



4-H & Youth

Make a Difference Day

Saturday, October 28 is Make a Difference Day. A small act of kindness can make a difference to a person, family, or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at <http://www.usaweekend.com/diffday/index.html> and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes from participants). Please share your finished projects and activities with us. (TK)

4-H Bulletin Board

- Just a reminder—4-H leaders, remember to check your 4-H club's mailbox at the extension office. Also, there are fair ribbons, comment sheets, and exhibits that need to be picked up. (TK)
- Teen Council meeting is Sunday, November 12, 3-5 p.m. All teens interested in joining Teen Council are invited to attend or call Tracy at 441-7180. See you there! (TK)
- 4-H Ambassadors will meet Sunday, November 12, 2 p.m. (LB)

State Family and Consumer Science Contest Participants

Congratulations to the following individuals who were chosen to represent Lancaster County at the 2000 State Family and Consumer Sciences Contest. They exhibited knowledge and decision-making abilities in being chosen for his event. (TK)



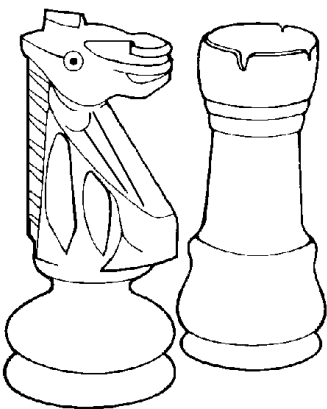
◀ The Senior Division team members: Emily Veburg, Mary Conroy, Laura Conroy, and Andrew Kabes.

▶ The Intermediate Division members: Laura Cassel, Karen Clinch, Marie Spomer, and Monica Fujan.



Interested in Chess?

Interest has been expressed in starting a 4-H Chess Club. Playing chess helps develop critical thinking and organizational skills. If you are interested, please call Lorene at 441-7180. With enough interest a project will be developed and a club organized. (LB)



4-H BB Gun/Rifle Will Meet

The 4-H BB gun/pellet rifle discipline meets to practices every Tuesday at 7 p.m. in the Lancaster Building, State Fair Park. Practices started in October and are held throughout the year. The group will meet on Tuesday evening throughout the year. If you are interested call Gene Veburg, 421-1274, or Lorene, 441-7180, for more information. (LB)



Shooting Sports Meeting

Youth and parents interested in shooting sports are invited to the reorganizational meeting of the Lancaster County 4-H Shooting Sports Club Tuesday, November 14 at 7 p.m.

Shooting sports disciplines offered through 4-H include air rifle (BB and pellet), archery, shotgun (trapshooting), small bore rifle, pellet pistol and muzzle loading. All 4-H instructors are specially certified through the University of Nebraska Cooperative Extension to focus on teaching safe and responsible use of firearm and archery equipment.

Each discipline holds practice sessions throughout the year. Youth may participate in more than one area.

If you enjoy shooting sports or would like to learn more about them, this is the club to join. New members are welcome. For additional information, call Lorene at 441-7180. (LB)

Halloween Safety

Each year as children prepare their Halloween costumes and trick-or-treat bags for yet another night of sugar consumption, parents should remember a few basic safety tips.

- Never let children go trick-or-treating alone. Make sure you have the time to go along for safety and supervision.
- Have your children trick-or-treat together, or if they are an only child, have them ask a neighbor or friend to go along. Two children approaching the door together may be safer, with parents still watching from the front lawn.

- Always carry a flashlight and have children carry a small one if they are wearing dark clothing.
- Bring coats or blankets if weather is cold or will be getting colder.
- Take children to well-lit, safe areas where trick-or-treating is popular.
- Find out where in your community indoor trick-or-treating activities are offered (such as a shopping mall, a church, or family center).
- Brief children on what is acceptable and unacceptable to discuss with unknown adults

they will be coming in contact with.

- Inspect all candy and "goodies" your children receive. Look for signs of damage, torn wrappers, etc. Throw away any fresh fruit or bread products.
- Limit their candy consumption after trick-or-treating so your children can avoid sickness and malnutrition.

Halloween can be a fun and safe holiday for children and parents if they are careful and cautious of their surroundings. Maybe you can even get your children to share their candy with you! (SS)

Bundle Up for Colder Weather

As colder weather makes its way to Nebraska, it is wise to be prepared. Parents especially need to make sure their children are wearing the proper clothing for winter weather. Prepare your children for chilly outdoor conditions with at least one warm, thick winter coat. If you are shopping for coats, look for ones with attached hoods. It is easier for children to remember to put them on and they have fewer chances of getting lost. If you need to buy coats for your children, do so before cold

weather arrives.

Also, remind children to put on all necessary accessories for cold weather. This includes hats, scarves, earmuffs, gloves (waterproof is best for snow), and boots. These are all necessary to protect against frostbite. Bundle up babies for maximum warmth when going outside. Another important reminder for winter weather is to wear layers. It takes a little more time for dressing, but is smart if you or your children are heading for all day activities. If it warms up

slightly, you can remove one layer to be more comfortable.

If you are traveling, keep extra clothes, coats and blankets in the car at all times. Should the heater or the car break down, you can stay as warm as possible with these extra layers.

If you don't have some of this winter weather gear, you may have to invest some money into it but staying safe during cold weather makes it worthwhile. (SS)