

Jean's Journal

Jean Wheelock
FCE Council Chair



Labor Day has been celebrated, the State Fair has had its' run, kids are back in school and our 1999 State FCE Convention was held in Norfolk. We met at the gorgeous facility, Life Long Learning Center, a part of Nebraska Community College. It has just completed its' first year of operations serving 900 events and 20,000 people. Norfolk should rightly be proud of this facility.

We were entertained with two very wonderful musical programs, good speakers and programs. One of the programs I attended was on Consumer

Fraud presented by Marilyn Bath from the Attorney General's office. One of the current scams in our area is "credit card protection." Be aware that you never give out your credit card number to any caller. Nor should you give out your social security number or any kind of personal information. And one does not have to buy products when entering contests. Just be aware of callers promising things, prizes or money if you will only pay the taxes.

Friday evening at the FCE Awards Banquet the following members from Lancaster County were honored for 50 years of membership in FCE:

- Eleanor Cyr, Busy Belles
- Junerose Kayser, Busy Belles
- Winona Kettlehut, Busy

Belles Phyllis Speidel, Busy Belles Stella Mae Ehlers, individual member has been a member for 60 years. We honor all of you for your help, dedication and service to our organization.

The outstanding FCE Family Award was presented to the charming family of Gail & Carol Buekenhorst of Doniphan. Most of their eight children and families were present as well. One of their granddaughters gave a lovely testimony of life with her grandparents and family.

Our state collected 2973 signatures for the "Tune Out Violence" campaign. One state

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- FCE News -

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)

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 are ready for club presidents to pick up at the extension office. It includes 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)

Kids on the move: Learning to be traffic smart

Children in kindergarten through third grade are learning to become independent. They enjoy walking, riding bikes and playing outside. They don't have the judgment to cope with traffic by themselves yet, but they can begin to understand safety rules.

What parents need to know

1. Parents often think their children are able to handle traffic safely by themselves before they are actually ready.
2. Children don't have the

skills to handle these risky situation until at least age ten.



3. Boys are much more likely than girls to be injured or killed in traffic.

4. Bicycles are vehicles. Children should not ride bikes in the road until they fully understand traffic rules and show they can follow them.

Young children are NOT small adults!

1. They often act before thinking and may not do what parents or drivers expect.
2. They assume that if they see the driver, the driver sees them.
3. They can't judge speed

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Unequal partners

Recent research data shows that young teens face a particular risk when they are in relationships with significantly older men including:

- * men aged 20 or older father half of babies born to mothers aged 15-17.
- * the younger the teen mother, the larger the age gap between her and her partner.
- * teen females are less likely to use contraception if they have intercourse with older men than if they have a peer-age partner.

* teen females who have intercourse with older males are at a significantly higher risk of sexually transmitted infection than with peer-age partners.

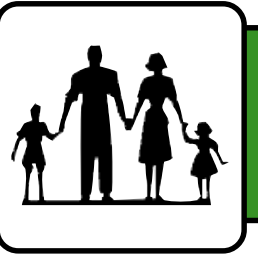
On Wednesday, October 6 a workshop, *Unequal Partners*, will address the issue of power and consent in adult-teen relationships. The trainer, Sue Montfort, is a Certified



Health Education Specialist and author of the curriculum, *Unequal Partners*, which will be given to each participant. The workshop fee is \$25 and includes tuition, materials, breaks and lunch. The workshop will be held at the UNL Student Union, 14th

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Family Living



HOUSEHOLD HINTS



by Lorene Bartos, Extension Educator

Get those spots or stains out!

Treat the spot immediately! The sooner you attack a spot or stain, the easier it is to remove. Get into the habit of checking freshly washed wet clothes for stains that didn't wash away. Instead of drying them, pretreat the stains and wash them again. Drying can permanently set some stains.

Liquid laundry detergents are especially effective on food, greasy and oily soils. Since they are liquids, they are good for pretreating spots and stains.

Powder laundry detergents are especially effective for lifting out clay and ground-in dirt, thus they are ideal for children's play clothes. They can also be used to pretreat, by making a paste of detergent and water. (LB)

R.I.P.: a final act of caring

Join the PEAK program of the Lincoln Area Agency on Aging November 9, 2:30 p.m. at Gere Library, 2400 South 56, when Kathy Prochaska-Cue, UNL Extension Family Economist, provides a consumer's guide to the basics of planning and preplanning funeral and burials according to Nebraska State Law. Cremation, anatomical gifts, and problem resolutions will also be discussed. Call 441-7158 for registration or 441-6571 with questions. (LJ)

Character Counts! Corner

Just saying no builds character



LaDeane Jha
Extension Educator

There's a lot of controversy about the effectiveness of the "just say no" campaign to

combat drug use. But don't discard the phrase. Michael Josephson, of the Josephson Institute of Ethics says we may want to recycle the phrase as a campaign for parents. He believes that we have to say no to our kids more often—like when they make a fuss in public and disturb others or when they ask for every toy they see on TV, or for candy before dinner, or simply for more.

Saying no isn't always easy, but it is important for parents to show some character and to instill in children a recognition that just because they want something, doesn't automatically translate into getting it. By saying no, we help our children build their character. It's often easier to give more than we should give and give in when we shouldn't because we're "parents who love too much", or are just too weak to say no, or simply want to avoid the hassle. Determined children can inflict a great deal of discomfort. From infancy they have developed an awesome arsenal of weapons to overcome our resistance — asking cutely, pleading, cajoling, demanding, nagging, whining, crying and, as a last resort, tantrums. Josephson points out that there are some parents who suffer from "self-esteemia," which he describes as "the toxic effect of worrying too much about whether a child feels good and too little about whether she or he is good."

Whatever our reasons, when we can't say no we promote "I deserve it" attitudes and selfish, materialistic values. It is critical to set limits and prepare our children for a world that feels no need to acknowledge, or to satisfy, their every whim. The "Six Pillars of Character" trustworthiness, respect, responsibility, fairness, caring and citizenship help us teach our children self-restraint, consideration and simple good manners. "No" is a word that should perhaps be used by parents more often.