

Clarice's Column

Clarice Steffens
FCE Council Chair



Thirty days hath September...Thirty days to enjoy the waring summer and the beginning of fall. Days to make changes in schedules, adapt to the school routine, resume our club meetings, see Nebraska turn into a sea of red, have a fun Labor Day, and take one last weekend trip or vacation of the summer.

September 25, 7 p.m. is the day set aside for the FCE Council meeting. We will award certificates to the 2000 literacy and poster contest

winner and enjoy the music of the Lancaster County chorus. I hope many of you will show your support for the contest winners and the chorus by attending this meeting. Our business meeting will follow the entertainment. Thank you to the 49'ers, Willing Workers and Home Service Club for hosting this event.

Some of our members will use a few September days to attend the State FCE convention in Ainsworth. They will share their experiences with us at the Council meeting.

Already we have asked you to save October 24th for the annual Achievement Day activities. It will be a time to share our successes and maybe

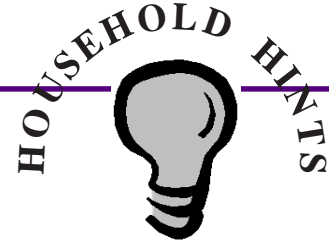
not so successful endeavors and spend some time enjoying our fellow members and their guests. The theme for the evening will be "Quilts."

Thanks to all who spent their summer days collecting, bagging and distributing items at the County Fair's Health Awareness Day. Thanks also go to all who attended the fair activities.

September is a time of reorganization for our clubs and I certainly hope all our current clubs will be with us and become even more active as we close 2000 and move into 2001. One needs to be involved to really feel a part of any organization.

Enjoy these thirty days of September! See you at the Council meeting.

Family Living



by Lorene Bartos, Extension Educator

Conserving Water in the Kitchen

Household chores are a source of water waste. Save water by running the dishwasher only when it's fully loaded. New dishwashers use only five to seven gallons of water per load and do a better job of cleaning, so less pre-rinsing is needed. If washing dishes by hand, rinse all the dishes at once instead of rinsing one at a time. Make sure the water level in the washing machine is appropriate for the load size and use the warm or cold water setting. (LB)

- FCE News -

Thank You

I would like to take this time to thank everyone that helped with Health Awareness Day. It was greatly appreciated. We had a great turn out.

Thanks

Ann Meier, Chair of Health Awareness Day

September FCE Council Meeting

The September Council Meeting is scheduled for Monday, September 25, 7 p.m. at the Lancaster Extension Education Center. Awards will be presented to the winners of the literacy and poster contests. The Lancaster County Chorus will entertain the council, followed by the business meeting. (LB)

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 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, 441-7180. (LB)

The Case for Family Chores

Now the kids are back in school, have you made the case for family chores? Although children often resist doing work around the house, chores are a wonderful way to involve the family and teach life-long skills.

Work, family activities, personal interests, and community responsibilities keep families twice as busy as they used to be. In order to keep a home running smoothly, all family members need to pitch in, to get things done. Everyone will benefit. Sometimes working on a chore together works best. In other circumstances it may be best to negotiate a set of chores and the standards you expect with children.

Doing chores helps children:

- Increase their ability to be responsible.
- Build self-esteem and self-confidence.
- Learn necessary life skills that will help them when they have their own homes.
- Learn to prioritize, organize, and use time wisely.

There is no absolutely reliable method to get children to help around the house. However, there are suggestions that may motivate children to do household chores.

Step 1: Initiate a family discussion

• Find out from the children which jobs they think need to be done and which ones they like or dislike.

• Make a list of everyone's ideas. Be as specific as possible.

• Decide which jobs need to be done daily, weekly, or monthly.

Step 2: Decide who will do what jobs.

• Try not to assign disliked tasks to the same family member any more often than necessary.

• Avoid dividing jobs into male and female tasks. Everyone needs to learn a variety of household management skills.

Step 3: Teach children the necessary skills.

• Show each child how to do each job.

• Make sure he or she knows how to operate equipment safely.

• Work with your children until they can do a job well.

• Offer compliments generously.

Step 4: Agree on acceptable standards and work quality.

• Be specific when setting up chores so everyone understand what is expected..

Step 5: Create a user-friendly home.

• Show how to reduce work by putting things away.

• Teach kids to combine tasks.

• Help them organize their

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CHARACTER COUNTS! Corner

Making Good Decisions

Making good decisions isn't always easy. It is a process everyone should learn because good decisions leave persons feeling confident of their choices. Parents can help children make good decisions by using the following tips.

- Praise children for a job well done, and use constructive criticism when needed.
- Encourage children to think about the positive and negative consequences of their actions.
- Set good examples as parents. Don't engage in activities or make decisions you wouldn't want your children to.
- Instill values in your children about determining right and wrong, being honest, and being responsible.
- Encourage them to talk over decisions with trusted friends and adults.
- Use examples from the media of people who have made wise decisions or suffered the consequences of unwise decisions.
- Build confidence in your children and support them. Good decision making results in self-confidence.

Making good decisions is an important part of developing character. Setting a good example of healthy decision making will help your child learn good decision making skills. It is important to involve children in family decisions. Explain the various options and listen to their perspective. As the adults parents have the final say, so make decisions carefully. (SS)



Teen Supervision after School

When teens go back to school in the fall, parents need to address the issue of after school supervision. What do the teens do when school is out and parents are working? Many families today are dual earner families and both parents are at work when youth get out of school. It is not wise to assume

youth can entertain themselves until parents get home. Teens still need supervision. A lack of supervision by parents increases the likelihood youth will engage in riskier behaviors than when adults are watching. This includes sexual activity, drug use, and theft to name a few. Teens often do what their friends

are doing to feel accepted. Nearly half of all violent juvenile crimes on school days take place between 2 and 7 p.m. Only one seventh occur between 11 p.m. and 7 a.m.

Youth today spend a considerable amount of time watching television, playing video games,

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CHARACTER COUNTS! Conference

The CHARACTER COUNTS! Conference for middle and high school educators scheduled for Wednesday, September 20, 9 a.m. to 3 p.m. at the Seward Community Center, in Seward, Nebraska has been postponed until second semester. Watch the NEBLINE for more information about the re-scheduled event. (LJ)

