

Heart healthy adventures

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visit at 1550 South 70th Street, Suite 100; office hours are 8:30 a.m. to 5:00 p.m.).

Or, SURF THESE WEB SITES. Surf the AHA Web site (www.americanheart.org) or the National Heart, Lung and Blood Institute (NHLBI) Web site (www.nhlbi.nih.gov/health/public/heart/index.htm). While you're at the AHA Web site, send an E-card to friends to encourage them in heart healthy adventures also.

2) INDULGE IN A SHOPPING "MARATHON." Drive to the largest mall in your area. Briskly walk and window shop for several laps for at least 30 minutes. Reward yourself with a non-food treat.

3) VACATION NEAR A SCENIC AREA. Spend at least a couple of hours daily walking, hiking or bicycling and enjoying nature's grandeur. Don't feel you have to live in a tent to go hiking. You can always establish your "base camp" at a local motel or hotel!

4) GET COOKING. Many chefs are now TV personalities... be a star in your kitchen! Get motivated by buying a new heart healthy cookbook, such as one published by the American Heart Association (AHA). For more information about AHA's cookbooks, check with your favorite bookstore, check the library, call your local AHA office or visit AHA's Web site at www.americanheart.org.

5) GET MOVING. Buy a tape or CD of your favorite fast tempo dance tunes. Move to the

music in the privacy of your own home—with or without a partner! Don't overlook children and grandchildren as dance companions—plus you'll help them learn heart healthy habits. Or, use the tunes to jazz up housecleaning chores—that can be heart healthy, too!

6) TAKE POTLUCK. Invite friends over for a heart healthy potluck meal. Check cookbooks from the American Heart Association (see number 4) for recipes. Or visit these Web sites of the American Heart Association (www.deliciousdecisions.org) and the National Heart, Lung and Blood Institute (www.nhlbi.nih.gov/health/public/heart/index.htm) for recipe ideas. Fellowship, fun and a chance to sample healthy new foods—what could be better! Either assign recipe categories for guests to bring or "take potluck!"

7) MAKE IT A DATE! Make a standing activity date with a friend or family member for at least once a week. Go walking, hiking, biking, jogging, swimming . . . whatever seems like FUN! Mark the date—in INK—on your calendar.

8) COLOR YOUR MEALS HEALTHY. Eating lots of colorful fruits and vegetables is good for your overall health and may also help protect against heart disease.

Fruits and vegetables containing antioxidant vitamins such as C and beta carotene (a

form of vitamin A) have potential health-promoting properties.

VITAMIN C sources include: red and green peppers, snow peas, broccoli, brussels sprouts, tomatoes and tomato juice, kiwi fruit, oranges/orange juice, grapefruit/grapefruit juice, melons and strawberries.

BETA CAROTENE occurs mainly in fruits and vegetables that are deep yellow, orange, or dark green in color. These include carrots, winter squash, sweet potatoes, peaches, apricots, spinach, collard or mustard greens, romaine lettuce, broccoli, mango and cantaloupe.

FIBER, both **SOLUBLE** and **INSOLUBLE**, which may reduce your risk of heart disease, is found in fruits and vegetables.

FOLATE, a B-vitamin that may help protect against heart disease, is found in several fruits and vegetables. Some good sources include green leafy vegetables, oranges/orange juice and strawberries.

9) LISTEN TO A GOOD BOOK. Play a book-on-tape while you work out at home. You can check them out at no charge from many public libraries.

ENJOY YOUR JOURNEY!

Helen Keller said, "Life is either a daring adventure or nothing." Make living a healthy lifestyle an adventure. And reap the rewards of gaining greater vitality to enjoy life's adventures!

NOTE: These adventures AND MUCH MORE will be featured at the March 28 FCE and Community Leader training at the extension office, "Heart Healthy Foods that Help You Keep on Ticking—Talk, Tips and Tasting of Heart-Healthy Foods."

Consider a career in Food Science & Food Technology

Food Science and Technology is a relatively new field at the University of Nebraska-Lincoln. Still, this new century will require food scientists and food technologists to play a major role in assuring a safe, nutritious and acceptable food supply. UNL graduates are actively sought for career placement in

the food industry both in Nebraska and throughout the United States.

As a Food Science and Technology major, students receive a comprehensive study of all aspects of the food industry. This includes food chemistry, food microbiology, food engineering, product

development, sensory evaluation and food processing.

