

# The NEBLINE

Nebraska Cooperative Extension Newsletter  
Lancaster County



THE NEBLINE is published monthly by:  
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All programs and events listed in this newsletter will be held (unless noted otherwise) at:  
**Lancaster Extension Education Center**  
444 Cherrycreek Rd., Rooms A-C (event rooms posted)  
Lincoln, Nebraska  
Lobby Phone: 441-7170



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**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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Comments \_\_\_\_\_

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Story Idea(s) \_\_\_\_\_

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**Return to:**  
University of Nebraska Cooperative Extension in Lancaster County  
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

# Extension Calendar

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

## JANUARY

- Jan. 15 4-H Citizenship Washington Focus (CWF) Meeting ..... 7 p.m.
- Jan. 17 Fair Board Meeting (Lancaster Event Center) ..... 7:30 p.m.
- Jan. 23 4-H Chess Club Meeting ..... 7 p.m.
- Jan. 28 Family Community Education (FCE) Council Meeting ..... 12 noon
- Jan. 29 Family Community Education (FCE) Leader Training Lesson:  
"Positive Communication in Families" ..... 1 p.m.
- Jan. 31 Lancaster Conversation on Youth Development in the 21st Century ... 7 p.m.

## FEBRUARY

- Feb. 3-9 **4-H CENTENNIAL WEEK**
- Feb. 5 4-H Centennial Celebration ..... 5:30 p.m.
- 4-H What's It All About/Achievement Night ..... 7 p.m.
- 4-H Council Meeting
- Feb. 6 Commerical PAT-Recertification ..... 9 a.m.– 5 p.m.
- Feb. 7 Commerical PAT-Recertification ..... 9 a.m.– 5 p.m.
- Feb. 8 Extension Board Meeting ..... 8 a.m.
- Feb. 9 4-H Cattle Weigh-In (Lancaster Event Center) ..... 8-11 a.m.
- Feb. 9-10 Horsin' Around Clinic (East Campus)
- Feb. 10 4-H Ambassador Meeting ..... 2 p.m.
- 4-H Teen Council Meeting ..... 3-5 p.m.
- 4-H Speech Workshop ..... 6-7:30 p.m.
- Feb. 12 4-H Pet Pals Club Meeting ..... 6:45 p.m.
- 4-H Cat Club Meeting ..... 7 p.m.
- Feb. 13 4-H Horse VIPS Meeting ..... 7 p.m.
- Feb. 14 4-H Rabbit VIPS Meeting ..... 7 p.m.
- Feb. 15-16 4-H Volunteer Forum (Grand Island)
- Feb. 16 Private PAT-Recertification ..... 8:30-11:30 a.m.

## Lancaster Extension Food Safety & Nutrition Site "Among the Best"

Created to help the public quickly sort and find information they can trust, Tufts University Nutrition Navigator ([www.navigator.tufts.edu](http://www.navigator.tufts.edu)) is the first online rating guide that evaluates nutrition Web sites based on accuracy, depth and usefulness of information.

The University of Nebraska Cooperative Extension in Lancaster County's Food Safety and Nutrition Web site at [www.lancaster.unl.edu/food](http://www.lancaster.unl.edu/food) scored 22 points out of a possible 25 points to earn an "Among The Best" rating.

The criteria were developed by a prestigious advisory board of U.S. and Canadian nutrition experts. "University of Nebraska Cooperative Extension in Lancaster County is a leader in the electronic nutrition informa-

tion arena," said Jeanne Goldberg, director of the Center on Nutrition Communication at the Tufts University School of Nutrition Science and Policy. "Among The Best" ratings are only awarded to Web sites that serve as outstanding resources and maintain a high level of integrity in nutrition reporting"

Lancaster County's Food Safety and Nutrition Web site features a "Cook It Quick" section; archives of "Food

Reflections, an e-mail newsletter; and links to Food Safety and/or Nutrition online publications and Web sites. "We are proud to be recognized by the Tufts University Nutrition Navigator," said Alice

Henneman, Lancaster County extension educator. "Representing the best of nutrition Web sites on the Internet raises our commitment to provide reliable, timely information."



## Lancaster Conversation on Youth Development in the 21st Century

part of the



THE NATIONAL CONVERSATION ON  
**YOUTH DEVELOPMENT  
IN THE 21<sup>ST</sup> CENTURY**

**Thursday, Jan. 31 • 7-9 p.m.**

Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln.

• Refreshments • 4-H Clover Mint Ice Cream • Door Prizes

**Please call 441-7180 to RSVP by Friday, Jan. 25.**

Discussion topics will then be mailed to you.