Nutrition Program Helps Students Learn Healthy Eating Habits

Karen Wobig
UNL Extension Educator

Research shows what people learn at an early age has a profound effect on habits during their adult years. If children learn how to choose healthy foods when they are young, they will most likely continue to choose healthy foods as adults—and in turn, feed their children healthy foods. Families with limited resources often struggle not only to have enough food to eat, but to figure out how to buy the healthiest foods with their limited spending dollars.

School Enrichment Nutrition Kits

To help youth in these families learn to make healthy food choices, University of Nebraska-Lincoln (UNL) Extension in Lancaster County partnered with Lincoln Public Schools (LPS) to develop a nutrition school enrichment program. In 2000, UNL Extension Nutrition Education Program (NEP) staff developed nutrition kits for first, fourth and fifth grades. The nutrition kits contain supplemental, hands-on materials for classroom teachers to use along with their existing curriculum.

NEP staff deliver the kits to classrooms and lead students in a hand-washing activity. The kits remain in the classrooms for up to three weeks, during which time teachers use the materials as they teach their nutrition unit. When NEP staff return to pick up the kits, they assist students in making a healthy snack.

In 2005, kits were developed for kindergarten, second and third grades. Currently, 15 LPS elementary schools qualify to participate in the NEP school enrichment program (based on income eligibility). LPS teachers report teaching nutrition an average of 10.5 hours per classroom, which is nearly double the hours taught at the inception of this program. The following chart reflects the increase in participation and teacher time invested teaching nutrition education.

<table>
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<th>School Year</th>
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Along with in-school programs, NEP delivers programs to Head Start and after-school sites. NEP staff are currently developing kits for qualifying Middle Schools (grades 6-8). The Lancaster County NEP’s School Enrichment program has been replicated in Douglas/Sarpy (Omaha), Hall/Adams (Grand Island) and Scotts Bluff counties. NEP school enrichment is a part of UNL Extension Youth Development Program which emphasizes learning by doing.

Impact on Students

Feedback indicates the program is making a positive impact on the youth participants and their families. Youth consistently tell NEP staff they are making foods with their families and sharing healthy eating information with them. NEP staff often ask students, “Have any of you made different food choices because of what you have learned?” In one second-grade classroom, more than half of the students indicated they were making healthier snack choices after arriving home from school. One respondent, “I used to eat junk food like potato chips when I got home, now I eat apples and oranges.” Another stated, “I would eat candy and pop as soon as I got home, now I eat grapes and crackers.”

In a third-grade classroom, nearly two-thirds of students explained at least one way they keep food safe at home, such as: cooking food to a proper temperature, cooling food in the refrigerator after using it, washing fruits and vegetables, keeping raw meat juices from cross-contaminating vegetables and washing hands before preparing food.

A pregnant teacher told NEP staff her students began evaluating HER diet. The whole class watched what she ate and decided if the meal or snack was a healthy choice for her baby. She said, “I am eating much healthier now that the students want to know everything I am eating and always ask, ‘Is it healthy for the baby?’”

One of the focus areas in the nutrition kits is consumption of healthy beverages. Fifth-graders do an experiment to understand what makes milk help build strong bones.

The Nutrition Education Program school enrichment kits contain all the materials needed for hands-on educational experiences, such as food models, science experiments, interactive games, activity sheets, books, videos and more! Along with in-school programs, NEP delivers programs to Head Start and after-school sites. NEP staff are currently developing kits for qualifying Middle Schools (grades 6-8). The Lancaster County NEP’s School Enrichment program has been replicated in Douglas/Sarpy (Omaha), Hall/Adams (Grand Island) and Scotts Bluff counties. NEP school enrichment is a part of UNL Extension Youth Development Program which emphasizes learning by doing. NEP staff often ask students, “Have any of you made different food choices because of what you have learned?” In one second-grade classroom, more than half of the students indicated they were making healthier snack choices after arriving home from school. One respondent, “I used to eat junk food like potato chips when I got home, now I eat apples and oranges.” Another stated, “I would eat candy and pop as soon as I got home, now I eat grapes and crackers.”

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Control Winter Annuals in Fall

Tom Dorn
Extension Educator

Winter annual broadleaf weeds such as Henbit, Marestail and the mustards (field pennycress, Shepherds purse, Tansy mustard, etc.) germinate in the fall, overwinter as a green plant, begin growing again in early spring, then complete their life cycle and go to seed in the spring or early summer. The best time to apply post-emergent control measures to winter annuals is in the fall when the seedling plants are small and the plant has not had time to store much energy in the root system. Timing is not critical, so there is an extended window to apply herbicides after harvest in most years. Best control will be achieved if daytime temperatures are above 60 degrees F, but good control can be obtained even when temps are in the ’50s most years.

Too often, producers wait until spring to attempt control of winter annual weeds. Unfortunately, several factors are working against you in the spring. In the early spring, the weather is more unpredictable. It can be warm one day and cold the next. Second, is the growth stage of winter annual weeds. In the spring, winter annuals are in the reproductive mode. They bolt quickly, flower and before you know it, they are setting seed. The plant is larger with a more developed root system and is flowering, so is less likely to receive a lethal dose of herbicide from your application.

In the fall, the weather is usually more cooperative and weeds are in the vegetative (vegetative) stage and more susceptible to herbicides. Winter annuals can typically be sprayed from late September to early December, weather permitting. As far as rates are concerned, fall applications typically require less herbicide and thus, less expense. The common winter annual broadleaf weeds can be readily controlled with just 1.5–2 pints of 2,4-D ester or 1 pint 2,4-D plus 0.9 ounces disulfuron. 24 ounces of glyphosate or 1 pint 2,4-D + 16 ounces glyphosate. Note that atrazine is not labeled for fall application in Nebraska.

