

# Jean's Journal

Jean Wheelock  
FCE Council Chair



Here it is August already—where has the summer gone? With all our rains, mowing the yard and pulling weeds has consumed a lot of time especially when the yard is so big. Time to be thinking about election of officers, so club members when you are asked, please consider. None of the positions are difficult and without your help, we can't manage the organization. A good time was had at our annual Sizzling Summer Sampler. The individual members were responsible for

organizing and they did a super job. The food was wonderful and the variety of workshops was just great.

A very big thank you to Clarice Orr on her presentation about the disbursement of our cherished keepsakes, heirlooms and personal belongings to family members. It's so important to talk about these things with our families.

Gaga Greenery presented a lovely workshop on flower arranging and then presented each one attending a lovely bouquet.

The third workshop was the arts of stamping presented by The Loft Stamp Art Accessories. I'm ready to sign up for a class. They gave some demonstrations and had lots of samples

of cards. It would be another fun hobby.

Corrine Jarecke was the recipient of our scholarship award. We presented her with a check at our June council meeting. A very lovely young woman who is working hard to get her degree in nursing.

Joy Kruse, Clarice Steffans, Jan Ruliffson and myself were elected as delegates to State Convention. We'll have the reports at our September council meeting.

And, remember our September council meeting will be at the Governor's Mansion so hope all the clubs will use that as a time to begin our new year of FCE. Call in your reservations to Pam, 441-7180.

## Family Living



### HOUSEHOLD HINTS



by Lorene Bartos, Extension Educator

To prevent mold from growing on your air-conditioner, unplug the unit, remove the outer covering, and either spray coils with a hose or follow the manufacturer's cleaning instructions. Afterwards, make sure the water used to clean the unit drains away from the house. When coils are dry, replace protective covering, plug in and operate. (LB)

## America Goes Back to School

*America Goes Back to School* suggests the following practices for families of children going back to school this fall:

1. Make time for your children—those moments talking during evening meals and visiting the library, museum or zoo together make a difference.
2. Read together. It's the starting point of all learning. Read with your youngsters 30 minutes a day. Share a good book with your teen.
3. Use TV wisely. Limit viewing to no more than two hours a day.
4. Stay in regular contact with your child's teachers and principal.
5. Encourage your children to take challenging courses at school. Check homework every day.
6. Know where your children are, especially your teens. Support after-school and summer programs. Help connect kids to service opportunities through the schools, youth leadership, community and religious groups.
7. Talk directly to your children about the values you want them to have and about the dangers of drugs, alcohol and tobacco. And listen to them too!

BETTER EDUCATION IS EVERYBODY'S BUSINESS! (LJ)



## Establish a daily family routine

Studies show that successful students have parents who create and maintain family routines. Routines generally include time for doing homework, doing chores, eating meals together and going to bed at an established time. Routines are important to make life predictable and satisfying for all family members. Discussion of daily events at mealtimes, for example, is an important routine. (LJ)



A new school year! Stores are advertising "back to school" bargains. Children and some parents are beginning to feel anxious, nervous and maybe even a bit afraid of what lies ahead. It is a time of teachable moments, both in parenting and in managing family resources. Start talking about clothing and supplies for the coming school year. Help children—at every age—to distinguish between needs and wants.

### Visit

Two or three weeks before school starts, take a walk or bike ride in the school community so the child can become familiar with that environment. Introduce the child to principal and teachers if possible. If you know

## Prepare for school

other parents whose children will be going to the same school, try planning a "get together" so children can make new friends or become better acquainted. Insecure feelings on the first day of school may be lessened if the child recognizes familiar faces.

### Shop ahead

Shop wisely during these end-of-summer days. Be a careful and informed consumer. One temptation at back-to-school time is impulse buying. Often, school supplies are stocked at the back of a store, so shoppers pass by hundreds of other items, temptingly displayed, on their way to buy pencils and paper. You can avoid impulse buying by planning ahead. Make a list of the supplies you need, or the particular items of clothing you want, and stick to your list.

Students returning to school in grades K-8 can learn about

reusing and recycling during back-to-school time. Many families have supplies and clothing which can be handed down within their own family or to friends and neighbors. Ask around to find what wasn't used up last year and see if you can avoid buying everything new. Remember, wise consumers take good care of what they have purchased. Most families don't have unlimited resources and having to replace lost or carelessly broken items means doing without other things.

### Self help skills

Assist the child in building self-help skills. It makes children feel good if they can zip, button, and tie with little or no help from others. Kindergartners who can perform such tasks often volunteer to help classmates and make friends while being helpful.

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## FCE News

### FCE leader training

The FCE leader training lesson, "Taking Responsibility for Your Health Care Records" is scheduled for Tuesday, September 28, 1 or 7 p.m. and will be presented by Lorene Bartos, extension educator.

The health care system in the United States is changing. The changes take us to a system that requires consumers to take more responsibility for their health status. A very important part of that care is maintaining accurate medical records for yourself and members of your family. In this lesson you will learn how to: 1) obtain information about your family's health history; 2) understand your rights to information as a health consumer; 3) correct misinformation contained in your personal medical records; 4) preserve your family's medical information for use in the future; and 5) keep track of your health expenses and reimbursements. (LB)

### FCE reorganizational packets

Family and Community Education (FCE) club reorganizational packets will be ready for club presidents to pick up after state convention, about August 25, at the extension office. It will include the dues information for club treasurers. Information in the packet has October due dates. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

### September FCE council meeting

The September council meeting is scheduled for Monday, September 27, at the Governor's Mansion. The meeting will begin with a luncheon (cost \$7.00) at 1 p.m. The business meeting and tour will follow. Please call Pam at 441-7180 to register. (LB)

## Character Counts! Corner Teasing Do's and Don'ts



### DO:

1. Be careful of others' feelings.
2. Use humor gently and carefully.
3. Ask whether teasing about a certain topic hurts someone's feelings.
4. Accept teasing from others if you tease.
5. Tell others if teasing about a certain topic hurts your feelings.
6. Know the difference between friendly, gentle teasing and hurtful ridicule or harassment.
7. Try to read others "body language" to see if their feelings are hurt—even when they don't tell you.
8. Help others when they are being ridiculed.

### DON'T:

1. Tease someone you don't know well.
2. (If you are a boy) tease girls about sex. (If you are a girl) tease boys about sex.
3. Tease about a person's body.
4. Tease about a person's family members.
5. Tease about a topic when a student has asked you not to.
6. Tease someone who seems agitated or who you know is having a bad day.
7. Be thin-skinned about teasing that is meant in a friendly way.
8. Swallow your feelings about teasing—tell someone in a direct and clear way what is bothering you. (LJ)