



Community Focus

STAFF HIGHLIGHTS

Thank You Extended to Outgoing Board Member

Tom Messick, of rural Ceresco, was recognized at the January Extension Board meeting for his three years of service to the board and University of Nebraska Cooperative Extension in Lancaster County.



Sondra Phillips Completes Successful EFNEP Career

Sondra "Sandy" Phillips (above right), EFNEP advisor, will retire Feb. 28, after teaching families how to prepare safe nutritious meals for the past 18 years. She enjoys it when the clients come back and tell her the suggestions she provided worked. She loves sharing recipes and knowledge and passing on the life experiences.

WIC sites offer a wide variety of teaching opportunities to families who share their cultural experiences. Sandy enjoys learning about foods from other countries such as Iran, Bosnia, Vietnam, South Africa and Mexico from her "NEP families."

Sandy's favorite lessons to teach is menu planning. Sandy shares, "I think if you teach people to plan menus and think about what they eat, they not only eat healthier foods, they also save money and time. I get the feeling they have a deep sense of accomplishment because they did something important for their family which is working."

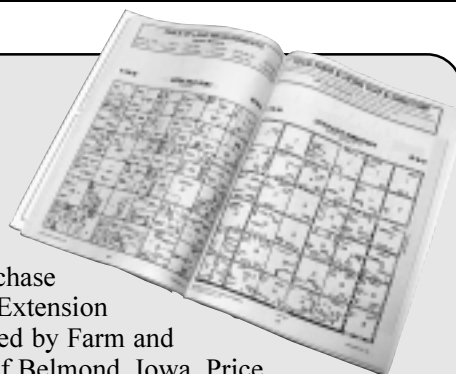
Sandy has been providing monthly food demonstrations in cooperation with Commodity Foods for the past ten years. She contacts the staff to find out what food they will be getting, then develops educational information which provides recipes, food safety and food preparation tips about the products which they will be receiving. She prepares samples of the items and answers food preparation questions.

Sandy looks forward to spending more time with her husband Gilbert and their nine grandchildren.

If you would like to have a personal letter included in a memory book which will be presented to Sandy, please mail it to "Retirement Letters," 444 Cherrycreek Road, Lincoln, NE 68528-1507. (MB)

Plat Maps Available

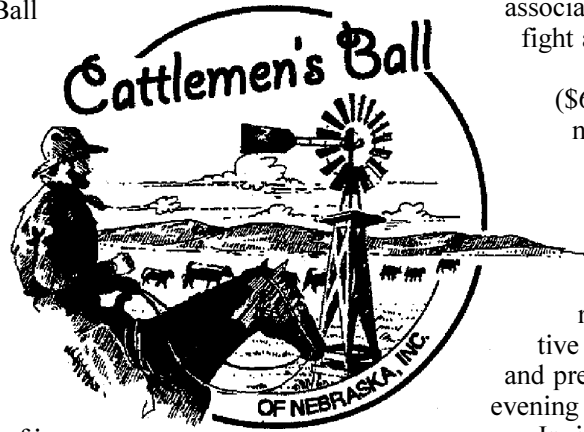
New Farm & Home Plat & Directories are available for purchase at the Lancaster County Extension Office. They are published by Farm and Home Publishers, LTD of Belmont, Iowa. Price for the directory is \$20.25. They are available for pick-up at the reception desk during office hours. (GB)



2002 Cattlemen's Ball To Be Held Near Branched Oak Lake

The 2002 Cattlemen's Ball of Nebraska will be June 1 at the Benes Cattle Company near Valparaiso, Neb. The Cattlemen's Ball hosts will be Dan and Kathy Benes along with Dan's parents, Ermin and Delores Benes and family. The Benes Cattle Company is located 25 miles northwest of Lincoln near Highway 79.

