1-1993

The NEBLINE, January 1993

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Malcolm developing resources for the future

Nestled along the Elk Creek valley in western Lancaster County is the progressive and growing village of Malcolm. This small rural village, population 376, has taken charge of its future. In January of 1991, a group of about 50 citizens conducted a series of workshops on community and economic resource development. Citizens helped develop a long-range vision for the community of Malcolm.

Since this workshop, the village board and various committees have been working to make "Malcolm's vision of the future" come true. Malcolm’s eight community goals include: recreation, street and sidewalk improvements, elderly housing, community resources and talent, education, business climate, water and sewer, and enhancement in the quality of life enjoyed by living in a small community.

A local newspaper is building communications and support within the community. The Malcolm Guardian began circulation in 1991 under the direction of Pat Underwood, Susan Jansen and Marilyn Behring. Pat Anderson and Sandy Guerin co-chair a new business development committee. The committee distributed a Malcolm business directory and packet. A "Welcome to Malcolm" packet is currently being developed. (DM)

Recreational opportunities will increase with the recent addition of park land at Malcolm. Recreational opportunities ranked first among citizen's priorities.

Street and sidewalk improvements for public safety and convenience are progressing as funds will allow in Malcolm. Shown here is the new sidewalk along the highway in the business district. The new sidewalk was the second highest priority recommendation made by Malcolm citizens.

Village board members (L-R) Larry Murray, Roger Anderson, Dick Gersib, Connie Kramer and Linda Bourg working with village clerk, Rex Guerin and developer Fred Hoppe regarding new home construction in the village.

Owners, Mr. and Mrs. Andre Herman with Linda Bourg (center), chairperson, Malcolm Village Board, in front of a new twelve-unit apartment building built by the Herman's. Additional housing in Malcolm was a high priority need identified by citizens during the 1991 community development workshops.

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Office Hours:
8 a.m. to 4:30 p.m., Monday - Friday

University of Nebraska Cooperative Extension
Lincoln, Nebraska 68528-1507
Non-Profit Organization
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Permit No. 537
Lincoln, Nebraska
Attract and retain birds with the right plants

Birds are always welcome in the winter landscape. The right type of food and feeder can assure a steady stream of visitors all season. The right plants can also welcome a wide variety of birds by providing both food and a suitable habitat. For year-round gardeners, native plants are the best choice, but annuals can also be a part of the garden landscape.

Lincoln Iris Society youth program offered

Every once in a while an organization comes along with a program that offers you something that transcends your garden's potential - beyond monetary gain, beyond the completion of an entry in a movie or the circle of the value of the item. This program could be a lifestyle hobby, an opportunity to travel and be recognized as a hybridizer of exotic plants.

The organization is the Lincoln Iris Society and the program is the Sponsored Youth Program. After reviewing the application form, the young person will be asked to fulfill certain requirements over a period of several years. They will include growing ten varieties of iris plus seedlings, prepare an evaluation report on at least ten varieties at one of the summer meetings, attend at least five iris society meetings, assist at least one iris show, enter iris at least one show and visit two hybridizer's gardens. If the participant is willing to meet these requirements, the Lincoln Iris Society's support will include paid dues to the Lincoln Iris Society and the American Iris Society, a selection of hybrid iris to grow and evaluate, training in growing and evaluating iris, guidance in hybridization and show experience and instruction. Several of the nation's leading iris hybridizers live in Nebraska and support this program. If you have an interest in plant propagation and hybridization, this would be a hard opportunity to pass up. For more information and an application form, please contact Opal Weed, 7172 S 70, Lincoln, NE 68516 or phone 402-7172.

Using garden catalogs

By now you have received all your garden and flower catalogs from different companies. This would be a good time to go through the catalogs and choose what you are going to raise this year. As you are paging through, make special notes of new varieties you might try, days to maturity, and other special characteristics of the variety to avoid surprises or disappointments later on.

If you have a small garden plot, you may need to think about crop rotation. It is advisable to change crops from one to the home gardener for several reasons, such as reduction in weeds, insect and disease problems. These problems may increase if crop rotations are not followed in your garden program.

Check the catalogs for guarantees, special package deals, charts and graphs about disease tolerance and acceptability. All of these things can help prevent disappointment as your garden matures.

While you are making out your list, take an extra minute to check the equipment pages. Is your watering equipment in good condition? Are the wagons and trucks available to grow your garden? Are your tools in good shape and in proper working order? Any equipment that can save you time, as well as, provide you with the latest garden information available.

