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## The NEBLINE, December 1994

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## Local farmers host international guests

Each year, international guests visit the University of Nebraska Cooperative Extension in Lancaster County, meet with Extension staff and tour local family farm operations. These visits are arranged and sponsored by the International Programs Division at the Institute of Agriculture and Natural Resources-UNL and Lancaster County Extension.

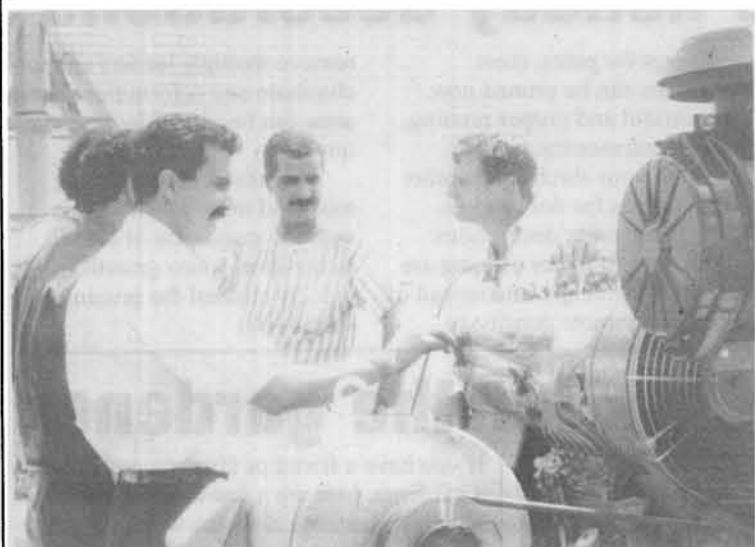
During the past several months, guests from Albania, Slovenia, China, Japan, Turkey, Egypt, Algeria, Thailand, Rwanda, India, Ukraine and Kazakhstan have met with staff and local family farm operators. Visitors have included ministers of agriculture, forestry ministers, agricultural engineers, agronomy engineers, farm managers and operators, deans and directors of universities, and university professors.

Visitors are interested in the structure of Cooperative Extension and its role in the community, types of farm equipment, sludge and solid waste management, no-till, dryland farming, and irrigation.

Several Lancaster County farm families take time to provide tours of their operations. Hosting international guests is truly a rewarding experience. If you're interested in allowing international guests to tour your farm operation, call the Extension office at 441-7180. (SE)



Lyle Sittler from Martell (right) describes the native grasses in his pasture to Dr. Montree Rupsuwan from Thailand (front).



David Schwaninger from Hallam (right) shares information on the engine used to drive the family's pivot irrigation system with the Algerian Dryland Farming Team.

## Celebrate the family!



Lorene Bartos  
LaDeane Jha  
Extension Educators

As we enter the hectic holiday season, we have a perfect opportunity to celebrate families. It's a great time of the year to build family traditions, discover other cultural traditions and spend quality time together. Think about ways your family can celebrate, give service and contribute to the community.

### Laugh Together

Start by making each other laugh. Make laughter and joy mandatory. If something is not fun, evaluate why you are doing it. Making those around you laugh strengthens relationships. A room filled with laughter is a haven from stress and a more comfortable, relaxing place. Laughing at mistakes often takes the sting out of situations that could otherwise cause unpleasantness. Send humorous cards and notes to one another. Build fun and laughter into relationships and enliven holiday activities so that they don't become dull or boring. Try reading the comic pages of the newspaper together; when you hear a joke—jot it down and share it later; watch a funny movie together. Take time to enjoy the season, family and friends.

### Plan for Memories

Leave the commercialism behind and plan goals for building family traditions that will enhance the meaning of *your* special holidays. Unrealistic expectations for holiday celebrations often leave family members stressed, unappreciated and disappointed. Think ahead to what will be meaningful and memorable for your family. Decide what is really important to you and the people with whom you'll be sharing the holidays. Set your own family standards rather than living by society's expectations. What do you want your family to remember and pass on to future generations? Think about helping another family or giving service at a community shelter; pick out a Christmas tree together; share Hanukkah celebrations with others in the community; teach others about Boxing Day or other

cultural traditions. Think about your family traditions and memories. What makes them memorable? Did they have much to do with material things?

### Nontraditional Gifts

Originally gifts were a token of love or affection. Too often today, a gift assumes many other meanings such as: proving you can afford to give expensive gifts, making up for lost time, or attempting to outdo some other gift-giver. Think about what your gifts mean and what message you are passing on to your children and other family members.

Be creative with gifts. Give coupons for home-cooked meals, a drive in the country, or a clean garage. Sit down with your family and build a new gift-giving tradition. Would your family like to forgo gifts and take a special trip instead? One family related how they decided early in the year to plan for a trip to Disneyland over the holiday break. In order to make such a trip possible for their family of 11, they decided to earn money as a family. They took an early morning office-cleaning job in which the entire family participated. Every morning, five days per week, this family arose at 5:00 a.m. to work two hours prior to work and school. The family stuck to their plan and had a wonderful trip at Disneyland. Their goal had been accomplished—so they gave up their family job, but after a few

weeks, the children came to their parents and asked for their job back—they liked the time it gave them together. Are there gifts or goals that your family can work on together?

### Holiday Hugs

- Have "hand hugs" to begin dinner.
- Have a "family hug" before bedtime.
- Have a "piggyback hug" for small fry.
- Have a "buddy hug" for older children.
- Have a "heart-to-heart hug" just because.

### Celebrate Your Family

- Turn off the TV.
- Attend religious services as a family.
- Say "I love you" to other family members.
- Visit a relative.
- Bake cookies together.
- Volunteer as a family to help someone else.
- Make a family tree.
- Attend a holiday concert.
- Play a board game together.
- Go sledding or build a snowman.
- Make a movie of your family.

Be creative and think of ways to make holidays joyful and productive rather than stressful and hurried. Find joy in building family traditions and find ways to make the holidays work for your family. Happy Family Holiday!

## PRIORITY PROGRAM INDEX

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

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



### Agricultural Competitiveness and Profitability

"Crop Protection Clinic January 4"—page 3



### Natural Resources and Environmental Management

"Carbon Monoxide and You"—page 5



### Children, Youth and Families

"Celebrate the Family"—page 1



### Nutrition, Food Safety and Quality

"Don't Be Mislead..."—page 6



### Strengthening Lancaster County Communities

"Highlands Neighborhood Sets Goals"—page 10

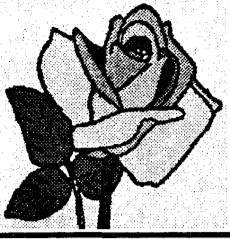
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## Horticulture

### Questions & Answers



**Q. Are the peppers on my Christmas pepper edible?**

**A.** If you grew the plant yourself so you know that no toxic chemicals were used on it, the peppers should be safe to eat, though hotter than hot. Greenhouse-grown plants may have been treated with systemic insecticides and other chemicals; so, it's unwise, and possibly dangerous, to consume their fruits.

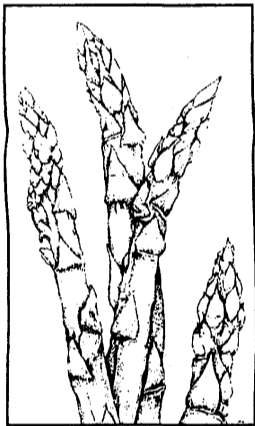
**Q. A couple of my African violets are growing strangely. The new leaves are small and unusually hairy, and they're all twisted. The plants have also stopped blooming—they usually flower all winter for me. What could the problem be?**

**A.** It sounds as if you have an infestation of cyclamen mites. These spider-like creatures are too small to be seen with the naked eye; but, they can do a great deal of damage to violets and other plants by feeding on plant juices. Isolate infested plants and treat them with a miticide according to label directions. Plants that can tolerate a good soaking can be immersed in water at 110° F for 15 minutes. Careful control of water temperature is essential for effective mite control. Discard severely infested plants to prevent the spread of the mite.

**Q. How can I transport gift plants in cold weather without killing them?**

**A.** Wrap the plant to be transported in several layers of paper with dead air space between the layers. Make the final layer a heavy paper grocery sack or a cardboard box. Rush the plant to and from your heated car, and don't leave it sitting in the car while you shop or visit. It doesn't take very long for a tropical plant just out of a greenhouse or florist's shop to get seriously chilled. (DJ)

## Winter asparagus care



Old asparagus foliage (ferns) should be removed each year prior to emergence of new growth in the spring. This makes harvest easier and minimizes the development of certain pathogenic organisms in the crop.

Asparagus foliage may be removed either now or in very early spring prior to new spear emergence. There is less chance of injuring growth next spring if dead ferns are removed in the fall.

Ferns can be cut and removed from the field, burned off or chopped. The chopped debris can be left on the soil surface as a mulch or incorporated into the top 2-3 inches of the bed.

By waiting until spring to remove foliage, ferns will catch winter snow, thus retaining moisture and minimizing spring soil erosion during the winter. In the spring, more care will be necessary to avoid damage to crown buds and young spears. Asparagus fern removal should occur while crowns are still dormant—February or early March.

Research has shown that either removal of old ferns from the field or chopping and incorporating the debris into the soil helps minimize fungal diseases such as *stemphylium* (purple) spot. Removal from the field or soil incorporation of old ferns minimizes exposure of the young spears to the fungal spores. (DJ)

## Purchasing wood for your fireplace

Relaxing around a warm, crackling fireplace is an enjoyable way to spend a cold winter evening. Those homeowners who must purchase their firewood need to know what they are buying to get the most for their money.

Firewood is sold in several ways. The cord, face-cord, rick or pick-up load are common units.

A cord (shown below) contains 128 cubic feet of wood and is usually measured as a stack of wood 8 feet long, 4 feet tall and 4 feet wide. A rick contains one-third of a cord or a stack of wood 8 feet long, 4 feet tall and 16

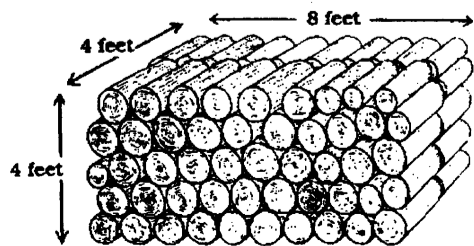
inches wide. The cord and rick are standard units of volume and should cause no confusion in comparing prices.

The amount of wood in a face-cord or pick-up load may be deceiving, however.

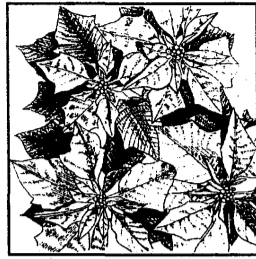
A face-cord is a stack of wood 8 feet long and 4 feet high but the width can vary from 12 to 30 inches. A pickup load can mean almost anything depending on the size of the pickup's bed and the height to which it is stacked. In order to compare prices, estimate the cubic foot volume of wood.

A standard cord has a volume of 128 cubic feet. But, it is not all wood—some is air space. Depending on how the logs are stacked, only 60 to 110 cubic feet may be solid wood.

To get the most wood for your money, look for round, unsplit wood.



## Care for holiday gift plants



Potted plants received as gifts during the holiday season will

continue to provide color and enjoyment if they are handled properly. One of the first steps in caring for gift plants is to realize that the winter home environment is tough on a flowering plant. These plants are produced under optimum conditions with all the light, water, warmth and nutrients needed for quality flowers and foliage. The average home is too dark, dry and drafty in comparison to a greenhouse setting. In addition, we generally do not fertilize much at this time of year.

The life of most flowering plants can be extended for days or even weeks beyond the holidays with some extra attention. Flowering plants require bright light to retain their flowers and foliage. Avoid direct exposure to the sun which heats the flowers and causes excessive moisture loss in an already dry atmosphere. Since the light helps the plant grow, turn the plant once-a-week to keep it symmetrical.

If you do not have access to east, south or west windows, set the plants close to artificial light. Fluorescent lamps are the best choice because incandescent light generates too much heat for the amount of light produced.

Many flowering plants are not produced at constant temperatures in the greenhouse. Most plants do well in bright spots with a temperature of 65 to 75° Fahrenheit in the daytime and 50 to 55° Fahrenheit at night. The cooler temperatures slow the deterioration process down and help extend its decorative life. Remember—

during the winter, the temperature near a window is considerably lower than the rest of the room.

Drafts can be a serious hazard for plants in the winter. Cold air from an open door as well as heat from radiators or air vents can chill or overheat a plant. Avoid any extremes in temperature.

In the excitement of the holidays, you may forget to water your gift plant. Remember, indoor air is quite dry and the plant will dry out quickly. Also, flowering plants tend to dry out quicker than foliage plants. It is best to maintain a moderately moist root system all the time. Roots can be seriously damaged if they become too dry or are water logged from too much water. When it is necessary to water the plant, add enough water to completely soak the root system. Any excess water should pass through the drainage holes at the bottom. If the plant is in a decorative pot with no drain hole, be careful. Too much water will prevent air from getting to the roots.

