Celebrate the family

Strong families are vital to the success of our communities, but what constitutes a family today may differ greatly from those stereotypes of yesterday. Families come in all varieties and sizes. There are small families, large families, one-parent families, stepfamilies, and extended families. Dual-career families, as well as single-parent families, are very common in today's society and maintaining a strong family unit is a challenge that faces all of us today. The efforts necessary to keep families strong must begin with all people involved.

Some suggestions on strengthening families are found in Nebraska 4-H "Building Family Strengths." These include:

1. Expression of appreciation. It is important to do more than have feelings of appreciation; you must express them in words and actions such as letting family members know they are "special" with a note, letter, hug or small gift. All people need to know someone cares for them. Take time today to show someone you care.

2. Spend positive time together. Strong families enjoy being together. Activity overload is a challenge that faces many families. Special time with family members doesn't come easy. Family time needs to be scheduled when family members are fresh and have something to share—not after everything else is done and everyone is tired and irritable. Poor scheduling may cause more harm than good in the family. Take time to build family relationships during special times and develop family traditions. It is important for families to establish new traditions that fit into today's lifestyle. Remember to spend time together—playing, talking, teaching and encouraging family activities.

3. Communication. Spend more time communicating and less time complaining. Everyone needs to be understood and to feel that others understand why they feel the way they do. Families don't always agree, but to develop strong family relationships, each person's needs have to be considered. A solution to family problems that considers the needs of those involved must be reached. Understanding verbal and nonverbal communications of family members is important in building family relationships.

4. Commitment. Commitment is a quality that appears in strong families. Family members share experiences that make the family more attractive than other groups. They are committed to helping and promoting the happiness of each other. Commitment is a vital factor in developing a sense of unity among family members.

5. Religious orientation. A study of successful families showed that they shared the common values of attending church, praying and reading inspirational books.

Families that develop the above five characteristics are more able to meet the challenges of today. As you celebrate your family, always remember that family heritage and loyalties are an integral part of the "good life" families want. Don't try to duplicate past family experiences. Relax and enjoy the present. Develop meaningful rituals that involve all family members and can be passed down from one generation to another.

What activities can strengthen your family? What activities can be turned into rituals and family traditions and memories? Herb Lingren, extension family life specialist, suggests the following:

- **Musical activities**—such as sing-alongs, music recitals, and listening to music together.
- **Nature activities**—Christmas tree cutting, trips, nature walks, and feeding birds and wildlife.
- **Service activities**—working with groups like 4-H, scouts, community and neighborhood activities.
- **Dramatic activities**—evening or dramatic games, charades, pantomimes, word games at the dinner table and attending events together.
- **Social activities**—family entertaining with cards, board games, group activities for all ages, picnics, reunions and holiday parties; and
- **Physical activities and sports**—play together as a family, backyard games, horseshoes, ball games, skateboarding, skiing, boating, tennis, and dancing.

Celebrate your family now! During the holidays it's a good time to start with activities around the house in preparation for the holidays. Families who do things together, are happy and stay together. (LB)

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.

Each month look in this box to find articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.

**Agricultural Competitiveness and Profitability**

Farm Management for Tomorrow, page 3

**Natural Resources and Environmental Management**

New Trees "Spruce Up" Lincoln, page 4

**Children, Youth and Families**

Celebrate the Family, page 1

**Nutrition, Food Safety and Quality**

Holiday Food Safety Hints, page 7

**Strengthening Lancaster County Communities**

Bring Out the Best . . . page 5
Gardening resolutions for the new year

Before the successes and failures of 1993, growing season fade from memory or get pushed aside by the anticipation of another growing season. Let us learn to convert the lessons learned and good intentions into resolutions for the coming year.

In 1994, I resolve to:

- plant coast-season crops early and again in late summer for a fall harvest.
- harvest crops at their peak of quality and flavor, rather than waiting for even larger, but more zucchini than tough beans.
- freeze or can produce as soon as the cold of late fall to maintain high quality.
- check plants regularly for insect problems and do a better job of controlling them.
- build a greenhouse, be sure to pick one that has bright light, and cool night temperatures. (DJ)

You need to water African violets only when the soil is dry to the touch. Never water the plant thoroughly, until the water drains out the bottom of the pot. If you water your violets through the drainage holes at the bottom of the pot, to do this, put the pot in a container of water. Keep the pot in the water until the soil at the top becomes moist. (MJM)

Fertilize your violets once-a-month with a liquid fertilizer recommended for flowering houseplants. African violets especially need fertilizer during and after flowering. (MJM)

African violets prefer to be kept at seventy degrees during the day and fifty-five degrees at night. Cooler temperatures may reduce their flowering and can cause their leaves to curl under and become brittle. (DJ)

Good protection helps plants through winter

Now is the time to make sure your plants survive Nebraska’s harsh winter conditions. Before it gets any colder, take the time to look at your landscape and decide where you may need additional protection for certain plants. It will be much easier to build that section before snow falls on the ground, so you can set the plants in position. (MJM)

Plants make great holiday gifts

Now is the time to plan for holiday plants to give as gifts and as indoor decorations in your home or business. Giving some thought to the type of plant you select will make the plant a long-lasting addition not a source of fallen leaves on the carpet. Poinsettias are the most popular holiday plants, if you select the bare-chilled or wind-blown on the way to the greenhouse, be sure to pick one that has bright light, and cool night temperatures. (DJ)

Paperwhite narcissus

Now is the time to force a dish of “Paperwhite” narcissi, to brighten winter time. These plants provide holiday color and fragrance indoors, or at least add these benefits to the normally dull period of late winter and early spring. Place the stalks twelve inches above the plants and leave them on, preferably, for eighteen hours a day. (DJ)

Planting, 20 weeks before Christmas. Choose dwarf narcissi, which are excellent for forcing indoors. (MJM)

Caring for the popular African violet

African violets respond well to repotting, the oops once-a-year in fertile, well-drained soil. Remove the new crowns that form on older plants separately. When you repot the violets, be sure to keep the crown, the central stalk, at least one inch above soil line to prevent it from rotting. The young crowns you separate from your plants make wonderful gifts. You can also start new plants from leaf cuttings. Select healthy, mid-sized leaves and remove them at the plant’s crown. To root the leaf cuttings in water, wrap a sheet of wax paper over a cup of fresh water and secure the paper with a rubber band around the cup. Make a hole in the wax paper and insert the stalk of the cutting. You may have to top your cuttings in sand or vermiculite. Place the stalks one-inch deep into the mix and keep the cuttings moist and out of direct sunlight. After about one month, you can pot the newly-rooted cuttings. In six to twelve months, the new plants should be flowering. (MJM)

Paperwhite narcissi are daunt narcissi that are sold for indoor blooming since they can be forced to flower without a cold treatment. (MJM)