Azalea blooms and blooms

For long-lasting blooms on an indoor plant, it's hard to beat the azalea. This woody shrub, with its exotic looking flowers and glossy dark green leaves, is one of the longest lasting flowering potted plants available. With proper care, blossoms may last for up to two months.

Bright, indirect light or 12 to 16 hours of artificial light from fluorescent tubes each day is recommended. Inadequate light will cause the leaves to drop. Averaging to cool temperatures — with a slight minimum of 50 to 60 F. — helps extend the flowering period.

Water a potting azaleas whenever the soil surface feels to be dry. The aim is to keep the soil moist without saturating it, so check it frequently, but water only as needed and don't let the pot stand in water. Azaleas require an acid growing medium. If the medium isn't sufficiently acid, growth will be stunted and the foliage will turn yellow. When you need to repot an azalea, mix a use of equal parts peat moss and a standard potting mix that goes houseplant potting mix. The azalea needs no fertilizer while it's in flower. After flowering, continue to water as before and fertilize with a liquid fertilizer every two weeks. After flowering, use 1/4 teaspoon ferrous sulfate to the pot once a month will keep the soil mix acid enough to meet the plant's needs.

In the spring, after the danger of frost is past, you can set the azaleas outdoors in a protected, shaded spot. Or you can go on growing it indoors in a container, and only take it outside, so be sure to check the soil mix acid enough needed. In the fall, bring the plant indoors before frost and place it in a bright window. After one to two months, flower buds formed in the summer and fall will start to show color. Then move the plant back into a brightly lit spot and warmer temperatures to encourage the flower buds to open. (DJ)
Eastern Nebraska Grain Sorghum Seminar: Marketing your product

The second annual Eastern Nebraska Grain Sorghum Seminar will be held Friday, February 5, 8:30 a.m. - 3:30 p.m., at the Lancaster Extension Conference Center. Topics will include: Feed grain outlook for 1993; management of sorghum pests; grain sorghum hybrids breeding program; Nebraska sorghum basis patterns; using com markets to manage sorghum; marketing plan for grain sorghum in 1993; and marketing alternatives. The program will include an update on how your checkoff dollars are spent, and Nebraska in 1993; and marketing. 

Advance registration is requested. To pre-register, mail your check in the amount of $5 payable to the Nebraska Grain Cooperative Extension, 444 Lancaster Road, Lincoln, NE 68528. Registration fee includes lunch, refreshment breaks, a workbook and reference manual. (DV/WS)

Pesticide applicator...private or commercial?

Any person who uses restricted use pesticides must be certified as either a private applicator or a commercial applicator. This requirement is established by federal and state pesticide laws and regulations. Whether a person is a private applicator or a commercial applicator depends primarily on whether the applicator receives compensation for services rendered.

A private applicator is defined as a certified applicator who uses or supervises the use of any restricted use pesticides to produce agricultural commodities on property he/she owns or rents. This includes farmers, gardeners, Christmas tree growers and hired farm laborers. A private applicator may apply restricted use pesticides without compensation in trading personal services between producers of agricultural commodities.

A commercial applicator is defined as a certified applicator who uses or supervises the use of any restricted use pesticides on property not owned or rented by him/her. This person needs to either have a category when a farm producer applies restricted use pesticides on agricultural land other than his/her own and receives financial payment for that service. In that case, the private applicator must complete the certification program to become a commercial applicator. (WS)

Cost of drying grain

The following information was presented in a grain drying training session for Nebraska extension agents on November 17. It was presented by Tom Thompson, extension drying specialist, University of Nebraska.

The cost of drying grain is dependent on specifics associated with your particular situation:

A. How wet the grain is (%),
B. How dry it needs to be (%),
C. How many bushels of grain need to be dried,
D. Energy (BTU's) produced by the type of energy used in your grain dryer. (LP gas, propane, D = 9,200 BTU/gal LF gas)
E. The cost of your energy source: $/gal (LP gas), $/kw-hr (if natural gas), $/kw-hr (if electricity).

If you know enough of these factors, you can estimate the cost associated with drying the grain using the following two formulas:

Equation 1. First, calculate X, the amount of water that needs to be removed from the grain. Insert your values of A and B, and C, to give the lbs of water remaining from your grain. Be sure to use the correct units of measure.

\[
X = \frac{A - B}{B} \times C \text{ bu} \times 56 \text{ lbs/bu}
\]

Equation 2. The final part of this math problem uses your X value (calculated above), D, the amount of energy the fuel has (given above), and E, the cost of your energy source. This equation also includes the assumption that it takes approximately 2,000 BTU's to evaporate 1 lb of water.

