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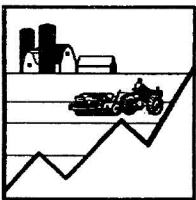
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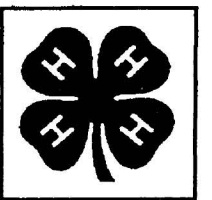
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4-H News and Events

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444 Cherrycreek Road
Lincoln, NE 68528
(402) 471-7180

Office
NEBLINE RBBS
Home Economics Message
Horticulture Message

471-7180
471-7149
471-7148
471-7179



December 1989

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

Notice!!!
All programs and events listed in this newsletter will be held at the Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

The Total You

"Image: The Total You" is the lesson which Lancaster County home extension clubs will be discussing at their January meetings. Training for lesson leaders and interested non-extension club members will be given on Thursday, January 4th, at 1 p.m. and repeated at 7 p.m.

Why image is important will be discussed and ideas will be presented about how we communicate who we are and what we believe in. You will leave the meeting with a plan for enhancing your image.

Representatives from groups other than extension clubs are invited to attend. Persons desiring to present this lesson at group meetings, other than extension clubs, are asked to phone the extension office (471-7180) and request a packet of materials be prepared for their group.

There is no registration fee for this training.

New Nebline Format

This issue of Nebline is the new newsletter from your Nebraska Cooperative Extension in Lancaster County. This newsletter replaces individual newsletters mailed to our agricultural, home extension, horticulture, and 4-H mailing lists.

This issue of Nebline contains all of the news items we would have printed in the four individual newsletters. You are now receiving the benefits of all four newsletters in one publication.

I'm sure you have noticed how fast things around us are changing. The extension service is not exempt from these changes. By stabilizing and/or reducing costs through labor, materials, and postage savings we should be able to better serve your educational needs.

If you are receiving more than one copy of Nebline, please call us or fill out and return the form on page 8. If you are not receiving the Nebline and would like to be placed on our mailing list please call. This publication is free upon request.

Also, please send us your suggestions or comments.

Sincerely,

Don D. Miller
Extension Agent, Chairman

Facing Our Future...

When you're a female and 40, you still have half your life ahead of you. Do you have the information, skills and support you need to face your future confidently?

Facing Our Future is a realistic program that speaks on a down-to-earth level to women 35 to 55. In small, informal groups, you can learn to plan for the second half of your life. The Lincoln Lancaster Commission on the Status of Women and Cooperative Extension in Lancaster County are co-

sponsoring a series of six evening meetings starting on January 16, 1990, 7 to 9 p.m.

Facing Our Future offers basic information on health concerns of women, finances, education and employment at mid-life, personal and family concerns.

Preregistration is requested by calling 471-7180. There is a \$12 charge which includes a notebook.



Landowners Seminar

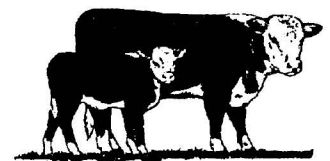


This seminar is designed for landowners who do not actively farm their own land. The two and one-half hour program will begin at 7:30 p.m. on January 10, 1990. It will be rebroadcast January 24, 1990 at 7:30 p.m. for those unable to attend the first meeting.

Speakers from Iowa, South Dakota and Nebraska will be presented through the satellite downlink at meeting locations throughout the midwest.

Major presentations include discussions on 1990 revisions to the Farm Program, environmental trends and liabilities, farm leases and marketing of farm products. There will be open discussion following the presentations.

Farming is a complex business today. The landowner needs to have the most current information to make decisions. This conference will bring the experts to the landowner.



4-State Beef Conference

Private Applicators Pesticide Certification

Private applicators **INITIAL** and **RECERTIFICATION** training sessions will begin in January. There are currently sessions scheduled for January 5, 9:00 a.m. to 12:00 noon and on January 18, from 7:00 to 10:00 p.m.

Private applicators whose certifications expire in 1990 will be notified by mail of recertification dates.



Certification is only required for use of restricted pesticides, however, anyone working with pesticides of any type is strongly encouraged to attend a training session.

The training is free of charge. Additional training session dates will be in the next Nebline.

Cattlemen from Southeast Nebraska plus Iowa, Kansas, and Missouri are invited to attend the 4-State Beef Conference in Nebraska City, Tuesday, December 12, 1989. The theme for the all day meeting includes increasing profits in growing cattle and fine tuning the cow herd.

The registration fee is \$15.00 per person which includes a noon meal and one copy of the conference proceedings. You may register at the door the day of the conference.

Major topics include: long range cattle prices, economics of backgrounding, protein nutrition, health programs for light calves, pelvic measurements, and grass management using rotational grazing.

Contact the Cooperative Extension Office in Lancaster County to car pool.

Home Economics Leader Training

Training for foods, clothing, home environment and general areas will be held Thursday, December 7th at 9:30 a.m. and repeated at 7 p.m. A panel of leaders will discuss and answer questions and share ideas they have found to work best in their clubs.

New projects, teaching methods, meeting ideas, new techniques and fair projects will also be covered. All leaders and parents are invited to attend.

State 4-H Leaders Forum

The third annual Volunteer 4-H Leaders Forum will be held in Lincoln on January 19 - 21, 1990. Speakers, exhibits, entertainment, idea sharing and training sessions are planned to help volunteers expand their skills and knowledge with 4-H. Registration fee of \$135.00 includes program, meals, and lodging. Lodging is optional. Lancaster County 4-H Council will provide several scholarships. All 4-H volunteers are invited to submit an application available at the extension office. Call Lorene Bartos for more details.



Nebraska Cooperative Extension
in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528

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The Cooperative Extension Service provides information and educational programs to all people without regard to race, color, national origin, sex, or handicap.

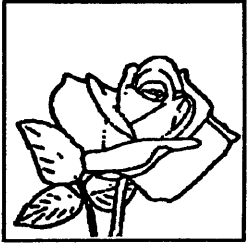


On-the-Grow

Horticulture News
& Recommendations

Don Janssen

Extension Agent, Horticulture



The Christmas Tree

Selecting and decorating the Christmas tree is an American family tradition that has roots all the way back to the mystery plays of the 11th through the 15th centuries.

The mystery plays were performed in the churches. One of the most popular was the Paradise play, which portrayed the creation of man, the sin of Adam and Eve, and the expulsion from Eden.

The Garden of Eden was represented by gaily decorated fir trees. These Paradise trees were then surrounded by a large ring of lighted candles. Inside this ring the Paradise play was performed.

In the 15th century, church authorities in Germany suspended all mystery plays in churches. The people then took the Paradise trees into their homes.

At this same time in history, it was the custom to celebrate the birth of Christ by lighting candles on Dec. 24. The candles were often placed on a pyramid-shaped stand decorated with glass balls and other brightly colored objects, including holly berries. The candles, the decorations and the Paradise tree were eventually combined to form what we know now as the Christmas tree.

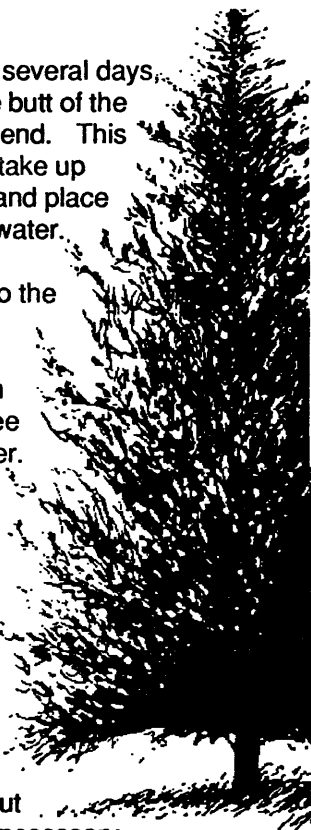
The tradition of the Christmas tree came to this country with the Hessian mercenaries that fought with the British during the Revolutionary War. The custom gradually spread so that, by the end of the 18th century, it was firmly established throughout the young nation.

