

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



June, the sixth month of the year, brings us halfway through 2004. We see the end of spring and the beginning of summer. We have June brides, June graduates and let's not forget the June bug! This month also brings us more blooming flowers than any other time of the year — especially roses. Let's see what June has to offer us as FCE members.

Emerald and Home Service FCE clubs will host the Council meeting at the Lancaster Extension Education Center on Monday, June 28, 7 p.m. The program will be "Women and Heart Disease" presented by Mary Knabe from BryanLGH. It is an important topic for all of us and merits our attention. Club president and members, please, remember to bring

your Cultural Skills articles. Categories includes hand stitchery, creative writing, poetry, painting, glass and holiday article. We also need to come up with a few ideas for a county lesson to be presented in 2005.

Make sure you reserve Tuesday, July 13 on your calendar for our annual "Sizzling Summer Sampler." We will begin at 6 p.m. with a light scrumptious meal followed by a luscious dessert and two program topics. Kevin Smith will present "Bring in the Blooms" and show us some innovative ways to use flowers. He has taught flower arrangement classes at SCC for many years in addition to managing a local flower shop.

Brenda Danley and cohort Bonnie Evert will present "Colorizing Your Spaces" and give us tips

and trends to update our home decor. These two are a fun duo who are sure to entertain as well as inform. I think you will be sorry if you miss these programs. Tickets are \$10 and we ask you to make reservations by July 7.

Each club is asked to donate at least one theme basket to be raffled that evening. Raffle tickets are \$1 each or 6 for \$5 with all proceeds going to the Scholarship Fund. This is an easy way to raise much needed money to make our scholarship a larger amount.

In the past, this summer evening out has been so much fun and I'm sure you will not want to miss it this year. Bring a neighbor, friend, daughter or daughter-in-law for some "girlie" time and support your FCE organization. Look for reservation details elsewhere on this page. I'll plan to see you then.



Lancaster County Association for Family and Community Education presents

Sizzling Summer Sampler

Tuesday, July 13 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

LEARNSHOPS

"Bring in the Blooms"

Kevin Smith, Southeast Community College
instructor & manager of Flowerama

"Colorizing Your Spaces"

Brenda Danley and Bonnie Evert,
Sutterplace Interiors

Cost \$10

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



by Lorene Bartos, Extension Educator

Water Saving Measures

Fix dripping or leaking faucets

A faucet that drips 1 time each second will waste almost 9 gallons per day (over 3,000 gallons per year).

Fill the dishwasher

The same amount of water is used for a full dishwasher as a half full dishwasher. A standard dishwasher uses 15 gallons.

Select the proper level for each load of laundry

A full cycle at the top level uses 40 gallons per wash.

Check your water meter and bill

Talk to family members about setting water conservation goals for indoor water use.

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning.

They can be ordered by contacting EDPubs, The Department of Education's Publications Distribution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html

Three available publications are:
Helping Your Child Become a Reader: Other than helping your children to grow up healthy and happy, the most important thing you can do for them is to help them develop their reading skills. This booklet offers pointers on how to build the language skills of young children, and includes a list of typical language accomplishments for different age groups,

suggestions for books and resources for children with reading problems or learning disabilities. (In English and Spanish) www.ed.gov/parents/academic/help/reader/index.html

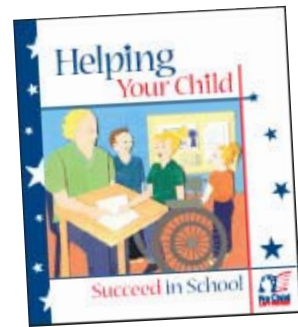
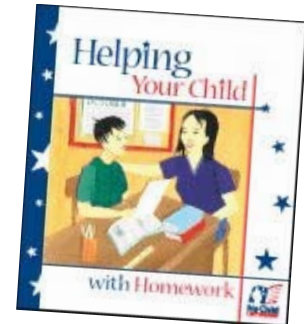
Helping Your Child with Homework: Homework can

help children to develop positive study skills and habits, improve their thinking and memory abilities and encourage them to use time well, learn independently and take responsibility for their work. This booklet helps parents of elementary and junior high school students understand why homework is important and makes suggestions for helping

children complete assignments successfully. (In English and Spanish) www.ed.gov/parents/academic/help/homework/index.html

Helping Your Child Succeed in School: Every child has the power to succeed in school and in life and every parent, family member and caregiver can help. This

booklet provides parents with information, tools and activities they can use in the home to help their child develop the skills critical to academic success. (In English and Spanish) www.ed.gov/parents/academic/help/succeed/index.html. (LB)



What Has Happened to Family Time?

Does it seem you have no family time any more? If so, research will confirm those thoughts. A national study completed six years ago found children had a 12 hour per week **decline** in the free time they had, their play time had **decreased** by three hours per week and unstructured outdoor activities **fell** by 50 percent.

In addition, household conversations dropped by 100 percent between 1981 and 1997. Children spent only 45 minutes per week in conversation with anyone in the family. Family dinners saw a 33 percent decrease; there was a 28 percent decrease in families taking a vacation; and religious participation declined 40 percent in hours per week for children ages 3 to

12 and 24 percent for high school students with weekly religious attendance.

Where is the time going? It is no surprise many of the hours are going to sports. Structured sports has more than doubled. Passive, spectator sports has increased five times. (This includes time children watch their siblings play structured sports.) Studying has also increased by nearly 50 percent.

What is the concern? Several national studies have found regular family meals were the strongest predictor of academic success, avoidance of undesirable behavior and better nutrition than any other factor. Teens have even identified not having enough time with their parents as a top concern.

What does this mean for you? Where are you spending your family time? On a bleacher watching someone play ball? Eating meals together? Talking together? Attending religious activities together? Taking a vacation together?

Take time to assess what your family priorities are. How are you spending your time? Are your children in too many extra-curricular activities? Do you eat meals together, at least once a day? It may be time to say "no" to some good things in order to enjoy the "best" with your family — time together.

Source: "Overscheduled Kids, Underconnected Families: the Research Evidence" by William J. Doherty, Ph.D., University of Minnesota. Written by Jeanette Friesen, UN Extension Educator. (LB)

CHARACTER COUNTS! CORNER

Respect

The essence of respect is to show solemn regard for the worth of people, including oneself. The ethical duty is to treat everyone with respect — not to respect everyone in the sense we hold all people in high esteem or admire them. Our duty to be respectful requires we treat others with courtesy and consideration.

It means we behave according to accepted notions of taste, propriety and decency. It means we honor traditions, customs and beliefs important to others. (LB)



CHARACTER COUNTS! SM