Cost ($5) X = \frac{X \times 1,000 \text{ bu} X 2,000 \text{ BTU}/\text{bu} \times D}{100}

For example, if you need to dry 1,000 bushels of corn from 23% moisture to 15.5%, using LP gas at $0.50/gal, then you would calculate X as follows:

\[
X = \frac{(23 - 15.5)}{(100 - 15.5)} \times 1,000 \text{ bu} \times 56 \text{ lbs/bu} = 4970 \text{ lbs of water that need to be removed from the grain}
\]

Using equation 2,

\[
\text{Cost ($5)} = \frac{4,970 \text{ lb water} \times 2,000 \text{ BTU}/\text{lb water} \times D}{100} = \frac{92,000 \text{ BTU/gal LF gas}}{554}
\]

Therefore, it costs $54 to dry 1,000 bushels (5.4 cents/bu) of grain from 23% moisture to 15.5% when using LP gas at $0.50 per gallon. This does not include the cost of fuel. These equations do not account for fixed costs or labor associated with grain drying.

Crop protection clinic

Remember, the 1993 CPC will be held on Tuesday, January 5, 8:40 a.m. - 4:30 at the Lancaster Extension Conference Center. Topics to be covered include: "Tips on Maximizing Weed Control", "Artificial Alternatives", "No-Till Weed Management", "New Products/Label Changes", "Water Quality and Weed Management", "Drift and Sprayer Cleanup", "Corn Problems in 1992", "Corn Rootworm Update", "Stem Rot in Soybeans", "Pesticides in the Environment", "Potato Leafhopper in Alfalfa", "Season Wheat Problems" and "Toxicity of Insecticides". There will be opportunities to ask questions and participate in discussions during the day. Call 44-7174 for an advanced registration form. (WS)

Commercial Applicator Pesticide Testing/Testing

Commercial applicators are certified applicators who use or supervise the use of any restricted use pesticide on any property not owned or rented by him/her. This includes persons applying any restricted use pesticides as employees or for hire.

Initial COMMERCIAL CERTIFICATION training is scheduled for the following locations. Please call 472-1631 for registration material:

Check-in begins at 8:15 a.m. General standards training and testing 8:30 a.m. - 12 p.m. Category testing and training 1 - 4 p.m.

February 23, Nebraska Center 33rd & Holdrege, Lincoln
01 Ag Plant
03 Forestry
04 Ornamental & Turf
07 Right of Way
08 Structural
09 Public Health
10 Regulatory
12A Food Processing, Grain Handling & Grain Fumigation
12B Wood Preservation
February 25, Douglas County Extension Office 8015 West Center Road, Omaha
01 Ag Plant
03 Forestry
07 Right of Way
08 Structural
09 Public Health
10 Regulatory
11 Demonstration & Research
12A Food Processing, Grain Handling & Grain Fumigation
12B Wood Preservation
February 26, Douglas County Extension Office 8015 West Center Road, Omaha
04 Ornamental & Turf

RECERTIFICATION training is scheduled for the following sites. Pre-registration is not required. Register at the door 8:30 - 9:00 a.m. - 3 p.m.

February 2, Nebraska Center 33rd & Holdrege, Lincoln
01 Ag Plant
02 Ag Animal
03 Forestry
04 Ornamental & Turf
07 Right of Way
08 Structural
09 Public Health
10 Regulatory
11 Demonstration & Research
12A Food Processing, Grain Handling & Grain Fumigation
12B Wood Preservation
February 4, Douglas County Extension Office 8015 West Center Road, Omaha
01 Ag Plant
07 Right of Way
08 Structural
09 Public Health
10 Regulatory
11 Demonstration & Research
12A Food Processing, Grain Handling & Grain Fumigation
12B Wood Preservation
February 5, Douglas County Extension Office 8015 West Center Road, Omaha
03 Forestry
04 Ornamental & Turf
08 Structural

Private pesticide applicator training set

Agricultural producers who hold a federal certification (blue card) that expires during 1993, producers who let their certification expire prior to 1993 and producers wishing to become certified applicators for the first time should plan to attend any one of the sessions listed below. It is not necessary to attend a training session in the same county of residence. Nebraska producers who need recertification or initial certification may attend a training session at any location offered in the state of Nebraska.

