

FAMILY COMMUNITY EDUCATION (FCE) CLUBS**President's Notes — Lines from Lynn**

Lynn Bush
2003 FCE Council Chair

This will be the last "Lines from Lynn." Jan Broer will be taking over as FCE council president in January. With the title comes the honor of keeping you informed through THE NEBLINE.



I have enjoyed "visiting" with you every month for the past two years. I would like to thank everyone for the support and help I received. It sure made the job easier. Lancaster County has a great group of ladies who support FCE. Thanksgiving is behind us and Christmas is just around the corner. Some of us are trying to

use up the turkey leftovers before we delve into the Christmas goodies.

Although this is a busy time of year for everyone, please mark your 2004 calendars for Monday, Jan. 26. That will be the first council meeting for 2004. We will install new officers. Everyone is welcome.

Merry Christmas and many blessings in 2004.

President's Notes — Janet's Jargon

Janet Broer
2004 FCE Council Chair

Holiday greetings to FCE members and families. A new year can often mean a new start for all of us. And for me, I am beginning a new endeavor of serving as your FCE president for 2004-05. I look forward to a rewarding experience of



working with great FCE members.

Our 2004 first Council meeting will be Jan. 26 at 1 p.m. at the Lancaster Extension Education Center, hosted by the Council officers. Margie Smith, an energetic and entertaining gal, will be our program presenter with Iris Paper Folding. I think you will enjoy her program a lot. There will be a cost of \$2 to cover the

materials used.

I know we are just finishing the holiday season. However it is not too early to begin thinking of plans for the Sizzling Summer Sampler. Talk about this with your club members and friends; bring some ideas for discussion to the council meeting.

Happy New Year and I hope to see many of you Jan. 26.

FCE News & Events**January Leader Training — "Helping Families and Friends During Tough Times"**

"Helping Families and Friends During Tough Times" will be the January FCE & Community Leader Training Lesson. Lorene Bartos, extension educator will present the lesson Tuesday, Jan. 6 at 1 p.m.

This lesson will teach you about the signs and symptoms of stress, ways to manage stress, how to improve communication skills and ways to effectively help family and friends during tough times.

The information network, consisting of family and friends, is the support network sought after the most when times get tough. Whether experiencing economic hardship through the loss of a job, underemployment or drought; poor health,

an illness or accident; relationship difficulties or simply being overwhelmed with multiple demands, each individual needs the supportive network to help manage stress and cope with difficulties in life. Supportive persons can help family and friends cope during tough times by using effective communication and making appropriate referrals to an extended formal network when necessary.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Council Meeting Jan. 26

The first 2004 Council meeting will be Monday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. Each person will be making a greeting card with Iris Paper Folding presented by Margie Smith. Two dollars will be collected to cover the cost of materials. Please bring scissors and a small cutting board (for taping strips

too). Call Pam at 441-7180 to register. (LB)

February Leader Training — "Don't Be A Victim"

The February FCE & Community Leader Training Lesson will be presented Tuesday, Jan. 27 at 1 p.m. "Don't be a Victim" will be given by Lorene Bartos, extension educator.

Identity theft and fraud has become a major concern. This lesson will cover how it can occur; what you can do about it; and how to guard your privacy. You will learn:

- What, when and why personal information should be given and to whom.
- To recognize the warning signs of fraud.
- How to protect yourself from these "crafty" thieves.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Beware of Product Look-Alikes

Have you ever gone to the medicine cabinet, cupboard, overnight bag or other storage place and pulled out something to use and later find it wasn't what you thought it was? Maybe you were in a hurry, or the light was dim, or...

Children, people with poor eyesight, anyone who cannot read or people who are in a rush can easily pick up the wrong item. Items may be packaged in similar containers and some can be harmful if used incorrectly. Many items in the store are "look-alikes." If you cannot read the label, or the contents have been put in a different container,

you may have difficulty knowing what to use for what.

The following should NEVER be stored near each other because of possible mix-ups. They should ALWAYS be stored out of reach of children and in their original container.

- Apple juice, PineSol cleaner, maple syrup, honey, ice tea, clean light motor oil (or dark motor oil and used motor oil).
- Windshield washer fluid/glass cleaner, power drink, mouth wash.
- Talcum powder, powdered sugar.
- Cat food, tuna fish.
- Colgate tooth paste, Ben-Gay

pain reliever rub.

- Parmesan cheese, Comet cleanser.
- Shave cream, Reddi-Whip.
- Desitin, toothpaste.
- Pepto-Bismol, pink dish detergent.
- Moth balls, sugar-covered filbert candy.
- Creek gravel, "rock" candy.
- Lemon juice, yellow dish detergent.
- Chlor-rid for fish tanks, antacid tablets.
- Lysol spray, hair spray.

REMEMBER: It is better to be safe than sorry. BEWARE OF PRODUCT LOOK-ALIKES! (LB)



by Lorene Bartos, Extension Educator

Cut Dishwasher Energy Costs

Most of the energy used by a dishwasher is to heat the water.

To reduce dishwasher energy costs check the dishwasher's owner's manual for recommendations on water temperature. Many dishwashers have internal heating elements that allow the water heater to be set in the home to a lower temperature.

Soaking or pre-washing is generally only recommended in cases of burned-on or dried-on food. Scrape, rather than rinse, leftovers from plates.

Be sure the dishwasher is full, but not overloaded, and let dishes air dry.

Energy also can be saved by not using the "rinse hold" option on the machine for just a few soiled dishes. This option uses 3 to 7 gallons of hot water each time it is used.

Finally, when shopping for a new dishwasher, look for the Energy Star label.

Playing Outside This Winter Keeps Kids Active

Playing outside this winter can give kids a physical workout while preparing their minds for mental exercises.

Most kids aren't getting enough exercise which decreases even more during winter when kids sit and watch television or play video games instead of playing outside. Kids also are less active during school because physical education classes and recess time are limited. It's up to parents to be sure their kids are exercising.

With today's busy lifestyles, fitness and nutrition often get lost in the shuffle. This can be dangerous because exercise is extremely important for kids. Exercise not only keeps them in physical shape and develops motor skills, it also provides relaxation which can help kids concentrate on school or homework. Parents can help their kids get into a fitness routine by setting up a weekly activity plan and goals. This plan should include fun activities and exercises that work different parts of their body. Parents are encouraged to exercise with their kids five times a week for 60 minutes and to make it a family activity.

Work exercise around winter weather. For example, kids get great exercise and have fun while sledding, ice skating, playing ice hockey, cross country skiing and having snow ball fights. Parents should not be concerned about an increase in colds from playing outside because colds are caused by viruses — not cold weather. Kids get more colds from indoor, physical contact than from being outside. Kids need to dress in layers with a coat, hat, gloves, boots and dry socks when playing outside. If the weather is unsuitable for outdoor play, kids can exercise at home by dancing to their favorite music or using exercise tapes designed for kids. They also can go to indoor swimming pools, recreation centers, sports leagues or dance classes.

Parents need to remember to create positive messages about exercising and nutrition, make it fun and avoid overdoing it and burning kids out. This helps keep kids interested.

For more ideas on creating an exercise plan for kids, visit the U.S. Department of Agriculture Web site with links for kids at www.usda.gov. (LB)

CHARACTER COUNTS! CORNER

Nothing about character is hereditary. Everyone, regardless of social background, financial status, race or sex, enters the world with an equal opportunity to become a person of great or petty character.

Watch your thoughts; they become words. Watch your words; they become actions.

Watch your actions; they become habits. Watch your habits; they become character.

Watch your character, it becomes you destiny. (LB)

