

EXTENSION CALENDAR

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

OCTOBER

- 25 4-H Livestock County Fair Review 7 p.m.
- 27 4-H Career Portfolio Training 7 p.m.
- 31 4-H Charter Club, Awards Nominations and Scholarships Due to Extension

NOVEMBER

- 1 4-H Council Meeting 7 p.m.
- 10 Acreage Insights Rural Living Clinic, "Woody Florals" 7-9 p.m.
- 11 Lancaster Extension Board Meeting 8 a.m.
- 13 4-H Teen Council Meeting 3 p.m.
- 15 "Fast and Healthy Everyday Desserts" Free Class,
BryanLGH Medical Center East, 1600 S. 48th St 7-8:30 p.m.

DECEMBER

- 6 4-H Council Meeting 7 p.m.
- 9 Lancaster Extension Board Meeting 8 a.m.
- 11 4-H Teen Council Meeting 3 p.m.

FOOD PROGRAMS

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to have type II diabetes and cardiovascular disease. Eating a healthful diet can help decrease some of the risk factors for both of these diseases."

Local Emergency Food Programs

In Lancaster County, hundreds of organizations and thousands of individuals coordinate efforts in providing emergency food to those in need.

Scott Young, executive director of the Food Bank, says "Our community lends a collective hand to the working

poor. A lot of these folks put in more hours doing back-breaking work for far less pay than most of us would be willing to accept. Their efforts deserve our respect."

The Food Bank of Lincoln is the primary local collection site of food donations from numerous businesses, nonprofit agencies, churches and individuals. They redistribute this food through 101 agencies and 200 programs in Lincoln and Southeast Nebraska. In 2004, the Food Bank of Lincoln distributed \$3,798,967 worth of food equalling 1,971,365 meals.

The Emergency Food Pantries System is coordinated by the Lincoln Interfaith Coun-

cil. In 2004, more than 6,043 families received 441,315 meals worth \$319,953 through the Food Pantries.

Foodnet feeds over 1,000 families each week through 40 different distribution sites in and around the Lincoln area.

Lincoln Action Program (LAP) is the lead agency which helps people access emergency food and move toward self-sufficiency.

Sources: Lincoln/Lancaster County Food and Hunger Coalition Annual Statistical Report, April 2005; Nebraska Health and Human Services System, July 2005; Food Programs for Nebraska, Nebraska Applesseed, Jennifer M. Hernandez, MSW, June 2005.

Youth Agricultural Loans Available

Each year, Farm Credit Services of America contributes more than \$100,000 in sponsorships to 4-H and FFA groups.

Farm Credit Services of America's Youth in Agriculture program is designed to give young producers practical experience in the process of initiating loans, the credit factors involved in agricultural lending and matching production with loan repayment. In three years, Farm Credit Services of America has had more than 650 student participants and loaned more than \$900,000 through

the Youth in Agriculture Loan program.

Young producers may apply for up to \$2,500 to fund a local 4-H, FFA or other youth projects. Funds are available from October 1 through April 1 each year and should be scheduled for repayment by October 1 of the following year. A minimal service fee of 6.7% will be charged for the total loan period. Applications will be handled on a first-come, first served basis. For more information, call 473-4300 or go to <http://www.fcsamerica.com>.

Web Site for Teens to Learn the Process of Buying a Car

Nearly every teen looks forward to getting their very own car, but what does it take to really make that happen? A new Web site called Auto Town at <http://autotown.unl.edu> helps teenagers learn the process of buying a car and to discover the expenses involved. Teens get the chance to "purchase" their own car and follow the steps much like one experiences in real life.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

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COLLEGE OF AGRICULTURAL SCIENCES AND NATURAL RESOURCES

Experience the Power of Red (Formerly called CASNR Day)

An open house for high school students and their families

Saturday, Nov. 5
8:30 a.m. – 1:30 p.m.

- Talk to current students
- Explore career opportunities
- Meet Deans, faculty and staff
- Connect with other future students
- Learn more about our 23 majors and two pre-professional programs
- Register for a scholarship and other cool prizes



To register or more information,
call 472-4445 or go to <http://casnr.unl.edu>

Registration deadline: Oct. 28

THE NEBLINE

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