The 1993 Lancaster County area training sessions for private applicators include:

Tuesday, January 12 9 a.m. Gage County Extension Office, Beatrice
Tuesday, January 12 7 p.m. Gage County Extension Office, Beatrice
Wednesday, January 13 9 a.m. Gage County Ext. Office, Beatrice
Thursday, January 28 1 p.m. saline County Ext. Office, Wilber
Thursday, January 28 7 p.m. saline County Extension Office, Wilber
Thursday, January 28 7 p.m. Lancaster Ext. Conference Center, Lincoln
Friday, January 29 1 p.m. Lancaster Ext. Conference Center, Lincoln
Saturday, January 30 9 a.m. Lancaster Ext. Conference Center, Lincoln
Wednesday, February 3 1 p.m. Seward County Ext. Office, Seward
Wednesday, February 18 7 p.m. Veteran's Memorial Building, Wahoo
Friday, February 12 9 a.m. Saunders County Extension Office, Wahoo
Friday, February 12 1 p.m. Saunders County Extension Office, Wahoo
Serger workshop

Brush up on using your serger through a three session serger workshop taught by Marie Tong, resident serger specialist with the University of Nebraska Cooperative Extension. The sessions will be held Thursday, January 28 and February 4, and Wednesday, February 10, 7 to 9 p.m. Registration fee for the three sessions is $20. Please call 441-7180 to enroll. Advanced payment is required to hold your place in the class. Class members are asked to bring their sergers to the workshop. (LB)

Money “Helps” 93

Saturdays Savings Series

Three classes to help you make and keep money February 27 — Cost Effective Lawn Care

March 27 — Retirement Income and Expense Planning: How Much Is Enough?

April 17 — Cut Chatter - Increase Cash Flow: Easy Home Filing Systems

Time: 10:30 - 12:00 a.m.

Fee: per class - 54 or 56/couple sharing materials
Pre-registration is required, payable at the door To register or for more information, call (441) 7180 (AH)

55 Alive - Mature Driver Course

Use this offer in 1993 and you are 50 years of age or older, you are urged to enroll in the 55 Alive - Mature Driver Course. In the AARP course you will review driving skills and prepare to take the license renewal test. 55 Alive is Money Monday, February 1, Tuesday, February 2, from 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Information for the 55 Alive course is for 58. Participants are asked to bring a sack lunch. Beverages will be provided. (LD)

Home extension scholarships

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships are now available at the University of Nebraska Cooperative Extension in Lancaster County:

A $200 Homemaker's Education Grant, sponsored by the Nebraska Council of Home Extension Clubs, Inc., is available for full-time students that will be a graduate of a high school in 1993. Applications are due April 1, 1993. The grant must be used between June 1, 1993 and December 31, 1993.

A $275 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in a human sciences degree program. This is open to full-time students that will be beginning college as sophomores, junior or senior year in college in the fall of 1993. Applications are due April 1.

A $125 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County enrolled in Food Science Management, Dietetic Technology, Child Care or Human Services Division of Health Related Fields at Southeast Community College. Applicants must be full-time students who have completed two quarters of study, with a grade point average of 2.5 or above. Applications are due April 1, 1993.

The road to weight-loss success is often marked by many detours

The first step is to identify the most immediate challenge by telling yourself, “I am likely to overeat today because…” Think of all the situations that can cause overeating: strong emotions, negative remarks from friends who don’t share healthy lifestyle views, a feeling that the weight-loss battle is too tough, etc. Write the answer down to help you prepare for meeting this challenge. Once the weight-loss obstacle has been identified, gather ideas on how to deal with it. Consult friends or a health professional for tips that work. “Another barrier is having unrealistic expectations for weight loss,” according to Dr. Brownell. “People expect that it will be easier than it really is or people expect they’ll lose faster than is feasible. A solution is to make a realistic assessment of how much progress you expect and be made aware of how long it will take to lose weight before you begin losing.”

Just as there are many obstacles that may impede weight-loss success, there are many ways to stay on track. Keep a log of successful tips and refer to them when you need motivation or inspiration. In the“real world,” the path to weight loss will always get in the way. However, let’s not do an occasional setback ruin our weight-loss attempt. Just as we keep putting on the winning ways of eating fewer calories and exercise and see the pounds come off again.

