

EXTENSION NEWS

Extension Educator Alice Henneman Receives Partnership Award

Each year, the Family and Consumer Sciences Teachers of Nebraska present their Partnership Award to an organization, business or individual who "has made outstanding contributions to educators and students around the state." This year, the Partnership Award was presented to Alice Henneman at the Nebraska Career Education Conference in Kearney on June 6. Alice was nominated because of "the excellent information and materials" she has so generously shared with Family and Consumer Sciences teachers in Nebraska.



STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Oct. 5, 5 p.m. to Saturday, Oct. 6, 5 p.m.

EASTERN 4-H CENTER, GRETNA

Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As the teen years approach, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks, lodging (modern cabins with restrooms and twin beds) and program materials. **Early bird registration by Aug. 15**



is \$120 per pair. Two full scholarships based on need are available to Lancaster County 4-H families. Call to apply.

For more information or a registration form, go to <http://lancaster.unl.edu/familiv/GUE.shtml> or call Extension Educator Maureen Burson at 441-7180.

Becoming an Outdoors-Woman Workshop, Oct. 5-7

The 16th annual Becoming an Outdoors-Woman workshop will be held Oct. 5-7 at the Nebraska 4-H Camp near Halsey. The unique workshop atmosphere offers women 18 years and older the opportunity to learn outdoor recreation skills in a friendly, non-intimidating and non-competitive environment. Among the 31 classes from which participants choose are mountain biking, canoeing, kayaking, firearm safety, fishing, map and compass, turkey and deer hunting, geo-caching, taking kids hunting and fishing, rifle marksmanship, shotgunning, journaling, knot-tying and an overnight hunting camp.

The workshop fee is \$180 and includes six meals, two nights lodging instructional supplies and materials. There are a limited number of scholarships available. Brochures are available from Nebraska Game and Parks Commission offices and online at www.NebraskaBow.com. For more information, call 471-5482.

Q & A's about Responsible Gambling

What is Gambling?

Gambling is betting money or something of value on the outcome of a game, contest or other event where the results lie in chance and the outcomes are uncertain.

Problem gambling is gambling to the extent that it causes emotional, family, legal, financial or other problems for the gambler and the people around them. Just because you can afford to lose, doesn't mean there is not a problem.

Pathological gambling is persistent, recurrent behavior that disrupts personal, financial and other pursuits. It is an addiction like substance abuse with a similar process of destructiveness to the individual and family.

Responsible gambling is legal wagering for entertainment only, with limits on time played and money spent for a **low risk** of harm to self and others.

What Can You 'Play' Legally in Nebraska?

Regulated forms of gaming vary in cities, counties and the state. Consumers should be aware of the legal forms in your area. In Nebraska, legal forms include: Bingo and lottery by pickle cards; lotteries and raffles conducted by qualifying nonprofit organizations; Lotteries (keno) conducted by counties, cities and villages; State lottery (power ball, scratch off tickets, etc.) and horse racing.

Don't Bet More than You Can Afford

Gambling is meant for recreation. If a person chooses to wager with money or something else of value, he/she should only bet what they can afford to lose. This type of wagering is considered low risk, responsible gambling.

Play for Fun, Not Money. Expect to Lose

Some forms of gambling are illegal so know the difference. Those who chose to wager should do so with the intent of pure entertainment. When a person gambles with the intention of winning, gambling begins to serve a different purpose. If gambling is seen as a means to pay bills, chances greatly increase for this person to cross into problematic gambling.

Campaign To Reduce Problem/Pathological Gambling in Nebraska

A new public awareness campaign about responsible gambling is designed to reduce problem/pathological gambling in Nebraska. The Gamblers Assistance Program at Health and Human Services and the Nebraska Lottery have teamed up to provide accurate information related to gambling in Nebraska. Choices Treatment Center Inc., is coordinating the effort.

www.playitsafenebraska.com



What Forms of Gambling are Illegal?

Some examples of illegal forms are: slot machines, dog fights, video lottery machines, craps-dice, Internet gambling, betting on sports/games, office pools, and even private poker game in your own home or an unregulated establishment.

How do I Know if I or Someone I Know Has a Problem?

Some signs and symptoms of problems are as follows:

- Increasing time spent gambling
- Increasing size of bets
- Intensity of interest in gambling activities
- Turning to gambling during stress
- Increased irritability
- Erratic mood and personality changes
- Feeling depressed or anxious
- Decreased productivity at work, school or home
- Lying about activities, whereabouts and money

- Evasive about losses
- Spending money earmarked for bills, etc on gambling.

Where Can I Find Help for Problem Gambling?

Treatment is available. If you are concerned about yourself or someone you know, contact:

GAMBLERS ASSISTANCE PROGRAM
Division of Behavioral Health
P.O. Box 98925, Lincoln, NE 68509
471-7818
www.hhs.state.ne.us/beh/gam/gam.htm

CHOICES TREATMENT CENTER, INC.
2737 N. 49 St., Lincoln, NE 68504
www.choicestreatmentcenter.com

NEBRASKA COUNCIL ON COMPULSIVE GAMBLING
www.nebraskacouncil.com

Compulsive Gambling Helpline:
1-800-522-4700
24-Hours / 7 Days a Week

Lincoln Gamblers Anonymous Helpline: 473-7933

Low Risk Gambling Tips

Set Limits on the Time Played and the Money Spent

A person who chooses to gamble should always know ahead of time how long they can play. Losing control of time spent gambling leads to neglecting other responsibilities and is a clue to problematic gambling. This is also true with money spent. A person should have a predetermined amount of money they are willing to spend and lose prior to beginning. This method of restriction eliminates the potential hazard to loss control that often leads to insufficient funds for living.

Don't Borrow to Play. Don't Play Illegally

Borrowing to continue to play or in order to win back your previous loss is a sure sign of problematic gambling

behavior. Never loan anyone money or something of value to gamble. Watch out when 'borrowing' becomes stealing.

Don't Chase your Losses

If you expect to win and then lose, you may feel compelled to try again. If you bet more than you could afford and you lose it, you'll probably want to try to win it back. This pattern of playing, winning, losing and trying again is called 'chasing.' This dangerous cycle indicates problematic behavior.

Don't Gamble When Stressed, Depressed or Recovering from Other Addictions

Problems can occur if you begin to turn to gambling for an escape from life's woes. If you're in recovery for alcohol, drugs, pathological gambling or other addictions, it's best not to play at all.