

Clarice's Column



Clarice Steffens
FCE Council Chair

What has happened to 2001? It is slipping by us so quickly! FCE activities for 2001 culminated on Oct. 23 with the celebration of achievements for the year. Kathy Peters shared her doll collection with us as we shared some of our own collections and



childhood memories with others.

Our clubs continue to do worthwhile projects for the benefit of the community. Items for the Food Bank were collected that evening, but other groups such as Friendship Home, Headstart, etc. continue to also benefit from FCE. Our members were most generous in helping build the scholarship fund, so we are assured another member of

the community will receive a scholarship in 2002. As usual, clubs provided us with an excellent variety of programs for our Council meetings and the refreshments were always the best! I hope more members will take advantage of this opportunity to enjoy the programs and get to know our membership.

As 2001 activities are ending, plans are also being made for 2002. Clubs have been reorganized and new committees are being formed. The new schedule of programs will be available in January.

And now we are well into the holiday season. The last few months have certainly been trying, but have also been a time to think about what is important. Too often we take too many things for granted. As members of FCE, family, be it by relationship or association, is a top priority. Even though we think our daily lives are trivial, it is a time to continue to do what we have always done. The trivial may be the things that create the best memories. So take this time to celebrate and enjoy your family and make this a truly great season.

Happy Holidays!

★ FCE News ★

Family Community Education (FCE) Leader Training Lessons for 2002

All leader training lessons will be presented at 1 p.m.

- Aim for Fitness, January 7
- Positive Communication for Families, January 29
- Growing Communities of Character at Work, February 26
- Nutrition and Osteoporosis, March 26
- Energy Isn't the Only Thing You Will Save, September 24

Study lessons available include:

- Long Term Care: Options, Costs and Preparation
- Parents Again: Grandparents Becoming "Grand" Parents
- Servant Leadership
- Telemedicine: The Future is Here
- When a Loved One or Dear Friend Dies

Storing Holiday Decorations

The holiday season is over, the tree is looking a little dry and it is time to take down and put away our seasonal decorations for another year. Since many of our decorations represent an investment in time, money and memories, they deserve proper care and storage and should be cleaned and organized in ways that will best preserve them.

Look all decorations over as they are taken down. Washable decorations, such as tablecloths, should be laundered before storing. Dusty ornaments or other decorations should be wiped clean and tree lights should be dusted and inspected for burned-out bulbs (be sure to unplug before doing this).

Use large, sturdy cardboard boxes for storing bulbs, ornaments and lights. Select boxes that are fairly shallow, but large enough so two or three boxes hold all the ornaments. Wrap

fragile bulbs and ornaments in tissue paper and stack the remaining ornaments (from heavy to light) on layers of tissue paper. Angel hair and tinsel can be stored between ornaments for added protection. Remove hooks and hangers from each ornament, and store them separately in a small box or envelope.

Gather strings of tree lights carefully to avoid tangling. Wrap loosely around a large, flat piece of cardboard. Store the tree stand in its original box.

After the boxes are packed, clearly label the contents on the

outside of each box and then fill the box with the same items from year to year.

Designate an area of a closet, basement, attic or garage, and use the same space every year. Clean the storage area thoroughly each year before returning the decorations to it. Keep boxes off the floor to keep moisture out. If stored in the attic or outside garage, be sure extreme temperature and humidity changes will not harm any of the items in the boxes.

Adapted from an article by Linda Adler, Extension Specialist. (LJ)

Make a Family New Year's Resolution

Very often we all make individual New Year's resolutions and a few weeks later, we've forgotten them or moved on to something else. Why not make a family resolution this year—one you will all be committed to and remind one another about throughout the year?

One suggestion is to decide as a family to focus on improving social justice in the community. Pick an issue your family believes needs improving and work together to make a difference. Read about the social justice issue you have chosen, watch movies that highlight the issue, talk about injustice and figure out something tangible you can do in the community.

As Martin Luther King, Jr. said, "Injustice anywhere is a threat to justice everywhere."

—LaDeane Jha, Extension Educator

headaches.

Although there are many reasons for depression during the holiday season, one of the most common is unrealistic expectations for the holidays. Popular images, such as those promoted on television, paint an unrealistic image of perfect families having perfect holiday celebrations—an

ideal that few of us attain. For many people, large family gatherings can be depressing because of internal problems such as illness, death, divorce or certain family members simply not getting along with each other. Other major reasons for

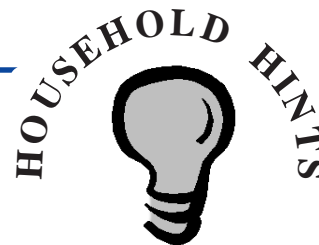
see DEPRESSION on page 11

Family Living



"When you get into a tight place and everything goes against you, till it seems you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn."

—Harriet Beecher Stowe



by Lorene Bartos, Extension Educator

Stain removal tips

Beverages (wine, alcohol and 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.

Model the Behavior You Expect from Your Teen

If we want our teens to read and perform well in school, we need to make sure our behaviors support the intended goal. How can we tell our teens to read, if they never see their mom or dad pick up a book? The best way to facilitate these issues is for us to model the behavior we wish to see and work together with our teens. For example, if your teen is struggling with school, you

can make arrangements with your teen to go to the library together. This does not mean we should do the work for our teens. Instead, we should model the desire to learn and, at the same time, demonstrate support for our teens.

Source: Laura M. Stanton, Ohio State University (LJ)

CHARACTER COUNTS! Corner

Caring

To me the holiday season heightens awareness of those around us who may be in need of a little extra care. Purchasing mittens for a mitten tree, donating cans of food to a food bank, buying gifts for "Operation Santa", taking home-baked goodies to a neighbor or shoveling snow from someone's walk are all ways we demonstrate we care. As we put the needs of others before our own, we model caring for our children and help them develop a spirit of giving that strengthens their character throughout life.

—LaDeane Jha,
Extension Educator

