

Social capital: What is it? Can we build it? ...

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their views. To be inclusive doesn't mean putting an ad in the paper "You all come, everyone is invited." It means personal invitations. Without attention to invitation detail—who shows up? The planning committee, the people on cookie and coffee detail, the meeting space coordinator, and those disturbed by the decisions they see be made without concern for them. When special invitations are made, they must be sincere, the invitee's input must be valued. Youth want to do more than serve the cookies, coffee and sweep up after the meeting. Elderly want to provide more than historical rhetoric—they want a voice in the community's future.

Resource Availability. The resources of a community—both public and private—must be

available to all. The public must be assertive in providing quality schools and recreational opportunities, and the private sector lenders must be willing to provide credit. Of course the private lenders can have guidelines and criteria, and the public can and should have criteria for use, but it must be seen as fair. These rules and criteria must be determined in advance and there must be opportunities and ways for people to meet and achieve the criteria. It's important that private creditors help the community's citizens give to a needy cause, to be depository of the outpouring of private citizen support. Existing public resources should build upon a communities need to reinvest in themselves—reinvestments which have been determined by the alternatives suggested by the

diverse and inclusive audience.

Social capital can be built, but it takes a conscious and concerted effort, and it takes time. It's not easy to develop trust, it's not easy to build reciprocity, network building takes time and effort, and providing a nurturing and collective action process doesn't happen by chance. While it takes real time and real effort to build social capital, it is essential for a healthy, growing, prosperous community. Communities should continually remind themselves that what takes years to build can be easily destroyed by the opinion and action of a few and the signature of one.

Wanda M. Leonard, Associate Professor Agricultural Economics/Extension Community Development Resource Specialist, University of Nebraska



Kids on the move:

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and they think cars can stop instantly.

4. They are shorter than adults and can't see over cars, bushes and other objects.

Walking risks

Nearly one third of the five-to-nine year old children killed by motor vehicles are on foot. They are hit by cars most often when playing near home. They tend to run into the street in the middle of the block, where drivers don't expect them.

Take steps to safety

Set limits for you child.

As your children grow, set appropriate limits on where they can walk, or bike safely. Don't expect them to be responsible or to start to behave safely until age ten.

Find safe places for riding and walking

Find places away from streets, driveways, and parking lots. Good choices are fenced yards, parks or playgrounds.

Teach safe walking habits.

Begin to teach your child

about how to cross streets safely. Give them plenty of chances to practice while you are with them.

Set an example yourself

Young children learn by watching their parents and other adults. Cross streets properly and always wear a helmet when you ride a bike. When you are driving, obey speed limits and watch for children.

Based on information from the National Traffic Safety Administration. (LJ)



Give children a chance to feel they are a "WOW"

A major goal of parenthood, childcare and education is to give children the chance to feel they are a "WOW."

The formation of the self-image begins very early. It results largely from relationships with adults close to the children, especially parents. When we cuddle babies, soothe them and meet their needs, we're saying to them, "You and your feelings and needs are important to me."

A child must have self-esteem to feel secure and be ready to meet life with courage and vigor. The child who lacks self-esteem will be fearful of new experiences and new challenges.

A crucial factor in the development of self-esteem is the way we offer help to children. Parents should be very cautious when a child asks, "Will you do it for me?" Suggest ways your youngster might solve the problem himself. Parents of children with high self-esteem tend to make suggestions and then stand back so the children have a chance to grapple with

the situation on their own. On occasion, become a follower so the child can experience being a leader. This approach tells youngsters that you trust their abilities.

It is important to set high standards for children, but don't overestimate their capabilities. Be sensitive to what they can and can't do. Then provide opportunities and offer activities that allow children to succeed as often as possible. Try to point out a least five things they do right or well each day. For example, "I like the nice way you are petting the kitty." "Look how well you stack those blocks." "You and your sister are playing very nicely together."