Forcing “Paperwhite” Narcissi is fairly simple. These bulbs are purchased from garden centers or plant shops ready to start. For any horticulture project like this, the first recommendation is to read the instructions that come with the product. If there is any doubt, here is what to do: put the bulbs in a shallow container using any conventional soil medium and water them. Some gardeners plant “Paperwhite’s” in ditches with pebbles that cover half of each bulb and enough water to keep the pebbles moist. Six bulbs is a good number to start with. Put the pot or dish in a cool, dark room for about a week. A good root system should form through the pebbles in six weeks. Then, carefully bring the bulbs into a filtered-light location. If you place it on a window sill, be sure to turn each dish every two days to maintain straight stems. Repot the plants in about 60 degrees Fahrenheit during forcing. Many clusters of white, cream or yellow flowers (usually fragrant) will develop in a matter of weeks. (DJ)

Please turn to page 10 for more Horticulture News

GARDEN GLOSS HOTLINE
441-7719
441-7719

Accessible from
any phone

Accessible from
any phone

Please turn to page 10 for more Horticulture News
Swine profits... where are they?

Many producers have experienced a marked reduction in alfalfa plant populations this past season due to excessive rainfall and flooded conditions. For example, it was very common to mow and windrow the standing alfalfa only to have it lay on the ground for a week or more before it was dry enough to bale. As a result, plants that were covered with snow for an extended period were killed by the massive wind rows of cut hay. Another cause of death was resulting from root rot caused by compaction caused by heavy equipment operating in fields saturated with moisture. Disease also took its toll because of continuous high humidity coupled with variable temperatures that placed additional stress on the plants.

Alfalfa growers are asking what to do about their thinned stands of alfalfa. Their choices depend largely on the time of year, in the current growing year, for a forage crop like hay. If you do not need a full production of alfalfa hay next year, you may consider destroying the remainder of the plants in that field and rotate into another crop. If you happen to need alfalfa hay for your horse, beef or dairy enterprise, you may need alfalfa bale. As a result, plants that were covered for an extended period under a snow cover if the weather is severe. The red clover will germinate in the spring about the same time as the alfalfa breaks. The red clover will not be possible to thicken stands of alfalfa as with some plants that have multiple root systems. Secondly, the older alfalfa plants have an adverse effect on alfalfa seedlings that look similar to the thinning of sunlight by the larger, established plants. According to Bruce Anderson, forage specialist, interseeding a grass or other species of legume is a better solution. He recommends interseeding red clover into the alfalfa stand when a hay crop of all grasses has not been harvested for several years. Red clover does very well when it is planted between December 7 and February 10. The seed should be planted 1/4 to 1/2 inch deep. When weather conditions permit, this may be done with an ordinary grain drill. Broadcast under a snow cover if the weather is severe. The red clover will germinate in the spring about the same time as the alfalfa breaks.

Please turn to Alfalfa: page 11

Crop protection clinic

The 1994 Crop Protection Clinic (CPC) will be held, in the Lincoln area, Wednesday, January 5, 1994, at the Lancaster Extension Conference Center. Programs dealing with crop production begin at 9 a.m. Entomologists, plant pathologists and weed scientists will present the latest production and management information. Topics this year include:

- Alfalfa
- Crop rotation and insect plant management
- Cutworms and wireworms
- New herbicides on the market
- Additives for postemergence herbicides
- Weather and economics of crop production
- Total pest resistant crop control programs
- Global positioning systems in agriculture
- Problem weeds in no-till
- Crop insurance selection and operation
- Wheat leaf rust and scab diseases
- Stark rots in 1993
- Winnipeg with grass seed cut yield
- Managing soybean seedling diseases

Registration at the door, begins at 8:15 a.m. Everyone that attends the clinic will receive a booklet and registration form in the mail. The registration fee of $17.00 includes the cost of the noon meal, refreshments and a copy of the annual proceedings of the Crop Protection Clinics held at all 12 locations around the state. Clinics scheduled in 1994, for other locations in Eastern Nebraska, include: Fremont on January 6, Norfolk on January 7 and Auburn on January 27. (WS)

Rural producers enrolling in the Swine Records Program will receive a record book for collecting data and the necessary instructions for proper data collection. On June 30 and again December 31, a producer will close-out his record book and receive a computer generated analysis of his swine enterprise. After each analysis period, group wrap-up meetings are conducted to review statewide groups. If you are interested in a selected topic of interest is presented at each wrap-up meeting. Producers enrolling in the Swine Records Program attend two training meetings. The first in December, the second in mid-February or early March. The annual participation fee is $17.00 includes the cost of the noon meal, refreshments and a copy of the annual proceedings of the Crop Protection Clinics held at all 12 locations around the state. Clinics scheduled in 1994, for other locations in Eastern Nebraska, include: Fremont on January 6, Norfolk on January 7 and Auburn on January 27. (WS)

special topic, interest is presented at each wrap-up meeting. Producers enrolling in the Swine Records Program attend two training meetings. The first in December, the second in mid-February or early March. The annual participation fee is $17.00 includes the cost of the noon meal, refreshments and a copy of the annual proceedings of the Crop Protection Clinics held at all 12 locations around the state. Clinics scheduled in 1994, for other locations in Eastern Nebraska, include: Fremont on January 6, Norfolk on January 7 and Auburn on January 27. (WS)
New trees "spruce up" Lincoln neighborhood

In winds in excess of 100 miles per hour ripped through Lancaster County this past July. The summer storm of '93 destroyed thousands of trees in the Lincoln area alone.

For one neighborhood, this devastation became the driving force when residents were encouraged to begin their own community planting. The Taylor Park neighborhood association didn’t even exist until the damage had already been done. A few concerned neighbors heard about the Lower Platte South NRD’s Community Forestry Cost-Share Program and quickly began a door-to-door fund raising effort to plant 26 new trees to replace those lost in the July storm.

Taylor Park resident John Priip, Barbara Fawl and former Lincoln Mayor Roland Ludwig were among those who joined forces to get a "Tree Replacement Committee" under way. Ludwig pointed out this was just the beginning of the committee’s tree planting efforts. The district’s cost-share program has inspired Taylor Park neighbors to begin planning for future cooperative efforts with the NRD.

Ludwig refers to citizens’ abilities to turn tragedy into growth as the ‘Nebraska Spirit’. He explained, "This disaster and misfortune of the windstorm has brought about changes and new participation." The Taylor Park neighborhood association will soon become a reality as a result of the spirit that Ludwig described.

Maps, linden, red oaks, pines and other species native to the area make up the first projects this past September. "We tried to em­phasize not only storm replacement but also beautification and wildlife habitat," said Barb Fawl.