The removal of older, faded flowers will help prevent seed development from taking strength away from the rest of the plant. Periodic grooming of the plant will help keep it attractive for a longer time.

At some point in the future, you will have to determine the fate of your holiday gift plant. These plants are produced under ideal conditions which cannot be duplicated in the home. In most instances, it is probably better to discard the plant after it has finished flowering or is no longer attractive. However, some of the perennial woody plants can be grown in the home and garden for a number of years if they are given proper attention. Some may have to be taken indoors each fall to protect them from frost and cold weather.

Some plants need a dormant period after flowering while others can be kept growing until moved outdoors in the spring. Others tend to get spindly in the low light levels of late winter and will need to be pruned to keep them full and compact.

The poinsettia needs a dormant period between March and May when they are cut back to 5 to 8 inches before growth starts.

Chrysanthemums can be maintained as foliage plants indoors until spring when they are cut back and placed outside. The greenhouse variety of mum will not tolerate freezing temperatures and has to be brought back inside each fall.

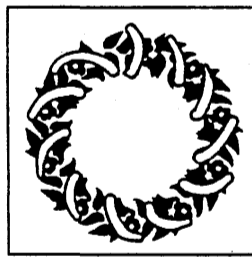
Kalanchoe needs adequate light to flower a second time. Cuttings can be rooted in water or moist sand to carry the plant to the next season. Regular pruning will help maintain a compact plant.

Cyclamen is one of the most attractive plants available. It is also one of the most difficult plants to keep looking good indoors. Cool temperatures, as low as 50° Fahrenheit at night, are needed to keep the plant healthy. Warmer temperatures result in yellow foliage and dead flower buds.

The gardenia is an attractive foliage and flowering plant. The fragrant flowers will persist in night temperatures of 60° Fahrenheit. Keep the plant in a sunny, but cool, location in the daytime. In summer, move the gardenia to a lightly shaded area and never allow the soil to dry out. Keep it fertilized during the summer growing season and return it indoors before the cool nights of early September arrive.

Even if you cannot get your gift plant to its original quality, you will have the satisfaction of knowing you were able to extend its growing season as long as possible. (MJM)

## Inexpensive holiday decorations



your overgrown shrubbery.

Evergreen branches for holiday decorations are as close as

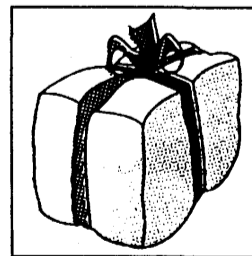
Except for pines, most evergreens can be pruned now. With careful and proper pruning, you can enhance the natural beauty of your shrubs and gather raw materials for door swags, wreaths and other decorations.

Other reasons for pruning are to control the height and spread of plants, to promote density, to

remove multiple leaders and to eliminate any deformities. These aims can be served by pruning now.

Use sharp, clean pruning tools and make all cuts flush with the main stem or branch. In the spring, new growth will quickly conceal the pruning scars. (DJ)

## Gifts for the gardener



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

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be difficult to wrap and still be a surprise, but they are always welcome. Pruning tools, like hand shears and small saws, are easier to wrap and may be needed later this winter.

Consider giving birdseed, which will not only make the birds happy, but provide enjoyment for the entire family. As natural bird food supplies decline and snow cover hides what remains, this is a good time to consider such a gift. Bird feeders also make good gifts.

Don't overlook the possibility of a gardening magazine or plant book as a gift. Many larger book stores have well stocked sections on these and related topics. Garden centers and nurseries also offer a variety of titles on individual plants as well as cultural practices. Someone with a new home might like a book on plant materials and landscaping, while people with a well established garden and landscape might better use information on maintenance and pruning practices.

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

## Crop protection clinic Jan 4

**\$** Mark your calendar now for the 1995 Crop Protection Clinic to be held Wednesday, January 4 at the Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln. Registration begins at 8:30 a.m. and presentations conclude at 3:30 p.m. The \$17 registration fee

includes a copy of the proceedings, refreshments, the noon meal and the *1995 Guide for Herbicide Use in Nebraska*. The program content will be site specific—in that, it is tailored to the issues for the area.

Commercial Applicator Recertification will be conducted immediately following this clinic.

Preregistration is not required. Registrations will be taken at the door. The recertification fee is \$10.

Detailed programs and advanced registration forms are available by contacting University of Nebraska Cooperative Extension in Lancaster County at 441-7180. (WS)

## Looking ahead at CRP acres

By 1996, thousands of Nebraska's Conservation Reserve Program (CRP) acres may return to cropland or grazing for the first time in approximately ten years. However, producers may have a host of potential problems when returning such land to production. At this time, there are no real answers to the many questions raised by those looking forward to available options at the end of CRP.

A task group of University of Nebraska Specialists have proposed implementation of research to determine the most economic and environmentally-sound methods of returning CRP acres to crop production. At other locations across the state, Extension educators and specialists will



be concentrating on the removal of litter and improving stand density in preparation for haying and grazing.

One of the first concerns producers have to face is the removal of the immense undergrowth of vegetation that has accumulated over the span of the CRP program. There could be just as much, or even more, decayed vegetation beneath the ground as above the ground. This surplus of residual could cause some real problems, especially for those

planning to convert to a haying operation. These issues are a matter of concern to all involved in this research because of the short time frame before land will be coming out of the CRP program. Several workshops will be offered at various locations next spring which will address "Converting CRP to Grazing and Haying." Workshops will be informal, with discussions of burning, clipping, interseeding, weed control, fertilizing, etc. that can be done now, while CRP contracts and restrictions still exist. The exact times and locations of these workshops will be announced in future issues of THE NEBLINE. Be sure to watch for more information. (WS)

## Agronomy highlights December 20

The Agronomy Department at UNL will hold its annual review of agricultural activities and accomplishments on Tuesday, December 20 at the Cornhusker Hotel in Lincoln. Several presentations involving research activities in agronomy will be held as part of the day-long activity which includes a

symposium, posters and demonstrations. The most recent information on Crop Variety Improvements will be a special feature at the symposium. All programs are designed to meet the interests of the agricultural crop producer and farmers from across Nebraska are extended a special invitation.

The day's activities will last

from 8:30 a.m. to 4:30 p.m. at the Cornhusker Hotel. There is no fee for the event and a complimentary noon meal will be provided for those who register by December 9. To pre-register, call the University of Nebraska Cooperative Extension in Lancaster County at 441-7180 before December 10. (WS)

## Terrace maintenance

- Inspect terraces and underground outlets at least twice a year—once in the spring before planting and once in the fall after harvest. Also, check them after heavy rainstorms.
- Measure terrace height and width at least annually.
- Repair sections of terraces which have eroded or over-topped.
- Remove sediment build-up in the terrace channel to maintain

adequate water holding capacity.

- Remove sediment build-up and trash from around riser inlets and obstructions from around tile outlets.
- Always farm on the contour with the terraces and avoid operating tillage or planting equipment over terrace ridges.
- Control erosion between terraces by using contour tillage and residue management. (CB)

## Dormant planting grasses and legumes

Believe it or not, winter or dormant planting of grasses can be nearly as successful as planting during the more conventional times in early spring or August. Dormant plantings can succeed as long as your soil is dry and soil temperature is too cold for seeds to germinate. That's the key—too cold to germinate. When these conditions exist, seed will just lie in the soil until favorable germination conditions occur. Then, seeds will begin to grow as if they had just been planted.

Warm-season grasses are especially well suited for dormant season plantings. They do not germinate until soil temperature exceeds 45°F. Since soils generally remain colder than this for most of the winter, dormant plantings of

these grasses usually are made between late November and April 1. In addition, the warming and cooling of the soil in the spring stimulates a natural process in these seeds to improve their germination.

In contrast, cool-season grasses can germinate at soil temperatures as low as 35°F. Soils are often warmer than 35°F for several days at a time during most winters in this part of Nebraska. When this happens, cool-season grasses sometimes germinate and then die when soils freeze again. Thus, dormant planting of cool-season grasses is less successful than warm-season grasses.

If you want to plant grass but never seem to have enough time to do the job in the spring, try dormant planting. It can work for you, too. (WS)

## Cleaning up warm-season grass

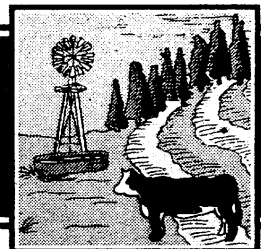
Warm-season, native grasses make good pastures during those hot and dry, late summer months. There are three primary tall native grasses—big bluestem, Indian grass and switchgrass—which are most often included in our warm-season grass pastures. They grow well during hot weather when cool-season grasses like bromegrass, bluegrass and wheatgrass are unproductive. This gives livestock good grazing from late April to October. That does not mean cool-season and warm-season grasses should be grown together in the same pasture. It simply is not productive for the average, small livestock producer who utilizes long-term grazing plans. We recommend cool-season and warm-season

grass blends only for those producers who utilize intensive grazing practices on 12 or more pasture paddocks.

A common problem in maintaining a pure stand of warm-season grass is that cool-season grasses often invade like weeds. The cool-season grasses germinate and grow during cool, moist times of the year when warm-season grasses are dormant and not competitive. The easiest and fastest way to eliminate cool-season grasses from a warm-season pasture is to use Roundup® herbicide in late fall. But, make sure you do it timely and correctly or you will also kill the warm-season grasses in the treated area. The key to timing the application of Roundup® is to ensure that the warm-season grass has become dormant and the cool-season grass

is still actively growing. To accomplish this—first, wait until several hard freezes occur that kills the top growth of the warm-season grasses. It usually takes at least a week after a hard freeze to know if the warm-season grasses has reached dormancy. At this stage, the warm-season grass will not absorb any Roundup®; however, the cool-season grass will normally still be green and susceptible to Roundup®. That's the time to spray Roundup® and selectively remove cool-season grasses from your warm-season pasture. Follow label directions for proper application rates and formulations of Roundup®. Contact Ward Shires, UNL Cooperative Extension in Lancaster County, 441-7180 for additional instructions. (WS)

## Rural Sense



## Private pesticide applicator training

Anyone having a private applicator certificate that expires during any month in 1995, should plan to attend a recertification training session. A private applicator is defined as one who uses or supervises the use of any restricted-use pesticide to produce agricultural commodities on owned or leased property. Most farmers are certified as private applicators; however, many farmers perform custom work for other farmers and are certified as commercial applicators.

Recertification training for private applicators will be held January 26, 27 and 28, 1995, at the Lancaster Extension Conference Center, 444 Cherrycreek Road, Lincoln. Be sure to check the January issue of THE NEBLINE for training sessions' times and information on additional trainings available at other locations. All training sessions will be open to anyone needing certification for the first time as well as those needing to be recertified. (WS)

## Eastern Nebraska Crop Production Day and Machinery Expo

The Eastern Nebraska Crop Production Day & Machinery Expo is scheduled for Friday, December 9, Saunders County Fairgrounds in Wahoo.

Beginning at 9 a.m., area farm operators can visit with representatives from seed, herbicide, fertilizer and equipment companies. The latest in farm equipment, provided by local implement dealers, will be showcased for farm operators to view in the heated pavilion on the fairgrounds.

Throughout the day, topics pertaining to crop production, marketing and utilization will be presented by area farm operators, University of Nebraska researchers, Extension specialists and private industry representatives. The topics covered are timely and tailor made for area growers.

