

Jean's Journal

Jean Wheelock
FCE Council Chair



October is such a beautiful month with a variety of colors in reds, oranges, scarlets, tans and browns everywhere we look. What a perfect time of the year to go outside for a nature walk just to inhale fresh air and invigorate our being. There is a hidden treasure right here in your own backyard that many people have yet to discover. It is the Pioneers Park Nature Center located in the southwest corner of Pioneers Park. The park is located at Coddington and West Van Dorn Streets. We have 360 acres with six miles of hiking trails throughout the nature center. You can choose to walk in the prairie and enjoy the beauty of the tall grasses or meander through the woods watching the squirrels as they get ready for the coming winter season. If you enjoy watching

birds, this is the place to be, especially now with migration in full swing.

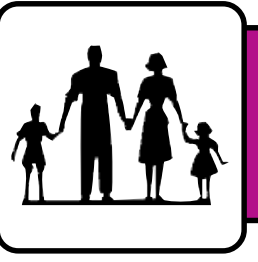
They are open year round, except Christmas and New Year's Day and there is no admission fee. The mission is to interpret the natural history of Nebraska and the Central Great Plains; to promote the enjoyment, appreciation and awareness of our natural environment; to practice and foster a conservation ethic; and to provide a sanctuary for wildlife and a peaceful retreat for people of all ages. The annual spooktacular event scheduled for October 28, 29 and 30 is a time to walk the candle lit trails with the aid of a silly costumed character as you go from station to station to learn about the goings on of nature from other costumed characters.

Another fun family event is their hayrack rides on the

weekends now through November. December 11 will be the winter songfest singing songs of the season as you walk through the woods. They offer programs on owls, the night skies, birds and nature crafts. Some of the programs are for a child/adult team, children only or adults only. There is a fee for these programs and they ask you to call 441-7895 for information.

At our Achievement Day celebration recognition of 60 years of service to FCE was presented to Stella Maye Ehlers; 50 years of service to Winona Ketelhut, Phyllis Speidel, Junerose Kayser and Eleanor Cyr. Congratulations to all of you. What a wealth of knowledge these lovely ladies have to share with all of us. Many thanks to Janis Kenning, "The Pencil Lady", for a fun presentation on her pencil collection.

Family Living



HOUSEHOLD HINTS



by Lorene Bartos, Extension Educator

Paint removal from fabrics

To remove paint from fabrics, the treatment depends on whether the paint is water or oil-based. For water-based paints, rinse the soiled area in warm water, then launder. Removal must be done while the paint is still wet; when dry, water-based paints become permanent. For oil-based paints, check the paint can label, then use the same solvent recommended as a paint thinner. If there is no label, use turpentine. Always test on an inconspicuous area of the garment first. Rinse, then pretreat with a prewash stain remover, bar soap or laundry detergent. Rinse again, then launder. (LB)

- FCE News -

The Family and Community Education (FCE) leader training lessons for 2000 are:

- Herbal Remedies, January 6
- Indoor Air Quality...Be Safe...Prevent Accidental Poisonings, January 25
- Becoming Financially Fit, February 22
- Heart Healthy Foods that Help You Keep on Ticking, March 28
- Is It Alzheimers?, September 26

All leader training lessons will be given at 1 p.m. If you are interested in these trainings, call the extension office at 441-7180 to register so we can have a supply of materials. Lessons are open to anyone interested in these areas.

Study lessons that are also available are:

- Bridging the Miles: Long Distance Families
- Healthy Meals
- Home Ventilation
- Managing Mold and Mildew in the Home
- Parents Again: Grandparents Becoming "Grand" Parents
- Shopping via Telephone and Television
- When a Loved One or Dear Friend Dies (LB)

NU Family Week activities

Lancaster County Extension will broadcast two video conferences during the week of November 8th in celebration of NU Family Week. Each conference will include a satellite delivered presentation, local discussion groups, a state-wide call-in discussion and a satellite wrap-up.

Video Conference One

Raising Successful Kids

November 8

7:30-9 p.m.

Lancaster Extension Education Center

Parents want their children to be successful and have a happy childhood. There is not a prescription for raising such children, but there are tools and common sense approaches that are being used by many parents. Learn what University of Nebraska experts are finding from research and listen to parents and children who seem to be "doing things right." Some of the topics to be discussed are:

- using a child's interests to help him or her develop;
- responding to an active child versus a quiet child;
- passing on goals and values to a child;
- the impact sports and activities have on children; and
- how family stress and changes affect children.

Video Conference Two

Being in the Middle—The Sandwich Generation

November 9

7:30-9 p.m.

Lancaster Extension Education Center

It has been described in a variety of ways; being in the middle, the sandwich generation and sometimes the "hoggie" generation, with three or four generations involved. Adult children are finding themselves taking care of their children and looking after their parents. People are living longer. Balancing the needs of children, parents and yourself is often a struggle that needs to be discussed openly and frankly. If you are in between, then you should join us. We will discuss:

- Getting ahead of the situation before it becomes a crisis;
- Working with your siblings;
- improving communication between all family members; and
- finding support from relatives, friends and community.



AARP offers 55 Alive — Mature Driver Course

If your driver's license expires in 2000 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, December 14 and Wednesday, December 15, 9 a.m. to 2 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

Character Counts! Corner

An evening Character Counts! workshop

A Character Counts! workshop to qualify people to use the Character Counts! curriculum or to find out more about the program has been scheduled for all interested persons in the community.

When? Thursday, October 28

Time? 6-9 p.m.

Where? Lancaster Extension Education Center

Cost? \$5 per person (4-H organizational leaders will receive complimentary registration)

To Register? Call 441-7180. Payment can be made the evening of the workshop.

For more information, ask for LaDeane or Lorene at 441-7180. (LJ)

Character Counts! tip

LaDeane Jha
Extension Educator

A character-based decision making model:

In about 90% of the ethical problems we face we know what we should do. The real question is whether we are willing to do the right thing when it is likely to cost more than we want to pay.

When making ethical decisions think about the following:

1. Ethical decisions take into account the interest and well-being of all persons likely to be affected by your actions. ("stakeholders")
2. Ethical decisions put the core ethical values of trustworthiness, respect, responsibility, fairness, caring and citizenship above others.
3. If it is clearly necessary to violate one core ethical value to honor another core ethical value, do the thing that you sincerely believe will produce the greatest amount of good in the long run. (LJ)