For safety's sake, candles have given way to electric lights, but the tree still occupies a prominent space in the home, serving as a focus for holiday activities and a link with history, tradition and the world of plants.

Keep Christmas Trees Fresh

Remember, a Christmas tree is a plant. Care for your cut tree as carefully as you would a cut flower. The following suggestions will help keep your tree fresh and safe:

1. If you buy your tree several days before it will be set up and decorated, store the tree outdoors or on a cool porch or patio until you are ready to decorate. An area that provides protection from the wind or sun will help the tree retain its moisture.
2. If you plan to store the tree several days, make a cut straight across the butt of the tree about an inch from the end. This opens the tree stem so it can take up water. Store the tree upright and place the butt end in a container of water.
3. When you bring the tree into the house for decorating, make another fresh, cut straight across the trunk about an inch from the original cut. Use a tree stand that holds plenty of water.
4. Trees are thirsty. They may drink between two pints and a gallon of water per day. Check daily and supply fresh water as needed. A stand that holds at least a gallon of water is recommended. If you allow the water level to drop below the trunk, a seal will form just as it does on a cut flower, and a new cut will be necessary.
5. Place the tree away from fireplaces, radiators, TV sets and other heat sources. Turn off the tree lights when you leave your home and before you retire at night.
6. Avoid use of combustible decorations. Check all electric lights and connections. Do not use lights with worn or frayed cords and NEVER use lighted candles.



Protect Gift Plants From Low Temperatures

A flowering plant may be just the thing for those hard-to-buy-for folks on your Christmas gift list.

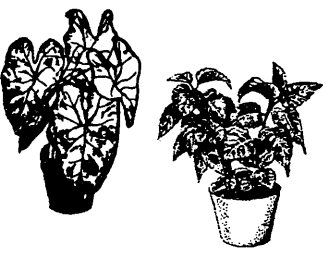
Whether it's a traditional Christmas plant — like the poinsettia, cyclamen or Jerusalem cherry — or a relative newcomer — like the kalanchoe or Rieger begonia — take time to wrap it well before you transport it. Holiday plants are greenhouse-grown, so they won't last long if they're exposed to cold temperatures.

If you're taking a plant directly from the florist's shop

to the recipient, ask the seller to bundle it thoroughly against the cold.

If you take the plant home for a few days before delivering it, protecting it is your job. Wrap several layers of newspapers around the pot and several more around the whole plant. Then place the plant in a heavy paper bag or box. This will keep the roots from being chilled and hold warm air around the top.

When moving plants to or from your heated car, move quickly. Plan your itinerary



so you drop off plants before you make other stops. Leaving plants in an unheated car for even a short time can injure or kill them.

When you deliver your gift plants, help the recipients find good spots for them. Keep in mind that most Christmas gift plants do not tolerate either hot or cold drafts well. They do best

with temperatures on the cool side (60 to 70 degrees F during the day and a little lower at night) and plenty of bright light. They will probably be chilled and injured if placed on a cold windowsill, however, especially if drapes or shades are pulled over them at night. A table near a window is better.

Avoid placing them where they'll be hit by blasts of cold air from an exterior door or gusts of hot air from a furnace duct. Heat from a wood stove, fireplace or heat-producing appliance like a television set will also speed gift plants' decline.



Beware of Bargains

For many gardeners the first snowflake brings a yearning for spring. And along with the snowflakes come the seed catalogs.

Enjoy leafing through them and dreaming about all you'll plant next spring. But don't get so caught up in spring fever that ads for plants that sound too good to be true start making sense.

Plants and other products that sound too good to be true usually are. Claims that a tree will grow to roof height in one year, rose bushes will bear a thousand blossoms and someone's miracle product will increase tomato yields tenfold should be studied very carefully.

It would be easy for a seller to make exaggerated claims, then insist that the buyer didn't plant and care for the plant or apply the product properly. The buyer ends up with a dead or disappointing plant or a worthless product, and the seller goes right on selling to others.

Bargain plants are another purchase to make very carefully. It takes a good many years and a lot of dollars to develop a new variety and to produce enough seeds or plants to put it on the market. It just doesn't make sense to think that you can get high quality seeds or plants for next to nothing.

Nationally advertised plants may perform perfectly well in some parts of the country but fail to survive the winter in Nebraska. To avoid winterkill, buy plants that are known to be hardy in Nebraska.

For lists of trees, shrubs, ground covers, turfgrass varieties, fruits and vegetables for growing in Nebraska, contact the Cooperative Extension Service Office.

Calendars



Available

A new Backyard Farmer Calendar for 1990 is available at the Nebraska Cooperative Extension in Lancaster County.

Features in the 1990 Backyard Farmer Garden Calendar include state maps which show the average last spring and first fall freeze dates across Nebraska. Based on increased interest in shrubs, the calendar includes eight color pictures of recommended shrubs as well as 16 pictures of diseases, disorders, and insects and ornamentals. Other features in the 1990 edition are the holidays, moon signs, previous/next month calendars, plus recommendations and publications lists.

The cost of the calendar is \$6.00 (plus 33 cents sales tax) plus \$1.00 for postage for a total of \$7.33. Calendars may be picked up from the Nebraska Cooperative Extension in Lancaster County for \$6.33.

To receive your 1990 Backyard Farmer Calendar, return feedback form on page 8.

Storage Affects Seed Viability

Whether you can use vegetable seeds left over from last year depends primarily on how the seeds were stored. Seeds of most vegetables — except onions, parsley, parsnip and salsify — will generally give satisfactory results the second or even third or fourth year if they have been stored at cool temperatures and low humidity.

Optimum moisture content for the seeds themselves is 7 to 10 percent. You can maintain this by storing seeds in moisture- and vapor-proof containers. The containers can then be stored in an unheated basement or refrigerator.

To make sure leftover seeds will germinate ade-

quately this year, you can conduct a simple germination test. Roll 10 seeds in a paper towel, wrap a couple of rubber bands around the towel to keep the seeds from falling out, and place the towel in a container of water. Place the container in a warm location (75 to 90 degrees F. The top of a refrigerator is usually warm enough.

Check for germination every few days for a couple of weeks. If over half of the seeds of a particular variety germinate, that lot will probably be satisfactory for this year, though you might want to plant the seed a little more thickly than usual. A germination rate below 50 percent suggests you should buy new seed.

Leaderlines

District 4-H Leader Training - 4-H Eggstravaganza

An "eggciting" training is being planned for February 22nd in Omaha, February 26th in Seward County and February 27th in Auburn. The program will begin at 6 p.m. with an omelet supper. Workshops include:

Titles	Descriptions
1. How the Three R's Fit into the Four-H's	1. The importance of recognition, rewards and records in the development of 4-H youth
2. If You Want It Done - Do It Yourself??	2. The art of delegating.
3. Buying the 13th Hour	3. Managing skills - planning, setting priorities, using checklists, etc.
4. If You've Got It - Flaunt It	4. Leader sharathon.

Participants will be able to attend two workshops. A small fee will be charged. More details will be in the January newsletter. If you have questions or would like to attend, call Lorene.

Attention Leaders

Please return your 1989 club summary to the extension office so we can complete our year's records. Club seals for the charter cannot be sent until we receive your summary sheet. Also, club updates are needed in order to keep the mailing list up-to-date. Please let us know of any address changes, drops or adds.

New Leader Orientation - Part 2

New Leader Orientation - Part 2 will be held Thursday, January 18th at 9:30 a.m. and repeated at 7 p.m. This session will cover using project leaders, junior leaders, parent involvement and activities. Part 2 training will be repeated Tuesday, February 27th at 7 p.m. All leaders and parents are invited to attend and share their ideas.

