

## FAMILY &amp; COMMUNITY EDUCATION (FCE) CLUBS

## President's Notes — Janet's Jargon

**Janet Broer**  
FCE Council Chair

Once again we must adjust to another fall season. There is lots of excitement in the air with State Fair activities, Friday evening sports and Big Red football. But one of the things I always enjoyed most about fall was hearing the corn pickers and combines in the field as they harvested corn and soybeans. City life continues to grow ever closer to my home, and the absence of harvesting machines and their noise becomes more evident. Each year I treasure those bygone days on the farm a bit more.



We had a great response to our Sizzling Summer Sampler. Kevin Smith from Flowerama with Brenda Danley and Bonnie Evert from Sutter Place Interiors left our

heads full of ideas for adding beauty and color to our environment. If you missed this year's event, catalogue it in your memory bank to attend next year. We had several neat baskets and lots of flowers to give away in drawings; enough money was raised with the raffle to cover our 2005 Scholarship Award. Thank you very much to all who helped and attended to make this a most successful and fun evening.

Our Sept. 27 FCE Council

will have a business meeting. This will be a 12:45 salad luncheon at the Lancaster Extension Education Center and anyone may attend; eating utensils and drinks will be provided. Busy Bees and 49'ers will be host clubs. They have arranged with Susan Seacrest of the Groundwater Foundation to do the program. You are also reminded to bring canned food for the Food Bank to either this meeting or to Achievement Night, Oct. 18.

FCE State Convention will be in Schuyler, Oct. 3-5. As usual, I'm sure the programs will be excellent. More details should be in your August issue of FCE Speaks, if you are interested in attending.

I wish each of you a happy fall.



## FCE News &amp; 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 next 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 Groundwater 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 to attend. (LB)

## Leader Training Lesson 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. Many communities can benefit from being "aging friendly." If you are not an FCE member call Pam at 441-7180 so informational packets can be prepared. (LB)

## Achievement Night 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 "Rhinestones Aren't Just for Evening Anymore" will be presented by Kathy Kuna. She will show her collection and share information about rhinestones. 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)

## Leader Training Lessons for 2005

Here is the schedule for next year's FCE and community leader training lessons. All will be presented at 1 p.m.

- Jan. 4—Using Retail Dollars to Boost Your Local Economy
  - Jan. 25—One of Rural America's Greatest Challenges
  - Feb. 22—Home Fall Prevention - Do It Now!
  - March 22—Healthy Cooking for 1 or 2
  - Sept. 27—Credit Card - Friend or Foe?
- Many of the 2003 leader training lessons are now available on the Internet at [communityprograms.unl.edu](http://communityprograms.unl.edu), including:
- Aging Friendly Communities
  - Fit and Healthy Kids
  - Food: Choice or Chance
  - Helping Family and Friends During Tough Times

## Plan Now for Holiday Spending

Spending a little extra time now deciding how much can be spent this holiday season will prevent a budget crunch after the holiday fun is over.

Saving money throughout the holiday season, spreading out purchases and keeping track of expenses can make holiday spending easier without a new year of debt.

Before shopping, make a list and decide how much to spend on each person. Most consumer scientists agree people spend more when they shop without knowing what to buy. Look at catalogs or Web sites to get ideas. Sale items might be found in the process. Buying some

gifts early also spreads expenses over a longer time period instead of accumulating hundreds of dollars of purchases in one week.

Use debit cards or checks to pay for gifts, not credit cards. It's easier to track spending with a debit card and consumers won't have to dread opening credit card bills after the holiday season. Consumers who must use credit should limit themselves to one card and not spend more than they can pay off in one month.

Being creative also can pay off. Homemade gifts, such as cookies, painted mugs or ornaments, are fun to give and

receive. Or, use the holiday season to strengthen relationships by spending quality time with family or friends. Time is much more valuable than money or gifts.

When January rolls around, start planning for next year. Set aside a few dollars each week and use the money for next year's gifts. Consumers also should take advantage of clearance sales on lights and decorations to avoid paying full price for the same items the following year.

SOURCE: Kathy Prochaska-Cue, Ph.D., extension family economist, NU/IANR (LB)



by Lorene Bartos, Extension Educator

## Chill Out with an Efficient Fridge

Refrigerators are among the most energy intensive appliances in a home, but with a few stops you can keep your energy costs to a minimum.

Check to see your refrigerator isn't too cold. Recommended temperatures are 37° F to 40° F for the fresh food compartment and 5° F for the freezer section. Long-term storage freezers should be kept at 0° F. (Stick a thermometer in a glass of water and read it after 24 hours; for the freezer, stick the thermometer between frozen packages.)

Frost build-up decreases energy efficiency, so regularly defrost manual-defrost refrigerators and freezers. Replace your refrigerator door seals if they are not airtight, and cover liquids and wrap foods — uncovered foods release moisture and make the condenser work harder. Move your refrigerator out from the wall and vacuum its condenser coils once a year unless you have a no-clean condenser model.

Finally, if you're in the market for a new refrigerator, pay attention to the EnergyGuide label, which lists electricity use in kilowatt-hours — the lower the better.

## Stress Affects Adolescents Too

Adolescence can be a very stressful time for today's youth. Studying for an exam scheduled the next day, working on other assigned homework, participating in sports practice, trying to fit in with peers, maintaining relationships and staying in tune with family members at home can be enough to worry about.

In addition to these stressors, the majority of youth will experience one or more major life challenges or changes in their lifetime, including transferring to a different school, a family move, a death or illness of a family member, an ongoing parental conflict or divorce, substance abuse within the family or family economic stress.

These factors combined with the daily struggles of school, minor peer and family arguments, time-management challenges and the physical, social, hormonal and cognitive changes of growing up, may lead to feelings of stress, anxiety and depression.

Depression, alcohol abuse, delinquency and school problems all are associated with the stresses of adolescence and the feelings of hopelessness and frustration some adolescents experience. Some stress is common. Most youth emerge

through stressful periods without any long-term negative effects. However, some adolescents are at greater risk.

Research finds three factors influence an adolescent's vulnerability to negative effects of stress, including the number of stressors, the presence of internal and external assets and coping skills.

If only one source of stress is present, it is less likely to be a problem than if there are two or more. Also, assets or factors, such as healthy self-esteem, feelings of competence, close friends, good social skills and close and trusting relationships with parents protect youth from stress. Finally, adolescents who take specific and purposeful actions to change the source of the stress often fare better than those who avoid problems or deny them.

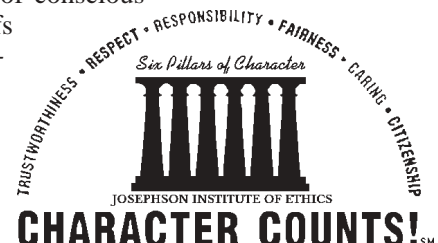
It is important to remember stress is not always bad. It can help adolescents to improve overall coping abilities and to concentrate on problem solving. However, adults need to be supportive during this time in children's lives.

SOURCES: Rosalie Bakken, Ph.D., adolescent development specialist, NU/IANR; The Ups & Downs of Adolescence, June 2001. (LB)

## CHARACTER COUNTS! CORNER

## Values

Important beliefs and desires that shape attitudes and motivate actions. Our values, including our sense of right and wrong, are composed of conscious and unconscious beliefs arising from conditioning, emotion and reasoning. (LB)



CHARACTER COUNTS! SM