

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County



THE NEBLINE is published monthly by:
University of Nebraska Cooperative Extension in Lancaster County

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All programs and events listed in this newsletter will be held (unless noted otherwise) at:
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Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

NOVEMBER

14 4-H Rabbit VIPS Meeting, *Lancaster Event Center* 7 p.m.

DECEMBER

3 4-H Council Meeting 7 p.m.

8 4-H Teen Council Meeting 3–5 p.m.

13 Extension Board Meeting 8 a.m.

JANUARY

7 Family Community Education (FCE) Leader Training 1 p.m.

7 4-H Council Meeting 7 p.m.

9 4-H Rabbit VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.

10 Extension Board Meeting 8 a.m.

10 Crop Protection Clinic 8 a.m.–4 p.m.

12 4-H Teen Council Meeting 3–5 p.m.

13 4-H Horse VIPS Committee, *Lancaster Event Center* 7 p.m.

17–18 4-H Lock In 2003 8 p.m.–8 a.m.

NEIGHBORHOODS

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neighborhood groups and residents with a strong effort to build vital and mutually beneficial opportunities for the University of Nebraska-Lincoln to be a valued partner in building capacity to meet local needs in the neighborhoods surrounding the University.

CLC's encourage family and community engagement in neighborhoods and schools. They expect to be a vital hub in the neighborhoods they serve and find services that build on neighborhood strengths and are responsive to neighborhood needs.

Both projects believe strongly in empowering neighborhood residents, strong families, strong communities and community organizing to solve local problems. Both projects not only work closely with one another, but also reach out to the larger community with efforts to enhance neighborhoods, build capacity and recognize neighborhood strengths.

"Residents living among neighbors who share a sense of community are more likely to engage in activities such as voting, recycling and volunteering. They have less fear of crime and their adolescent male children are less likely to engage in delinquent behavior," said

John Schweitzer, professor in Urban Affairs at Michigan State University. These kinds of activities often lead to the creation of strong local networks that are essential for developing social capital.

Is it possible to have strong neighborhoods and schools without strong families? Probably not. Family well-being is a key determinant of the health of a neighborhood and a community. Block by block it is vital that families have a sense of shared prosperity, feel safe, and have a chance to work in ways that positively influence the conditions affecting the security and quality of their lives.



COMMUNITY PARTNERSHIPS

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families. Bringing resources and talents together, we provide services and accomplish goals that we could not accomplish alone. Working together, more is accomplished and the whole is greater than the sum of its parts."

Early Head Start Program, another great NEP partnership, works with families to improve skills food purchasing, meal planning and food safety. As a result of this partnership, NEP employs a Registered Dietician to support families and Early Head Start/Head Start professionals in providing safe, nutritious, age-appropriate meals for infants and toddlers. A pleasant, healthy, mealtime environment for child development centers re-enforces the importance of eating family meals together.

Lincoln Public Schools (LPS), along with funds from the USDA Food Stamp Nutrition Education Program, supported NEP programs in 105 classrooms this past year. Teachers provided an average of 10 hours of nutrition education per classroom as a result of this

partnership. Students in one of the LPS limited-income school classrooms collected nutritious food for neighbors in need.

The Women, Infant and Children (WIC) program welcomes NEP staff in neighborhood WIC clinics to increase the nutrition education limited-income families receive at each site. This provides WIC professionals additional time to work with higher-risk families and gives NEP opportunities to share practical ways to stretch food dollars while preparing safe nutritious meals.

Community partnerships

such as these have helped NEP educate 1,492 families, about meal preparation for 5,360 family members during the past year. In addition, over 2,300 youth participated in nutrition programs offered at schools and neighborhood community centers.

On a daily basis, NEP staff experience the positive impact of working side by side with community partners. Partnerships are vital in providing opportunities which enable Lincoln families to prosper.



Head Start children at the Carol Yoakum Family Resource Center learn about the importance of healthy eating through hands-on activities developed by UNL Cooperative Extension NEP.