Four-H'ers Star on Television

Turn your dial to channel 5 on Wednesday, December 6 from 6-7 p.m. for Lancaster County 4-H talent. It will also air Sunday, December 10 from 3-4 p.m. Feel free to video tape it for use at local club meetings. It will feature demonstrations, public speaking, table setting, animal showmanship plus much more.

Thanks to the following 4-H'ers and extension staff who were instrumental in this 4-H promotion:

Michelle Schneider Christy Carver Matt Rayno Rhonda Tucker Patricia Barker Daryl Krause Marilyn Schepers Macaella Stephenson Annalisa Prior Sara Rossmann Courtney Wittstruck Angi Coleman Michelle Stuckey	Shawn Slochum Jared Denton Jason Denton Stacey Kubicek Carrie Henshaw C.R.C. Friends Song Group Emerald Jr. Homemakers Song Group Organizers Drill Team Design Dreamers Drill Team	Extension Staff: Lorene Bartos, Mary Nelson, Mark Hendricks, Jeff Gaskins and volunteer Stephen Rohman.
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Entomology Club to Organize

Are you interested in learning more about insect collecting, mounting and displaying? Buzz Vance has volunteered to start an entomology club.

An organizational meeting will be held Thursday, December 14th, 7 p.m. at Vance's home, 3225 Orchard Street. Any youth who have had some experience in collecting and mounting insects are invited to attend. Call Lorene for more details.

Honors Banquet Recognition

A successful 4-H program is ongoing in Lancaster County due to the dedication and time given by 4-H leaders. The following leaders have given five, 10 or 15 years of service to the 4-H program and were recognized at the 1989 Honors banquet sponsored by the Lincoln Center Kiwanis Club and Lancaster County 4-H Council.

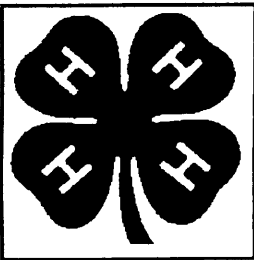
Fifteen year leaders Ellen Chapelle Jan Vollmar	Five Year leaders Bill Glaeseman Sharon Grundman Gerald Halling Elton Harrifeld Linda Kelly Kevin Kock Don Kroese Barb Nast Sue Paschold Geri Porter Cindy Snyder Beth TerMaat Stan Thorpe Joyce Vahle Ron Vance Rose Williams Cinda Zimmer
Ten year leaders Marilyn Schepers Lyle Sittler Gwen Thorpe	
Five Year leaders Fred Barker JoAnn Barker Kathie Baumbach Pat Egger Janet Emery Dixie Fischer Erna Gilster	

Congratulations and Thank You for your service to the 4-H program.

The Cloverline

4-H News and Events

Extension Agent, 4-H:
Maureen Burson
Extension Assistants, 4-H:
Lorene Bartos, Kevin Koch,
Patricia Wolfe



Camp

Camp Fun - Fall & Winter

Camping can be fun any time of the year. The Eastern Nebraska 4-H Center will be the setting for the following camps. Midwinter Escape for teens 13-18 years of age will be held January 20 & 21, 1990. Leadership workshops and skiing (weather permitting) will be available for those attending. Registrations due January 10, 1990. Kaleidoscope Magic, February 9, 10 & 11, for youth 10-12 years old will include workshops, fun activities and skiing. Registrations due February 1, 1990. Brochures and registration forms are available at the extension office.

4-H Camp Counselors

Are you interested in helping at 4-H Camp? Applications are available at the extension office for staff-in-training (SIT) and camp counselor positions. SIT applicants should be youth who are juniors and seniors in high school and have counseled the previous year at 4-H camp. Applications are due in the extension office March 1st. Applicants for camp counselors should be at least 14 years old, enjoy working with younger youth and interested in helping make 4-H camp an exciting experience for those who attend. Camp counselors need to be able to attend counselor training June 1-3. Call Lorene if you have questions.

Camp Recruiters Needed

Did you attend 4-H camp during the past year? Are you excited about camp? If so, we need your help and enthusiasm to promote camp to other 4-H'ers. Five or six clubs with members who are willing to visit new clubs and share the excitement of camp are needed. A special training will be held for the camp recruiter teams. Call Lorene if you or your club is interested.

Developing Capable People Videos

This three-part video series, available for check-out, is designed for parents, 4-H leaders and school teachers who are preparing youth to meet today's challenges.

Dr. Stephen Glenn, author of Raising Self-Reliant Children in a Self-Indulgent World, provides insights with a humorous practical approach. Study guides are available with each tape.

The videos may be checked out at the extension office. There is a \$10 refundable deposit on video tapes. Call 471-7180 to reserve a tape.

Let's Promote Citizenship

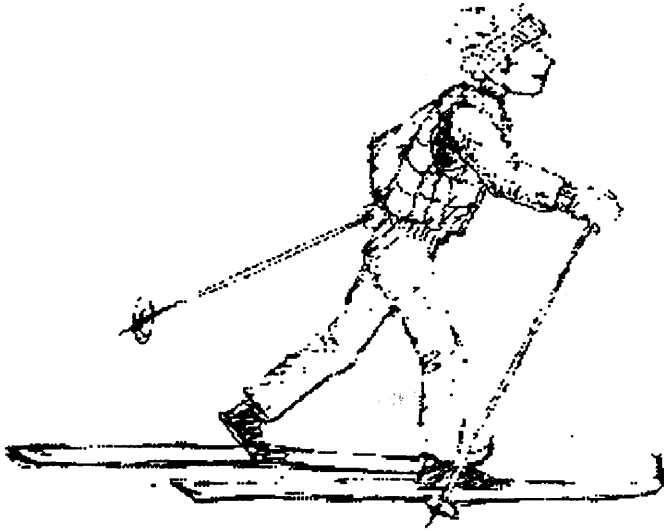
The Lancaster County 4-H Home Extension Club Council is making available three packets on citizenship and flag etiquette for clubs to check out and use at their club meetings. These packets are available for check out and include a flag demonstration video, several activities and flag etiquette information. Contact Lorene if you have questions.

Exploring 4-H Activities

Are you curious about the 4-H activities that you read about? If so, plan to attend the Exploring 4-H Activities session, Monday, January 29th, at 7 p.m. The 4-H Ambassadors and other 4-H'ers will show a cross section of 4-H activities including speech, a demonstration, musical performance, table setting, style revue, pet show, camp and much more. If you participated in an activity this past year and would like to be part of the program, call Lorene Bartos, extension assistant, 4-H. Invite your friends to attend and see what 4-H has to offer in addition to project work.

Teen Council

Teen Council needs you. Four-H'ers 12 and older are invited to attend the December 10th meeting. We will meet at 2:30 Sunday afternoon to do a community service project. This is a good way to meet other Lancaster County youth and support the activities of the 4-H program. Call Lorene if you have questions.



More 4-H news on page 7 and 8

Home Extension News

Alice Henneman, Twyla
Lidolph, Esther Wyant
Extension Agents
Home Economics



Upcoming Nutrition Programs

Wednesday, January 17, 7 - 8:30 p.m. — **"Fish for Health."** Learn about the role of fish in providing fat and protein in the diet. Cooking techniques with fresh, frozen and canned fish will be demonstrated and available for sampling. Fee: \$4.

Wednesday, February 14, 7 - 8:30 p.m. — **"Healthy Wholesome Salads."** Participants will study fats in salad dressings and learn about the important role of vegetables in reducing the risk of cancer and heart disease. Several salad ideas will be presented and available for tasting. Discussion will include deli salads and eating out. Fee: \$4.

