

# Clarice's Column

Clarice Steffens  
FCE Council Chair



As I begin to write this November column, we are on the road north of Lubbock headed for Lincoln. We have been away from Nebraska for ten days and have seen only two full days of sunshine. We were in Albuquerque for the Balloon Festival and saw very few balloons until the morning we left—five days of weather causing many cancellations of balloon activities before that. As we left, the sky was full of balloons! By then we were headed for Lubbock for the Nebraska/Texas Tech football

game. We stayed dry for the game, but as we left Lubbock it was again cloudy and foggy. We experienced great variances in temperatures—low 30's to near 90 degrees. Incidentally, in spite of the weather, we had a really good time!

We were privileged to have the Lancaster County Chorus perform at the September Council meeting. Our thanks to them for the most enjoyable music. Several of the poster and literacy contest winners also attended along with their families. We appreciate their efforts and enjoyed meeting them. Thanks to our host clubs for an enjoyable evening.

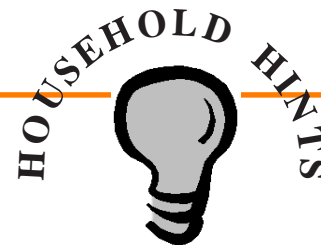
By the time you read this Achievement Day will have come and gone ending the major

FCE activities for the year 2000 and plans for 2001 will be underway. Please contact any of the county officers with suggestions you may have to help us have a successful 2001.

As I begin to plan for the Thanksgiving holiday, it seems to be a good time to reflect on the many things I have to be thankful for including family, friends, good health, and a comfortable home. As we hurry through our lives, it is easy to forget about and take for granted the things that are special and meaningful. However you may spend your holiday, take time to share with those for whom you care and be thankful for the things that make yours the good life.

Happy Thanksgiving!

## Family Living



by Lorene Bartos, Extension Educator

### Holiday Stain Removal

**Beverages (Wine, Alcohol & Soft Drinks):** Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, 1/2 teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder. If stain remains, soak in an enzyme presoak for 30 minutes.

**Candle Wax:** Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between paper may set the candle dye more permanently by making it harder for the solvent to penetrate the wax. Launder using hot water and chlorine bleach if safe for fabric.

**Gravy:** Sponge with dry-cleaning solvent or use prewash stain remover. Rinse with water. Air dry, then apply heavy-duty liquid detergent to stain and launder. OR Soak in warm water and enzyme presoak for 15 to 30 minutes. Launder. (LB)

## FCE News

### FCE Member Recognition

FCE (Family and Community Education Club) member were recognized at the Achievement meeting for 5, 10, 15, 20, 25, 30, 40 and 50 years of membership.



(left to right)  
15-Years: Adelaide Low, Gateway Gourmet  
25-Years: Beverly Traudt, Gateway Gourmet;  
Verna Deinert, Emerald  
Not pictured:  
25-Years: Virginia Kersten, Home Service  
20-Years: Dorothy Lococo, Beltline

(left to right)  
10-Years: Wyla Lidolph, Salt Creek Circle  
5-Years: Fae Hinrichs, Emerald; Clarice Steffens, Salt Creek Circle  
Not pictured:  
10-Years: Mariana Hill, Forty-Niners  
5-Years: Ruby Engle, Helpful Homemakers; Nancy Ludwig, Gateway Gourmet



(left to right)  
40-Years: Alice Doane, Individual  
50-Years: Marie Rockenbach, Busy Bees  
30-Years: Shirley TenHulzen, Individual  
Not pictured:  
30-Years: Alice Sittler, Home Service



## Family Traditions

The holiday season brings many families together and is a good time to reconnect and share traditions. Increased time together increases communication, closeness and strength within the family.

Family celebrations offer members of the family time to relax and enjoy one another's company. This time can ease stress and tension and is useful for sharing memories or creating new ones such as playing games or baking.

Family traditions pass from one generation to the next. Most families have some traditions they enjoy with each holiday or birthday. These traditions make the family unique and can lead to a sense of unity. Think about forming new traditions during holidays or other celebrations. Family celebrations are a good time for parents and older family members to share cultural traditions with younger family members and educate them about their cultural roots. (SS)



## Family Stories: Shared Memories

LaDeane Jha  
Extension Educator

Each time our family gathers, it doesn't take long to start sharing tales of when we were children. A vacation we took to Disney World (from Idaho) with all nine members of our family—big station wagon with a home-manufactured trailer for luggage is the basis for many favorite stories. The

youngest were twins, age 18 months (before disposable diapers). Everything from eating ice to keep cool, bologna sandwiches to save money, and checking into motels where we needed three rooms are stories we never tire of retelling. Coming home through the desert in the middle of Nevada at night with a leaking fuel line that Dad kept trying to hold together with band-aids is the stuff of family memories.

In sharing family stories we communicate beliefs, attitudes, feelings, customs, and traditions among generations. Telling family stories is a good way to gain an appreciation of the past, pride in your present family, and a rich legacy for the future. Many of the stories are also hilariously funny and make for fun family times.

How many of you have enjoyed telling your children

See MEMORIES on page 12

## CHARACTER COUNTS! Corner Caring

To be a person of good character and follow the six pillars, people must be caring. To care about others, we must first care about ourselves. Michael Josephson of the Josephson Institute of Ethics defines caring as showing love, regard and/or concern for the well-being of others and ourselves. Caring people are compassionate, empathetic, giving, kind, loving, considerate, forgiving, and thankful. To feel accepted, loved, and cared about is a human need.

Showing you care about someone does not require a grand gesture. A simple "Hello" with a smile can do the trick. Sending a card or cooking dinner for someone who just experienced a death in the family speak volumes about caring. A hug or pat on the back also shows caring. Parents who are involved with their children's lives communicate "I care" to their children. Treat others as you want to be treated is an important principle for caring. If we want others to care about us, we need to be caring to others. (SS)

