

EXTENSION NEWS

Cindy Fiala is County–City Volunteer of the Month

4-H volunteer Cindy Fiala was recognized as the Lancaster County–City of Lincoln Volunteer of the Month for November 2006 by the Lancaster County Board of Commissioners and the Lincoln Area Agency on Aging Retired & Senior Volunteer Program.

Cindy has been a dedicated 4-H and University of Nebraska–Lincoln Extension volunteer for over 17 years. She became involved in 4-H when her oldest daughter joined 4-H. Cindy's four daughters were all very active in 4-H and her youngest daughter recently finished her last year in 4-H.

Cindy has served in a variety of roles, including:

- 4-H leader for nine years
- 4-H Council member for seven years, including two years as president — she has served on the scholarship, grievance and food booth committees
- Fundraising chairman for the 4-H Citizenship Washington Focus group for nine years
- Instructor for Clover College for several years
- Volunteer for Lancaster County Fair 4-H clothing areas for several years
- UNL Extension in Lancaster County Extension Board member for two years
- Volunteer at 4-H Exhibit Hall during Nebraska State Fair

Cindy also volunteers at Matt Talbot Kitchen, St. Joseph's Church and Pius X High School.

UNL Extension thanks Cindy for donating her time and talents to the 4-H Youth Development program.



Cindy Fiala accepting award at Lancaster County Board of Commissioners meeting on Nov. 7.

New Nutrition Education Program Staff

In November, two new staff members joined the University of Nebraska–Lincoln Extension in Lancaster County Nutrition Education Program (NEP), which helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.



Kelly Fisher (left) and Stacie Powers (right) recently joined the Lancaster County Nutrition Education Program staff.

Kelly Fisher is a Registered Dietitian (RD) and will primarily teach nutrition to teens and young adults. Some of the organizations and programs she will partner with are Lincoln Public Schools (parenting classes for pregnant teens and young moms), the YWCA (teen moms group) and St. Monica's (substance abuse treatment programs for women). Kelly will also teach WIC clients and families.

Previously, Kelly worked as a dietitian for the Family Service WIC clinic in Lincoln. Kelly did her undergraduate work and Coordinated Dietetic Internship at Texas Christian University where she graduated with a B.S. in Nutrition. Kelly was just married last June and moved to Lincoln. Her husband, Tyler Fisher, works as a Strength Coach at UNL. Kelly is in her first semester of graduate school at UNL, studying to obtain a Master's degree in Nutrition.

Stacie Powers is a Registered Dietitian (RD) and will coordinate NEP's School Enrichment program for 1st, 4th and 5th grades. NEP works with qualifying Lincoln elementary schools to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Stacie will present handwashing and food preparation activities in classrooms.

Stacie received her B.S. in Dietetics from Brigham Young University. She has previously worked as a clinical dietitian at Timpanogos Hospital in Orem, Utah as a consulting dietitian for a home health agency. She moved to Lincoln in May with her husband, Nathan, who is working on his doctorate in physics at UNL. This Spring, Stacie will start graduate classes at UNL for a Master's degree in Nutrition Education.

UNL Speakers Bureau in 12th Year of Free Speech

Not much is free these days, but the University of Nebraska–Lincoln Speakers Bureau can offer you something free — Free Speech. Need a speaker for your organization or club or perhaps your classroom? The Speakers Bureau invites you to choose from a diverse selection of topics this year. University faculty and staff have a wide range of expertise to share with you through their presentations.

To request and schedule a speaker, fill out the online form at <http://www.speakersbureau.unl.edu> or call 472-0088.

The 2006–2007 members of the Speakers Bureau are as follows:

PATRICE BERGER
Professor of History & Director of University Honors Program

- Europe: 2006
- Europe: 1939
- UNL in the 21st Century

JOHN BRASCH
Associate Vice Chancellor, Office of Technology Development

- New Directions for Technology Transfer at UNL

DON COSTELLO
Lecturer, Computer Science and Engineering

- Information Technology – Yesterday, Today and Tomorrow
- In an Age of Just-in-time Teaching and Learning, What is Worth Knowing?
- The Birth, Death and Resurrection of Computers in Banking

PATRICIA COX CREWS
Willa Cather Professor of Textiles & Director of the International Quilt Study Center

- What's New at the International Quilt Study Center
- The History and Mystery of Nebraska Quilts