While soybean rust has been in the spotlight since November 2004, soybean cyst nematode (SCN) cause the greatest losses to U.S. and Nebraska soybean producers. In many cases, producers are not familiar with SCN or only look for it when there is a problem in a soybean field and all other possibilities have been eliminated. To increase the awareness of SCN and better define its distribution, the Nebraska Soybean Board provided funding for free sampling kits ($20 value) to be distributed through extension offices to farmers in counties where soybeans are grown. Each kit contains a tag for you to submit a sample to the Plant & Pest Diagnostic Clinic at the University of Nebraska–Lincoln and directions for collecting a soil sample. You will need to collect a soil sample and submit it to the clinic by December 31, 2007, to take advantage of the free offer.

You can sample for SCN any time during the year. After harvest is a good time to sample if you did not have enough to harvest a sample or the field didn’t yield as expected and you can’t attribute the lower yields to any other factor such as weather, flooding, insect infestations or weed pressure. During the growing season, if you notice areas in a field where the soybeans don’t look as healthy and it can’t be explained by any of the factors above, it is also a good time to sample.

There is a limited quantity of these kits available, they will be distributed on a first-come, first-served basis to farmers stopping by the extension office to pick them up. To benefit as many farmers as possible, order one kit per farm operation.


While Downy Brome is present in many winter wheat fields this past spring and likely will be a problem again. Winter annual grass weeds are very competitive with winter wheat, and weed competition can reduce yields during the growing season. In order to minimize losses, growers must control Downy brome in a timely manner.

Only in the last few years has it been possible to selectively control winter annual grass weeds in winter wheat. Control of these weeds is best when herbicides are applied in the fall, shortly after emergence, when the plants are small and before they become well tillered. Winter wheat fields that look like a lawn from a distance, probably have winter annual grass weeds filling in between the rows of wheat.

Maverick®, Olympus®, and Olympus® Flex herbicides provide selective control of Downy brome and other Bromus species in winter wheat. Maverick® and Olympus® provide similar control of Downy brome when applied in the fall. Downy brome control with these products applied in the fall has ranged from about 70 to 95 percent in University of Nebraska trials. Spring applications have been less consistent and have ranged from 35 to 85 percent control. Plant growth rate and stage of development at the time of application, and weather conditions following application, influence the level of control. "Olympus® is priced slightly lower than Maverick®, with 0.9 ounces per acre, and has provided slightly better control (5–15 percent better) of downy brome than Maverick® or Olympus®. 3 to 3.5 ounces per acre will cost $12-$14 per acre. When applied in the spring, Olympus® Flex does not appear to provide better control than Olympus® or Maverick®. All three products have significant soil residual concerns that restrict crop rotation options. Olympus® Flex has a little less soil residual than Olympus®, which allows a few rotation options to be planted a little sooner than with Olympus®, but the differences are small and may be of little practical significance in Nebraska. Growers who seeded a Clearfield® wheat variety to Beyond® herbicide to selectively control Downy brome and other winter annual grass weeds.

Sources: Crop Watch Newsletter articles and Downy Brome Control NebGuide G-422 http://www.unl.edu/epubs/issue422/pdf/g422.pdf

Winter Annual Broadleaf Weeds in Cropland

Downy Brome in Pastures

Downy brome is a winter annual grass which tends to invade over-grazed areas of pastures. Downy brome is less palatable than most other grasses at all growth stages and is refused by grazing animals once it emerges. This gives Downy brome a competitive advantage over desirable grasses in grazing systems, so the tendency is for patches of Downy brome to get bigger over time. There are no selective herbicides registered for pre-emergent control of weeds in pastures. It is often suggested to kill Downy brome with a non-selective post-emergent herbicide that has no residual soil activity, (Parquat or Glyphosate) and then seed desirable grass species.

University researchers have not had success with killing a stand of Downy brome, then immediately planting grasses into the treated area. If the Downy brome is allowed to grow until spring, it has usually used up so much of the soil water, the new plants can’t establish well. If you want to plant the desirable grasses in late summer, Downy brome seeds near the soil surface germinate with the new grass and provide too much competition.

The best approach when renovating pastures, is to kill Downy brome in the fall, again the following spring and then plant the area to be renovated to a summer annual crop such as sudangras, forage sorghum or a sorghum-sudan hybrid. Repeat these actions a second year to further reduce the number of Downy brome seeds in the soil.

In the third spring, kill any surviving Downy brome with chemicals or tillage, then plant permanent grass species. By this time, desirable species should have enough soil moisture to become established and should be able to compete with the remaining Downy brome seeds (now at least three years old) that may germinate in the fall.

Sources: Downy Brome Control NebGuide http://www.unl.edu/epubs/issue422/pdf/g422.pdf

Downy Brome in Weat

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Free Soybean Cyst Nematode Sample Kits Available

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There is a limited quantity of these kits available, they will be distributed on a first-come, first-served basis to farmers stopping by the extension office to pick them up. To benefit as many farmers as possible, order one kit per farm operation.

Keep Roosting Birds From Dirtying Cars, Driveways This Fall

In the Fall, birds such as grackles and other blackbirds, European starlings and house sparrows form flocks to feed and roost says Ron Johnson, Ph.D., UNL wildlife specialist. When the birds roost in populated areas, the flocks often are a nuisance because they can cause odor, noise, filth and damage to trees, walkways and buildings.