Thursday, February 15, 7 - 8:30 p.m. — **"Getting to the Heart of Cholesterol and Kids."** A physician and a dietitian will discuss children who are at risk of heart disease and recommended practices for treating high cholesterol in younger people. There is no charge for this class which is co-sponsored with the Heart Association and the Lincoln Dietetic Association.

Recipes

Asparagus Casserole

This Asparagus Casserole was very popular at the Home Extension Achievement Day luncheon. Helen McMahon, a member of the Willing Workers Extension Club, made up the dish and submitted the recipe. All you asparagus lovers will want to clip this one. Thanks very much, Helen.

Asparagus Casserole

1 - 14 ounce can asparagus, drained
1 - 10 1/2 ounce can cream of mushroom soup
1/2 pound cheese, grated (sharp cheddar, suggested)
1/4 cup pimento, diced
1 cup Ritz crackers, crushed
1/2 cup almonds, chopped & toasted

Using a deep dish, layer 1/2 of each of the following ingredients: asparagus, soup, cheese and cracker crumbs. Add pimento and nuts. Layer remaining ingredients. Sprinkle remaining cracker crumbs on top. Bake 350 degrees for 30 minutes.

More Home Extension News on Pages 7 & 8

Parenting Information

Lots of parents and child care providers are looking for opportunities to learn more about parenting. They are looking for lasting solutions to the day to day problems they encounter with children.

Cooperative Extension in Lancaster County has purchased the Boys Town Video for Parents series. This includes nine video tapes and each tape runs from 11 to 15 minutes. Topics include: A Change For The Better! Teaching Correct Behavior; I Can't Decide! What Should I Do?; Catch 'Em Being Good! Happier Kids, Happier Par-

ents Through Effective Praise; Homework? I'll Do It Later!; You Want Me To Help With Housework? No Way!; Setting Your Child Up For Success? Anticipating And Preventing Problems; It's Great To Be Me! Increasing Your Child's Self-Esteem; I'm Not Everybody! Helping Your Child Stand Up To Peer Pressure; No, I Won't! And You Can't Make Me!

Also, available is a three part video (90 minutes total length) titled "Developing Capable People" featuring Dr. H. Stephen Glenn, psychologist. This video series was produced for extension

Two Lancaster County home extension clubs deserve a "pat on the back" for their efforts in keeping our community clean. They are the South Circle Sidekicks, Sheila Weiss, Lincoln, president, and Prairie Hills, Linda Bourg, Malcolm, president. These clubs participated in Clean Community System Project, a program of the Lincoln Lancaster County Health Department. For information about the clean community program, contact Rita Parris, City-County Health Department, Environmental Health Division, 471-8000.

Window Treatment Workshop

Window treatments will be discussed at a workshop on Thursday, January 18, 1990, 1 to 3 p.m. Lois Wilson, instructor, will share ideas for many kinds and types of window treatments. She will have samples of the many techniques you might want to use to construct curtains or draperies for your home. Preregister by calling 471-7180. Cost of \$4 will be payable at class time.

Basic Sewing Class

A basic sewing class will be held on three Saturday mornings starting January 13, 1990, 9 to 11 a.m.

Twyla Lidolph, extension agent - home economics, will teach the class which will include information on tools, fabrics, construction techniques, seam finishes, hems, and zipper installation.

Preregistration is requested. Payment of \$7.50 can be made at the first class.



Interested in Home Extension membership?

Membership in a home extension club will enrich your life with new friends, new ideas and just plain fun. As a member of an extension club, you are a participant in the educational program of the Nebraska Cooperative Extension, University of Nebraska.

Extension clubs are a voluntary educational program for adults designed to meet the needs and interests of homemakers.

Groups of homemakers meet once a month, to discuss a lesson prepared by extension specialists at the University of Nebraska. The lessons scheduled for 1990 are: Image: The Total You; Planning Your Lifestyle; Financial

Advising: What, Who, When and Where; Planning For Healthy Eating; and Is Your Home Healthy? Indoor Air Quality.

Many clubs, also, use study lessons written by specialists, take tours, have fun with crafts and invite speakers to discuss current topics.

There are approximately 95 clubs in Lancaster County. Most clubs meet once a month from September through May.

If you are interested in joining an existing group or if you wish to organize a new group in your own neighborhood, please contact the extension office, 471-7180.

Home Extension Council Officers Announced

Malenna Vogel, Lincoln, will be president of the Lancaster County Council of Home Extension Clubs during 1990. Malenna is a member of the Apple Corps Club and has served as council vice chairman for the past two years. Other officers elected at the most recent meeting of the council are: vice chair - Jean Wheelock, Malcolm; secretary - Jeanne Egger, Sprague; treasurer - Kathy McQuinn, Lincoln; historian - Penny Singleton, Lincoln; and health chair - Delta Schmidt, Lincoln.

The council, made up of home extension club presidents in Lancaster County, meets four times a year, in January, March, June and September. The purpose of the council is to develop, strengthen and correlate the home economics extension program for the advancement of home and community life in this county. An educational program is a part of each meeting. The meetings will be publicized in this newsletter and anyone interested is invited to attend.

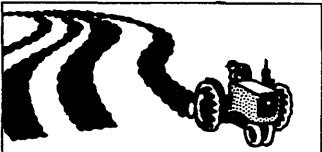
We owe a vote of THANKS to the officers who have very capably led the council during the past two years. They are: chair - Carol Talcott, Lincoln; vice chair - Malenna Vogel, Lincoln; secretary - Darlene Isley, Firth; treasurer - Roxane Hiatt, Lincoln; historian - Grace Hauschild, Hickman; and health chair - Helen McMahon, Lincoln.



Home Extension Council Officers (from left to right): Jeanne Egger, Cathy McQuinn, Jean Wheelock, Malenna Vogel and Delta Schmidt.

Forage and Grass Management Meeting

A Forage and Grass Management meeting will be held Thursday, January 11, 1990, 9 a.m. to 4 p.m., at the UNL East Campus Union. Topics of discussion include: managing native grass pastures, wildflower culture, summer annual forages, nitrates and prussic acid poisonings, alfalfa in swine diets, and pastures for horses.



Crop Protection Clinic

A Crop Protection Clinic will be held Monday, January 8, 1990, from 8:30 a.m. to 4 p.m. The \$10 fee includes clinic proceedings and lunch. This is an annual update on control of weeds, insects, and plant diseases affecting field crops.

Alternative Farming Committee

Your Cooperative Extension in Lancaster County is planning to host an alternative agriculture workshop this winter. We are also planning to provide more information and leadership to those interested in alternative methods of farming.

A recent study conducted by the National Research Council states, "Well managed alternative farms use

less synthetic chemical fertilizers, pesticides, and antibiotics without necessarily decreasing—and in some cases, increasing—per-acre crop yields and the productivity of livestock systems".

To help understand "alternative methods" a workshop will be planned for February or March to help emphasize management

Area Sheep Seminar

An area Sheep Seminar will be hosted by the University of Nebraska Extension in Platte County on December 5. The seminar will take place at the Agricultural Park in Columbus from 9:00 a.m. to 3:00 p.m. A \$5.00 registration fee will be charged.

Topics will include:

- Sheep facilities around the world
- Management and record keeping
- Lamb meals made easy
- Visit with the vet
- Raising sheep and goats profitability
- Hands-on ewe soundness

practices on the farm. Biological relationships that naturally occur on farms will be explored.

If you would like to know more about "Alternative Agriculture" or perhaps help plan the conference, please give us a call at the extension office. We'll make sure you obtain the meeting announcement. We also want to know what kinds of questions you have. Your com-

ments and suggestions will be appreciated. Call Don Miller at 471-7180 or leave your name and number and you will be contacted.

