

Lines from Lynn

Lynn Bush
FCE Council Chair

This year has gone by so quickly. I can't believe I'm writing for the August NEBLINE already. The good part is cooler weather is closer! I am not a fan of heat and humidity. I guess it's true, "You can take the girl out of Minnesota but you can't take Minne-



sota out of the girl!" I hope everyone is managing to stay cool and thinking about the upcoming year. Presidents — don't forget the pick up reorganizational packets which should be ready at the end of August. The Sizzling Summer Sampler was a success. Around 100 people attended. Baskets were raffled off and raised just under \$300 for the Scholarship

Fund. Thank you to all who attended.

Just a couple of dates to pass along to you. Sept. 22 will be the next Council Meeting. It will be hosted by Emerald and Home Service Club. Oct. 20 is Achievement Night hosted by Busy Bees and Helpful Homemakers.

Enjoy the rest of your summer. Hope to see all of you at the September Council meeting.

FAMILY COMMUNITY EDUCATION (FCE) NEWS

September Council Meeting

The September FCE Council meeting will be Monday, Sept. 22, 7 p.m. at Lancaster Extension Education Center. The program will be presented by Stephanie Bowers with her "angel" dog that is trained to go to nursing homes and other facilities to visit residents. There will be election of officers and reports of the State Convention. All FCE members are invited to attend. Call Pam at 441-7180 if you plan to attend.

Achievement Meeting

Mark your calendars for the 2003 Achievement meeting, Monday, Oct. 27, 6:30 p.m. at the Lancaster Extension Education Center. An interesting program on vests will be presented by Rose Marie Tondl after dessert and beverage. Clubs and members will be recognized for years of membership. Everyone is asked to bring food or a donation for the food bank for FCE's annual collection. All FCE members are invited. Call Pam at 441-7180 if you plan to attend.

Leader Training

The FCE and community leader training lesson for October will be Tuesday, Sept. 30 (note the date change). The 3 R's (Reduce, Reuse and Recycle) will be presented by Extension Educator Lorene Bartos.

Recycling is not mandatory in Nebraska at the present time but it could happen if the landfills continue to fill at the present rate. Following the 3 R's in our daily lives will help lower the amount of trash that goes to the landfill. This lesson will give participants information on recycling, Shop S.M.A.R.T. (Save Money And Reduce Trash) and ideas of how to make treasures from trash.

If you have an article that has been made from recycling an item(s) please bring it to share. If you are not an FCE member call Pam at 441-7180 so informational packets can be prepared.

Re-Organizational Packets

Presidents of FCE Clubs: Your re-organizational packets will be ready for you to pick up the end of August. It will include the dues information for your club treasurer which has a due date of Oct. 1. There are other October deadlines within the packet. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

When Times are Tough: What Can I do to Help Myself?

Although times are difficult now for many people for many reasons, there are still some things we can do to help ourselves. Economic hardship, drought conditions, and the war situation are stressors that affect many of us. Life is not easy anyway, and when additional stressors are added to the demands of daily life, it can almost seem too much to handle. Each person has a limit with the level of stress that can be handled effectively. Then each person has a breaking point. It is essential that before we get to

the breaking point, we stop, do an assessment, and make a plan. The plan may involve some change, getting some help from others, and may involve some difficult decisions. Whatever must be done to avoid a breaking point will vary depending on your personality, your capabilities, and your support network. It is essential that you are willing to ask for help from others when you need it. Too often it is assumed that those who love and care for you should be able to read your mind. People cannot read your mind. Let

others know how they can help you. Sharing feelings, expectations and concerns puts you in a vulnerable position and so is often avoided. But without this honesty and trust, it will be difficult to develop relationships that build and support you. Knowing your personality, your limitations, and your needs will allow you to better communicate your needs to others. This is especially important to those in your close support network who can help you help yourself.

Source: Kathy Bosch, Extension Specialist, Family Life Education (LB)

How Sleep Loss Affects Your Ability to Think

The loss of sleep affects how you think and feel. A recent study found when you lose one night's sleep, you can still respond to familiar situations and do routine jobs if you concentrate hard and push yourself. But you'll find it hard to come up with a creative solution to a problem or task where there are not familiar rules to guide you.

If you were a student, for example, and you had stayed up all night to study for an exam, you might do well on multiple choice or true-false questions but find it difficult to write anything that required analytic skills. Similarly, at work you could manage on "automatic pilot" but not be able to tackle anything that required originality

or spontaneity. With the loss of two nights' sleep, even your ability to function in familiar situations will be greatly impaired.

If you lose sleep for whatever reason — a crying baby, a sick family member or an occasional attack of insomnia — try to be realistic about what you expect to accomplish the next day. (LB)



by Lorene Bartos, Extension Educator

Store cleaning supplies where you use them (in the kitchen and bathroom), so you don't have to keep going from room to room to find them. By cleaning as you go (wiping the bathroom vanity after each use, etc.) dirt won't accumulate and clean ups will be faster.

Five Steps to a Hassle-less Family

1. **Evaluate your time.** The demands made on a marriage and family are countless: children, church, community. You need time for just the two of you as well. Make a list of things your family does each day and week.

2. **Prioritize your activities.** Which activities are vital to your marriage and family? Which build up and strengthen your primary relationships? Which are not really important? List your activities in order of importance.

3. **Decrease nonessential activities.** Although we like to think everything we do is important, it isn't. Some activi-

ties can be eliminated, others done less frequently. Cross off your list those activities which are not essential.

4. **Delegate.** Parents don't have to do everything. Often an older child is capable of taking responsibility. Younger children can do small tasks. Sometimes you can pool resources in cooperation with friends and neighbors.

5. **Take time for yourself.** Everything you do is conditioned by the energy you bring it. To be the best spouse and parent you can be seek ways to renew yourself through prayer, play, exercise and good nourishment. (LB)

Have a Good Start to the Day

Getting yourself and your children up and out of the house in the morning can be a real challenge. And if the day starts with a hassle, parents end up going to work—and children to school—feeling upset. Here are some tips for the morning rush that can be adapted to your own situation.

- **Set the stage for a stress-free morning.** Set the table for breakfast the night before, organize lunch boxes and check whether you have petty cash available for last-minute needs.
- **Involve children in preparations for the next day.** Lay out clothes the night before. Encourage school-age kids to listen to the weather report so they can decide what to wear the next day. Get them to think about what special things they

will need for a class trip or science project.

- **Build in a time cushion.** Get up a little earlier so you have some time to yourself. You may be on "fast forward" but the kids will probably be in "slow motion," so a little extra time makes it possible for everyone to wake up, get dressed and enjoy breakfast without feeling so frazzled.
- **Create schedules and routines.** Specify times for the major events such as getting out of bed, eating breakfast and leaving the house. Within that framework, be clear about the sequence of steps in each part of the morning routine.
- **Talk over plans for the day.** Since family routines are not

see *GOOD START* on page 11

CHARACTER COUNTS! CORNER

Trustworthiness

The four ethical principles of trustworthiness are integrity, honesty, promise-keeping and loyalty. Trust is essential to meaningful personal relationships, enduring and rewarding friendship and successful associations in school, extracurricular activities and the workplace.

Trust is an essential factor in achieving sustainable success. People of character understand the importance of trust and pursue a life that makes them worthy of trust. (LB)