Sources: Adapted from “Calorie Control Commentary,” a publication of the Control of Calorie Council. (AH)

The Real Facts: Organ Donations

Leader training lesson

The January home extension club leader training lesson will be held Thursday, January 7 at 7 p.m. The title of the Real Facts: Organ Donations. Participants will learn how to decide about organ donation, understand the laws and legal arrangements, and agency and professional resources. Anyone interested in learning more about organ donations is invited to attend. (LB)

The NEbrLA News

January 1993

Home extension club night to be held at the Lincoln Community Playhouse

Home extension club night at the Lincoln Community Playhouse will be on Wednesday, June 9. The play will be “Fiddler on the Roof.” Extension club scholarships will be awarded just prior to the 8 p.m. performance. Club members wishing to order tickets should get their requests in the mail by February 1. Ticket price is $5.25. To order tickets, send your check, made payable to Sharon Knight, 703 “C” Street, Lincoln, NE 68502. Remember, the deadline for ordering tickets is February 1. (LB)

What characterizes a “perfect dieter?” Always writing foods in a diary, eating foods in moderation, exercising regularly and limiting intake of high-fat, high-calorie foods?

Very few “perfect dieters” exist. Anyone who has ever tried to lose weight knows that there are obstacles that get in the way of success. How many dieters can relate to the following situations: being overwhelmed at celebrations, sitting at the TV and getting the urge to munch on goodies, going on an eating binge or having the feeling of being alone in their dieting efforts? Without the proper plan of attack, weight-loss obstacles are often the reason dieters abandon their weight-loss attempts.

How can weight-loss obstacles be overcome? Weight-loss expert Dr. Kelly Brownell of the Department of Psychology at Yale University and other recognized authorities offer practical advice.

Why is it so hard to lose weight?

Some say that controlling weight means a lifetime commitment and making permanent changes in eating and exercise patterns. “You can always get in the way. However, let’s not do an occasional setback ruin our weight-loss attempt. Just as we keep putting on the winning ways of eating fewer calories and exercise and see the pounds come off again.

Sources: Adapted from “Calorie Control Commentary,” a publication of the Control of Calorie Council. (AH)

"Safe Kids in the Kitchen" calendar: An EFNEP tool

A calendar for teaching nutrition to kids is available for the 1993 calendar year. The calendar has 36 pages of information on topics such as nutrition, health, safety, and regular exercise. The pages are designed to be used in the classroom or at home. The calendar is available for $1.50 per copy or $12 per pack of 10 copies. To order the calendar, contact: EFNEP Secretary Lenora Fittro, EFNEP Nutrition Advisor Charlene K. Rollins, 441-7180.

“People experience will be at the Lancaster Extension Conference Center, 441-7180, for the extension office. At 441-7180 for more information.

EFNEP Staff

LaDeane Jha, EFNEP Nutrition Advisor Virginia Plening, EFNEP Secretary Lenora Fittro, EFNEP Nutrition Advisor Charlene K. Rollins, 441-7180

Eligibility guidelines for the program include:

1. Income at 125% of poverty guidelines or eligible for other USDA programs such as food stamps or WIC.

2. One or more children living at home or pregnant women.

(N)
**Moth protection for woolens important**

Now that cold weather has arrived, we are retrieving winter woolens out of the closet or cedar chest. If you have noticed a few spots of small holes in your favorite wool sweater or slacks, it has probably been attacked by carpet beetles or clothes moths. Larvae of both of these insects can have the ability to eat one pound of crystals for each pound of wool, which is wedge-shaped and hairy with a tuft of long dark hair at the end of its body. The larva of the clothes moth is small and white. Larvae of both of these pests are repelled by light and they may be hard to find because, when disturbed, they drop off clothing or hide in folds. Shaking damaged clothing over a white sheet spread out on the floor of a closet or under a table is a good way to find these pests. Careful storage of woolens is critical to prevent damage by these fabric pests. This includes placing paradichlorobenzene crystals (moth crystals) and the clothing in an air-tight container. You need one pound of crystals for every 100 cubic feet of space. Reduced effectiveness may occur if your storage space is not air-tight because the moth crystals will evaporate over time.

Cedar closet and chests are the ultimate in storage, but they are usually not airtight. The concentration of volatile oil in the cedar kills the larvae of clothes moths, but does not deter many carpet beetles. For this reason, paradichlorobenzene crystals must also be used in cedar closets and chests. Before storage, clothing should be cleaned because soiled woolens are more attractive to these fabric pests. Dry cleaning is also an effective way to kill moths and carpet beetles.

