



TAB Extra

September 2010

Please note.....

☑ For the safety of everyone in the building, the YWCA doors are locked until 6:00 pm on Fridays and once again at 6:30. The door will remain locked until 9:00 p.m. If you need to pick up your child earlier, please call the TAB **emergency cell phone at 402-499-1129** and TAB staff will gladly open the door for you.

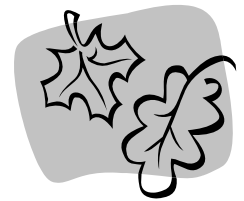
☑ Over the next month, each returning family will be asked to complete a new registration form and provide updated financial information. This is to ensure we have current information about your family. Thank you for your help with this!



☑ Please respect our 9:30 p.m. pick up time. If someone is consistently late to pick up their child, they may be asked to take a week off from TAB. Thank you!

Points of Interest:

- ☺ Apple Crisp Recipe
- ☺ Resources at the Center For People in Need
- ☺ Free Family Activities
- ☺ Fall Clothing Giveaway



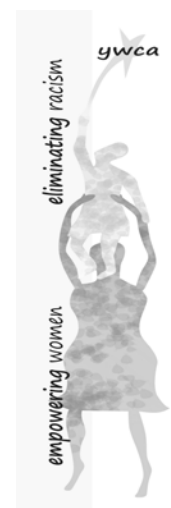
TAB Appreciates Help from These Local Businesses in August

In August, TAB was fortunate to receive the help from many local businesses. Please show them your thanks by supporting them when you can. Roberts Dairy has been and will continue providing milk every week for TAB.

August 6th-Sandwiches donated by Subway at the Highlands and 27th and I-80 locations. Fresh flowers donated by Abloom Floral at 1451 O Street.

August 20th-Spaghetti with Marinara and garlic bread donated by Grisanti's at 6820 O Street and flowers from our own Robin Roberts.

August 27th-sandwiches donated by Planet Sub located at the UNL Student Union.

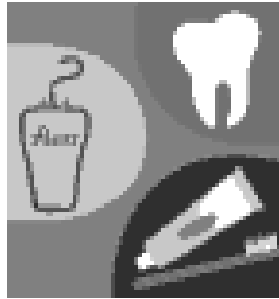


TAB Thanks Julie Haman, DDS

Dr. Haman, a pediatric dentist, came to the YWCA on Friday, September 10, 2010 and presented to two groups of children at TAB. She taught the children about the importance of brushing and flossing and brought x-rays and teeth models to help demonstrate this.

She also had fun playing games and brushing the "monster's" teeth with the children. She gave each child a bag with toothbrushes, floss, and toothpaste. Thank you Dr. Haman for your time at TAB!

Dr. Julie Haman and her partner, Rebecca Scott, DDS, specialize in dental care for infants, children, teenagers, and special needs patients. They are located at 6040 Village Drive, Suite B, Lincoln, NE 68516. Their phone number is 402-420-2525. You can find their website at www.lincolnpediatricdentistry.biz



Resources from the Center for People in Need

Computer lab available

The Center for People in Need has a computer lab available for public use 4 p.m.-8 p.m. Tuesdays and 9 a.m.-2 p.m. Saturdays. The 24-seat computer lab has programs that can accommodate needs ranging from resume writing and job searches, homework, and applying for government assistance, including SNAP food stamps.



Budget Friendly Family Activities in Lincoln

(Courtesy of "Lincoln Kids" and www.lincoln.org/events/calendar)

August 1-October: Martin's Hillside Orchard, 2024 Ashland Road, Ceresco NE, 665-2140. Pick your own apples, pumpkins and raspberries. Bring the family and spend an afternoon at the orchard enjoying the butterfly garden, discovery trail, Mount Strawtower, and corn maze. Free admission—you just pay for any fruit you pick. www.hillside-orchard.com

Saturdays: (ongoing) Spanish/English Bilingual Story and Craft Hour 10-11 a.m. at Indigo Bridge Books, 701 P Street, Ste 102, 477-7770. (In the Creamery Building in the Haymarket).

Lincoln City Libraries: lincolnlibraries.org. Each location offers preschool storytime for ages 3-5 and Toddler time for parents and children ages 18-36 months. Enjoy reading aloud, singing, playing and dancing. Contact each location for days and times.

Sunday, September 19: Hispanic Heritage Festival-EI Festival de las Americas. Annual Hispanic Heritage Festival is Lincoln's only community event that celebrates the richness of the Latin American cultures represented in our city and state. Ethnic music, dance, food, kids corner, cultural exhibits and more are all wrapped up into this event. Free Admission. Noon-6pm at Antelope Park.

Saturday, September 25 10 a.m.-6p.m. and Sunday, Sept. 26 10a.m.-5p.m.: Lincoln Arts Festival at South Pointe Pavilions. The festival is home to fabulous works of art for purchase and perusal, amazing live music acts to enliven your senses along with a fun, family-friendly atmosphere complete with children's activities,





YWCA Lincoln

Job Outfitters Giveaway

YWCA Lincoln's Job Outfitters program will hold its end of Summer Clothing Giveaway on Tuesday, September 28, from 9 am to 6 pm. Free and open to all women in the community, the event will be held at the YWCA Lincoln, 1432 N Street. No appointments are necessary.

The giveaway is an "everything must go" extravaganza, featuring Job Outfitters entire inventory of women's clothing.

For more information call 434-3494 ext. 125 or email: jmeyer@ywcalincoln.org.



RECIPE EXCHANGE

In our TAB newsletter, I will include recipes that myself or someone on the TAB staff, or one of our TAB families have tried and thought it was worth sharing with our TAB families. If you have a recipe you would like have featured in our newsletter, please give to Misti on Friday, or email to Misti at [TABLincoln@gmail.com](mailto:TABLIncoln@gmail.com).

Apple Crisp submitted by Misti McInteer

It is APPLE time again! Fall is my favorite season and I love picking apples and making apple crisp. Apple crisp is very easy—you can't goof it up and you can change it to make it your own, or use what you have in your cupboard. I can't stand to peel apples— and hate throwing out the peeling, so I leave the peeling on and my family likes it. For those of you that read last month's newsletter, yes I am repeating this recipe for anyone who missed it because it so good!



- ½ cup quick-cooking rolled oats
- ½ cup packed brown sugar
- ¼ cup flour
- ½ tsp. cinnamon
- ¼ cup butter or margarine
- 2 pounds apples (6 medium)
- 2 tbsp. granulated sugar

Combine oats, brown sugar, flour cinnamon and dash of salt. Cut in butter till mixture resembles coarse crumbs; set aside. Peel, core, and slice fruit to make 5 to 6 cups. Place fruit in a 10x6x2-inch baking dish. Sprinkle with granulated sugar. Sprinkle crumb mixture over all. Bake in a 350 F oven for 40 to 45 minutes. Serve with ice cream.



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5	6 Labor Day	7	8	9 YWCA Tribute to Women	10 TAB 6-9:30 Dr. Hamon (Pediatric Dentist) to visit	11
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19	20	21	22	23	24 TAB 6-9:30	25
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