

# Clarice's Column

Clarice Steffens  
FCE Council Chair



It's a very rare Sunday afternoon! Even though it is very close to Thanksgiving and not very far from Christmas it is a quiet, relaxed afternoon. Something to appreciate as the holidays near!

On September 24, many of our FCE members gathered at the Lancaster Extension Education Center to celebrate our annual Achievement Night. Thanks to our special guest, Carolyn Ducey, of the International Quilt Study Center, for a very interesting presentation. Congratulations to all our award

winner and thank you's to the 2000 Achievement Day Committee—Helpful Homemakers, Busy Belles and the individual members for the great program and dessert! Many members also brought personal quilts for display and shared their quilt's story—thanks to all of you. Members also shared their club's accomplishments for the year and, again, we find our clubs continue to support very worthwhile projects.

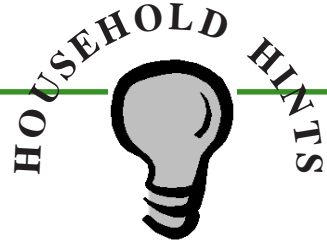
As we move forward to 2001, plans are being made for meetings. We will continue the schedule of four council meetings, the Summer Sizzler and Achievement Night. We are also appreciative of any suggestions you may have for topics to be covered at our meetings. Please

talk to your club members so your suggestions can be discussed at the January Council meeting.

The January Council meeting will be Monday, January 22, 12 noon. This meeting will be hosted by the council officers and will include lunch and a craft. The cost will be \$7.50.

As you read this, I hope most of you will have completed the majority of your plans for the holiday. Whether you celebrate Christmas, Hanukkah, or Kwanza. I hope your holiday experience is all you want it to be. Enjoy the parties, the decorations and the gifts, but mostly enjoy your family, friends and colleagues. Have a very special holiday season!

## Family Living



by Lorene Bartos, Extension Educator

### Holiday Clean-up

The easiest clean-up after holiday entertaining for dishes and glasses is to wash them in the dishwasher following a few simple guidelines. Make sure the water is hot (at least 130 degrees)—dishwashing detergents work best in hot water. If water coming from the tap is less than 140 degrees, turn up the thermostat on the water heater or use the high-temperature option on the dishwasher. Follow the dishwasher manual instructions for proper loading, and do not overload! Also follow manufacturer's instructions for the proper amount of dishwashing detergent to use. You may need to use extra detergent if you have hard water or if you are washing heavily soiled, greasy dishes. Use a rinse agent to help minimize spotting and filming. It will speed up the drying process because it causes water to sheet off dishes and glassware. (LB)

## FCE News

### FCE Leader Training Lessons

The January Family and Community Education (FCE) leader training lesson "Stretching Your Food Dollar in Quick and Easy Ways" is scheduled for Thursday, January 4 at 1 p.m. Alice Henneman, Extension Educator will present this lesson.

This lesson will look at ways to spend your food budget wisely, using foods available in today's supermarkets and grocery stores. You will examine ways to restructure time-proven methods to trim food costs while you focus on saving kitchen time, too. Ways to access additional resources so the consumer can get more information will be included in the lesson materials.

The February FCE leader training lesson "Safe Surfing.Com" is scheduled for Tuesday, January 23 at 1 p.m. Lorene Bartos, Extension Educator will present this lesson.

References to the Internet are everywhere. You can see dot com on TV, in newspaper articles, magazine ads, on the back of semi-trucks, and packages you purchase at the store. Yet many families have concerns about the web. This lesson will help make your Internet connections a positive experience. You will learn how to take steps towards safety and security while finding good resources for your family. (LB)

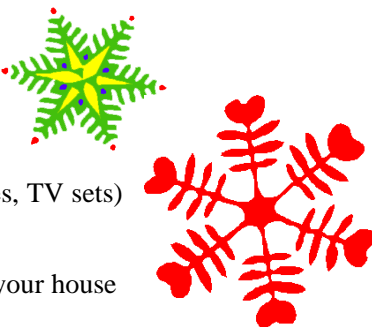
## Healthy Families Healthy Communities: Building Supportive Policies

Healthy Families Healthy Communities is a national satellite video conference scheduled for Thursday, February 1, 2001, 1 to 3 p.m. CST. This video conference highlights current research and outreach efforts that build supportive policies and engage communities around issues related to the well-being of children, youth, and families. It will share success stories that put research into practice and build policy. Program segments include: family strengths, quality child experiences, engaged parents, and reducing violence. Faculty from Cornell University, University of Minnesota, University of Nebraska, and the University of New Mexico will make presentations. Among those who will present are William Doherty from Minnesota and James Garbarino from Cornell. UNL faculty scheduled to participate include Dean Marjorie Kostelnik and Drs. John DeFrain and Pauline Zeece. For more information contact LaDeane Jha, 441-7180. (LJ)



## Before you leave for the holidays

- Make sure:
- Your telephone-answering machine is on.
  - Timers for lights and radios are activated.
  - The kitchen is clean, perishables are tossed, you've run your garbage disposal, and all garbage is taken out.
  - Your thermostat is lowered (or raised accordingly).
  - Appliances sensitive to power surges (computers, microwaves, TV sets) are unplugged.
  - Your doors and windows are securely locked.
  - A neighbor or friend will pick up your mail and papers, has your house key and knows your whereabouts.
  - You have your tickets, cash, credit cards, passports, and confirmations. (LJ)



## More Happiness in 2001

Each new year brings ambitious attempts to kick bad habits, live a healthier life and accomplish more work. How about a new approach this year? Instead of trying to reach many different and difficult goals, resolve to achieve just one—putting more happiness in your life. Keep this resolution. Your life and immune system will improve, resulting in a healthier and more prosperous year.

- Change your attitude about your job and colleagues.
- If you are stuck in a job you hate, explore options for change. If you can't change jobs, then change your attitude toward your job and the people with whom you work.
- Make time for activities you enjoy.
- Change the way you think about failure. Failure is a state of mind. People who learn from upsetting events and then move on are happier and healthier than those who don't.
- Get fully in touch with your feelings.
- Keep a journal.
- Treat yourself as you would treat a beloved pet.
- Make a difference.
- Develop a childlike sense of humor. (LJ)

## CHARACTER COUNTS! Corner Responsibility

The new year is a great time to make life improvements. Taking responsibility for our words and actions can become a way of life. Most adults agree they want children to grow up making responsible decisions, so now is a good time to think about what kind of example we are setting.

Making improvements in responsible behavior can be as simple as watching what we eat and maintaining our fitness and health. Abstaining from alcohol and cigarette use or beginning a lasting fitness program are good places to modify behavior. Start out setting reasonable goals and gradually continue.

We need to be responsible for ourselves and our families. Now is a good time to evaluate areas of our personal lives with decision-making, accountability, self-restraint, and work ethic. Accepting responsibility, not blaming others, and keeping commitments are accountability issues. Responsibility is pursuing excellence which includes doing your best, being diligent, perseverance, and good work habits. Being responsible for your family includes feeding your family, budgeting for family expenses, keeping children adequately supervised, and meeting emotional needs of the family.

A final suggestion for responsibility is continuous improvement. Always look for ways to make situations better. Take one step at a time and strive for improvement. (SS)

