because you are so busy juggling and spinning.

4. You start skimming emotionally. You find that your anger is flaring up more than it used to, but you don't take time to figure out why. You no longer pay attention to feelings like hurt or sadness or guilt. You become a mechanical soldier: you just keep marching, doing what is necessary, and stuffing your feelings deeper and deeper inside. **If you knew that those stuffed feelings were huddling together and planning an emotional insurrection that would one day scare the daylight out of you, you might pay attention to them.** But you don't know that. Besides, you don't have the energy to go peeking under stones and trudging through the sticky muck of your emotional life. You don't have time to look inside.

The emotional depletion that results from living in crisis mode eventually produces a **shrinking heart**. This is a heart no longer sensitive to the needs of others, a heart that has lost the fire of compassion. The hearts of people in crisis become shriveled and weak.

But getting out of crisis mode is only the beginning. Reorganizing our lives and establishing a more manageable schedule opens time for a trickle charge, like a car battery. But then we need to discover the specific activities that can provide the change and replenish us emotionally. **We need to incorporate into our schedules the forms of recreation that truly do "recreate" us.**

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

SEWING FRIENDS TOGETHER

Looking for interesting people who share your love of sewing? ... Look no further! We now have a Lincoln Chapter of the American Sewing Guild.

The American Sewing Guild (ASG) is a non-profit national organization with a network of chapters throughout the entire United States. The purpose of each chapter is to promote sewing through instruction, guidance and encouragement. Specific programs sponsored by

American Sewing Guild

the ASG chapters may include a newsletter, workshops, seminars, fashion shows, craft fairs, etc. The ASG Headquarters links all chapters in a guild network, as well as, to the entire sewing industry.

Lincoln chapter meetings will be held the fourth Monday of the month, September through May at 7:30 p.m., in the cafeteria of the Lincoln Public Schools Office Building, 5901 O Street. Programs for the first few meetings include a fitting and selection class; a trunk show of jackets and vests with couture secrets; design shortcuts and construction demonstrations.

For more information call 467-3273.

SEWING FRIENDS TOGETHER



American Sewing Guild

For information write:
American Sewing Guild
P.O. Box 8476
Medford, Oregon 97504

Is it true that mother know best?

YES! According to a survey of 8-12-year-olds conducted by the Massachusetts Mutual Life Insurance Company, children are most likely to see their mothers as passing on important lessons to them. The following shows the percentages of children who say they have learned important lessons from their mothers and fathers:

Important Lessons	Mother	Father
Values	37%	21%
Rules of Behavior	20%	13%
School/Education	17%	10%
Chores/Skills	8%	11%

Source: *Adapted from America's Children Talk About Family Time, Values and Chores, June 1994*. (LJ)

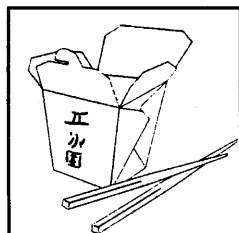
Workshop for restaurant owners set for February 21

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 workshop will include information on Food Service Trends, New Trends in Menus: Nutrition and Artistry, Marketing and Advertising, Food Safety, Menu engineering, and Cost Contain-

ment. A \$50 fee for the workshop will cover the cost of a notebook and lunch. To obtain more information or to preregister, call 441-7180. Paid registrations are due February 14. (AH)

Refrigerate that fried rice!



While we know we're supposed to refrigerate leftover meat right

away, is refrigeration that important for foods like rice and pasta? People often don't worry about food safety for cooked, starchy items like rice and pasta. However, these foods may be susceptible to a toxin-producing bacteria *Bacillus cereus*.

Thoroughly reheating leftovers will kill bacteria that may have developed while the food was setting out. The problem is that reheating may not kill "toxins" produced.

Here's an example from *Tufts University Diet and Nutrition Letter* of *Bacillus cereus* in action:

One evening, a restaurant employee cooked some rice. The rice was cooled on the counter before refrigeration. Come morning, the rice was fried in oil at 10 o'clock and delivered to a day care center. The center then held the rice at room temperature until it was served at noon. The result: within two hours, one-third of the staff and children developed nausea, vomiting, stomach cramps and/or diarrhea. Some were sick up to 22 hours.

Help prevent problems by refrigerating cooked foods or leftovers within two hours after

initial preparation. Divide large amounts of food into several shallow containers to speed cool-down or dangerous bacteria and toxin formation may also occur in the refrigerator.

Reheat solid foods thoroughly to 165° F before serving. Reheating will help destroy bacteria that have formed when a food is at room temperature. However, reheating may not destroy toxins that formed from excessive time at room temperature. Reheated fried rice is more likely than other starchy foods to be associated with foodborne illness. It's often not refrigerated promptly and is frequently exposed to only brief reheating. (AH)

Solving life's problems better

All of us have problems and we are constantly trying to solve them. Sometimes we do a better job than others. Here are some tips to better solve life's problems:

- **Don't assume that all problems are negative.** Try to view some as opportunities.

- **Separate problems into categories.** Which are related to goals in your life? Which are a result of being disorganized or not planning ahead?

- **Break problems down into**

as many elements as possible. Break these elements down into steps. Then take each step one at a time.

- **Learn to distinguish real problems from fantasy problems—ones you've made up in your head.** Maybe you're just imagining that a problem exists.

- **Outline the problem on paper first.** List the things you want to do about it. Then list the things you *can* do about it. Do the two lists match up?

- **Gather information.** If any

of your friends have dealt with similar problems, find out what they did. Don't hesitate to ask family for advice.

- **Develop backup plans.** If things don't turn out the way you want them to, what will you do then?

- **Be flexible in the way you approach problem solving.** Most of us develop problem-solving styles that turn into habits. Do you need a change?
Source: Herbert G. Lingren, PhD, Extension Family Life Specialist. (LB)

Safe winter travel requires planning

Safe winter traveling means being alert and prepared. In addition to keeping abreast of the weather reports:

- **Keep the fuel tank at least three-fourths full** to reduce water buildup from condensation.

- **Brush and scrape ice and snow off all vehicle windows** before driving. Being unable to see is dangerous. In Nebraska, motor vehicle drivers can be cited for having vision obstruction in any direction.

