



Family Living



Alice's analysis

I am writing this analysis on April 30 and very thankful for the nice rain we have just had. I did not mind walking in the rain last Sunday. Ted came in this morning and said "there was some ice in a water bucket," so it makes me wonder when spring will be here.

I know May is a busy month for everyone. Farmers are planting, farmer's wives are running errands for their husband's, Mother's Day this month and graduations from preschool to colleges will take place. Here at Doane's Acres, we are getting ready for Ted's retirement "bash" May 11. This brings back memories of April 29, 1955, when we moved to Lexington, Nebraska so Ted could begin his career May 1 for University of Nebraska. It doesn't seem like 41 years ago. Today, I looked in the "Old Farmer's Almanac" to check the weather for last week. They were right for April 27 to 30, "rain and cold." I hope it is right for May 11 to 13 "sunny and warm."

June 11-13 is the State FCE Convention in Hastings. Carmelee Tuma reported that Lancaster County's cultural art entries are Donna DeShon's counted cross stitch and other stitches picture "Nova"—the design of the new quilt patterns is that each square is in one inch blocks. Donna must have very good eyes. She represents the 49'ers FCE Club. Margaret Blacketer's painting, "The Good Life," is a painting on wood. She represents Helpful Homemakers FCE Club. The delegates for the state meeting are Ann Meier, 49'ers FCE Club; Jean Wheelock, Emerald FCE Club; Margaret Blacketer, Helpful Homemakers; and myself from

Waverly Matronettes. I understand there is a large group of members from the Helpful Homemakers going. I hope we come back with some answers to the questions we have been asking.

I received my membership card April 30.

Mark your calendar for July 9, 6 p.m., for a light supper and an evening of "brain storming." I talked with Roberta Newburn and the tentative program is:

Bev Thurber will introduce us to "tole painting."

A representative from Sew Creative will instruct us about "sergers." If you do not have one of your own, you can see how they work.

A representative from Fabric Gallery will tell us what "new things are in sewing."

There will be a \$5.00 fee. More information in the next "A.A." (Alice's Analysis).

Helen McMahon is working on the Health Awareness and Safety Program at the County Fair on Friday, August 2. If you would like to help, call Helen at 466-2557.

The next council meeting will be Monday, June 24 (my birthday—no gifts smaller than the hope diamond or a new cadillac please), 7 p.m. at the Lancaster Extension Conference Center. The program will be "Literacy: Family, Reading and Refugee Tutoring" by Lois Poppe, director of the Literacy Center in Lincoln.

A.A.'s quote for the month—Oliver Wendell Holmes "Friendship is the breathing rose, with sweets in every fold."

Second Sizzling Summer Sampler scheduled

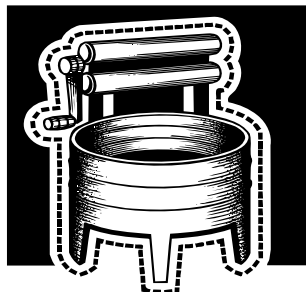
Mark this date on your calendar! Tuesday, July 9, 6 p.m. Our second Sizzling Summer Sampler will be held at the Lancaster Extension Conference Center. A light supper will be served first for \$5.00 per person. This event is open to the public and it will be necessary to make reservations for the evening. Please feel free to invite a friend or two. Send a check in the necessary amount (payable to Lancaster County FCE) to Roberta Newburn, Route 1 Box 82C, Martell, NE 68404 by July

5. We have planned four workshop-like programs for the evening, to be repeated four times throughout the evening. You will be able to attend all four events. Programs and presenters are: The Serger Search presented by Sew Creative; Sewing in the '90s by The Fabric Gallery; Tole Painting presented by Bev Thurber; and Table Settings Extraordinaire presented by Willow Hollow. Plan on attending this fun evening!! (LB)

Did you know?

Children in the United States spend four hours a day watching TV, more than any other activity except sleep. By the time the average child graduates from high school, he or she will have seen 18,000 murders while watching 15,000 hours of TV. Children's TV programs contain about 20 violent acts each hour. (LJ)

Washtub tips

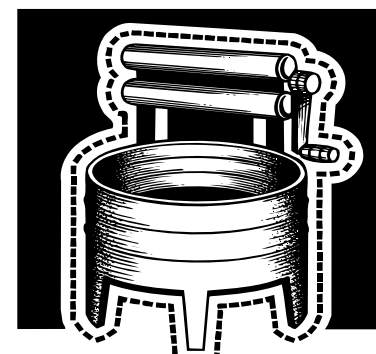


Prewash soil and stain removers are effective in removing oil-based stains like animal fats, body soils, cooking oils, cosmetics and motor oils.

