

## Lines from Lynn

**Lynn Bush**  
FCE Council Chair

We got through Easter with fairly nice weather. We're managing to get enough rain to make our yards look pretty good. Sure makes me feel



good to look out my window and see lots of green and an array of summer colors.

Mark your calendar for June 23, 7 p.m. our next council meeting. We will meet at the Lancaster Event Center, 84th Street and Havelock Avenue. We will begin the evening with a tour of the facilities, followed by our business meeting. Clubs responsible are Live and Learn

and Salt Creek Circle.

There's still time for your club to put together a basket for the State Convention. The convention is Aug. 18 and 19 in Syracuse, Neb.

Also mark your calendar for the Sizzling Summer Sampler, July 14. (See details elsewhere in this NEBLINE.)

### ★ FCE News ★

#### Family Community Education (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, 84th Street 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

## Easy Ways to Have Fun with Your Child This Summer

Summer will soon be here and it is a good time to plan fun activities with your children, grandchildren, nieces, nephews or friends. Here are some ways to have fun this summer.

- Have your child flatten a slice of bread with a rolling pin, spread the bread with cream cheese and jam and then roll it up like a jelly roll for a snack.
- Summer is for picnics. Be sure to have at least one, even if it's just enjoying a sandwich together on the back steps.
- Play "I'm thinking of someone you know." Give your child one clue at a time about a family member or friend until he or she guesses who it is.
- Visit a local zoo. Before you go, play a game with your child of pretending to walk and sound like the animals you will see. When you're at the zoo, have your child look closely to find new ideas for pretending

when you get home.

- Teach your child a game or song you and your friends liked when you were young.
- Use water and a small brush to "paint" items you collect on a nature walk.
- Make an instant puppet by drawing a face on a wooden spoon, a peg type clothespin, a cardboard tube or a thumb.
- Off to play in the sand? Pack your imaginations and some of these household items: a spray bottle of water to dampen the sand, cookie cutters, a plastic funnel, old spoons, gelatin molds and old muffin tins.
- Point out the sky at different times of the day. Talk about the colors you see.
- When you're having an especially rushed and busy day, take a few minutes to sit down and rock your child. You'll both feel better.
- Join your child in drawing on

the sidewalk with chalk. Suggest tracing around things...a hand, foot, leaf, or a toy. Then "erase" your drawings with water and a paintbrush.

- Put family pictures in an album.
- Tell your child something you honestly like about him or her.
- Ask your child to find out what his shadow does when he runs. What does it do when he jumps? What about when he walks into the shade?
- Have your child tell you a story. Write it down and maybe even act it out together.
- This is the only summer your child will be exactly the age he or she is right now. Be sure to savor it. Don't forget to let your child hear out loud those words that are in your heart: "I Love You!" (LB)

## Family Living



by Lorene Bartos, Extension Educator

### Storing Garments

Before storing winter garments be sure they are clean. Clothes should be free of starch or sizing, which can provide insect nourishment. To prevent damage, store clean garments using mothballs and cedar chests. In a closed area where there is a high concentration of odor, mothballs will kill larvae and insects. In an open area the odor generally repels insects, while cedar has a strong scent that will repel insects also. Keeping the chest tightly closed is what prevents infestation.

## When Times are Tough: In the Aftermath of War

*Whether urban or rural, many families are suffering from economic hardship and mental stress. The year 2003 is going quickly and many things have been happening. They are not all easy! This is the beginning of a series of articles on "When Times are Tough".*

It sounds as though the war 'Iraqi Operation Freedom' is about to wind down. Regardless of your feelings on whether the war was the right thing to do or not, it is important to know your feelings, and the feelings of your family and friends are legitimate. Everyone has the right to their own feelings.

It's how those feelings are expressed that must be dealt with. Some people have simply grieved throughout this whole time with concern about the news of injuries, death and survival even if they did not have family members or friends in the military or serving overseas. Many with family members or friends overseas have been glued to the television and news, which has affected their lifestyle including their physical and emotional health. Many people continue to be concerned about terrorism within our country.

There is still work to be done in Iraq and around the

world and people will continue to serve in the military and away from home. Although there may be some closure for some, others will have concerns, fears and loneliness.

It is essential you know where you stand with these issues and who you may turn to for support. It is important to recognize your feelings and fears and to know you are not alone. One of the most wonderful things about living in the United States is you have the right to voice your opinion and share your feelings without threat of bodily harm.

However, when you share feelings you place yourself in a vulnerable position. You will want to trust the person you confide in or who you ask for advice. During these days, although the end of war is inevitable, there is still unrest and stress. In the aftermath of war, make sure to care for yourself by eating properly, exercising, fulfilling your work responsibilities and spending time with family and friends.

Do what you can to support your family, friends and co-workers to help make their lives less stressful.

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

### CHARACTER COUNTS! Corner

#### Respect

It is a wonderful experience to feel the respect of others. Respect is the most basic of human needs to be valued as a person of worth. It is the understanding all people and things have value by showing high regard and consideration for self, others, community and environment.

There are positive consequences of being a respectful person. You may learn about different ideas, you earn the respect of others when they see you respecting them. You will probably feel confident you have done the right thing whenever you give others consideration or say kind things to people. (BR)

