Lines from Lynn

Lynn Bush
FCE Council Chair

A new year and new council officers. I'm Lynn Bush and I will be our FCE Council chair for the next two years. I have been an extension/FCE member since 1983 when I joined the Busy Bees. I look forward to seeing all of you at the council meetings.

I am not a die-hard Nebraskan (but I'm learning). My husband, Doug, and I moved here from Minnesota in 1980. He was born in Nebraska and couldn't wait to get back here. Our son, Kyle, was born in 1983. Yes, that means high school graduation in June.

I am not, dare I say it, a die-hard Husker football fan (but I'm learning). However, I tend to get a little crazy about baseball. It can be my son's team, the Huskers or the Yankees.

Our next council meeting will be March 25, 12:30 p.m. We will meet at the Golden Corral for lunch and have our business meeting and tour the new library at 16 and Superior Street. Watch for more information next month.

The **earth wellness festival** will be March 21 at Southeast Community College. Approximately 3,000 fifth-grade students from Lancaster County will participate and volunteers are needed. It is a fun and rewarding experience and well worth your time. Call David Smith, 441-7180, if you can volunteer.

Cultural Arts entries are due at the March 25 council meeting. The categories this year include rug making, spinning & weaving and handcrafted toys. Contact your club president or the extension office for rules and guidelines.

Let's hope February is as mild as January was.

★ FCE News ★

Family Community Education (FCE) Leader Training

The March FCE leader training lesson "Growing Communities of Character at Work" will be presented Tuesday, Feb. 26 at 1 p.m by LaDeane Jha, Extension Educator. This lesson is designed for adults who are interested in strengthening their job skills and understanding why strong character is so important in the workplace. Those who participate in this program will gain:

- An understanding of why ethical behavior is important at the workplace.
- Hands-on examples of how concepts, such as respect and responsibility, fit their workplace setting.
- Ideas for enhancing their own ethical decision making.

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 "Nutrition and Osteoporosis" will be presented Tuesday, March 26 at 1 p.m. Watch the March NEBLINE for details.

FCE Scholarship

A $250 scholarship provided by the 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 2002 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office.

FCE Council Meeting

Mark your calendar for March 25, 12:30 p.m (note change in time). Watch the March NEBLINE for details. Clubs hosting this meeting will be 49'ers and Tuesday Tinkers. (LB)

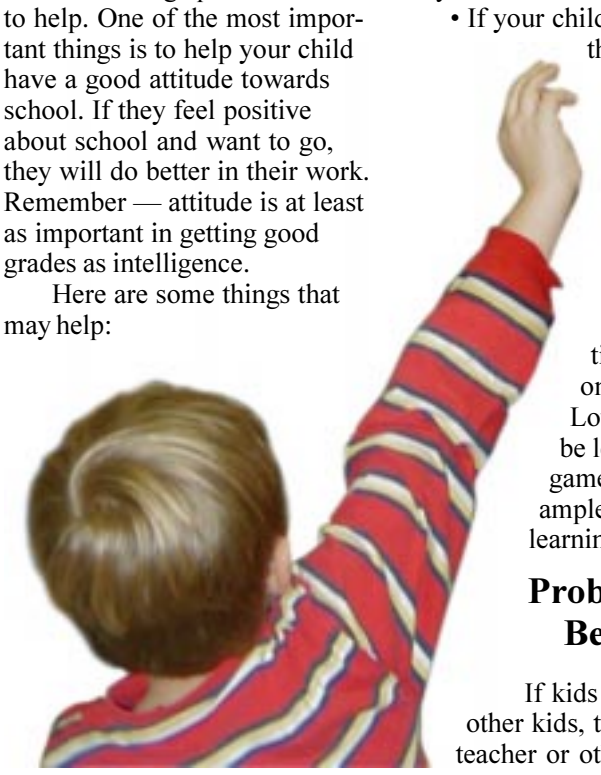
Help Your Child Do Well in School

There are usually two kinds of problems kids sometimes have in school.