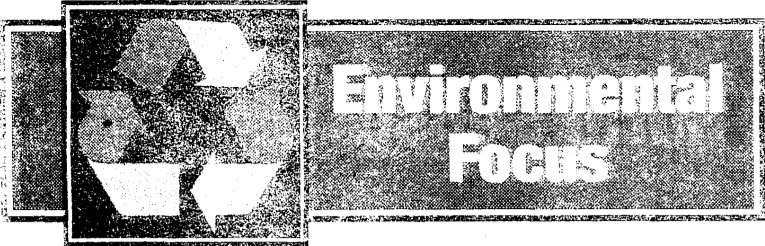
This event is sponsored by the University of Nebraska Cooperative Extension, Saunders County Soybean Growers Organization and private industry cooperators. (DV)

## Preserve native pastures and grasslands

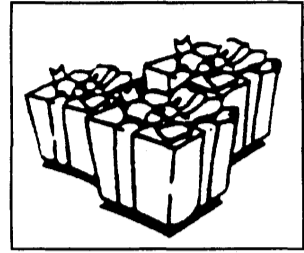
Native pastures were established hundreds of years ago and have always been a key to the success of Nebraska's cattle industry. In cropland areas, little care has been given to preserving native pastures in recent years. One needs only to travel Interstate 80 between Lincoln and North Platte to make a case in point. Many once-productive, native pastures are now overridden with weedy plants and/or cedar trees. Some people believe this transformation is natural and therefore is acceptable. The cause, however, is most likely

due to mismanagement in grazing livestock as well as neglect in protecting the native pastures from invading weeds and cedar trees. Most Nebraskans believe in protecting and preserving our land in its natural state. The definition of a weed is "any plant growing out of place." Allowing weeds to overtake and destroy the natural habitat is not preserving our heritage. In Lancaster County, we still have an estimated 25,000 acres of native pasture in addition to 28,650 acres of cropland seeded to grasses under the Conservation

Reserve Program (CRP). At the present time, about 12,000 tons of prairie hay is harvested each year in Lancaster County. With the completion of the ten-year CRP, we will have an even greater potential in the grass hay market. However, we do need to pay greater attention to management of our grasslands. For additional information on grassland and pasture management, contact Ward Shires, University of Nebraska Cooperative Extension in Lancaster County, 441-7180 (WS)



# Keep environment in mind during holidays



With the holiday season approaching, it is important to keep the environment in mind. Think about packaging when selecting gifts. Many items have excess packaging. Choose items in which packaging is used to ensure safety and prevent spoilage.

When wrapping gifts, use recycled paper or make your own wrapping from paper bags, newspaper, etc. Be creative. If you need to mail packages, pack with popcorn, newspaper, or handy gift items such as towels, dish clothes, washcloths, etc. to keep items from breaking or moving around. When packing food items such as cookies, the cylindrical chip cans work great.

Think of gifts that you can give made from recycled materials or recycled items. Use glass or plastic jars for food items such as cereal mix, rice, macaroni, candy, peanuts, etc. Decorate the lid with scraps of fabric or paper.

Make your own gift bags from wallpaper, paper bags, or leftover gift wrap. Save wrapping paper by wrapping only the top of the box. Create gift tags from old cards.

As you decorate for the holidays, select items that can be used another year. If you have old decorations you are not using, give them to Goodwill or a needy family instead of throwing them away. Decorations from recycled items can be very attractive. Snowflakes from plastic six-pack can holders and trees from hangers are a couple of fun ideas.

Keep the environment in mind and have a happy and fun holiday season. (LB)

# Squirrels in the attic!



Squirrels can be nuisance pests in our yards nearly any time of the year; eating garden produce, gnawing shrubbery and stealing bird seed. In the fall, squirrels can travel up to 50 miles searching for a better overwinter habitat because they breed in December or early January. It should come as no surprise that squirrels might find your sheltered attic a better nesting site than a nearby tree.

What do you do if you have squirrels in the attic? First watch the squirrels to determine where they enter. Then, take actions to remove the squirrels. One effective method is to catch and remove the squirrels using a baited live trap. The most effective baits are slices of orange and apple, walnuts or pecans removed from the shell, and peanut butter. Corn and sunflower seeds may also work well, especially if the squirrels are familiar with these foods.

After the squirrels are gone, you must squirrel-proof your attic to keep others out. Close openings with heavy 1/2" wire mesh or make other needed repairs. For more information about squirrels, call University of Nebraska Cooperative Extension in Lancaster County, 441-7180. (BPO)

# Illegal dumping a problem

## Seeing more white in county ditches? It's not early snow.

Barb Ogg

Assistant Extension Educator

As of September 1, 1995, disposing of white goods (refrigerators, freezers, stoves, washers, dryers, air conditioners, and water heaters) in Nebraska's landfills will be prohibited.

Some folks are already disposing of old appliances incorrectly. It seems like more and more appliances are appearing in the middle of the night in rural ditches. Some folks are brazen enough to dump them in the middle of the day. We have even heard reports of appliances sitting in the middle of gravel roads, where they can cause a traffic hazard. It should be obvious to all of us that there are more environmentally-friendly ways to dispose of old appliances.

Does it really cost so much to get rid of these appliances that our citizens are unable to make more environmentally correct decisions about appliance disposal? Or is "ditch dumping" more a matter of anti-establishment attitudes than expense. Or is it laziness?

Let's explore what options Lancaster County citizens have for disposal of white goods. Let's assume that you have a worn-out washer, dryer and refrigerator, and you have a pickup truck to haul them.

### Landfill Disposal

Until December 31, 1994, the cost at the landfill is \$2 for each non-freon containing appliance and \$5 for those that contain freon. There is also a small vehicle base charge of \$4, and if your load is not covered, you will also be charged \$2 (half the small vehicle base charge).

### Your load will cost you:

Washer and dryer: 2 @ \$2:	\$4
Refrigerator:	\$5
Small vehicle base charge:	\$4
	\$13

### Recycling

What do you think the landfill does with your old washer, dryer

and refrigerator? They are buried in the landfill, you say, until next September. Not true! Landfill Superintendent Steve Owen says, "The landfill recycles these white goods by taking them to a local recycling company." The following local recycling companies will accept white goods:

### Northwestern Metal Company

There is no charge for non-freon containing white goods (your washer and dryer). If the freon has been reclaimed and the condensers are removed, there is also no charge for your refrigerator. It may not cost you anything to dispose of your worn out appliances there.

### Lincoln Recycling

This company will accept freon containing white goods (refrigerators, freezers, air conditioners) but charges \$5 per item to remove the freon. There is no charge for other non-freon containing white goods. It will cost you \$5 to get rid of your washer, dryer, and refrigerator at Lincoln Recycling.

### Neiden Iron & Metal Company

This company only accepts water heaters and stoves, so you cannot leave your washer, dryer and refrigerator here. But, if you have an old water heater or stove, they will pay you 1¢ per pound. (You can even make money—enough money to pay for your gas, if you have these appliances.)

After December 31, 1994, landfill charges will increase to encourage more consumer recycling. "We really don't want

to be the middleman, when it comes to disposing of worn-out white goods" says Owen. "We are using a financial incentive to encourage more people to take their old appliances directly to local recycling companies."

After the first of the year, the landfill charge will be \$5 per item regardless of whether it is a freon or non-freon containing appliance. There will also be the \$4 small vehicle base charge, so it will cost \$19 to take the refrigerator, washer, and dryer to the landfill. (Recycling looks better and better all the time.)

So, what happens to the white goods (and other stuff) dumped in rural ditches? If you see an appliance in the ditch, call the county sheriff's office and report the location of the illegal dumping. The sheriff's office will call the Lincoln-Lancaster County Health Department which contracts with the City Mission to pick up dumped white goods (and other assorted trash) and take them to the landfill. In '93-94, Lancaster County (all of us) paid the City Mission \$4240 for this service.

What can you do to discourage illegal dumping? The best way to discourage dumping is to report it. If you see somebody dumping, get the license plate number and call the county sheriff (441-6500). Illegal dumping of white goods is littering, a misdemeanor, and punishable by fines and/or jail time. Does ditch-dumping make sense? (BPO)

# Watershed Awareness

## Scorecard for Rural and Suburban Landowners

All Americans are concerned about their environment. However, we sometimes overlook many things that have a potential effect on water quality. The following questions offer the opportunity to build or confirm your level of awareness about the watershed in which you live.

### What is a Watershed?

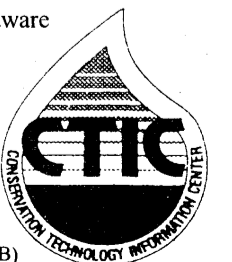
A watershed is a geographic area that contains a common outlet, such as a stream, river, lake or wetland, into which water drains.

- If you know where the surface water runoff from your property goes, give yourself **10 points**. Add **10 points** if you know the stream, river, wetland or lake into which the surface water flows. Why? Because you know your watershed address!
- If you have a septic tank and/or drinking water well, and know where they are located, **+10 points**. If they are within 100 feet of each other, **-10 points**.
- If you collect and recycle used motor oil, **+10 points**. For each of the following you recycle: plastic, paper, glass and metal, **+5 points**.
- If you practice any type of composting, **+20 points**.
- If you have written a letter or placed a phone call in the past year to a legislator or public official concerning your watershed, **+20 points**.
- If you are active in a landowner or stakeholder organization, **+10 points**.
- If you have participated in a household hazardous waste recycling program, **+10 points**.
- If you have been actively involved in a land use issue in your watershed in the last year, **+20 points**.
- Total**

### Scoring:

**90 and over:** You are a good friend to your watershed.  
**70 - 89:** You are aware and working hard for your watershed  
**40 - 69:** You could do more for your watershed.  
**Less than 40 points:** You need to become more aware of your watershed.

The Conservation Technology Information Center (CTIC) is a non-profit, public/private partnership dedicated to transferring information that encourages profitable and environmentally sound agricultural and natural resources management practices. To order additional copies of this scorecard contact: Conservation Technology Information Center • 1220 Potter Drive • Room 170 • West Lafayette, IN 47906 • Phone: (317) 494-9555 • FAX (317) 494-5969 (CB)



# PUZZLED??!?!???

Most products can be used up. Drain opener can be used up. Nail polish can be used up. People must carefully follow directions. Some things cannot be used up completely. Two examples are motor oil and antifreeze. These products can be recycled after they are used. Here is a word puzzle that has 8 hazardous household products. The words can go across or down. Circle each one. (Answers are on the back page.)

o d r a i n o p e n e r  
 n i m e o z k b o q c m  
 a l n x i w g a p y p o  
 i b e q l s i t w r e t  
 l v c j p b s t x p s h  
 p m s e a u j e n t t b  
 o n w q i a w r o y i a  
 l s x g n u h y l z c l  
 i y m o t o r o i l i l  
 s k u z w g p n d b d s  
 h a n t i f r e e z e y

antifreeze  
 nail polish  
 drain opener

mothballs  
 motor oil  
 battery

oil paint  
 pesticide

# Carbon monoxide and you



Each year, 1,500 Americans die from carbon monoxide (CO) poisoning. About 900 of these deaths occur in homes. Most of the deaths could be prevented if people were more aware of the dangers.

Carbon monoxide is a colorless, tasteless, odorless gas that is slightly lighter than air. Only small insignificant amounts of CO are produced by normal combustion. However, incomplete combustion of any fuel greatly increases the production of poisonous carbon monoxide.

Even normally safe, fuel-burning furnaces can present a danger if not cared for properly. Fuel-burning appliance systems should be kept in good repair and checked at least annually. Especially, prior to the heating season, make sure that the chimney is not blocked by bird nests, leaves, soot, loose mortar, bricks or trash.

## Flame Indicates Efficiency

The flames on most burners that use a gaseous fuel such as natural gas or liquefied petroleum gas should burn steadily with a clear, blue flame, except for special designs such as fireplace logs and torches. A wavering, yellow flame on a normal gas burner indicates that the burner is out of adjustment or the air inlet is restricted. As a result, the burner may be produc-

ing excessive amounts of CO. However, the flames in burners that use fuel oil should burn with a clear yellow or orange flame.

Whenever there is a flame or combustion, some deadly carbon monoxide gas can be produced. The following factors, however, increase the production of this highly toxic gas:

1. Improper fuel-air mixture.
2. Insufficient ventilation of combustion gases.
3. Insufficient fresh air intake.

When none of these conditions exist, burning a solid, liquid or gaseous fuel produces little danger of CO poisoning. Under ideal conditions, only small amounts of CO are given off, and these are quickly dissipated.

## Precautions

Do not use the oven of a gas kitchen stove for heating.

Avoid use of charcoal grills indoors for cooking or to eliminate the chill in a room or closed garage. They give off CO fumes, even when no glow is visible in the coals.

Make sure that fuel-burning equipment is installed by qualified, licensed or trained persons. Such installation should conform to all local codes and standards.

Provide a constant supply of fresh air for safe burning of fuels. This can be done by leaving a window slightly open. Provide for

the positive venting of combustible gases to the outside. This can be accomplished by vent or flue pipes, exhaust systems, etc.

Heating systems, water heaters, kitchen stoves and other fuel-burning devices should be thoroughly inspected and maintained at least once a year by a qualified person (professional service representative).

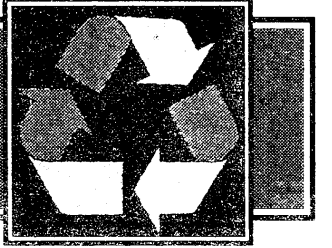
Never convert a particular unit from one type of fuel to another without having necessary burner changes and adjustments made by a trained and experienced person. (Example: Changing from liquefied petroleum fuel [L.P.] to natural gas.)

Never run any internal combustion engine equipment, such as a power lawnmower or snowblower, in an enclosed space such as a closed garage. Always start it outside or with the door open.

