

# 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. • Suite A, 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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- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



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# Extension Calendar

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

**February 13**  
4-H Speech Workshop ..... 6-7:30 p.m.  
4-H Ambassadors ..... 2 p.m.

**February 17**  
Fair Board Meeting ..... 7:30 p.m.  
Rompin Rovers Educational Meeting ..... 7 p.m.

**February 17**  
Carbon Sequestration Meeting—ARDC

**February 18**  
Private Pesticide Applicator Certification Training ..... 9 a.m.-noon

**February 19**  
Private Pesticide Applicator Certification Training ..... 9 a.m.-noon

**February 22**  
4-H New Leader Training ..... 9:30 a.m. or 7 p.m.  
FCE Leadership Training ..... 1 p.m.

**February 24**  
Commercial Pesticide Applicator Certification Training Re-certification.

**February 25**  
Computerized Financial Record Keeping (Initial Level)-Call for details

**February 27**  
Michael Josephson Community Presentation-Cornhusker Hotel ..... 6:30-8:30 p.m.

**February 28**  
Pet Pals 4-H Club Meeting  
Michael Josephson Seminar-UNL City Union ..... 2:30-3:30 p.m.  
Michael Josephson Student Presentation-(High School & College), UNL City Union ..... 6:30-7:30 p.m.

**February 29**  
Beginning Beekeeping Workshop, Part 1 ..... 6:30-9:30 p.m.

**March 1**  
Beginning Beekeeping Workshop, Part 2 ..... 6:30-9:30 p.m.

**March 2**  
Nebraska Soybean and Feed Grain Profitability Project Annual Meeting—ARDC, Mead  
Grain Sorghum Productions Seminar—Beatrice

**March 3**  
Private Pesticide Applicator Certification Training ..... 1-4 p.m.

**March 6**  
4-H Council Meeting ..... 7 p.m.  
FSA County Committee-ballots due

**March 7**  
CWF Fundraiser—Fazolli's, 4603 Vine Street ..... 5-8 p.m.  
4-H Small Animal VIPS Committee Meeting ..... 7 p.m.  
4-H Livestock VIPS Committee Meeting ..... 7 p.m.  
Commercial Pesticide Applicator Certification Training (Initial Level)

**March 8**  
4-H Horse VIPS Committee Meeting ..... 7 p.m.

**March 9**  
Extension Board Meeting ..... 10 a.m.  
4-H Cat Club Meeting ..... 7 p.m.  
4-H Rabbits VIPS Committee Meeting ..... 7 p.m.

**March 10**  
Computerized Financial Record Keeping (Advanced Level)—Call for details  
4-H Speech Contest Entries Due

**March 12**  
4-H Ambassador Meeting ..... 2 p.m.  
4-H Teen Council Meeting ..... 3-5 p.m.

**March 13**  
4-H Shooting Sports Club Meeting ..... 7 p.m.

**March 16**  
Nebraska Soybean and Feed Grain Profitability Project Tour—ARDC



## Healthy Eating

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baking.

3. If you prefer, you can omit the 3/4 teaspoon of lemon juice. Do leave in the grated lemon peel as this gives much added zing!

4. Use a regular soft margarine rather than a reduced fat one. The reduced fat "spreads" have increased water content and may not give you

the same results.

5. You can use either old-fashioned or quick rolled oats. They're comparable in nutrition—the quick oats are just cut into smaller pieces so they cook faster. The old-fashioned oats will give a chewier texture which you may or may not prefer.

6. If desired, you may peel

the apples. Be aware you'll lower the overall fiber content about one gram for each apple you peel. Or, you might try half with peels and half without.

7. A small dollop of a fat-free frozen yogurt adds extra flavor, calcium and weighs in at around 100 calories. (AH)