- **Begin the winter season with good, properly inflated tires, battery and fan belts and carry extra belts.**

- **A lighter weight oil can be used in winter but always follow your vehicle warranty for winter use.**

- **Weight can be added to cars and pickups for improved traction, but it must be done with care.** Adding weight to the rear of a front wheel drive car adversely affects its handling. Adding weight to the back of a rear wheel drive car may improve traction. Too much added weight can cause steering problems and insecure weights can be lethal in collisions.

Don't run the engine and use the heater if the vehicle has gone off the road and is resting at a very steep angle in the ditch. Instead, bundle up and stay with the vehicle.

Use the vehicle engine and heater sparingly, often enough so it will start easily but not so often that the battery runs down.

Use as few accessories as possible. Headlights use a lot of electricity; instead use parking lights. Obviously, do use headlights to signal a passing vehicle.

Always bring survival food in the car, preferably non-perishable items. Drinking water is important. If more than one person is stranded in the vehicle, be sure only one sleeps at a time.

When stranded or stalled, use extreme care if using candle and wick heaters for additional heat. Most plastic upholstery in vehicles today burns furiously.

In addition, be aware of carbon monoxide poisoning when using combustion sources

Please turn to Winter: page 11

Family Living



Correction

The Strengthening Families Videoconference originally scheduled for January 8 has been rescheduled for Monday, February 5, 11 a.m. to 1 p.m. The topic for this conference is: "Welfare Reform: How Policy Changes Impact Nebraska's Poor."

Two other conferences are also scheduled:

March 4, 1996 "Nebraska's Changing Health Care Environment: Choices for Families and Communities"

May 6, 1996 "Feeding Programs and the Hungry—Where Are Nebraska Families Receiving Help?"

Preregistration is appreciated by calling the Extension office at 441-7180, however, walk-ins are welcome. If you have questions, call LaDeane or Lorene at 441-7180. (LJ)

Healthy Eating



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 HOW TO OBTAIN 12 NEW RECIPES EACH MONTH.**

Spicy Fruit Salad

1 large orange, peeled and sectioned
1 medium pear, cubed
2 bananas, sliced
1 cup red or purple grapes
1/2 cup diced prunes
1/3 cup walnuts, toasted**

Spicy Yogurt Dressing:

1 cup lowfat vanilla yogurt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cardamom or nutmeg

In a medium bowl, combine orange, pear, bananas, grapes, prunes and walnuts. Just before serving, add dressing to fruit and toss well. Makes six servings. This is an official 5-A-Day recipe.

For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #4; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

*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 five servings a day by the year 2000.

**To toast nuts, put them in a 300 degree F oven on a metal baking sheet, preferably with raised sides. Turn them frequently to avoid scorching. Toast until lightly browned. (AH)

Teddy Bear Cottage

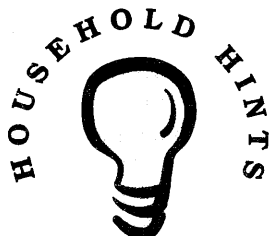
The University of Nebraska Cooperative Extension in Lancaster County was a part of a team recently recognized by the Lincoln-Lancaster County Health Department with a Board of Health Award for its work with the newly established Teddy Bear Cottage. The project is a collaborative effort of the Lincoln Kiwanis Clubs, the March of Dimes, the Hispanic Center, the Lincoln YWCA and the University of Nebraska Cooperative Extension in Lancaster County. The Teddy Bear Cottage provides incentives for over 179 young mothers who practice healthy behaviors. Participants include pregnant women and parenting women with children up to the age of 24 months. By seeking early prenatal care, regular health care and immunizations for their child/children and participating in a variety of education programs they receive points. Points are redeemed for clothing and nursery items for their children.

The Teddy Bear Cottage has been open every Wednesday afternoon since March of 1995. In this time, it has provided 782 clothing and nursery items to 179 families with 73 Kiwanis volunteers contributing 198 hours of their time.

The award was given for dedication to the promotion and pursuit of health of the highest quality for Lincoln and Lancaster County citizens.

Lorene Bartos, Extension Educator, a member of the steering committee supports the educational efforts of the Teddy Bear Cottage.

The Teddy Bear Cottage was started with grant funds received by the Nebraska Chapter March of Dimes. Its continued support comes from donations of baby items and financial contributions from organizations, agencies and businesses in Lincoln. To become involved in this volunteer opportunity, call Healthy Homes at 441-6207 or Lorene Bartos at 441-7180. (LB)



After the holidays, take a few simple steps to keep your linens in fine shape for years to come. Always clean linens before storing to prevent stains and creases from setting. Do not starch before storing as starch may attract unwanted insects. To store linens without unsightly creasing, roll them around empty paper towel or wrapping paper tubes or hang on hangers in the closet. (LB)



4-H & Youth

4-H Bulletin Board

4-H Beef Weigh Day—Saturday, February 3, 9:00-11:30 a.m. is the scheduled date for the 4-H beef weigh-in. The scale will be located in the 4-H youth arena, State Fair Park. If you are unable to come on Saturday, you may contact the Extension office to reserve a weigh-in time on Friday, February 2, 4:00-6:30 p.m. If you have any questions or would like to reserve a time slot on Friday, call Warder Shires, Extension Educator. (CB)

CWF meeting is scheduled for Monday, February 12, 7:00 p.m. (AMM)

The next **Teen Council** meeting is Sunday, February 11, 3:00-5:00 p.m. (AMM)

LEADERS: Remember that Thursday, February 8 is leader training at 9:30 a.m. and 7:00 p.m. The evening meeting will be televised on Channel 21. (AMM)

4-H dog training classes, sponsored by the Rompin' Rovers 4-H Club, will be held every Sunday, 2:00-4:00 p.m. at the 4-H arena, State Fair Park. Classes are open to all Lancaster County 4-H members. Remember to dress warmly. For further information, contact Melody Jensen, 796-9544 (leave message). (CB)

Canine Companions 4-H Club is sponsoring dog training classes for their members every Saturday in January and February, May and June, 1:00-3:00 p.m. For further information, contact Carolyn Baily, 786-3550. (CB)

Ambassador applications are due Friday, March 1. Call Ann Marie at the Extension office for application information. (AMM)

Plan to attend the **Nebraska State 4-H Volunteer Forum** February 2 and 3 at the Ramada Hotel in Lincoln. For a complete agenda or more information, contact LaDeane. (LJ)

4-H members enrolled in the rabbit project will want to head to Omaha in February for the PAK 10 Rabbit Clinic and Judging Contest at the Douglas County Extension office. The day will be packed with activities beginning with various workshops such as rabbit evaluation, handling and inspection of rabbits, nutrition, grooming and more. After lunch, 4-H members will judge four classes of rabbits and give oral reasons to the judge. A tentative date of either Saturday, February 17 or 24 is being discussed. If you are interested in attending, please contact Cindy Blome as soon as possible. (CB)

4-H Cloverbuds find cure

If your family suffers from the "winter blahs," 4-H Cloverbuds has just the cure. This discovery program for 5-7-year-old children is ready to provide fun, educational experiences for your entire family.

