

Talking with children about Terrorism

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science



The terrorist attack on America has captured the attention of the nation, and it should. Children, however, have a hard time putting these emotionally charged events into perspective. They need the help of the adults around them.

So what is a parent, teacher, or other caring adult to do when terrorist violence fills the airwaves and the consciousness of America? Assume the kids know more about it than you think. The reality of today's world is that news travels far and wide. Adults and children learn about disasters and tragedies shortly after they occur, and live video footage with close-ups and interviews are part of the report. Not talking about it does not protect children. In fact, you may communicate that the subject is taboo and that you are unavailable if you remain silent.

Reassure young people and help them feel safe. When tragic events occur, children may be afraid that the same will happen to them. Try to be realistic as you reassure them, however. You can try to support them and protect them, but you can not keep all bad things from happening to children. You can say that, no matter what happens, your love will be with them. That is

realistic, and often that is all the children need to feel better.

Be available and "askable." Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need.

Share your feelings. Tell young people if you feel afraid, angry, or frustrated. It can help them to know that others also are upset by the events. Be careful not to overwhelm them or expect them to find answers for you.

Support children's concern for people they do not know. Children often are afraid not only for themselves, but also for people they

do not even know. They learn that many people are getting hurt or are experiencing pain in some way. They worry about those people and their well being. Explore ways to help others and ease the pain. Look for feelings beyond fear. After reassuring kids, don't stop there. Studies have shown that children also may feel sad or angry. Let them express that full range of emotions. Support the development of caring and empathy.

Reestablish routine as soon as possible. Getting back to a normal schedule helps reassure children that their world can again be predictable. Help children use creative outlets like art and music to express their feelings. Using art, puppets, music, or books might help children open up about their reactions. They may want to draw pictures and then destroy them, or they could want to display them or their reactions. Be flexible and listen. Help children and youth find a course of action. One important way to reduce stress is to take action. This is true for both adults and children. Children may want to

write a letter to someone about their feelings, or send money to help victims.

Take action with them. It is not enough to let children take action by themselves. Children who know that their parents, teachers, or other significant care givers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

For more information or publications on helping children deal with the recent tragedy, call the Extension office at 256-2403.

4-H Poster Contest

By: John McQueary, 4-H County Extension Agent

Once again it is time for the 4-H Poster contest. The posters are due October 19, 2001. The First Place winner will receive a trophy, second place, a plaque, and third place, a blue ribbon. The rules are as follows:

- 1.) Poster must be created by a currently enrolled 4-H club member.
- 2.) Well known cartoon figures cannot be used because they are copyrighted. (Examples: Looney Tunes, Power Rangers, Ninja Turtles, X-Men, Rescue Rangers, Charlie Brown, etc.)
- 3.) All posters must be designed on or affixed to 0.16 ply construction paper, poster board (solid fiber board) of 14 inch x 22 inch dimensions (one half a standard poster board size). They may be horizontal or vertical. Posters may be produced by any medium, such as watercolor, ink, crayon, acrylic, charcoal, oils, or collage, so long as they are not three dimensional.

4.) 4-H is to be the topic for the poster. You can show what you think 4-H is, what you do in 4-H, what you think 4-H does for young people.

- 5.) The 4-H club members name, age, FULL ADDRESS, county, area, teacher, school and grade must be affixed to the back of the poster board in the upper left hand corner.
- 6.) Winners will be chosen by grades 4, 5, 6, 7, and 8.

For more information, call the Extension Office at 256-2403.

Extension Office offerings

Free Class

Free Class: Scrapbooking - Pieced Backgrounds will be taught. September 20, 10:00 a.m. at the Extension Office. Call 256-2403 to register and for details.

"One-Pot Meals"

September 20, 12 noon, "One-Pot Meals" taught at the Extension Office. Free samples and recipes will be available. Call 256-2403 for information.

Air Quality

A lesson on Indoor Air Quality will be taught at the Extension Office on September 25, 10:30 a.m.

Sit-N-Sew

On October 1, 2001, 9 a.m. - 3 p.m. come Sit-N-Sew at the Extension Office. Bring any project you may have started. Agent will be available to assist. Call 256-2403 for information.

Quilted Overnight Bag

October 5, 9 a.m. to 3 p.m., come join other experienced sewers at the Extension Office in learning to create a Quilted Overnight Bag. Class is free. Call the Extension Office at 256-2403 to register and for a list of supplies.

