

The Hastings Family Times™

A FREE Weekly Publication for Families

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P.O. Box 1361, Hastings, NE 68902

SHARE Program Has Good Food For Everyone

by Andrew D. Callahan, Editor

Food is one of the basic necessities of life. Sharing is one of the basic niceties of life. The Heartland SHARE program blends the two. The SHARE program (an acronym for Self-Help and Resource Exchange) began in 1983 in Southern California as a non-governmental, non-charity food program and has spread all across the nation. The program began in Hastings in 1996. Nationally the SHARE program describes itself as a network of non-profit organizations dedicated to providing quality monthly food packages at a reduced cost, promoting volunteer services in the community, and building partnerships with community organizations.

There are no income, age, or other restrictions to participate in the program. The concept of sharing, however is central to the program. Anyone who does two hours of volunteer work in a given month is eligible to purchase a SHARE basic food package for \$17.50. The contents of the food package changes each month but the retail value is generally upwards of \$30. For example, August's food package included 1.65 lbs. of chicken drums, 1 lb. of deli turkey breast, 1lb. of bacon, 1 lb. of ground beef patties, an Oscar Mayer Lunchable Deli Tray, 1 head of cauliflower, 1 head of lettuce, 3 red

Italian sweet onions, 6 potatoes, 4 peaches, 3 Gala apples, 4 nectarines, 1 lb. of red seedless grapes, and 1 dozen mini oatmeal raisin cookies (ready to bake).

The program is administered locally by Sharon Witherspoon of the Community Action Partnership of Mid-Nebraska. Each share basic food order must be ordered and paid for in advance by contacting the Community Action Partnership office at 463-7679. Payment can be made by cash, check, or EBT card. September's orders need to be in by September 15, and picked up on Saturday, September 27 at the First Congregational Church at 7th and Marian Road.

The volunteer-work requirement can in-



clude almost any type of work done out of the goodness of your heart for which you are not paid. Examples include working with scouts, church groups, volunteer fire departments, coaching little league, picking up trash in parks, or volunteering at any area charity (Red Cross, Catholic Social Services, Mary Lanning Memorial Hospital, Meals on Wheels, etc.)

The volunteer work requirement is waived for those who are primary care givers for a disabled or elderly friend or family member. Additionally, those purchasing share basic food packages as a gift for someone else do not need to meet the volunteer requirement.



Clean-Up Day at The Zone

The YWCA will be sponsoring a clean-up day for The Zone at the Hastings Police Station on Saturday, Sept. 13, from 10 a.m. to 12:00 p.m. Volunteers are invited to bring useable leftover paint, paintbrushes and/or cleaning utensils, wear "painting" clothes and come help paint, wash and shine The Zone. One hundred middle school students, a record, have registered to attend after school each day. For more information, please call 462-8821.

HPD Receives Grants, Offers Tips To Reduce Teen Drinking

by Andrew D. Callahan, Editor

The Hastings Police Department has received three grants from the Nebraska Office of Highway Safety to target underage drinking.

The grants pay overtime salaries to place extra officers on the street. Officers from the Hastings Police Department will be working in conjunction with Officers from the Nebraska State Patrol. The officers will proactively target underage drinking parties and other underage drinking problems.

These grants were awarded to help prevent the tragedies often associated with underage drinking and DUI that often become more prevalent at the beginning of the school year.

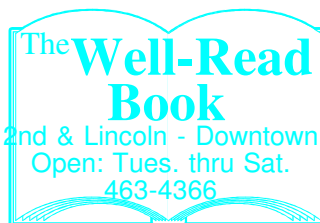
Parents can play an important role in preventing these tragedies as well. I spoke with Captain Steven Murphy of the Hastings Police Department who offered some "common sense" suggestions for parents of teenagers.

1. Be aware of your teenager's activities and whereabouts.
2. If your teenager is going to a party at a friend's home, contact the friend's parents to verify that the party will have proper adult supervision and that there will be no alcohol.
3. Similarly, if you are hosting a party for your teenager and his friends, provide proper supervision, don't allow alcohol, and give these assurances to other parents.

"In Nebraska teenage drinking is illegal, but it's also a safety issue," said Captain Murphy. "We are trying to create an environment where people are safe. Unfortunately, our experience tells us that mixing alcohol and teenagers leads to an unsafe atmosphere." Parents should counsel their teenagers to be aware of their surroundings, and even if they are not

drinking themselves, but are present where there is underage drinking, they could be at risk. Increased violent activity, accidents, and injuries are often associated with teenage drinking, and the teenagers who are injured aren't always the ones who have been doing the drinking.

Especially important, Captain Murphy stressed that parents should remind their teenagers never to drink and drive, and never to ride in a car with a driver who has been drinking. Teenagers who find themselves at a party where their driver has been drinking should call home or find some other way home.