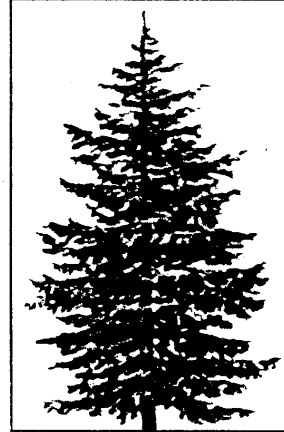
Automobile exhaust systems also can be hazardous, especially in the winter when cars are operated with the windows closed. A noisy engine may indicate a faulty exhaust system. Check the system and have it repaired if there is a blown-out gasket, loose exhaust manifold, leaking exhaust pipe connections or holes in the muffler.

Be sure the doors are open in the garage or enclosure where an automobile motor is running. (DJ)

## Environmental Focus



# Ugly Mix prevents theft of evergreens



You may wish to prevent your ornamental evergreen trees from being stolen during December. Each year, Christmas tree thieves steal nicely shaped evergreen trees from unsuspecting landowners. Hundreds, if not thousands of dollars worth of losses occur and the stress of unexpectedly seeing only a stump where a valuable tree once stood is an unpleasant experience for landowners.

Cornell University's Cornell Plantations in Ithaca New York uses a special concoction referred to as Ugly Mix to deter thieves from stealing

ornamental evergreens during the holiday season. Invented in 1983 by Garardo Sciarra, a gardener/horticulturist with the Cornell Plantations, Ugly Mix can be applied to evergreens with a paint brush, broom, or sprayer. It must be kept agitated during its use to prevent separation of the ingredients.

The following ingredients of Ugly Mix can be purchased at local garden supply and grocery stores.

## Ugly Mix Recipe

Pour two gallons of water (around 63 degrees F.) into an aluminum pot. Mix in a separate bowl 20 ounces of hydrated lime together with four ounces of "Wilt-Pruf" concentrate to form a paste. Slowly fold the paste into the pot of water.

Add contents of two 1-ounce bottles of red or other hue food coloring to the mixture and stir until color is uniform.

Agitate the Ugly Mix continually during its use to prevent settling of ingredients.

Apply Ugly Mix to the needles of evergreens with a brush or sprayer during warm (above 50 degrees F.) and dry weather in November and December. Repeated application may be required if rainfall washes away the Ugly Mix.

Mr. Sciarra suggests that experience is a good teacher when using the concoction to color trees. Colored stripes or marks can make plants unacceptable as Christmas trees and easily identifiable if stolen. The temporary tree markings do not need to be offensive in appearance. The heavier the application and greater the amount of tree and twig coverage with Ugly Mix, the longer it takes for rain to wash the tree clean. It will take a few weeks or months for Ugly Mix to wash away, depending on the frequency and intensity of rainfalls. (MJM)

## ... and all through the house, not a creature was stirring, not even a mouse ...

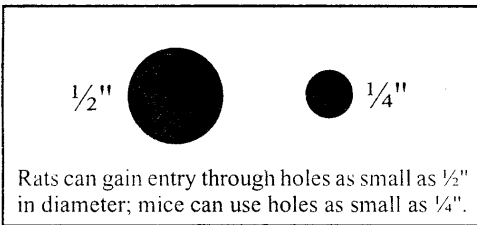
Scratching, squeaking, tiny feet pattering between walls and ceilings, corners chewed off cereal boxes, strange musty smells in the cupboard, and black, rice-sized droppings trailing across the countertop—there may be a mouse in the house!

Mice—they climb almost any rough vertical surface, crawl horizontally

along pipes, gnaw through concrete blocks, jump up 18 inches from the floor, squeeze through openings as small as 1/4",

survive and reproduce at temperatures down to 24 degrees F., contaminate stored foods, transmit diseases...and share our home for the winter.

For information on controlling house mice, call the office and ask for NebGuides G92-1105 "Controlling House Mice" and G94-1216A "Rodent-Proof Construction: Structural." (SE)



## Simple fruit fly trap

Even though you've tossed out the overripe fruit, rinsed the soft drink cans, and scoured garbage containers, pesky fruit flies still seem to stay around. This easy-to-make and effective trap is an excellent addition to your fruit fly control techniques.

### Materials needed:

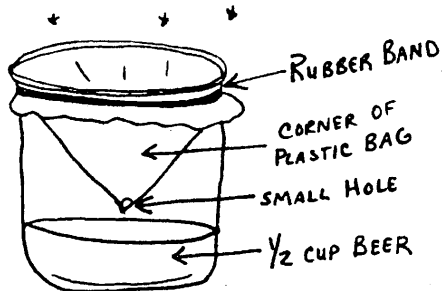
1 jar, 1 plastic bag, \*beer (the bait), rubber-band

1. Pour approximately 1/2 cup beer into jar.
2. Place plastic bag over mouth of jar with one corner reaching down into jar.
3. Poke a small hole (no more than 1/4" diameter) in corner of bag with pencil.
4. Secure bag around rim with rubber-band.
5. Place trap out-of-reach of children and pets.

Fruit flies will be attracted by the fermenting beer, find their way through the tiny hole in the bottom of the funnel, and not be able to find their way out and drown.

\*You may substitute vinegar for beer (beer does work quicker). Some people like to speed up the process and add a drop or two of fruit juice to the "bait". Solid baits like bananas can also be used, but the flies will not die. They continue to reproduce and you'll have a jar of spoiled banana, maggots and flies to clean up—not very attractive in the kitchen.

For detailed information on controlling fruit flies and other annoying flies in the home, call the Extension office and ask for Fact Sheet 15-94, "Flies in the Home." (SE)



## Recycle for feathered friends

"Chick-a-dee-dee-dee"... the song of the black-capped chickadee. Who hasn't heard its cheery voice in the cold of winter? These feathered acrobats are among the friendliest birds in the neighborhood. Our winter landscape is brightened by cardinals, American goldfinch, blue jays, juncos, nuthatches and or course, chickadees who are frequent visitors of backyard feeding stations.

Feeding stations can be simple and inexpensive to make. Scrap lumber, tin cans, plastic soda bottles, milk jugs and cartons, and plastic buckets are easy to find. All it takes is a little creativity and knowledge about the birds you're trying to attract.

Many birds we enjoy at our feeders have specific seed preferences or prefer suet. Location of feeders and number of feeders is also very important. The feeders should be protected from strong winds, preferably near shrubbery or conifers. Recycle your Christmas tree by propping it up by the feeder to give the birds



A black-capped chickadee shares a peanut with a friend.

added shelter. With several feeders in your backyard, more birds will have an opportunity to feed at the same time.

Once you've started feeding birds, don't stop until spring. Birds develop feeding patterns, and interruptions in the food supply may cause them to abandon feeders.

There are many excellent books on bird feeders and feeding. The office invites you to come in and pick up the following NebGuides, available at no cost: G83-670 "Backyard Wildlife:

Bird Houses & Shelves"; G83-669 "Backyard Wildlife: Feeding Birds"; G83-672 "Backyard Wildlife: Making It Come Alive"; and G84-671 "Backyard Wildlife: Planting for Habitat."

The office also offers exceptional publications for minimal charge:

"Who's Who in Great Plains Songbirds" (EC84-1757, \$3), a full-color book that includes information on bird observation, migration, and habitat. Twenty different bird species are highlighted in the book with information on each bird's range, habitat, reproduction, foods, feeding, nest structures, and preferred plantings for habitat.

"Shelves, Houses and Feeders for Birds and Mammals" (RP338, \$4), is a popular book for backyard bird enthusiasts. You'll get plans and information on constructing bird and mammal houses, shelves, a variety of feeders and a special section on building feeders and houses from recycled materials. (SE)



## Human Resources

### Roberta's remarks



I personally would like to take this opportunity to thank those clubs who have decided to reorganize and continue for another year with FCE! Your support is greatly appreciated.

We are planning something extra this year—just for fun—so keep your eyes open and watch this column for more information. Plans are being made right now for programs

for the coming year; but we can always use more ideas. If you know of a program that would be suitable for us, please call. If there is something special that you would like to see us do for 1995 whether it be a program, special event or ideas for Achievement Day—just call.

We had a very enjoyable Achievement Day, but we would have enjoyed it even more had there been more members present. Ronda McClure, the Young Nebraska Artist of the Year, was our featured speaker. She is a very talented young woman dealing mostly in fiber art. The Lancaster County Chorus entertained the group along with 4-H members, Valerie, Bryce, and Connie Lemke. Many awards were also presented.

I hope you are all receiving our our state publication—*FCE Speaks* and after the first of the year our national publication—*FCE Today*. If you are not, please notify the office. This is the only means of communication each individual club members will have with the national and state organizations and it should be a welcome one!

By now, each club president should have received the NAFCE Reports, filled them out to the best of your ability, and mailed them to me. If you haven't, please do so. This is the only way the national organization has of showing what this organization is accomplishing. I know it is a long and detailed report but just fill out what you can.

On Wednesday, June 14, we will be attending the comedy play—*La Cage Aux Folles* at the Lincoln Community Playhouse. Mark this date on your calendar.

Have a wonderful holiday season!

—Roberta Newburn, FCE Council Chair

Nebraska Association for  
Family & Community Education

#### FCE Leader Training

The training for the January FCE leader lesson is scheduled for Thursday, January 5, 1 or 7 p.m. at the Lancaster Extension Conference Center. Extension Educator Susan Williams in Saunders County, will present the lesson on Ethical Leadership. This lesson integrates principles of leadership and principles of ethics in a practical manner to assist families, adults working with youth and leaders (volunteer, appointed and elected) to make ethical decisions and provide ethical leadership. It will provide an avenue whereby people can enhance their abilities to recognize and act according to their ethical beliefs.

This training is open to anyone interested in ethical leadership. Non-FCE members are asked to call 441-7180 to register so materials can be prepared. Mark your calendar for January 5. For more information, contact Lorene Bartos, Extension Educator. (LB)

#### FCE Leader Training

The 90's Home ... Into the 21st Century will be the topic for the February leader training. The training will be given Tuesday, January 24, 1 or 7 p.m. at the Lancaster Extension Conference Center. Lorene Bartos, Extension Educator, will present this lesson. Learn about changes that will impact you during the 90's and into the 21st century.

Anyone interested in learning about new equipment,

technology, furniture and designs under development to meet the needs of the 21st century family is invited to attend. Non-FCE members call 441-7180 to register so materials can be prepared. (LB)

#### 1995 FCE Council Meetings

The 1995 council meetings will be held Mondays:

- January 23, 1 p.m.
- March 27, 1 p.m.
- June 26, 7 p.m.
- September 25, 7 p.m.
- October 23—Achievement Day

Details on meeting topics will be printed in future issues of *THE NEBRASKA*. FCE club presidents, mark your calendars now. If you cannot attend, arrange for a club member to represent your club. The FCE Council is planning a fun and educational year of activities. (LB)

#### FCE Club Night

FCE club night at the Lincoln Community Playhouse will be Wednesday, June 14, 1995. The play will be *La Cage Aux Folles*. FCE club scholarships will be awarded just prior to the 8 p.m. performance.

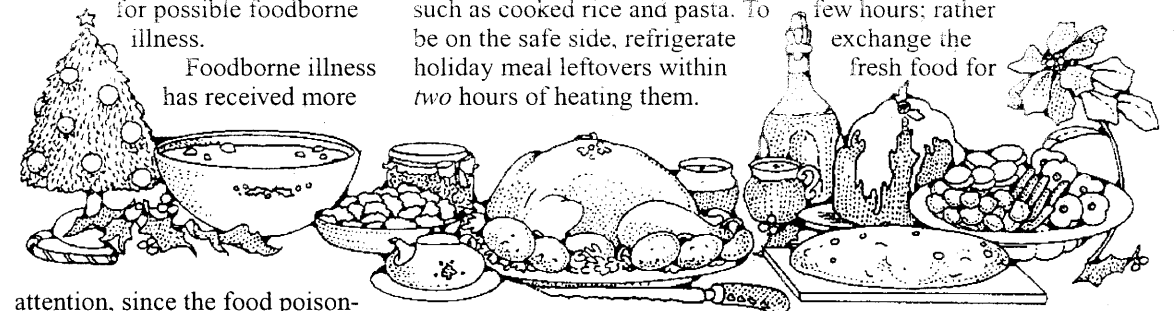
Club members wishing to order tickets should get their requests in the mail by February 1. Ticket price is \$8.50. To order tickets, send your check, made payable to Sharon Knight, along with a stamped, self-addressed envelope to: Sharon Knight, 703 "C" Street, Lincoln, NE 68502. The deadline for ordering tickets is February 1. (LB)

## Don't be misled by these food safety myths during the holidays



As many as 80 million Americans may suffer some form of foodborne illness yearly. Because the symptoms—cramps, diarrhea, vomiting, chills, nausea, and fever—are similar to flu, it's often passed off as some "bug" that's going around. Holidays, with all the food festivities, are a prime time of year for possible foodborne illness.