Quilted Garment Bag

October 12, 9 a.m. to 3 p.m., join other experienced sewers at the Extension Office for a free class learning to create a Quilted Garment Bag. Call the Extension Office to register and for a list of supplies.

Absolute Estate

Auction

of the late Mrs. Dorothy Coffey's

HOUSE AND LOT • PERSONAL PROPERTY Saturday, September 29th • 2:30 p.m.

Dowell Road, Renfro Valley, KY

Location: Turn off US 25 just north of Renfro Valley at the top of Green Fish Hill. Auction signs are posted.

In order to settle the estate of the late Mrs. Coffey, her family has authorized our firm to sell this nice home and personal property.

The above pictured home offers a living/dining/kitchen combination, 2 bedrooms, 1 1/2 baths, utility room and a full basement. Added features include: front porch, storm doors, propane gas heat, central air, washer/dryer hookup, some appliances, thermopane windows and a fireplace.

The home is situated on a nice country lot measuring approximately 1/2 acre.

Personal property that will be selling includes: two - 3 piece bedroom suites * chest with drawers * couch and matching loveseat * recliner * glider and ottoman * oak side table * round wicker side table * dining table with four chairs * Murray Push Mower 20" * quilt rack * ornamental side table * lounge * ladder back chair * rocker * storage cabinet * Sanyo Refrigerator * Chest Freezer * Hotpoint washer and dryer * Hoover upright vacuum cleaner * Orion TV * RCA TV * portable TV * RCA VCR * two butcher block tables * microwave * crock pot * electric skillet * pots and pans * mixers * cookbooks * George Foreman grill * coffee pot * toaster * telephone * 4 pc. Canister set * cactus cookie jar * magazine rack * four bar stools * baskets * Quartz heirloom clock * oil lamps * floor lamp * dinner bell * five well pumps * two kerosene outdoor light * ornamental lawn deer.

AUCTIONEER'S NOTE: If you're looking for a nice country home near Renfro Valley, then be sure to make plans to attend this absolute auction on Saturday afternoon, September 29th at 2:30 p.m.

NOTE: The purchaser of a single family residence, built before 1978, has a maximum of 10 days to inspect the property for the presence of lead based paint. The period for inspection begins September 19th through September 28th, 2001. The successful bidder must sign a waiver of the 10 day post sale inspection period.

TERMS: Real Estate, 20% down day of sale, balance in 30 days.
Personal Property, cash or good check day of sale.

Announcements day of sale take precedence over printed matter.
For additional information, contact the auctioneers.

www.fordbrothersinc.com

FORD BROTHERS, INC. AUCTIONEERS - REALTORS

NAA
Member
London, KY
(606) 878-7111

RE/MAX
Mt. Vernon, KY
(606) 256-4545
1-800-435-9454

RE/MAX
Somerset, KY
(606) 878-2212

REALTOR/AUCTIONEER
SANFORD
DANNY FORD
BOY ADAMS
DEVIN FORD
JEFF BUEHLE
DANETTA FORD ALLEN
HAROLD BUEHLE
MATTHEW FORD
AUCTIONEER
JERRY HAM & BILLY WAYNE BRYANT
REALTOR/APPRENTICE AUCTIONEER
JEFF CROWDER
APPRENTICE AUCTIONEER
R.D. PREWITT

59.9¢ *Gallon
If you Buy a Gas Tank
Rentals Tank a Little More
Price guarantee for 3 times over
with sell of new gas tank, rent tank more
regular price is a little more subject to change

South Kentucky Propane Gas, Inc.
180 Chris Way Drive
Somerset, Kentucky
(606) 451-1617 • toll free (877) 221-1578

Announcing:



Marlene Lawson has been appointed Rockcastle County Farm Bureau Insurance Agency Manager

Marlene is an experienced Kentucky Farm Bureau Insurance Agent and has expertise in all lines of insurance. Now she will apply her knowledge and professionalism as agency manager to benefit all the residents of Rockcastle County who are customers of Kentucky Farm Bureau Insurance.

Kentucky Farm Bureau Insurance is Kentucky's largest domestic property and casualty insurance company. Kentucky Farm Bureau's policyholders receive competitive products at reasonable rates and fast, efficient claim service.

If you have any insurance needs or questions about your insurance program, please give Marlene a call at the Rockcastle County Farm Bureau Insurance office.

ALL-AROUND COVERAGE, ALL AROUND KENTUCKY

Kentucky Farm Bureau Insurance

U.S. 25 South
Mount Vernon, KY 40456
(606) 256-2050

A Member Service
www.kyfb.com