For more information about majoring in Food Science and Food Technology, contact Dr. Susan L. Cuppett, 352 Food Industry Complex, University of Nebraska-Lincoln, Lincoln, NE 68583-0919; (402)472-5616. (GB)

Southeast Nebraska Area Producers - SNAP, a history and update

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time, making it much easier for the elevator to dedicate a leg to receive only the contracted grain and making it feasible for the elevator to avoid contamination from off-type grains.

The leadership of the SNAP alliance is excited about the possibilities this effort will provide to improve profitability and to create markets for alternative crops, all while operating within the original constraints of never purchasing brick and

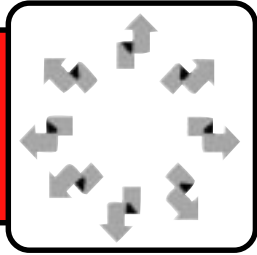
mortar and without large investments in new farm machinery for its member-stockholders.

To receive a promotional brochure and a membership form, call the Lancaster County Extension office at 402-441-7180. Membership in the SNAP alliance is only \$10 per year, grain producers must become a stockholder in the SNAP Cooperative by purchasing one share of stock before they can

sign production contracts through SNAP.

Some examples of value-added grains are high-oil corn, waxy corn, high lysine corn, white corn, edible soybeans, high oleic oil soybeans, clear hilum soybeans and white wheat. There are many others. With the GMO controversy, traditional non-GMO grains would now fit the IP category, as well.

Miscellaneous



Dust mites

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filter that removes fine particles from the air. Regular vacuum cleaners pick up debris and dust, but blow small particles into the air, increasing exposure.

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

bedding can be exposed to the outside cold to kill the dust mites.

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



Water softening

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easy to bypass toilets and outdoor faucets. Finally, softening systems are adaptable for mixing softened and unsoftened water to produce a lower hardness level.

Disadvantages

The major disadvantage to water softening is the potential health risks for people on low sodium diets. The exchange of hardness minerals for sodium adds 7.5 milligrams per quart for each grains per gallon of hardness removed. In addition, calcium and magnesium are eliminated from the homeowner's diet.

Maintenance is another consideration. While you can purchase models with special features that do everything but

add the salt, you will pay for each additional feature. The tradeoff will be cost for convenience and you have no long-term guarantee that the special feature will not fail. Depending on the water source, you may have to filter turbid water or disinfect bacteria-laden water—all before it even reaches the softening unit. Finally, if you own a septic system, you should consider the additional load on your drainage field from backwashing and regeneration. Estimates indicate that about 50 gallons of water are used for each regeneration cycle. This may or may not cause hydraulic overload of the septic system. (DJ)



Drought entering 2000 growing season

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planted. Approximately 100 pounds of residue is produced for each bushel of wheat and 50 pounds of residue produced for each bushel of corn or sorghum. For guidelines, contact an extension office. Although not recommended, if planting a long-season hybrid this year, reduce plant populations accordingly.

* Plant short- or mid-season hybrids. Short- or mid-season hybrids mature quicker and thus require less moisture. Long- or full-season hybrids planted at high population, while having the greatest yield potential, also have the greatest potential for disaster.

* Use no-till. Yield increases anywhere from 25 to even 100 bushels per acre are possible using no-till instead of conventional tillage if weed control is timely. With no-till, crop

residues help conserve moisture and may make the difference between having a crop or having it burn up. In some instances, a rain that came in time for no-till, may increase yield by 100 bushels per acre. The conventional crop, having less soil moisture, already was lost. Equipment is needed to plant or drill through crop residues with no-till.

* Weed control. Control early emerging weeds including volunteer crops with herbicides before they use much soil moisture. It also is important for the furrow irrigator to control these weeds.

Updated information from the University of Nebraska on these concepts is expected in the next few weeks. Contact the extension office for details.

SOURCE: Bob Klein, cropping specialist, NU/IANR. (WS)

A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu

Some shortcuts:

www.lanco.unl.edu/food
www.lanco.unl.edu/ag
www.lanco.unl.edu/enviro
www.lanco.unl.edu/neblines

www.lanco.unl.edu/hort
www.lanco.unl.edu/family
www.lanco.unl.edu/4h
www.lanco.unl.edu/contact