If bird flocks appear to be preparing to roost in a tree during the evening hours, make noise to disturb them and scare them away. The earlier this is done, the more effective it will be. When a flock has roosted in a tree for a long time, it may take three or more consecutive evenings of scaring the birds to get them to leave. Start harassing them when they begin to arrive and continue doing so periodically until dark.

For long-term solutions to these problems, eliminate attractive roosting places where bird roosts are occurring. Dense groves of overcrowded young trees provide great roosts, so thin about one-third of the trees to disperse roosting flocks and make the area less appealing as a roost. Thinning the overcrowded trees will improve the remaining tree stand.

Large trees with thick side branches give birds a nice place to settle. To remove a roosting flock and discourage it from returning, thin the side branches or have a professional do so. However, be sure to leave the top of the tree intact; both to preserve the quality of the tree and because the side branches will grow back even thicker if the top is thinned.

On average, a full-size pick-up with an 8-foot bed can hold approximately one-third to one-half cord of wood depending on how the wood is stacked. The amount of wood needed to heat an area depends on several factors-type and quality of wood stove, type of wood to be burned, size and insulation of area to be heated, desired interior temperature and outside temperature. As many as four to one-half to seven cords per year may be needed to heat a home. However, for occasional use in a fireplace, one-half cord is sufficient.

There are many readily-available sources and means of gathering firewood besides harvesting timber from a wooded area. Logs and limbs from trees toppled by storms can be reclaimed from landfills. Industrial wood waste from lumber processors and limbs removed for powerline maintenance can be used as well. However, obtain permission before taking wood from such places for personal use.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment. The following clinics will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherry Creek Road from 7–9 p.m. For more information, contact Sarah Browning at (402) 727-2775.

Acreage Insights Clinics

Wednesday, Sept. 5

Fire on the Acreage

Fire has always been part of the rural landscape. If you choose to live within that rural landscape, it pays to know how to make your acreage as fire resistant as possible. Using prescribed fire as a tool is often another important part of rural living. Both of these “burning issues” will be discussed in “Fire on the Acreage.”

Organic Production

Small scale production of organic vegetables, livestock and other crops is becoming more popular each year with acreage owners as well as farmers market producers. This program will be an overview of organic production. We’ll be discussing vegetables, livestock and other crops, along with basic production, marketing opportunities and how to become certified as an organic producer.

Tuesday, Oct. 9

Tree Selection for Acreages

The selection and placement of trees well adapted to Nebraska’s challenging growing conditions is crucial to the creation of a pleasant acreage environment. Trees must be chosen to fit the existing site conditions, so they thrive with few, if any, pest problems. The must also perform their desired function, whether is to provide shade, screen out unpleasant views, provide habitat for wildlife or increase the home’s energy efficiency. Presented by Justin Ever, Assistant Director of the Nebraska Statewide Arboretum, this workshop will help you learn how to choose the best tree species for shade, wind protection, wildlife and fun.

Thursday, Nov. 8

Fire on the Acreage

Fire on the Acreage

Organic Production

We assure reasonable accommodations under the Americans with Disabilities Act. For assistance, or if you require language interpretation, contact Extension in Dodge County at (402) 727-2775 three weeks prior to date of clinic.
Ten Rules for Planting Trees

Tree planting is an ancient art, but the methods have changed over time to reflect the latest and best arboreal cultural and forestry research. It is vitally important to remember where trees live in nature. In the natural forest there are no sidewalks, automatic sprinklers, streets, parking lots, tall buildings or other man-made objects.

These guidelines are the most current practices recommended for proper tree planting. It is tough being a tree in Nebraska, but following these procedures will provide a planted tree the best means of surviving and growing to maturity.

1. Selection is Important. Select the right tree for the right place—many serious problems can be avoided by proper selection decisions.

2. Water. Keep planting stock in shaded location and watered. Do not get rough with the planting box or container. If you have to hold a plant over, make sure it is moist and shaded. When shipping trees it is important that they have covered to avoid heavy loss of water through transpiration. Keep in mind when trees are transplanted that the majority of the root system is left behind.

3. On-site and prior to planting remove all wires, labels, cords and anything else attached to the plant. Do not skim on the width of the planting hole. Plant slightly above nursery level. Place the plant on solid ground—do not fill dirt. Be careful of drainage. One sure way to check is to fill the hole with water and come back in 24 hours. If the water has not drained out, make alternate plans.

4. Hole size and shape have become a very important factor. Do not let the planting depth after the tree has been planted be more than two to four inches of mulch is ideal. Critical not shredded may take a year or longer to decompose.

5. Remove ALL containers from the root ball prior to planting—even peat pots should not be left intact. Wire baskets and burlap should be rolled back into the hole at least 12 inches below planting depth after the tree has been set into the hole. It is best if wire baskets can be removed completely.

6. Backfill with loosened soil. Research shows amendments are not necessary. When dealing with difficult sites some judgments may have to be made.

7. No need to fertilize at planting time. Remove only damaged or rubbing branches. Food production by the leaves is vitally important. Cutting back restricts leaf area and reduces food production.

8. Water the plant thoroughly two to three times per week for the first season.

9. Mulch around the tree. This is important!! Natural composted mulch is best. Do not use plastic sheeting. Two to four inches of mulch is ideal. Critical not too much mulch levels any deeper. Mulch should cover the bottom to the drip line, if possible, and should not be placed against the trunk.

10. Stake only when necessary. A tree is staked, allow for some movement but take care not to injure the bark. Staking is useful for protection against people. Remove stakes after one year.