Farm and Home Directories Available

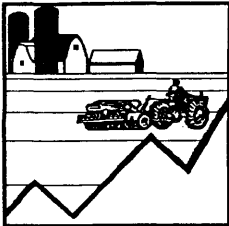
Farm and home directories and plat books for Lancaster County are currently available at the Cooperative Extension Office. The 1989 directory provides a current alphabetical listing of county residences with city, address, township, and phone number. Another directory is included for the county plat of land owners and occupants by township.

The directories sell for \$17.50 plus sales tax.

Ag Update

Agricultural News & Events

Don Miller, Ext. Agent, Chair
Warder Shires, Ext. Agent, Ag
David Varner, Ext. Agent, Ag



Rural Housing Help

Rural Lancaster County home owners can obtain housing rehabilitation help. This assistance is provided through the County Board of Commissioners and Lincoln Action Program. The repairs are limited to conditions affecting a person's health or safety.

Applicants must have resided in the home for one year prior to the date of the application. Land contracts must be registered. Income requirements range from low to moderate. Grants or low interest loans are available, based on need.

Contact Katherine Willey, Weatherization/Rural Housing Rehab Director at 471-4515 for more details.

Winter Grain Aeration

As mentioned last month, the primary objectives of aeration are to keep the grain at a seasonably cool temperature and to maintain uniform grain temperatures—preferably with no more than a 10 degree Fahrenheit difference in temperature from one part of the bin to another. This can usually be accomplished by keeping grain temperatures within 10 to 20 degrees of the average outside temperatures shown in Figure 1.

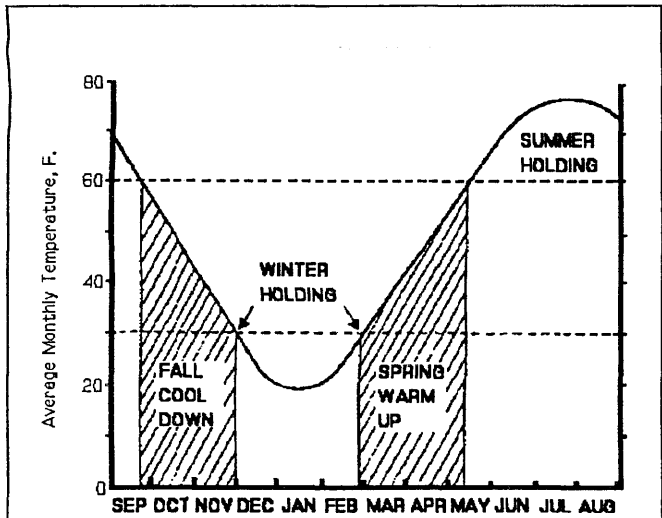


Figure 1.- Aeration periods appropriate to the average monthly temperatures experienced in Nebraska.

During the winter it is no longer necessary to think in terms of moving cooling zones through the grain. The aeration fan needs to be operated only on a maintenance schedule to control localized temperature increases. In fact, it may not be necessary to run the fan at all during the winter if the grain is dry and in good condition. One aeration strategy is to operate the fan for a few hours as part of a bi-weekly or monthly grain checking program.

Fan operation should be avoided on very cold or very warm days. This is especially true on days when the air temperature is warmer than the grain temperature where operating the fan can result in moisture condensing and possibly freezing on the grain. Condensation problems can be eliminated by operating the fan only when air temperatures are the same temperature or colder than the grain. However, freezing grain is not generally recommended because of the increased likelihood of condensation problems if the grain is not properly warmed in the spring.

Remember, following the above aeration schedule is no guarantee that grain quality will be maintained. Regardless of the aeration scheme, grain condition needs to be monitored to verify the desired temperature control is being achieved. Generally, grain should be inspected at least once a month during the winter and every two weeks over the summer.

Do's and Don't's of Hog Hedging

The Do's

- Become thoroughly familiar with the futures markets and how to use them in hedging before attempting to hedge. (This fact sheet is barely a start toward the information you will need to hedge effectively).
- Try a few hedges "on paper" if you are unconvinced that futures price changes will be offset by local market prices for hogs.
- Know your objective and the probability of achieving it before you hedge.
- Hedge only a small portion of your anticipated production, if possible, until you are convinced that hedging can do what you want it to do for you.
- Hedge only by selling futures contracts that mature nearest to but not before you expect to deliver your hogs. Basis is predictable with most accuracy when comparing local market price with futures price for the same month; for example, February futures prices quoted during February compared to local market prices during February.
- Be prepared to meet all calls for additional margin money; otherwise, you cannot be assured of completing the hedge.
- Know your production cost, including feed, labor, medication, buildings, overhead, etc.
- Consider forward-pricing feed when you forward-price your hogs to reduce risk of rising production costs.

• Remember that a pork producer who does not forward-price is, in a sense, a speculator. He commits cost to production and speculates that price will be high enough to cover those costs.

• Buy futures to offset your previous sale at the same time you establish a price for your hogs at the local market. A delay of even one day or possibly even an hour can make a difference in the hedging outcome.

• Find a broker who understands hedging and knows your objectives to handle your hedging account.

• Find a good banker who understands hedging to finance production and hedging activities.

The Don't's

• Don't confuse hedging with futures market speculation. Speculators are concerned only with profits or losses in the futures market.

• Don't change pricing objectives in the middle of a hedge.

Don't lift the hedge by offsetting the futures contract until the hogs are ready for delivery to the local market. Lifting the hedge prior to delivery returns you to a speculative position on the price of your hogs.

• Don't try to outguess the market. Once you have hedged it makes no difference which way prices move as long as futures prices and local cash prices are offsetting.

• Don't sell futures in amounts greater than the number of hogs you are confident you can produce. To do so means you are speculating on the difference.

• Don't fail to offset futures commitments when you price your hogs in the local market. This makes you a speculator because you no longer have any hogs to sell.

• Don't hedge unless you have, or have made arrangements to get, enough margin money to complete the hedge. Inability to meet a margin call might force you to lift your hedge at the worst possible time. A 410/cwt. change in futures price represents \$3,000 on a 30,000 lb. contract.

• Don't let your broker make decisions for you. He doesn't share your profits or losses. Above all, don't let a broker talk you into speculation when you want to hedge.

• Don't let a price that is perfectly acceptable slip away while you are waiting for futures prices possibly to go a few cents higher.

Goals For Your Community

Lancaster County is a very progressive and growing county within the state of Nebraska. We are an area with a large urban and rural community base. A mixture of farm and non-farm jobs within the community helps stabilize our economy. But, change is constantly taking place.

What kind of community do we want? What can we do that will make living in our community satisfying and worthwhile? What can we do when important things conflict with one another?

These basic questions of personal and community life are not easily answered because they are "goal questions". Through a process of identifying community goals, setting priorities, and developing a plan of action these questions can be answered. A community can "take control".

Your cooperative extension county staff would like to hear from you if you are interested in exploring these questions in your community. We are available to help you and others in your community. Contact Don Miller, extension agent chair, for more details.

Feeding Birds

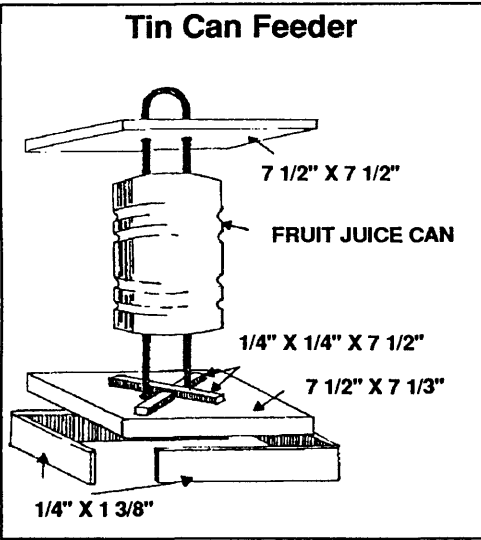
Feeding is the simplest way to bring a variety of birds within easy viewing range. When feeding birds, remember that some are seed-eaters, others eat fruit, some eat insects, still others eat animals, and hummingbirds feed on flower nectar. The right kinds of seeds will attract many seed-eaters. Suet (hard beef fat) is relished by many insect-feeders such as woodpeckers, and a sugarwater solution attracts hummingbirds.