The Extension office has compiled excellent resources for 4-H Cloverbuds club leaders. Maybe your child(ren) would like to learn about fishing, family history, safety, wildlife, plants, weather, photography, cooking, or even rabbits and goats? These topics, and more, are available. You might even select one of the following activities—it's up to you and your club.

Puppets with Pizzazz—children increase self-confidence, build self-esteem and demonstrate creativity through puppets they make.

Oh, No! Stains!—children identify common stains and practice removal. They also realize that they can avoid getting stains on their clothing.

Rasksha Bandham (Rahk-sha Bond-hahn)—children learn about this family celebration for brothers and sisters from India.

Fun with Chemistry—children are introduced to chemistry through fun, simple experiments (magic writing, volcano, moving paper and so on).

I Know How to Be a Friend—children practice friendship skills through games, skits, songs, art and "talk abouts."

So, brush away those wintery blues and shake off those February blahs—get started on a terrific new family adventure—Lancaster County 4-H Cloverbuds. For more information, call the Extension office. (SE)

4-H Leader Training

Thursday, February 8

9:30 a.m. and 7:00 p.m.

(Evening session televised on Channel 21)

Learn more about the activities in 4-H beyond the club. Music contest, table setting, demonstrations, style revue, plus lots more. Mark your calendars!

Showmanship ... in the winter?

Cindy Blome
Youth Extension Aide

Teaching your horse and yourself to perform quickly and correctly in showmanship takes time and patience ... but after many hours of practice you both can achieve that "well trained showmanship team."

In showmanship, it is the exhibitor's performance that is evaluated. The horse is used only as a prop to demonstrate the ability of its handler. There are several patterns/maneuvers which you can practice during the winter months. Some maneuvers may include 180 degree turns, 360 degree turns and backing. Turns are always performed to the right and require that your horse move away from you as you move toward its shoulder to make the turn. When turning a horse, whether it be 180 or 360 degrees, do not over- or under-turn your horse. In executing a back, you should first look at the judge,

after being acknowledged, then turn to face the horse's shoulder and begin backing the horse. Move your horse directly back four steps, stop.

One of the most important issues in competing showmanship, is to be ready for your class. There are several experts who differ in "how long to be ready." I feel that two classes should give you enough preparation to go over the pattern in your mind before competing. If you are unsure of how the pattern/maneuver is to be performed, alert the gate or ring person that you have a question about the pattern. Any questions for the judge should be asked through these people and not directly of the judge.

Winter is the ideal time to start reinforcing showmanship between you and your horse. Practice one or two patterns/maneuvers until you are both satisfied with the end result. Start simple and work up ... Practice ... Practice ... Practice.

While researching this article, I came across a list of the "13 Ways to Lose Points in Showmanship" (reprinted from the *Quarter Horse Journal*):

1. Being late for your class
2. Over showing
3. Performing the pattern incorrectly
4. Leading your horse with your hand on the chain
5. Setting your horse up poorly and slowly
6. Allowing your horse's body to be at an angle while lined up
7. Incorrectly positioning yourself when moving around your horse
8. Poorly executed turns
9. Poorly fitting halter and lead shank
10. Poorly groomed and clipped horse
11. Not knowing your exhibitor number
12. Oops, I forgot my pant legs are still inside my boots
13. Receiving excessive coaching from the stands

National & state scholarships due

All applications for state and national scholarships are due in the 4-H Youth Development Department (114 Ag Hall, UNL, Lincoln, NE 68583-0700) by March 1. Any 4-H participant making application will be considered for all scholarships for which they qualify. The only case in which separate application will be required is when a different application form is required. Eligibility is determined from information contained within the application, such as those scholarships requiring specific majors and/or project experience.

Selection is based on the following factors: influence of 4-H on individual's selecting of future career, 4-H background, financial need, leadership abilities and resourcefulness, interest and desire for further education and scholastic achievements.

General Eligibility Rules for All 4-H Scholarships

1. Must have completed one year of 4-H and need not be a current 4-H member unless otherwise stated.

2. Must be a high school senior (or undergraduate at an accredited college or university where specified). Applicants for scholarships offered by National 4-H Council should be between the ages of 16-19 at time of application.

3. Must be in good scholastic standing (minimum of C average).

4. Scholarships offered only to Nebraska 4-H will be awarded after successful completion of the first college semester. Recipient must provide a copy of first semester grades (with C average) to the 4-H Department before scholarship is issued.

Available scholarships to high school seniors graduating in the spring of 1996.

LOEWENSTEIN SCHOLARSHIP

One or more college scholarships (\$800-\$1000) offered on state basis. **ADDITIONAL ELIGIBILITY REQUIREMENTS:** Must be attending the University of Nebraska-Lincoln. College of Agriculture majors preferred, but not limited to those majors. **OTHER APPLICATION REQUIREMENTS:** If active in FFA as well as 4-H, it is recommended that applications for both groups be completed. **SELECTION:** Donor will review all applications and make final decision.

HORSE SCHOLARSHIP—GRAND ISLAND SADDLE CLUB

One or more scholarships (\$200-\$1000) offered on state basis. **ADDITIONAL ELIGIBILITY REQUIREMENTS:**

Currently enrolled and active in the 4-H horse program. Must attend the University of Nebraska-Lincoln and major in agriculture or closely related area. **SELECTION:** Qualifying applicants will be interviewed by a committee during the State 4-H Horse Exposition in Grand Island, with scholarship winner(s) announced during the event.

