

## Lines from Lynn

**Lynn Bush**  
FCE Council Chair

What a beautiful time of year. Everything is so green and lush. I enjoy the cool days, cooler nights and NO BUGS!

Just a couple of things to pass along to you this month.

Don't forget the Council meeting Monday, June 23 at 7 p.m. We will meet at the Exhibit Hall of the Lancaster Event Center, 84 and Havelock. We



will tour the facilities followed by our business meeting. Clubs responsible for the meeting are Live and Learn and Salt Creek Circle. Please think about serving as a Council officer in 2004. We will need a chair and vice-chair.

The Sizzling Summer Sampler is coming Monday, July 14. The evening will start a 6 p.m. with a light supper followed by an "Antique Show and Tell" presented by Tom Bassett, certified antique appraiser. You may bring one small antique for show and tell. The cost for the evening will be \$10. Make

checks payable to "FCE Council". Send reservations and check by July 7 to: Joy Kruse, 850 Adams Street, Lincoln, NE 68521. Plan to attend this fun evening and bring a friend!

Information about the State Convention, Aug. 18 and 19, in Syracuse should be available the first part of June.

Congratulations are in order to Troy Stauffer, the winner of our FCE scholarship.

Enjoy these gorgeous days. Hope to see everyone at the June Council meeting.

### FAMILY COMMUNITY EDUCATION (FCE) NEWS

#### FCE Council Meeting

The June FCE Council meeting will be Monday, June 23, 7 p.m. in the Exhibit Hall at the Lancaster Event Center, 84 and Havelock Avenue. There will be a tour of the facilities and then the business meeting. All FCE members are invited to attend. Call Pam at 441-7180 if you plan to attend. (LB)

## Sizzling Summer Sampler

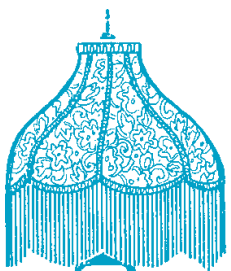
Monday, July 14

6 to 9 p.m. / Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

"Antique Show and Tell" presented by  
Tom Bassett, Certified Antique Appraiser

You may bring no more than 1 small antique for show and tell.



Cost \$10. Make checks payable to FCE Council  
Send reservations and check by July 7 to:  
Joy Kruse, 850 Adams Street, Lincoln, NE 68521

*Plan to attend and  
invite a friend!*

Sponsored by Lancaster  
County Association for Family  
and Community Education

## When Times are Tough: How can I Support My Family and Friends?

*Part of an ongoing series.*

It is normal to be self-centered when times get tough for whatever reason, whether because of grief, poor health, concern about making-ends-meet, drought, guilt about the past, or conflict with your partner. But at times such as these, it is essential to look around you and take stock of how your family and friends are faring. Are the people you care most about doing OK?

Family members and friends are probably the people who care the most about you. It is your responsibility to nurture these relationships if they are

also important to you. Relationships are a two-way street. It takes two people to make them work and make them stronger. There is a saying that 'we can choose our friends but not our family.' This is true. But without effective communication and a commitment to nurture family relationships, they may suffer with neglect, conflict, guilt, and other hurts. You can support family and friends by being a good listener, caring about their feelings, letting them know when you are available to offer support, providing assistance when possible, telling them you love and care for them, and being sincere and honest.

It's important to care for your relationships with family and friends without giving up your sense of self. You do not need to be a martyr. You shouldn't feel angry or resentful when you provide help. The assistance or support you provide should be something you want to do. A healthy relationship with a family member or friend will not make you feel taken for granted or used. The relationship should build you both up, make you better persons and make your hearts sing.

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



by Lorene Bartos, Extension Educator

### Summer Stain Removal Tips

#### Blood

Soak in cold water for 30 minutes. Wash with warm water and a detergent. If stain remains, soak in an enzyme presoak and lukewarm water for 15 to 30 minutes or apply a few drops of hydrogen peroxide. For old stains, apply a few drops of ammonia and wash with detergent.

#### Fruits and Berries

Soak in 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse. If stain remains, sponge with alcohol, rinse and launder. If color stain remains, launder using chlorine bleach if safe for fabric or use an oxygen bleach.

#### Grass

Sponge with dry-cleaning solvent until the stain is removed. Rinse and dry. Spray on wet spotter and several drops of white vinegar. Rinse. If stain remains, sponge with alcohol and thoroughly rinse. Apply detergent to stain and launder. Add chlorine bleach if safe for fabric.

#### Mud

Let dry and brush off excess. Soak in a solution of 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol, rinse thoroughly and launder. Also may soak for 30 minutes in an enzyme presoak. Add chlorine bleach to laundry if safe for fabric. If a rust-colored stain remains, bleach with oxygen-type bleach.

## Father's Day – June 15

For the past 25 to 30 years in America's society, there has been a great deal of interest in fatherhood and an increase in fathers' involvement in the lives of their children. One of the gifts many fathers want for Father's Day is more time with their families. Plan some family activities for this special day. Have a picnic or special meal, take a walk, spend time in the park, play games, read a book, share memories of fun times over the years or look at photographs to reminisce and build relationships. Take time to enjoy each other.

#### Walk with Me, Daddy

Listen closely, Daddy—  
I want you to understand.  
And I may need help, Daddy,  
So, could you please take my hand?

Slow down a little, Daddy,  
'Cause I want to talk with you.  
And live a little slower,  
For I'm watching what you do.

Talk softly to me Daddy  
When you explain to me.  
And stop a little closer  
For I'm trying hard to see.

You know I mean it, Daddy  
When I say, "I love you, too."  
So stand proud and tall now, Daddy,  
For I'm looking up to you.

—Lynne Wilson

### CHARACTER COUNTS! CORNER

#### Fairness

Fairness means treating people the way you want to be treated, justly without prejudice or favoritism. Part of being fair is trying to see things as others see them. By being open minded and impartial, by listening to people and considering what they have to say before making any decision. Being consistent when our decision affects others. In imposing punishment be sure the consequences for misbehavior are consistent and proportional to the misbehavior. Fair people don't take advantage of others, don't blame others carelessly and consider their feelings. Finally fair people admit and correct their mistakes when they realize they have been unfair. (BR)

