

Clarice's Column

Clarice Steffens
FCE Council Chair



The Sizzling Summer Sampler and the county fair have come and gone. FCE State

Convention is coming up and local schools will be in session in the next few days. You know what that means, don't you! Once again the summer has passed by quickly and fall activities will soon be in full swing.

FCE fall activities will soon be upon us too. The next Council meeting is scheduled for September 24 at 7 p.m. hosted by the Busy Bees, Helpful Homemakers and Tuesday Tinkers. This meeting will be at the Lancaster County Extension Center.

Plans for Achievement Day are well underway. This will be

October 23 at 6:30 p.m. and hosted by the Beltline, Emerald, and Willing Workers clubs. The guest speaker will be Kathy Peters, dollmaker, from Seward. Kathy's work includes restoration of the First Lady Doll display at the Governor's Mansion. If you have dolls or memories of dolls that you would like to share, please bring your stories and dolls (doll furniture, etc.) to the meeting.

It was decided at the March Council meeting we would support the Food Bank of Lincoln for our county project for 2001. Needed food items include canned meats, dinners, fruits and vegetables.

Other needs are soups, cooking oil, pasta, rice, dry milk, peanut butter, macaroni and cheese, tomato and spaghetti sauce, sugar, pudding, jello, juices, shampoo, toothpaste, laundry and bath soap and baby

formula. Please bring donations to the September Council meeting or the Achievement Day activities. This is a very worthwhile project and I hope everyone will participate.

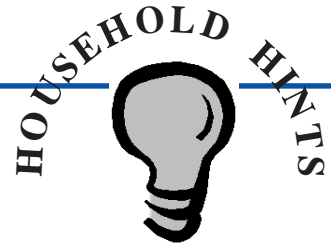
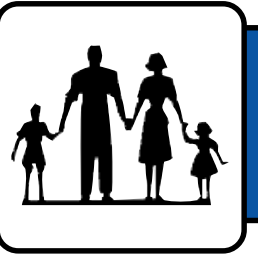
Thanks to all the FCE members and guests who attended the Sizzling Summer Sampler. Approximately 70 people enjoyed the food, learnships and just being together. Our presenters were great!

Thanks also to all who have contributed and plan to contribute to the FCE scholarship fund through the Bakeless Bake Sale. The fund is growing nicely, but there is still opportunity for additional contributions.

I hope I will see many of you at the State Convention in Kearney. We can share our experiences at the September Council meeting.

Enjoy these last days of summer—have a safe and relaxing Labor Day weekend.

Family Living



by Lorene Bartos, Extension Educator

Repeated exposure of a garment to perspiration and body oils can cause a permanent yellow discoloration and an odor; and perspiration can eventually cause silk fibers to deteriorate. In addition, it can react with fabric dyes or sizing, making the stain even more difficult to remove. People who perspire heavily should clean their clothes often and may want to consider wearing garment shields. Clothes that are worn frequently should also be cleaned frequently to avoid stains caused by perspiration and body oils. (LB)

★ FCE News ★

FCE Leader Training

The FCE leader training lesson, "Indoor Air Quality: Know the Asthma Triggers" is scheduled for Tuesday, September 25, 1 p.m. and will be presented by Lorene Bartos, extension educator.

This lesson is designed to educate people about indoor air quality and the many asthma triggers in a home.

Anyone interested 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 24, 7 p.m. The business meeting will follow the program by dollmaker Kathy Peters. If you have dolls or memories of dolls to share, please bring your stories and dolls to the meeting. All FCE members are invited to attend. Winners of the writing an deposter contest will be recognized. (LB)

Helping Youth Prevent Teen Pregnancy (Part II)

LaDeane Jha
Extension Educator

The National Campaign to Prevent Teen Pregnancy did an extensive review of recent research and held interviews with experts in the field to ascertain what parents might be able to do to reduce the risk of kids becoming pregnant before they've grown up. From the research they developed ten tips for parents. Last month two of their tips were featured, here are the rest of them:

Tip Three: Supervise and monitor your children and adolescents. Establish rules, curfews, and standards of expected behavior. Think about who is responsible for your teens between the time they are dismissed from school and when a parent gets home. Are they engaged in useful activities? Are there adults in charge? Supervising and monitoring your kids'

whereabouts doesn't make you a nag; it makes you a parent.

Tip Four: Know your children's friends and their families. It is easier to enforce a curfew that all your child's friends share rather than one that makes him or her different—even if your views don't match those of other parents, hold fast to your convictions. Welcome your children's friends into your home and talk to them openly.

Tip Five: Discourage early, frequent, and steady dating. Group activities among young people are fine and often fun, but allowing teens to begin steady, one-on-one dating much before age 16 can lead to trouble. Let your child know about your strong feelings about this throughout childhood.

Tip Six: Take a strong stand against your daughter dating a boy significantly older than she is. And don't allow your son to develop an intense relationship with a girl much younger than he

is. Try setting a limit of no more than a two- or three-year age difference. The power differences between younger girls and older boys or men can lead girls into risky situations, including unwanted sex and sex with no protection.

Tip Seven: Help your teenagers to have options for the future that are more attractive than early pregnancy and parenthood. The chances your children will delay sex, pregnancy, and parenthood are significantly increased if their futures appear bright. Explain how becoming pregnant—or causing pregnancy—can derail the best plans.

Tip Eight: Let your kids know you value education highly. Encourage your children to take school seriously and set high expectations about school performance. School failure is often the first sign of trouble that can end in teenage parenthood. Limit the

At Which Age?

Here's a fun activity you might try with your preteens or teenagers. As a parent indicate at what age you would allow your child—if ever—to do the following activities. As a teen, indicate what you think and why. Then sit down as a family and compare lists. You might be surprised at what you find out. It is important during this activity to listen to your children's ideas and try not to be judgmental. Are there items you might be willing to negotiate? Which are family values that are not negotiable? (LJ)

ACTIVITY	AGE	WHY THAT AGE?
1. Wear makeup	_____	_____
2. Have a credit card	_____	_____
3. Work part-time during the school year	_____	_____
4. Drink alcohol for the first time	_____	_____
5. Get her or his ears pierced	_____	_____
6. Buy a car	_____	_____
7. Go on a group date	_____	_____
8. Go steady (date someone exclusively)	_____	_____
9. Go on an individual date	_____	_____
10. Stay out until midnight on weekends	_____	_____
11. Not have a curfew	_____	_____
12. Rent a hotel room	_____	_____
13. Have a boy/girl party	_____	_____
14. Open a checking account	_____	_____
15. Choose her or his own clothes	_____	_____
16. Stay home alone when parents go out of town	_____	_____
17. Cook an entire family meal	_____	_____
18. Take a weekend camping trip with peers	_____	_____
19. Go to an R-rated movie	_____	_____
20. Go out of state with a friend's family	_____	_____

Adapted from "Building Assets Together" by Jolene L. Roehlkepartain

CHARACTER COUNTS! Corner

The rewards of respect

Hal Urban, a noted educator and advocate of character education emphasizes the positive aspects of showing respect rather than the "should" or "have to" approach we sometimes take. He offers the following list of rewards for treating others the way we would like them to treat us:

- We develop effective social skills and habits.
- We make other people feel good.
- We earn the respect of others.
- We establish good relationships.
- We are treated better by other people.
- We improve our feelings of self-worth.
- We build a solid reputation.

As Hal says, "Good people build their lives on a foundation of respect." (LJ)

Adapted from: "Life's Greatest Lessons Or 20 Things I Want My Kids to Know" by Hal Urban