R.B. WARREN 4-H HORSE EDUCATIONAL SCHOLARSHIP

One or more scholarships (\$200-\$1000) offered on state basis. **ADDITIONAL ELIGIBILITY REQUIREMENTS:** Currently enrolled and active in the 4-H horse program. Must attend the University of Nebraska-Lincoln, College of Agricultural Sciences and Natural Resources and major in agriculture or closely related area. **SELECTION:** Qualifying applicants will be interviewed by a committee during the State 4-H Horse Exposition in Grand Island, with scholarship winner(s) announced during the event. (Requires a one page application in addition to the National 4-H Scholarship Form)

Applications, additional requirements and selection criteria are available at the Extension office. If you have further questions, contact LaDeane. (LJ)

Confidence Course training

The Eastern Nebraska 4-H Center is sponsoring a workshop aimed at qualifying participants as instructors for the Confidence Course. The workshop will be held at the Eastern Nebraska 4-H Center starting at 4:00 p.m., Friday, March 29, and ending at 4:30 p.m., Saturday, March 30.

The workshop is designed for:
physical educators
classroom teachers
science instructors
administrators
recreational personnel
camp staff

college instructors/students
special needs instructors
Extension educators
4-H program assistants/Aides
4-H junior leaders

The objectives of the workshop include:

1. To train qualified instructors to teach their groups on the confidence course.
2. Emphasize the development of self concept, group cooperation, agility and willingness to TRY.
3. To experience group problems, balance and trust

activities and outdoor skill development.

4. Involve the use of nontraditional settings for learning through group study, problem solving and inter-disciplinary study.

Cost is \$30 per person (includes lodging, food, insurance and Confidence Course fees). Participants must attend complete workshop to qualify for instructor status. Applications are available at the Lancaster County Extension office and are due by March 15. If you have questions, contact LaDeane. (LJ)

Help available for speech contest

Everything you ever wanted to know about the speech contest will be covered at the Lancaster County 4-H Speech Workshop Sunday, February 18, 6:00-7:30 p.m. at the Extension Center.

Can't decide on a topic? Worried about how to structure your speech? Need to feel comfortable during your presentation?

Help will be available to answer all these questions during the workshop. Examples of speeches in the various categories will be given, public service announcements will be reviewed and small group workshops will be held for seniors and intermediates (12-19 years old), juniors (10-11 years old), novices (8-9

years old) and PSA's (all ages).

We encourage ALL 4-H members to participate in the speech contest. When former 4-H youth are interviewed about positive experiences in 4-H that helped them in college and in the job market, speech contest is always at the top of the list. Give speeches a try. (LJ)

Shooting Sports instructor training



A 4-H Shooting Sports Instructor Certification Training is scheduled for Saturday, February 3, 9:00 a.m. to 4:30 p.m. This training was planned concurrently with the State 4-H Leaders Forum to offer a convenient opportunity for Nebraska 4-H leaders to become

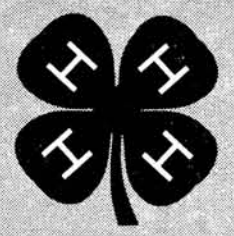
certified 4-H shooting sports instructors. Successful completion of this training workshop will certify 4-H leaders to work with 4-H youth who wish to enroll and participate in the 4-H shooting sports project.

Training will be offered in the following shooting disciplines. Participants may be trained in ONE of the following: smallbore rifle, air rifle (BB/

pellet), shotgun/trapshooting, archery, air pistol, wildlife, hunting or muzzleloading.

There is a \$10 registration fee for the workshop—payable to Lancaster County Extension. Junior 4-H leaders are welcome to participate for a \$5 registration fee. For more information or to receive a copy of the program brochure and registration form, please call Dave Varner. (DV)

4-H & Youth



Bowmaster joins staff

We are pleased to announce the appointment of Lark Bowmaster to the Lancaster County Extension staff. Lark brings many and varied 4-H and FFA experiences with her as well as hands-on experience as an intern at the Carver Ranch in Whitman, Nebraska. She was a teaching assistant for an interpersonal communications class at UNL and has worked cattle and developed and coordinated 4-H judging clinics. Lark is a graduate of Lamar Community College in Lamar, Colorado and has a Bachelor of Science Degree in Agricultural Sciences from the University of Nebraska-Lincoln.

Lark's primary duties will be with the 4-H Large animal program including, sheep, beef, dairy cattle, goats, llamas and swine. She will also direct the dog program, deliver school embryology lessons and work with the speech contest. (LJ)



4-H Shorts

What: 4-H Teen Council
Who: Any 4-H member 12 years of age and older

When: The second Sunday of each month from 3:00-5:00 p.m.

Where: Lancaster Extension Conference Center

Why: We need more youth to share in the fun of 4-H Teen Council. We work with Kiwanis Carnival, Ice Cream Social, Lock-In plus lots more FUN activities.

Everyone is welcome to join and learn more about "making the best better!" (AMM)

What: 4-H Music Contest
When: Sunday, April 21 4 p.m.
Where: UNL City Campus Union

Registration deadline: Friday, April 12

Call Ann Marie for more information (AMM)



TAKE A FRIEND-MAKE A FRIEND GO TO 4-H CAMP

Membership in NOT required to attend these camps.

4-H camps at the Eastern Nebraska 4-H Center, near Gretna, are summer adventures that allow your child to have an experience of a lifetime. 4-H camp allows your child to become more independent, build self-confidence and self-worth, discover new recreational skills, and develop a sense of love and respect for others as well as the out-of-doors.

If you'd like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Enroll them with a friend in a 4-H camp. All camps are overnight sessions. Check in and release times are indicated.

FISH CAMP

June 4-6, 1996

10:00 am - 3:00 pm

You won't have to tell any fish stories after this camp! We practically guarantee that everyone will catch the limit. Experts will be on hand to teach beginners while improving the technique of the experienced angler. Permits and bait are part of your registration fee, along with a delicious fish fry that will include your very own catch of the day!

OUTDOOR ADVENTURE I & II

June 7-10, 1996 or June 20-23, 1996

10:00 am - 3:00 pm

Is your idea of a great summer having fun outside? Then this is the camp for you! Like a pioneer, you and your friends may canoe down the historic Platte river, cook outside and sleep under the stars. Back at camp the outdoor adventure continues with rappelling, shooting sports, and enjoying the great outdoors. So bring a friend to four days of fun and sun!