The Lower Platte South NRD approved six other similar tree planting projects this fall that will add more than 300 trees to public lands in the area. The district has budgeted $70,000 to plant public lands this year. Any community interested in planting trees on school grounds, in parks, along streets or other public property is encouraged to participate in future programs. The program provides a 50% cost-share incentive and participating groups may include in-kind donations as a part of their share in the project.

Interested persons can sign-up for the program for either spring or fall planting. The deadline for spring planting plans is January 1, 1994. District Forester Rich Lodes says that now is the time to start getting an neighborhood planting. The deadline for spring planting plans is January 1, 1994.

Attracting and feeding songbirds becoming a popular pastime

Bird feeding, especially winter bird feeding, has become a pastime for many Nebraskans. Americans, especially in areas where winters are long and cold. Winter bird feeding is a prime example of the support of the kitchen or family room window can provide hours of pleasure this winter. The Lower Platte South NRD program provides a 50% cost-share incentive and participating groups may include in-kind donations as a part of their share in the project.

Common winter birds likely to visit feeders in Nebraska include chickadees, blue jays, cardinals, goldfinches, dark-eyed juncos, tree sparrows, mourning doves and several kinds of woodpeckers.

There are many factors to consider when you start a bird feeding station. Ignoring any of them will reduce your chances of attracting a variety of birds to your property. The location of your bird feeding station is important. Bird feeders prefer feeding where they are protected from strong winter winds and where shrubs and trees are growing close by, that provide protective cover and perching sites. Even greenhouses are especially useful for providing cover. If your property downstream, find a sheltered spot for a feeding station, plant a mix of evergreen and deciduous trees and shrubs, and you’ll have a good site for birds.

Feeders are another consideration. There are many kinds of bird feeders available at garden and hardware stores. Many books and wildlife magazines offer plans for building bird feeders. Using a variety of feeders will increase your chances of attracting a variety of birds. Each type of feeder attracts certain birds. For instance, goldfinches are especially fond of sunflower seeds in a plastic-coated tube feeder. Suet feeders, usually made from plastic-coated wire, are used to hold chunks of suet. Woodpeckers and nuthatches are fond of suet in a suet feeder. When it comes to bird seed, there are many kinds of seed, but some are much better than others for attracting birds. For general purpose, a mixture of equal parts sunflower seed, millet and cracked corn is an excellent seed mix. There are also some specialty kinds of seed for attracting specific birds. Some seeds are common in bird feeders, but the birds aren’t especially fond of them. Some seeds are good for attracting birds. Avoid seed mixes with high proportions of cracked sunflower seed. Severely toughness and repelled. When you consider that the birds won’t eat most of these mixes, the expense isn’t appealing. For more details on attracting and feeding birds, visit your local library or book store. There are many excellent books on birds and bird feeding.

For more information on this backyard wildlife, consult "Attracting and Feeding "Birds and White" and "Planting for Habitats". These are available, free of charge, from the Lower Platte South NRD. Another very nice publication, "Who’s Who in Great Plains Songbirds" (if the present, results details on several favorite birds found in Nebraska. It costs $3 and can be purchased at the University of Nebraska Cooperative Extension in Lancaster County. (BPO)

Be a bird-watcher!

Bird-watching is fun because it gives you a chance to be outdoors and to get close to nature. It also provides you with an opportunity to learn more about how birds live, where they live, what they eat and how they sound. The best times of day for bird-watching are early morning, just before sunrise, or in the early evening, just after sunset.

Feeding birds is the simplest way to bring a variety of them to within easy viewing distance. To attract winter bird eaters, make these "easiest ever" bird feeders:

1. Collect plastic mesh bags, like the ones used to hold grapes or onions. Fill each bag with suet — 1/2 to 1 inch cubes. Tie strings around the top and place them in trees.
2. Gather ears of corn. Roll them in peanut butter, then in bird seed. Nails can be bitted feeders to the trunk of a tree for a feeding station. Plant a mix of evergreen and deciduous trees and shrubs, and you’ll have a good site for birds.
3. Find some large pine cones. Spread peanut butter in the crevices or cracks, then roll them in bird seed. Attach ribbons or strings to the tips of the pine cones and hang them in trees.
4. Buy peanuts in their shells. Moisten the peanut shells with water so they are soft enough to insert a needle. Thread a large needle with the appropriate-sized fish line and sew the peanuts together. Hang them in a tree. (ALII)
Volunteers are the backbone of many of our programs in extension. It is very important for everyone to work together and to provide support in ways that do not increase anyone's stress level.

Some ideas that people might use to help volunteers achieve their highest potential, and enjoy the satisfaction that comes from a job well done, are these suggestions adapted from Professional Training Associates, Inc.:

1. Ask volunteers to share their ideas. The people doing the work always know how to improve their performance. They know how to put more of themselves into the work and get more out of it. However, they may need to be encouraged to communicate their ideas. Let them know that you want to hear from them. When they make good suggestions, listen, ask questions and use their ideas.

2. Welcome change. Because the fear of the unknown, people are sometimes reluctant to change the way they operate. Help volunteers think changes through and discuss their effect on existing procedures and responsibilities.

3. Set challenging goals and measure performance. Before things can be improved, everyone needs to know where they are and decide where they want to be. This can be done by taking stock of the current situation and setting goals for improvement. The goal setting process is one that needs to involve all volunteers. Together individual goals, group goals or both can be set. The goals should be high enough to challenge, but not so impossible that they are discouraging.

4. Be generous with feedback. A most effective way to help volunteers improve is with feedback. Observe and reward individual performance and make suggestions for improvement. Be sure to praise specific behaviors and discuss ways to improve. Both types of feedback are important.

5. Reward initiative. When volunteers exercise initiative, they contribute more. Let the volunteers know that you are pleased when they assess a situation well and take action.

6. Develop volunteers who show special potential. Stay alert to indications that a volunteer might learn new things or want to do more. Sometimes the clue may be a particular aptitude or interest. At other times, you may just see that a volunteer has some extra energy. Whatever the clue, be prepared to develop volunteers who show potential for growth. Consider changing their responsibilities and provide training that will prepare them for new duties.

7. Encourage participants to dream. The goal setting process must be creative. A brainstorming session can help volunteers get started on new ideas. Let the volunteers know that you will support their ideas. Encouragement is often provided by those who start out volunteering in very small ways and are encouraged to continuously build skills that eventually vault them into key leadership roles. (LJ)

Denton news

Excerpts from "Town Talk"

Community center dedicated

The Denton community dedicated a new community center October 17. The need for a new community center was identified as part of the Denton Community Goals workshop conducted in April 1992. Village board members formed local community action committees to address priority goals. The community center's completion, in such a short time, is an excellent example of the community's volunteers and hard work.

