

Lines from Lynn

Lynn Bush
FCE Council Chair

According to the calendar, the days are getting shorter. That doesn't help me much. I couldn't get everything done when the days were longer. Now if we could get a little relief from the heat!!!

If you missed the June Council meeting, you missed a good time. We had two exhibits, one was for bead work and the other for polymer clay.

Joy Kruse, Ann Meier and Donna DeShon were elected delegates to the State Convention in Sidney, Aug. 19-20. Jan Broer is the alternate.

Two of the four poster winners are present to accept their award.

Don't forget July 15 is the Sizzling Summer Sampler. Be sure to mail your \$10 check to Joy Kruse to reserve your spot. You won't want to miss this one. There will be a fashion show compliments of the Vickeridge and lots of

good food.

Mark your calendar for Sept. 23, the next Council meeting (and the last one for the year). Clubs responsible are Emerald, Live and Learn and Salt Creek Circle.

Please bring food for the food bank to the September meeting and also to Achievement Day on Oct. 21. The food bank is our community service project.

Enjoy the rest of your summer and stay cool! (LB)



Family Living



by Lorene Bartos, Extension Educator

To clean fiberglass showers and tubs liquid cleaners are best. Avoid abrasive cleaners because they may scratch, discolor or dull the finish. Follow the cleaning instructions that came with the shower stall. In general, all-purpose cleaners, baking soda or borax are effective for routine cleaning of fiberglass fixtures. For hard water deposits, rust scale or mildew, use a tub/tile/sink cleaner that states on the label it is effective on the specific soil.

Summer Learning Recipes for Parents and Children Grades 6–8

"Parents and families are the first and most important teachers. If families teach a love of learning, it can make all the difference in the world to our children." Richard W. Riley, U.S. Secretary of Education.

When parents are actively involved in their children's learning at home, their children are more successful learners both in and out of school. Early adolescent years are exceptionally important times to keep parent/youth communication strong.

The following are some easy and enjoyable ways to work

with your child to build skills as well as develop healthy relationships between preteens and parents.

- Follow the news as a family. Ask each person to find as much information on a topic as possible—from TV, the radio, newspapers, magazines, internet—and then talk about what everyone has learned.

- Try a game of Pro and Con: What do you think? Make a family game of discussing a special issue—for example, "There should never be any homework." Ask your youngsters to think of all the reasons

they can to support their views. Then ask them to think of reasons against their views. Which views are most convincing?

- How about a game of "How Much Does it Cost?" Help your children understand living costs by discussing household expenses with them. For example, make a list of monthly bills—heat, electricity, telephone, mortgage or rent. Fold the paper to hide the costs and ask kids to guess the cost of each item. Unfold the paper. How do the estimates compare with the actual cost? (LJ)

Summertime Reading

LaDeane Jha
Extension Educator

Summertime is a great time to keep enthusiasm for reading alive and well and to help children maintain or even gain additional reading skills during time away from school. Good reading skills are highly correlated with school success and a love of books opens wide the doors of life-long knowledge acquisition and enjoyment.

Some reading tips from the Partnership for Family Involvement, U. S. Department of Education for creating strong

readers include:

- Invite a child to read with you every day.
- When reading a book where the print is large, point word by word as you read. This will help the child learn reading goes from left to right and understand the word he or she says is the word he or she sees.
- Read a child's favorite book over and over again.
- Read many stories with rhyming words and lines that repeat. Invite the child to join in on these parts. Point, word by word, as he or she reads along with you.

- Discuss new words. For example, "This big house is called a palace." Who do you think lives in a palace?
- Stop and ask about the pictures and about what is happening in the story.
- Read from a variety of children's books, including fairy tales, song books, poems and information books.

It is important to remember reading is essential to all learning and children who can't read well are at a disadvantage in learning situations. Summer doldrums are a great time to turn to books for adventure and fun as well as skill development.

Choosing Your Battles

Allow children to do what comes naturally. Accept behavior expected for their age, ability and temperament. Allow children to be imperfect, to make mistakes and to experience setbacks. Do not accept behavior that harms others or is deliberate disobedience.

Don't respond to a misbehavior if you have a more important goal you want to accomplish. Avoid responding in such a way as to imply approval. Continue to watch the problem in case it becomes extreme or distressing to others.

- Try not to become frustrated with your teenagers moodiness. This temperamental

behavior may be part of their adjustment to dramatic changes in their life.

- A brother (6 years) and a sister (5 years) have argued a lot recently. One evening you hear them laughing and jumping on the bed. The children know they are not supposed to. You may choose not to respond immediately. Letting them enjoy each other's company is more important at the moment.

- Ask for the rule to be restated. If children know a rule and are acting on impulse, ask them to stop what they are doing and identify the limit they are breaking. Tell them whether their description is accurate.

For example:
"What's the rule?"
"No jumping on the bed."
"That's right."

Introduce natural consequences.

- Take away a privilege associated with the misbehavior. Introduce and explain the deprivation in a firm but friendly manner.

- "You threw your trucks across the living room. Now it's time to put them away for the rest of the day."

- "You were driving much too fast down our street. You know the rule about car safety. There will be no driving for a week." (LJ)

Walking and Biking Safely for Young Kids

Children in kindergarten through third grade are learning to become independent. They enjoy walking, riding bikes and playing outside. They don't have the judgement to cope with traffic by themselves yet, but they can begin to understand safety rules.

What Parents Need to Know

Parents often think their children are able to handle traffic safely by themselves before they are actually ready.

Children don't have the skills to handle these risky situations until at least age ten.

Boys are much more likely than girls to be injured or killed in traffic.

Bicycles are vehicles. Children should not ride bikes on the road until they fully understand traffic rules and show they can follow them.

Young Children Are NOT Small Adults

Young children often act before thinking and may not do what parents or drivers expect.

They assume if they see the driver, the driver sees them.

They can't judge speed and they think cars can stop in-

stantly.

They are shorter than adults and can't see over cars, bushes and other objects.

Nearly one-third of the five- to nine-year old children killed by motor vehicles are on foot. They are hit by cars most often when playing near home. They tend to run into the street in the middle of the block where drivers don't expect them.

Children can be hurt riding on or off the road. Many children who are killed in bike crashes are 7- to 12-years old.

Take Steps to Safety

Set limits for your child. As your children grow, set appropriate limits on where they can walk or bike safely.

Find safe places for riding and walking. Find places away from streets, driveways and parking lots. Good choices are fenced yards, parks, bike or walking paths or playgrounds.

Set an example yourself. Young children learn by watching their parents and other adults. Cross streets properly and always wear a helmet when you ride a bike. When you are driving, obey speed limits and watch for children.

Adapted from an article by the National Highway Administration (NHTSA) (LJ)

CHARACTER COUNTS! Corner

Respect and the Golden Rule

The Golden Rule is a basic principle found in every major religion and philosophy. The concept may have first been coined by Confucius 500 years before the birth of Christ. According to Michael Josephson, when Confucius was asked which word could be used as a rule of practice for one's life, he answered, "reciprocity." "What you do not want done to yourself, do not do to others."

The core of the Golden Rule is a moral obligation to treat others ethically for their sake, not yours. Thus, we should be honest to liars, fair to the unjust and kind to people who are cruel.

Why? Not because it's advantageous, but because it's right. The way we treat others is about who we are, not who they are. It is being respectful. (LJ)