Liquid or aerosol products work best while they're still wet, so wash garments within a few minutes after they are applied.

Stick and gel prewash stain removers work best when left on the soiled area three to four days before washing.

Before using, check the garment care label. Be aware that prewash products can cause color loss in bright or fluorescent colors. (LB)



EFNEP youth learn the way of "Five-A-Day for better health"

Maureen Burson
Extension Educator



During this three-part program, students learned how to incorporate five fruits and vegetables into their daily diet. The students learned about new fruits and vegetables and were very excited when they were able to touch, smell, and see a variety of vegetables, they had not seen before. They made comments that they would like to try some of them. Lincoln Parks and Recreation coordinated the scheduling and provided financial support for the snacks of raisins and baby carrots.

Nutrition advisors presented 57 nutrition education programs to students at various before and after school childcare sites and community centers. The three-part series called "Five-A-Day



EFNEP/4-H members feel, smell and taste vegetables.

for Better Health" has been presented to 521 youth. Community centers included: Malone, Belmont, Belmont Recreation Center, Willard, Willard School's Out Program at Roper Elementary, and the Salvation Army.

The before and after school sites included: Arnold, Beattie, Eastridge, Everett, Fredstrom, Hill, Huntington, Lakeview, McPhee, Norwood Park, Riley, and West Lincoln.

Cooperative Extension ServSafe classes

The University of Nebraska, in cooperation with the Lancaster County Health Department and the Nebraska Restaurant Association, is offering the ServSafe Food Service Manager's Certification Workshop June 10-12

This National Restaurant Association program has been the industry leader for the past 15 years, certifying more than 300,000 food service employees.

Due to recent publicity regarding food safety concerns and food-borne illness outbreaks, the dining public (your customers) have become more aware of and concerned about these topics. As you are aware, the negative impact of food-borne illness on the restaurant industry and its profits can't be overlooked.

Don't miss this opportunity to obtain your National Certification and update your skills in food-borne illness prevention.

You will also receive the Applied Food Service Sanitation Course book which is an excellent reference for use at your establishment.

You will discover the eight critical areas of food safety and training.

You will learn to develop your own HACCP program.

You will be able to implement facility sanitation and employee training for your establishment.

You will meet Lancaster County Health Department Level 4 certification.

You may receive 1 hour

of UNL credit for your participation.

Since the course is a fast-paced overview of the book, it would be beneficial to read the book prior to the workshop. This will equip you with the information necessary to successfully complete the certification examination to be given the last hour of the workshop.

Time: 1:15 - 5:00 p.m.

Location: East Campus Union, University of Nebraska, Lincoln

Cost: \$95.00

To register, arrange for book pick up, or for more information, call Pauline at (402) 472-9751.

Registration deadline is Wednesday, June 5. (AH)

Fabric Embellishment Workshop

Take a simple garment and turn it into a piece of art by using fabric embellishment. Linda Tucker, a sewing and fabric decorating enthusiast, will demonstrate the latest techniques and notions in fabric embellishments.

Learn many new sewing techniques at a workshop scheduled for Wednesday, June 26, 9 a.m. to 3 p.m. Check-in will begin at 8:30 a.m. The class will be limited to 25 participants. The fee is \$25 and includes thread and supplies for decorating a vest or shirt. Participants

are asked to bring:

- sewing machine
- simple vest or simple cotton shirt without pockets
- four pieces (1/2 yard each) of cotton fabric (all from the same color family)
- three bobbins for their machine, one filled with thread to match their vest or shirt
- sack lunch

At the completion of this class everyone will have their own original design. Techniques that will be taught are couching, adding yarns, braids and cords, cable stitching, free hand

embroidery, scrunching and creative cut ups.

On Tuesday, June 25, 7-9 p.m. a demonstration only session will be held. This is open to anyone interested in learning decorating techniques. The cost is \$5.

To register for either session, make a check payable to Lancaster County Extension and send to: Fabric Embellishment Workshop, 444 Cherrycreek Road, Lincoln, NE 68528-1507. For more information contact Lorene Bartos, Extension Educator, 441-7180. (LB)