

FAMILY COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
2004 FCE Council President

Greetings FCE members and families. I hope this finds all of you snug and warm despite our recent snow and cold. Mother Nature really flexed her snow muscle big time, forcing cancellation of the January Council meeting and some of the early February club meetings. That means we have a lot of business for our March meeting and there will not be a program.

Salt Creek Circle and Beltline clubs will host the March 22 meeting at the Green Gateau, 330 South 10th Street at 12:45. Plan on lunch

and drink to cost less than \$10. Club presidents please bring your Tune Out Violence Sheets; there are new forms this year which you should have received in your re-organizational packets in September. If you need more call Pam, 441-7180, and she will mail you more forms. The pledges do make a difference and, hopefully, it will help to eliminate another Janet Jackson episode again.

Program plans for the Sizzling Summer Sampler must get under way soon. The committee needs your ideas to make this July 12 event fun and interesting.

The Scholarship Committee will be distributing applications soon with a return deadline of

April 1. Mention this scholarship to your youthful acquaintances who are students; it would be great to have several applicants.

Heritage Skills items will be due at the March Council meeting. This year the categories to be judged are Creative Writing, Glasswork, Painting and Hand Stitchery. I am hoping each club will submit at least three items for this competition. So many of you are extremely talented and creative. Category winners will have their items sent to State Convention in October and I really want our county to be well represented.

Plan now to attend our March 22 Council meeting with lunch at the Green Gateau. See you then.



FCE News & Events

Council Meeting
March 22

The FCE Council meeting will be Monday, March 22 at the Green Gateau, 330 South 10 at 12:45 p.m. The business meeting will follow lunch.

Items for the cultural arts contest should be brought to this meeting.

All FCE members are invited to attend. Please call Pam at 441-7180 to register by March 19. (LB)

Leader Training
Lesson March 23

The April leader training lesson, "Food: Choice or

Chance" will be presented by Alice Henneman, extension educator, Tuesday, March 23, 1 p.m.

Today consumers have a variety of food choices due to new technologies used in food processing. Improper handling of food may create a chance for a food borne illness. This program will focus on a new technology—food irradiation. Food irradiation may be used on foods such as ground beef to destroy harmful bacteria. Consumers may not know the choices or chances associated with new technologies.

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

FCE Scholarship
Applications Due
April 1

A \$300 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2004 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)



by Lorene Bartos, Extension Educator

Liquid laundry detergents are especially effective on food, greasy and oily soils. Since they are liquids, they are good for pretreating spots and stains.

Powder laundry detergents are especially effective for lifting out clay and ground-in dirt, thus they are ideal for children's play clothes. They can also be used to pretreat, by making a paste of detergent and water. (LB)

National Poison
Prevention Week is
March 21-26

National Poison Prevention Week is March 21–26. The theme is **Children Act Fast...So Do Poisons**. Unintentional poisonings kill about 30 children and prompt more than 1 million calls to the nation's poison center. Keeping children safe in the home is important not only for those who have small children but for those who may have children visit. Household products can be poisonous some examples are

• **MEDICINES:** Aspirin, acetaminophen, tranquilizers, sleeping pills and iron pills.
• **HOUSEHOLD PRODUCTS:** Moth balls, furniture polish, drain cleaners, weed killers, insect or rat poisons, lye, paint thinners, dishwasher detergent, antifreeze, windshield washer fluid, gasoline, kerosene and lamp oil.

The following safety tips are important for all families.

• Keep harmful products locked up and out of your child's

sight and reach.

- Use safety latches or locks on drawers and cabinets where you keep dangerous items.
- Call medicine by its correct name. You do not want to confuse the child by calling medicine candy.
- Always replace the safety caps immediately after use.
- Never leave alcohol within a child's reach.
- Keep products in their original containers. Never put non-food products in food or drink containers.
- Read labels with care before using any product.
- Check your home often for old medications and get rid of them by flushing them down the toilet.
- Call the poison center immediately in case of poisoning.

Children are curious and they act fast. So do poisons. Poisonings can, and must, be prevented. (LB)

How to Develop a Positive Attitude Each Day

- Wake up to soft and pleasant music — don't use a loud alarm clock.
- Allow yourself enough time to prepare for the day's activities. Don't get up at the last moment.
- Think about positive things you expect to accomplish today.
- Eat a healthy breakfast. Don't drug yourself with coffee or cigarettes.
- Discuss your plans for the day with your partner.
- Each day, find some positive feature about your partner and compliment him/her on it.

Obstacles to
Developing a Positive
Attitude

- **Exaggerating** — overestimating problems and underestimating abilities.
- **Overgeneralizing** — taking an isolated event and assuming it always happens.
- **Personalizing** — thinking everything revolves around you.
- **Either/or thinking** — seeing things as mutually exclusive, even when they're not.
- **Jumping to conclusions** — drawing conclusions from limited information.

- **Ignoring the positive** — focusing on one negative and forgetting about all the positives.

Setting Yourself Up for
Success

- **Avoid perfectionism** — try to recognize falling short of perfection is not failure.
- **Focus on the future** — you can't change the past, but if you decide where you want to go in the future, you will give yourself the best chance of getting there. Always aim high, and you too will make it a winning life. (LB)



Call FAST to treat a poisoning!
Call FIRST to prevent a poisoning!

1-800-222-1222

IN NEBRASKA & WYOMING

(402) 955-5555

IN OMAHA

24 Hours a Day – 6 Days a Week

Keep this number posted near your phone!

CHARACTER COUNTS! CORNER

Responsibility

Life is full of choices... Being responsible means being in charge of our choices, and thus, our lives.

Responsibility requires us to recognize what we do—and what we don't do—matters and we are morally responsible for the consequences of our choices. (LB)



CHARACTER COUNTS!™

Child Care—
A Fun Day
at the "Zoo"

A conference for those
who provide child care.

Saturday, April 17, 8 a.m. to 4 p.m.
Lancaster Extension Education Center

Featured speaker will be Ron Willis, Mental Health
Consultant - Green Porch Swing Productions

For a conference flyer call extension at
441-7180 or Family Service at 441-7949.

Cost is \$10. Preregistration is due April 9.
In-service hours will be given for this conference.