Jim Casady, Lancaster County Sheriff, related a story from Denton's early history of community cooperation. The infamous event went something like this—"... the assault of young Anna Rains and the subsequent lynching of her assailant by Saline County residents. The lawmen, seeking positive identification of the criminal by the victim, planned to escort their prisoner to the Rains home; but, they feared a welcoming party would trial the law into its own hands." Over one hundred years ago, Denton's residents "lent a hand" to law officers by providing alternate transportation and shelter. The sheriff's office has office space in the new community building. Illustrating the level of cooperation between the village's and the county's government—1993 style. (DM)

Telephone basics for business

Studies have shown that the first 15 seconds of any telephone call are crucial to a business. Here are some suggestions for making your voice work over the phone:

- Warm up your voice in the morning.
- Record your voice and play it back. Remember, most people dislike the sound of their own voice.
- Use your natural pitch. Unconsciously switching your voice to create another image is not necessary, but can be harmful to your voice over time.
- Sit-up straight when answering your phone. This creates a more alert tone in your voice.
- Listen actively. Let the person you are speaking with know you are listening. Use response signs such as "yes", "I understand" and "certainly".
- Smile. People will "hear" your smile over the telephone. One indication that you are not smiling is when people, who know you, ask if you are feeling all right. They hear stress and fatigue in your voice. (AH)

"Step One To Business Ownership" Workshop

December 11, 1993
9:00 a.m. to 12:00 p.m.

Business and Technology Center
2505 North 24th Street
Omaha, NE 68110

Instructor: Leon Milobar
Nebraska Business Development Center Associate Director

For reservations and further details, call the Omaha Business & Technology Center
402-595-3511 or 402-346-8262

Community & Leadership Development

December community profile - Firth, NE

Each month a rural community in the Lancaster County trade area will be profiled. Community profile information was provided by the village of Firth.

Location
25 miles south of Lincoln
25 miles north of Beatrice
70 miles southwest of Omaha

Population
Year Number of People
1970 271
1980 425
1992 455 (estimated)

Transportation
State Highway 79
Lincoln Municipal Airport
Union Pacific Railroad
Paved county highways

Village Utilities
Electricity - Norris Public Power
Water - Municipal
TV - Douglas Cable (10 channels)
TV - Local (four channels)

Manufacturing and Retail
Bob Brewster Honey
Processing
Firth Cooperative
State Bank of Firth
Wieskamp Repair

Organization Contacts
American Legion
Lakewatch Rent Home, Inc.
Family Community and Education Clubs
Firth Homemakers
Merry Mixers
Roehill
Southern Belles
3-H Clubs
Border Ruffians
Unicorns

Municipal Services
Local board of trustees
Village zoning ordinances in effect
Volunteer fire department
County Sheriff personnel
Village consulting engineer
Private garbage service
Mobile library services
100% paved streets

Recreation/Facilities
Tennis courts, ball park, picnic areas

Contact Information
(402) 441-7149
300-2400 baud
24 hours a day
Free access to extension information!
**Human Resources**

**Carol’s comments**

*“IF U REND THIZ STORIE...”* A generation ago, people asked why Johnny or Mary could read. Now, of course, if a child grows up and isn’t in school, it’s not so strange, but in corporate America, whose leaders have long claimed that illiteracy will do to them what the age of your child. It will have a real effect on your business. According to a new report from the Department of Education, nearly a half of all Americans read and write so poorly that they have trouble finding a job. Educators and lawmakers are joining forces, including Education Secretary Richard Riley called on schools and businesses to bolster literacy and skills programs so that the most dire predictions of America’s businesses aren’t realized. (U.S. News & World Report)

Lancaster County FCE members have an opportunity to help overcome the illiteracy problems in our state by becoming involved in literacy links. We will be contacting our schools to set up the program. Will you volunteer to help by giving an hour or less a week to attend a class read.

**Keep Nebraska Beautiful** has been selected as the Environment Focus for 1994. Special emphasis will be placed on the cleanup and beautification of roads and highways entering our towns and cities. Sponsoring litter-free events will be in well with better education. They can be present:\n
**1994 dues**—one question that keeps coming up, “can a local group join a county FCE but not state or national?” No. Just as in other groups (American Legion Auxiliary, FHA, FFA, etc.) membership in FCE is structured by the local, county, state and national all at the same time and not one level at a time. The constitution of the Nebraska Association for Family and Community Education, adopted June 1993, states that membership is paid at one time and is applicable for all levels in the organization.

Many of you feel that $20 is too much, and maybe it is, if you don’t take advantage of all the opportunities our organization has to offer. The YS Day Meeting was poorly attended by Lancaster County. We have a very poor attendance at Achievement Day. Very few of you ever attend State Convention. Many of you refuse to serve on committees. Our dues are represented at all four council meetings. These are some of the things that our dues are spent on. It’s time to look at your organization. (Ah)

The following tips will help you get through the holiday without gaining weight or giving up all the goodies by following these tips:

- **Pick your priorities and put your calories there.** Rather than eating your way from one end of the buffet line to the other, scope it out first. Decide what you would enjoy the most and then let the rest go

- **Indulging without bulging**

  - Get through the holiday without gaining weight or giving up all the goodies by following these tips:
  - Pick your priorities and put your calories there. Rather than eating your way from one end of the buffet line to the other, scope it out first. Decide what you would enjoy the most and then let the rest go.
  - Don’t eat the whole cake because you had a cookie. Just because a steak is a two or three doesn’t mean you shouldn’t broil it and eat it. It takes an extra 3,500 calories a day to gain one pound. It’s only if you go on eating everything else in sight the rest of the day. Then you’ll feel the effects of “indulging.”

- **Healthy Mothers Healthy Babies** 24 Hour Helpline 1-800-662-1899

- **Food processor/blender/mixer**
  - **Insert beaters or blades before plugging it in; likewise, unplug before taking beaters or blades out.**
  - **Stop processor, blender or mixer before stirring or scraping ingredients.**
  - **Dry hands before plugging in, disconnecting or using electrical equipment.**
  - **Avoid dropping a plugged-in appliance in water.**
  - **Watch out cooking the oven—be wary of burns from the hot edges of the oven and oven door.**
  - **Turn the oven and burners off when finished cooking.**

- **Microwave**
  - **Never turn on an empty oven.** This can cause the oven to break.
  - **Remove all wrapping papers, wire, or loose connections.**
  - **Always use microwave-safe cookware.**
  - **Use pot holders to hold items from the microwave.**

- **Eating**
  - **Never eat or drink while driving.**
  - **Be careful about hot touching surfaces.**

- **Crock pot/electric fry pan/...**
  - **Avoid dropping a plugged-in appliance in water.**
  - **Remove electrical cords by taking hold of the plug and pulling straight out.**

- **Use indoor and outdoor lights that have been tested for safety.** Check sets of lights, new or old for broken or cracked sockets, frayed or bare wires, or loose connections. Use no more than three standard size sets of lights per single extension cord. Never use lighted candles on a tree or near other evergreens. Avoid using only-combustible or flame resistant materials. Remove all wrapping papers from tree, fireproof and wood burning stove area immediately after presents are open. Plan for safety. Remember there’s no substitute for common sense.

