

EXTENSION HIGHLIGHTS

Welcome New Staff Members

Hilary Catron joins the Lancaster County Cooperative Extension office as an assistant with the Nutrition Education Program (NEP). She received her Bachelor of Science degree from Chadron State College and her Master of Science degree from UNL. Hilary has presented her thesis research at the 2001 and 2003 Experimental Biology National Conferences. She also has a fourth degree black belt in Taekwondo and runs a martial arts school with her brother. For the past seven years, Hilary has taught aquatic, climbing/repelling and high adventure courses at Boy Scout summer camps. She has also volunteered with the CHSI AmeriCorps after school programs for at-risk youth.



Marty Cruickshank joins the extension staff as an extension assistant. Her duties include school enrichment with an emphasis on the embryology program and overseeing the 4-H horse, rabbit and poultry projects.



She lives in Firth where she and her husband Steve have an acreage. They have two children, daughter Katie who is a sophomore at UNL and son Ben who is a sophomore at Norris.

Marty received a BS in Education from Kearney State, a Masters Degree in Art Education from UNL and continued education in graphics from Brenn Communications in Omaha.

Growing up on a farm near Falls City, Marty was a 4-H'er for ten years. 4-H projects included cooking, sewing, public speaking, showing beef and dairy cattle and horses. She was a junior leader and was also a member of the county livestock judging team.

Past work experiences include teaching and coaching at Seward Senior High, product selection, design and layout for the KV Vet Supply catalog in David City and, most recently, she worked for Gallup Organization.

Recognize Indoor Air Pollution

October is National Indoor Air Quality Action and Awareness Month. Being aware of potential air pollutants can help prevent health problems. It is important to take action to improve air quality problems.

Recent research has shown indoor air pollution may pose even greater health risks than outdoor air pollution. This is because indoor concentrations of some pollutants may be many times higher than their levels outdoors and people spend most of their time (up to about 90 percent) indoors.

Indoor air can harbor many potentially hazardous materials. These materials can cause a variety of health problems — some common, some very serious — that people don't associate with poor household air quality.

Some of the more recognizable indoor air pollutants — because they can be seen or smelled — include cigarette smoke, asbestos, formaldehyde, carpet fumes, mold and mildew. Less easy to recognize are carbon monoxide, lead and radon. A variety of household

products can also degrade air quality if used improperly.

Many homes are being built and remodeled tighter without considering the factors that assure fresh and healthy indoor air. A primary reason for health problems, though, is we are using furnishings, combustion appliances and hobby and household products that can compromise the quality of the air.

Some products, like lead-based paint, can produce serious health problems. Lead, which has been banned in gasoline and household paint but still persists in the environment, causes delayed development, learning problems, hyperactivity and other problems in children who ingest small, but regular amounts.

Combustion by-products from wood stoves, fireplaces, unvented space heaters, gas ovens and stoves can damage the respiratory tract and irritate the eyes, nose and throat. One of the components of combustion, carbon monoxide, can kill, and in small amounts, cause flu and allergy symptoms.

Excessive amounts of formaldehyde, used as a preservative and adhesive in building products and furnishings, can trigger asthma attacks and damage the liver, kidneys and the central nervous system. In lower amounts, it can irritate the eyes, nose, throat and cause coughing, fatigue, skin rashes, headaches and nausea.

Even some relatively common household products can cause undesirable health effects if they are not used properly. These products include paints, strippers, solvents, wood preservatives, aerosol sprays, cleansers, moth repellents, automotive products, hobby supplies and pesticides.

Molds, mildew, fungi, bacteria and other biological pollutants are also a source of common health problems such as headaches, watery eyes, runny nose, nasal congestion, coughing, fatigue and breathing difficulties.

Don't let your home make you ill. Now is the time to check your home for air pollutants and improve the environment. (LB)

2003–04 UNL Speakers Bureau

There may be no such thing as a free lunch, but the University of Nebraska — Lincoln's Speakers Bureau can offer you a Free Speech. This year's selection of topics ranges from "the future of our global food supply;" drought management; to the top 10 questions about the Sheldon Gallery. And every speaker is provided free of charge.

