

**PORTION SIZE**

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are those regular soft drinks packaged in 20-ounce or larger containers. The label may show a fairly low level of calories PER SERVING, but LOOK AGAIN! How many SERVINGS does it list? You may be surprised to see the 20-ounce container is supposed to provide 2.5 or more servings and you usually drink it as one serving! When is the last time you saw someone share one of those bottled beverages with another person or persons? How do you decide who gets the half serving?

Another concern is your body's physiological response to these beverages.

"Various liquids are processed by different mechanisms in the body," according to Rolls. "The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms, and add calories without satisfying hunger. You may end up consuming more total calories than if you didn't take the drink."

**NOTE:** This effect doesn't seem to hold true for all drinks. "Milk-based drinks and drinks with some protein will influence hunger mechanisms. In our lab, we found that milk-based drinks help people feel full and eat less at the next meal," said Rolls.

**BOTTOMLINE:** Look at the label to learn the SIZE of serving and NUMBER of servings.

**DIVORCE**

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ment with illegal drugs. They frequently have academic problems and often feel depressed. Some research indicates boys might experience more difficulties than girls. On the positive side, some girls from divorced, mother-headed households emerge as exceptionally resilient young women. Similar findings do not occur for boys.

Each child reacts differently to divorce or separation and age is important in the reactions parents might expect. For example, preschoolers tend to become fearful and sometimes resort to immature or aggressive behavior. Children, 6 to 8 years, tend to have some understanding of what divorce means and are able to deal with what is happening. If the mother has custody, boys tend to behave aggressively toward her. Older children, 9 to 12 years, try to understand the divorce and keep their behavior and emotions under control. They may have feelings of loss, embarrassment, resentment and anger toward one parent or both. Adolescents understand divorce situations better and they experience some difficulties adjusting. They feel they are being pushed into adulthood with little time for transition from childhood.

Effective discipline requires providing the nurturing and love children need, while setting firm limits on aggressiveness and other inappropriate behaviors. Minimizing the conflict and hostility between parents can contribute to positive outcomes. Agreement between parents on discipline and child rearing will contribute to the child's sense of well-being and self worth. (LJ)

*References*

Bumpass, L. L., & Sweet, J. A. (1989). Children's Experience in Single-Parent Families: Implications of Cohabitations and Marital Transitions. *(National Study of Families and Households Working Paper No. 3)* Madison: University of Wisconsin, Center of Demography and Ecology.  
 Furstenberg, F. F., Jr., & Cherlin, A. J. (1991). *Divided Families: What Happens to Children When Parents Part.* Cambridge MA: Harvard University Press.

**EXPLORERS**

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baking cookies and we toured a dairy farm.

Lincoln really has a wealth of resources and willing hearts. We have had many willing community volunteers and businesses assist with our projects. The information and help is there just for the asking. It is also amazing to find out how many of our speakers are 4-H alumni. UNL Cooperative Extension in Lancaster County and UNL are wonderful sources for information and speakers as well.

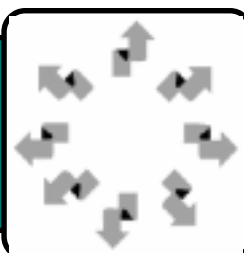
Last year, our fourth year, we covered Woodworking I and Bicycle Safety. We started off by having a hardware store show us all about tools. Parents helped us through much of the rest of the projects but we also had a specialist in each area to help us through. Help included a workshop and talk on woodworking and many phone calls for figuring out the tricky parts of the project.

This year we are sampling a diverse selection of projects. Again we are using many resources. Meetings this year include leadership by parents, 4-H alumni, a Junior Leader, a University Food Scientist and a community volunteer. Clover College inspired our last meeting where we made clay pens for a Celebrate Art activity.

Volunteers sharing their passion and skill have made an impact on our 4-H'ers. The boys in our club still talk about the very first speaker we had over four years ago! We thank the people who are willing to help our youth become young explorers.