**Holiday safety**

- **Northern Holiday Season. (LB)**

- **Indulging without bulging**

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  - **Avoid dropping a plugged-in appliance in water.**
  - **Remove electrical cords by taking hold of the plug and pulling straight out.**

- **Use indoor and outdoor lights that have been tested for safety.** Check sets of lights, new or old for broken or cracked sockets, frayed or bare wires, or loose connections. Use no more than three standard size sets of lights per single extension cord. Never use lighted candles on a tree or near other evergreens. Avoid using only-combustible or flame resistant materials. Remove all wrapping papers from tree, fireproof and wood burning stove area immediately after presents are open. Plan for safety. Remember there’s no substitute for common sense.

**Holiday safety**

- **Northern Holiday Season. (LB)**

**Use these kitchen appliances safely**

**Alice Hennenman**

**Extension Educator**

Are your children allowed to look when you’re not home? What safety tips are important to stress when you teach children to cook for themselves?

**Here’s a list of safe appliance usage tips I provided for a recent training session on On Your Own in Rural Nebraska. If you are interested in learning more about bringing this program to your community, call LaDee Jha, 441-7180. This program is a cooperative effort between the Lincoln/Lancaster County Health Department and Cooperative Extension.**

**Toaster**

- **Unplug when done toasting.**
- **Don’t stick a utensil inside the toaster to retrieve a piece of toast that is toasting on and/or plugged in.**
- **Keep flammable or metallic items near the toaster — for example, a dish towel thrown on the counter top next to an operating toaster.**
- **Place toasters so they aren’t located near curtains, under toaster and near flammable materials.**

**Can opener**

- **Be careful not to get injured on the cut metal edges of the can.**
- **Be careful not to get injured on the cut metal edges of the can.**
- **If you’re eating on the chair or floor, be careful not to get injured on the cut metal edges of the can.**
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**Knife and cutting board**

- **Wash knives separately if washing by hand. It is easy to forget they’re there and get cut.**
- **Wash and dry knives with the blade turned away.**
- **Carry knives with the point down.**

**Stove top/oven**

- **Keep flammable or metallic items near the stove top — for example, a dish towel thrown on the counter top next to an operating stove top.**
- **Place toasters so they aren’t located near curtains, under toaster and near flammable materials.**

**Food processor/blender/mixer**

- **Insert beaters or blades before plugging it in; likewise, unplug before taking beaters or blades out.**
- **Stop processor, blender or mixer before stirring or scraping ingredients.**
- **Dry hands before plugging in, disconnecting or using electrical equipment.**
- **Avoid dropping a plugged-in appliance in water.**
- **Watch out cooking the oven—be wary of burns from the hot edges of the oven and oven door.**
- **Turn the oven and burners off when finished cooking.**

**Microwave**

- **Never turn on an empty oven.** This can cause the oven to break.
- **Remove all wrapping papers, wire, or loose connections.**
- **Always use microwave-safe cookware.**
- **Use pot holders to hold items from the microwave.**

**Wasteful! Want Not! Help National Organization for Family and Community Education, adopted June 1993, states that membership is paid at one time and is applicable for all levels in the organization. (Ah)
EFNEP & Lincoln Housing Authority team up

LaDene Jha Extension Educator

"What a good idea!" "I learned about foods in the Food Pyramid." "The animals were really cute," "The dogs were really friendly." "Can I use these toys with my family?" "Where can I get more information about what my family should be eating?" These were just a few of the comments made by family members attending the Family Fun Fair sponsored by the Expanded Food and Nutrition Education Program (EFNEP) and the Lincoln Housing Authority. The fair was a cooperative effort aimed at bringing families together for fun and information related to the health and well-being of their families. The Lincoln/Lancaster County Health Department, Women, Infants and Children (WIC), the Lincoln Fire Department and M.A.D. Dads of Lincoln, Inc. all participated in the fair. Specifically, EFNEP is working with the Lincoln Fire Department and the Lancaster County Housing Authority. The fair was held at the Lancaster Extension Center.

The kids got balloons the night of Family Fun Fair. The fair was held at the Lancaster Extension Conference Center.

Home alone - telephone safety tips for youngsters

Dual career or single parent families are finding that children are home alone more often due to busy work and family schedules.

Home Alone in Rural Nebraska is a cooperative project between Cooperative Extension and the City/County Health Department being conducted with interpersonal communications and 4-H clubs. This will help youth learn techniques to deal with situations that may arise when they are home alone.

Communication via telephone is very important to these youth. Now is the time for children who are going to be home alone or with a sibling—after school or for any short periods of time—to learn how to use the telephone. The phone is not only their link to the outside world and your link to them, it can also be a lifesaver in case of an emergency.

Therefore, kids need to learn:
1. Their full name, complete address and telephone number.
2. The full names of their parents.
3. How to report an emergency by dialing 911, 0 for the operator or other emergency services.
4. The nearest intersection to their home, especially to help direct police and fire officials.

The National Safety Council also recommends that children memorize the acronym LIFES and know each letter represents:
L is for the Location of an emergency.
I is for the specific Illness or Injury being reported.
F is for First aid if and any has already been given.
E is for Equipment needed. If kids can accurately report an emergency by saying, "There's a fire in the kitchen" or "My mom fell down and she broke her leg," those responding to the emergency will know what equipment to bring.
S is for Survival—on the line so the emergency operator can get all the necessary information he or she needs from the caller.

When children go away from home, be sure to give them proper change for pay telephones. Also, teach them how to make an operator-assisted call or a collect call, in case they don't have the correct change and need to reach you. Have a system so your child can reach you at

Human Resources

Holiday food safety hints

Keep food poison "grinches" from taking over your holiday by following these guidelines:

In general:
1. Foods containing meat, poultry or dairy products are perishable and must remain refrigerated until you're ready to use them. This includes pumped-up cream-type pies.
2. You can leave out, for most of the day, raw fruits and vegetables, fruit pies, most cakes (see above) and sweets.
3. Serve hot and cold foods hot, cold foods cold, everything clean and don't leave any food in the DANGER ZONE (between 40 and 140 degrees F) for more than two hours.

Handling perishable foods at a buffet:
1. Serve hot foods from chafing dishes or warming trays that maintain the internal temperature of the food at 140 degrees F or above.
2. For cold foods, nestle the serving dish into a bed of crushed ice.
3. Small platters for replenishing the serving table should be prepared ahead and stored in the refrigerator (at 40 degrees F or below) or kept warm in the oven (at a setting of 200 to 225 degrees F).
4. Foods that have been held at room temperature for more than two hours can also be discarded.
5. Cold food should not be added to a serving dish or platter containing foods that have already been out for serving.