Source: Nebraska Forest Service Community Forestry Program

Answers to Composting Questions

**What kinds of materials can be composted?** Yard and garden residues and other organic materials are suitable for composting. This includes leaves, grass clippings, straw, hay, sawdust and finely chopped or shredded tree and shrub pruning.

**Can kitchen scraps be added to a compost pile?** Certain kitchen scraps can be added to the compost pile, such as fruit and vegetable trimmings, coffee grounds and eggshells. Bury them in the pile to prevent odors and flies. Do not add meat scraps, bones, grease, whole eggs or dairy products to the compost pile because they are slow to decompose, will cause odors and can attract rodents.

**What is the optimum size for a compost pile?** The best size of an enclosed compost pile is between a 3 ft. x 3 ft. x 3 ft. If any smaller, it will dry out too fast; any larger and there will be poor air movement and it will be difficult to turn the pile.

**How can I avoid problems with unpleasant odors from the compost pile?** Odors may arise either from the addition of excessive amounts of wet plant materials like fruits or grass clippings, from overwatering the pile or by not turning the compost pile regularly.

**How long does it take to reach a finished compost?** Generally, a compost pile containing a good mixture of finely chopped materials, is turned regularly and kept moist, will be ready in about two to four months. A pile or bin left unattended and material not shredded may take a year or longer to decompose. Piles prepared in the late fall will not be very well composed by the spring. When the compost is ready, the pile will be about half its original size and have a pleasant, earthy smell.

**What is the optimum temperature for composting?** The optimum temperature for composting is 130° to 150° Fahrenheit. This is the temperature at which weed seeds are destroyed and disease spores are killed. Temperatures of 130° to 150° Fahrenheit are heat sufficient to kill most weed seeds and disease spores. Temperatures of 130° to 150° Fahrenheit also break down the materials to smaller particles which breaks down into smaller sizes and increases the final compost's ability to hold water.

**How do I turn the compost pile?** Turn the pile when the temperature of the pile is 130° to 150°F. This will promote even aeration of the pile which will help the composting process.

**How can I add fertilizer to the compost pile?** One of the most common mistakes people make when adding compost to the garden is adding too much fertilizer. Too much fertilizer will not only increase the amount of nitrogen in the soil, but also increase the amount of weed growth in the garden. To avoid adding too much fertilizer to the compost pile, add a balanced organic fertilizer such as a 5-10-5 or a 6-10-6 fertilizer. These fertilizers will provide the necessary nutrients to the plants without adding too much nitrogen.

**How do I store the compost?** Your compost bin or pile should be covered with a lid or a tarp to prevent rain from getting on the compost. The compost should be stored in a shaded area to prevent the compost from drying out. The compost should also be turned regularly to ensure even aeration and to prevent odors.

**What is the best time to add compost to the garden?** The best time to add compost to the garden is in the fall. This allows the compost to break down and become available for the plants the following spring.

**What is the best size for a compost bin?** The best size for a compost bin is about 10 cu. ft. This size is large enough to hold a good amount of compost while still being manageable for turning.

**What is the most common mistake when composting?** The most common mistake when composting is adding too much nitrogen to the compost pile. Too much nitrogen will cause an excess of plant growth and can lead to an excess of weeds in the garden. To avoid this problem, add a balanced organic fertilizer such as a 5-10-5 or a 6-10-6 fertilizer. These fertilizers will provide the necessary nutrients to the plants without adding too much nitrogen.

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Ease Children Into Staying Home Alone

Leaving a child at home alone can be a risky situation. However, parents can follow a few simple steps to ease the process and look for indications their child is ready for the responsibility.

There is no set age when every child is ready to be left at home. Some children mature quicker than others. Therefore, take a gradual approach when preparing a child to be at home without adult supervision.

Begin by looking for signs that a child is gaining a sense of responsibility. Listening to and carrying out instructions is a subtle but solid indicator a child will follow rules and work with adults. Rules are set for a reason and breaking them could result in accidents or serious problems.

Honesty is the best policy. Parents should feel certain their child will call if there is a problem arises and be honest about what happened while they were gone. Supervision, whether it be childcare or a babysitter, is preferred over leaving a child alone. Unfortunately, the situation can’t always be avoided.

Parents should prepare a child, in advance, by taking small steps towards the larger goal. Call the children’s help is close by. Begin leaving a child home alone for short periods of time and gradually increase the duration each time. Call the children back in every one to two hours.

If a child is left at home with nothing to do, arguments can occur over who is in charge. To prevent sibling squabbles, specifically point out who is in charge or rotate the responsibility.

Make sure a child can use the telephone and communicate clearly. It also is good for a child to feel comfortable asking a reliable neighbor for help. Accidents happen at any time, and there is no guarantee a parent or other relative can get home should the need arise.

Work a child through the "what if" scenario of staying home alone. Talk about what should be done in different situations and display emergency information and telephone numbers, including 911, in an easily seen place such as a telephone card or refrigerator close to the phone.

In general, never assume a child is ready to stay home alone. The responsibility may be too much. Making the right decision is not always easy to do, but with common sense and good judgment the transition will be much easier to handle.

Notes on Staying Home Alone

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Remember State Convention will be September 21-23 at Gretna. Monday, Sept 24 at 1 p.m. is our next Council meeting. Andrew London, attorney, will talk about the "New Laws Affecting Seniors" followed with our business meeting.

