

Clarice's Column

Clarice Steffens
FCE Council Chair



Recently the newspaper listed a number of ways to know you are growing old. One of the many ways is "You decide to procrastinate, but never get around to it." Well, I did procrastinate, but I am getting around to writing this article. Maybe I'm not quite as old as I think I am! Incidentally, many of the other ways are right on target!

On March 26 the FCE Council met and several decisions were made. Our county project for 2001 will be supporting the Lincoln Food Bank. Contributions can be brought to any Council meeting but our main thrust will be to culminate our collection at Achievement Day, October 23.

The scholarship fund was



"4 Steps for Kids", a national initiative of the National Highway Traffic Safety Administration, reminds parents to protect child passengers as they grow.

1. Rear-facing child safety seats—from birth to at least 20 pounds and at least one year of age. The harness straps should be at or below shoulder level. For babies who are under one year and over 20 pounds, be sure they ride in a safety seat approved for heavier babies and continue to ride rear-facing until at least one year of age.

2. Forward-facing seat—if a child is at least 20 pounds and at least one year old to about 40 pounds and about age four. The harness straps should be at or above shoulder level. Most convertible, forward-facing seats require use of the top slot for

also discussed and the Council voted to support a Bakeless Bake Sale. This year we have had several applicants for the scholarship for which we are very grateful. The scholarship committee will announce this year's recipient at the June meeting. Information about the bakeless sale will also be distributed that night.

Delegates to the State Convention in Kearney, August 16 and 17, were also elected.

Delegates will be Darlene Isley, Ann Meier and Clarice Steffens.

A huge thank you to Don Janssen for a very informational program. We could have questions for hours.

Plans for the Sizzling Summer Sampler on July 10 are nearly complete. I hope many of our members and friends will be able to attend. Topics for the learnshops will include using accessories to extend your wardrobe, what's new in the

produce aisle, and making your own sweatshirts. Dinner will be served at 6 p.m. with learnshops starting at approximately 7 p.m.

The next Council meeting will be June 26 at 7 p.m. In addition to our regular meeting, Twyla Lidolph will share sewing tips and ideas including information from polar fleece workshops she has attended recently. This meeting will be held at 5010 Sugar Creek Road and will be hosted by the Gateway Gourmets, Home Service and Salt Creek Circle clubs.

By the time this reaches you in May, we will hopefully be able to know what month it is. In the past few days we have had February cold, March winds, April showers and even a few May flowers. It's springtime in Nebraska!

Happy belated Mother's Day and enjoy your Memorial Day weekend, while we remember why we have these special days.

4 Steps for Kids

forward-facing seats.

3. Booster seat—if the child is over 40 pound up to 80 pounds and under four feet, nine inches tall. Belt-positioning booster seat must be used with both lap and shoulder belts. Never use a booster seat with a lap belt only. Make sure the lap belt fits low and tight to avoid abdominal injuries.

4. Adult seat belt—if a child is over 80 pounds and at least four feet, nine inches tall. If a child can sit with their back straight against the vehicle seat back cushion, with their knees bent over the vehicle's edge without slouching, they can be moved out of the booster seat into the regular back seat.

Additional Hints:

- Have your child safety seats inspected by a certified child safety seat technician. The following two locations in Lincoln offer such inspections:

Russwood Chrysler Plymouth, 8350 O Street, Lincoln, phone: 402-489-7156, or Lincoln Dodge, 1235 West O Street, Lincoln, phone 402-477-3777. As a courtesy, call ahead to make sure a technician is available.

- Never place a child in the front seat of a vehicle equipped with an air bag. All children age 12 and under should sit properly restrained in the back seat.

- Old/used child safety seats should not be used unless you are certain they have never been in a crash. If you are reusing a seat, make sure it is less than six years old, make sure you have all the pieces (including instructions) and make sure the seat has been checked for recalls.

Information based on material from the National Highway Traffic Safety Administration. (LJ)

Preparing Kids for Summer Camp

LaDeane Jha
Extension Educators

Making s'mores around a campfire, telling ghost stories at night during a scary thunderstorm, finding a snake, getting dirty, conquering fears, finding new friends, complaining about camp food—the camping experience. Summer camp is more than a country vacation for kids according to psychologist, Bruce Muchnick. The benefits to both child and parent are many. A good camp experience can give children the following:

- Time away from parents, school, and their neighborhoods. Separation gives kids a chance to be independent in a safe environment.
- Greater self-sufficiency and confidence by doing things without parental help.
- A knowledge of how to cooperate. Children learn the art of give and take by living and playing with new people.
- Adventure that comes from trying new things, especially new

skills outdoors. Children often develop their bodies through regular exercise and eating well-balanced meals.

