

# EXTENSION CALENDAR

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

## September

- 24 Family & Community Education (FCE) Council Meeting . . . . . 1 p.m.
- 25 Guardianship Training . . . . . 5:30–8:30 p.m.
- 25–26 Termite Applicator Training . . . . . 8 a.m.–5:30 p.m.
- 26–27 55 ALIVE Driver Safety Course . . . . . 9 a.m.–1 p.m.
- 27 4-H Leader Training . . . . . 9:30 a.m. and 7 p.m.
- 27 Family & Community Education (FCE) & Community Leader Training, "Who Cares for the Caregiver?" . . . . . 1 p.m.
- 29 4-H Horse Level Testing, Lincoln Equestrian Center . . . . . 9 a.m.

Sept. 25–30 Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha

## October

- 2 4-H Council Meeting . . . . . 7 p.m.
- 2 ABC's for Good Health (1 of 3 part series) . . 10 a.m.–12:30 or 6–8:30 p.m.
- 4 4-H Horse Awards Night . . . . . 7 p.m.
- 5–6 Strengthening Family Treasures: Daughter/Mother Camp, Eastern Nebraska 4-H Center near Gretna
- 8 4-H Horse VIPs Committee Meeting, Lancaster Event Center . . . . . 7 p.m.
- 9 ABC's for Good Health (2 of 3 part series) . . 10 a.m.–12:30 or 6–8:30 p.m.
- 9 4-H Household Pets Club Reorganizational Meeting . . . . . 7 p.m.
- 12 Extension Board Meeting . . . . . 8 a.m.
- 14 4-H Teen Council Meeting . . . . . 3 p.m.
- 14 4-H Chess Club Meeting . . . . . 3–5 p.m.
- 15 Family & Community Education (FCE) Council Achievement Night . . . . . 6:30 p.m.
- 20 4-H Fall Rabbit Clinic . . . . . 9:30 a.m.
- 22 "'08 Better County Fair" Meeting, Lancaster Event Center 4-H Office . 7 p.m.
- 23 Guardianship Training . . . . . 1:30–4:30 p.m.
- 23 ABC's for Good Health (3 of 3 part series) . . 10 a.m.–12:30 or 6–8:30 p.m.
- 25 "Making Many Meals Using a Few Ingredients" Seminar, Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th St, Lincoln . . . . . 7–8:30 p.m.
- 27 Small Hive Beetle Workshop for Beekeepers . . . . . 10 a.m.–12 p.m.

## Safety Course for Drivers 50 & Up, Sept. 26 & 27

University of Nebraska–Lincoln Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course on Wednesday, Sept. 26 and Thursday, Sept. 27, 9 a.m.–1 p.m. Cost is \$10 payable at the first class. Call 441-7180 to register.

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher course especially designed for motorists age 50 and older.

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

The eight-hour course is taught in two, 4-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There

are no tests.

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 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.

## 2007 Make It Yourself with Wool Contest

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over
- Made for Other (any age)

The District III contest will be held at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln on Saturday, Nov. 3 with registration beginning at 8:30 a.m. You may enter any district contest. For more information, call Tracy at 441-7180.



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.

University of Nebraska–Lincoln Extension in Lancaster County

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Lancaster Extension Education Center  
Conference Facilities  
444 Cherrycreek Road, Lincoln



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- Tom Dorn
- Alice Henneman
- Don Janssen
- Barb Ogg
- Karen Wobig

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David Smith

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- Deanna Covault
- Karen Evasco
- Chuck Jungbluth
- Virginia Piening
- Karen Wedding

## ABC's for Good Health, Oct. 2, 9 & 23

A 3-Part Series Which can Change Your Life

UNL Extension Nutrition Education Program (NEP) is presenting "ABC's for Good Health," a free series aimed at limited- to moderate-income women. **If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program.**

Upcoming dates are Thursdays, Oct. 2, 9 and 23. Choose between two time slots, 10 a.m.–12:30 p.m. or 6–8:30 p.m.

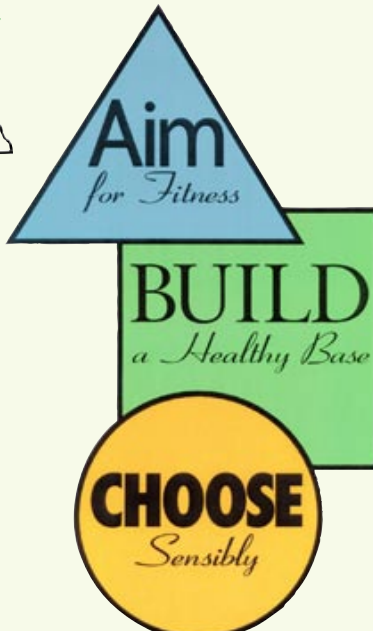
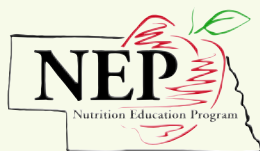
Learn that good health is as easy as:

- A) Aim for fitness – Increase your physical activity with a personalized walking program.
- B) Build a healthy base – Use MyPyramid to guide your food choices.
- C) Choose sensibly – Balance the foods you need and enjoy.

Participants receive:

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation ideas
- A cookbook (valued at \$15) after completing the series

Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by Sept. 25. Call NEP at 441-7180 for more information or to register.



## THE NEBLINE

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