NIORARA I & II

June 11-14, 1996 or June 25-28, 1996

10:00 am - 7:00 pm

We are waiting for 14 special teens looking for an adventure of a lifetime! Come along as we navigate Nebraska's only whitewater river. While on the scenic Niobrara, you and your friends will cook out over an open fire and then sleep under starlit sandhills skies. This is truly a chance of a lifetime getaway you will remember forever!

SUMMER SAFARI I & II

June 11-14, 1996 or July 16-19, 1996

10:00 am - 3:00 pm

Have you ever wondered what the animals at the zoo do after closing time? You will find out at this camp! Roam through the jungle without the crowds and check out the new aquarium. Special night hikes and evening programs will add to the zoo adventure! Back at camp, you'll meet wildlife without the cages. Owl prowls, campfires and games will make each day full of roaring fun!

BOLDLY BOUND

June 16-19, 1996

10:00 am - 3:00 pm

In this camp we will boldly go where no 11-14 year old has gone before!!! Down 35 foot rappelling walls in a single bound. Up climbing towers, over "super highs" and through a lot of water games! So if you and your friends are one of the few, the proud, and truly bold, this is the camp for you!

WET-N-WILD I, II, & III

June 24-26, 1996 or July 1-3, 1996 or July 9-11, 1996

10:00 am - 3:00 pm

The name says it all... three days of wet-n-wild fun! Including swimming and watersliding during our private water party at Mahoney State Park's pool; water relays, H2O limbo, and "soak the counselor." You and your friends should register early for these camps because they fill up fast!

BACKSTAGE '96

June 27-30, 1996

10:00 am - 3:00 pm

When you go to movies and plays, do you wish it were you up on stage? Well, here is your chance! Each camper will be cast in a new short play that will be performed at the end of the camp. Along with fun activities like waterslide, shooting sports and campfires, this camp offers stage make-up, costumes and juggling lessons. Bring along your special talent to entertain your friends during the talent show. At the end of camp, videos of your play and the talent show will be sold so you can impress your family and friends back home!

FIRST TIMERS

July 6-7, 1996

10:00 am - 7:00 pm

Better than a sleep-over! This camp is full of fun games, the waterslide, a campfire and great new experiences! Bring a friend along with you and make new friends here. A perfect way to introduce your 8-10 year old to the adventure of camping!

SPORTS CAMP

July 12-14, 1996

10:00 am - 6:00 pm

Here is a great opportunity to make new friends and play sports, sports and more sports for three whole days! Volleyball, basketball, soccer and hilarious canoe basketball are all included. Teams are matched by age so the competition is fair and fun.

1996 4-H CAMP REGISTRATION FORM

Please Print

Camper's Name _____

M/F _____ Birthdate _____

Address _____

City & State _____ County _____

Zip _____ Parent's Name _____

Phone No. _____ Work No. _____

Allergies _____

Special Medications _____

Last Tetanus Shot _____

My child has permission to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for accidents, claims, and damages arising therefrom. As parents or guardians, we authorize medical care and/or hospital and doctor care. The Eastern Nebraska 4-H Center has my permission to use any photographs of my child in its promotional material.

Parent or Guardian Signature _____

Date _____ If parent/guardian cannot be reached in

case of an emergency, call: _____

Telephone _____

I want to room with* _____

(* Registrations must come in together.)

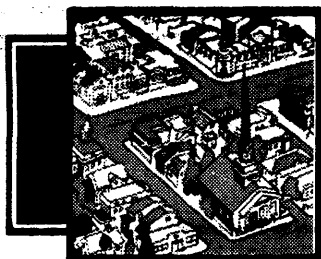
Check camp(s) you are registering for:

June 4-6	Fish Camp	\$65.00
June 7-10	Outdoor Adventure I	\$78.00
June 11-14	Niobrara I (Teens)	\$150.00
June 11-14	Summer Safari I	\$90.00
June 15-19	Boldly Bound	\$94.00
June 20-23	Outdoor Adventure II	\$78.00
June 24-26	Wet-N-Wild I	\$65.00
June 25-28	Niobrara II (Teens)	\$150.00
June 27-30	Backstage '96	\$78.00
July 1-3	Wet-N-Wild II	\$65.00
July 6-7	First Timers	\$40.00
July 9-11	Wet-N-Wild III	\$65.00
July 12-14	Sports Camp	\$60.00
July 16-19	Summer Safari II	\$90.00

Total Enclosed \$ _____

Since many camps will be filled before the scheduled date, we cannot guarantee space for walk-ins or last minute registrations. Fee is required at time of registration. Please make checks payable to Eastern Nebraska 4-H Center and mail to the Center at 21520 W Hwy 31, Gretna, Ne 68028.

CANCELLATION FEE \$10.00



Community & Leadership Development



OPPORTUNITY KNOCKS: Senior Housing Options

We often say, "Home is where the heart is," yet, at times, there may be an opportunity to revise our picture of this rose-colored cottage. Are you remodeling your existing home for your future needs? Are you preparing your home to be sold? Are you considering all of the many housing options available?

If you are interested in learning more about the opportunities, you are invited to attend a "Seminar on Senior Housing Options," February 27, Gere Library, 1-4 p.m. or 6:30-8:30 p.m. For more information, please call the LIFE Office at 441-7070. (LB)

Teen volunteers impact themselves, society

Why and how do teens volunteer?

A recent report on teen volunteering indicates about three-fifths of all teenagers, ages 12-17, help others through volunteerism. The average teen spent three hours a week in formal and informal volunteering. These findings are part of a national survey conducted by the Independent Sector, a non-profit coalition of more than 800 corporations, foundations and voluntary organizations.

The study also examined characteristics of active teen volunteers in an effort to find out how teens become motivated to volunteer and why they continue to do so.

Forty-four percent of teen volunteers started before the age of 11; nearly a third before age 10. Youth groups such as 4-H and student government provided their volunteer opportunities. Teens also saw their parents as volunteer role models.

