



Community & Leadership Development

Take your exercise program to work



After spending an hour or two in one position—whether at a computer terminal, your desk or an assembly line—it's common to feel stiff and tired. The following exercise will loosen your muscles, improve your circulation and help you feel refreshed. Just remember to take it easy the first few times, so that you become familiar with the exercises. Don't do any exercise that causes you to feel discomfort or pain.

Warm-up

Breathe deeply six times, in through the nose and out through the mouth. Let your stomach expand and contract with each breath. Then, reach as high as you can while sitting in your chair. Let your arms drop, then reach again



Lower Back

Scoot back from the desk and bend over while seated, extending your arms and trying to touch your shoulders to your knees. Hold this bent-over position for 10 seconds, then return to an upright position.



Shoulders

Stick your arms out straight from your shoulders and rotate them in small circles, first forward and then back. Let your arms drop, then stick them out and rotate again. Do it three times.



Wrists

Put one elbow on the table and hold your arm up with hand raised. Grab your raised fingers with the other hand and gently bend the raised hand backward. Hold it five seconds, then do the other arm and hand.



Shoulders and Upper Back

Raise your hands to the sides of your shoulders and push your shoulders back. Keep your elbows down. Hold your shoulders back for 15 seconds. Repeat three times



Fingers

Fan your hands out in front of you, palms down. Hold for five seconds. Make fists as tight as you can, then fan the fingers out again. Repeats three times.



Source: Perspectives, Winter 1995. Reprinted with permission from the National Safety Council. (LB)

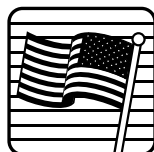
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Source: Made in Missouri, Vol.5, No.4. Excerpted from *HomeMade Money—How to Select, Start, Manage, Market and Multiply the Profits of a Business at Home* (Betterway Books) by Barbara Brabec. (LJ)



Celebrate Flag Day!
June 14
Fly your flag!



Small business loan program

The Lancaster County Economic Development Loan Program may be of interest to small businesses. By working with local banks, the goal of the loan program is to increase the number of small businesses financed by banks. This is accomplished by bringing more projects within the bank's

lending guidelines with the help of an Economic Development Loan. As a result, more businesses are established and grow, and more jobs are created.

The fund has assisted in the development of several Lancaster County businesses. Due to the excellent repayment record of existing loans, the loan

fund has sufficient funds to make new loans. Anyone interested is encouraged to contact: Lancaster County Economic Development Loan Program c/o Jim Otto 555 South 10 Street, Room 312 Lincoln, NE 68508 Phone: 441-7862 (LJ)

Neighborhood associations allow citizens to take part in government

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Extension Educator

Neighborhood associations usually consist of a group of neighbors who get together to work on common goals. Members are often closely knit and feelings of belonging are fostered as they interact on issues of interest. How to get more people involved, however, is often a key issue. Effective decision making cannot be confined to a board of directors. Boards have no monopoly on creative ideas and people of a neighborhood are more likely to support programs if they have had a part in planning and implementation.

Dr. Otto Hoiberg in his "Handbook for Neighborhood Organizations" gives some excellent suggestions on how to get people involved as fully participating citizens of their neighborhood.

Effective Publicity: Publicity must be timely, attractive and

informative. People must know of activities and be attracted to programs.

Programs of Interest: Every meeting should be stimulating, relevant and challenging. People must have a reason to give up favorite television programs, chores around the home and recreational activities.

Periodic Special Attractions: Special issues or occasions add spice for regular attendees and often attract people who otherwise do not attend.

Neighborhood Discussion Groups: Adhoc groups can often be highly beneficial, especially as they attack specific issues. They are an excellent opportunity for sharing opinions and formulating action.

Surveys: Fact-finding surveys offer opportunities for citizen participation when local input is needed for formulation, distribution, collection, analysis and evaluation of surveys.

Personal Contact: "Getting through" to potential neighbor-

hood participants is enhanced by personal contacts that supplement mailings and telephone reminders. The average person receives so much junk mail that formal written announcements can be lost in the mail.

Practical Considerations: Physical arrangements at meetings can make a huge difference in citizen participation in the decision making of a neighborhood association. Meetings should begin promptly, keep on task, and adjourn before things begin to drag.

Dr. Hoiberg also suggests that neighborhoods solicit information and feedback from clubs and organizations in the area. New ideas are often a result and input is broadened to include even more neighborhood residents.

Participation in association activities helps all area residents realize that the time and effort devoted to association programs benefits them as well as the neighborhood.

Highlights from a 1995 survey on families in America's cities

Nearly every city responding to a recent survey by the National League of Cities is involved with issues, programs, or policies affecting children and families.

Childcare tops the list of identified needs for city children.

Attention to delinquency and other risky behaviors is seen as the most pressing need for 14 to 18 year olds.

Family stability is consistently listed as a top need.

57 percent of the responding municipalities indicate they spent more or much more in 1995 on issues affecting children and families, than five years ago.

More than half the respondents believe that meeting the needs of children and families in their cities will be harder, eligibility rules will be stricter, available funds will decrease, mandates on the city will increase and training needs for the municipal work force will increase as the result of changes in federal and state roles, policies or actions.

At least 73 percent of cities participate in collaborative activities with schools, neighborhood groups, non-profit organizations, businesses and/or individual citizens and parents,

focusing on the needs of children and families.

Declining municipal revenues and citizen resistance to new spending are the most frequently cited barriers to municipal involvement in addressing the needs of children and families.

32 percent of families have a written policy concerning broad, overall issues affecting children and families, an increase of 28 percent over 1988 survey findings.

Source: National League of Cities, from *What's New in Human Services?*, April 15, 1996. (LJ)

Assistive technology—what is it?

The Nebraska Assistive Technology Project helps people with disabilities achieve and/or keep their independence and maintain a sense of productivity. Their services are located in Lincoln, Kearney and Scottsbluff. The project provides information and direction for discovering technology solutions that help individuals with disabilities to live more independently, maintain employment and become productive. Nebraska Assistive Technology locates funding (money) resources and provides help to consumers by providing

books, videos, peer volunteers, education to the community, barrier free assessments and resource centers where people can try different technologies.

An "assistive technology device" is anything that helps people who have a disability be able to live and work with ease. An "assistive technology device" may be bought at a store or it may be an item found normally in your home that has been modified for people with disabilities. Examples include: magnifying glasses, toys modified for a child with limited hand

movement or a voice activated computer.

As part of a Nebraska Assistive Technology Grant, Lincoln Action Program will be doing a series of educational workshops on assistive technology devices. Additionally, LAP will serve as a contact point for more information and for funding of these devices, if they are needed. Call Jane Pickel at 471-4515, extension 254, 1-5 p.m., for more information, to sign up for a workshop or to ask questions. (LJ)