Healthy Eating

In case you missed our Healthy Cooking with "Speed Scratch" class, here's an example of an excellent "scratch" recipe:

A convenience food (frozen fruit) is combined with a fresh food (milk) to produce a quick and healthy lowfat shake type drink.

Want more ideas? Try it with a variety of frozen fruits—raspberries are a favorite of mine. ¼ – ½ cup frozen fruit (¼ cup sliced, ¼ cup whole berries) ¼ cup skim milk, buttermilk or nonfat plain yogurt ½ teaspoon vanilla extract (optional)

Sweeter as needed: about 1 - 2 teaspoons sugar or ¼ to 1 package Equal sweetener

Blend first three ingredients until smooth. Sweeten to taste. Yield: about 1 cup. One serving: 1 cup. Calories per serving: 95 with sugar; 85 with Equal.
My memories of summer 4-H camp

You may be wondering why I am writing about 4-H camp when it’s wintertime. Well, 4-H camp memories and the beautiful summer days spent there are still vivid in my mind. And it’s wintertime. Well, 4-H camp memories and the beautiful summer days spent there are still vivid in my mind. It’s wintertime. Well, 4-H camp memories and the beautiful summer days spent there are still vivid in my mind.

The rainfall during summer days spent there are still vivid in my mind. It’s wintertime. Well, 4-H camp memories and the beautiful summer days spent there are still vivid in my mind.

The night before was awful. I had sweaty palms, butterflies in my stomach and a shining. The rainfall during summer days spent there are still vivid in my mind. It’s wintertime. Well, 4-H camp memories and the beautiful summer days spent there are still vivid in my mind.

Upon arriving at the campgrounds, we checked in and went through the greenery. Trees, flowers, and shrubs encircled the campgrounds making a wonderful scenery. The most wondrous sight was now on the flower petals and grass. I took lots of pictures. The hike we took later that morning was more splendid still, listening to the birds chirping and looking at different plant life. The water slide was my favorite activity. I slid down the long slide into the pool water ending with a whoosh and a cool splash, rising up to look at the sun’s rays. I have gone to more 4-H camps since First Timers Camp and have had lots of experiences, but I still have the memories of my first summer at 4-H camp.

Sarah Fy

4-H leads the way in innovation

With all the technological advances in today’s world, sometimes it’s hard to know where to go first. Extension is trying to help busy families receive information in a timely, efficient manner.

The 4-H program has also decided to cater more to our active 4-H families and leaders. CableVision and the City of Lincoln have connected the Lancaster Extension Conference Center for remote live broadcasts. Leader training is an important part of the volunteer program. You guessed it, leader training will be held on CableVision Channel 21. This will be 4-H's first live experience on television in Lancaster County. The programs will be repeated at various times after the actual airing. The following schedule shows when the leader training meetings are:

- Part I—Tuesday, November 30, 1993 • 9:00 a.m. and 7:30 p.m.
- Part II—Monday, January 10, 1994 • 9:00 a.m. and 7:30 p.m.
- Part III—Thursday, May 19, 1994 • 9:00 a.m. and 7:30 p.m.

By using CableVision as another source to bring information to you, we hope that more people, not just leaders, will watch. These programs are effective for parents and 4-H members to help them understand the 4-H program and to promote 4-H to people just clicking through the channels.

Remember to watch the Nemene and your mail for more information on how to enjoy leader trainings at home. (AMM)

It’s time for "Lock-In"

Once again, the Teen Council is planning the 5th and 6th grade Lock-In. This year, the Lock-In will be held Friday, January 21, 8 p.m. to Saturday, January 22, 8 a.m.

Those of you who are unfamiliar with the Lock-In, here’s the details: any 4-H member in 5th or 6th grade may attend. The 4-H members stay overnight at the Lancaster Extension Conference Center and have a great time. Various educational and fun activities take place during this 12-hour period. So, mark your calendar and watch the January NEBLINE for registration. A 7th and 8th grade Lock-In will be held at a later date. Keep watching for more details!! (AMM)

Fuzzy, wuzzy Wabbits

Rabbits are fuzzy, warm and cuddly. They don’t take much room or eat very much. They make good pets and 4-H projects for young people and can help children to learn responsibility and build self-esteem. Parents and kids are so busy these days that they have very little time to spend together as a family. Some families have found that some of the best times they have had were spent working together on their 4-H projects. Maybe this is why the Lancaster County 4-H Rabbit Project is growing so fast.

Another contributing factor is that the Lancaster County 4-H rabbit youth have a very active VIPS committee working for them behind the scenes. People like Please turn to Wabbits: page 10
There's more to 4-H than meets the eye

There are seven life skills that 4-H teaches its members. They are: 1) communicating; 2) decision making; 3) accepting responsibility; 4) managing resources; 5) working in groups; 6) understanding self and relating to others. These skills are used every day, by everyone. The earlier in life you develop them, the better off you will be.

Being involved in 4-H by going to club meetings, taking projects and exhibiting at the county fair are excellent ways to build life skills. But the 4-H program offers a variety of contests and programs to further your abilities and talents.

The following contests are available for any 4-H member to take part in.

- Speech contest
- Music contest
- Home ec judging contest
- Horticulture contests
- Demonstration contest
- Table setting contest

Further explanation of these programs are found in a new flier developed by the 4-H staff. The flier is available at the extension office for more information. (AMM)

New 4-H club at Elliott

Eighteen third and fourth graders are learning about 4-H through a special interest club that meets after school. Approximately one-half of the students are children who speak little or no English. Barbara Machinsky and Carrie Knight, ESL (English as a Second Language) teachers are co-sponsors of the group and the leaders include Candy Leader, a UNL Agricultural Education student volunteer, Ann Marie Moravec and Arlene Hanna. The youngsters are learning to cook by using the "Road to Good Cooking" project. The club will meet for eight sessions.

Arlene Hanna offered this comment, "I appreciate the opportunity to meet children of other cultures. They are delightful. The challenge lies in communicating with them and understanding their diversity. We were cautioned that Asian students probably wouldn't like ice cream, but last week we learned that they do like it—on a stick. Of course, we'll make ice cream, although it might be made in a can."

This club is an excellent way to bring 4-H to these students. Elliott school is very supportive of this program and looks to broaden the program in the future. (ALIH)

1994 4-H fair update

Comments from the public regarding the proposed 1994 fair schedule were very much appreciated and some of the suggestions are now reflected in changes that the 4-H Council will propose to the Lancaster County Agriculture Society (the Fairboard).

