

Lines from Lynn

Lynn Bush
FCE Council Chair

Can it really be October already? I'm glad the heat and humidity are gone, but did they have to take so much of the year with them!

Thank you to all the clubs that re-organized for 2004. Without you, our local FCE



would not exist. Presidents, please let your club members know about Council meetings and other FCE activities.

Everyone is welcome to attend all FCE events.

Achievement night is Monday, Oct. 20.

Please call Pam at 441-7180 if you plan to attend.

We will start the evening at 6:30 p.m. with dessert and coffee.

Rose Marie Tondl will present a program on vests. Members will

be recognized for their years in FCE. Everyone who attends is asked to bring canned food or a donation for the Food Bank for FCE's annual collection. Helpful Homemakers and Busy Bees Clubs are responsible for the evening.

Enjoy the cooler weather and don't forget to call your reservations in for Achievement Night.

FAMILY COMMUNITY EDUCATION (FCE) NEWS

Achievement Night

This year's FCE Achievement Night will be Monday Oct. 20, at 6:30 p.m. The evening will be hosted by the Busy Bees and Helpful Homemakers. Following dessert Rose Marie Tondl will present a program on vests. Everyone is asked to bring canned food or a donation for the Food Bank for FCE's annual collection.

Please call Pam if your club has reached 5, 10, 15, etc., years as an organized club. Clubs and members will be recognized for years of membership. FCE clubs are also to bring a display or report on the past year's community service project. This is a celebration for all our members and to share 2003 club activities.

Call 441-7180 to register. Everyone is welcome. (LB)

When Times are Tough: How Can I Support My Partner?

When times are difficult whether because of money, health, time shortage, drought, conflict or any other problem, it is easy to take frustrations out on those you love the most. All too often, an individual's spouse and immediate family take the brunt of anger, depression, sadness, disappointment, tiredness, fear or erratic mood swings. Before things get out of control with the way you treat your partner or family, you will want to do a self-check. This means it is important to know why you are feeling the way you're feeling. What is the cause of your stress? How is this stressor affecting your partner relationship? Are you having

conflict over a problem? Are you feeling out of control? Do you have misplaced anger? Hopefully, you have a relationship where you can talk about 'tough' or 'touchy' issues with your partner. Together the two of you should be able to resolve some of the major issues or at least agree to disagree when you cannot find a solution or compromise. In some cases, professional counseling may help couples recognize their major issues and learn problem-solving skills to enhance the partner relationship.

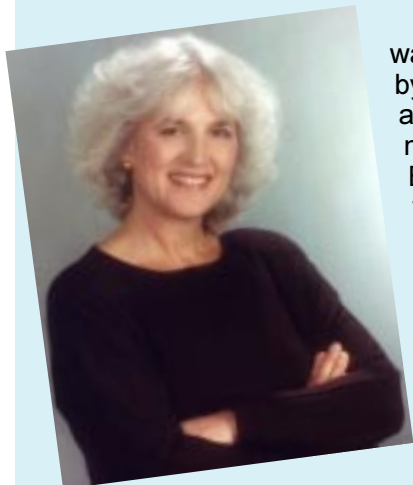
Realize your significant partner relationship must be nurtured. This is a person you don't want to take for granted.

This relationship must be cared for as you care for anything else important to you. It takes time, love, commitment, forgiveness, respect, sexual connection, effective communication and lots more. Throughout your daily lives together, you can decide how to treat each other and whether that will be with love and mutual respect. When you invest time and energy into your partner relationship you are helping yourself, your partner, your family and everyone else around you. Healthy couples help make healthy families and communities.

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

Free Parent Seminar

The Bully, the Bullied and the Bystander



It's a dangerous combination: bullies who get what they want from their target, bullied kids who are afraid to tell, bystanders who either watch, participate, or look away and adults who see the incidents as simply "teasing" and a normal part of childhood. Discussing her new book, "The Bully, the Bullied and the Bystander," Barbara Coloroso will give parents, caregivers and educators the tools to break this cycle of violence.

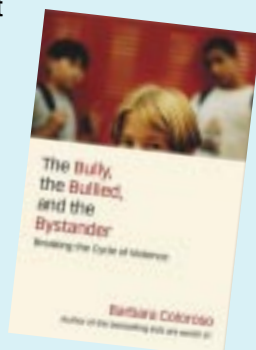
Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice. You can visit her Web site at www.kidsareworthit.com.

Please plan to attend this FREE seminar. There is no pre-registration ... just come for a dynamic presentation.

Sunday, Oct. 26
6:30-8:30 p.m.

North Star High School Auditorium
5801 North 33 St.

This event is sponsored by the Nebraska Partnerships in Character Education Grant, Elliot Elementary Arts in Education Grant, Lincoln Public Schools and the University of Nebraska Cooperative Extension in Lancaster County.



by Lorene Bartos, Extension Educator

Keep your home free of dangerous pollutants like carbon monoxide by regular inspection of all combustion equipment, like furnaces, boilers and water heaters. Protect your family by installing a carbon monoxide detector.

Don't Overlook Safety on Halloween

Even super heroes and princesses need to follow safety rules when trick-or-treating.

For a safe Halloween, parents and children should use these basic safety suggestions:

- Children should trick-or-treat in small groups accompanied by an adult.
- Visit well-lit houses and stay on porches instead of entering the home.
- Make sure children know their phone numbers and carry the correct amount of change for emergency phone calls.
- Stay in a group and cross streets at pedestrian crosswalks or corners. With the excitement of getting candy, children may forget what they know about street safety and dart between parked cars or cross roads without looking.

Use flashlights or reflective tape as part of the costume.

When picking out a costume, think about costume safety:

- Use face paint instead of masks, which can block children's vision.
- To prevent tripping and falling, don't wear long, baggy or loose costumes.
- Avoid rigid or sharp costume props.
- Wear sturdy shoes that fit well.

Before sinking your teeth into delicious candies, think about candy safety:

- Inspect candy before letting children eat it.
- Don't let young children eat choking hazards such as peanuts, hard candy and gum.
- Avoid eating unwrapped or hand-made goodies. (LB)

Time-Pressed Parents and Schools

When mom and dad help out in the classroom, children feel like a "VIP" (very important person). But if volunteering one day a week (as many schools would like parents to do) is out of the question for you and your spouse, here are some inventive ways to get involved even when you're crunched for time.

- Find out which days your office is closed but school is in session. Arrange with your child's teacher to volunteer on your free days.
- When you have more than one child at the same school, maximize your volunteer time by working on a school-wide project, such as the book fair or picture-taking day.
- Offer to bake snacks, type up work sheets or prepare school materials. Teachers are always looking for help with these activities, most of which can be done at home.

If the class is planning a field trip near your office or home, arrange to meet up with them for part of the trip by changing or extending your lunch hour.

- Volunteer to be a guest speaker and talk about your job or a special interest. If a visit to your spouse's or your place of business would make a good learning experience, plan a class trip there.
- If you cannot squeeze any free time out of your morning or afternoon, volunteer for an evening or weekend project, such as staffing a booth at a school fair or editing the PTA newsletter.
- If you think your boss will cooperate, ask whether you can work extended hours one day in exchange for a morning off. That way, you can spend half the day helping out in the classroom. (LB)

CHARACTER COUNTS! CORNER

Caring

Caring is to show love, regard and/or concern for the well-being of others. A caring person is:

- compassionate and empathetic.
- kind, loving and considerate.
- thankful and expresses gratitude.
- forgiving of others.