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Shake, Rattle, and Roll at the Hastings Museum

The Hastings Museum of Natural and Cultural History will host Preschool Playday on Saturday, September 13 at 1:00 p.m. as part of its monthly program for preschool-aged

Volunteer Opportunities at YWCA

Just in case there are those of you who would like to participate in the SHARE program (see front page story), but don't already have volunteer projects lined up, we have listed here some opportunities that have come to our attention. It's a pretty short list this time, but we'll keep an eye out for others in coming weeks.

The YWCA needs pies for its booth at the United Way Kick-Off in Brickyard Park. If you can help by baking a pie or two, please call the YW at 462-8821 to let them know and bring your pie(s) to the YW on Friday, Sept. 12 or Brickyard Park on Sunday, Sept. 14.

Chaperones are needed for the YWCA Middle School Canteen, Sept. 20, 8-10:30 pm at the YMCA. Call the YWCA at 462-8821 for more information if you are interested in chaperoning.

Upcoming Events

Toddler Time at the Library - Thursday, Sept. 11, 10:30 am. - a lapsit story time for children younger than 3 1/2 - each child must be accompanied by a lap! - no advance registration required -461-2346

Story Hour at the Library - Wednesdays, 10 am or 1 pm - Thru December 17, 2003 - for children ages 3 1/2 to 6 - Parents need to be a parent helper at least once during the session - advance registration is requested - 461-2346

Senior High Open House - Sept 15, 2003 - 7-9 pm - follow your student's schedule and meet his/her teachers.

Auditions for **Another Enchanted Evening**, a song and dance HCT and HSO combination event scheduled for Jan. 10, 2004 will be held Sept. 15 & 16, 7-9pm at the Hastings Community Theatre - contact directors Chris Cottam-463-7230, Robin Stroot-462-8425 or Patrick Crawford-463-8424 for more information.

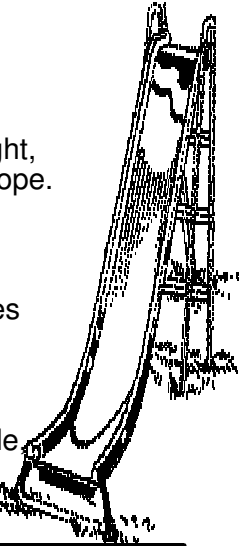
The Slide

by Cecile Callahan

The slide gleams faintly in the fading light,
Oh I must take a trip down its slippery slope.
I dart up the steps anxious to ride
I sit down ready to glide,
But I stick.

I pick up my feet and take off my shoes
Scooch along on my rump,
But it's just no use,
So I jump.

Oh, woe betide the slide that won't glide
Cause what good is a slide
If it sticks?



The Hastings Family Times

Original & Local Word Search #2

by Dale T. Callahan (age 13)

M I L L A B T F O S R A
U R E B M E T P E S L T
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Garden Cafe
Hastings
Margarita Pete's
Minnesota
Morton
OK Café
Oswego
Panthers
Pastime
Pavilion
Planetarium
Plum Nelly
September
Softball
Watson

children and their parents. This month's program, Shake, Rattle & Roll, includes music, dance, lots of noise and fun, and is inspired by the large-format film, PULSE: a STOMP Odyssey, now playing in the Lied Super Screen Theatre. Each participant will make his or her very own musical instrument to take home.

"Kids just love to dance, sing and make music," said Marcy Burr, education coordinator for the museum. "They'll have a ball making and playing their own musical instruments."

Regular museum admission or museum membership covers the cost of Preschool Playday. Reservations are requested by Friday, September 12. For more information or to make reservations, please contact Guest Services at 461-4629, option "0".

The Hastings Family Times™ K.I.D.S. Recipe of the Week

Pizza Bread

1 jar spaghetti sauce 1 loaf of french bread
1 stick margarine 1 8-oz block, mozzarella cheese

Preheat oven to 350° F. Cut french bread into 1" slices. Butter top of each slice. Cover tops with slices of mozzarella cheese. Toast in oven until cheese is golden brown; if you like your toast less crispy, remove when cheese is melted.

Warm spaghetti sauce in microwave. Dip toasted bread in sauce and eat. Mm-mm!

I adapted this recipe from a favorite treat from a pizzeria in Illinois. Our family enjoys it and we eat it frequently. We have substituted garlic bread and canned biscuits for the french bread and both are good. If you use canned biscuits, follow the baking directions on the label. We recently tried it on pumpernickel, but I personally don't recommend that variation. And mozzarella isn't the only cheese possibility either; we've used cheddar, colby, and Monterey Jack as well. Feel free to experiment with your own favorites. - Cecile

Don of Dawn Is New Contributor

A Hastings man has begun contributing thought provoking and philosophical statements to The Hastings Times that will be featured under the headline "Truly I Say (see below).

Although the long-time Hastings resident has been published in more than 100 publications around the country, he prefers to be known only by his pen name, the Don of Dawn.

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