Hope you also enjoyed the County and State Fairs.
Nutrition School Enrollment

continued from page 1

what ingredients go into pop/soda? Do you know about any changes in food choice habits because of what they’ve learned. One student explained because

of the pop experiment and learning how much sugar was in it, he had stopped drinking pop. Previous to the experiment, he was drinking two cans a day. He stated, “I haven’t had a can of pop since.” Another fifth-grader reported, “My parents, brother and sisters all stopped drinking pop and stopped eating candy.”

At an after-school site, youth made french toast sticks. Later, a student said he had made these on his mom’s birthday as a surprise. He had asked his father for help and used applesauce instead of syrup because he wanted his mom to have a healthy breakfast on her birthday.

In pre/post surveys, fifth-graders are asked if they drink milk or eat cheese or yogurt at least two times a day. Of fifth-graders who completed both evaluations, 34 percent increased their daily milk/milk foods consumption after completion of the nutrition unit. The students are also asked how much soda pop they consume. 51 percent decreased their daily pop consumption.

The NEP school enrollment program is funded in part by United States Department of Agriculture’s Food Stamp Program and Expanded Food & Nutrition Education Program. The Food Stamp Program provides nutrition assistance to people with low income.

Extension staff Mary Abbott, Stacie Powers, Zainab Rida and Kelly Fisher contributed to this article.

Four Fruit Salad

Ingredients:
- 1 cup seedless grapes
- 1 large apple, cut into slices
- 1 large pear, cut into slices
- 1 large orange, cut into slices
- 1 cup seedless grapes

Instructions:
1. Wash all fruit and arrange on a platter.
2. Serve immediately.

Nutrition Facts:
- Calories: 95
- Total fat: 0g
- Saturated fat: 0g
- Trans fat: 0g
- Cholesterol: 0mg
- Sodium: 0mg
- Total carbohydrates: 20g
- Dietary fiber: 3g
- Sugars: 12g
- Protein: 1g

Source: California Table Grape Commission in conjunction with the Centers for Disease Control and Prevention Web site at www.fruitsandveggiesmatter.gov

Do You REALLY Know How Much You Eat?

By Alice Henneman, MS, RD, UNL Extension Educator

We make over 200 food-related decisions daily—90 percent of which we aren’t even aware, according to Brian Wansink, Ph.D. and director of the Cornell University Food and Brand Lab.

Perhaps you think you only make three food decisions daily: Breakfast, lunch and dinner. But think again. We may choose what and how much we’ll eat without our knowledge?

“I don’t think we ever appreciate how much we don’t know about food and our food choices,” Wansink said.

Perhaps you think you don’t eat 20 percent less without being aware of it.

“Mindfulness about even one visible food choice can change our eating behavior,” Wansink said.

Often, people will eat more if they are not aware of the food they are eating.

Toss all ingredients together. Served with a drizzle of reduced-fat dressing. Serve in glass with scoop of sherbet on top. Serves 3 in bowl topped with yogurt.

Nutrition Facts: Serving Size 1/6 recipe; Amount Per Serving: calories 80, total fat 0g, saturated fat 0g, cholesterol 0mg, sodium 0mg, total carbohydrate 16g, dietary fiber 2g, sugars 12g, protein 1g

Four Fruit Salad

Preparation Time: 10 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1

A 3-Part Series Which Can Change Your Life


FREE Seminar, “Making Many Meals Using a Few Ingredients” Oct. 25

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.

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

Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes? Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal?

Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will provide you a list of flavorful, versatile ingredients for stocking your kitchen. You’ll receive a booklet with several recipes which combine and recombine these ingredients in a variety of new, delicious (and nutritious!) ways.

“Making Many Meals Using a Few Ingredients” will be presented Thursday, Oct. 25, 7-8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln. No cost to attend. Register by calling BryanLGH at 481-8886.
Take Precautions Against Fall-Invading Pests

Barb Ogg
UNL Extension Educator

Many pests survive freezing temperatures in the winter by crawling into openings in homes and other structures in the fall. The best method of preventing this is to seal openings around windows, doors, utility entrances and siding. The following pests are always a problem:

**Multicolored Asian Lady Beetles**

These are beneficial insects in crop fields and garden areas because they feed on insects. Unfortunately, this species of ladybug is attracted to structures, near a woodland, which stand out from the landscape. House and acreages often fit this description. These beetles often congregate in very large numbers. Once in walls, they cannot be controlled. During the fall and winter, they are active indoors on warm days. Use a vacuum to remove lady beetles.

**Boxelder Bugs**

These bugs feed on the leaves of boxelder and maple trees, becoming adults in the late summer. Once in walls, they cannot be controlled. They can be active off and on throughout the fall and winter when temperatures are warm. Vacuuming works to remove boxelder bugs.

**Spiders (Many Species)**

In homes do not survive very well indoors. Because most probably die from dehydra-

tion after a few weeks indoors, they are not often seen in the winter. In the fall, use sticky traps/glue boards in corners of the basement to passively catch spiders that really don’t want to be inside.

**Minute Pirate Bugs**

These bugs feed on the eggs and small insects known as minute pirate bugs are about 1/8-inch long (shown highly magnified next to a penny)

- **Face Flies**
  - Face fly larvae feed on animal waste, which is why people who live in rural areas deal with face flies more often than city folk. After crawling into cracks and crevices, the adult fly emerge during warm winter weather. These flies are attracted to natural or artificial light. Sticky fly traps, placed near windows or under lights may be useful in controlling face flies.

**House Mouse**

The main reason mice enter buildings in the fall is to stay warm. The house mouse has a very fast metabolism and must eat constantly when it is cold to maintain their body temperature. Begin trapping as soon as you notice evidence of mice. Place snap traps near locations where you have seen droppings. Mice are attracted to kitchens, where there is food and warmth from appliances.

