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## **(Neb.)-Hudson Meng Programs To Be Held At Fort Robinson And Chadron State Parks**



By: Chris Fankhauser Posted at: 07/05/2013 07:54 AM

(Chadron)-The Hudson-Meng Education and Research Center staff members are offering an educational program on Paleo diets every Friday night during July at local State Parks. In the 21st century, the Paleo diet is a new trend based upon the eating behavior of humans during the Paleolithic era more than 12,000 years ago.

The program will consider the origins and history of the diet, including reintroduction into modern day. The diet is based upon a hunter/gatherer lifestyle before the introduction of agriculture, embracing history and nature's harvest. The public is welcome to join the discussion of our past in comparison of our present and how food has played a role in today's lifestyles.

These Special Friday Night Programs will be presented by Hudson-Meng staff members Jessica Fischer, Jeri Ho and Kathleen Hansen. Fischer described her awe in learning that "the true reflection of a Paleo-diet would not be as simple as walking into a grocery store and buying the fresh produce and meat; instead, it is a reflection of the hard work needed to harvest a location's available resources without the aid of technology."

Dennis Kuhnel, Hudson-Meng Director, said that these programs are a fun way for the Forest Service to promote Hudson-Meng, provide educational and recreational opportunities to the public and work cooperatively with our local State Park partners. According to Kuhnel, the Special Friday Night Programs are a new feature provided by the Hudson-Meng staff, with new topics each month through Labor Day.

Special Friday Night programs are as follows:

- July 5th at 7:00 P.M at Fort Robinson State Park Activities Center.
- July 12th at 7:00 P.M. at Chadron State Park Central Building.
- July 19th at 7:00 P.M at Fort Robinson State Park Activities Center.
- July 26th at 7:00 P.M. at Chadron State Park Central Building.

Special Friday night programs are free of charge, however a Nebraska State Park Permit is required. All age groups are welcome to attend.

(Story courtesy of Nebraska National Forests and Grasslands)