

TODAY'S FUTURE

Giving Up Should Not Be An Option

Here are a few tips for following your vision map to your goal:

- ▶ In life, it's easy to forget the importance of taking regular, small steps toward your vision. Use reminders that will help you follow through – a string around your wrist, a note on your calendar.
- ▶ We often fail simply because we give up. Don't, it's OK to fall down. It's OK to get discouraged. Failure is another word for learning. Persevere.
- ▶ Take a few moments to visualize the end result of your vision map as if it were happening now. See your vision in living moving color.
- ▶ Enlist the help of a special friend, confidant or counselor who believes in your vision and supports your commitment to it.
- ▶ Don't dwell on problems, but do prepare for potential obstacles. Think ahead and plan for obstacles you are likely to meet in reaching your target goal.
- ▶ Stay flexible as you move toward your target vision. Update your vision map and remain true to your purpose.

What Would You Most Love to Accomplish During this Precious Year of Opportunity?

Ruth Vonderohe, Nebraska Extension Educator in Knox County

January is a wonderful time of the year for taking stock of our lives. The cold, wintery weather encourages us to slow down, and the quietness of nature invites us to pause and to be still.

Looking back at the past year, we can count our blessings and successes and learn from the inevitable hardships that are part of life's schoolroom.

A survivor of life-threatening illness recently put it this way, "Cancer changed my whole perspective on life, it woke me up to the wonder and opportunity of each day and every precious moment. Life is too short for regrets, worries and pettiness. I know I've received a gift of time, and in turn, I want to give back to my loved ones and to the world."

How do you personally want to use the gift of time that the rest of the year will bring? Take a little time away from your normal responsibilities and ponder this question: What would you most love to accomplish during this precious year of opportunity? The key word in this question is "love." Thinking about and doing what you truly love is energizing. It's good for our physical health, and brings us joy and satisfaction.

Next write down your answer to this simple yet profound question: What would you most love to accomplish during this precious year of opportunity?

Allow your heart to dream and be adventuresome. Jot down whatever words or pictures pop into your mind. When you're finished, look over what you've written and pick out your "target" – a word or phrase, or picture, or symbol that summarizes your answer that pinpoints what you want to accomplish in the coming months.

Now put your target in the center of a blank page and draw a circle around it. Look at your target, and all around it jot down words and/or symbols of things that will help you achieve your target goal. Do this without censoring what comes out. What results is your vision map - an integrated picture of your target and the things that will help you reach it. Draw lines, insert key notes and give your map a name.

Show and explain your vision map to a few trusted loved ones and friends. Sharing your vision takes courage. It demonstrated your commitment to success, and it gives you a chance to receive helpful feedback from those your respect. Post it where you can see it often.

Reduce Screen Time and Get Active!

Article written by Cami Wells, MS, RD, Nebraska Extension Educator

Screen time is any time spent playing video, computer or tablet games, watching television and videos, and surfing the Internet. With more electronic entertainment options than ever before, it is harder to get children up and moving. Excessive screen time is linked to a number of problems for children such as childhood obesity, sleep problems, poor school performance, and behavior issues.

The American Academy of Pediatrics recommends that screen time for children ages 2 to 5 should be limited to 1 hour a day of high quality programming. Here are a few tips to reduce children's time in front of the screen:

1. **Keep devices out of your child's bedroom.** Children who have TVs in their room tend to spend 1 ½ hours more in a typical day watching TV than kids without a set in their room.
2. **Make meal time, family time.** Turn off the TV, cell phones, and video games and talk to each other during family meal time.
3. **Provide other options and alternatives.** Watching a screen can become a habit, making it easy to forget what else there is to do. Give children ideas and alternatives, like playing outside, learning a new hobby or sport or doing puzzles or board games. Make a list of all the fun activities that you and your child can do that doesn't involve a screen.
4. **Set a good example.** Be a good role model and limit your screen time. Instead of watching TV or checking email on your phone, spend time with your family doing something fun and active.



Join 4-H the Opportunities are Endless

Now is the time to get involved in 4-H. Call the Extension Office in Knox County at 402-288-5611 or email knox-county@unl.edu to join 4-H. To learn more 4-H in Knox County visit <https://extension.unl.edu/statewide/knox/educational-programs/knox-county-4-h/>.

The events listed below are available to youth across Nebraska. The list includes opportunities offered at county, district, state, regional, and/or national. Some opportunities below are only available for enrolled 4-H members while others are special programs which are not restricted to 4-H club members.

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| <ul style="list-style-type: none">▶ Ag Innovators Experience▶ Awards & Recognition<ul style="list-style-type: none">• Club of the Month• Clubs of Excellence• Diamond Clover• National 4-H Conference• National 4-H Congress• National 4-H Youth in Action• Nebraska 4-H Foundation Scholarships• Nebraska 4-H Gives Back• Programs of Excellence• Summer Camp Scholarships▶ Big Red Summer Academic Camps▶ Citizenship Washington Focus▶ County & District Public Speaking Contests▶ National 4-H FilmFest▶ State Digital Video - 4-H FilmFest | <ul style="list-style-type: none">▶ State Presentation Contests▶ State Public Speaking Contests▶ Cat Club▶ Companion Animal Challenge▶ State Dog Skillathon▶ County & State Dog Show▶ Video Companion Animal▶ Showmanship Contest▶ County Fair▶ FIRST Robotics▶ AQHA 4-H Horse Trail Challenge▶ County & District Horse Shows▶ Equine Webinar Series▶ State Horse Expo▶ Horse Stampede▶ Horsemanship Advancement Levels▶ INVENTURE Day▶ Fed Steer Challenge▶ National 4-H Dairy Conference▶ Premier Animal Science Event | <ul style="list-style-type: none">▶ Youth for the Quality Care of Animals▶ MyPI Nebraska▶ National Youth Science Day▶ Nebraska State Fair▶ Next Chapter at Nebraska▶ Online Horticulture Judging Contest▶ PASE & Life Challenge▶ Quilts of Valor▶ Shooting Sports Program<ul style="list-style-type: none">• Ambassadors• Certified Instructors & Leaders• Leadership Committees• National Championships▶ Special Gardening Project▶ Summer Camps▶ Tractor Safety Training▶ WearTec▶ WeCook |
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