They seem to emerge during warm spells in the middle of the winter. Fly swatters work well for small infestations.

**Head Lice Alert!**

To check for lice, part hair and look for very small, grayish-colored insects close to the scalp.

This means these products will probably not kill 100% of the lice. Surviving lice will reproduce and perpetuate the infestation. Diligent combing with a nit comb will remove nits, lice and be helpful in solving infestations.

One product which is effective against resistant lice is HairClean I-2-3. Studies have shown this homeopathic product is very effective. It is a mixture of oil, ylang-ylang oil and coconut oil in an isopropyl alcohol carrier. It is is HairClean 1-2-3. Studies have shown this homeopathic product is very effective. It is a mixture of oil, ylang-ylang oil and coconut oil in an isopropyl alcohol carrier. It is most frequently found in health food stores, but can also be purchased from online vendors. Follow directions carefully, using the nit comb which comes with this product.

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Volunteer at the Nebraska State Fair!

Hundreds of people volunteer their time and energy in making the 4-H section at the Nebraska State Fair incredibly successful. Along with the opportunity to participate in this great event, meet new people and provide assistance to fairgoers, each volunteer will receive a free parking pass and gate entrance pass to the State Fair for the day(s) they volunteer.

- **Exhibit Hall**: Contact Doug Swanson at 472-2005.
- **Cyber Fair**, contact Doug at 472-2085 or Katie Larson at 472-9184.
- **4-H Teen Council**: For more information about these contests, call UNL Extension Educator Anne Streich at 472-1640.

**State Fair Exhibitor Tickets**

State Fair exhibitor tickets may be purchased and picked up at the extension office AFTER county fair. These are for 4-H members and their immediate family ONLY. Cost is $3.25 for one-day exhibitor tickets. New this year are exhibitor multi-day wristbands (Aug. 24–29 or Aug. 20–Sept. 3) which cost $20. Parking is FREE this year.

**Youth Horticulture Contests**

Nebraska youth and 4-H'ers interested in horticulture now have some new options for participating in the National Junior Horticulture Association (NJHA) projects, contests and activities.

- **For ages 5–14**, go to Young America Horticulture Projects section at http://njha.org/projects, youngag.html
- **For ages 15–22**, go to http://njha.org/projects.html

Many of the projects 4-H'ers complete for the 2007 Nebraska State Fair will qualify for this contest. All NJHA projects, contests and activities are due Sept. 15. For more information about these contests, call UNL Extension Educator Anne Streich at 472-1640.

**All-Around Beef Team Exhibitors Contest, Sept. 2**

A new event to promote teamwork and all around knowledge and skills in the beef project is being piloted at the Nebraska State Fair this year. The All-Around Beef Team Exhibitors Contest will be held on Sunday, Sept. 2. It includes grooming and fitting, quick bowl and skillathon activities. Only one team per county. Registration is due by Aug. 24; registration fee: $10 per team (include with registration form; applications not accepted without payment; make checks payable to University of Nebraska). Late registrations will be accepted through Saturday, Sept. 1, noon; at a cost of $25 per team.

For complete rules and scoresheets, go to:
- http://4h.unl.edu/doc/sfT eamBeefRules.doc
- http://4h.unl.edu/programs/statefair/docscoresheets.htm

For more information, contact Deanna Karmazin at 472-1640.

**Tentative 4-H Schedule**

For complete 4-H schedule, Fairbook, scoresheets and results, go to http://4h.unl.edu/programs/statefair

- **Aug. 23** 7:30–10 a.m. Sheep Showmanship, 7 p.m. Sheep Showmanship, 8 a.m. Rabbit Show, 9 a.m. Poultry Show, 11:30 a.m. 4-H All Stars Celebrity Autograph Session, 11:30 a.m. 4-H Exhibit Hall Opens
- **Aug. 24** 5 p.m. 4-H Exhibit Hall Opens
- **Aug. 25** 7:30 a.m. 4-H Exhibit Hall Opens, 9 a.m. Rabbit Show, 10 a.m.–12 p.m. OR 12-2 p.m. OR 2-4 p.m.; Aug. 24 5 p.m. 4-H Exhibit Hall Opens
- **Aug. 26** 1:30 p.m. Pet Show, 7 p.m. Breeding Sheep Show
- **Aug. 27** 7 a.m. 4-H Exhibit Hall Opens, 7 a.m. 4-H Exhibit Hall Opens
- **Aug. 28** 8 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibition Hall, 10 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibition Hall
- **Aug. 29** 8 a.m. Presentations, Youth Complex Demo Rooms, 10 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibition Hall, 10 a.m. Meat Goat Show, Swine Arena
- **Aug. 30** 8 a.m. Presentations, Youth Complex Demo Rooms, 10 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibition Hall, 10 a.m. Meat Goat Show, Swine Arena
- **Sept. 1** 8 a.m. Presentations, Youth Complex Demo Rooms, 10 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibition Hall, 10 a.m. Meat Goat Show, Swine Arena
- **Sept. 2** 8 a.m. Market Steer & Heifers Show, New Arena, 8 a.m. Market Lamb Show, Exhibition Hall Arena
- **Sept. 3** 8 a.m. 4-H All Stars Celebrity Autograph Session, Exhibition Hall, 1 p.m. Shopping in Style Fashion Show, Bob Devaney Sports Center, 6 p.m. Swine Showmanship, Swine Arena
- **Sept. 1** 7 p.m. Breeding Horses Show, New Arena, 8 a.m. Dairy Show, Open Class Beef Arena, 8 a.m. Rabbit Show, Small Animal Pavilion
- **Sept. 2** 8 a.m. Presentations cont., Youth Complex Demo Room, 3–5 p.m. Static Exhibits released, Exhibit Hall

