

Clarice's Column

Clarice Steffens
FCE Council Chair



February, 2001—about time! January has to be the longest month of the year! Why couldn't January have been the shortest month instead of February. Maybe on January 28 we could say this is enough and start February. My main complaint (other than the fact that it is cold) with January is all the holiday decorations in the house have been put away and I immediately think I need something new for the house. Since my budget doesn't allow for new furniture, I start moving furniture! Not only is that a lot of work, but I usually end up moving everything twice because the furniture usually

looked better where it was in the first place. Oh well, it helped me get through January and even if it's cold, February is shorter.

Now, let's get on with the rest of 2001! Mark these FCE dates on your calendar.

March 26—Council Meeting hosted by the 49'ers and Live & Learn.

June 25—Council Meeting hosted by Gateway Gourmets, Home Service, and Salt Creek Circle.

July 10—Sizzling Summer Sampler hosts will be Independent Members and Council Officers.

September 24—Council meeting hosted by Busy Bees, Helpful Homemakers, and Tuesday Tinkers.

October 23—Achievement Night hosted by Emerald, Beltline, and Willing Workers.

Just a reminder—entries for

the Heritage Skills Contest should be brought to the March Council Meeting. This year's exhibits will be sculpture, fiber arts, ceramics, pottery, and porcelain. If you have questions about any of these categories, please call your club president or any county officers. Specifics of each category were distributed at the January Council Meeting. Hopefully, our talented members will enable Lancaster County to have an entry for each of these skills.

Volunteers will be needed for the earth wellness festival on March 22. Please consider helping out this year!

Don't forget the March 26 Council meeting at 1 p.m. The program "Spring Planting Tips" will be presented by Don Janssen, Extension Educator.

Happy Valentine's Day

FCE News

FCE Leader Training Lessons

The March FCE leader training lesson will be given Tuesday, February 27, 1 p.m. Lori Warner, marketing manager with the Popcorn Board, and Lorene Bartos, extension educator, will present the lesson on Popcorn. This lesson will cover the nutrition, history, family fun activities, and other uses of popcorn. Quick and easy popcorn recipes will be shared.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared.

The April FCE leader training lesson will be given Tuesday, March 27, 1 p.m. Lorene Bartos, extension educator, will present the lesson "Family Storytelling." This lesson will help participants understand the importance and value of stories and explore ways to pass the stories on to future generations. (LB)

Encouraging Children to Appreciate Multiculturalism

Exploring multiculturalism is a life-long event. Children begin discovering diversity early in their lives and it is the responsibility of parents, teachers, and community leaders to encourage appreciation of differences.

There are many ways to encourage children to appreciate diversity.

For example, a variety of sites on the internet are appropriate for children to explore diversity issues. Parents and children can look up sites and discuss them together. Many websites list multicultural literature and school and local libraries; or family resource centers have a wide variety of multicultural books, magazines, and videos. Creative ways to encourage multicultural activity are playing games that introduce languages or items from another culture or have a multicultural "potluck" where everyone brings a food popular in another county. Many schools have multicultural or diversity fairs where students from different ethnicities are represented. Children may also enjoy listening to or singing along with music in a foreign language. "Adopting" a foreign exchange student or taking a foreign language at school are other suggestions. On special holidays fun activities can be planned. For example, on President's Day, students could participate in a skit or school assembly to show their patriotism.

Studying multiculturalism lets children know how people in other cultures live. When children appreciate diversity they are more likely to respect and include others. (SS)



Adolescents

Adolescence is a time of challenge and change—for both teen and parent. Teens are at a stage in life where they face a multitude of pressing decisions—including those about friends, careers, sex, smoking, drinking, drugs, and parental values. At the same time, they are confronted with profound physical, social, and emotional changes. The teen years are truly "high speed, high need" years. The major developmental tasks to be answered during this time are: (1) "Who am I?"; and (2) "How do I relate to the world?"

