

# The NEBLINE

Nebraska Cooperative Extension  
Newsletter  
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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- EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
- WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



## Nebline Feedback

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (please print)
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**Return to:**  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherrycreek Road, Lincoln, Nebraska 68528-1507

# Extension Calendar

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

**December 24**  
Office Closed

**December 31**  
Office Closed

**January 5**  
4-H Council Meeting ..... 7 p.m.

**January 9**  
4-H Ambassador Meeting ..... 2 p.m.  
4-H Teen Council ..... 3-5 p.m.

**January 11**  
CWF Meeting ..... 7 p.m.

**January 13**  
Extension Board Meeting ..... 10 a.m.

## Alternatives to eating alone

Do you live by yourself and get tired of eating alone? Yet, do you feel uncomfortable always calling up friends to go out to eat? Here are some creative ways to have companions for dinner from Kansas State University Cooperative Extension Service:

- Have a progressive dinner party. Call two or three friends. Ask each one to prepare one menu item and you prepare one also. Then go to each home to eat the item they prepared. If you like, come up with a theme for your progressive dinner party complete with decorations.

- Check the newspaper for brown-bag seminars. Many organizations have lunch-and-learn programs on a regular basis. If you find one that you

like, check if they will be offering more in the future.

- Join a service organization that meets weekly for a meal and a meeting. Many organizations will let you attend a few meetings to learn more about them before you commit to joining.

- Start a dinner club. Ask several acquaintances or friends to share dinner on a weekly, bimonthly, monthly or whatever time you wish. Rotate the place from home to home. Maybe even have a menu planning party to get started with ideas and plan the first two or three dinners. Also, bring recipes to share.

- Here's an idea that I'd like to add. If you and your friends enjoy reading, you might start a book club. Meet monthly

in your favorite restaurant (or rotate to several restaurants). Dine and discuss your favorite book at the same time. You can read a book a month. Or break a longer book into several sections and discuss over several months.

- If you prefer to be with people when eating and everyone is busy, ask yourself these questions or try these ideas:

- Is there a church social today that I forgot about?
- Is there a senior center where I can drop in?
- Is there a restaurant I feel comfortable going to by myself?
- Make a sack lunch and eat sitting on a park bench watching the children play.
- Go to a mall and eat in the food court. (AH)



### Learning about our world: celebrating Kwanzaa

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last week of December as a time for learning, feeling proud, sharing, fun and joy. In one of his books Dr. Karenga says, "May the year's end meet us laughing and stronger."

If you would like to share more information on Kwanzaa with your children and their families, look for \*KWANZAA\* by Deborah M. Newton Chocolate or \*KWANZAA\* by

Dorothy Rhodes Freeman and Dianne M. MacMillan in your children's library. Perhaps there is an African-American art show, a puppet show, or play about this celebration in your area. Prepare one of the foods for a snack. Any of these activities will help our children learn about and understand the many people in our world. (LJ)



### Holiday safety check

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could be breakable glass, marbles and other tiny toys, plastic bags, plastic toys that break with sharp edges and scissors and other sewing items.

Is your house and family safe? Here are some helpful tips to find if the family is safe:

- Are electrical sockets covered and furniture placed so that little fingers cannot reach them?
- Does the family buckle up during every car ride?

Do kids under 10 cross streets with an adult?

Are kids always supervised in or near water, including the bathtub?

Is the home's smoke detector working and are the batteries checked monthly?

Is the water heater set lower than 120 degrees to prevent scalding burns?

If guns are in the home, are they kept unloaded and locked away?

### Focus on food

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**Suggested freezer storage time: 3 to 6 months.**

For a free 8-page fact sheet giving tips for freezing pies, cookies and other holiday baked goods, send a self-addressed, stamped, business-size envelope to: Freezing Holiday Foods; c/o Alice Henneman; NU Lancaster County Cooperative Extension; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (AH)

Are kids protected against falls from windows, stairs, furniture and playground equipment?

Are household cleaners, medicines and vitamins stored out of the reach of young kids?

Does the home have emergency numbers near the telephone and first aid supplies?

The holiday season is a time of fun and memories; do not let it be destroyed by unsafe practices. (LJ)