

USED OIL*continued from page 3***What Will NOT be Accepted?**

- Spent antifreeze
- Brake fluid
- Solvents of any kind
- Any used oil with water
- Vegetable oils (note: National By-Products will recycle vegetable oils. The plant that services central and eastern Nebraska is in Bellevue. Call toll free: 1-800-247-7401)

Collection Sites

Make sure to use empty, clean, leak-proof and sealable containers. Take uncontaminated used oil to one of these three collection facilities in Lancaster County:

Lincoln: Transfer Station, 5101 N. 48 Street. Hours: Mon–Sat 6:45 a.m.–3 p.m.; Sun 6:45 a.m.–noon. Used oil will be accepted in quantities less than 25 gallons during all hours. If you have quantities greater than 25 gallons, call 441-8104 and make an appointment.

Davey: Otte Oil & Propane, 3435 Davey Road. Hours: Mon–Fri 9 a.m.–3 p.m.; except holidays. 785-2365.

Firth: Firth Energy Company, 208 W. 3 Street. Hours: Mon–Fri 8 a.m.–5 p.m.; Sat 8 a.m.–noon; except holidays. 791-5837.

FEELINGS*continued from page 9*

At the moment of crisis, acknowledge your child's feelings and offer a choice. For example, if Kim is crying because it's time for Jill to leave, you might say, "You're disappointed Jill must go home. Would you like to sit here and take deep breaths or walk her to the car?"

Other things to do:

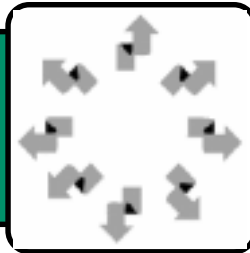
- In a calm time, talk about feelings.
- Let your child know you have feelings.
- Talk about different things a person can do when he is angry.
- Give your child "feeling" words he can use. "When you are angry you can say..."
- Help your child find good ways to express feelings. "It's OK to have feelings. Here is something you can do when you are feeling so angry:
 - Dance a mad dance.
 - Take 5 deep breaths.
 - Look at your book.
 - Talk to someone.
- Work on ways you express your own feelings. What are ways you let your anger out? How do you cool down? Breathe deeply, count to ten.

Article from "Family Assets...Building Block for Life" The Ohio State University Extension (LJ)

COLLEGE*continued from page 10*

may also want to begin visiting some of the college campuses that most interest your son or daughter. Be sure to call ahead and make arrangements to visit with the representatives and faculty from those schools.

12th Grade: Complete the high school classes needed for graduation as well as college entrance requirements. Encourage your student to resist the temptation to "take the easy way out" during the senior year. Students who continue to take challenging classes like AP classes or college classes while still in high school will have a much easier transition to college life. Your student should apply to at least three colleges early in the fall term, and you will want to become familiar with the scholarship deadlines [see page 8 for information about scholarships available to Lancaster County 4-H'ers] and other deadlines for those schools. Get your Free Application for Federal Student Aid Form (FAFSA) and plan to complete your tax information as early as possible so you can submit the FAFSA in January or early February. Your son or daughter should make the final decision about which school to attend in April or May and plan to attend orientation as early as possible. Then celebrate and prepare for moving to college in the fall!

Miscellaneous

Reflecting on the 2002 LANCASTER COUNTY FAIR

Volunteers are especially important to a successful Lancaster County Fair! Their contributions are many and a hearty thanks to each is much deserved. One volunteer was Martha A. Countryman who reflected on her experience with a poem. Fair goers might have been greeted and assisted by Martha while she provided oversight in the Fair Board office. She is the mother of fair board member Jim Countryman. (GB)

LANCASTER COUNTY FAIR

The aroma of hot dogs filled the air,
Pink cotton candy was at the fair.

Face painting, clowns, a petting zoo,
Ice-cream social and a barbecue.

A yo-yo artist and a stiltwalker played,
Racing pigs that ran for Kool-Ade.

When the weather was hot, the dunking tub
Was manned by 4-H'ers from every club.

Town hall meeting, free watermelon feed,
Hay-hauling contest was a sight, indeed!

Teen-age dance, cookies to chew,
Backseat driving was hilarious to view.

Micro-mini tractors and a Big Wheel race,
The International Pedal Pull was there to "ace".

Cars and motorcycles, new and antique,
Owners allowed us to take a peek.

Wacky Rodeo for young and old,
Also a garden where beer was sold.

4-H exhibits from Lincoln and rural,
Efforts of many a boy or girl.

Baking, sewing, flower blooms
Were seen from all air-conditioned rooms.

Table settings with a theme,
Demonstrations by a team.

Horses, cattle, dairy goats,
Llamas, chickens, turkey poult,ts,

Dogs, cats, sheep and swine,
Rabbits, pigeons, longhorns, fine,

Grains, grasses, garden fare,
Canned goods, knitting, things to wear,

Photos, paintings, quilts, and more,
Woodworking or Legos to explore.

Commercial vendors and campgrounds there,
Handicap access everywhere.

4-H helped kids "stand up tall",
Open Class is there for all.

The fair is free, and much, much more,
Located at Havelock and 84.

Martha A. Countryman

Cultural Insights: Nurooz the Persian New Year Festival



Boshra Rida
*Extension Volunteer In
Service To America*

Nurooz which means a new day in Persian, celebrates the awakening of the natural life and symbolizes two concepts — the End and the Rebirth. Nurooz is the point when the cold winter begins to retrieve the beginning of the lively and helpful spring.

A few weeks before the New Year, Iranians clean, rearrange and often paint their homes. Another tradition associated with Nurooz is that every person buys at least one set of

new clothes.

On the night before Nurooz, the entire family gathers around a table and arrange several items, each of which symbolizes a wish or theme. Of all the items in this arrangement, seven of them starting with the Farsi letter "seen" (the English is "S"), must always be included. The seven items stand for the seven angelic herald of life — rebirth, health, happiness, prosperity, joy, patience and beauty. These seven dishes are: green vegetables, garlic, Samanu (a Persian snack made of flour and sugar), hyacinth flower, coin, vinegar and Senjed (a dried

fruit). Other items often included on the table are sugar, cookies, a mirror, candles, eggs and a bowl with goldfish.

Looking at the goldfish at the turn of the year is believed to bring good luck and fortune. On the eve of the last Wednesday of the year, bonfires are lit in public places and people leap over the flames.

On the 13th day of the new year, families leave their houses and celebrate the last day of the festival outdoors in a picnic style. The concept of avoiding the number thirteen is mainly to symbolize the will and power to deal with evil in the new year.

UNIVERSITY OF
Nebraska
Lincoln

**Cooperative Extension
in Lancaster County**

SATELLITE OFFICE

located in northeast Lincoln at

LANCASTER EVENT CENTER

84th & Havelock

**For Your
Convenience**