



Community Focus

Meet New Extension Staffer Ali Alkhazraji



Ali Alkhazraji joined the Lancaster Cooperative Extension staff as an Americorps/VISTA Sept. 1. Ali is originally from Iraq, spent time in a refugee camp in Saudi Arabia, was first settled in Chicago and now resides in Lincoln. He and his wife have three children. In Iraq he was a secondary science teacher and has been active since coming to Lincoln as an Arabic mentor for persons experiencing mental health issues and has served as a translator and interpreter for the Good Neighbor Community Center. He is a supporter of the Faces of the Middle East program and is a trained literacy volunteer. Ali will be working with the Character Counts! program and other youth projects during his year with Extension.

Community Invited to Address Comprehensive Plan Committee

Lincoln and Lancaster County again welcomes the community to share their ideas on the community's future directly with the Comprehensive Plan Committee.

The Community Forum will be Tuesday, Oct. 16 at 5 p.m. in Hearing Room 112 at the City/County Building, 555 S. 10th St., Lincoln.

The Comprehensive Plan encompasses more than just a map. The vision and assumptions also offer basic plans and

ideas for the city and county.

The public is encouraged to bring their suggestions and reactions to the Committee. The Committee asks for written comments in advance of this meeting.

If you require any special accommodations, including, but not limited to, language interpretation, sign language, large print or braille, please contact our office seven days prior to the meeting at (402) 441-7491.

Can't make the forum? You

can use the following ways to provide your ideas and comments to the Comprehensive Plan Committee:

- E-mail ideas and comments to plan@ci.lincoln.ne.us
- Visit the website at www.ci.lincoln.ne.us/city/plan
- Fax ideas and comments to (402) 441-6377
- Submit written comments to the Planning Department at 555 S. 10th St., Room 213, Lincoln, NE 68508. (GB)

Workshop on Building Relationships With Children in a New Culture

A workshop, "Building Relationships With Children in a New Culture: Parenting Issues in Vietnamese Families," will be presented Monday, Oct. 22, 8:30-Noon at the Lancaster County Extension Education Center in Lincoln. Cost is \$10.

Dr. Tran My Duyet will present the workshop. Dr. Tran has written a number of books about marriage, family and education, and hosts two different radio programs in California, where he resides.

Since the early 1970's, about 7,000 Asians have settled in Lincoln. Among them are about 4,000 Vietnamese.

Children frequently learn English more quickly than do parents and grandparents and are frequently put in adult roles as families access services, relate to the schools, and engage in community activities. The workshop will raise awareness about the challenges faced by refugee and immigrant families and provide information about

acculturative stress on Asian adolescents and parents.

This workshop is aimed at school faculty and staff, health and human service personnel, and anyone interested in family issues among immigrants and refugees in Lincoln.

After the workshop, there will be a short organization meeting for those interested in a task force to work on issues raised during the workshop.

Call (402) 441-7180 to register.

Grantsmanship Training Slated for 2002

Due to repeated inquiries about participating in grant writing workshops, the extension office will again welcome The Grantsmanship Training Program to Lincoln April 29 to May 3, 2002.

The program is an intensive, "hands-on" workshop covering all aspects of researching grants, writing grant proposals, and negotiating with funding sources. It is designed for both novice and advanced grant seekers. Program participants are given follow-up services, including expert grant proposal reviews for a full year after training.

To maximize personal attention, group size for this workshop is limited. Tuition is



The Grantsmanship Training Program will be offered in Lincoln next April 29-May 3.

\$675 with a few partial scholarships available for qualified organizations. For more information and to register as early as

possible, contact The Grantsmanship Center directly at (800) 421-9512 or on the internet at www.tgci.com. (GB)

Education is Good Business For This Nebraska Student



When Tanner Graham started college, he was already running his own business designing web sites. He has plans in the works for two more businesses, developed with help and inspiration provided by his University of Nebraska-Lincoln teachers in the College of Business Administration. A native of the Sandhills town of Ellsworth, Nebraska, Graham hopes to make a career out of helping grow new businesses that will fuel the economy, especially in rural areas.

A member of the Nebraska Rural Development Commission and the teen advisory board of Young Money magazine, Graham says turning good ideas into businesses is the backbone of building a strong economy.

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to play. We need to have our hair stroked, and we need a good nap.

We create a life full of meaning and purpose. All people face severe crises in life. We will not be able to avoid these challenges. Rather, our aim can be to live a useful life of service to our community. This brings a richness and dignity to our lives, in spite of the troubles we endure.

We actively meet our challenges, head-on. Disaster in life does not go away when we look in another direction. But, it is also helpful sometimes to withdraw for a time and replenish ourselves.

We go with the flow to some degree. Sometimes we are

relatively powerless in the face of crisis. At this point, it can be useful to simply "Let go, let God."

We are prepared in advance for the challenges in life. Healthy family relationships are like an ample bank balance: If we have kept our relational accounts in order, we will be able to weather life's most difficult storms. Together.

We know how to laugh and we know how to cry, for both are essential if we are to maintain an emotional balance in life.

We do not blame others for our fate, but work with others to build a more satisfying world for all.

We take life's challenges one day at a time. In especially tight situations, we sometimes need to take things one hour at a

time, or perhaps one minute at a time.

We realize suffering can be a catalyst for positive growth. Crisis, by definition, is a difficult time in our lives. But it also can be a turning point, planting the seeds for a satisfying and successful future. This is hard to internalize, but useful to remember.

We identify spiritually with the grand procession of life: Through good times and bad times we as individuals come and go, but life from whence we all spring is eternal. There is something satisfying and soothing about that thought.

The above ideas were adapted from the book, Marriage and the Family: Diversity and Strengths, 3rd ed., by David H. Olson and John DeFrain.