The longer woolens are left undisturbed in a closet, the more likely they will become infested with these fabric pests. All woolens and furs in an infested closet should be cleaned to remove insects. Vacuuming may be helpful in removing larvae and larval stages. There are commercial insecticide sprays that can be used to treat the inside of a closet or chest. Those that contain synthetic pyrethroids (resmethrin or tetramethrin) will be effective. Read the label carefully for ingredients and be sure to follow label recommendations. For more information on protecting your clothes, write to the free publication NF 91-14, "Moth Protection for Woolen Apparel", available at the University of Nebraska Cooperative Extension in Lancaster County.

**February leader training lesson**

Using Positive Discipline to Build Positive Clubs. The February home extension club leader training lesson will be given on Tuesday, January 26 at 1 or 7 p.m.

Participants will learn about positive discipline strategies needed to provide an environment for strengthening a person's self esteem and social skill development. Those that attend will receive one point of continuing education credit or club leader training credit.

**Storage life of food depends upon many factors**

How long will perishable foods maintain good quality and be safe to eat? There's no exact answer because the storage life of food in the refrigerator is affected by the following factors:

- **Position of the food when it reaches the supermarket.**
- **Length of time it was in the store before purchase and the temperature at which it was held.**
- **How the food was processed and the type of packaging.**
- **Temperature of the refrigerator.**
- **Humidity level of the refrigerator.**
- **Characteristics of the product.**
- **All of these conditions affect the safety of foods and the rate at which perishable foods deteriorate. In fact, all foods deteriorate in quality from the time they are harvested, slaughtered or manufactured until they are consumed. This is because biological, chemical and physical changes take place in the foods. Processing and storage practices can slow the rate of deterioration, but cannot completely prevent spoilage.**

**Refrigeration storage tips:**

- **Keep the refrigerator temperature between 34 and 40 degrees F.**
- **Keep the refrigerator clean.**
- **Raw meat and poultry should be wrapped securely or placed on a tray so they do not leak and contaminate other foods or surfaces.**
- **Use fresh meat, fish or poultry within a day or two of purchase.**
- **Hot dogs and lunch meats are processed to last longer than many other meat and poultry products, but must be refrigerated.**
- **Arrange foods in the refrigerator so there is plenty of room for air circulation.**
- **Store foods in covered containers to minimize quality loss from drying out or from flavor transfer.**
- **Keep dates on dairy products allow a reasonable time after the date to use the product, provided you keep it cool.**
- **Leftover cooked foods should be refrigerated immediately after a meal in covered shallow containers.**
- **If you cook ahead for later reheating, always quick chill the food immediately after cooking, either by placing it in the refrigerator or by using the ice water bath method. This involves placing the cooking container in a sink with ice water in it. Stir frequently while the food cools, then refrigerate or freeze it.**

**Freezer storage tips:**

- **The freezer temperature should be 0 degrees F. or lower.**
- **Food should be placed in freezer wrap, freezer plastic bags or freezer containers.**
- **Frozen entrées, pizzas, dinners, vegetables and similar foods should be cooked or reheated without thawing.**
- **Partially thawed foods and those that have ice crystals remaining in them can be safely refrozen. (AHS)**
County 4-H club takes aim

The Lancaster County Shooting Sports 4-H Club has been actively learning and promoting their sport this past year. With various shooting sports interests participate in the county-wide 4-H shooting programs, the club involved have one common goal integrated into their 4-H project—safety.

The club meets monthly during the year to listen to experts in the shooting sports profession. Speakers in 1992 represented organizations like the Nebraska Game & Parks Commission, Nebraska State Patrol, Rough County Council, Lincoln Parks and Recreation, National Rifle Association and University of Nebraska Cooperative Extension Safety Specialist Rollin Schneider.

Please turn to Aim: page 7 scheduled for March 19, 1993.

It's your turn to talk

The preparation and delivery of a 4-H speech is one of the best learning activities a 4-H member can be involved in. Success in this experience is built with much encouragement from parents and leaders.

If you, as parents and leaders, believe that the 4-H speech experience is important and valuable for your members, encourage them to participate in the 4-H speech contest. To initiate the experience, ask each member to give a short speech at your next meeting. Then, bring the entire club to the Lancaster County 4-H Speech Workshop to be held February 7, 9 p.m. at the Lancaster County Extension Center. Selecting a speech topic and speech delivery are two of the topics that will be discussed.

The 4-H Speech Contest is

Hello new teen leaders!