Problems with Their School Work

Kids who find school work hard may not get good grades. There are things parents can do to help. One of the most important things is to help your child have a good attitude towards school. If they feel positive about school and want to go, they will do better in their work. Remember — attitude is at least as important in getting good grades as intelligence.

Here are some things that may help:



- Ask the teacher how you can know what your child's assignments are so you can be sure he/she gets everything done.
- Be near your child while he/she is doing their homework. Ask them questions about it. Try to keep them on the job until they are finished.
- If your child is behind, ask the teacher if he/she can have special help to catch up.
- If your child is having trouble with a certain subject, spend time with him on the subject. Lots of math can be learned in board games, for example. That makes learning fun.

Problems with Behavior

If kids act up, tease other kids, talk back to the teacher or other such problems, they may have lots of problems at school. If they keep doing this, they may have problems all their life. Parents can help best by setting good examples and expecting good behavior.

Here are some things that may help:

- Make sure your child gets enough sleep. Tired children are often cranky.
- If your child picks on other children, help him/her to increase their feeling of being an O.K. person, and feeling other people are O.K. It is important for your child to feel good about themselves and other people.
- Be sure your child eats breakfast. If necessary, find fast and easy things they can eat on the way to school. Without breakfast, they may be cranky, and school work will be harder. Don't eat sweets for breakfast. It may make them run down before noon.
- Ask the teacher if they think your child might have Attention Deficit Disorder. If they do, find a doctor who works with children with Attention Deficit Disorder. (LJ)

Family Living

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

Clothes drying hints

For faster drying and energy savings when drying clothes be sure to clean the lint filter after each load. Dry only one washer load at a time. Overloading increases drying time and causes uneven drying and wrinkling. When drying only one or two items, add a few similar clean, dry items to balance the load and allow for proper tumbling action. Dry hard-to-dry items separate from lightweight items. Mixing the two weights will overdry faster-drying garments because the dryer will continue until the moisture is gone from the heaviest items.

Love Messages

LaDeane R. Jha
Extension Educator

In these days of ever increasing "busyness" many of us forget to send consistent messages of love. February, the "Love Month" seems like a good time to rekindle the skill.

All persons, both children and adults need to be reminded they are loved and valued. Sometimes we get busy and forget to send messages of love or we send the messages poorly. Sometimes we send only angry or impatient messages. At times we think we are sending a clear message, but the other person does not get it. There are at least three "languages" of love: showing, telling and touching.

A person who likes show-me messages may respond well if you do things for them. Give these persons the gift of time, take them for ice cream, work together on a project, buy them a gift.

Those who prefer telling want to hear words like "I love you." "You're important to me." "I love to be with you." A touching person may want a hug, to be cuddled or to have a hand held.

No matter what the preference, think about the messages you are sending. Do they convey the love you are feeling for those special children or adults in your life? Here are a few ways to send messages of love:

- Say, "I love you."
- Take a bike ride together.
- Hug the person.
- Take a nature walk together.
- Say, "I sure enjoy being with you."
- Make a trip to the library together.
- Say, "I'm sure glad you are in my life."
- Work on a craft together: sculpt with clay, sew or draw.
- Work on a hobby together.
- Give a back-rub.
- Schedule special times together.

Gifts from the Heart

Have your child give a gift of himself at the next holiday or any time he wants to do something nice for someone else.

What you'll need:

- crayons, pencils, paints or other art supplies
- paper
- packaging/wrapping paper

Your child's special gift

What to do:

1. Talk to your child about gift giving. What does it mean to give something to someone else?
2. Instead of buying a gift, have your child make a gift.

see GIFTS...HEART on page 11

CHARACTER COUNTS! Corner

Respect

Respect means different things to different people. Thus, when we talk about respect, some people may not have the same understanding we have. Generally, when we show respect, we show regard for the worth of someone or something, i.e. respect for self, respect for others and respect for the environment. One way to clarify what we mean by respect is to teach the actions we think are respectful. For example being polite and courteous means:

1. Consistently modeling the use of "please," "thank you" and "excuse me."
2. Looking at people when they are talking to you.
3. Listening to people who are speaking to you. (AA)