Generally, you should feed birds during the colder months of the year when their natural foods are less available. Some birds will come to feeders throughout the summer, but the availability of natural foods usually reduces their numbers. During late spring and summer, many backyard birds eat insects and feed insects to their young. This can be beneficial to the garden and lawn. If you feed during warm weather, be sure the feed does not become moldy or spoiled.

Many types of feeders are available commercially or they can be made at home. Simple seed feeders can be made from an empty milk carton or other container, or from a piece of wood (about 12 x 18 inches) used as a platform. Many seed feeders protect the seeds from rain or snow, are easy to fill and clean, and provide a means to dispense feed gradually so spillage is reduced. Some spillage is okay, however, because birds such as native sparrows prefer to feed on the ground. A feeder should also have a pleasing appearance.

One seed recipe that is attractive to a wide range of desirable backyard songbirds is a combination of 50% sunflower seeds, 35% proso millet, and 15% finely cracked corn. You may want to alter mixtures to attract preferred birds. Below is a list of several

- backyard birds and their favorite seeds.
- American Goldfinch** - Hulled sunflower seeds, niger or thistle seeds, oil type sunflower seeds, broken sunflower hearts (also suet).
 - Cardinal** - Sunflower seeds of all types, finely cracked corn, millet.
 - Chickadee** - Oil-type sunflower seeds, cracked unsalted nutmeats (also suet).
 - Dark-eyed Junco** - Red or white proso millet, canary seed, finely cracked corn, oil type sunflower seed.
 - Grosbeak** - Sunflower seeds of all types, some finely cracked corn.
 - Mourning Dove** - Oil-type sunflower seeds, white and red proso millet; also thistle, wheat, milo, hulled sunflower, buckwheat, canary seed, hulled oats, and finely cracked corn.
 - Song Sparrow** - White proso millet, red proso millet, oil-type sunflower seeds.
 - Woodpecker** - Sunflower seeds occasionally (prefer suet).



For more information refer to NebGuide G83-669 "Backyard Wildlife-Feeding Birds", by Ron J. Johnson, Extension Wildlife Specialist.

Safe Handling of Animals

Farm animals are directly responsible for many injuries. Other injuries occur in connection with buildings, tools and supplies used in their care. Good handling and housekeeping can prevent most injuries.

- * Care for animals properly and treat them with kindness.
- * Use adequate restraining and handling facilities.
- * Leave yourself an "out" when working in close quarters.
- * Stay clear of animals that are frightened, hurt, sick or look suspicious. Use extra caution around strange animals. Warn children to stay away.
- * Provide good footing for handling operations. Keep floors and ramps clean.
- * Wear protective clothing, footwear and headgear as the job demands.
- * Train inexperienced workers in safe livestock handling.
- * Use proper lifting techniques and work methods when caring for animals. Keep chemicals out of the reach of children.
- * Be careful around mother animals and bulls.

National Lamb Check-off Proposed

The American Sheep Industry Association approved the initial proposal of a national lamb checkoff during their summer board meeting in Lexington, Kentucky in mid-August. With the board's approval, ASI will now move to establish enabling legislation and seek a sponsor for the bill, which would be introduced this fall.

The checkoff proposal was developed last July by a task force appointed by ASI and led by ASI Vice President Jim Magagna of Wyoming. "The mood of Congress is generally favorable towards this kind of self-help program...It is an excellent time to move forward on this issue," Magagna said. The checkoff would provide supplemental funding for the future of the sheep industry.

The task force recommended a plan calling for a 35-cent checkoff at each sale of live sheep and at the point of slaughter. A one-time checkoff at a specified point of sale had also been considered to reduce the administrative and collection costs associated with a multi-point collection. The argument on the issue stemmed from what point of collection would fairly assess all segments of the industry for product promotion and representation on the governing board.

Each state, rather than the ASI, will be responsible for how the checkoff will be collected to avoid additional and unneeded administrative oversight by the ASI and USDA. However, states will be provided the option of letting the national organization collect. States with qualified organizations would receive one-half of the 35 cents (17 1/2 cents) on all live sheep collections. The other one-half of live sheep assessments and the processor assessment would be used by the national certified organization (ASI).

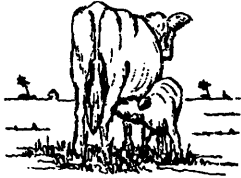
The ASI Lamb Council will serve as the general operating body. The council would be comprised of six producer/feeders appointed by the ASI Executive Board, three feeders and three processors both appointed by the USDA Secretary, and one Chairman appointed by the ASI President for a total of 13 members. The Council's role would be to review and suggest programs and budgets. The ASI Board of Directors would have final approval on the programs and budgets.

States with existing state checkoff programs (such as Nebraska) at the time of the passage of the legislation would be grandfathered at their checkoff rate or amount up to 25 cents equivalent.

Presently, the proposed legislation is in the final draft stages. Enabling legislation would give the industry the legislative means to propose a checkoff to the industry at some point in the future when the checkoff is needed. For ASI to call for the order to initiate the program, a majority of state member associations must request the start of the program by sending resolutions to the ASI Board of Directors. The ASI Board must approve this action by a two-thirds majority vote. The Secretary of Agriculture will then develop the order for a referendum of producers, feeders and processors. A majority passage would be required to start the collection process. At this time there is no specific time schedule for starting the checkoff process.

Newspaper Shredding For Animal Bedding

There are a number of factors that suggest the time is right for making shredded newspaper for animal bedding more available: (1) straw and other bedding materials are more subject to market shifts in supply and price (2) using paper for bedding can result in straw being sold as a cash crop (3) due to increased public awareness, high costs at county dumps, and in order to better utilize limited landfill space, everyone is recycling more newspaper (4) mandatory recycling will increase the volume even more (5) the traditional markets for recycled newspapers have all but vanished (6) a continued excess of material suggests we must find new markets for recyclable paper.



Livestock suitability has been proven in a number of field trials. The University of Wisconsin has considerable research data on paper bedding used for dairy, beef, pork, poultry and horses. Extension Agent Warder Shires and Extension Assistant Kevin Kock are conducting trials in Lancaster County in cooperation with the City of Lincoln to compare the Wisconsin reports with the conditions found in this area. The results so far have proven that shredded newspaper has been superior to straw and other bedding materials in cost, absorbency, and health and safety. Most inks today are of vegetable origins so there is little reason to worry about toxicity. Most animals avoid eating the paper and the product is virtually dust free. Additional information is available by contacting Shires or Kock at the Cooperative Extension Office in Lancaster County.

Managing The Swine Breeding Herd

A new home study course is available to assist producers in improving their swine breeding herds. Producers can participate without a high time requirement away from home. You can do this in the comfort of your own home or office!

The program will operate from December 11, 1989 through March 1, 1990. To participate in the program send \$20.00 and the registration form to the Cooperative Extension Office in Lancaster County. For additional information, contact Dave at 471-7180.

Swine enterprise records show a wide range in production output among breeding herds. Some examples from 1988 data are:

- 1) litters weaned/sow/year, 1.31 to 2.31
- 2) pigs weaned/sow/year, 8.03 to 20.21
- 3) litters weaned/crate/year, 3.38 to 15.71
- 4) pigs weaned/crate/year, 21.0 to 126

To put yourself among the top producers you must:

- match genetics with your management and environment
- properly design breeding and gestation facilities
- implement daily observation and management of sows and boars
- use proper nutrition and health programs

These topics will be addressed in the home study course.

