

## EXTENSION CALENDAR

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

### SEPTEMBER

- 14 Dine Out for 4-H Citizen Washington Focus (CWF),  
*Don & Millie's, 5200 S. 56th Street* ..... 11 a.m.–4 p.m.
- 14 4-H Teen Council Meeting ..... 3 p.m.
- 16 55 ALIVE Driver Safety Course ..... 12:30–4:30 P.M.
- 16 4-H Kick Off, *Lancaster Event Center* ..... 6–7:30 p.m.
- 17 55 ALIVE Driver Safety Course ..... 12:30–4:30 P.M.
- 20 Composting Demonstration, *City Yard Waste Composting*  
*Demonstration Site at 50th & Colby, Lincoln* ..... 8:30 a.m.
- 20–28 AkSarBen 4-H Livestock Exposition, *Omaha Convention Center and Arena*
- 22 Family Community Education (FCE) Council Meeting ..... 7 p.m.
- 23 4-H Shooting Sports Reorganizational Meeting ..... 7 p.m.
- 24 Livestock and Grain Price Outlook meeting ..... 1:30–4 p.m.
- 30 4-H Leader and Parent Training ..... 9:30 a.m. & 7 p.m.
- 30 Family Community Education (FCE) and Community Leader Training  
"Reduce, Reuse and Recycle" ..... 1 p.m.
- 30 Fertilizing Crop Land with Biosolids Workshop ..... 3:30–8:30 p.m.

### OCTOBER

- 5–11 National 4-H Week
- 7 4-H Council Meeting ..... 7 p.m.
- 9 4-H Rabbit VIPS Committee Meeting, *Lancaster Event Center* ..... 7 p.m.
- 10 Lancaster Extension Board Meeting ..... 8 a.m.
- 10–12 4-H Horse Trail Ride, *Halsey*
- 12 Dine Out for 4-H Citizen Washington Focus (CWF),  
*Don & Millie's, 5200 S. 56th Street* ..... 11 a.m.–4 p.m.
- 12 4-H Teen Council Meeting ..... 3 p.m.
- 13 4-H Horse VIPS Committee Meeting, *Lancaster Event Center* ..... 7 p.m.
- 14 4-H Citizen Washington Focus (CWF) Meeting ..... 7 p.m.
- 20 Family Community Education (FCE) Achievement Night ..... 6:30 p.m.

## Kids are Back in School and so are Headlice

"Removing Head Lice Safely" is an 8-minute video that covers all aspects of head lice management. The video highlights live lice (highly magnified), nits (lice eggs), inspection, treatments and prevention.

The video, developed by UNL Cooperative Extension in Lancaster County, will air during the month of September and possibly longer, on the following:

**Lincoln Cable Channel 21** (Educational Access) — Mondays at 4pm, Tuesdays at 5pm, Wednesdays at 9am, Thursdays at 8pm, Fridays at 6:30pm and Sundays at Noon.

**5CITY-TV** (online at [www.ci.lincoln.ne.us/city/mayor/cic/5citytv](http://www.ci.lincoln.ne.us/city/mayor/cic/5citytv)) — Wednesdays at 12:30pm, Thursdays at 10:30am and Fridays at 3:00pm.

At the stated times, the video will air in English, Arabic and Spanish (one after another). The video can also be viewed at any time on [lancaster.unl.edu](http://lancaster.unl.edu).



### FRIENDSHIPS

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In later life, especially after retirement, meeting new people can be difficult. Retirement homes, clubs, religious groups or other special interest groups help people remain active and make new friendships.

Although friendships often are lost over time, they almost always can be renewed. People don't forget friendships and usually are happy to revive them.

Friendships must be reinforced on a regular basis to be maintained. (LB)

### 55 ALIVE Driver Safety Course Sept. 16 & 17

UNL Cooperative Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course scheduled for Tuesday, Sept. 16 and Wednesday, Sept. 17, 12:30–4:30 p.m. The AARP Driver Safety Program is taught in two, four-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. Cost is \$10 payable at the first class. Call 441-7180 to register.

