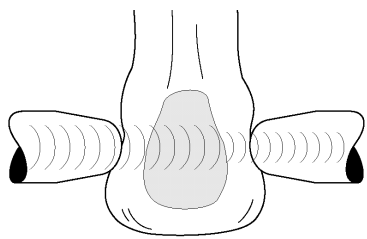


FREE Sahara Bone Density Screenings at Senior Health Promotion Center

The Senior Health Promotion Center located at the Lincoln Downtown Senior Center (1005 "O" Street) offers FREE Sahara Bone Density Screenings to women 60+ on MOST Thursdays from 9:30 a.m. to 2:30 p.m. on a drop-in basis. Wear some type of stocking that can be removed as the testing is done on your bare foot. It takes about 10 seconds and is painless. Call Aging Services Lifetime Health Program at 441-7575 for more information about the screening and to check if screening will be offered on the day you wish to come.

The Sahara Clinical Bone Sonometer, produced by Hologic, Inc., can identify women at risk of developing osteoporosis. Once alerted to the possible onset of the disease, patients can talk with their health professionals and research measures they can take to prevent further bone loss.

The Sahara Clinical Bone Sonometer uses ultrasound to



Sahara Clinical Bone Sonometer's transducers send and receive ultrasound signals through the calcaneus (heel).

estimate bone density in the calcaneus or heel. The calcaneus is an easily accessible site and consists of 75 to 90 percent trabecular bone, a spongy bone tissue that is more responsive to age, disease, and therapy induced bone changes. Some studies have demonstrated a relationship between bone density of the calcaneus and future fracture risk.

Osteoporosis and related bone disorders affect 28 million Americans — 80 percent of whom are women. Each year this debilitating disease contributes to more than 1.5 million

new fractures of the hip, spine and forearm.

For more information about what you can do to help prevent osteoporosis, check the article on "Nutrition and Osteoporosis" on the Lancaster County Extension Web site at:

www.lancaster.unl.edu/food/ftm-j01.htm or for a copy of this information, send a self-addressed, stamped, business-size envelope to: Nutrition and Osteoporosis; Attention: Alice Henneman; Lancaster County Extension Office; 444 Cherrycreek Road, Suite A; Lincoln, NE 68528-1507.

Also, you can check out a tape on "Nutrition and Osteoporosis" of a presentation given by Extension Educator Alice Henneman as part of BryanLGH's Women's Series. The tape is available from BryanLGH Community Health Education and Resource Center. Call BryanLGH at 481-8886 to make arrangements for picking up the tape. (AH)



OBSERVANCES

continued from preceding page

the Feast of Sacrifice which occurs in early spring.

Jewish

Religious or observant Jews in the U.S. spend most of the holy days of Rosh Hashanaah (Jewish New Year), which occurs in early to mid-fall, and Yom Kippur (Day of Atonement), which follows eight days later, praying in religious sanctuaries. Many do not work during Sukkoth, the agricultural holiday celebrating the final gathering of food for the winter. This observance lasts seven days during which food is eaten in temporary huts. Hanukkah is the most well-know Jewish holiday and usually falls on various days in December. It is, however, considered a relatively minor holiday in the Jewish religion.

Christian

Countries with a majority Christian population celebrate



Mecca, Saudi Arabia, is the holiest place in Islamic religion.

the major Christian holidays as times when people do not work. Individuals practicing Eastern Orthodox Christianity celebrate holidays according to the Eastern Orthodox religious calendar, which observes Christmas on Jan. 7. Roman Catholic Christians and most Protestant faiths follow the tradition of celebrating Christmas on Dec. 25, the date established in the fourth century as the official day for celebration. There are some Protestant groups that do not recognize nor

celebrate Christmas, public holidays or birthdays. People immigrating from Mexico may bring with them the tradition of celebrating two Christmases. Dec. 25 is observed as the birth of Christ and no gifts are exchanged. Gifts are given on the second day of celebration, Jan. 6 — the Day of the Gift. This is the day in Christian tradition when the Magi gave gifts to the Christ Child.