Foodborne illness has received more



attention, since the food poisoning incident at a fast food establishment on the west coast where two people died and hundreds became ill. Simply undercooking a piece of meat may make the difference between staying healthy and becoming ill.

Different people have different levels of immunity and one often can't see, smell, or taste a potential food poisoner. Therefore, it's difficult to make a judgment call whether a food is safe to eat. When people call our office about a particular food, there may always be some who can eat it without getting sick; likewise, there are others for whom the food could be fatal. It may be better to have on your conscience the possibility of wasting food than the thought of making someone seriously ill.

Usually, the cost of the wasted food is much less than the cost of treatment (often a trip to the emergency room) and possible lost wages. The best policy for foodborne illness is to strive for prevention. The Centers for Disease Control and Prevention estimate that proper precautionary practices in our own homes could prevent about 85% of all foodborne illnesses. Here are some common myths discussed in a recent *Tufts University Diet & Nutrition Letter* and some implications for the holidays.

**MYTH # 1: Salmonella is found only in animal foods.** Salmonella frequently is associated with chicken and eggs. However, salmonella bacteria on the ground can get on the surface of other foods, such as melons. When melons are cut, if there's salmonella on the surface, the knife can transfer it to the fruit. Therefore,

### Families: survive and thrive

Every day is full of hassles—rushing to school or work, being teased, unexpected homework or work demands, hitting all the red lights, and the list goes on. Some days bring big hassles—getting fired, injured, divorced, dealing with sickness or death. None of us welcome these stressors; but, we can all do something about them. Many problems can be prevented, reduced or not repeated.

Youth, adults and families who develop healthy lifestyles, stress coping skills and supportive relationships most often reduce stressors and increase enjoyment of life.

What does it take to reduce stressors that affect each one of us? The following is a list of traits that resilient persons have:

**Insight:** Seeing things "as they

are." being unafraid to ask questions, getting out of the way of craziness.

**Independence:** Becoming one's own person, not caught up in others' hang-ups, focused on what can be done.

**Relationships:** "Connecting" with peers, mentors, and friends in ways that build self-worth and belongingness.

**Initiative:** Finding work or casual interests to develop talents, confidence, and leadership.

**Humor:** Being able to laugh at self and with others through jokes, play and recreation.

**Creativity:** Using art, drama, writing, sports and compassionate living to express one's uniqueness.

What does it take to reduce stress in families? The following is

**Please turn to Families: page 12**

an easily obtainable source of potentially harmful toxins.

If a perishable food, in particular foods containing meat, poultry, or dairy products, has set out at room temperature for more than two hours, it could be a potential source of staph-related illness. Use care when handling holiday foods. Don't add fresh food to foods that have set out a few hours; rather exchange the fresh food for

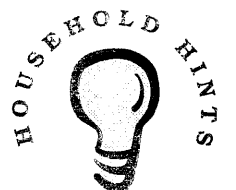
the other food.

To prolong the safety of a perishable food, either hold it in a chafing dish or warming tray that maintains the food at an internal temperature of 140 degrees F. or above or nestle the serving dish in a bed of crushed ice.

#### A few final thoughts ...

—Cook red meat to 160 degrees F. for greatest safety. Cook poultry to 180 degrees F. Use a meat thermometer to check that it's cooked all the way through. To check visually, red meat is done when it's brown or grey inside. Poultry is done when its juices run clear, and fish flakes with a fork when done.

—Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked. Buy a prepared egg nog which has been pasteurized. Or, you can use pasteurized egg substitutes (available in the freezer section of most grocery stores and usually marketed as a cholesterol-lowered product) in making your nog. (AH)



#### Holiday Helps

Before laundering tablecloths or other items that have candle wax on them, remove the wax first, then launder. Scrape the wax off with a dull knife. Place the stain between clean paper towels and press with a warm iron. Replace the paper towels frequently so they will absorb the wax. After removing as much wax as possible, place the stain face down on clean paper towels. Sponge any remaining stain with a prewash stain remover or cleaning fluid; blot with paper towels. Let dry, then launder using the hottest water safe for the fabric. If any color remains, rewash using chlorine bleach, if safe for the fabric, or use a color-safe bleach.

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)

# EFNEP helps county families

The Expanded Food and Nutrition Program (EFNEP) has had a positive change on the lives of limited resource families for the past 25 years. In 1994, EFNEP nutrition advisors taught 2,140 nutrition education lessons to adult homemakers. The 288 homemakers that were served care for 1,114 family members. In addition, EFNEP/4-H programs served 713 youth.

As a result, 73% of homemakers showed improvement in one or more food resource management practices. These include planning meals, comparing prices, using a grocery list, and not running out of food or cutting children's meals because there is not enough money. In addition, 89% of homemakers showed improvement in one or more nutrition practices. These include making healthy food choices, eating breakfast, preparing foods without adding salt, and reading nutrition labels for fat and sodium. Food safety practice, such as thawing and storing foods properly, were improved by 61% of the homemakers.

Here are a few glimpses about day-to-day experiences spoken from the hearts of EFNEP nutrition advisors:

"This month I worked with parents of Head Start children. We had fun teaching children, all under the age of five. They did a wonderful job, and it was a good opportunity to share some good food safety tips."

"One homemaker told me her family's mealtime is much more



EFNEP Advisor Marilyn Waldron (right) teaches a nutrition lesson to Linping Duan and her son Xutang.

enjoyable since using the family time worksheets. They now sit at the table and talk to each other. She said she found out that one of her children wants to play in the school band. She hadn't taken time to listen to them until they sat down to eat together."

"I had two very successful meetings with Teen Moms at the YWCA. They learned how to buy food and how to eat nutritionally when eating fast food. Most of them were very open to suggestions about making wiser food choices when eating out."

"Several of my homemakers have told me that they are surprised and pleased about the changes that they have made since I started to visit. It is an upper to see them feel proud about their progress."

"I recently did a menu planning lesson with a homemaker. She was pleased to learn how to 'recycle' leftovers—like how to make side dishes the next day or freezing them for soup later. She said she used to throw them away because her family wouldn't eat them!"

"I was very proud of one of my EFNEP graduates. She has received three volunteer awards in the last six months. She said I gave her self-confidence to do things for other people."

These glimpses indicate that EFNEP nutrition advisors teach much more than food preparation, resource management and food safety. Nutrition advisors provide positive feedback, empowering homemakers with confidence and new abilities. (MB)

# Bake-ahead for the holidays

If you'd like to do some of your holiday baking ahead of time, here are some hints to help you get started.

**Cookies, baked:** Make as usual; cool thoroughly. Package in foil or a rigid container. Place two layers of waxed paper between cookies. Thaw in wrappings, 15 to 20 minutes. Suggested storage time (0°F.): 6 months.

**Cookies, unbaked:** Refrigerator cookies: form dough into roll. Package in foil or moisture/vapor-resistant material. Suggested storage time (0°F.): 2 weeks.

Before baking, thaw dough in refrigerator. Firm cookie dough may be sliced before completely thawed and baked.

**Fruit, mince, nut pies, unbaked:** Make as usual except add 1 extra tablespoon flour or

tapioca or 1/2 tablespoon cornstarch to juicy fillings to prevent boiling over when pies are baking. Do not cut vents in top crust. Steam and cool light fruits before making pies. Freeze in pan. Package. Unbaked fresh pies have a better fresh fruit flavor than frozen baked pies, but bottom crusts tend to get soggy. Fruit fillings may be thickened and cooled before adding to crust. Suggested storage time (0°F.): 2 months.

On baking, cut vent holes in upper crust. Put pan on cookie sheet. Bake without thawing at 450°F., 15 - 20 minutes. Then reduce to 375°F. for 20 to 30 minutes or until top crust is brown.

**Fruit, mince, nut pies, baked:** Make as usual. Cool rapidly (may use fan). Freeze before packaging.

Pies are easier to wrap after freezing. Suggested storage time (0°F.): 2 months.

Before reheating: unwrap; thaw in refrigerator and serve chilled or reheat in 375°F. oven.

For a NebGuide giving further information on preparing food ahead of time and freezing it, send a self-addressed, stamped envelope to: *Home Freezing of Cooked and Prepared Foods (HEG 75-5)* c/o Alice Henneman UNL Cooperative Extension in Lancaster County 444 Cherrycreek Road Lincoln, NE 68528-1507 (AH)

# Holiday calorie counts

Enjoy the upcoming holiday foods, but be choosy about how you spend your calories. In general, foods containing ample amounts of fat and sugar will be highest in calories. Two tricks that may help you enjoy "indulging without bulging" are:

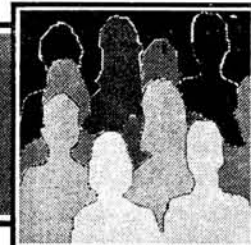
- Eat whatever you want, only eat half as much.
- Plan on a day or two of "pigging out," then stop and return to your normal eating pattern. It takes an excess of 3,500 calories to gain a pound. That's equivalent to 35 tablespoons of butter or margarine! You're not likely to eat enough extra food in a day or two

to gain much weight. Stretch that day to several days, and the weight will come.

- Here are the approximate calories in some foods often consumed over the holidays. Enjoy those you choose!
- Chocolate chips**, 1/4 cup, 196 calories
  - Chocolate coated almonds**, 1 ounce (6 - 8 almonds), 161 calories
  - Chocolate covered cherries**, 2 candies, 175 calories
  - Chocolate fudge, with nuts**, 1 ounce, 121 calories
  - Eggnog, nonalcoholic**, Please turn to **Calories: page 12**

Please turn to page 12 for more Human Resources news

# Human Resources



# 55 Alive driver course

If your driver's license expires in 1995, and you are 50 years of age or older, you are urged to enroll in the 55 Alive-Mature Driver Course. In this AARP course, you will review driving skills and prepare to take the license renewal test. This two-day course is offered on Monday, December 5 and Tuesday, December 6, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. Beverages will be provided. (LB)

# Healthy Eating



Raw eggs contaminated with Salmonella enteritidis have been implicated in foodborne illness outbreaks recently. Eggnog can be safely made for the holidays, if you follow certain egg handling practices. Eggs should be stored in their carton at 40°F. until ready to use. When preparing eggnog, the mixture should be heated to 160°F. A microwave may also be used successfully to heat the mixture. Use a thermometer to monitor the temperature of the mixture. Stir often during heating of the mixture. Cool the eggnog mixture immediately. If the batch is large, divide into smaller containers to cool quickly.

Alcohol may inhibit microbial growth at certain concentrations, but adding alcohol to eggnog cannot be relied upon to control microbial growth. Egg substitutes (such as Egg Beaters®) may be used to replace raw eggs in an eggnog recipe.

Here are two recipes USDA recommends for eggnog:

### Holiday Eggnog

- 1 quart 2% milk
- 6 fresh eggs
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 cup whipping cream, whipped
- ground nutmeg

Heat the milk in a large saucepan, but do not boil or scald. While milk is heating, beat the eggs and salt together in a large bowl, gradually adding sugar. Gradually add the hot milk to the egg mixture. Transfer the mixture back to the saucepan and cook on medium-low heat while stirring until thick enough to coat a spoon. Use a thermometer to check the temperature. Cook until the temperature reaches 160°F. Stir in vanilla. Cool quickly by setting the pan in a bowl of ice or cold water and stirring for 10 minutes. Cover and refrigerate until chilled. Prior to serving, put into a bowl, fold in whipped cream and dust with ground nutmeg.

This recipe yields 2 quarts of eggnog and contains 135 calories and 120 milligrams of cholesterol per 1/2 cup serving.

### Low Cholesterol Eggnog

- 1/2 cup egg substitute
- 2 teaspoons sugar
- 1 can (13 ounce) evaporated skim milk
- 3/4 cup skim milk
- 1 teaspoon vanilla
- 1 teaspoon rum flavoring
- Ground nutmeg

Whip egg substitute and sugar together and combine with the two types of milk, vanilla, and rum flavoring. Mix well. Chill overnight. Dust with nutmeg before serving.

This recipe yields three cups of eggnog with 96 calories and 4 milligrams of cholesterol per 1/2 cup serving.

Source: Julie A. Albrecht, Ph.D., Extension Food Specialist(AH)

# Toy selection ideas for youngsters

Selecting gifts for children can be a challenge. Here are some ideas that will not only be fun for the children, but help with development skills.

### 0-18 Months

- **Manipulation**—rattles, pounding and stacking toys, squeak toys, floating tub toys, picture blocks.
- **Exploration**—crib-gym exercisers, push-pull toys.
- **Fitting things together**—nesting boxes or cups, stacking toys and rings.
- **Integrating**—books with rhymes, musical and chime toys.

