



TAB Extra

February 2010

Important Reminders



Please respect our 9:30 p.m. pickup time. We do understand that the unexpected happens, but please do your best to pick up your children by 9:30 p.m. For families that are late, they may be placed on a waiting list the next time they register for TAB. If a parent/guardian is more than 15 minutes late and staff is unable to reach you on your cell phone, the Lincoln Police may be contacted. If an

emergency happens, and you need to reach TAB staff, please call our emergency cell phone # at 499-1129. This cell phone will be answered on Friday evenings only.

Funding for TAB is made possible through grants from United Way and Nebraska Children and Families. Our funders need to know how TAB is making a difference in your life. To share your

story, please contact Misti at 434-3494 ext 109 or email at TABLincoln@gmail.com. Thank you!

Please remember to call TAB to cancel if your plans have changed and you are not able to use the TAB program that you have registered for. This enables us to contact another family who can use TAB.

See Inside For:

- ☺ Crock pot Lasagna
- ☺ Free Activities
- ☺ Tax Help
- ☺ February Calendar



Job Outfitters

The YWCA Lincoln Job Outfitters Program provides clothing (free of charge) to women needing

professional outfits for job interviews and work.

Job Outfitters has a wide selection of clothing, both professional and casual, shoes, and handbags. To

schedule an appointment with Job Outfitters please call 434-3494 ext 125.



Free TAX Help

There are many locations in Lincoln that offer free tax preparation and filing. Lincoln Action Program offers assistance and also has a list of other organizations in Lincoln that offer free tax assistance. Visit <http://www.lincoln->

[action.org/](http://www.lincoln-action.org/) or call Lincoln Action Program at 402-471-4515 ext 142.



Free Family-Friendly Activities in Lincoln

(Courtesy of lincolnjournalstar.com)

Saturday, February 6th:

Bilingual storytime (Spanish and English), 10-11 a.m., Indigo Bridge Books, 701 P St. Free.

Theatrical storytelling for children, for preschool and elementary school students, 11 a.m.-noon, Sheldon Museum of Art, 12th and R streets. Free.

Valentine's Storytime, 11 a.m., Barnes & Noble Booksellers, 5150 O St. Make a Valentine card and meet Cookie Mouse. Free.

Saturday, February 13:

Family Valentine workshop, 2-4 p.m. Feb. 13, Nebraska History Museum, 15th and P streets. Make Valentines from 1890s to present (supplies provided) and play Valentine games. Free. Registration not required. 471-4757.



RECIPE EXCHANGE

In our TAB newsletter, I will include recipes that myself or someone on the TAB staff have tried and thought it was worth sharing with our TAB families. If you have a recipe you would like have featured in our newsletter, please give to Misti on Friday, or email to Misti at TABLin-coln@gmail.com.



Crock Pot Lasagna

10 oz. lasagna noodles (break in pieces)

1 lb. ground beef or ground turkey

1 cup onion, chopped

12 oz. mozzarella cheese, shredded

12 oz cottage cheese

14 oz tomatoes, diced (use juice)

Italian seasonings to taste (oregano, basil, etc...)

1/2 cup water

1 1/2 tsp. salt

1/2 tsp. pepper

1/2 tsp garlic powder

12 oz. tomato paste

Cook noodle pieces according to package directions. Drain and rinse with cold water. Brown ground beef and drain. Mix all ingredients well and put into a **greased** crock pot. (I mixed the tomato paste, water and spices together first, then added the other items). Cover and cook on low for 7 hours or on high for 3 hours. (I cooked my lasagna on low for 5 hours and it was done, so monitor accordingly.)

This can also be frozen before it is cooked in the crock pot. Just mix all ingredients and instead of putting into the crock pot, but into a freezer bag or other container to freeze in. When you want to use it, thaw it out and then put it into the crock pot.

February 2010

Black History Month American Heart Month	1	2 Groundhog Day	3	4 Rosa Parks Birthday (1913)	5 Activity: The Three Little Pigs Meal: Pizza, Carrots, Oranges	6
7 Super Bowl Sunday	8	9 Hershey's Chocolate Founded 1894	10	11	12 Activity: Valentine Cards and Cookies Meal: Sub sandwiches, carrots/celery, fresh fruit	13
14 Valentine's Day Chinese New Year	15 President's Day	16 Mardi Gras	17	18	19 Activity: Freedom Hands Meal: Pizza, lettuce salad, fresh fruit	20
21	22	23	24	25 First African-American Elected to US Senate (1870)	26	27
28						