Some other hints include:

Show appreciation and true admiration for who your children are.

Cheer their accomplishments.

Pay attention to them.

Avoid comparisons.

Do not embarrass or humiliate children.

The ability to feel comfort-

able about oneself, to feel worthwhile, is an important step in growing up. Before children can like others, they must first be able to like themselves. Children who are appreciated for who they are, who are not constantly being compared unfavorably with others, who are given ample opportunities to decide and to succeed and who receive attention, generally learn to like themselves. (LJ)

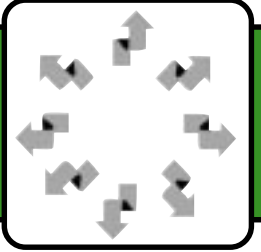


Unequal partners

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and R Street. Sponsors of this workshop include UNL Counseling and Psychological Services, University Health Center, UNL-Athletic/Academic Program, UNL Student Involvement, UNL Women's Center, Nebraska HHS Reproductive Health Department and others. For a registration form contact Julie Reno at 402-471-0163. (LJ)

Miscellaneous



On-farm grain storage

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over long periods will slowly cool grain when outside air temperatures are below grain temperatures.

Greater airflow rates (1/3 to 1/2 cfm/bushel) are recommended to aerate grain that is placed into storage at moisture contents above 17 percent or temperatures of over 70 degrees F. Much higher airflow rates are required to dry grain as opposed to maintaining temperature. For more information on drying grain refer to NebGuide G85-760 [Natural Air Corn Drying](#). (TD)

Water-saving adjustments

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device for yard watering.

—Use containers of water to wash things outside instead of leaving the hose running.

Remember, water is a valuable resource and saving water should be a concern. Utility bills may be lowered by following these tips, but it is more important to not pollute the water we do use. (DJ)

SOURCE: Shirley Niemeyer, Ph.D., home environment specialist, NU/IANR



September promotion emphasizes "Cook It Safely"

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there are no cold spots in food where bacteria can survive.

• Leftovers should be heated to at least 165 degrees F.

If you'd like materials and information to help promote food safety to your family or to other organizations, contact Alice Henneman at 441-7180.

* The Nebraska Farm-to-Table Food Safety Initiative has the fundamental goal of enhancing food safety resources, training and education for all

Nebraskans. It is a part of the Nebraska Food Industry Partnership Food Safety Initiative with representatives from the Nebraska Association of Meat Processors, Nebraska Food Industry Association, Nebraska Retail Grocers Association, Dairy Council of Central States, Nebraska Restaurant Association, Nebraska Beef Council, Nebraska Cattlemen, Nebraska Poultry Industries, Nebraska Pork Producers Association and the University of Nebraska. (AH)



Where do fruit flies come from?

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from your trash every couple days. Check potatoes and onions for signs of rot—most people don't realize that these rotting vegetables also breed fruit flies. If you are still having problems, clean out your garbage disposal.

Make several fruit fly traps out of pint jars and a plastic sandwich bag and bait them with

beer (see trap design, on page 3). You may need to replace the beer every couple days, because once the yeasty smell is gone, the trap will no longer attract the fruit flies. These traps are remarkably effective, but it can still take a couple weeks for the fruit flies to disappear, so be patient.



Jean's Journal

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collected over 9000 signatures so let's challenge ourselves to try for 10,000. So, clubs get those petition blanks and get them filled in. We can do it and we will make a difference for the year 2000.

Our own Clarice Steffens, Salt Creek Circle Club, won the judges award for her beautiful counted cross stitch santa. There were many lovely entries in heritage skills so our congratulations Clarice.

The next State Convention

will be in Ainsworth, September 19-21 so mark your calendar to catch the Big Red Express to "Where the past meets the future" as their promotion announced.

We were well represented having 11 members present so we received the Literacy notebook from the Window to the World program that NAFCE has promoted. This book is full of ideas to promote literacy and is available for club use.