

FARM LEASES

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- deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by August 31 and have proof that it was sent.
- An attorney should be involved in all stages of the termination process. It's easy to make a mistake and something done wrong won't stand up in court if a disagreement occurs.
 - A tenant should never let a rental agreement reach termination due to poor management practices. Keep the line of communication open and visit with the landlord regularly.
 - If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or the reason for the termination.

This article was taken from a University of Nebraska Publication NF 91-42 authored by Extension Water and Agricultural Law Specialist, J. David Aiken, who has reviewed this article for correctness. (TD)



LEAD

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- Leave lead-based paint undisturbed if it is in good condition.
 - Keep lead dust out of the home by using door mats to wipe feet before entering.
 - If you work in a situation that involves lead, you may unknowingly bring lead into your home on your hands or clothes.
 - Eat a balanced diet, rich in calcium and iron.
- Lead poisoning is preventable by identifying and controlling sources of lead in and around the home. If you are concerned about paint in your home contact the Lincoln/Lancaster County Health Department, 441-8000, for assistance. Children six-months to six-years can be tested free. (LB)

SPECTRUM

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vegetables and is a vitamin B that may help prevent some birth defects. With a chemical make-up this good for you, the orange group should always be part of your daily diet.

Yellows

Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with Vitamin C, manganese, and the natural enzyme, bromelain. Bromelain is great to add to a meal to aid in digestion and reduce bloating. Additionally, corn and pears are high in fiber. Yellow fruits and vegetables belong to many different families, but they all share the common bond of health enhancing and great taste.

Blues/Purples

Blues and purples not only add beautiful shades of tranquility and richness to your plate, they add health-enhancing flavonoids, phytochemicals, and antioxidants. Anthocyanins, a phytochemical, are pigments responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.

Savor the Spectrum of the Season

This is not a single-color season. When it comes to your health, you'll fare best with a multi-colored diet. By putting something of every color on your plate or in your lunch bag, you are more likely to eat at least 5 servings of fruits and vegetables every day. Think colorful: 1 cup of dark, leafy GREENS, 1/2 cup of RED tomatoes, 1/2 cup of YELLOW peppers, 6 oz. ORANGE juice and 1/2 cup of BLUEberries. This season, get your "5 A Day" the colorful way!

Source: National Cancer Institute. (AH)

STORIES

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master storyteller and even though he may have embellished some of the stories he told, we all grew up with a sense of what it was like for our father's family as they struggled with life and conquered adversity. Stories he told us are still retold at family gatherings and reunions.

Not all stories come from an oral tradition. My father was not quite the storyteller my uncle was, but he left a treasured book of stories from his boyhood that all of us enjoy and gain insights from. Just recently I received a book of collected histories of my mother's family. It is full of wonderful family stories that will be read and re-read, told and re-told to future generations.

The Magic of Stories

To find out what "magic" storytelling can bring your family members, you might try one of the following activities suggested by Barbara Brahm, Extension Educator in Hancock County. Try these at a family gathering or at the dinner table.

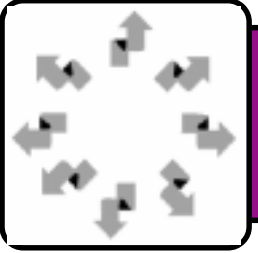
Family Treasure: Find a family collectible to give a younger member of the family, but don't give it away without giving its special story. Present it in front of other family members so all will understand the significance of the gift.

Happenings: On individual slips of paper, write such things as the funniest thing ever to happened to me, the most embarrassing, the weirdest, the scariest, etc. Then give each person a few minutes to explain the stories behind the statements.

Porch Gatherings: Invite family, friends or neighbors to sit on the porch, deck, patio or under a shady tree and share lemonade and big old-fashioned cookies. Share of read stories and reminisce about the past.

Create memories every day. Encourage family members to begin a journal of "everyday happenings," recording their feelings and thoughts, because someday someone in the future will want to know "how it was."

Miscellaneous



4-H SCHOOL ENRICHMENT

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BLUE SKY BELOW MY FEET links space technology to the everyday interest of fourth grade students. By using features from the space shuttle program as working models, youngsters learn how forces, fibers and food affect their daily lives on earth and astronauts while in space. Youth learn about gravity, taste space food and communicate with NASA via the Internet. With the exploration of Mars and the building of the space station Alpha, students become globally aware of their place and responsibility in the universe.