The Lancaster County 4-H Teen Council has selected its officers for 1993. Teen Council officers will preside at all meetings and for Teen Council events. The new officers include: Front row: J.R. Schepers, social chair; Brenda Sol, treasurer; Brett Jungers, secretary; Back row: Damion Schepers, parliamentarian; Aames Schepers, president; and Alicia Carlotto, vice-president. Best wishes in the new year!(UL)
4-H News Shorts

Check, check with 4-H poultry in your poultry? If so, plan to attend the poultry workshop at the Lancaster Extension Conference Center, January 16, 1993, 9 a.m.-noon. Topics of presentation will be hatch- ing eggs at home, by Arlene Hanna, extension assistant, 4-H, and culling poultry show by Jim Henshaw, 4-H leader. Jim will discuss what to look for in stabilating and show birds, how to get started in production and where to purchase less common breeds and how to care for show birds. He will also discuss other opportunities available for youth in the 4-H poultry project area.

If you are interested in attending, please call the office at 441-7180 for registration before January 15, 4:30 p.m. Lack of interest will result in workshop cancellation. (DS)

Kaleidoscope magic is skiing excitement

A thrilling adventure awaits 8-12 year olds at the Eastern Nebraska 4-H Center on February 6-7, 1993. Ski for excitement, adventure and fun! Ski for the 1st time or as a returning enthusiast! Enjoy laughter and FUN-tastic experience! Registration forms are available from the Extension Office. The deadline to register is February 1. (JL)

Community Connections

The 1992-93 edition was produced in cooperation with the Lancaster Schools Family Specialests. Community Connections is designed to help parents and caring adults with resources for children and youth in Lincoln and Lancaster County, and features listings such as child care family counseling and recreation. Copies will be distributed free upon request. To reach Community Connections, call the Consortium office at 243-1761 (MHB).

Mare helps new leaders

The second orientation for new 4-H leaders will be January 11, 1993, 9:30 a.m. to 7:00 p.m. at the Lancaster Extension Conference Center. Other leaders may enjoy attending for the exchange of ideas plus a refresher in management and parent involvement. Several 4-H activities and workshops will also be discussed. Plan NOW to attend this informative session! (JL)

Get stoned up with the STEAM TEAM Y
doing something special for your 4-H club?

You can still become involved with the steam team for 1993. This leadership-oriented club meets monthly with the next meeting on January 9. Call Carol Tuculescu for membership information. (JL)

Locked-in: just for the fun of it!

by Brenda Schi

Fun, games, good and learning experiences will all be a part of the 1993 Locked-in sponsored by the 4-H Teen Council.

This fun-filled event will take place the Lancaster Extension Conference Center, 444 Cherrywreek Road, beginning at 8 p.m., January 15 and ending at 8 a.m., January 16. "Learn-shops" will focus on team building, self-esteem and communication. There will be weavin with plastic and much more. Come join and fun with the Teen Council at the 1993 Lock-in! The 2nd annual teen experience you will NEVER forget!

4-H Lock-in Registration

Sign up now or you will be LOCKED-OUT!

Attention Night Owls

When: January 15, 8 p.m. to January 16, 8 a.m.
Where: Lancaster Extension Conference Center
How Much: $10 registration

What is it? An all night lock-in. A winter activity for youth who are in the 5th and 4th grades. Activities will include: games, movies, snacks, breakfast & crafts. The 4-H Teen Council will "WAKE UP YOUR DREAMS" with communication, leadership and team-building activities.

Things to Bring: Sleeping bag and pillow.
Friend interested in 4-H ENTHUSIASM!

4-H Horse Leaders Workshop

Organization: club leaders, project leaders, junior leaders and special needs leaders involved in the Lancaster County 4-H Horse Program are invited to attend the "4-H Horse Leader Workshop". It will be held at the Lancaster Extension Conference Center, Saturday, January 16, 1993, 9:30 a.m.-2:30 p.m. Registration is 55 and includes refreshments and lunch.

Topics include:
- Improving your communication skills with kids
- The special needs program in Lancaster County
- Educational activities planned for the 1993 program year

Participating will be: Dr. Kathy Anderson, 4-H Horse Extension Specialist and Dr. Dick Tucker, 4-H Horse Specialist.

Mare & foal management workshop

A one day workshop will be offered in Lincoln February 6 by Dr. Kathy Anderson and Dr. Kelly Anderson, and in Lexington February 13 by Dr. Kathy Anderson and Dr. Ken Reynolds from 9:30 a.m. to 4:30 p.m.