While most parents realize there are normal struggles between parents and teens as their sons and daughters struggle

for independence and identity, they are often shocked by the length and intensity of the conflict. They are stunned by apparent rejection of some of their most sacred values and confused by their teenagers "acting up" and "acting out." In attempting to become psychologically independent of their parents, teens often attempt to move completely away from any control or influence by their parents.

This situation often results in a struggle for control and power. Parents and teens often disagree over whether or not the teen has acted responsibly enough in the past to make certain decisions more indepen-

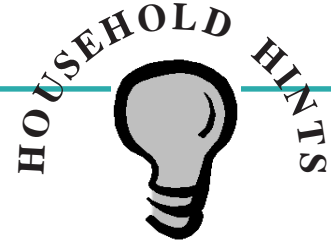
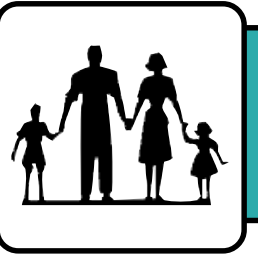
dently in the future. There are few things more difficult about being a parent than trying to figure out how to give the teenage son or daughter freedom enough to learn responsibility, self-reliance, and the consequences of decision-making, yet still keeping some control over behavior that is potentially dangerous.

The typically stormy emotions of a teenager often increase the difficulty of situations. And, if the parent is angry, hostile, or rejecting, the situation can deteriorate into a "standoff" between them and full-blown crisis in the home.

There are no magic, easy solutions. However, a parent is

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Family Living



by Lorene Bartos, Extension Educator

Wax Stains on Furniture

Hot candle wax can penetrate the finish of wood furniture; and the dyes and oils in the wax can stain the wood. Such stains may be impossible to remove.

Prevent wax stains by always placing a coaster or other protective surface under candles. Remove soft wax by wrapping an ice cube in plastic and holding the ice over the wax to harden it. Then, gently push it loose with a plastic card or non-stick spatula. Remove any waxy residue with furniture polish or mineral spirits. (LB)

R.I.P.: A Final Act of Caring

Kathy Prochaska-Cue, Ph.D., A.F.C., UNL Extension Family Economist, will provide a consumer's guide to the basics of planning and preplanning funerals and burials according to Nebraska State Laws. Cremation, anatomical gifts, and problem resolution will also be discussed. Also speaking will be Rodger Green, investigator with the Nebraska Funeral Service Examining Board; and Marilyn Bath, with the Consumer Protection Division of the Attorney General's Office. The session will be March 20, 2 p.m. at Lancaster Extension Education Center. Co-sponsored by UNL Cooperative Extension. Call 441-7158 for registration. (LJ)

Protect Your Privacy Online and Offline

While it is generally agreed US residents have the right to be left alone and free of unwanted public scrutiny, many concerns are being raised about the impact of marketing and sales on our privacy. With computers and the internet it is increasingly easy to collect information about people from a variety of sources with speed and efficiency not previously possible.

Consumer Action offers ten ways to protect your privacy:

1. If you don't want to end up on marketing lists, use cash—businesses can combine your purchase information with your billing address or the address on your check.
2. Pay an extra fee to have your phone number unlisted.
3. Screen cookies or use a secure anonymous remailer site when you surf the internet.
4. Don't sign up for or use web sites that require you to fill out forms asking for personal

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CHARACTER COUNTS! Corner

Honesty

An important element of being a trustworthy person is being honest. Honest people make an effort to: tell the truth, be direct, open and frank, be sincere, say what they mean and mean what they say; don't lie, don't trick people or cheat, if they find something that doesn't belong to them, return it, and don't steal.

Our own personal values often resemble those of our parents. It is important to keep this in mind if you have children. If a child watches their parent express excitement about a cashier giving them too much change back, the child may think being dishonest is acceptable. They may adopt this kind of value system into their own lives.

Everyone wants friends and family who are honest and sincere. Lying to someone or cheating can ruin a relationship because it attacks the foundation of the relationship. When you are dishonest you ruin the established trust. Trust is often hard to rebuild when it has been broken. Striving to be an honest person in your relationships at work or with friends and family makes you honorable to them and worthy of their trust. (SS)

