

Clarice's Column

Clarice Steffens
FCE Council Chair



January 2001! It seems like only yesterday when we were hearing all the terrible things that could happen as the year 2000 rolled around. Fortunately, the coming of the New Year was quite uneventful and the remaining months passed quickly until we came to November and the election. By the time you read this, I hope we will know who our President is!

The January Council meeting will be January 22 at noon. The county officers will host lunch and a craft project in addition to our regular meeting. The cost is \$7.50 for lunch and the craft supplies. Be sure to call

Pam at the extension office to make your reservation.

So you can mark your calendars in advance, this will be the schedule for the remainder of the year.

March 26—Council Meeting

June 25—Council Meeting
July 10—Sizzling Summer Sampler

September 24—Council Meeting

October 23—Achievement Night

Don't forget everyone is welcome at these meetings.

Once again, our concern for FCE is membership decline. Many of the NEBLINE readers are ex-FCE members. How about a New Year's goal of becoming a member by reorganizing your club or starting a new club and be a part of FCE. We really don't

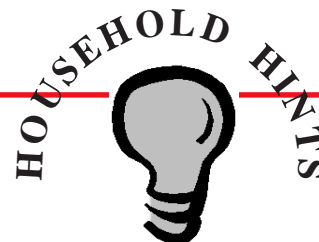
use much of your time and although dues are more than they once were, they are still less than what it would cost for two people to eat out just once in 2001!

It's not too early to be thinking about an entry in the Heritage Skills Contest. This year the categories are sculpture, fiber arts, ceramics, pottery, and porcelain. Entries will be due on the county end in March.

And while you are thinking about making plans, the state convention will be in Kearney on August 16 and 17. The convention will have a new look for 2001. Activities will begin Thursday at 5 p.m. at the Archway Monuments and continue with activities all day on the 17. More information will be made available later.

May 2001 be a year of peace and joy for each of you!

Family Living



by Lorene Bartos, Extension Educator

Make a New Year's Resolution to:

- include all family members in doing household tasks.
- check the house for repairs—make a list and complete a task each month.
- keep the home orderly and organized by putting things back in their place after use.
- have a Happy New Year. (LB)

FCE News

FCE Leader Training Lessons

The February FCE leader training lesson will be given Tuesday, January 23, 1 p.m. Lorene Bartos, extension educator, will present the lesson, Safe Surfing.Com. This lesson will help make your internet connections a positive experience. You will learn how to take steps towards safety and security while finding good resources for your family.

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. (LB)

FCE Council Meeting

The January FCE Council meeting will be Monday, January 22 at noon. The council officers will prepare lunch. A craft activity will follow the business meeting. The cost for the meal and craft supplies is \$7.50. Please call 441-7180 to preregister. All FCE members are invited to attend and join in the fun. (LB)

We Need Tutors!

We have a great volunteer opportunity for you! A new tutoring group in Lincoln needs volunteers to tutor youth. The group meets at the Woodbridge Apartments Clubhouse on Tuesdays, 3:30-5 p.m. If you are interested in helping, contact Suzanne Spomer at 441-7180 or e-mail: sspomer2@unl.edu. This is a great way to reach out and serve your community! (SS)

Your children are not your children
They are the sons and daughters of life's longing for itself.
They came through you, but not from you
And, though they are with you, yet they belong not to you.
You may give them your love, but not your thoughts.
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
Which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
—K. Gibran. The Prophet

Healthy Families—Healthy Communities Video-Conference

The challenges facing families can sometimes appear overwhelming. Society, as a whole, seeks policy options that support and care about families, build on family strengths, and support them. Increasingly, elected and appointed officials seek research results which will help them make more informed decisions concerning policies designed to empower individuals, strengthen families, and improve community vitality.

The Healthy Families, Healthy Communities video-

conference (see details elsewhere on this page) is designed to:

Highlight current research and outreach efforts, build supportive policies, and engage communities around issues related to the well-being of children, youth, and families.

Share success stories that put research into practice and build community, state, or national policy.

Featured speakers include: John DeFrain, Professor of Family and Consumer Sciences,

University of Nebraska

Esther Devall, Associate Professor of Family and Consumer Sciences, New Mexico State University

William Doherty, Professor of Family Social Science, University of Minnesota

James Garbarino, Co-Director, Family Life Development Center, Cornell University

No prior registration is required, just plan to come. For more information, call LaDeane at 441-7180. (LJ)

What Can You Expect From Your Six- to Nine-Year-Old?

Six- to nine-year-olds are developing physically and cognitively at a rapid rate. It is wise for parents to be aware of changes their children are experiencing so they can be understanding of their child's feelings and encourage age appropriate learning.

Physical development changes include increases in muscle size and strength, flexibility, balance, force, and agility. Children's reaction time increases so they may seem more alert. Six- to nine-year-olds add two to three inches and five pounds each year to their frame. The lower portion of the body is growing the fastest so your child may appear "long-legged." At this age, girls are still shorter and lighter than boys. Permanent teeth are replacing primary teeth. A concern parents should be aware of is obesity. A person is considered obese when their weight is greater

than 20 percent of what their average should be. Children will gain weight gradually while they are growing, but be aware of excessive weight gain. Provide healthy snacks for your children and make sure they are getting enough exercise.

Six- to nine-year-olds experience many cognitive changes including gaining more control of their emotions and attention, more stability in IQ level, and fewer egocentric thoughts. They require less time to process information. Vocabulary, grammar, reading skills, and writing skills all improve. This is a good age for children to learn another language because they absorb more of what they learn and their memory capacity increases. They learn strategies for memorizing organized information into meaningful chunks to retain what they have learned. At this age the use of logical reasoning also becomes possible. (SS)

Healthy Families—Healthy Communities Video-Conference

What: A national satellite video-conference originating from Cornell University

When: Thursday, February 1, 2001

Time: 1-3 p.m. CST

Where: Lancaster County Extension Office
444 Cherrycreek Road

Audience: Decision-makers who are interested in children, family, and community issues; elected and appointed individuals; judges and law enforcement personnel; community leaders; professionals who work with children, youth, and families.

Focus of conference: Family Strengths, Quality Child Experiences, Engaged Parents, Reducing Violence. (LB)