

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



I'm told each year a vast number of Americans move to a different address. This year you can include me in that great number, also. Each day brings a new surprise to my life in what I call an "exciting trauma." I look forward to the excitement of replacing some of the old furnishings, like the end table grandkids scratched and stained, with new and more stylish pieces. But the trauma hits when I think

of times 35 years ago (and no power hand tools) when Erich and I labored most every evening to frame walls, finish woodwork, plant trees, etc. However, what I excelled in most over all of these years was collecting "stuff." And now some of my best moments are the freedom feelings I get when ridding myself of "stuff!" Enough of me and now a few reminders for all of you.

Sept. 27 is our Council meeting at 12:45 p.m. with a salad luncheon. Susan Seacrest of the Groundwater Foundation will be

the guest speaker.

Achievement Night will be Oct. 18 at 6:30 p.m. Kathy Kuna will present the program entitled "Rhinstones Aren't Just for Evening Anymore."

Please remember to bring canned food items for the Food Bank to either of these meetings.

Dues and re-organizational papers should be turned in by October. The FCE State Convention at Schuyler runs Oct. 3-5 and anyone may attend the sessions; they are always interesting.

I'll plan to see you at these upcoming events, hopefully my move will be history by then.



FCE News & Events

Re-Organizational Packets

Presidents of Family and Community Education (FCE) Clubs can now pick up their packet to reorganize for 2005. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE. (LB)

FCE Council Meeting Sept. 27

The September FCE Council meeting will be Monday, Sept. 27, 12:45 p.m. This will be a salad luncheon. Each attendee is asked to bring a salad. Following the luncheon the Groundwater Foundation staff will present a program "Protecting Nebraska's Unseen Treasure" about Nebraska's groundwa-

ter resources and what you and your community can do to protect and conserve it. The business meeting will follow the program. Call Pam at 441-7180 if you plan to attend. All FCE members are invited. (LB)

Leader Training Sept. 28

"Aging Friendly Communities" will be the FCE and community leader training lesson for October presented by Lorene Bartos, extension educator. The lesson will be Tuesday, Sept. 28, 1 p.m. Many Nebraska communities today find their largest population segments are over 65 years of age. This demographic trend is likely to continue as the baby-boom population ages and many local economies will find retaining and even attracting stable senior populations and may explore ways in which communities can benefit from "aging friendly." If you are not

an FCE member, call Pam at 441-7180 so informational packets can be prepared. (LB)

Achievement Meeting, Oct. 18

The 2004 FCE Achievement Night will be Monday, Oct. 18, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or a donation for the food bank for FCE's annual collection. The program "Rhinstones Aren't Just for Evening Anymore" will be presented by Kathy Kuna. She will show her collection and share information about rhinstones. Attendees can bring or wear their rhinestone jewelry. Members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend. (LB)

Indoor Air Quality During Winter

With colder weather your windows are shut, and the house is closed up tight. Most of your time is spent indoors. In many cases, the old saying of "going outdoors to get some fresh air" is really pretty accurate.

There are many sources inside the home that create air pollution. While pollution from one source by itself may not pose a great risk, the effects of several sources over time may create health concerns. Effects from indoor pollution can include respiratory problems and headaches, as well as severe diseases.

According to the U.S. Environmental Protection Agency, indoor pollution is created from sources that release gases or particles into the air. These sources include building materials, asbestos insulation, wet or damp carpet, furnaces/fireplaces and household cleaning products.

If too little outdoor air enters a home, pollutants can build up to levels that can pose health

problems. Many of today's homes are designed and constructed to minimize leakage of air into the home. Unless mechanical means of ventilation are used, these homes may have very polluted indoor air. Even homes that are considered leaky, may not have much ventilation under certain environmental conditions.

There are three basic strategies that can be used to improve air quality in the home. These are source control, ventilation improvements and the use of air cleaners.

Source control — This involves the elimination of individual sources of pollution and reduction of their emissions. Specific sources of pollution that can be controlled include radon, carbon monoxide, formaldehyde and biological contaminants like bacteria, molds, animal dander and pollen.

Ventilation improvements — Another approach to lowering the concentrations of indoor air pollutants in your home is to

increase the amount of outdoor air coming indoors. This can be done as easily as slightly opening windows or operating window or attic fans when weather permits. Local bathroom or kitchen fans that exhaust outdoors remove contaminants directly from the room and increase the outdoor air ventilation rate. Advanced designs of new homes are starting to feature mechanical systems that bring outdoor air into the home. Some of these include energy-efficient heat recovery systems.

Air cleaners — There are many types and sizes of air cleaners, ranging from relatively inexpensive to sophisticated whole house systems. Air cleaners remove mostly solid particles and generally are not designed to remove gaseous pollutants. A cleaner that has a high efficiency rate, but a low air circulation rate, will not be effective; nor will a cleaner with a high volume of air movement, but a low cleaning efficiency. (LB)



by Lorene Bartos, Extension Educator

De-clutter Closets for Winter

The first thing to do to make room in your closet for your winter and holiday wardrobe is to pack up those fall clothes. Before doing so, launder any items that need cleaning — following the care label instructions.

To add space in your closet, screen it for items you no longer wear. Consider donating these items to charity. Create separate hanging sections of suits, dresses, jackets and shirts. Or, if possible, consider moving formal holiday wear to a guest closet. Group each garment by length, so there's no dead space.

Other space-saving ideas include: Fold and display sweaters, sweatshirts and knit skirts on a shelf. Hangers may distort their shape. For easy access, hang ties and belts on racks. Use racks for shoes and keep shoes worn less, in their boxes.

Halloween Trick or Treat Tips

For a safe Halloween trick or treat an adult should always accompany young children. Before leaving, determine the route you will be taking. Children should visit only those homes they are familiar with and avoid dark or dimly lit homes.

Dusk is a dangerous time to be walking along streets, remind children to cross only at corners and look both ways before crossing. Children need to stay on the sidewalk — not the road or street.

Buy or design the child's costume so the child can walk easily without tripping. Costumes should be lightweight and fit properly. Costumes used at night should be light colored and have on some type of reflective material.

Wigs and beards should be properly attached so they don't obscure children's vision.

Children should wear comfortable shoes — not clumsy floppy clown shoes or mom's high heels.

Parents should inspect all Halloween treats before children eat them, and when in doubt, throw it out!

Consider treats other than candy, such as small toys, cereal bars, snack crackers, cookies, sugar-free gum, raisins, juice boxes, etc. Individually wrapped items are best.

Keep Jack-O-Lanterns in a safe, steady place and always put out the flame before bedtime.

Have a happy and safe Halloween. (LB)

Holiday Gifts Needed

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized this year, so books and items to encourage reading are suggested. Books have been requested this year. Other gifts will be used with the books. Items, such as puppets, activity books, puzzles, small toys, etc. relating to the story would be fun for the children. The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

CHARACTER COUNTS! CORNER

Citizenship

The duties, rights, conduct and responsibilities of the citizen of a state.

- Be a good citizen and a good neighbor.
- Care about and pursue the common good.
- Be a volunteer — help your school and community be better, cleaner and safer.
- Protect the environment by conserving resources, reducing pollution and cleaning up after yourself.
- Participate in making things better by voicing your opinion, voting, serving on committees, reporting wrongdoing and paying taxes. (LB)

