

EXTENSION CALENDAR

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

AUGUST

- 21 Acreage Insights: Rural Living Clinics — "Ponds" 9–11 a.m.
- 21 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* 8:30 a.m.
- 25 ABC's of Good Health (part 3 of 3) 6–8 p.m.
- 26 State Fair 4-H Static Exhibit Check In, *State Fair Park*
- 29 Salt Creek Wranglers 4-H Silver Dollar Series #3, *Wranglers Grounds* . 8 a.m.

AUG. 28–SEPT. 6 NEBRASKA STATE FAIR, STATE FAIR PARK
For complete schedule, go to www.statefair.org

SEPTEMBER

- 8 4-H Horse VIPs Committee Meeting, *Event Center* 7 p.m.
- 10 Extension Board Meeting 8 a.m.
- 11 4-H Rabbit VIPs Committee Meeting, *Event Center* 7 p.m.
- 12 4-H Teen Council Meeting 3 p.m.
- 12 Dine Out for 4-H/CWF, *Don & Millie's, 5200 S. 56th Street* . . . 11 a.m.–4 p.m.
- 14 4-H Kick Off, *Lancaster Event Center, Pavilion 3* 6 p.m.
- 14–15 55 ALIVE Drive Safety Course 12:30–4:30 p.m.
- 18 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* 8:30 a.m.
- 21–26 AkSarBen 4-H Livestock Exposition, *Qwest Center, Omaha*
- 22 "Healthy One Dish Dinners for 1, 2, 4 or More" class, *BryanLGH Medical Center East, Plaza Conference Center* 7–8:30 p.m.
- 23 "Fair's Over, Now What?" 4-H Parent & Leader Training . 9:30 a.m. & 7 p.m.
- 25 Acreage Insights: Rural Living Clinics — "Windbreak Design & Maintenance" 9–11 a.m.
- 27 Family & Community Education (FCE) Council Meeting 12:45 p.m.
- 28 "Aging Friendly Communities" FCE and community leader training lesson 1 p.m.

55 ALIVE Driver Safety Course Sept. 14 & 15

UNL Cooperative Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course scheduled for Tuesday, Sept. 14 and Wednesday, Sept. 15, 12:30–4:30 p.m. with instructor Dewaine Alcorn. Classes will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Cost is \$10 payable at the first class. Call 441-7180 to register.

The eight-hour course is taught in two, four-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members may take the course. There are no tests.

Drivers aged 55 and over, compared with drivers aged 30 to 54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75.

The AARP Driver Safety Program is the nation's first and largest classroom driver re-

resher course specially designed for motorists age 50 and older.

The AARP Driver Safety Program course covers the following topics:

- Vision and hearing changes
- Effects of medication
- Reaction time changes
- Left turns and other right-of-way situations
- New laws and how they affect you
- Hazardous driving situations

Research shows a direct link between the kinds of driving problems experienced by older motorists and the physical changes that can occur in all older persons. The loss of vision, hearing and physical strength is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency that they are no longer able to handle.

By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers. (LB)

School Aged Care Alliance Conference Oct. 9

The sixth annual Nebraska School Aged Care Alliance (NeSACA) Conference will be held Oct. 9, 8:30 a.m. to 3:30 p.m. at the Lancaster Extension Education Center. NeSACA is a professional support network promoting programs for children and youth in their out-of-school time.

This year's conference is entitled "Champions for Children" and will feature presentations on working with special needs children, making your work day fun, managing stress and much more. Fee is \$40 and includes a one year NeSACA membership and a variety of helpful resources. To register, please contact Margaret Stander at 441-7949 or Marvie Sullivan at 471-9274. (LB)

2004 Make It Yourself with Wool Contest

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

In January 2004 at the National Contest in Sacramento, CA, Nebraska walked away with two winners. Laura Kusek of Albion was the National Junior winner with 30 contestants in her division and Andrea Hammon of Spencer was the Butterick/

Vogue Patterns winner with 60 contestants in her division.

Again this year, we are promoting the category of "Made for Others" at the district and state levels. The ages are as follows:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over

You may enter any district contest. Dates, location and directors are as follows:

District I, Oct. 16 in Scottsbluff. Contact: Rosalene Tollman, (308) 665-2415 or Doris Rush, (308) 635-0156

District II, Oct. 9 in Holdrege. Contact: Sandy Erickson, (308) 263-4721 or Terri Uden, (308) 784-2455

District III, Nov. 6 in Lincoln. Contact: Pam Schlickbernd, 372-3658 or Lara Grundman, 264-4825

For further information, contact the Nebraska State Director, Alice Doane, 17705 Bluff Road, Waverly, NE 68462; (402) 786-3555. Lancaster County Extension has information and entry forms.

The NEBLINE



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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