

EXTENSION CALENDAR

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

JANUARY

6	FCE & Community Leader Training Lesson — "Helping Families and Friends During Tough Times"	1 p.m.
6	4-H Council Meeting	7 p.m.
7	Crop Protection Clinic	8 a.m.—4 p.m.
8	4-H Rabbit VIPS Meeting, <i>Lancaster Event Center</i>	7 p.m.
9	Extension Board Meeting	8 a.m.
11	4-H Teen Council Meeting	3 p.m.
12	4-H Horse VIPS Meeting, <i>Lancaster Event Center</i>	7 p.m.
16	4-H Beef Weigh-In, <i>Lancaster Event Center, Pavilion 2</i>	5:30- 8:30 p.m.
17	"Acreage Insights" - Grasses & Wildflowers	9-11 a.m.
23-24	5th & 6th Grade Lock-In	8 p.m.- 8 a.m.
26	Private Pesticide Applicator Training	8:30-11:30 a.m.; 1:30-4:30 p.m.
26	FCE Council Meeting	1 p.m.
27	FCE & Community Leader Training Lesson — "Don't Be a Victim"	1 p.m.
31	Private Pesticide Applicator Training	6:30-9:30 p.m.

STEPS FOR HEALTH

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look for walking opportunities in your daily activities. For example, walk inside a mall, take the stairs rather than the elevator at work, use the restroom farthest from where you are, walk up and down all the aisles at a store BEFORE you begin to shop, vacuum your entire house, park your car as far from your destination as you can tolerate walking in the cold, join a fitness facility with a treadmill for just

the winter months.

Shoes are the most important equipment. They should be flexible with good support and allow the foot to expand while walking. The more often a person walks, the more frequently shoes need to be replaced. If you walk daily, you may need new shoes every six months. If you only plan to walk, buy walking shoes. If you might progress to a little jogging, buy running shoes. Comfortable, well-fitting socks are important to prevent blisters.

As a general guideline, a person will burn about 100 calories walking a mile. Fitness, weight and age will affect how many calories each person burns.

To help stay on track, track your steps — keeping a record of how we're doing can help us stay on target. If you'd like a "Walk Your Way to Health" chart to help you start and plot your progress in a walking program, you can obtain one from our Web site at lancaster.unl.edu/food/walk.pdf (AH)

WINTER PLAN

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Safety Checks for Your Vehicle

Before severe storms and cold arrive, all vehicles should be winterized with particular attention to the engine, fuel, ignition and exhaust systems. Make sure that tires and brakes are in good condition and that the

heater, windshield wipers and lights are working properly. Also check the antifreeze level and always keep the gas tank filled.

Each vehicle should be equipped with an emergency winter storm kit which should include: non-perishable foods, extra clothes, blankets, a flashlight, fresh batteries, a shovel, booster cables, flares, and bags of sand.

Motorists who become

stranded in their vehicles should never try to walk to safety. Conserve fuel and heat by running the heater and engine sparingly. To prevent carbon monoxide poisoning, open a car window slightly and periodically clear the snow away from the exhaust pipe.

By staying prepared during cold and stormy weather, you can avoid the fatal effects of winter. (LB)

Applications Being Accepted for Summer Staff at 4-H Camps

The three 4-H Camps in Nebraska are currently accepting applications for our 2004 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

You may apply for a variety of positions:

- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Initial application deadline is Jan. 15.

- **Cabin Mentors** — Youth ages 17 and older who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is Mar. 15.

- **Camp Counselors** — Youth ages 15 and older who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and

assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is Mar. 15.

Applications received after deadlines will be accepted until

all positions are filled.


More information and applications are available on the Nebraska 4-H Web Site at 4h.unl.edu. You can also contact Bernie Lorkovic, Director of 4-H Camp Operations, at 472-6717 or via e-mail at blorkovic1@unl.edu.

Kurt is growing his skills at Nebraska.

KURT ARGANBRIGHT is thinking about a law career once he graduates from the University of Nebraska-Lincoln's College of Agricultural Sciences and Natural Resources. He believes his classes prepare him well for whatever dream he pursues.

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All programs and events listed in this newsletter will be held (unless noted otherwise) at:
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