Adapted from an article by Gae Broadwater, Kentucky State University (LJ)



RAMADAN

continued from preceding page

starts at the breaking of dawn and ends at the setting of the sun. In between — during the daylight hours — Muslims totally abstain from food, drink, smoking and sex. The usual practice is to have a pre-fast meal (suhour) before dawn and a post-fast meal (iftar) after sunset.

The length of the day, and thus the fasting period, varies in length from place to place over the years. Every Muslim, no matter where he or she lives, will see an average Ramadan day of the approximately 13.5 hours.

Since Ramadan is a special time, Muslims in many parts of the world prepare certain favorite foods during this month.

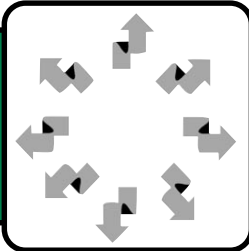
Since Ramadan emphasizes community aspects and since everyone eats dinner at the same time, Muslims often invite one another to share in the Ramadan evening meal.

Some Muslims find they eat less for dinner during Ramadan than at other times due to stomach contraction. However, as a rule, most Muslims experience little fatigue during the day since the body becomes used to the altered routine during the first week of Ramadan.

Muslims use many phrases in various languages to congratulate one another for Ramadan. Here is a sampling of them:

- "Atyab at-tihani bi-munasabat hulul shahru Ramadan al-Mubarak" (The most precious congratulations on the occasion of the coming of Ramadan) —Arabic
- "Elveda, ey Ramazan" (Farewell, O Ramadan) — Turkish
- "Kullu am wa antum bi-khair" (May you be well throughout the year) —Arabic
- "Ramadan mubarak" (A Blessed Ramadan) —universal

Miscellaneous



HEATING

continued from page 5

the stove, the higher the chance for creosote problems.

Airtight stoves with catalytic combustors can cut creosote problems up to 90 percent, reduce wood consumption as much as 20 percent, and increase the overall efficiency of the stove by 10 percent. The combustor also reduces the amount of pollution entering the air by as much as 75 percent.

Tips for operating wood stoves and fireplaces safely include:

- Don't overload with wood.
- Keep glass doors closed or screen in front of fire at all times.
- Don't close the flue before the fire is out.
- Don't leave the fire unattended.
- Keep combustibles away from fireplace.
- Reserve the fireplace for wood, not trash burning.
- Have the chimney, stove or fireplace inspected regularly. (TD)

Source: Larry Zoerb, extension educator, Colfax County.

CORN GROW

continued from preceding page

schools across the country, but none has a technology track," Perk said. "We are going to introduce the concepts of remote sensing and GIS through the magnet school and through America's Farm."

With information available to anyone who wants to look at the Web site, Perk said America's Farm was created to educate a public whose children tend to be curious about farms; take advantage of a recent emphasis on computer-assisted, site-specific farming known as "precision" agriculture; explore advances in remote sensing, GIS and global positioning systems; augment the teaching of vocational agriculture; educate producers and farm managers; and explore practical applications of remote sensing.

America's Farm Web site is <http://ois.unomaha.edu/amfarm/>. Those interested in taking this course should contact UNO's Office of Internet Studies at 554-3839.

Conservation and Survey is part of the NU Institute of Agriculture and Natural Resources.



Barb and Ron Suing Named County/City Volunteers of the Month



On Oct. 30, Barb and Ron Suing (above right) of Lincoln were recognized by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners as the County/City Volunteers of the Month for November.

Ron and Barb have served as 4-H leaders a combined 28 years. They continue to support the 4-H program even after their children completed the program. Both serve as 4-H Superintendents at the county fair, Barb in the foods area and Ron in engineering. Barb served as a 4-H Recruiter and helped new 4-H clubs during their first year. Ron continues to lead a 4-H Clover College class in rocketry and encourages youth to build and launch their own rockets. He travels throughout the state to share his expertise in this area.

In addition to their work with 4-H, Ron and Barb volunteer for the Southwood Neighborhood Association and are active in their church.

Ron and Barb were presented a certificate of appreciation, a balloon bouquet, an 8' x 10' photograph and a cash award. Their names will be placed on a permanent plaque in the County/City building.

Congratulations to Ron and Barb Suing. They continue to go the extra mile to support 4-H and Cooperative Extension.