

Clarice's Column

Clarice Steffens
FCE Council Chair



It's mid-August and the close of summer feels near. Although we still have several more weeks of warm weather, we know that back-to-school and possibly more normal routines are approaching. (As I think about it "normal routine" may not be the proper term as I wonder what a "normal routine" really is at times.)

Thanks to all of you who planned and attended our annual Sizzling Summer Sampler. Approximately 60 FCE members and their guests enjoyed being together, shared good food and hopefully were inspired by the presenters of the learnshops. Special thanks go to those who took the time and effort to

present and share their talents in the workshops.

Our next Council meeting will be held on September 25, 7 p.m. at the Lancaster Extension Education Center. The Willing Workers, Home Service, and 49'ers Clubs will be presenting the program. In addition, we will present awards to the winners of the Environmental Poster Contest and the Creative Writing Contest and we will here delegate reports from the State Convention in Ainsworth.

The State Convention will be held September 19-21. All of you should have received information regarding registration, program, etc. Lancaster County delegates will be Joy Kruse, Ann Meier, and Jan Ruliffson.

Thank you to all who helped in preparations and worked at the Health Awareness Day. I hope all of you enjoyed some time at the fair and will have a

safe and relaxing Labor Day weekend.

In closing, I'd like to share something I read recently in a church bulletin. As a collector of Noah's Ark items, this naturally caught my attention.

Noah's Ark

All I really need to know—I learned from Noah

1. Don't miss the boat.
2. Don't forget we're all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the ark.
4. Stay fit. When you're 600 years old, someone might ask you to do something really big.
5. Don't listen to critics, just get on with what has to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Two heads are better than one.

- FCE News -

FCE leader training

The FCE leader training lesson, "Is It Alzheimers?" is scheduled for Tuesday, September 26, 1 p.m. and will be presented by Lorene Bartos, extension educator.

This lesson is designed to educate people about alzheimer's disease and provide ideas for being helpful to those affected by this illness.

Anyone interested in Alzheimers is invited to attend. Non-FCE members should preregister by calling 441-7180, so materials can be prepared. (LB)

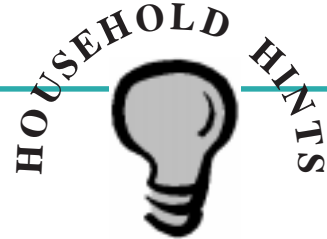
FCE reorganizational packets

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 25, 7 p.m. The business meeting will follow entertainment by the Lancaster County chorus. All FCE members are invited to attend. Winners of the writing and poster contest will be recognized. (LB)

Family Living



by Lorene Bartos, Extension Educator

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)

Do you listen to your children?

"Listen and learn," we tell children. But how well do you listen to your children? To check your listening skills, think about your answers to the following questions:

1. Do I give my children the impression I'm interested and willing to hear what they have to say?
2. Do I put work aside when listening to my children?
3. Do I look at my children when they talk to me?
4. Does my body language show I'm paying attention?
5. Do my responses show I've been listening carefully?
6. Do I give all my children equal attention when they're talking to me?
7. Do I avoid interrupting my children?

Key: Seven "yes" answers indicate you listen well.

"No" answers may indicate some areas for improvement.

Adapted from a self-test developed by the Institute for Educational Research, February 1990. (LJ)



Do you expect too much?

A young mother was trying to do some baking while her children took their afternoon naps. But the children woke up right in the middle of the baking project. The mother's reaction? She scolded the children and told them they could have no cookies just because they got up too soon. Apparently, this mother expected her children to sleep as long as it suited her convenience, to know when not to interfere with mother's activities.

Let's examine some of the times when you might expect too much of your children and of yourself.

Have you ever taken into consideration the actual hours you spend each day caring for your children? Most parents plan their days as though their children do not exist. Then, at the end of the day, they are discouraged because they did not accomplish all they planned. Just stop and consider the hours you spend feeding, dressing, and cleaning up after your children. One study reported mothers whose youngest child was one year old or younger spent two hours a day on their children's physical care, and mothers whose youngest child was two to five years old spent one hour a

day.

Note these hours were required for physical care only—they did not include hours spent playing with or reading to children. You must set aside a certain number of hours each day just for your children's physical needs—it will help you plan realistically what you can do in one day.

You must also plan your time at home with plenty of leeway for interruptions. You cannot expect your children to take long naps every day or always be content to play by themselves, so learn to accept interruptions as part of a normal day. (LJ)

Helping Your Child with Fears

As children's reasoning and mental capabilities increase many fears will disappear naturally. For example, infant fears of unfamiliar people and objects disappear early. Pre-school fears of imaginary creatures gradually give way to concrete, realistic concerns about school, pain, injury, illness, and death. Sometimes even fears intense enough to be labeled as

phobias disappear because of developmental growth. You can, however, help your child cope with the fears of childhood by using the following techniques.

Talk with your child about his or her fears. Communication can be a source of information, comfort, and encouragement. Do not ridicule a child by saying, "It's silly to be afraid of the cat." Instead, encourage the

child to talk about feelings and perceptions by saying, "If you feel scared, talk to me about it." You can also help your child by talking about your own feelings. "Yes, dark rooms sometimes frighten me, too. Here's what I do to feel less scared." In any case, encouraging your child to talk about sensitive subjects, in general, will

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CHARACTER COUNTS! Corner

Trustworthiness

One of the most complicated of the six pillars of character is trustworthiness. Honesty, integrity, reliability, promise-keeping, and loyalty are all behavioral qualities embedded in the pillar.

Honesty—speaking the truth and nothing but the truth.
Promise-keeping—doing what you say you will do and returning what you borrow.

Integrity—matching how you live to what you believe.
Loyalty—protecting and helping people who are special to you and keeping private information private.

As a family, discuss the following situations about trustworthiness. What would you do if....

- you found a wallet containing \$500?
- you saw someone cheating on a test?
- you lost a school textbook?
- you forgot your homework?
- you saw a friend hide a comic book in his coat in the store?
- you had to choose between finishing a homework project and going camping with your friend?
- you scratched your brother's new CD when he loaned it to you?
- you promised not to tell anyone your friend is smoking?

As a parent, think about the messages you are sending to your children. Our actions always speak louder than words. Never ask children to lie for you or ask them to lie to save money at a movie or amusement park. Encourage honesty even when it may cause your child to get into trouble. Praise children for having the courage to be honest and express disapproval for acts of dishonesty. (LJ)