Teens involved in church or synagogue also were more likely to volunteer, as much teen volunteering took place within the scope of organized religious activities. The study also found that youth volunteers in religious groups most often volunteer for other causes and organizations. Sixty-seven percent of teen volunteers were members of a religious institution, compared with 42 percent who weren't church or synagogue members.

Teen volunteers rated as "most important" the need to help others, feeling compassion toward people in need, and a desire to do something for a personally important cause. They rated material values or personal gains derived from volunteering as "less important." The study also found that these values were reflected in career interests. Many were interested in working with the elderly or handicapped, and in doing religious work, social work or nursing. Among careers less frequently mentioned were computing, media, business and law.

Typically, teen volunteers had a high level of personal activity. Evidence suggests that this "activity syndrome" characterizes volunteers throughout their lifetime, from childhood to age 60 and beyond.

Source: Janet Fox, 4-H Youth Development Specialist, NU/IANR (LJ)

Did you know?

In 1993, women earned 72% of the wages earned by men.

Much of the wage gap is because women are still segregated into traditional female-dominated jobs where wages are low.

In 1993, 61% of all employed women worked in technical/sales, service and administrative support/clerical occupations, 28% of women worked in the higher paying managerial and professional fields.

College educated women earn only \$2,717 more per year than white men who have never taken a college course and \$11,667 less than college educated white men.

Women earn less even when they hold the same occupations as men. Bureau of Labor Statistics for 1993 show women earned equal pay in only 7 out of 90 detailed occupations.

The average woman loses approximately \$420,000 over a lifetime due to unequal pay practices.

The wage gap widens as women mature, among workers 25-34, the wage gap is only 17 percent, yet by age 55-64, the gap widens to 36 percent when compared to men's earnings.

Source: National Committee on Pay Equity, Newsnotes/Winter 1994. (LJ)

Comprehensive juvenile services plan for Lincoln/Lancaster County



LaDeane Jha
Extension Educator

The Juvenile Justice Review Committee (JJRC) recently completed a review and update of the Comprehensive Juvenile Services Plan for Lancaster County and issued a report on December 15, 1995. Included in the plan is a description of Lincoln/Lancaster County and statistics on high school dropout rates, crime, employment and homelessness. It discusses risk factors for youth in families, school, community and among peers. Protective factors are also discussed. The committee identifies priority needs, for the period 1995-2000, and addresses solution development.

Guiding principles to be used by JJRC over the five-year period of the plan include:

1. Prevention must become an integral part of the plan if we are to reduce the number of

youth coming into the system in the first place.

2. Violent juvenile crime continues to be on the increase requiring secure facilities like the Downtown Attention Center and Airpark Attention Center to remain full. Therefore, alternatives to incarceration for nonviolent offenders must be expanded.

3. Lack of adequate resources continues to be a problem which must be addressed if the Juvenile Justice System is to be improved.

4. A community assessment facility which conducts on-site evaluations and immediate screening for services would benefit both the youth and their families. It also benefits community systems like mental health, drug/alcohol, criminal justice and others. Therefore, it should become a primary focus for this jurisdiction.

5. The JJRC Prevention

Subcommittee will thoroughly analyze the strengths and weaknesses of becoming a Prevention Policy Board for Lancaster County.

6. The JJRC should examine a close linkage between the ten federal risk factors and juvenile delinquency.

7. Finally, another observation is that the Juvenile Justice System is not a "quick fix." Between legislative constraints and lack of adequate funding, the process will remain slow. It will be up to the JJRC to ensure, however slow, that progress continues.

Appendices to the report are highly informative and provide a comprehensive overview of Juvenile Justice in this county. This is a "must read" for anyone interested in youth at risk in our community. For a copy of the report, contact Kit or Kathy at 441-7447.

Racial and ethnic diversity in Nebraska and Lancaster County

Minority population in Nebraska increased rapidly in the last decade while the white population declined slightly. According to John C. Allen, assistant professor, Department of Agricultural Economics and Jian Wu, research assistant, Department of Psychology in their publication, "Increasing Racial and Ethnic Diversity in Nebraska," the increase was more rapid than projected.

Allen and Wu indicate several reasons for the more rapid growth of minorities when

compared with the white population. "First, minorities tend to have somewhat higher birth rates than whites," they said. For example, in 1987, a white woman in the U.S. could expect to have 1.8 children during her lifetime; black and other non-white women, 2.3 children. An even more important reason for minority growth is immigration according to Allen and Wu. The U.S. received between 530,000 and 640,000 legal immigrants a year in the 1980s. Age is also a factor. Immigrants tend to be 5-

10 years younger than the white population; thus, more minorities are in their childbearing years.

As can be seen from the following figures, Lancaster County has seen significant changes in minority population during the decade of the 80s. Every minority group showed significant gains in population in the county with increases ranging from a 27.5% increase among American Indians, Eskimos and Aleuts to a 57.5% increase among Asian and Pacific Islander populations.

Race and Hispanic Origin: Lancaster County 1980-1990

Year/Ethnicity	Lancaster County	Year/Ethnicity	Lancaster County
Total		American Indian Eskimo, Aleutian	
1980.....	190,264	1980.....	855
1990.....	209,703	1990.....	1,090
Change %.....	10.2	Change %.....	27.5
Change #.....	19,439	Change #.....	235
Ethnicity		Asian, Pacific Islander	
White		1980.....	2,117
1980.....	183,864	1990.....	3,335
1990.....	200,521	Change %.....	57.5
Change %.....	9.1	Change #.....	1,218
Change #.....	16,657	Other	
% White		1980.....	182
1980.....	96.6	1990.....	174
1990.....	95.6	Change %.....	-4.4
Black		Change #.....	-8
1980.....	3,246	Hispanic Origin	
1990.....	4,583	1980.....	2,620
Change %.....	41.2	1990.....	3,938
Change #.....	1,337	Change %.....	50.3
		Change #.....	1,318

Implications for schools, communities, commerce and business are obvious. As diversity increases in our community, it is essential that we consider language, customs and cultural mores as we address issues affecting youth and adults in the county. (LJ)

For what it's worth

Here is some "bumper-sticker wisdom" that can drive you onward or drive you nuts:

Keep your eye on the donut, not the hole.

If you want something done, ask a busy person.

Crazy is doing the same thing over and over and expecting different results.

Understanding is one thing, action is another.

