

Clarice's Column

Clarice Steffens
FCE Council Chair



Once again it is time for another NEBLINE column—this time for March.

March—time to think about digging out of the winter's last snowstorm, breathing in the fresh air of spring, wearing lighter coats, opening windows more than just a crack, and watching the trees begin to bud. All this is a little hard to think about because I'm writing this on February 9. Snowed in with inches and inches of snow—can't get out of the driveway, horrible wind chill, and more snow forecast for next week. But I am truly thankful our power has been on throughout it all.

By the time you receive the NEBLINE, our weather should be much improved. Even now,

there are some positive signs of things to come. If you attended the January Council meeting, you have already sighted the Easter Bunny! Once again our clever crafters came up with a variety of bunnies to top their new candy jars. I have also noticed packages from nurseries arriving at our house with all those vegetable and flower seeds.

At the January Council meeting we enjoyed lunch, our craft project and had time to visit with other FCE members. Yearbooks for 2001 were distributed, workshops for the Sizzling Summer Sampler were discussed, as well as our scholarship program and possible county service projects. Final decisions on the latter two projects will be determined at the March meeting.

The next council meeting is set for March 26 at 1 p.m. The program, Planting Tips, will be

presented by Don Janssen, extension educator. Host clubs will be Live and Learn and 49'ers.

Applications for the FCE scholarship are due at the extension office by April 1. This is a \$200 scholarship and information on illegibility was distributed at the January Council meeting. For additional information, call your club president, county officers, or the extension office.

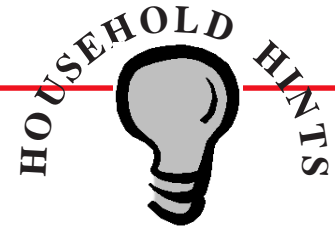
Entries for Heritage Skills should be brought to the March Council meeting.

The earth wellness festival is scheduled for March 22 at Southeast Community College. Consider volunteering!

It's not too early to mark your calendar for the state FCE meeting in Kearney beginning at 5 p.m. on August 16 and closing August 17 at 5 p.m. at the Holiday Inn.

Happy St. Patrick's Day!

Family Living



by Lorene Bartos, Extension Educator

Fabric Facts

Know your fabric care labels. They provide information to help you keep garments looking their best and lasting their longest. Here's a chart of international fabric care symbols to help you "decode" your garment care labels.

If the label says:

- Machine Wash
- Hand Wash
- Dry Clean
- Professionally Dry Clean

It means:

The garment can be cleaned in a commercial or home washing machine. Fiber content, weave, and color of the garment may require a specific water temperature and machine cycle.

Handle gently and wash separately by hand, with a milk laundry soap or detergent.

The garment should be taken to a commercial dry cleaners or treated at a laundromat using normal dry cleaning fluid or steam.

Cleaning must be done only by a commercial dry cleaner. Certain items may specify particular cleaning agents. (LB)

FCE News

FCE Scholarship

A \$200 scholarship provided by Lancaster County FCE Council is available for a graduate of a high school in Lancaster County, or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior, or senior year of college in the fall of 2001 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)

FCE Council Meeting

Mark your calendar for March 26, 1 p.m. The program, Planting Tips, will be presented by Don Janssen, extension educator, followed by the business meeting. Clubs hosting this meeting will be 49'ers and Live and Learn. (LB)

FCE Leader Training

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

Child Care Providers Conference

Saturday, March 31
8 a.m. to 4 p.m.

Lancaster County Education Center

"Travels Through Child Care" is the theme of the conference for daycare providers of infants and toddlers. Speakers include Tracy Gordon, Early Childhood Program Coordinator; Juli Burney, Humorist and Assistant Professor in Communications and Theatre; Pat Leach, City Libraries; Brian Baker, Lincoln/Lancaster County Health Department; Lori Palensky, Halo Coordinator and many more. Cost is \$10 which includes lunch. For a conference flyer call the extension office, 441-7180 or Family Service, 441-7949. Preregistration is due March 16. In-service hours will be given for this conference. Plan now to attend. (LB)

So Now You're a Grandparent

LaDeane Jha
Extension Educator

As many of you know, Deanna Karmazin of our Lancaster County staff made two sets of very excited parents—grandparents for the first time late last summer. Deanna and her husband, Steve, did double duty by producing two grandchildren at once—one for each. I met Grandpa Lienemann shortly after the twins were born and all I said was, "Hi Grandpa," and he was readily telling all who would listen about his wonderful grandchildren—yes he had pictures. Being a grandparent myself, I knew just how exciting and fulfilling the experience was for him.

As a friend said, "It's worth having children just to be blessed with grandchildren." It gives us a sense of continuity in a world of change. When Deanna's 96-year old great-grandmother, Lilly Osterbuhr (see picture) heard about Deanna's pregnancy, she said, "I now have two things to live for, the October birth of the twins and the November election."

Today grandparents come in all ages and from all types of families and research tells us

the influence of a grandparent can be profound. Grandchildren exposed to such contact are less fearful of old age and feel more connected to their families.

Grandparents provide love and acceptance of children that can help to increase children's self-

esteem. They often take time to teach skills to children, such as cooking, woodworking, gardening, or other activities that can provide children with productive hobbies.

Because of better health and better living conditions, Americans are living longer than in the past. This gives most children the opportunity to have relationships with their grandparents for many years.

New communication tools such as cellular phones, phone cards, and e-mail have in-

creased ways in which grandparents and grandchildren can stay in touch, even if they live far from each other. A key is for grandparents to be visible in the lives of their grandchildren, if not physically then emotionally. That takes work from everyone.

Just the other day, one of our extension board members stopped by my office and told me that her husband sends flowers to each of his grandchildren every Valentines Day.

One national survey of grandparents reported a variety of activities were engaged in with grandchildren. Here are just a few:

- Joking and kidding
 - Giving money
 - Talking about growing up
 - Giving advice
 - Discussing problems
 - Going to church/synagogue
 - Taking a day trip
 - Teaching a skill or game
 - Watching TV together
- Grandparenting has the potential for contributing to the quality of life for all family members, regardless of age. Whether your contributions as a grandparent are large or small, what you do is important. When a close intimate relationship has



Great-great grandmother, Lilly Osterbuhr of Holdrege, NE holding Chris, Deanna holding Lauren and Steve Karmazin.

CHARACTER COUNTS! Corner

Promise-Keeping

The second of four characteristics of being a trustworthy person is promise-keeping. This is an important trait because people who don't keep promises are often viewed as unreliable and not trustworthy. Promise-keeping is simply doing what you say you will do. Keeping your word and only making promises you know you can keep shows you are trustworthy. When you make commitments, don't use excuses to get out of them. Remember people may be relying on you. Don't make any promises that may require you to do something unethical. Another area of promise keeping is paying your bills. When debts are incurred it is important to remember you are stating you will pay for those debts and be responsible for your actions. Return items you borrow. When something is lent to you, it is usually assumed you will return it to its owner at a later date.

Broken promises can frustrate others or hurt their feelings. Make an honest effort to fulfill all your commitments and promises. (SS)



been formed between grandparent and grandchild, an attachment is often developed for life. With that attachment comes the experience of being loved and accepted, a sense of security and warmth, a historical sense of self, and the gift of a role model for the future. In a recent

class of eighth graders, I asked, "who comes to mind when I ask you who has really good character?" The most frequent response was a grandmother or grandfather.