**State Horse Expo Results**

The 2007 Fonner Park State 4-H Horse Exposition was held July 16–19 at Grand Island. Below are the top Lancaster County 4-H placings. Complete results are online at http://4h.unl.edu/horseshow

- **GRAND CHAMPION** Amanda Esink, Barrel Racing 15 & up
- **RESERVE GRAND CHAMPION** Blake Preston, Barrel Racing
- **3RD PLACE** Blake Preston, Brooke Preston and Cara Peters
- **RESERVE GRAND CHAMPION** Blake Preston, Western Horsemanship 12-14
- **5TH PLACE** Alex Scheider, Elementary Dressage
- **7TH PLACE** Blake Preston, Western Horsemanship 12-14
- **9TH PLACE** Alex Scheider, Reserve Champion in Junior English Equitation

**4-H Teen Council Invites New Members!**

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center.

4-H Teen Council members:
- participate in several community service activities
- organize the Ice Cream Social and Cookie Eating Contest at the Lancaster County Fair
- plan and set up and facilitate the annual 4th & 5th grade Lock-In (pictured above)
- be involved in other leadership activities

For more information about these contests, call UNL Extension Educator Anne Streich at 472-1640.

“Fair’s Over, Now What?”

Volunteer Training, Sept. 27

Leaders, parents and interested volunteers are invited to attend this 4-H training Thursday, Sept. 27, 7 p.m. Discover how to complete the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. Bring your questions and ideas! You must RSVP by calling 441-7180 by Sept. 25.
Awards Nominations Due Jan. 1

Nominations are being taken for the following Lancaster County 4-H awards. Deadline is Jan. 1. Information and application forms are available at the extension office or online at http://lancaster.unl.edu/4h.

4-H Berths

Applications are available at the extension office or online at http://lancaster.unl.edu/4h. The 80th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 25–30 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the 4-H Expo. Categories of this 4-H only competition are Dairy, Feeder Calf & Beef, Horses, Market Beef, Market Broilers, Meats, Goat Market and Lamb Swine. More information and schedule is online at http://aksarben.org/4-H.

**4-H Scholarships**

The following college scholarships are available to youth age 14 & over, residents of Lancaster County and are 14 years of age or older. The basis for selection is participation in 4-H projects and programs throughout the past year. The $500 scholarship goes to a 4-H member who is active in the Teen Council and help with at least one major fundraiser. The $100 scholarship to a 4-H’er attending Raymond Central High School. The $200 scholarship to a 4-H’er attending a 4-H summer camp(s).

**Outstanding 4-H Member**—awards one $1,000 scholarship to a 4-H’er who is active in 4-H and to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

**Teen Council**—awards two scholarships to 4-H’ers who are active in Teen Council and help with at least one major fundraiser.

**Lincoln Center Kiwanis**—awards one $200 scholarship to a 4-H’er attending Raymond Central High School.

**4-H Camp**

Nominations of co-volunteers welcome.

**I DARE YOU Youth Leadership Award**—awarded on behalf of the American Venture Capitalists (AVC) to individuals or organizations which have been, or have been, enrolled in at least one youth age 8–14. Applicants should currently be, or have been, enrolled in at least one 4-H activity.

**4-H Scholarships**

To individuals or organizations which have

**LINCOLN**

**Outstanding 4-H Member**—awards one $100 scholarship to a 4-H’er age 8–14. Applicants should currently be, or have been, enrolled in at least one 4-H activity.

**Lincoln County 4-H program**—awards one $200 scholarship to a 4-H’er attending a 4-H summer camp(s).

Thank You to Volunteers

University of Nebraska—Lincoln Extension in Lancaster County would like to thank all of the people who donate their time and talents to help ensure the lives of the youth in the Lancaster County 4-H youth development program.
“Bullying” is a common experience for many children growing up. Children who experience persistent bullying may become depressed or fearful. They may even lose interest in going to school or being involved in church or other activities. How can you as a parent do? It’s important to arm kids against bullies early on—to teach them how to assert themselves and how to defend themselves when such abuse occurs. It’s also important for children not to be bullies.

What is Bullying?
Bullying is defined as any kind of ongoing physical or verbal aggression by someone where there is dominance and control—usually a bigger, older child picking on a smaller or weaker one. Bullying is a game of usurping control in an attempt to win while the other child loses. Another characteristic of bullying is the assaulted person appears to be very upset by the incident, while the bully is saying things like, “What’s the big deal?” or “The kid asked for it,” according to William Porter, author of Bully Proof Your School.

This difference in attitudes distinguishes bullying from normal childhood conflict. In a normal conflict, a dispute during a kickball game or a heated argument over who gets the last cookie, where both children are equally upset and angry over what happened. Often, one of the children is too adult to mistake bullying for normal childhood conflict. Some bullying—such as between kids expected to bullying, on the other hand, should not be tolerated.

How to Help Your Child
Following are steps you can take to help bully-proof your own younger.

• Teach self-respect. A confident child is less likely to be assaulted by a bully. How can you help? A pat on the back every once in a while works wonders. Make positive comments. “I like the way you picked up your toys without being asked” or “You did a great job getting yourself dressed this morning,” outweigh negative ones. Avoid labeling or name-calling (such as calling a child lazy, for instance) that may make a youngster feel bad and have low self-esteem.