Because of changes in the state fair dates for 1994, it is possible that the Lancaster County Fair dates will be moved back one week. This change requires a vote of the Agriculture Society at their annual meeting in December. If the change is approved, the fair will be held Wednesday, August 3 through Saturday, August 6.

The 4-H Council committee, evaluating aspects of the fair dealing with animals, has made further changes and recommendations after input from superintendents, VIPs committees and other interested persons.

The following changes to the 4-H portion of the fair reflect these responses:

- All animal check ins will occur on either Tuesday evening or Wednesday morning with all animals being in place by 11 a.m. on Wednesday. Certain animals must check in on Tuesday night—these include: sheep, swine, rabbits and poultry.

- A return to an earlier checkout time (4 p.m. on Saturday) for all animals because of safety concerns related to tractor pull activities taking place at the same time as checkout.

- A return to the 4-H beef show on Friday, as in the past, with a suggestion that the open beef show be held at a different time during the fair.

- Other suggested changes remain as published in the November NEBLINE.

If you would like to see a more detailed proposal of fair activities, or you have further comments or suggestions, please call LaDeane Jha, 441-7180. (LJ)

Please turn to page 10 for more 4-H and Youth News

MIDWINTER ESCAPE

WHAT IS IT??
A statewide leadership and ski weekend

WHEN IS IT??
Saturday & Sunday, January 8 & 9, 1994

WHO CAN COME??
Any teen 13 thru 18 years of age

4-H membership is not a requirement.

CHECK IN/CHECK OUT TIMES:
Camp begins at 8:30 a.m., Saturday, January 8, 1994
Camp closes at 8:30 a.m., Sunday, January 9, 1994

DEADLINE:
Registration must be received by January 4, 1994

WHAT TO BRING??
- Sleeping bag or blankets
- Pillow
- Towels and washcloth
- Soap, toothbrush, and other toiletries
- Plastic glass or cup
- Comfortable clothes/warm jacket
- Two pairs of comfortable shoes
- Lots of enthusiasm
- Your favorite board game
- Spending money (optional)

Camp T-shirts and caps may be purchased ($4.20 - 9.45). The camp store features supplies, snacks and camp souvenirs.

HOW DO I REGISTER??
Send total fee and registration form to the Eastern Nebraska 4-H Center.

Send your total fee and this registration form to:
Eastern Nebraska 4-H Center
21520 West Highway 31
Gretna, NE 68028

Make checks payable to:
Eastern Nebraska 4-H Center

1. Registration Fee
   (includes up to $1,500 worth of insurance)
   25.00*  1.

2. Ski Package - $23.00
   (includes lift ticket, skis, boots and poles)
   2.

3. Lessons - $7.00
   (mandatory for beginners)
   3.

4. Total Ski Package
   (add items 2 and 3)
   4.

5. Total Registration and Ski Package Fees
   (add items 1 and 4)
   5.

* All cancellations subject to a $5.00 processing fee.

Last Name_________________________ First Name_________________________ Sex __________________________
Age_________________________ Address_________________________
City/State/Zip __________ County __________
Parent’s Name_________________________ Phone No._________________________
Work No._________________________ Allergies __________________________
Medication_________________________ Last Tetanus Shot __________________________

My child has permission to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for accidents, claims, and damages arising therefrom. As parents or guardians, we authorize medical care and/or hospital and doctor care. The Eastern Nebraska 4-H Center has my permission to use any photographs of my child in its promotional material.

Parent or Guardian Signature_________________________ Date_________________________
If Parent or Guardian cannot be reached, call_________________________ Phone No._________________________.

Residence_________________________
Space alert!

Blue Sky Below My Feet is a multimedia 4-H school enrichment program which introduces fourth and fifth graders to the world of science and technology. Featuring shuttle astronauts, the program includes study guides, student activity sheets, and slides, all designed to interest and excite.

The program is currently being tested in a limited number of schools, increasing their knowledge and skills for daily living. Students discover what gravity is, what it's like to be weightless, how to live in space, and how gravity affects our lives on earth. They find out how space suits are made, why we wear certain fabrics in space, for sports, or for jobs, and the difference between human-made and natural fibers. Youngsters also learn how food is prepared for space, how astronauts eat in space, what kinds of foods astronauts eat and how good nutrition affects health and the ability to perform various tasks.

This month, NASA (National Aeronautics and Space Administration) will launch the first in a series of educational services missions to the Hubble Space Telescope. During the mission, four members of Endeavour’s crew will perform two-person spacewalks or five different days to install an optics package and a new wide field/planetary camera. The astronauts will also remove and replace gyroscopes and solar arrays on the telescope. (ALH)

Environmental conference

The 1994 Nebraska Environmental Education Conference will be held at the leadership camp in Aurora March 12 through 14. All who are interested in the environment, especially educators and youth leaders, are welcome to attend. There will be speakers, workshops and a chance to network with others in our state who share a concern about the environment. We hope to see you there for those interested in this activity. The conference will start Sunday afternoon and conclude Monday by 5:30 p.m. For more information contact: Nebraska Environmental Education Association, C/O Lower Platte North NRD, PO Box 265, Wahoo, NE 68066-0265.

Horticulture News continued

Great gift ideas 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 unique gift ideas for any home. They add color and holiday accents to interior surroundings. Poinsettias and pinnaclias are popular, as are the newer flower colors of pink, white and red. Other good holiday gift ideas are Christmas cactus, Christmas pepper, red gloxinia and kalanchoe.

The outdoor gardener might like to give 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 bird seed as a gift. Not only are the birds happy; but, it provides enrichment for the entire family. Bird seed is a natural food supply declines and snow hides what little remains, this is a good time to consider such gifts. Bird feeders also make excellent gifts.

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger bookstores have well-stocked sections on gardening and other related topics. Garden centers and nurseries also offer a variety of titles on individual plants and cultural practices. Someone with a interest in the outdoors may also enjoy a book on plant materials and landscaping.

A person with a well-established garden would appreciate information on maintenance and pruning practices.

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

Winter

Building up around the plants on sunny days. Never wrap plants in plastic. Temperatures inside the enclosure can be high enough to “cook” the leaves or stems. Plastic bags may also cut off air and moisture. Christmas gifts are available for plants, mums, begonias and chrysanthemums, for example. Winter selections include: Kit Dimon, chair; Janet Ball, vice chair; Sharon Bunge, and Jackie Nielsen, secretary. People wishing to work on one of the subsections or attend the meetings and inform the executive committee of your preferences. The primary subcommittees include: ways and means committee, education committee, awards committee and publicity committee.

Riding lessons a unique holiday gift

If you’re looking for an unusual gift for someone on your holiday shopping list, have you considered riding lessons? That would be an appreciated gift for anyone interested in horses. You might wonder how many of those who have never ridden place a high priority on this sport.