### Reduce, Reuse and Recycle Training on Sept. 30

A train-the-trainer lesson on the 3 R's (Reduce, Reuse and Recycle) will be given Tuesday, Sept. 30, 1 p.m. Following the 3R's in our daily lives will help lower the amount of trash going to the landfill. This training will give participants information on recycling, Shop S.M.A.R.T. (Save Money And Reduce Trash) and ideas on how to make treasures from trash. Call Pam at 441-7180 to register for this training. (LB)

## Make It Yourself With Wool Contest

This contest is to promote the beauty and versatility of wool fabric and yarn and to encourage personal creations and skills in sewing, knitting, crocheting, spinning and weaving of wool fabric and yarn.

This year, they are promoting the category of "made for others" at the district and state levels.

If you are in need of any

further information, please feel free to contact the Nebraska State Director, Alice Doane, 17705 Bluff Road, Waverly, NE 68462; phone: (402) 786-3555.

You may enter any district contest. Dates and locations are as follows:

District I — Oct. 18 in Scottsbluff. Entry deadline, Oct. 4.

District II — Oct. 11 in

Lexington. Entry deadline, Sept. 27.

District III — Nov. 1 in Lincoln. Entry deadline, Oct. 25.

Application forms are available at the Lancaster Extension Office, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507. For more information, call Lorene at 441-7180. (LB)

## The NEBLINE



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### Main Office

444 Cherrycreek Road, Suite A, Lincoln, NE, 68528-1507

### Satellite Office

Lancaster Event Center  
4100 N. 84th St. (84th & Havelock Ave.), Lincoln, NE 68529

Phone: 441-7180

Web site: [lancaster.unl.edu](http://lancaster.unl.edu)

Fax: 441-7148 • TDD: 441-7180

NUFACTS Information Center: 441-7188

Composting Hotline: 441-7139

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

**Lancaster Extension Education Center**

444 Cherrycreek Rd. (event rooms posted), Lincoln  
Lobby Phone: 441-7170

Gary C. Bergman, Extension Educator–Unit Leader,  
[gbergman1@unl.edu](mailto:gbergman1@unl.edu)

Mary Abbott, Extension Assistant, [mabbott3@unl.edu](mailto:mabbott3@unl.edu)

Lorene Bartos, Extension Educator, [lbartos1@unl.edu](mailto:lbartos1@unl.edu)

Maureen Burson, Extension Educator, [mburson1@unl.edu](mailto:mburson1@unl.edu)

Tom Dorn, Extension Educator, [tdorn1@unl.edu](mailto:tdorn1@unl.edu)

Hilary Catron, Extension Assistant, [hcatron2@unl.edu](mailto:hcatron2@unl.edu)

Soni Cochran, Extension Associate, [scochran2@unl.edu](mailto:scochran2@unl.edu)

Marty Cruickshank, Extension Assistant

Mary Jane Frogge, Extension Associate, [mmcreynolds1@unl.edu](mailto:mmcreynolds1@unl.edu)

Arlene Hanna, Extension Associate, [ahanna1@unl.edu](mailto:ahanna1@unl.edu)

Alice Henneman, Extension Educator, [ahenneman1@unl.edu](mailto:ahenneman1@unl.edu)

Don Janssen, Extension Educator, [djanssen2@unl.edu](mailto:djanssen2@unl.edu)

Deanna Karmazin, Extension Associate, [dkarmazin2@unl.edu](mailto:dkarmazin2@unl.edu)

Tracy Kulm, Extension Associate, [tkulm1@unl.edu](mailto:tkulm1@unl.edu)

Vicki Jedlicka, Publication & Media Assistant, [vjedlicka2@unl.edu](mailto:vjedlicka2@unl.edu)

Mardel Meinke, Extension Associate, [mmeinke2@unl.edu](mailto:mmeinke2@unl.edu)

Barb Ogg, Extension Educator, [bogg1@unl.edu](mailto:bogg1@unl.edu)

Zainab Rida, Extension Assistant, [zrida2@unl.edu](mailto:zrida2@unl.edu)

Kendra Schmit, Extension Assistant, [kschmit2@unl.edu](mailto:kschmit2@unl.edu)

David Smith, Extension Technologist, [dsmith9@unl.edu](mailto:dsmith9@unl.edu)

Jim Wies, Extension Assistant, [jwies1@unl.edu](mailto:jwies1@unl.edu)

Dana Willeford, Extension Assistant, [dwilleford2@unl.edu](mailto:dwilleford2@unl.edu)

Karen Wobig, Extension Assistant, [kwobig2@unl.edu](mailto:kwobig2@unl.edu)

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University of Nebraska Cooperative Extension in Lancaster County  
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