With an emphasis on quantity and quality, **4-H WATER RICHES** looks at the complexities of one of our most precious natural resources—water. Fifth grade students determine ways to manage our water supply and commit to the preservation and conservation of this natural resource.

Each year, approximately 3,000 fifth graders attend **earth wellness festival**, an environmental education experience sponsored by ten Lancaster County education resource agencies. Youngsters explore, create and discover the relationships and interdependency of land, water, air and living resources, identify the human impact on our planet and recognize how they can enrich the world around them. The **earth wellness festival Kit For Kids** meets the National and Nebraska Learning Standards of Excellence. The water and wetlands section of the curriculum is a core subject in the science curriculum of the Lincoln Public Schools.

As you can see, 4-H youth development programs offer educational opportunities in science for youngsters in Lancaster County. Watch for your student's participation in 4-H School Enrichment. It's science in action!

NEP

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curriculum manuals and kits to correlate to LPS' required health text for grades one, four and five. The kits contain hands-on educational materials compiled from national, state and local resources.

Teachers sign up for the three-week program, which includes NEP staff teaching a food safety lesson (hand washing) when the kits are delivered, teachers using the kit supplies in the classroom and NEP staff helping students prepare a nutritious snack when the kits are picked up.

This past year, 2,283 students in 105 classrooms experienced an average of 10 hours of nutrition instruction through the NEP/4-H School Enrichment program. All teachers indicated they plan to re-enroll in the program next year. Teachers say, "We marveled at how well the entire kit was put together. We tripled the amount of time we spent teaching students from four hours to 12 hours."

As the amount of classroom instruction time has increased, teachers have noticed students choosing healthier eating habits. For example, a classroom of first-graders collected food for the poor and sorted it by food groups so those receiving their food would have a nutritious, balanced meal. (MB)

CHARACTER COUNTS!

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programs in their classrooms. Teachers indicate the biggest benefit is vocabulary. "There is a common language that children and teachers are using and it helps build understanding," said one teacher. Teachers and administrators have seen Character Counts! build character and improve student behavior.

A recent, five-year study of Character Counts! in South Dakota showed that middle and high school students in Character Counts! cut crime and drug use sharply. Results showed that in a two-year time period:

- Students who said they had broken into another's property, dropped 50%.
- Students who said they had taken something without paying, fell 46%.
- Students who said they had defaced or vandalized property, declined 46%.
- Students who said they had drunk alcoholic beverages, dropped 31%.
- Students who said they had taken illegal drugs, dropped 32%.
- Students who said they had teased someone because of race or ethnicity, dropped 45%.

In Lancaster County, Character Counts! is truly a community effort. More than 18,000 youth participate in the program. Nearly 3,500 teachers, parents and individuals have been trained and give resource materials in Character Counts! More than 50 community organizations, churches, and service clubs have been involved with the Character Education movement through training, donations, grants, programs or implementation as part of their programming. (LJ)

Cultural Insights: Celebrating Holidays



Boshra Rida
Extension Volunteer In
Service To America

Many Arabic countries observe and celebrate common days as holidays. Friday is the most common one which is the weekly holiday. Friday means the day of congregation. In many countries, shops and offices may be found open after mid-day prayers, where Muslims gather in the mosque for an address followed by prayer. Government offices are invariably closed for the whole day. On Friday people meet each other and may visit relatives and friends.

The second common

holiday is the first day of the Islamic Year, which is a lunar year. It is the day when the Prophet Mohammed migrated from Mecca to Medina safely. In Iraq the tenth day of Muharram, the first lunar month, is observed as a holiday in memory of the martyrdom of Imam Hussain, the Prophet's grandson.

The Prophet's birthday is another common holiday observed. People celebrate this day in the mosques and distribute candies.

Fitri-Festival and Adha-Festival are major holidays for Muslims. The Fitri-Festival, which is the first day of the month following Ramadan, people celebrates the fast breaking. Folks gather in a large facility in the neighborhood

mosque and join in prayer of Eid (festival). On this day, they visit relatives and friends and give gifts to the children. The Adha-Festival is the celebration of Sacrifice. It comes two months and ten days after the Fitri-Festival. Muslims celebrate the sacrifice of the lamb in place of Ismail by his father Abraham. After the prayer, they sacrifice an animal then they distribute it among the poor and needy, relatives, friends and the family. People visit each other and give gifts to the children.

Most arabic countries observe the first day of May, the Labor day, as a holiday.

Celebrations such as Independence Day, Army Day, Republic Day are unique to each country.