The Speakers Bureau makes it easy to keep your mind, and your pockets, full. Now in its seventh season, the bureau is one of the university's most visible and successful efforts to share its resources with the state's citizens. When your organization needs an entertaining, informative and intriguing topic presented by an expert, think of us first. Call 472-8396 or e-mail speakers2@unl.edu to schedule a speaker. They will do their best to accommodate your request.

Speakers are available through April 22, 2004. Availability of speakers is limited during December and early January.

Listed below are sample presentations. Other topics are also available through the Speakers Bureau. Please inquire for a complete listing or go to www.speakersbureau.unl.edu.

Patrice Berger
Professor of History; Director, University Honors Program

- Europe: 2003
- Europe: 1939
- University of Nebraska-Lincoln in the 21st Century

Laura Damuth
Academic Coordinator, Undergraduate Research

- Enriching the Undergraduate Experience: UCARE Program

Robert F. Diffendal, Jr.
Professor Emeritus, Conservation and Survey

■ Lewis and Clark: The Geology of the Great Plains 1804-06

■ Vacationers Guide to the Geology and Ecology of the Big Island of Hawaii

■ Vacationers Guide to the Geology and Ecology of Florida and the Bahamas

■ Vacationers Guide to the Geology of Alberta, Canada

Karen Janovy
Sheldon Memorial Art Gallery and Sculpture Garden

- What's Up at the Sheldon
- Torn Notebook: Community Icons
- Updated Top 10 Questions about the Sheldon Gallery

Dale Lindgren
Professor, Agronomy and Horticulture; West Central Research and Extension Center

- Taming the Native Flora

Michael Meagher
Professor, Chemical Engineering; Director, Biological Process Development Facility

- The Making of Vaccines and Therapeutics Against Bioterrorism

Craig Munier
Director, Office of Scholarships and Financial Aid

- Can Nebraska Families Still Afford College?

Giacomo M. Oliva
Dean, College of Fine and Performing Arts

- Ragtime! Ragtime! Ragtime!

Thomas O. Powers
Associate Professor, Plant Pathology

- Biological Invaders
- Worms, Mites and Parasites

Paul E. Read
Professor, Horticulture and Viticulture

- Nebraska, the Next Napa Valley?
- Plant Parenthood: Food for the Body and Soul
- Gardens of the World

Terrance Riordan
Cyril Bish Professor of Agronomy and Horticulture

- Professional Golf Management
- Having a Great Low Maintenance Lawn

Larry Routh
Director of Career Services

- Recruiting Today's Graduates

John Rupnow
Professor of Food Science and Technology

- History and Agents of Agroterrorism
- Gourmet or Guru: The Science of Food

Sandra K. Scofield
Director, University of Nebraska Rural Initiative

- Choices and Changes for the Present and Future of Rural Communities

Stephen Swidler
Assistant Professor, College of Education and Human Science

- Nebraska Rural Schools: Their Ups and Down, Problems and Promises, and Why We Should Save Them

Dara Troutman
Assistant General Manager, Communications and Government Affairs, NET, University of Nebraska Television

- Nifty at Fifty
- The ABCs of DTV

Richard Waldren
Professor, Agronomy and Horticulture

- The Future of Global Food Supply

Donald A. Wilhite
Director, National Drought Mitigation Center; Professor, School of Natural Resource Sciences

- Water as a Limited Resource: The Need for Improved Drought Management in the 21st Century (GB)

Public Notice

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Several current extension board members will be completing their appointed terms this December. These vacancies will be filled with three-year terms beginning January 2004.

Extension Board members assist and represent University of Nebraska Cooperative Extension staff in Lancaster County with priority issues that include Agricultural Profitability and Sustainability; 4-H, Youth and Families; Food Safety; Health and Wellness; Strengthening Nebraska Communities; Water Quality and Environment. The board meets monthly.

Registered Lancaster County voters interested in serving a three-year term should submit an application postmarked no later than Nov. 1, 2003. Additional information and an application can be obtained from the Lancaster County Extension office. (GB)