The Cattlemen's Ball is held annually to promote beef in a healthy diet and to showcase rural Nebraska. All of the money raised stays in Nebraska, with 90 percent of the proceeds going to the University of Nebraska Medical Center's (UNMC) Eppley Cancer Center and 10 percent directed toward health-care needs in the community hosting the event. Last year the Cattlemen's Ball raised \$133,000 for the UNMC Eppley Cancer Center.



"The funds from the Nebraska Cattlemen's Ball Association are very important in our quest for information," said Kenneth Cowan, M.D., Ph.D., director of the UNMC Eppley Cancer Center. "The money allows us to launch new, groundbreaking research projects, improve treatment options and search for new methods of cancer prevention. We truly appreciate the

association's support in our fight against cancer."

Top Hand ticket holders (\$60) may attend afternoon and evening activities beginning at 1 p.m. Trailboss ticket holders (\$500 per couple or \$250 each) receive a champagne reception, commemorative gift, Trailboss brunch and preferred seating for the evening dinner and concert.

Invitations are not sent, as the event is completely open to the public. Tickets are limited, and gift certificates are available! For more information about the Cattlemen's Ball, contact Sheri Dunbar, UNMC Eppley Cancer Center at (402) 559-4401. For tickets, call Greg Walla at 1 (800) 666-8071 or write Cattlemen's Ball of Nebraska, P.O. Box 181, Valparaiso, NE 68065.

Nebraska LEAD Program Accepting Applications

The Nebraska LEAD (Leadership Education/Action Development) Program is a statewide agricultural leadership education program. Thirty participants are selected each year for a two-year fellowship with preference given to applicants between the ages of 25-45. Presently 570 alumni have completed the program.

Over the two-year period, LEAD fellows participate in 12 in-state seminars conducted at 11 cooperating public and private

colleges and universities from across Nebraska.

In the first year seminar program, participants study local, state and national issues which culminates in a national study/travel seminar to three major U.S. cities.

The second year seminar curriculum continues to build on the first year topics with added global perspectives. Emphasis is placed on international trade, foreign policy, cross-cultural understanding and geopolitics.

The capstone of the second year's study is a 18-20 day international study/travel seminar to several selected countries in the world.

Applications are currently being accepted for the Nebraska LEAD Group XXII which begins in the Fall of 2002. For application materials and/or further information, call 472-6810 or visit the LEAD Web site at www.ianr.unl.edu/lead. Application deadline is June 15.

Cultural Insight: How Do Muslims View the Elderly?



Boshra Rida
Extension Volunteer In
Service To America

Institutional homes for the elderly are virtually unknown in the Muslim world. The strain of caring for one's parents during this most difficult time of their lives is considered an honor and a blessing and an opportunity for

great spiritual growth.

In Islam, serving one's parents is a duty second only to worshiping and it is the parents' right to expect it. It is considered despicable to express any irritation when, through no fault of their own, the old become difficult to handle. When Muslim parents reach old age, they are treated mercifully with kindness and selflessness.

It is written in the Qur'an (The Muslim Holy book) one should be kind to his/her parents. If either or both of them reach old age, one should not say to them a word of disrespect or scold them, but should speak to them in terms of honor and kindness. Treat them with humility and ask the mercy for them, for they did care for you when you were a child.

Hey Kids! --
Teachers & Parents
too!!



Here's your chance to enter a fun event!

4th Annual Aging Services Photography Contest

With assistance from the Lincoln Camera Club

Open to ALL ages, Kindergarten to older folks!
Anyone.....Anywhere!!!

Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.

Best of Show winner is awarded \$200

For a registration and information packet, call (402) 441-7022 (collect calls accepted).

Deadline for submission is Saturday, April 13, 2002.
...so don't delay...call today!!

Clarification

The January NEBLINE article on illegal dumping incorrectly stated \$10,000 was spent by Lancaster County on cleaning up illegal dumping. It is actually the City of Lincoln, Solid Waste Operations Division which pays these costs. The city receives partial reimbursement from Nebraska's Illegal Dumping Reimbursement Fund. Lancaster County funds the anti-illegal dumping education campaign. (GB)