BOB DIFFENDAL
Professor Emeritus, Conservation & Survey

- Lewis and Clark: The Geology of the Great Plains 1804-06
- Geologic History of Nebraska: Volcanoes, Earthquakes, Ocean Floods, Continental Glaciations, Uplifts, River and Wind Actions
- Southeast Alaska: Ocean, Islands, and the Mainland

CAROLYN DUCEY
Curator of Collections, International Quilt Study Center

- What's New at the International Quilt Study Center
- The History and Mystery of Nebraska Quilts

CAROLYN POPE EDWARDS
Cather Professor of Psychology and Family and Consumer Sciences

- Showing that Early Childhood Education Works

DEANNA EVERSOLL
Director of Osher Lifelong Learning Grant, CEHS

- Lifelong Learning: Create a Health Club for Your Mind
- UNL's Osher Lifelong Learning Institute

DAVID FEINGOLD
Assistant General Manager-Content, NET

- NET – Nebraska's Own NPR and PBS

DAVID FOWLER
Associate Professor, Mathematics Ed.

- The Math-Music Connection: A Violinist's Point of View

JAMES GOEKE
Research Hydrogeologist, School of Natural Resources

- Nebraska's Water Resources: Past, Present, and Future

MICHAEL HOFF
Professor of Art History

- Pirates and Roman: Cities of the Cilician Coast of Ancient Turkey
- Lord Elgin and the Parthenon Marbles: 200 Years of Controversy
- Athens Under Roman Domination

PETER LEVITOV
UNL International Affairs & Immigration Attorney, NU Central Administration

- International Students in the United States

ANDY LINK
Wellness Coordinator, University Health Center

- Tobacco I.Q.: Increasing Your Knowledge About Tobacco
- Tobacco and Advertising
- How to Stop Using Tobacco
- Our Health and the Media

KAREN MILLER
Registered Dietician, University Health Center

- Everything you Always Wanted to Know about Preventing Childhood Eating Disorders but Were Afraid to Ask
- Grandma Really Does Know Best: Healthful Nutrition, it Doesn't Have to be that Hard
- kNOw Dieting: The Truth About Weight Loss

JACK OLIVA
Dean, Hixson-Lied College of Fine & Performing Arts

- American Ragtime and the Music Business in the Early 20th Century

WES PETERSON
Professor, Agricultural Economics

- A Billion Dollars a Day
- International Trade Agreements
- Africa: Problems and Prospects

PAUL READ
Professor, Horticulture and Viticulture

- Grape Expectations: Nebraska's Developing Grape and Wine Industry
- Gardens of the World

JOHN W. RICHMOND
Professor and Director of the UNL School of Music

- Does Music Make You Smarter? It Depends on What You Mean!
- Thinking About Common Dimensions of Aesthetic and Religious Experience
- Finding the Next Mozart! Music Composition Education in the 21st Century

LARRY ROUTH
Director, Career Services

- Accessing Talent Through Internships

JOHN RUPNOW
Professor, Food Science and Technology

- History and Agents of Agroterrorism
- It Must Have Been Something I Ate: Issues in Food Safety

GREG SNOW
Associate Professor, Physics & Agronomy

- Celebrating Albert Einstein's Accomplishments
- Messengers from Outer Space
- Big Science and Big Machines

ROBERT TOVADO
Colonel and Commander, Air Force Reserve Officer Training Corps

- In Defense of America

Kids Talk About Divorce Curriculum for Adolescents

Divorce is painful for parents — and equally painful for their children. It is especially difficult for children to know how to ask for help in coping with this extremely emotional family-changing and life-changing event.

University of Nebraska–Lincoln Extension has developed a curriculum, "Kids Talk About Divorce — Adolescent Edition" to help older children whose parents are going through a divorce or recently have gotten divorced. Primarily designed for kids in sixth through eighth grades, the course also may benefit young adults.

Facilitators can use the curriculum to help children through interaction in learning activities, effective listening, affirming children's feelings and teaching research-based information.

"Kids Talk About Divorce —

Adolescent Edition" is divided into eight sessions, each 40–50 minutes. Because the sessions build on previous sessions, they are taught consecutively. The curriculum typically is taught in schools during lunch time, extended learning periods or study hall, or after school.

The goals of the course include empowering children to cope with the process of divorce by:

- developing greater awareness of the complexity of divorce
- increasing their coping skills
- strengthening their self-esteem

Copies of "Kids Talk About Divorce — Adolescent Edition" may be purchased for \$15 each by contacting Cynthia Strasheim, UNL Extension in Clay County, at (402) 762-3644 or cstrasheim1@unl.edu