They may find riding lessons are only for youth, but, many riding lessons are also available as adults, even as senior citizens.

You can choose from three types of riding: western, hunt and saddle seat. Equipment (known as “tack” in horse land) and style of riding will each type.

Western riding is the most popular. It originates from the northwestern part of the western cattle country. Its popularity is probably influenced by our fascination with the American West. Appaloosas, Paints and Quarter Horses are popular western breeds.

Saddle riding uses gaited horses, such as American Saddlesbreds, Arabians, Morgans and Tennessee walking Horses. You have seen hunt riding in the local county fairs. There are mainly thoroughbred or thoroughbred-crosses.

VIPS officers elected

The Lancaster County 4-H Horse VIPS Committee held its election of officers at the October 13 meeting. The executive committee for 1994 includes: Kit Dimon, chair; Janet Ball, vice chair; Sharon Bunge, treasurer and Jackie Nielsen, secretary. People wishing to work on one of the subsections or attend the meetings and inform the executive committee of your preferences. The primary subcommittees include: ways and means committee, education committee, awards committee and publicity committee.

VIPS December 8 meeting

An important meeting of the Lancaster County 4-H Horse VIPS Committee will be held Wednesday, December 8, 7:30 p.m. The purpose of the meeting is to accomplish the planning of riding clinics, educational programs and horse shows for the 1994 program year. The committee will also consider “Guidelines and Information for the Lancaster County 4-H Horse Program” will be presented for review by the VIPS committee. The Lancaster County 4-H Horse VIPS Committee is open membership to any person with interest in horse programs for youth, including parents, leaders, junior leaders and friends of 4-H. (WS)

Great gift ideas 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 unique gift ideas for any home. They add color and holiday accents to interior surroundings. Poinsettias and pinnaclias are popular, as are the newer flower colors of pink, white and red. Other good holiday gift ideas are Christmas cactus, Christmas pepper, red gloxinia and kalanchoe.

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Roasted holiday chestnuts

Roasting chestnuts is a tradition popular during the holidays. Storage conditions have to be just right, not too dry and not too damp. Dry air causes chestnuts to dry out and lose quality. In wet weather, the nuts will mold. Store fresh chestnuts in the refrigerator in a plastic bag the October 13 meeting 15 minutes. Be sure you puncture each nut, once or twice, with an ice pick or knife. This removes pressure from building up inside the shells. If you do not do this, the nuts may explode before or after they come out of the oven or roaster.

To boil chestnuts, place them in a shallow pan with just enough water to cover them. Bring the pan to a boil, reduce heat and boil gently for 15 to 20 minutes. Drain and cool them. Remove the kernels using the sharp tip of a table fork. The longer the nuts cook, the moister the kernels become. Chestnuts should not be removed from the shells. For especially dry chestnuts, soak them overnight in water and boil in fresh water.

For roasting, carefully cut fresh chestnuts in half on an angle. Roast them over an open fire, use a long-handled pepper popper or chopsticks. The chestnuts will open in the oven, the set the temperature to 300 degrees Fahrenheit. You might check every 15 minutes. Be sure you puncture each nut, once or twice, with an ice pick or knife. This removes pressure from building up inside the shells. If you do not do this, the nuts may explode before or after they come out of the oven or roaster.
Biographical Information

The following is a brief profile of the candidates running for the Lancaster County Extension Board, compiled by the Lancaster County Extension Board of Directors.

"K.Q." (Kathy) Allen
Owner, Kell Inn; Registered Nurse, Lincoln General Hospital
Education background: B.S., Nursing, University Nebraska Medical Center; Community activities: Life member, Greater Lincoln Obedience Dog Club, training director, trial chair; past chair, Board of Trustees, Capital Humane Society; support instructor and consultant for Lincoln Medical Education Foundation and Nebraska citizens advisory council on healthy people for the year 2000.

Please list any particular expertise you feel you can bring to extension:

"As the head nurse of the critical care unit at Lincoln General for ten years and now an owner of my own business, I have had a great deal of experience in budget planning, setting goals, fund raising, goal setting, personnel management, public relations, both staff and public relations, and educating people on budget and orientation; task forces and community planning (both for needed resources and educational purposes)."

Additional information:

"I look forward to this potential opportunity to help represent the citizens of Lancaster, 4-H, and the extension through the extension program and to the extent that everyone's needs are met in the best way possible."

My husband managed the Lancaster County Veterinary Medical District for 10 years, so we have both been active (and interested in these types of programs). We have two daughters as well. He has served on the Board of Directors for the Wyoming RVW.

We belong to the Better Business Bureau, Lincoln Chamber of Commerce, Nebraska National Federation of Independent Businessmen, and, on the national level, I am active in the Life Member Woman's Auxiliary of the American Legion, American Dog Owners Association, Bull Dog Club of America, Nebraska Federation of America and American Association of Critical Care Nurses.

David Grimes
Farmer
Educational background: Lincoln Northeast graduate; UNL-granted hours - four years Agricultural Economics
Community activities: Director on Crete Co-op Board of Directors; former director of Agriculture, National Federation Co-op; past chair of Christian Education at Warren United Methodist Church in Lincoln.

Please list any particular expertise you feel you can bring to extension:

"With my expertise in production, I feel I can lend my knowledge and insight on what types of programs are needed by farmers." Additional information:

"I would try to make sure that funds were spent most efficiently to help people in the county most effectively." 

Scott Hayman
Fertilizer and Chemical Dealer
Educational background: Nebraska College of Technical Agriculture - four years. Community activities: County chairman of Nebraska Fertilizer Dealers Association; past member of the Lancaster County Health Department Solid Hazardous Waste Advisory Committee; 26 years working with high school and college athletics

Please list any particular expertise you feel you can bring to extension:

"I would try to make sure that funds were spent most efficiently to help people in the county most effectively."
Extension Calendar

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

December 7
NE Swine Enterprise Records Orientation Meeting - Community Center, Crete... 9:30 a.m.

December 8
4-H Horse VIPS Committee Meeting................................................................. 7:30 p.m.
Local Options for Managing Solid Waste (Part 3)........................................ 11:00 a.m.-2:00 p.m.

December 9
Paws and Claws 4-H Club Meeting................................................................. 7:00 p.m.

December 10
Eastern NE Soybean Day & Machinery Expo - Fairgrounds, Wilcox............. 9:00 a.m.-4:00 p.m.

December 12
Teen Council Meeting.................................................................................. 3:00-5:00 p.m.

December 15
Farm Management for Tomorrow - East Campus Union, Lincoln.............. 1:30-4:00 p.m.

December 18
Canine Companions 4-H Club........................................................................ 1:00-3:30 p.m.

December 21
Star City Rabbit Raisers 4-H Club Meeting.................................................. 7:00 p.m.

Channel 5/December '93

Government/Educational

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