• Let your children know it’s OK to express anger or dissatisfaction. Don’t chastise or stop your children when they are blowing off steam. Show them you value their opinions—even if it means listening to a 4-year-old argue about why a nap is not necessary or a 12-year-old explain why you are a mean parent. Letting your children stand up to you now and then makes it more likely they will stand up to a bully. However, don’t allow your children to put you down or call you names. Teach your children to be respectful to you and others while being assertive.

• Stress the importance of body language. Verbally asserting oneself is very effective if one’s body language tells another story. Teach children to hold themselves confidently, to bolster assertive words by relaxing their bodies (deep breathing helps), keeping hands steady and maintaining frequent eye contact. Bullies tend to pick on children who are unsure of themselves. These practices will help young students feel self-confident, even if they are not.

• Encourage friendships. Children who have friends tend to be more vulnerable to bullies. Start early to help your children develop friendships and build social skills. By elementary school, it may be more difficult for shy children to make friends. Perhaps your child needs help in learning how to make new friends or join in group activities. If your child has problems fitting in, encourage your child to seek out another youngster who’s alone a lot, rather than try to break into a group of two or more children. It’s easier to participate in unstructured activities, such as playing on the jungle gym, than to join an organized game in progress.

• Teach your children to express themselves clearly, yet diplomatically. Help your younger learn to use “I” statements. This form of self-expression works for two reasons: first, it’s indisputable. For instance, your daughter tells a friend, “I don’t like to play that game anymore,” which can argue with her. After all, it’s how she feels. Second, the statement is nonjudgmental. Your child is not criticising the other youngster on the defensive. When children know how to express themselves without stepping on other people’s toes, they tend to get along better with one another. Additionally, having friends is a good way to ward off bullies.

• Look for the ENERGY STAR. When it is time to replace an appliance, look for the ENERGY STAR label. ENERGY STAR appliances use less energy than a conventional appliance.

• Water the lawn and the only lawn. When watering the lawn, make sure the sprinklers are actually watering the lawn and not the pavement. If automatic sprinkler systems used, learn how to program it and make sure it is programmed properly to prevent over watering. Some systems are even able to have a “soak in period” programmed in between two shorter watering times. Broken sprinkler heads add to the cost of water and sewer utilities or strain your septic system. Improper irrigation and drainage: these suggestions will help save money, reduce water consumption, preserve the environment and conserve the use of water.
Public Notice

The Lancaster County Board of Commissioner seeks members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2008. Extension Board members represent and assist University of Nebraska–Lincoln Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, strengthening Nebraska Communities, and Water Quality and Environment. The Board meets monthly (usually the second Friday at 8 a.m.).

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by Nov. 1, 2007. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherry Creek Road, Suite A, LINCOLN, NE 68528-1507, or phone 441-7180. Applications are also available on the Internet at http://www.lancaster.unl.edu/ctny/commiss/boardapp.pdf.
Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu

Did you guess it from the August NeblinE?
The answer was Woodlouse Hunter (Dysdera crocata)

U.S. Drought Monitor Map

As of August 7, Lancaster County was in abnormally dry conditions.

Elementary division youth (ages 8-11) displayed their knowledge of caring for horses in the 4-H Groom and Care Horse Show. The judge interacted with each exhibitor one-on-one.

Youth participating in the 4-H Table Setting Contest learned how to properly set a table, plan nutritious meals, express creativity and present to a judge.

4-H’ers Learn Life Skills at Lancaster County Fair

The 2007 Lancaster County Fair was held Aug. 1-5 at the Lancaster Event Center. Total attendance was estimated at approximately 66,000. A total 4,448 4-H/FFA exhibits were showcased (includes static exhibits, Clover Kids exhibits, animals and contest entries).

Prior to the county fair, Lancaster County Commissioners approved financing the Event Center’s Phase II Expansion plan which will enclose the Amy Countryman Arena, add a third pavilion with a large arena and add meeting rooms. Projected completion date is June 2008, which would expand space available for next year’s Lancaster County Fair (scheduled Aug. 6-10).

4-H staff member Tracy Kulm said, “This year we had slightly more static exhibits than we’ve had the past two years. Currently we don’t have room to display the entire food exhibits or top Table Setting place settings. It will be so nice to have more space to display all the exhibits next year.”

New this year was a Special Needs Horse Show for 4-H special needs youth. 4-H staff member Marty Cruickshank said, “Participation in this first Special Needs show was low, but we just needed to get our feet wet so we can build upon that. I’ve had people already asking questions about it for next year.”

Complete 4-H ribbon results and more photographs are online at http://lancaster.unl.edu/4h/Fair

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Complete 4-H ribbon results and more photographs are online at http://lancaster.unl.edu/4h/Fair

As part of Fair Fun Day for child care groups, members of the Lancaster 4-H club taught younger kids about bucket calves, feeding cattle and roping (watch a YouTube video on the 4-H web site at http://lancaster.unl.edu/4h/Fair).

Lil’ Green, the Nebraska 4-H mascot, made his first appearance at the Lancaster County Fair (he debuted at the Nebraska State Fair last fall).

4-H’ers will share completed projects!

4-H is a learn-by-doing program with more than 150 projects from which to choose. Youth learn practical skills and develop life skills!

University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5-18

Help form a new 4-H club
Be an independent member
Join an existing 4-H club (limited availability)
Participate in 4-H activities such as camps

Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

4-H Kick Off

Tuesday, Sept. 18
6 p.m.

Prizes!

Come Find Out How to Join 4-H!

4-H’ers will share completed projects!

Youth learn practical skills and develop life skills!