

# Clarice's Column

**Clarice Steffens**  
FCE Council Chair



As this column begins to take form, it is just one week since the tragic events of Sept. 11 in New York City, Washington D.C. and a field in Pennsylvania. We have grieved for those who lost their lives, their families and friends. We have all experienced a wide assortment of emotions. Unfortunately, most of our emotions were negative as anger, fear, despair, sadness, and disgust. Fortunately, we have also

experienced the positive emotion of hope. We realize our lives have changed, but now we try to return to some kind of "normalcy." We also know that the next weeks, months, and years will test our patience, our courage, and our faith. May this positive emotion of hope help us through this trying time in our history.

I am sure you have all been successful in reorganizing your FCE clubs. Please return all the required information from your packets as soon as possible. That information will help us when we organize our various committees and prepare the 2002 yearbook.

Please plan to attend the annual Achievement Day on Oct. 23 (see FCE News below). Contrary to the information in the September NEBLINE, the meeting will begin at 6:30 p.m. Don't forget to bring your donations for the Food Bank to Achievement Day. Needed food items include canned meats, dinners, fruits and vegetables. Other needs are soups, cooking oil, pasta, rice, dry milk, peanut butter, macaroni and cheese, tomato and spaghetti sauce, sugar, pudding, jello, juices, shampoo, toothpaste, laundry and bath soap and baby formula.

See you all on Oct. 23.

## Family Living



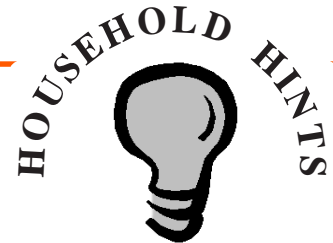
## Resources for Dealing with Tragedy

At this time of national tragedy, parents, teachers, and other adults may wonder how to best reassure children and youth. Check out the Lancaster County web page for resources for you and your family: <http://lancaster.unl.edu/famliv/index.htm> (LJ)

## ★ FCE News ★

### Family Community Education (FCE) Achievement Night

This year's FCE Achievement Night will be Tuesday, Oct. 23 at 6:30 p.m. The evening will be hosted by the Beltline, Emerald, and Willing Workers clubs. Dessert will be followed by a program by Kathy Peters, dollmaker. Members are invited to bring your dolls and doll stories for sharing. FCE clubs and members will be recognized for years of membership. Please call the office if your club has reached 5, 10, 15, etc., years as an organized club. FCE clubs are also asked to bring a display or report on the past year's community service project. However, this is a celebration for all our members and to share 2001 club activities. Call 441-7180 to register. (LB)



by Lorene Bartos, Extension Educator

Your choice of cleaning cloth can make a difference in the cleaning results. Choose a soft, cotton cloth or paper towel for cleaning glass surfaces. Cloths that have been laundered using fabric softener can leave a residue. Extra-absorbent paper towels can leave lint and film on glass surfaces.

Use a foam paintbrush instead of a cloth to clean small spaces between cabinets or under appliances. Soak the paintbrush in the cleaning solution and see how easy it is to get into those hard-to-reach areas.

## What Kids Should Know About Money

LaDeane Jha  
Extension Educator

On a recent visit with a five-year old granddaughter, we engaged in a pretend game of shopping.

It was great fun to see her mimic things she had seen her mother do on shopping trips and to confidently get out her money to pay the clerk. Even at this early age she had developed concepts about money and how it was spent. This is her first year to get an allowance and I was struck by the bank her parents had purchased for her. It was divided into three compart-

ments—one the bank, one a store, and the other the church. She was given her allowance, one dollar, in dimes and confidently knew how many dimes she should put in each compartment. She saved five dimes, could spend the four she put in the store or save for something bigger and one was for church or for others in need. In a very tangible way, she was learning about budgeting and setting spending priorities.

Kids need to learn responsible use of money from an early age. The following are some guidelines, by age, of things kids should know about money:

Age 3 — be able to identify

coins and dollar bills by name.

Age 4 — know how many cents each coin is worth.

Age 5 — know basic coin equivalents and where money comes from.

Age 6 — make simple change; count large amounts of coins.

Age 7 — read price tags, look for sales.

Age 8 — realize they can earn money by doing extra jobs.

Age 9 — make a simple spending plan for the week.

Age 10 — save a small amount each week for a large purchase. Be aware of how peer pressure affects decisions.

## Living on Less

LaDeane Jha  
Extension Educator

Recent losses in the stock market, more uncertainty about jobs and a slowing economy have people thinking about tightening their belts more than at any time in the past 10 years. A drop in, or loss of income, forces a change in family spending priorities.

For many families, the undesirable effects of a cut in income can be minimized by economizing, that is following three basic survival skills: substitute, conserve, and utilize existing resources. Often, families find by having a positive attitude and economizing, they can "have and do more with less."

The principle of economizing means allotting personal and family resources where they will do the most good. To economize

does not necessarily mean to buy less of an item; it might even imply purchasing more. For example, suppose home baking or cooking or any other activity would pay for itself by either saving resources or producing income. In that case, increasing expenditures for needed supplies may be in order. Or, suppose you decide to increase your family's income by finding a different job. A successful job search may require certain clothing or a skill you do not have, and may be the most productive use of your limited resources. Keep in mind, though, you must decrease spending more than equivalently in other areas if your income has dropped.

Economizing can be achieved by using a number of skills: substituting inexpensive items for more costly ones, conserving resources through wise use, and utilizing existing resources.

## Successful Management of Stress and Crisis

LaDeane Jha  
Extension Educator

John DeFrain, Extension Professor of Family and Community Development, University of Nebraska-Lincoln offers the following information on creating a strong family. He says that research on strong families across the country and around the world reveals useful approaches to dealing in a positive manner with stress and crisis in one's life. Check the approaches your family uses.

We look for something positive, and focus on the positive element in a difficult situation.

We pull together rather than apart. We don't see the problem

as an individual's problem, but as a challenge for the whole family.

We get help outside the nuclear family when we need it. Help from extended family members, supportive friends, neighbors, colleagues, members of our religious community, professionals in the community. It takes a whole village to resolve a crisis.

We create open channels of communication. Challenges are not met when communication shuts down.

We keep things in perspective. "These things, too, shall pass."

We adopt new roles in a flexible manner. Crisis often demand individuals learn new approaches to life and take on

different responsibilities.

We focus on what is most important, and minimize fragmentation. Without focus on the essentials the details can get us edgy, even hysteric.

We give up worrying, or put our cares in a box. Worrying usually causes people more misery than the actual event they are worrying about. Sometimes it's best to stuff the worry down, or resolve to worry ten minutes a day and then forget it. The mind simply has to rest.

We eat well, exercise, love each other, and get adequate sleep. Often human beings forget that they are biological beings, not unlike kindergartners. We all need a good lunch, and we need

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## CHARACTER COUNTS! Corner

### Caring

A caring person is:

- Compassionate and empathetic
- Kind, loving and considerate
- Thankful and expresses gratitude
- Forgiving of others

My most powerful impressions of the days following the September 11 tragedy are the countless acts of caring demonstrated in all parts of the world. Concern for others that superceded concern for self was demonstrated over and over by young and old alike. Kindness, charity, and love were expressed openly — in lines of people giving blood, support for the Red Cross, hospitality for strangers, notes to those in pain. In countless ways, both big and small, we demonstrated we are caring people. Through caring and giving we bring out the best in all of us. (LJ)