**If you would like to write a spotlight about your 4-H club or favorite 4-H project for THE NEBLINE, please call Vicki at 441-7180.**

**Miscellaneous**



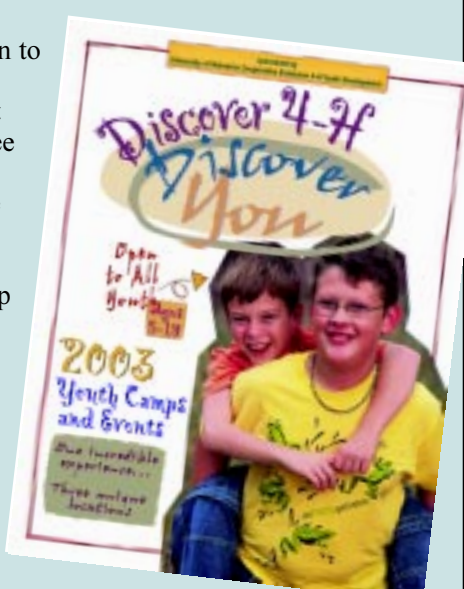
**4-H Camps Want You!**

4-H camps are open to all youth ages 5-19.

4-H membership is not required. There are three 4-H camp locations in Nebraska, including the Eastern Nebraska 4-H Center at Gretna.

The 2003 4-H camp dates are set (with more than 35 camps to chose from!) and brochures are available at the extension office or online at [4h.unl.edu/camps/allcamp.htm](http://4h.unl.edu/camps/allcamp.htm).

Summer camps are a great opportunity for youth to meet new friends, experience a wide variety of exciting activities and develop the traits of a confident and caring person.



**Save 10% by registering before March 15!**

**Camp Counselors Needed**

Youth **ages 15-19 years** are needed to volunteer to help children have the best summer of their lives while camping at Nebraska 4-H Camps and Centers.

Camp Counselors develop leadership skills, self-confidence and independence! They meet friends which will last a lifetime, experience excitement, challenges and have FUN! Camp Counselors also realize their full potential and help kids be the absolute best they can be!

You may apply to be a counselor at a variety of Youth Camps offered during the months of June, July and August. Camp Counselor Training will be held in May and June. Apply by contacting the extension office or obtaining a registration form on-line at [4h.unl.edu/camps/allcamp.htm](http://4h.unl.edu/camps/allcamp.htm). Applications due by March 15.

**Camp Mentors Needed**

Cabin Mentors are **age 17 and older** are needed at the 4-H Camps. Mentors have the opportunity to gain the skills and experience necessary for a future 4-H summer program staff position and provide overall night time cabin supervision. They support and mentor camp counselors and campers in meeting their responsibilities. They build leadership, communication, confidence, independence, responsibility and other desirable life skills and traits. All youth may apply by contacting the extension office or obtaining a registration form on-line at [4h.unl.edu/camps/allcamp.htm](http://4h.unl.edu/camps/allcamp.htm). Applications due by March 15.

**Camp Summer Staff Needed**

What are your plans for the summer? Why not spend it outdoors working with kids, having fun and developing leadership skills? The three 4-H Camps in Nebraska are currently accepting applications for our paid 2003 summer program staff.

As a member of the 4-H Camp program team you'll be trained to help lead active, hands-on, fun and cooperative outdoor programming at our modern camp facilities. You'll become a leader in canoeing, tubing, swimming, rappelling, climbing, zip line, ropes course, shooting sports, arts, biking, environment education, campfire, backpacking, fishing and many more programs. You will learn to deliver cutting-edge youth development curriculum and programs of the University of Nebraska and teach groups of all ages. Earn a competitive salary which exceeds many in the camping industry.

**Minimum age is 18** and college experience is preferred. Information and applications are available at [4h.unl.edu/camps/allcamp.htm](http://4h.unl.edu/camps/allcamp.htm) or contact Bernie Lorkovic at 472-6717. Initial application deadline is Jan. 15. Applications received after Jan. 15 will be accepted until all positions are filled.

*For your convenience!*

**UNL Cooperative Extension in Lancaster County**

**SATELLITE OFFICE**

*located at*

**LANCASTER EVENT CENTER**  
84th & Havelock, Lincoln

Main office at 444 Cherrycreek Rd., Ste. A  
Phone for both offices: 441-7180  
Visit us virtually at: [lancaster.unl.edu](http://lancaster.unl.edu)

**This Southeast grad has designs on success at Nebraska.**

**AMANDA VALENTINE**, a University of Nebraska-Lincoln junior majoring in textiles, clothing and design, placed first at the 2002 Fashion Group International Dare to Design competition in Kansas City. Amanda's winning portfolio will give her a boost at job-hunting time. She already has made Chicago. What started this pattern of professors: "I chose Nebraska because of the national reputation of the department—and low in-state tuition. I have the close relationship with my professors are incredible—faculty I was looking for."

For reaching your potential... **There is no place like Nebraska.**



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