



Community Focus

Extension Office Welcomes New Employees



Left: Kendra Schmit, Right: Andrea Ohlrich.

Kendra Schmit, registered dietitian, joined the Nutrition Education Program as an extension assistant in July. Her focus will be with the Early Head Start (EHS) program doing home visits for families with nutritional risks, providing support for pregnant and postpartum women, EHS Child Care Center menu oversight and nutrition education at groups settings. Kendra attended the University of Nebraska-Lincoln and in 1998 received her bachelors degree in Human Resources and Family Science, with dietetics as her major field of study. For two years while attending college, Kendra worked at Lancaster County Extension providing nutritional and food safety information for the public through various settings. Kendra and her husband Michael live in Lincoln and are expecting their first child. (MB)

Andrea Ohlrich has recently joined the Lancaster County Extension office. She began working as an extension assistant for the Nutrition Education Program on July 31. Andrea is a Nebraska native. She graduated from Wayne State College in August of 1999 with a B.S. in Exercise Science/wellness. Most recently spent the fall 1999 semester abroad in England.

Andrea enjoys spending time with family and friends, walking her yellow labrador, reading and going to music concerts. She also enjoys staying up-to-date with new exercises and workout ideas. She looks forward to meeting many new people, as well as the opportunity to help others. (MB)

The Facts About Debit Cards

Debit cards are more frequently being used by more people than ever before. Just what are they?

A debit card is a plastic card that can be used in Automated Teller Machines (ATM) to get money or at Point of Sale (POS) terminals to buy something. Many businesses allow you to obtain cash when making a purchase. Some businesses add a fee if a debit card is used. Still, debit cards are convenient and some can be used in other countries. Generally, your debit card can be used where you see the logo on your card posted on an ATM, a store's door, or a cash register. You usually do not have to show other types of identification when using your debit card.

Debit cards are sometimes called check cards because the amount of your purchase is automatically deducted from your checking account. Be careful not to confuse them with your credit card. Some financial

institutions charge a monthly fee and/or a per-transaction fee for debit card use. Check with your institution.

Types of debit cards
PIN-based debit cards
 Your personal identification number or PIN authorizes the transaction.

The amount of the transaction is immediately deducted from your account.

Financial institutions generally issue these cards to all account holders requesting them.

Signature-based debit cards

Signature based credit cards offer the same services as PIN-based debit cards including the following features:

Your signature authorizes the transaction.

The amount of the transaction is generally deducted from your account within two to three business days after the transaction.

See DEBIT on page 11

Pollution Prevention Interns Contribute to Bright Lights Program

Dina Bertolini
P3 Intern

The Bright Lights Program is a week long event where children from fifth to seventh grade sign up for class presentations ranging from liberal arts to engineering. The activities are for students who want further educational enrichment. This year is the second year the University of Nebraska's Program for Pollution Prevention Interns have presented two

presentations for the Bright Lights Program. Pollution Prevention Interns, Dina Bertolini (presently at the Lancaster County Extension Office), Elena Khadavi (at the Beatrice County Extension Office), and Robin Matthews (at the Nebraska Department of Environmental Quality) demonstrated the differences of reduce, reuse, and recycling by using practical objects seen everyday such as carpets made from recycled plastics. They also had

children pretend they were potato chip companies (giving them names such as Fry Guys) and had them approach practical problems such as how to reduce their disposal costs, worker safety issues, and creating environmentally friendly packaging materials. Overall, the children were very excited and creative. The interns stated they really enjoyed the program and would definitely do it again.

Do You Have Access to a Computer and the Internet?

Do you have the internet? If so...put it to use by logging on www.lanco.unl.edu to experience how knowledge can work for you! Back issues of the NEBLINE, NU Facts information, and a full array of extension information is available. The site is also a source for subject related links and the University of Nebraska. (GB)

www.lanco.unl.edu

Shortcuts:

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| Food Safety & Nutrition | www.lanco.unl.edu/food |
| Agriculture & Acreage | www.lanco.unl.edu/ag |
| Environmental Issues | www.lanco.unl.edu/enviro |
| Family | www.lanco.unl.edu/family |
| 4-H & Youth | www.lanco.unl.edu/4h |
| Horticulture | www.lanco.unl.edu/hort |
| Past issues if THE NEBLINE | www.lanco.unl.edu/neblines |

Amy Countryman Outdoor Arena Nears Completion!

A volunteer work crew assembled on Saturday, June 17 to install the fencing for the Amy Countryman Outdoor Arena. A representative of the commercially purchased arena fencing was on-hand to help provide installation assistance. The work day, organized by Donna Snover was very successful. Lunch was served to all the workers. (GB)