### 18 Months-3 Years

- **Directing vehicles**—tricycle, ride-on-toy, wagon, push-pull toys.
- **Directing objects**—

- sandbox toys, balls, blocks.
- **Simulating**—dress-up clothes, stuffed animals, dolls, sandbox.
- **Problem solving**—simple puzzles, games, take apart toys with large parts.
- **Representing things**—modeling dough and clay, large crayons, finger paints, chalkboard and chalk.

### 3-6 Years

- **Simulating**—bathing and feeding dolls, puppets and theaters, store keeping toys, dress-up outfits, playhouses, farm and village sets,

- trains.
- **Motor skills**—large tricycles, sleds, wagons, jungle gyms and backyard gym sets.
- **Understanding**—records, radios, printing sets, coloring books, sketch pads, story books.

### 6-9 Years

- **Learning social strategies**—board games, tops, marbles, kites, table top sports games.
- **Motor skills**—larger bicycles, ice and roller skates, pogo sticks, scooters.
- **Imagining fantasy worlds**—books, costumes, doll houses, play villages, miniature people and vehicles, magic sets.
- **Trying out work worlds**—fashion dolls, toy typewriter, electric trains, construction sets, sports and hobbies, race cars, science and craft sets. (LB)







## 4-H & Youth

### 4-H Bulletin Board

- **Ambassadors:** Remember to attend our meeting **December 8, 7:00 p.m.**, at the Bum Steer. See you there!
- Anyone interested in being on the **Eastern Nebraska 4-H Center Camp Staff**, applications are available from the office and are due by **January 6**.
- Douglas County is sponsoring a **Ski Trip** to Winter Park, Colorado, **December 30 to January 3**. Youth in grades 9-12 are eligible to attend and the cost of the trip will be between \$325 - \$365. Call Brady Rhoades at (402) 444-7804 for more information.
- **LEADERS: RE-ENROLLMENT PACKETS ARE DUE BY JANUARY 1. IF THEY ARE NOT IN, YOU WILL BE DROPPED FROM THE 4-H DATABASE.**
- **Teen Council:** Meeting **December 11** at 3 p.m. Come tour the UNL Athletic Department. Anyone 12 years old and older is welcome to attend!
- **Kiwanis Karnival** is only five months away! 4-H clubs need to get their ideas ready. (AMM)

### Don't get locked out

Once again it is time for the annual Teen Council 4-H Lock-In! The dates for the lock-in (held at the Lancaster Extension Conference Center) are Friday, January 27, 8 p.m. to Saturday, January 28, 8 a.m. The cost is only \$10! How can you pass this up?

The lock-in is for 5th and 6th grade 4-H members (registrations will be sent in the mail to these people.) The youth stay overnight with the Teen Council and University of Nebraska Cooperative Extension in Lancaster County staff and have a great time learning and having fun! Food, friends and futuristic goals will be part of the 12-hour program! Mark your calendars and watch THE NEBLINE for further information! (AMM)

### More 4-H scholarship opportunities

#### Martha and Don Romeo Scholarship

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

Qualifications for the scholarship include:

1) Must have exhibited 4-H projects in a county fair or at the state fair within the last four years.

2) Must have a 2.5 high school grade point average (based on a 4.0 system). Must also maintain a 2.5 grade point average for the first semester in college and carry at least 12 hours.

3) Must agree to spend the scholarship funds for tuition and fees at a two or four year college, or its equivalent, to be judged by the committee.

4) Must have demonstrated support for school and community.

5) Must exhibit a desire to achieve the goals of which the applicant is capable.

6) Financial need is not a consideration.

Lancaster County will choose one male and one female finalist for submission to state competition. *Applications are due to University of Nebraska Cooperative Extension in Lancaster County no later than Thursday, December 1.* Applications are available at the office.

#### Midwest Poultry Federation Scholarships

The Midwest Poultry Federation's Youth Achievement Awards Program is designed to encourage high school seniors and post high

school students from Nebraska and other Midwest states to prepare for a career in some phase of the poultry industry. Three \$500 scholarships are available through this program.

Applications for this scholarship are *due on January 10, 1995*. Applications and additional information are available in the office.

#### The Discover Card Tribute Award Scholarship Program

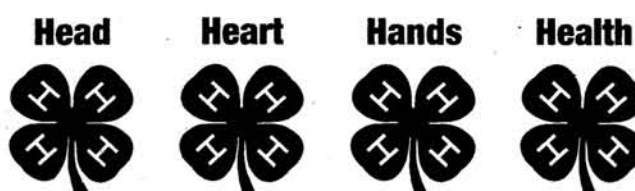
Discover Card Youth Programs Scholarship is a program for high school *juniors* that understand not every student's achievements can be measured in grade points alone. They recognize juniors who exhibit excellence in many areas of their lives other than just academics. A total of nine scholarships are available in Nebraska: three Gold (\$2500 each), three Silver (\$1500 each), and three Bronze (\$1000 each). Each Gold winner in the state automatically competes for nine national scholarships which range in value from \$10,000 to \$20,000. Forms are available in the office and are *due January 10, 1995*. (LJ)

### Exceptional rural teens sought

Country Magazine is working with the National 4-H Council to come up with top stories about exceptional rural teens. The teens need to be 13-19 years old, and live in communities of 20,000 or less.

To participate, send the teen's name, a brief description of their accomplishments, a color photo or slide of them, and a contact name and phone number to:

Marketing  
National 4-H Council  
7100 Connecticut Avenue  
Chevy Chase, MD 20815  
(LJ)



### Achievement: What does it mean?

For those of you who attended the 4-H Achievement Night on November 1, you know the answer to the question. Terry Connealy, Husker defensive tackle, gave a perfect example of what it means to achieve. He said, "never settle for less, you can always do better." The 200 people attending heard that message and saw what he meant. Terry is a GTE Academic All-American and a true achiever. He never believed he couldn't do something and that is what made him into the well-rounded individual he is today. Let's take a look at how 4-H

members can be well-rounded achievers. 4-H is a lot more than cooking and cows—there are over 150 projects for youth to choose from. Why stop at just one or two projects? Learn more about other areas too—but don't overload yourself to the point that you aren't learning anything.) Take part in the contests that are available such as speech, demonstrations, music, livestock judging, and the list goes on and on. Contests are another way of expanding your horizons and learning more about what you are

good at—(you might even have fun too!) Older 4-H members can take part in Teen Council, 4-H Ambassadors, and 4-H Council. These activities enable participants to exercise their leadership abilities and help make you a well-rounded 4-H member.

These events help you have a better awards book and you too can be one of the winners at Achievement Night! 4-H is what you make it, and hopefully you will want to follow the 4-H motto and "make your best, better." (AMM)

### Cosmic Kids 4-H Club invest time, energy



Alicia Dunkle and Amanda Nelson (back row) Stephanie Chermock and Tamara Hefley (front row) proudly display their finished products—four vests for Mad Dads. (Not pictured—Jenna Evans and Victoria Kirilloff)

The Cosmic Kids 4-H Club, led by Jody Hefley, has gotten into the community service spirit. This club, including members Amanda Nelson, Tamara Hefley, Alicia Dunkle, Jenna Evans, Stephanie Chermock and Victoria Kirilloff is helping Mad Dads by sewing vests and baking cookies for them.

Mad Dads serve as "moonwalkers,"—walking downtown Lincoln in an effort to keep teens and other children out of harm's way. They wear green vests as a means of identifying themselves as Mad Dads volunteers. The Cosmic Kids have sewn approximately 15 vests.

The Cosmic Kids also provided 200 home-baked cookies for the Mad Dads sponsored "Teen Night" at the YMCA.

The Halloween spirit crept up on the Cosmic Kids as they assisted Pioneers Park Nature Center in preparing luminaries and setting them up on the woody trails of the "Spooktacular" Pioneers Park.

Great job, Cosmic Kids! (LJ)

### West Lincoln 4-H start-up

Northwest Family Resource Center has received a grant to help set up a 4-H program at West Lincoln Elementary School. As a result of this grant, Cathy Fries has been hired to help recruit interested students and parents. If you live in the West Lincoln area and desire to be a part of the 4-H program give Cathy a call at 441-7180. (CF)

### Campus Encounters of the Clothing Kind

Sewing projects from Lancaster County youth at both the county and state fairs were outstanding this year. For those of you who would like to enhance your skills further or are thinking about a career in textiles, clothing, or design, this is an opportunity "tailor made" for you. We're letting you know about it early so you can get the date on your calendar and start saving your money.

Campus Encounters of the Clothing Kind will be held June 21-23, 1995, East Campus—College of Human Resources and Family Sciences, Department of Textiles, Clothing and Design (TCD). Participants must be 14 to 18 years of age and must have completed Clothing Level II. Cost has not been determined at this time but will include dormitory, meals, and incidental supply costs. Instructors will be campus staff in

the TCD Department, graduates in the field, a professional sewing instructor, and Extension Educators. Acceptance is limited to 20 4-H members and is based on an application which will be available later in the spring.

What is planned? What will you gain by attending? 4-H members will:

- Learn more about textile fibers, careers in the TCD field, and computer aided design
  - Gain experience making wearable art in the form of clothing accessories
  - Learn more about themselves and how to make the best of who they are
  - Have fun at a pizza party, and at the Campus Recreation Center
  - Present a fashion show featuring their own creations
- Look for more information in THE NEBLINE later in the spring. (LJ)



# Community service awards available to 4-H clubs

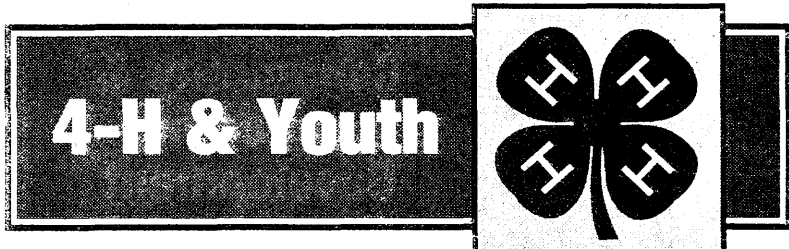
We have heard of some outstanding community service projects initiated by 4-H clubs in Lancaster County and think they should be recognized. Please take a few minutes to enter the Colgate, "Youth for America" community service competition. Your clubs stand a good chance of winning a cash award.

Local 4-H clubs are encouraged to win cash grants for their best community service projects through grants offered by

Colgate's "Youth for America" program. By telling "Youth for America" about your club's community service, you are eligible to WIN CASH to continue your efforts. All you need do is attach a one page description of your club's community project performed between March 1, 1994 and March 1, 1995 to an entry form available in the office. Tell about the need for the project and how it was accomplished. You may include any materials that

you feel will be helpful in explaining the idea and scope of the program, such as news articles, TV, or radio announcements, or other local government recognition of your program. Your project will be based on originality as well as the extent of community involvement.

Entry forms are available at University of Nebraska Cooperative Extension in Lancaster County. Note: You may enter more than one project. (LJ)



## Leading the way!

The New World Inn in Columbus is the sight of the 1995 Nebraska 4-H State Leaders Forum on January 20 & 21. Forum attractions include 46 workshops to choose from on Saturday. Everyone will be able to attend six workshops. More information on these workshops is available in the registration flier which is in each leader's mailbox at the office. Animal science, home economics—food and textiles, expressive arts, natural resources, volunteer management, and youth development are just a few of the workshops available. Registration is due by January 5 and the cost is \$55.

The forum is an exciting way to meet 4-H leaders and Extension staff from across Nebraska and get lots of new ideas! Lancaster County has five presenters with excellent topics, so join the fun! The Lancaster County 4-H Council has budgeted a certain amount to help fund leaders to attend. Call Ann Marie or LaDeane for more information. Hope to see you there! (AMM)

# Students from Pound Middle School receive CAST program grant

Congratulations to Susie Larson and five Pound Middle School students! They are working with the Human Performance Lab, University of Nebraska-Lincoln because of a grant received from the CAST (Cooperative Application of Science and Technology) Program. CAST is a collaboration of The National Science Teachers Association, National 4-H Center, and the Cooperative Extension System/USDA.

Phase I of the CAST program matches an educator and team of five students with a science or technical lab site in the community to conduct a ten-week research project. Through close

work with professionals from the lab site, students research and explore an issue that is currently being addressed by those scientists, and assist in the development of possible solutions.

"Our students will examine the effects of exercise on human physiology by observing subjects using an underwater weighing tank,

a treadmill with metabolic cart, and a Cybex machine," explains Ms. Larson. "They will gather, record, and analyze data, looking for patterns between the various factors of human physiology recorded," she added. "Then, we'll summarize the results and look for

the causes of these patterns. It may be necessary to attempt further research to improve our conclusions."

