

## Lines from Lynn

**Lynn Bush**  
FCE Council Chair

Happy New Year! Welcome back to a new year of FCE.

The planning committee met in December and the 2003 FCE calendar has been filled in.

Thank you to the five clubs who returned their committee sign-up sheets.

Those completed sheets help make the planning committee's job easier.

The dates and events will be listed in the president's letter coming in January. Watch your NEBLINES for reminders of



upcoming events.

Be sure to mark Monday, Jan. 27 on your calendar, the first council meeting for 2003. A fun day is planned. You won't want to miss this one. We will meet for lunch at The Ville Grille, 2701 N. 48th St. at 12:30 p.m. We haven't finalized the cost or whether we will order individually from the menu or have select items to choose from.

At 1:30 p.m. we will go across the street from The Ville Grille to The Back Porch, 2710 N. 48th, for our business meeting and a fun craft lesson. There will be a fee for the craft. Final costs will be included in the president's letter or you can

call the extension office.

You will need to pre-register by calling Pam at 441-7180, by Friday, Jan. 17, so we can have a count for dinner seating and supplies for the craft.

Hopefully the weather will cooperate so we can take advantage of the many unique shops in the University Place area.

Everyone is invited to attend this and all council meetings. If you've never been or haven't been for awhile, 2003 would be a good year to start. We have fun, good food, great entertainment and good speakers.

I hope everyone has a fabulous 2003 and the year goes by slower than 2002!

## ★ FCE News ★

### Family Community Education (FCE) Council Meeting

The January FCE Council meeting will be Monday, Jan. 27. It will begin with a Dutch-treat lunch at 12:30 p.m. at The Villa Grille, 2701 N. 48th St. After lunch we'll go across the street to The Back Porch, 2710 N. 48th St. for the meeting and a craft project beginning at 1:30 p.m. There will be a charge for the craft. Parking is available behind both locations.

Reservations are needed for lunch and the meeting by Jan. 17. Call the extension office to sign up. If you can't make it for lunch come for the meeting. All FCE members are invited to attend. (LB)

### FCE Leader Training Lesson "Adult Immunization"

The February FCE leader training lesson "Adult Immunization" will be Tuesday, Jan. 28 at 1 p.m. Did you have a flu shot last year? When was your last tetanus shot? Vaccinations aren't just for children anymore! According to the Centers for Disease Control and Prevention, "Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines." Participants in this program will better understand why vaccinations are important, barriers that prevent adults from seeking immunizations and the importance of keeping accurate records.

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. (LB)

## "But Everyone Else Has One!"

During this past holiday season we had a great opportunity to experience the "But Everyone Else Has One!" syndrome with our 6-year-old granddaughter. Her number one wish for Christmas was a Gameboy. She started pleading for one shortly after Halloween and her number one argument was "But everyone else has one!" When asked if she had ever played with one she answered, "No, but it is fun." When asked to clarify who "everyone" was, she said one or two kids played with them while waiting for parents to pick them up from school — not quite everyone.

During a Thanksgiving visit she continued her lobbying for a Gameboy. When talking to her parents, however, we discovered

they had explained to her she could not have one. They did not want her to become accustomed to one more thing that kept her sitting glued to "entertainment." In no uncertain terms the grandparents were told, "She may not have it." When she heard her parents give the edict to the usually more compliant grandparents, she was devastated. "But Everyone Else Has One!" was quickly followed with, "You are so mean."

As grandparents, we want to give her everything and have to admit to being pretty easily swayed at times. However, we do respect her parents' decisions. So, how do we help kids deal with such disappointments?

First of all, it is important to teach some kids will always have things others don't. That's

a fact of life. But it doesn't mean those without the desired item have to be less happy. In fact, most of us know, the disappointment is soon forgotten and kids move on.

Children who are indulged, however, quickly learn there are no limits and they have power over parents who should have more mature judgement about the appropriateness of situations or things. Every parent should set their own standards.

Each family is different. The fact other kids have something does not mean it is right for your child or your family. Stick to your guns and help your child find ways to understand not everyone is alike. He may have more of your attention, for example, and that makes him special. (LJ)

## Divorce and Children

During the past 30 years, there has been a significant decline in the proportion of two-parent families in first marriages and a complementary increase in the number of single-parent families and step-families. It is projected between 50 and 60 percent of all children born in the 1990's will live, at some point, in single-parent families,

typically headed by mothers (Bumpass & Sweet, 1989; Furstenberg & Cherlin, 1991).

Divorce is stressful because it usually involves money, being alone, often children, property settlements and an ex-partner's new romance. When children are involved, parents are more likely to have a continuing relationship. Divorce often

increases children's risk for a number of problems; however, not all children who experience divorce have problems.

Children of divorce are more likely to have difficulty getting along with siblings, peers and their parents, engage in delinquent activities, be involved in early sexual activity, and experi-

see *DIVORCE* on page 11

## Family Living



by Lorene Bartos, Extension Educator

### Cut Your Energy Costs During Cooking

Follow a few tips to save energy and money when cooking:

- If you need to purchase a gas oven or range, look for one with an automatic, electric ignition system. An electric ignition saves gas because a pilot light is not burning continuously.
- In gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed (consult the manufacturer or your local utility).
- For small meals, use small electric pans or toaster ovens rather than your large stove or oven; a toaster oven uses a third to half as much energy as a full-sized oven.
- Keep range-top burners and reflectors clean; they will reflect the heat better, saving you energy.
- It's also more efficient to match the size of the pan to the burner.

For more tips on saving energy at home, visit [www.energysavers.gov](http://www.energysavers.gov).

## Getting Along with Your Mate

Almost every couple disagrees sometimes. Some argue a lot. But disagreements don't have to break up marriages.

When you disagree:

- Calm down. You can't communicate when you're mad.
- Take time to listen, really listen to each other. Do you understand what he/she is really saying? Does he/she understand what you mean?
- Focus on how you feel. Don't accuse, or say "You...?", instead say "I feel...". For example, don't say "You are always so mean (or rude, or whatever). Do say, "When you said that, it made me feel bad"
- Try to look at both sides.
- Don't try to "win" the argu-

ment. Work it out together so each of you comes out a winner.

- Sometimes it's just better to agree than disagree.
- Even though you may feel he/she hasn't been fair, sometimes it's better to just drop it. If you continue to bring it up again and again, you may do more damage to your marriage than the disagreement was worth.

Remember — the strength of your marriage does not depend on how you feel about each other at the moment, because you may be very mad right now. The strength of your marriage depends on believing you belong together and you will be together for a long time. (LJ)

## CHARACTER COUNTS! Corner



"Character Counts! Everywhere... All the Time," is a new banner designed for the Character Counts! program. As I was looking through the catalog, it caught my attention along with a new poster saying "Your Character Really Counts!" Sometimes in this world of situational ethics, we often forget those two simple messages — all the time and everywhere our character really does count. Not just when others are watching us, not just when it is convenient for us, not just when we have nothing to lose — but everywhere, all the time. We are honest, treat others with respect, do what we are supposed to do, play by the rules, express gratitude and obey laws and rules because that is who we are — everywhere — all the time because our character really does count. (LJ)