- A new respect for the outdoors by living closer to nature.

Friendships

Fun. Kids run, play, and experience new and exciting skills.

When are kids ready?

Most children are ready for an overnight camping experience by the age of 11 or 12 and many children are ready at a much younger age. The age and personality of your child must be taken into consideration along with the circumstances of the experience. A one or two day camp is considerably different than one of a week duration or longer. Very young children are not mature enough to deal with overnight camp but day camps will give them a good introductory experience. Starting small and building over time is probably a good idea.

Preparation

Professionals suggest parents

and children prepare for camp together. For example, what camp to attend and what to pack decisions should be made jointly. If your child feels part of the decision-making process, her chances of having a positive experience will improve.

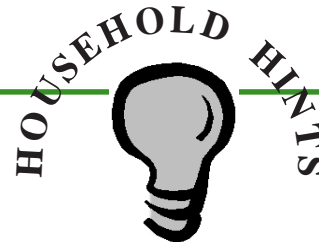
Listen to your child's concerns about camp and answer all questions simply and honestly. Let your child know you have confidence in his ability to handle being away from home. Take time to remind him about successes he has experienced in other situations.

Have realistic expectations. Camp, like the rest of life, has high points and low ones. Not every moment will be filled with excitement. At times, your child will feel great while at other times they may feel unhappy or bored.

Make sure your child is well prepared and you have followed a camp-provided checklist of what to pack. Don't send items that are forbidden. Let your child practice rolling their sleeping bag, changing batteries, and getting everything into a pack or suitcase. The fewer

See CAMP on page 12

Family Living



by Lorene Bartos, Extension Educator

To clean small areas like countertops, spray or gel products are convenient and easy to use. To clean larger areas, like floors or walls, powders or liquids mixed in a pail of water are more efficient.

To prevent streak marks when cleaning large vertical areas (walls, etc.), start at the bottom and work up. Overlap areas as you clean and use a circular motion. (LB)

- FCE News -

Sizzling Summer Sampler

sponsored by the FCE Council
For FCE members and guests

Tuesday, July 10

Dinner — 6 p.m.

Learnshops — Approximately 7 p.m.

Watch the June NEBLINE for details

Cost: \$10.00

Send reservations to:

Joy Kruse

850 Adams Street, Lincoln, NE 68521

Mark your calendar and join the fun!

AmeriCorps and VISTA at Work in Your Community

AmeriCorps and VISTA are at work in your community. VISTA stands for Volunteers In Service to America. For the last four years, Cooperative Extension in Lancaster County has sponsored a VISTA. The VISTA volunteer commits to a year of service in a community and receives a modest living allowance. At the end of their term, they may select a year-end cash stipend or a monetary educational award. VISTA is a full-time commitment. The extension office financially supports the VISTA with office space, mileage, and other expenses such as any relevant training.

VISTAs in extension identify needs in the community and find ways to solve them. They are also given the opportunity to work with various programs in extension. The primary focus of the collaboration between VISTA and Cooperative Extension is to serve new audiences. Suzanne Spomer, VISTA, has been with extension since July 2000.

Suzanne currently supervises two youth leadership programs, a 4-H club and a tutoring group. The programs enable youth to develop life skills and critical thinking. She also assists with

See VISTA on page 12

CHARACTER COUNTS! Corner

Loyalty

The four part series of being a trustworthy person is concluded this month with the characteristic of loyalty. There are many forms of loyalty such as commitment to family, pride in your school, or being faithful to a spouse. All of these relationships seem to say, "you can depend on me, I'll be here." Ways to show loyalty to people you care about include keeping private information private and being careful with embarrassing or harmful information which could hurt other people. Loyal people show strength of character by being committed to their families, their workplaces, or causes that are important to them. People who show loyalty can be counted on and are trustworthy. They are assets in almost any place in communities. They realize how destructive it can be to talk behind other people's backs, gossip, or spread rumors. Loyal people protect who and what are important to them. (SS)