Microcomputer Conference

A conference devoted entirely to microcomputer applications on the farm and ranch will be conducted March 7 & 8, 1990 in Grand Island. This user's conference is co-sponsored by the Nebraska Microcomputer Association and the Nebraska Cooperative Extension.

The conference will be conducted at the Interstate Holiday Inn. The registration fee is \$50.00 per person. Contact your Cooperative Extension Office in Lancaster County for a copy of the conference program and registration form.

Nebraska Swine Enterprise Records and Analysis Program

Concerned about the profitability and efficiency of your swine enterprise? How do you know if you are making a profit if you do not know your cost of production?

The Nebraska Swine Enterprise Records and Analysis Program could help you address these concerns. Lancaster county will be selecting 3-5 more producers to begin this program in December. If you would like to improve the production and financial management of your swine enterprise, call the extension office at 471-7180.

There are several Lancaster County producers currently enrolled in the program. The names of these producers are available if you would like to talk to them about the program.

Home Extension News (continued)

Microwave Roasted Soy Nuts

Add a bit of Nebraska flavor to your tray of holiday goodies by including Microwave Soy Nuts. These crunchy tidbits are wonderful in snack mixtures or dipped in chocolate or vanilla candy coatings. Purchase raw, edible soybeans at health food stores or at food cooperatives. If you use soybeans from other sources, make certain they have not been treated with pesticides or other chemicals. Here are the instructions for roasting soy nuts in the microwave.

Soak overnight in refrigerator 1 cup soybeans in 4 cups of water and 2 tablespoons baking soda. The next day, drain soybeans thoroughly. Let air dry on towels. Place in flat glass pan. Cook on full power for five minutes. Wipe off excess moisture on pan and walls of oven. Stir. Start microwaving on full power for 3 to 4 minute periods. Stir after each period. When beans begin to rattle when stirred, become crisp and start to turn light brown, they are ready to eat as is, or you may add one teaspoon of butter or margarine for each cup of soynuts and sprinkle with salt or season with onion or garlic powder.





1989 Award Winners



Congratulations to the 4-H'ers who received recognition for their achievements at the 4-H Achievement Program. Winners of the following awards were selected from applications submitted by their peers or leaders. I Dare You Awards - Michelle Schneider and Randall Vance, Outstanding 4-H'er Award - Mike Schepers.

These 4-H'ers who completed their awards books and submitted them for judging were selected as county winners.

Jonathan Backes	Rabbits
Page Baumbach	Achievement, Fashion Revue
Ryan Bergsten	Entomology
Stacy Brandt	Clothing
Michael Condon	Photography
Michelle Condon	Achievement
Lara Gilster	Cats, Companion Animals
Jayne Grundman	Let's Create
Carrie Henshaw	Engineering, Rabbits
Christina Kucera	Fashion Revue
Anne Love	Fashion Revue
Kristine McHale	Clothing
Karin McKeag	Food & Nutrition, Photography
Amy Paschold	Clothing, Food & Nutrition
Julie Paschold	Clothing, Food & Nutrition
Joel Reddish	Entomology
Jay Rosenboom	Public Speaking, Photography
Damion Schepers	Leadership
Mike Schepers	Fashion Revue
Marlo Suing	Fashion Revue
Rhonda Tucker	Cats, Bicycle
Rebecca Vahle	Achievement, Lets Create
Ruth Vahle	Clothing
Krista Vance	Fashion Revue

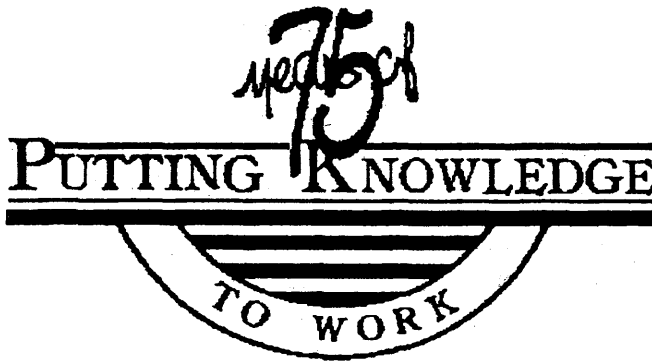
Scholarship winners were Lee Thurber - Kiwanis Scholarship; Havelock Farmers Institute Scholarship (awarded to student attending Northeast or Waverly High Schools) - Darin Gable and Sara West.

Marilyn Schepers received the 4-H Alumni Award and the Meritorious Awards were presented to Phyllis Larsen and Dennis and Irene Rezac.

State Awards winners for 1989 from Lancaster County were Michelle Schneider - Achievement, and Mike Schepers - Profiles for Tomorrow. Michelle received a trip to National 4-H Congress for her efforts.

Representing Lancaster County in district awards competition will be Page Baumbach, Michelle Condon, Carrie Henshaw, and Damion Schepers.

Congratulations and keep up the good work.



Nitrate Toxicity of Forages

As in nearly every forage growing season it is possible for nitrate poisoning to occur in cattle or sheep.

Forage in some areas in the state, and even on a specific farm, can contain high levels of nitrate but it does not mean that forage cannot be utilized. Precautions are highly recommended, however.

Nearly all plants have certain levels of nitrate but some species have tendencies to accumulate more. Oat, millet, sorghum, sudan grass hays and various weeds are likely to have considerably more nitrate concentrations, than, for example, alfalfa, orchard, brome and most native grass hays.

It is unreasonable to test all forages to be fed, so other means of utilizing the feed are available options:

1. Do not overgraze existing pastures before moving cattle to suspect forages. In other words, have the cattle filled rather than hungry.
2. When moving to suspect forages always acclimate cattle gradually to the new forage.

3. Always start cattle on the new suspect forage along with considerable access to forage species that are generally known to have low nitrate levels. If forage is known to be quite high in nitrate, continue to feed forages low in nitrate in conjunction until the high level feed is all gone.

4. Provide good quality water that is devoid or low in nitrate content as the total nitrate intake is additive. Determine the likely source of nitrate and respond accordingly to diminish adverse conditions.

5. Sometimes pond or well water is part of a potential problem and should be considered. Never haul water to cattle in tanks that have been used for fertilizer. Too many mistakes have already occurred by risking this method. Find other ways to provide good water.

Finally, visit with your veterinarian for further advice. He or she may observe your forage options, know more about nitrate in water levels in your area and therefore, may recommend testing of at least some of the more suspect plant species or water you intend to use.

Need some tips on buying and storing nuts? Here are a few ideas which may prove helpful.

When buying nuts in the shell, a good test is to shake the nut. If you hear a rattling sound, the nuts are possibly not as fresh as you would like.

Nuts in the shell store well when tightly covered and placed in the refrigerator. (Cool temperatures are necessary to keep the fats from turning rancid and developing off flavors.) Nuts may be held in the refrigerator for four to five weeks. For longer term storage, seal in moisture-vapor resistant packaging and store in the freezer. Recommended freezer storage time is 6-7 months.

Have you ever had difficulty in shelling nuts, especially pecans and Brazil nuts?

Try this: place about 2 cups of nuts in a glass 1 quart casserole. Add 1 cup of water and cover tightly. Microwave for 4 to 5 minutes on full power. Allow to stand for a minute or two. Carefully lift out a nut with a slotted spoon and apply the nut cracker. The shell of the nut will be softened slightly and should allow you to remove the kernel in one piece. If the kernel of the nut seems a little damp or soggy, simply allow it to dry before storing. This method doesn't always work perfectly, but it's worth a try.