A goal is just a dream with a deadline. (LJ)

COOPERATIVE EXTENSION SYSTEM



established 1914

Family Living news continued

Bugged

4. Meat thawed in the microwave should be cooked immediately.

TRUE. If meat or poultry is thawed in the microwave, cook it right away. Unlike food thawed in the refrigerator, microwave-thawed foods actually begin to cook and approach "danger zone" temperatures. This increases the chance for any bacteria to multiply to harmful levels.

When possible, it's best to

plan ahead for slow, safe thawing in the refrigerator. Small items may defrost overnight; most foods require a day or two. Large items like turkeys may take longer—one day for each five pounds of weight.

For faster defrosting, place food in a leakproof plastic bag and immerse it in cold water. Change the water about every 30 minutes to be sure it stays cold. After thawing, refrigerate the food until ready to use. DO NOT

thaw meat on the counter top.

5. A baked potato that has set out on the counter for most of the day is safe to eat.

FALSE. A baked potato that has been left at room temperature for an extended time is risky to eat. Several cases of botulism have been reported due to eating potatoes baked in aluminum foil wrap and left at room temperature for long periods. Untreated,

botulism can be fatal.

Other foods that have been associated with foodborne illness if left at room temperature for more than a couple of hours include: rice, pasta and melons. *Bacillus cereus* is a bacteria that can grow in foods such as rice and pasta. *Salmonella* from the soil can get on the surface of a melon and then transfer to the fruit when it is cut.

6. It's safe to make homemade ice cream with raw eggs because ice cream is a frozen product.

FALSE. To prevent the possibility of foodborne illness from *salmonella*, cook egg mixtures until they reach 160° F. When making ice cream, either choose an ice cream recipe made without eggs or a custard-type ice cream where the ice cream mixture is heated. Also, don't eat raw homemade cookie dough or cake batter. Commercial preparations of cookie dough aren't a problem as they're made with pasteurized eggs.

If you want to eat foods with raw eggs or sample homemade batter or dough, use a pasteurized egg substitute for the raw eggs. In general, cook eggs thoroughly so both yolks and whites are firm, not runny.

Cooperative Extension Food Safety Programs

We are working at Cooperative Extension to help you with safe food practices. Recent activities include:

—Cooperative Extension is actively involved in helping teach "ServSafe" classes to food

service operations.

—Food safety training is included in presentations to child care center cooks attending Extension workshops.

—Hands-on handwashing demonstrations for children were held at child care centers.

—Food safety information is provided in our NEBLINE articles and in a weekly "Food Tips" column in the Journal Star Newspaper.

—We'll help answer your food safety questions ... We received over 1,000 food safety calls last year.

—Food safety presentations are given for worksite and other community groups. The questions in this article are from a "Safe Food" activity used at these programs. Call us for more information.

—4-H food booth workers received training in basic food safety practices as part of a skill training program.

—We developed a video, "Safe at Home," in a cooperative project with the Lincoln/Lancaster County Health Department. This video focuses on personal safety education for youth who must spend time home alone.

—Cooperative Extension staff were interviewed by three radio stations on holiday food safety this past year.

If you'd like more information on safe food practices for your home, send a self-addressed, stamped envelope to: Food Safety; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

From Page 7

Winter

for additional heat. Maintain adequate ventilation by partially opening a window on each side of the vehicle, providing flow through ventilation.

Also, be aware of carbon monoxide poisoning in other situations. Don't run tractors or other engines inside closed shops or machine sheds. Using space heaters inside closed buildings can reduce oxygen levels and produce fatal concentrations of carbon monoxide and carbon dioxide. Provide adequate ventilation when using kerosene heaters.

Install smoke and carbon monoxide alarms, and have the home heating system inspected annually.

Source: Dave Morgan, Safety Engineer, NU/IANR; NDSU Cooperative Extension. (LB)

Storing leftovers safely

Store leftovers properly to keep them safe. Store leftovers in clean, covered containers. Store a large amount of a leftover in several small, shallow containers instead of one large container.

This chart shows the maximum amount of time leftovers

should be kept in the refrigerator or freezer. The time leftovers can be kept safely depends on:

- whether or not the food was handled safely during preparation.
- how fast the food cooled down to refrigerator or freezer

temperature.

- the temperature of the refrigerator or freezer.

Once leftovers are reheated, they should not be stored again. Throw away any reheated leftovers that are not eaten.

Food	Refrigerator (40° F)	Freezer (1-10° F)
Eggs, liquid pasteurized or egg substitutes, opened	3 days	Do not refreeze
Deli and vacuum-packed products: Store prepared (or homemade) egg, chicken, tuna, ham or macaroni salads Prestuffed pork and lamb chops, chicken breasts stuffed with dressing	3-5 days 1 day	These products do not freeze well
Cooked meat, meat dishes, soups and stews, gravy and meat broth	1-2 days	2-3 months
Cooked poultry, poultry dishes Chicken nuggets, patties	1-2 days 1-2 days	4 months 1-3 months
Cooked fish	1-2 days	1 month
Hot dogs, opened package Lunch meats, opened package	1 week 3-5 days	1 month (wrapped) 1 month (wrapped)
Baby Food Strained fruits or vegetables* Strained meats and egg yolks* Meat and vegetable combinations*	1-2 days 1 day 1-2 days	6-8 months 1-2 months 3-4 months

*These storage times are for opened jars or homemade baby food. Follow the "use-by" date for shelf storage of unopened jars.

Adapted from the University of Nebraska Cooperative Extension bulletin, "Food Storage"
Source: Eating Right is Basic (Third Edition), 1995. Michigan State University Extension. (MB)

Rural \$ense news continued

Older farmers own most

According to the recently released 1992 U.S. Census of Agriculture, farmers over the age of 65 now make up almost 25 percent of all farmers in the country; farmers between the ages of 55 and 64 make up another 22 percent. By contrast, only about one percent of farmers are under age 25. Farmers between the ages of 24 and 34 account for only another nine percent. The average age is 53 years.