In April, this team will travel to Washington, D.C. to share research and ideas with other CAST teams from across the nation, representatives from government, and national leaders in the field of science and technology. Upon returning home, Ms. Larson and her team review their experience and the information gathered, draw conclusions, and plan a multi-media presentation for peers and community leaders. (ALH)

# Community service opportunities

### Capital Human Society Wish List

As you think about community service projects for your 4-H club, you might consider helping a community organization such as the Capital Humane Society. They recently indicated a need for the following items:

- Purina® Kitten/Cat Chow
- Purina® Puppy/Dog Chow
- Laundry or dish detergent
- Cleaning supplies
- Blankets
- Kitty litter
- Liquid bleach
- Towels
- Heavy aluminum pie tins
- Used or new books related to animals and animal care
- Ping pong balls
- Chew, dog and cat toys
- Rugs
- Rubber gloves
- Purina® Hi Pro, Puppy Chow, Dog Chow, and Pro Plan

### weigh circles

- "Homeless Homer" symbols from Cycle® Products
- Office supplies

Any donations can be delivered to the shelter at 2320 Park Boulevard. Call 477-7722 for additional information. (LJ)

### Basketball Shootout

Basketball Shootout is an annual event sponsored by The Nebraska Easter Seal Society. It combines basketball, community spirit, and fund raising to benefit children and adults with disabilities. If your club is interested in participating

in the project, contact the office for more information and a registration form. All shootout activities must be held from November 1, 1994-February 11, 1995.



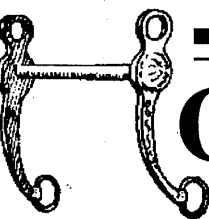
### Let's Hear It For...

Several 4-H horse club members were honored at the Lancaster County 4-H Achievement Night, Tuesday, November 1.

In the county record book competition: Melissa Brown and Courtney Fortner were presented the Beginning Division and County Award; in addition to this award, their record books were nominated to represent Lancaster County at district competition. Melissa is a member of the Wilderness Park Cinches and Courtney belongs to the Rockin' Rangers 4-H Club.

The first recipient of the Joe Harrison Award in the beginning division was Lindsay Schroeder. Lindsay is a member of the Pacesetter's 4-H Club.

Ann McCabe was presented the first George Phillips Award in the advanced division. Ann is a member of the Apple Hill Gang. Ann's record book was also nominated to represent Lancaster County at district competition. Both Lindsay and



## HORSE BITS

Ann were presented with a beautiful silver belt buckle in honor of their achievements. Certificates of Participation were also presented to all 4-H horse club members who submitted record books.

Several scholarships were presented to 4-H horse club members: Tara Tichota received the Lane Community Scholarship. Tara is a member of Wee Amigos. Angie Kruml received the Lincoln Center Kiwanis Scholarship. Angie belongs to Apple Hill Gang. Courtney Fortner was presented the Birdie Hutchinson Memorial Scholarship. All seniors received special recognition.

The 1994 State Contest winners were presented with certificates: Kala Ball, 4-H Horse Demonstration (individual) Reserve Champion; Courtney

Cusick and Merici Vinton, 4-H Junior Hippology Team Grand Champions; Angie Kruml, Melody Nielsen and Alyson Young, 4-H Senior Hippology Team Third in State.

Congratulations to all who participated! Hopefully the above honorees will encourage more participation in 1995!

### HELP!

Committees are beginning to set up their guidelines and proposals for the 1995 Lancaster County Fair. If you were unable to attend the November 9 horse VIPs meeting and have ideas or would be interested in serving on one of the many committees ... you're in luck! There will be a December horse VIPs meeting, Wednesday,

December 14, at 7:30 p.m. Everyone's input is important and needed!

### Horse Tips

If your horse likes to take frequent mud baths following those sloppy warm snow days, the following tips may come in handy:

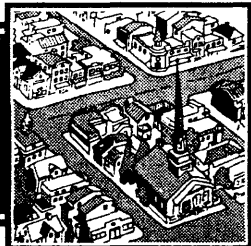
- Check their shoes often to see that each is on tight; since deep mud can suck the footwear from even the sturdiest of hooves.

- Remove all of the mud from your horses' coat at least a few times a week and pay attention to what is underneath. Fall and early winter is the prime time for rainrot, a bacterial encrustation of your horses' skin, as well as similar problems that can escape detection when a horse remains coated with mud for days on end.

- Use a shedding blade with a serrated edge to remove dried mud quickly. ("Horse Tip" is reprinted courtesy of *Equus*, November 1994) (CB)

4-H... More Than You Ever Imagined.

For more information, contact your County Extension Office.



## Community & Leadership Development

# Highlands neighborhood sets goals for the future

Thirty-five residents of the Highlands neighborhood met recently to determine future goals for their neighborhood. A series of three workshops were conducted by Extension Educators Don Miller and LaDeane Jha. The groups conducted an overview and self-assessment of the Highlands neighborhood and identified long-term and short-term goals which can be used to guide the decision makers.

Four long-range goals and community action committees were formed. The action committees will report to the Highlands Neighborhood Association for direction and coordination. The four priority long-term goals were as follows:

One—A neighborhood plan will be developed, completed, and implemented. The Tech Park plan will, and should then be, made compatible with the neighborhood plan. The neighborhood plan will include:

- maintenance of appearance and country atmosphere
- maintenance and promotion of safety
- recreation, parks and drainage plans for the neighborhood
- business development plans
- neighborhood services including fire protection, library and health care
- infrastructure
- maintenance of single-family housing with limited multi-unit structures

Two—Within ten years the Highlands neighborhood shall have a new high school with public transportation available within the neighborhood. They will have a library, fire station and community recreation center/senior center in a common, accessible area.

Three—Within ten years, the value of existing homes and property in the neighborhood should continue to increase. Main growth in the neighborhood should be limited to single-family homes. Businesses should be planned and implemented in the neighborhood in a way that will enhance the neighborhood. And, they will maintain quality of infrastructure in the neighborhood such as streets, green space, medians and street trees.

Four—By the year 2004 the Highlands will have developed neighborhood facilities that are important to the well-being of Highlands' residents. These will include at least the following:

- recreation facilities including a swimming pool, recreation center, park, trail, and sports fields
- community center for seniors, day-care, sports, and exercise facilities
- government and public safety services including fire station, library, and public transportation. (DM)

## A message from Fireman Bill

Wow! One of my favorite times of the year is here! The holiday season is here and it's a happy time for most folks. I know, as a veteran fire officer, that nothing sickens me more than having to respond to a fire during the holiday season and literally watch it ruin a family's holiday. Please do your part to practice fire prevention, not only during the holidays; but, please make it a new year's resolution for 1995 to practice fire prevention at home with your family or wherever you are.

Please take the time to see that your holiday decor is safe. Two of the biggest problems I've seen over the past holiday seasons involves candles and other open flames, and electrical decor and lights. Never leave any candles or other open flames (potpourri pots, etc.) unattended, even for a second! As for electrical decor, check for cracked or frayed cords and sockets before using them and please do not use more than three strings of lights or decor per outlet or circuit in your home.

Remember, too, if you have a real tree, to keep the base stand full of water at all times. If the tree dries out, it is an *extreme* fire hazard, and should be immediately discarded—don't risk it.

All of us with the Southeast Fire Department and the Southeast Fire Auxiliary want to take this time to wish you and yours the best of the holiday season and would like you to take the steps to make 1995 a "fire safe" year.

Source: Bill Montz, Jr., Public Relations/Fire Prevention, Southeast Fire Department (DM)

## Strengthening community programs for youth

Do the youth programs in our communities in Lancaster County reflect common principles vital to successful youth programs as identified by the Carnegie Council on Adolescent Development, Task Force on Youth Development and Community Programs?

According to their data, community youth organizations (4-H and others) should:

- Listen to the views of young people and involve them actively in planning programs. Youth more positively respond to

programs that reflect their input.

- Tackle relevant issues that are currently on the minds of young people.
- Recognize, value and respond to the diverse backgrounds and experiences of young people.
- Attract under-served adolescents, especially those from low-income neighborhoods.
- Compete actively for young adolescents' time.
- Promote youth programs as an alternative to gangs by

# Marvin Ketelhut remembers

The NEBLINE asked Marvin Ketelhut to write a series of stories and share some of his early farm experiences with us. This is Part 3 of 3.

We got our first tractor in 1940. In the 20's and 30's all the work was done with horses. Each horse had a name and its own stall in the barn. In front was a manger that would hold hay and grain on the ends (usually oats). The harnesses were kept behind the horses on pegs. Each horse had its own collar and harness and it was not hard to harness a horse. Just throw the harness on top of the horse and buckle the front around the collar. Fasten the belly strap underneath and the crupper under the tail. The horse pulls from the shoulder and if the collar doesn't fit just right, it can cause a sore on the shoulder. Some medication, Vaseline, or a pad under the collar would help.

I had two runaways when I was young. Once with an empty hay rack in the wheat field where they were threshing. And once when I was husking corn ½ mile from the home place. A rabbit jumped up and scared a young team. They took off out of the field and ran ¼ mile north and made a left turn (they did not have to worry about car traffic) and ran ¼ mile west and turned in our driveway. My dad was in the yard and stopped them. I guess I drove them back to the field and started over again. I entered the last corn husking contest held in the county. There were 13 entries and I came in second. Twenty-five ½ bushels in 80 minutes. The wagons were pulled with horses and someone with a sack would walk behind you and pick up any ears that you missed on the stalk or on the ground. The county, state and national champion lived just three miles from our place. He husked a few years earlier than when I entered. Wagons always had a place in front where you could place anything. One year, when I husked corn, I would put all the good looking ears up front. After a few weeks, I had the best ten ears of corn in the county and state fairs. For five years I showed the same ten ears of corn. Each year the judges would take out a few kernels of corn for some reason (maybe germination). It looked so bad after awhile being pecked to pieces, I had to quit showing it and started over again. Joke time:

There is a saying—as free as the wind. It should be as free as a bird. It doesn't have to pack a suitcase, check out the car or gather all the family together. It can eat a worm and it will last it all the way down South. We have to eat three meals a day. Turtles live to be 100 years old. If we didn't move any faster



than a turtle, some of us would make it, too. Of course, turtles don't smoke, drink alcohol, drive cars or shoot people. What a dull life. But they do have worries about an automobile running over them, an elephant stepping on it, some crazy animal turning it on its back in the hot sun and some fisherman catching it and making turtle soup.

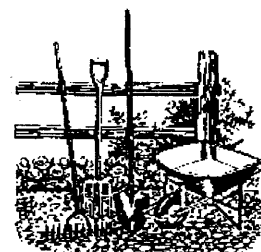
The grain, wheat, oats and barley were cut with four horses and a binder. The grain was cut and fell into a moving canvas that took it to the front of the binder. There the sheaves went through some mechanism that would twine and kick them out into a holding basket. After four or five bundles were accumulated, the driver would trip a lever and leave the bundles on the ground. After finishing a field, this line of bundles were called a windrow. They had to be shocked by setting about eight bundles together with the heads up. If they were not shocked, the grain that touched the ground could grow. With the grain shocked, that meant going threshing with about six neighbors. Everyone furnished a team and hay rack and sideboards had to be put on the sides of the rack to hold the bundles in. We used three-tined pitchforks because they were smaller and lighter.

It was the corn that suffered the most with the hot, dry winds in July and August. Later, a lot of farmers went to planting sorghum and milo because it was more of a dry weather crop and could be combined. You cannot plant the same crop year after year on the same plot of ground. Crops had to be rotated. There was no sacked fertilizer—so alfalfa and red, white or sweet clover had to be

planted. In a few years, it could be plowed under and a crop planted. The legumes furnished nitrogen to the soil. Getting back to threshing, one did not wait on the weather. Many days, in the 30's especially, it was well over 100 degrees. Some days 104 to 108 degrees. Heat records were set at that time. Everyone wore wide brimmed, straw hats and we all drank from a cool, sack-wrapped jug. We didn't need a weatherman. Because every day was the same, hot and dry and sometimes windy. There was no TV. I see now the town to the east has nine weather people. I want to tell you about one big, strong, lazy guy. It seemed like his rack was smaller than anyone else. He would also leave sort of a hollow spot in the middle that way he would have less bundles to throw into the threshing machine with the big tractor and long belt. This threshing went on for six or seven weeks until everyone was done. Straw piles were a common sight in many fields. We threshed some oats in our corral so the cattle could eat some oat straw. Wheat straw was baled and used for bedding. The oat straw pile was sort of a bad decision because after some winter snow and the cattle stomping around on the edges, there was, after a few years, a lot of waste that had to be hauled away with a manure spreader.

