

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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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.

November 14
Teen Council 3-5 p.m.
4-H Ambassadors 2 p.m.

November 18
Fair board meeting 7:30 p.m.

November 22
Disaster Preparedness, Part 1 7 p.m.

November 25-26
Office Closed. Thanksgiving Holiday

November 29
Disaster Preparedness, Part 2 7 p.m.

December 2
Cropland Rental Update Meeting Lancaster County Extension Conference Center 1-3 p.m.
\$5.00 registration fee

December 4
4-H Shooting Sports Leader Certification 8 a.m. - 4 p.m.

December 9
4-H Council Meeting tba
Extension Board Meeting, 10 a.m.

December 13
4-H Shooting Sports Club 7 p.m.

Keep your family calm during the holidays

During the holiday preparation season, many parents seem more strained, because they are suffering from overload. No doubt this pressure comes from wanting to give their families the best holiday ever. Isn't it ironic that what families most need is relaxation to enjoy the festivities together.

If tension is mounting at your house, you still can change the pattern to ease the pressure. Here are some helpful tips:

Slow down and reconnect. Give your kids 10 minutes of your uninterrupted attention. When you get together at the end of the day, put everything on hold. Sit down with them and just listen to whatever they have to say. If you promised to look at a child's assignment, do it now. When kids know you're really with them and not

thinking of other things, they'll enjoy a measure of comfort and satisfaction. Give kids a role. Think how you can include the children in the ongoing holiday preparations. If they feel they're really participating, they won't need to act up or whine for your attention. Perhaps they can help with gift wrapping, decorating, baking or addressing cards. You are training your children in a new skill that will contribute to their sense of competence. You'll also see your kids grow a foot in pride as they admire their accomplishments!

Invite them to think of special gifts for the people on your list. Even little ones can be thoughtful and right-on-target with some of their suggestions. Get them into the kitchen. Find a way to include your kids in cooking, especially when you

take food to a bake sale or have guests coming. Preparing the food helps children feel that they can give to others along with you. They will probably be even more hospitable toward arriving guests. Observe the rule of two. Try to limit your social obligations to a maximum of two a week that take you away from the kids. They may tolerate your absence for two nights, but change it to three and they may fall apart.

Savor the upcoming traditions. Observe your family rituals, even if it means missing the neighbors' caroling party or a dinner with out-of-town friends. Take the time you need to enjoy the meaningful rites your kids look forward to all year. (LJ)



Woolly bear



The woolly bear is a common and well-known caterpillar. Though most people have one kind of woolly bear in mind, there are eight or more species in the U.S. that could legitimately be called woolly bears because of the dense, bristly hair that covers their bodies. Woolly bears are the caterpillar stage of medium sized moths known as tiger moths.

The best-known woolly bear is called the banded woolly bear. It is black at both ends and reddish-brown in the middle.

The adult is called the isabella moth. The banded woolly bear is found throughout the U.S., Mexico and southern Canada, but not the rest of the world. There are two generations of caterpillars each year (May and August). The second generation is the one noticed in late fall when the woolly bears are crossing the roads, usually in great haste, as if they have someplace special to go. In fact, they are only scurrying to find a sheltered location under dead plant debris, etc. where they will spend the winter as a larva. In the spring, they will feed briefly before changing into a cocoon and, eventually, a moth. Eggs laid by the female moths start the cycle over again.

The adult moth of the banded woolly bear has white wings with scattered black spots.

Wingspan is about two inches. The banded woolly bear is the species mentioned in winter prediction folklore that claims the longer the black at the ends of the body, the more severe will be the coming winter. As you might expect, science has debunked this legend by showing the amount of black varies with the age of the caterpillar and the moisture levels in the area where it developed.

This doesn't stop the good folks of Vermilion, Ohio (east of Cleveland) from holding an annual "Woolly Bear Festival"—claimed to be the largest one-day festival in Ohio. Festivities include a parade, woolly bear races and an "official" analysis of the woolly bears and forecast for the coming winter. Source: Don Lewis, Iowa State University (SC)