Older farmers' control of farmland is even more pronounced. Farmers over age 65 own 31 percent of the owner-operated farmland and rent another 17 percent of the rented ground. Farmers between the ages of 55 and 65 own 27 percent of the owner-operated and rent 21 percent of rented farmland. Farmers under age 25 own only one-half of one percent of the owner-operated land and rent only 1 percent of the rented land. For farmers between ages 25-34, the figures are 4.5 percent and 11 percent, respectively. (DV)

Winter grazing can save dollar\$

Grazing pasture in winter can reduce winter feed costs and improve pasture condition. For example, the monetary savings of hay and silage would be 25 to 50 cents per cow for every day of winter grazing.

The pasture also benefits from winter grazing. Cattle will clean off old growth so pastures will be fresher and greener next spring. In winter, cattle may even eat plants like

yucca and ragweed.

Grazing in winter instead of summer is one of the best methods to improve grassland health, especially if pasture conditions are poor and run down. Grasses needing invigorating will be strengthened by not grazing them during the growing season. Just be sure to remove cattle from winter pasture before desired grasses green up, so it

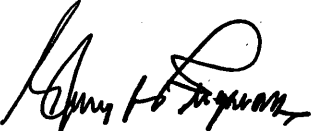
has a chance to recover.

Naturally, cattle still need protein supplements while grazing pasture, but they do a pretty good job of picking high quality plant parts to eat while winter grazing. And, as they approach calving and begin lactating, energy supplements also will be needed to maintain good cow condition. (WS)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

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



Gary C. Bergman, Extension Educator–Unit Leader

NOTICE

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

CONTRIBUTING STAFF

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

NEBLINE
FEEDBACK
FORM



In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

- 1. Change your address or order a subscription (please print)
- 2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

- ☐ Order subscription (free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)
- ☐ Change of Address

Comments _____

Story Idea(s) _____

Return to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, Nebraska
68528-1507

PHONE NUMBERS:

- Office (leave message after hours) 441-7180
- After hours 441-7170
- FAX 441-7148
- GARDEN GOSSIP HOTLINE 441-7179
- COMPOSTING HOTLINE 441-7139

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

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

February 2-3 Nebraska State 4-H Leaders Forum— <i>Ramada, Lincoln</i>	
February 3 4-H Shooting Sports Instructor Certification Training.....	9:00 a.m. to 4:30 p.m.
4-H Beef Cattle Weigh Day— <i>4-H Arena, State Fair Park</i>	9:00-11:30 a.m.
February 5 Welfare Reform: How Policy Changes Impact Nebraska's Poor Video Conference.....	
11:00 a.m. to 1:00 p.m.	
February 6 4-H Council Meeting.....	
7:00 p.m.	
Sheep Referendum.....	
8:00 a.m.-4:30 p.m.	
February 7 1995 Nebraska Soybean & Feedgrain Profitability Project results, <i>ARDC Building, Ithaca</i>	
9:30 a.m.	
February 8 New Leader Orientation-Part 1.....	
9:30 a.m. and 7:00 p.m.	
Private Pesticide Applicator Training.....	
1:00 p.m. & 7:00 p.m.	
February 9 Private Pesticide Applicator Training.....	
1:00 p.m. & 7:00 p.m.	
February 10 Canine Companions Dog Training.....	
1:00 p.m.	
February 11 Teen Council Meeting.....	
3:00-5:00 p.m.	
February 12 Nebraska Milo Expo.....	
9:30 a.m.-3:40 p.m.	
Extension Board Meeting.....	
7:00 p.m.	
Citizenship Washington Focus Meeting.....	
7:00 p.m.	
Shooting Sports Club Meeting.....	
7:00 p.m.	
February 13 Nebraska Milo Expo— <i>Gage County Fairgrounds</i>	
9:30 a.m. to 3:40 p.m.	
February 14 4-H Horse VIPS Meeting.....	
7:00 p.m.	
February 15 Fair Board Meeting.....	
7:30 p.m.	
4-H Rabbit VIPS Meeting.....	
7:00 p.m.	
Deadline for Ticket Orders to FCE Night at Lincoln Community Playhouse	
February 17 Canine Companions Dog Training.....	
1:00 p.m.	
February 17 OR 24 PAK 10 Rabbit Clinic & Judging Contest— <i>Omaha</i>	
February 18 Speech Workshop.....	
6:00-7:30 p.m.	
February 20 Star City Rabbit Raisers Meeting.....	
7:00 p.m.	
Initial Commercial Pesticide Applicator Training.....	
9:00 a.m.-5:00 p.m.	
February 21 Enhancing Restaurant Management Workshop.....	
8:30 a.m.-4:30 p.m.	
New Ag Technologies and Precision Farming Conference— <i>ARDC Building, Ithaca</i>	
9:30 a.m.-3:30 p.m.	
February 22 Initial Commercial Pesticide Applicator Training.....	
9:00 a.m.-5:00 p.m.	
February 23 Planning Your Future in Pork Production.....	
9:30 a.m. to 3:30 p.m.	
February 24 Canine Companions Dog Training.....	
1:00 p.m.	
CRP Options: Planning for the Future— <i>ARDC Research and Extension Building, Ithaca</i>	
8:00 a.m. to 4:00 p.m.	
February 27 "Food Times in the Year 2000" FCE Leader Training.....	
1:00 or 7:00 p.m.	
Senior Housing Options, <i>Gere Library</i>	
1:00-4:00 p.m.	
March 1 4-H Ambassador Applications Due State & National Scholarships Due Chemigation Training— <i>Dodge County Extension Office, Fremont</i>	
9:00 a.m.	
Chemigation Training— <i>Saline County Extension Office, Wilber</i>	
1:00 p.m.	
March 4 Nebraska's Changing Health Care Environment: Videoconference.....	
11:00 a.m.-1:00 p.m.	
Beginners' Beekeeping Workshop.....	
6:30-9:30 p.m.	
March 5 4-H Council Meeting.....	
7:00 p.m.	
Beginners' Beekeeping Workshop.....	
6:30-9:30 p.m.	
March 6 Chemigation Training— <i>4-H Building, York</i>	
1:00 p.m.	
March 10 Teen Council Meeting.....	
3:00-5:00 p.m.	
March 11 Speech Contest Sign-Up Deadline Extension Board Meeting.....	
7:00 p.m.	
New Leader Orientation-Part II.....	
9:30 a.m. and 7:00 p.m.	
Shooting Sports Club Meeting.....	
7:00 p.m.	