

Lines from Lynn

Lynn Bush
FCE Council Chair

Can it really be March already? Didn't we just put the Christmas decorations away?

The next Council meeting will be Monday, March 25. We will meet at the Golden Corral Restaurant, 3940 North 26 at 12:30 for lunch and the business meeting. We will



tour the new library on 16th & Superior at 2 p.m. Call Pam, 441-7180, by March 22 to register. This meeting is being hosted by the 49'ers FCE Club.

Cultural Arts entries and "Tune Out Violence" pledge sheets are due at this meeting.

Bring ideas from your club for a fund raiser for the scholarship fund along with ideas to get new FCE members and to keep

existing members.

Other dates to remember are Thursday, March 21, **earth wellness festival** at Southeast Community College. Volunteers are still needed. April 1 scholarship applications are due to the extension office.

I hope everyone will try to attend the Council meetings. It's a great way to meet other FCE members, pickup new ideas for your club and share your ideas with others. Come join the fun!

★ FCE News ★

Family Community Education (FCE) Leader Training

The April FCE leader training lesson "Nutrition and Osteoporosis" will be presented Tuesday, March 26 at 1 p.m. by Alice Henneman, Extension Educator.

Overall, one in two women and one in eight men over age 50 will have an osteoporosis-related fracture. A woman's risk of an osteoporosis-related hip fracture equals her combined risk of breast, uterine and ovarian cancer. On average, 24 percent of hip fracture patients age 50 and over die during the year following their fracture according to the National Osteoporosis Foundation.

While osteoporosis occurs most frequently in older persons, eating a healthy diet and leading a healthy lifestyle *throughout* your life is important for *both* women and men. *Osteoporosis is preventable for most people!*

At this presentation participants will:

- Learn the calcium recommendations for your age group.
- Determine the amount of calcium you're currently consuming.
- Plan ways to obtain adequate calcium daily.
- Discuss the role of calcium supplements.
- Learn about additional dietary factors that may affect bone health.
- *Sample delicious foods that add calcium to your diet!*

Non-FCE members interested in attending should preregister by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (AH)

FCE Council Meeting

Plan to attend the Council meeting on March 25, starting 12:30 p.m. with lunch at Golden Corral Restaurant, 3940 North 26. Following lunch we will travel on to the new library at 16th and Superior for our business meeting and tour of the library. Call 441-7180 to register by March 22, so we have enough seating. Host clubs will be 49'ers and Tuesday Tinkers. (LB)

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. (LB)

Learn How to Delegate

LaDeane Jha
Extension Educator

The art of delegation is important when we consider ways to remove unnecessary stress and lighten our responsibility load. Some things you might want to try from the book, "The Art of Delegation," include:

- Learn to let go and share the load.
- Delegate, but don't dump.
- Ask for what you need—when you need it.
- Involve others in the decisions.

- Be positive and supportive.
- Give others the opportunity to succeed.
- Accept the way others complete the task.
- Show appreciation.

Learning to do just a few of these things will lighten your load and others will learn to do some new things. Many of us are unwilling to ask for help because we have the mistaken notion no one can do the task as well as we can. Or, we may feel guilty if we delegate a task to someone else.

Successful delegation takes special skill. The other person

should not feel like they are being "dumped on." When you give someone a task to do, you must be very clear about your expectations and show appreciation when the task is completed.

Children will like to do hands-on, creative tasks. An example of a task like this would be to list all the family chores that need to be done.

Be clear about consequences if tasks aren't finished by a certain time. Patterns established with young children will continue into the teen years.

Family Living



by Lorene Bartos, Extension Educator

Removing Crayon Stains

To remove crayon stains from vinyl floor (no wax), painted walls, scrubable wallpaper or chalkboard (slate or green) spray the surface to be cleaned with WD-40 and wipe with a soft cloth. If residue remains, add liquid dishwashing detergent to water. Wash the surface with a sponge, working in a circular motion and rinse.

To remove crayon stains from fabric (fresh stains or heat-set, melted stains) place the stained surface down on a pad of paper towels, spray with WD-40, and let stand for a few minutes. Turn the fabric over and spray the other side. Apply liquid dishwashing detergent and work it into the stained area. Replace towels as they absorb the stain. Wash in hot water with laundry detergent and bleach for about 12 minutes (use "heavy soiled" setting if there is no minute timer on your machine), and rinse in warm water.

Stress Busters

When you're about ready to explode from all the stressful situations in your life, here are few techniques to fall back on.

- Do something physical. Run, jump, play or try twisting a towel.
- Be kind to yourself. Read a joke or something inspirational. Listen to uplifting music or savor a favorite flavor without guilt. Close your eyes and just take a 60-second break.
- Breathe! Just a few deep-cleansing breaths can do wonders for keeping your

cool.

- Tighten up. Tense and then relax different muscles throughout your body for a tingly, relaxed feeling.
- Make a worry box. Each time you feel worried, write down your worry and place it in a box. At the end of the week read each worry and divide them into two piles: one for worries that came true and one for those that did not. Which pile is larger? Now put your worries into perspective. (LJ)

Family Activity: Making Stress Balls

Stress balls are a great family activity—aimed at reducing stresses we all experience.

Equipment needed: helium quality balloons, flour, funnel or the top cut off a pop bottle, permanent markers.

1. Have each family member choose a balloon and draw faces or write their name on it.
2. Using the funnel or top of a plastic pop bottle,

stretch the balloon over it, and fill the balloon with flour.

3. Tie a knot in the balloon and squeeze your stress away.
3. Look at the drawings—did they change as the balloon filled? Try different fillings and have family members guess what is in them.
4. Keep stress balls in the car, kitchen, computer work area or anywhere tense discussions take place.

CHARACTER COUNTS! Corner

Responsibility

Character develops through experience, trial and suffering. Responsible people are not afraid when they are wrong, they understand everyone makes mistakes. They don't give up after the first failure but they try to learn from their mistakes. They accept the responsibility for the consequences of their actions, not only for what they do but what they don't do. They don't make excuses or blame others for their failures, but are prepared to accept the consequences for their actions. Responsible people strive for excellence which is achieved by exploring and perseverance. (BR)



Helping Children Learn From Failure

In today's competitive world children are constantly evaluating their performance whether at school or in activities in which they participate. Parents play a very important role in helping children deal with success and failure. Here are a few guidelines to follow:

Love your children uncondi-

tionally. Make sure your children know you love them whether they are successful in an endeavor or not. Do not ever tie your love for your children to their success or failure in accomplishing a task.

Develop an understanding of what your child is developmentally capable of achieving. Learn

more about child development and what children of different ages are able to accomplish.

Have realistic expectations concerning your child's performance. Parents should not set unusually high or low standards. Know what your child is capable

see LEARN...FAILURE on page 11