

Clarice's Column

Clarice Steffens
FCE Council Chair



All at one time we are amazed how autumn could have sneaked up on us so quickly and realize how grateful we are this pleasant season has arrived! It's a relief to escape the heat of summer and think about outdoor chores like raking leaves, planting bulbs and maybe even tackling an indoor chore like cleaning a closet or washing some windows.

Autumn is a great time of year with its cool days, crisp nights, and changing leaves together with picking crisp

apples and selecting just the right Halloween jack-o-lantern. All these pleasant thoughts help when I think about turning another year older this month.

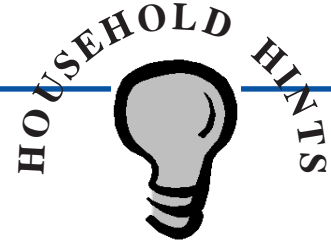
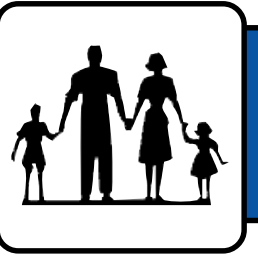
By the time you read this we will have already completed our last Council meeting for the year 2000. Our members will have returned from the Ainsworth convention and hopefully, our clubs will have all successfully reorganized and maybe even gained a few members.

On October 24 we will meet for our annual Achievement Day activities at 6:30 p.m. at the Lancaster Extension Education Center. This is a time for each club to share its accomplishments—how clubs and their members have strengthened

individuals, families, and community through education, leadership, and action.

Our speaker for this evening will be Carolyn Ducey, curator of the International Quilt Study Center, University of Nebraska. FCE members are invited to bring quilts to the meeting to share with the group. In addition, each club will have an opportunity for "show and tell" about the year's projects and we will honor several of our members for their years of commitment to FCE. (Don't forget to bring your "ouch dolls" to this meeting.) Our host will be the Helpful Homemakers, Busy Belles, and the independent members. Please join us. Happy Halloween!

Family Living



by Lorene Bartos, Extension Educator

Fall cleaning hints:

To clean small areas like countertops, spray or gel products are convenient and easy to use. To clean larger areas, like floors or walls, powders or liquids mixed in a pail of water are more efficient.

To prevent streak marks when cleaning large vertical areas (walls, etc.), start at the bottom and work up. Overlap areas as you clean and use a circular motion. (LB)

FCE News

FCE Achievement Night
Tuesday, October 24
6:30 p.m.

Dessert followed by a program by Carolyn Ducey, curator of the International Quilt Study Center, University of Nebraska. Members are invited to bring quilts to the meeting to share with the group.

FCE clubs and members will be recognized for years of membership. Please call the office if your club has reached 5, 10, 15, etc., years as an organized club.

FCE clubs are asked to bring a display or report on the past year's community service project. Call 441-7180 to register. (LB)

2001 Leader Training and Study Lessons

The Family and Community Education (FCE) leader training lessons for 2001 are:

- Stretching Your Food Dollar in Quick and Easy Ways, January 4
- Safe Surfing.Com, January 23
- Popcorn, February 27
- Family Storytelling, March 27
- Indoor Air Quality: Know the Asthma Triggers, September 25

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 Homes—Managing Combustion Pollutants (previously titled Managing Mold and Mildew in the Home)
- Long Term Care: Options, Costs, and Preparation
- Parents Again: Grandparents Becoming "Grand" Parents
- Servant Leadership
- When a Loved One or Dear Friend Dies (LB)

Commitment to Learning

With each day, we all need to learn something new. It is an internal asset that helps us grow and maintain our physical, emotional, and mental health. We learn from each experience we encounter in life. For children's sake, it is important to model a personal desire for learning and a commitment to continued growth. When children see parents involved in life-long learning, they are likely to be more motivated to learn in school, to complete homework, have a desire to excel and to read for personal pleasure. Some ideas to instill a commitment to learning in your children include:

- Talk to children about your perspective on education.
- Make sure every child has a library card and use them frequently.
- Play board games together.
- Limit TV viewing.
- Visit a bookstore.
- Visit your child's school.
- Let your children teach you something new each day.
- Have a family reading hour.
- Establish a regular time every evening for homework.
- Praise children for perseverance and sticking to a task until it is completed or the problem solved. (LJ)

CHARACTER COUNTS! Corner

Kind Words Cost Little but Accomplish Much

Hal Urbon, a noted educator and firm believer in the importance of character education does an exercise in his high school classes in which he has a student sit in a hot seat and listen to affirming comments from their fellow students for several minutes. A rule he insists on is none of the statements can be about looks or clothing. He says, "To say this exercise has a positive effect would be a great understatement. It has a powerful effect on every person in the room." According to Urbon, students talk about how great it feels, not only to hear good things about themselves but also to learn more about what they're doing right. It encourages them to build on their strengths, and it increases both their confidence and self-esteem. From comments students have written over the years, he offers the following list of what positive affirmation has meant to them.

- There's a lot more good in people than bad.
- We need to get in the habit of looking for what's good in others.
- Building people up is more effective than tearing them down.
- Nothing feels better than genuine praise from others.
- We all need recognition and encouragement.
- It feels good to make someone else feel good.
- Affirmation brings out the best in people—everybody wins!
- A little caring and an encouraging word really do go a long ways—farther than you ever dreamed possible. (LJ)



NU for Families Week

NU for Families Week will be a month long (November) focus on educational events and programs designed in support of families. Programming will focus on family strengths identified in research conducted by Dr. John DeFrain, University of Nebraska Cooperative Extension, and Nick Stinnett, University of Alabama. This research identifies the following qualities which contribute to strong families.

- Appreciation and affection
- Time together
- Commitment
- Positive communication
- Ability to cope with stress and crisis
- Spiritual well-being

Kick-off for NU for Families features a statewide promotion of "Eat with Your Family Tonight." Research shows families that eat at least five meals together a week are stronger. For more information, watch for the November NEBLINE.



Start a Tradition: Eat with Your Family Tonight

Join thousands of other families on **November 1** by setting aside time to eat a meal with your family.