Nuts are a wholesome food, but one relatively high in fat content. Enjoy in moderation.

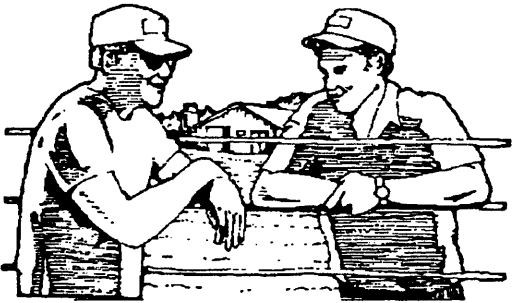
The Gift of Listening

"One of the ways we give is through listening...A good listener conveys that he believes the other person is important."

"Most individuals think about four times as fast as the average person talks." This leaves about three quarters of every listening minute to occupy ourselves with distant thoughts. If we don't choose to listen deeply, devoting our energies, sensitivities, and intelligence to feel and synthesize the speaker's being as well as his message, most of us can appear to listen while we engage in a surface and rather meaningless conversation.

"Sometimes, when you find yourself bored in conversation, try changing your attentiveness. Try to really listen and then respond to the speaker. If you are like most people, what will probably happen is that you will find yourself becoming less bored and more interested in the conversation. To give surface attention to almost anything is likely to produce boredom."

George Holden - On Loving



Managing The Swine Breeding Herd

A new home study course is available to assist producers in improving their swine breeding herds. Producers can participate without a high time requirement away from home. You can do this in the comfort of your own home or office!

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To put yourself among the top producers you must:

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- properly design breeding and gestation facilities
- implement daily observation and management of sows and boars
- use proper nutrition and health programs

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Extension Calendar

December/January

All programs and events listed in this newsletter will be held at the Nebraska Cooperative Extension Service in Lancaster County unless otherwise noted.

December

4	Market Training Series	9 a.m.-3:30 p.m.
5	Market Training Series	9 a.m.-3:30 p.m.
5	Area Sheep Seminar, Columbus, Nebraska	9 a.m.-3:00 p.m.
7	Home Economics Leader Training	9:30 a.m. & 7 p.m.
10	Teen Council Meeting	2:30 p.m.
12	Market Training Series	9 a.m.-3:30 p.m.
12	4-State Beef Conference, Elk's Club, Nebraska City	10 a.m.-4 p.m.

January

4	Image: The Total You	1 or 7 p.m.
5	Private Pesticide Applicators Training	9 a.m.-noon
8	Crop Protection Clinic	8:30 a.m.-4 p.m.
10	Landowners Seminar	7:30 p.m.
11	Forage-Grass Management Meeting, UNL East Campus Union	9 a.m.-4 p.m.
13	Basic Sewing Class (part 1)	9 to 11 a.m.
16	Facing Our Future (part 1)	7 to 9 p.m.
17	Fish for Health p73	7 to 8:30 p.m.
18	Private Pesticide Applicators Training	1 to 3 p.m.
18	Window Treatment Workshop	7 p.m.-10 p.m.
20	Basic Sewing Class (part 2)	9 to 11 a.m.
23	Facing Our Future (part 2)	7 to 9 p.m.
27	Basic Sewing Class (part 3)	9 to 11 a.m.
30	Facing Our Future (part 3)	7 to 9 p.m.

The Quick Relax

Psychologist Antoinette Saunders teaches kids an easy six second exercise to relieve stress.

- Recognize the body's signals of stress — pounding heart, anger, headaches, sweaty palms.
- Tell yourself you are going to calm down. Smile inwardly.
- Breathe slowly and easily and envision the air coming up through imaginary holes in your feet. Blow out all the hot, stressful air and feel the cool, calm air flowing upward.
- Imagine a place in your mind where you are peaceful and happy and let yourself go there to rest. Think of as many details as you can to describe the place. What do you see? Who is with you? How are you feeling? Relaxed, of course.

Extension Board Election

You are invited to vote for the directorships of the Lancaster County Extension Board. The extension board is a nine member board elected each year to represent all citizens of Lancaster County. The extension board is responsible for the program of the Nebraska Cooperative Extension Service in Lancaster County. Directors are responsible for funding, over-all policy direction and employment of county personnel.

The extension board is similar to a local school board in areas of responsibility. Lancaster extension board works closely with the University Cooperative Extension system.

Any bona fide resident of Lancaster County who is of legal voting age may cast a ballot. Ballots will be considered only if properly completed, and, write-in candidates are eligible for election. All ballots must be received before December 18, 1989. The ballot form may be copied. Additional ballots may be requested and completed ballots should be mailed to: Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528.

The voter declaration section must be completed. This declaration will be removed by the election clerk for voter registration purposes. You ballot will be kept secret and placed in the ballot box. You may vote in person at the Extension office during regular office hours Monday December 11 through Monday December 18, 1989.

----- (to be removed by election clerk) -----

Voter Declaration: I hereby declare that I am a bona fide resident of Lancaster County and am of legal voting age.

Name: _____
Address: _____
City: _____
Zip Code: _____

Official County Extension Board Ballot

North District (vote for one)	South District (vote for one)	County At Large (vote for one)
<input type="checkbox"/> Jerry Minchow	<input type="checkbox"/> David Doeschot	<input type="checkbox"/> Randall A. Gustafson
<input type="checkbox"/> David Grimes	<input type="checkbox"/> Todd Ibach	<input type="checkbox"/> Bob Gill
<input type="checkbox"/> Ken Nagel		
<input type="checkbox"/> Lyle Hall		

Watch local newspapers for background information on candidates.

What Pets Teach Your Child

"Mommy, can we keep him? Please?" Can you say no to your pleading four-year-old daughter as she nuzzles the fur of a soft gray kitten? If you grant your child's wish, you've probably made the right decision, says Gladys F. Blue, PhD, associate professor of early-childhood education, North Carolina

Agricultural and Technical State University in Greensboro.

Kids benefit in many ways from having a pet:

- Children become sensitive to the needs of another. "Mom, Sparky has to go out." "Frisky looks hungry." "I think Spot would like some of this chicken."
- Pets give unconditional love, and plenty of chances for warmth and play.
- Caring for a pet introduces children to a routine of daily responsibility. "Every night before dinner, my job is to give Gato one scoop of food and some fresh water."
- Children learn about the cycle of life by watching their pets grow up. "Pajamas eats hard dog food now." "Prince doesn't run as fast as he used to."
- Children discover the common needs of living things. "Whiskers has to have food and water, just like Patrica's dog."

"Preschoolers need companion animals that can be easily held and cuddled, such as dogs, cats and gerbils," recommends Dr. Blue. Some pets, such as turtles and fish, are easier to care for but offer less opportunity for touch and interactive play.

Dr. Blue acknowledges, however, that there is no way for a preschooler to be completely responsible for a dog or cat. Parents must take an active role, and show the child how to be gentle, play appropriately and care for a pet.

Source: Working Mother, Spetember 1989.



Marketing Workshop
December 4,5,12 and 19
9:00 a.m. - 3:30 p.m.



Extension Conference Center
444 Cherrycreek Road
Lincoln, Nebraska
68528

Program:	Presented by:
* Building a marketing plan	Dr. James Kendrick University of Nebraska-Lincoln Extension Marketing Specialist
* Futures price relationships	
* Reduction of producer price risk	Dr. Lynn Lutgen University of Nebraska-Lincoln Extension Marketing Specialist
* The "nitty-gritty" of techniques	

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Nebraska Cooperative Extension Newsletter
Lancaster County

The Nebline is edited by Mark D. Hendricks, Extension Assistant, Media, and published monthly by the Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, Nebraska, 68528. For more information, contact Mark Hendricks at (402) 471-7180.

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