Joke time: The other day a squirrel started to cross the street. Being the friendly person that I am, I said "Hi Squirrelly!" It froze in the middle of the street. You know the rest of the story. Here comes a car and kills it. The moral is, it doesn't pay to get too friendly even if it is with a squirrel. Back to threshing time—don't forget the women slaving away in that hot kitchen cooking on the kitchen range for about 15 hungry men. There was no electricity, no fans and no air conditioning. And all the dishes had to be washed by hand (no dishwasher). None of the men stayed to help. There was always a bench outside with a pan or two and a bucket of water so the men could wash up. There was no running water, therefore, no indoor toilets. Outhouses got really cold in the winter and there was no toilet paper rolls. Every farmer had a well that had to be pumped for drinking water. Windmills were installed. It was not too good for drinking because of sediments and some fine sand. We put warm water in the tub and sponged off. There were no girls in our family, so, we ran around naked quite a lot. As we got bigger we started covering up.

## GARDEN GOSSIP HOTLINE



441-7179

Accessible from any phone

the course of their own lives and those in their communities.

It seems that many of the activities that occupy the time and fill the needs of younger childhood fade away by the time youth reach adolescence—a time when a sense of belonging is needed most. It is vital that every community strive to provide alternatives to long hours in front of a TV or in other non-productive activities and promote activities that meet the needs of youth in our communities. (LJ)

## Biographical information

The following is a brief profile of the candidates for the Lancaster County Extension Board, compiled from the candidate's application for the Lancaster County Extension Board of Directors.

### Gwendolyn "Gwen" K. Thorpe

Systems and Procedures Analyst, Lincoln Electric System

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

"I believe strongly in the Extension program in Lancaster County. The program provides many educational opportunities and is constantly challenged to meet the changing needs of the county. As changes in the concept and structure of the Extension program in Nebraska are pending, I would like to be a part of that change. There are many exciting and demanding challenges facing Extension in the near future and I would appreciate the opportunity to put my skills to work on them as a member of the Extension board."

*Please list any particular expertise you feel you can bring to Extension:*

"Knowledge of Extension in Lancaster County and Nebraska; budget evaluation; integration of priority initiatives with existing programming; enjoy working with others; program evaluation; enjoy oversight of many activities."

### William A. Pugsley

Assistant Chief, Division of Environmental Health, Lincoln-Lancaster County Health Department

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

"Lincoln and Lancaster County is where I grew up. I have derived much from the community. I would like to give something back. The Cooperative Extension Service provides so much to both rural and urban citizens. I want to be a participant in assuring the continuation of those vital activities."

*Please list any particular expertise you feel you can bring to Extension:*

"Administrative understanding and skills; planning skills; through my professional work, I feel I have a good sense of what citizens of the county want and need."

### Karen "Kit" Dimon

Housewife and professional volunteer. I have previously had experience as a book editor and art shop manager.

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

"I am a very staunch supporter of the Lancaster County Extension program

having seen firsthand what it has accomplished for 4-H and the community. In a time of deep budget cuts, I fear for the future of Extension and, most particularly, the 4-H program. I feel that we cannot afford to jeopardize such a wonderfully successful and necessary program for our youth. I would work hard as an advocate for Extension and 4-H. I think that I bring good group skills, critical thinking skills, leadership, goal setting ability and a deep interest in the Extension program. I have also done a lot of budgeting with several organizations, as well as fund-raising. I also bring professional editing experience and I have served on the Nebraska Horse Council, developing more contacts."

*Please list any particular expertise you feel you can bring to Extension:*

"I think my most extensive experience has been in professional volunteering where I learned money management, leadership training, group skills, time management and the art of the possible. I think my wide community experience is my best asset. I have served on boards in many facets of the community, often in positions of leadership. I still maintain contacts in many areas. I have also done quite a bit of fund-raising and personnel management. I think perhaps one of my best skills is in finding the right person for a job and then in supporting him/her in it. I think I am also sensitive to community needs."

### Randy V. Hiatt

Director of Continuing Education, Southeast Community College, Lincoln Campus

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

"As a parent, long-time resident and acreage owner, I am interested in the quality of life available to residents of Lancaster County. I feel Cooperative Extension's educational programs and activities can have a major role in maintaining and improving that quality lifestyle, even as the county continues to change and grow in population. I want to be a part of that process of planning and implementing programs and services that support life-long learning."

*Please list any particular expertise you feel you can bring to Extension:*

"I think I have good communication, planning, organizational and implementation skills—plus, experience in promotion and marketing."

### Janet S. Madsen

Registered Nurse, ASPO Certified Childbirth Educator, AHA CPR instructor. Currently, coordinator of prenatal and parenting programs at Saint Elizabeth's Community

# Extension Board Election

December 5 - 19, 1994

You are invited to vote for the directorships of the Lancaster County Extension Board. The Extension board is a nine-member board elected each year to represent all citizens of Lancaster County.

The Extension board is responsible for the program of the University of Nebraska Cooperative Extension in Lancaster County. Directors are responsible for funding, overall policy direction and employment of county personnel.

The Extension board is similar to a local school board in areas of responsibility. The Extension board works closely with UNL Cooperative Extension and the Lancaster County Commissioners.

**Any legal resident of Lancaster County who is of legal voting age may cast a ballot.** Write-in candidates are also eligible for election. All ballots must be received or postmarked no later than December 19, 1994 at the Lancaster County Extension Office.

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

Complete the voter declaration section on the top of the ballot. The declaration section will be removed by the election clerk for voter registration purposes. All ballots are confidential. You may vote in person at the county Extension office during regular office hours Monday, December 5, 1994 through Monday December 19, 1994.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

----- Above Section To Be Removed By Clerk -----

## Official Lancaster County Cooperative Extension Ballot

### Vote for Four

- |   |  |
|---|--|
| <input type="checkbox"/> Gwendolyn "Gwen" K. Thorpe | <input type="checkbox"/> Janet S. Madsen   |
| <input type="checkbox"/> William A. Pugsley         | <input type="checkbox"/> Edward C. Woeppel |
| <input type="checkbox"/> Karen "Kit" Dimon          | <input type="checkbox"/> Gerald Halling    |
| <input type="checkbox"/> Randy V. Hiatt             | <input type="checkbox"/> Doug Nagel        |

Health Center.

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

"I believe in the programs and goals of the Extension Service. The services provided are such an integral part of everyone's daily life—we need to continue to promote these services and increase accessibility by everyone in this community to receive these services and participate in programs. This may come about through program redesign or increased networking with other agencies and volunteers. Through my work at Saint Elizabeth's, I have developed strong community ties. I feel I could represent the community well to help build/strengthen Extension programs and, in so doing, meet community needs and help strengthen families."

*Please list any particular expertise you feel you can bring to Extension:*

"Strong program development skills, marketing and networking through community agencies related to parenting and family issues."

### Edward C. Woeppel

Consultant, Agricultural Education, Nebraska Department of Education

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

"After serving these past two years, I've been able to see the broad area of coverage that

the Extension Office has. I would like to be able to continue to serve on the board so that I can help develop the policies that will allow the staff to meet the needs of the citizens of Lancaster County."

*Please list any particular expertise you feel you can bring to Extension:*

"Worked with statewide FFA and Young Farmers' programs for the past seven years. Served as statewide Ag. Ed. curriculum consultant for the past seven years."

### Gerald Halling

Farmer, Cattle Breeder

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

"To continue to provide information and assistance to the youth and adults of Lancaster County. I believe that the Cooperative Extension system provides a vital link to our youth through the 4-H programs to prepare them for adulthood."

*Please list any particular expertise you feel you can bring to Extension:*

"Having served on the Extension Board as 4-H Council representative and having been appointed to fill a vacancy on the board; with this experience, I wish to continue to help the Extension Board provide the best possible Extension Staff and programs."

### Doug Nagel

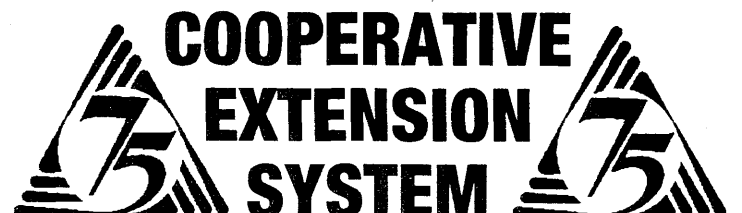
Farmer

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

"As a farmer in Lancaster County, I would be able to extend my views as they relate to agricultural needs. I would also like to be part of a team that would create an efficient use of taxpayers' money from every working sector of the county."

*Please list any particular expertise you feel you can bring to Extension:*

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



## Calories From Page 7

- 8 fl. oz., 342 calories
- Fruittcake, light, homemade*, 1 piece, 167 calories
- Gin/rum/vodka/whiskey*, 94 proof, 1.5 fl. oz jigger, 116 calories
- Mincemeat pie*, 1/8 pie, 320 calories
- Mixed nuts, oil roasted*, 1 oz., 175 calories
- Molasses cookies*, 1 cookie, 120 calories
- Peanuts, dry roasted*, 1 oz., 164 calories
- Peanuts, oil roasted*, 1 oz., 165 calories
- Potato chips*, 1 oz., 148 calories
- Pumpkin pie*, 1/8 pie, 241 calories
- Sour cream dip*, heaping tablespoon, 70 calories
- Whipped topping, from mix*, 1 tablespoon, 9 calories (AH)

## Families From Page 6

- a list of traits that resilient families have:
- Commitment:** Keeping promises and committing to caring and doing what it takes to follow through.
  - Cohesion:** Togetherness involving a balance of affection, support, and respect for individuality.
  - Adaptability:** Blending tradition and consistent rules with flexibility and helping kids think for themselves.
  - Communication:** Openness and respect expressed through "speaking for self" and listening with care.
  - Spirituality:** Faith, hope, and a sense of purpose and service for other people.
  - Time Together:** Taking time out every day and celebrating special occasions which build memories.
  - Efficacy:** Family pride and optimism which leads to esteeming members and accomplishing bold goals.
- 4-H can provide great opportunities for families to take time together, use communication skills, build closeness, confidence and a sense of connectedness. Don't forget to provide your families with these opportunities.
- Source: Ben Stillman, Extension Family Life Specialist, University of Wyoming (LJ)*

# The NEBLINE

Nebraska Cooperative Extension Newsletter  
Lancaster County

THE NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media & Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

*Don D. Miller*

**Don D. Miller**  
Extension Educator, Lancaster County

*Jeffrey D. Gaskins*

**Jeffrey D. Gaskins**  
Extension Assistant, Media & Marketing

**Notice!**

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

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- Barb Ogg, Assistant Extension Educator
- Warder Shires, Extension Educator
- Dave Swarts, Extension Assistant
- Dave Varner, Extension Educator

# Extension Calendar

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

- December 1**  
Applications due for Martha and Don Romeo Scholarship
- December 2-8**  
National 4-H Congress
- December 5-6**  
55 Alive Safe Driver Course.....10:00 a.m.-2:30 p.m.
- December 6**  
4-H Council Meeting (new & old council)—*Thorpe's Home*.....6:30 p.m.
- December 8**  
Ambassadors Meeting.....7:00 p.m.
- December 9**  
Eastern Nebraska Crop Production Day and Machinery Expo—*Wahoo Fairgrounds*.....9:00 a.m.
- December 10**  
Fair Board Annual Meeting.....9:00 a.m.
- December 11**  
Teen Council Meeting.....3:00-5:00 p.m.
- December 12**  
Lancaster County 4-H Shooting Sports Club Meeting.....7:00 p.m.
- December 14**  
4-H Horse VIPS Meeting.....7:30 p.m.
- December 20**  
Agronomy Highlights—*Cornhusker Hotel, Lincoln*.....8:30 a.m.-4:30 p.m.
- January 1**  
4-H Re-enrollment Packets Due
- January 4**  
Crop Protection Clinic.....8:30 a.m.-3:30 p.m.
- January 5**  
Ethical Leadership FCE Leader Training.....1:00 or 7:00 p.m.
- January 6**  
Application due for Eastern NE 4-H Center Camp Staff
- January 11-13**  
Husker Feed Grains and Soybean Conference—*Cornhusker Hotel, Lincoln*

## 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

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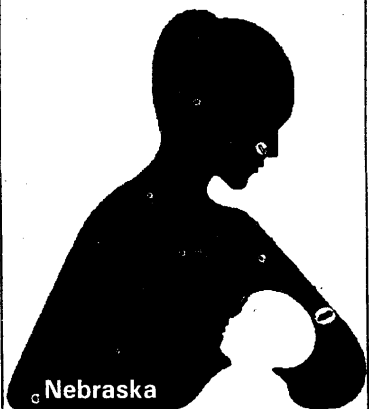
**Return to:**

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

## ANSWERS! From puzzle on Page 4

**PUZZLED...**

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Healthy Mothers  
Healthy Babies

24 Hour Helpline  
1-800-862-1889

**PHONE NUMBERS:**

Office (leave message after hours) ..... 441-7180

After hours ..... 441-7170

FAX ..... 441-7148

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