These workshops are designed to give producers the most up to date information on broodmare care prior to and following foaling as well as management of young foals. Basic information on mare and foal care will be covered. Various demonstrations will be given including broodmare body condition scoring. Determining if a mare requires a Caslicks, using test kits for predicting foaling and testing for passive transfer in foals. Cost for the Lincoln workshop will be $25 (including lunch). For more information contact Kathy Anderson 472-6414. (SD)

Attention 4-H cat lovers

What: "Paws & Claws" 4-H Cat Club Meeting

When: Thursday, January 14, 7 p.m.

Why: To enjoy an evening of fun!

Empowering parents for leadership

Parents who have youth enrolled independently in 4-H can take an opportunity to strengthen their leadership skills with the Parent Training workshop on January 28, 7 p.m. at the Lancaster Extension Conference Center.

Information about the 4-H organization, membership maintenance, projects, community involvement and a host of 4-H opportunities will be discussed. Call Jena for more information. (JL)
Private Applicator Training Session - Veteran's Memorial Bldg. Basement, Wahoo ................ 1 p.m.

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Serger Workshop: Part 3 of 3 ..............................................................................................................

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The NEBLINE
The NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County. 444 Cherry Creek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

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Notice!!! All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless otherwise noted. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in the NEBLINE contact the source listed in the article.

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

January 2
Camp staff applications due

January 3
Midwinter Escape Camp

January 5
4-H Council Meeting .......................................................... 7:30 p.m.
Crop Production Clinic ...................................................... 8:30 a.m.-3:30 p.m.

January 6
The "Quicken" Way to Farm Management Part 1 (pre-registration required) ............................................. 7:10 p.m.
Raymond Central School

January 7
1 Leader Training Lesson: The Real Facts: Organ Donations ............................................................. 1 or 7 p.m.

January 9
Canine Companions Dog Training .......................................... 1 p.m.

January 10
Teen Council Meeting .......................................................... 2:30 p.m.

January 11
New 4-H Leader Orientation - Part II ...................................... 9:30 a.m. & 7 p.m.
Critter Sitters Club Meeting .............................................. 7 p.m.

January 12
Private Applicator Training Session - Gage County Extension, Beatrice .................................................. 9 a.m. or 7 p.m.

January 13
The "Quicken" Way to Farm Management Part 2 (pre-registration required) ............................................. 7-10 p.m.
Raymond Central School

January 14
Private Applicator Training Session - Gage County Extension, Beatrice .................................................. 9 a.m.

January 15
ExpoVisions Residence Hall Counselor Applications Due

January 16
4-H Horse Workshop ......................................................... 9-10 a.m.-2:30 p.m.

January 17
Shooting Sports Club Meeting ............................................. 7 p.m.

January 19
Sur City Rabbit Raisers Club Meeting ................................... 7 p.m.

January 20
The "Quicken" Way to Farm Management Part 3 (pre-registration required) ............................................. 7-10 p.m.
Raymond Central School

January 21
Fairboard Meeting ............................................................. 7:30 p.m.

January 23
Canine Companions Dog Training .......................................... 1 p.m.

January 25
Home Management Modules ............................................. 5:00-6:30 p.m.
Critter Sitters Club Meeting .............................................. 7 p.m.
Lender Training Lesson: Using Positive Discipline to Build Self Esteem ...................................................... 1 or 7 p.m.

January 26
Private Applicator Training Session - Saline County Extension, Wilber ...................................................... 7 p.m.

January 29
Private Applicator Training Session ...................................... 1 p.m.

January 30
Canine Companions Dog Training .......................................... 1 p.m.
Private Applicator Training Session ...................................... 9 a.m.

February 1
Deadline for ordering HECN Playhouse Tickets to "Fiddler on the Roof" ..................................................

February 2
55 Alive: Mature Driving Course ......................................... 10 a.m.-2:30 p.m.

February 3
Recertification Commercial Applicator Training - Nebraska Center, 33rd & Holdredge ........................................ 8:30 a.m.-3:00 p.m.

February 4
Private Applicator Training Session - Seward County Extension, Seward 1 p.m.

February 5
Private Applicator Training Session - 2nd Story County Extension, Ralston 7:30 p.m.

February 6
Private Applicator Training Session - Sarpy County Extension, 150th & Dodge 7 a.m.

February 7
Recertification Commercial Applicator Training - Douglas County Extension, Omaha 8:30 a.m.-3:00 p.m.

February 9
Eastern Nebraska Grain Sorghum Seminar

February 10
Private Applicator Training Session - Veterans' Memorial Bldg, Basement, Wahoo 8:30 a.m.-3:00 p.m.