

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



Spring bulbs are peaking through the dirt and I'm feeling revitalized with winter past. New flowers in bloom are great surprises with their beautiful colors and fragrances. I have not lived at this home an entire year so I still don't know what remains hidden in my landscape. Each day I do a quick tour around the house looking for new plants coming to new life.

March 28 at 1 p.m. we will have our Council

meeting hosted by Emerald and Live N Learn clubs. A speaker from the Lancaster County Sheriff's office will talk on Women's Safety. Presidents should particu-

larly try to attend but the meeting is open to all members.

Please remember to turn in your signed Tune Out Violence sheets and scholarship applications need to be submitted by April 1. If you know someone studying in the health or home economics fields encourage them to apply for

the FCE scholarship.

The Sizzling Summer Sampler will be July 12, Independent members and Council officers will be responsible for planning this event. We will have a planning meeting around the

first part of April and it would be so helpful if you passed on some ideas to us. Talk about it at your club meetings and let us

know what you are thinking might be possibilities.

Hope to see many of you at our meeting March 28.



FCE News & Events

Leader Training "Healthy Cooking for 1 or 2," March 22

The April FCE and community leader training lesson "Healthy Cooking for 1 or 2" will be presented by Extension Educator Alice Henneman on Tuesday, March 22, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

This lesson will show you how to prepare quick, delicious and nutritious meals for one or two people.

The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Learn how to put FUN into cooking for just one or two.

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

Council Meeting, March 28

The FCE Council meeting will be Monday, March 28, 1 p.m. The speaker will be from the Lancaster County Sheriff's office on the topic of women's safety. All FCE members are invited to attend.

FCE Scholarship Applications Due

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 2005 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)

Poison Prevention Now!

Good Poison Prevention Practices Help Save Lives

Despite our best efforts, sometimes unintentional poisonings happen. In fact, every year in the U.S., nearly **2.5 million** poison exposures are reported. Children and youth under age 19 suffer **66 percent** of these exposures. To help prevent unintentional poisonings, follow these important tips for using household cleaning products safely.

Use Safely

- **Schedule routine cleaning with kids in mind.** Choose times when small children aren't around or when they're napping.
- **Read and follow product label directions.** Don't mix products—harmful gases can be released.
- **Never remove product labels.** The precautions, first-aid instructions, and ingredients will be important if there's an

emergency.

- **Take out only the amount of cleaning product needed.** Put the rest away, so nothing's left out to tempt curious toddlers or pets.

Store Safely

- **Lock products up.** This location should be away from children, pets or food.
- **Store products in their original containers.** If you put products in food or beverage containers, someone

might eat or drink them by mistake.

- **Close container caps securely.** Products with more potential hazard, such as some oven or drain cleaners, come with child-resistant packaging. However, unintentional poisonings can still occur if the package isn't closed properly.

Dispose Safely

- **Carefully dispose of empty cleaning containers.** To protect children, pets and garbage handlers, replace caps first, then discard in a sealed recycling bin or garbage container.

For more about poison prevention or if you think someone has been poisoned from medicine or a household chemical, call the Poison Control Center's nationwide, toll-free hotline at: **1-800-222-1222.**



by Lorene Bartos, Extension Educator

Removing Mineral Build-up in a Steam Iron

To remove a mineral build-up in a steam iron, fill the iron with tap water and rest the sole plate on a cake cooling rack. Turn the dial to steam and to the high setting. Shake periodically until all water is dissipated. You may have to repeat the process two or three times, if the condition is not cleared up after the first attempt.

Another method to remove mineral deposits from the inside of a steam iron, is to fill it with equal parts of water and white vinegar. Let it steam for several minutes, then disconnect and let set for one hour. Empty and rinse out with clear water.

Remove brown or burned on spots on the sole plate of the iron by cleaning with a heated solution of vinegar and salt.

Spring Cleaning Spotlight: Put the Sparkle Back in Windows and Walls

Clean windows and walls are the icing on the spring-cleaning cake. They make everything else you've done look even better. The Soap and Detergent Association offers up some new ways to clean windows and walls.

Window Dressing

Curtain call

The deteriorating effect of dust and sunlight can make curtains fragile. If the care label says they're washable, launder on the delicate cycle. Otherwise, have them professionally dry-cleaned. But, with elaborate treatments that are difficult to dismantle on a regular basis, a good vacuuming may make more sense. Follow up with a fabric refresher spray to remove lingering odors.

Blind ambition

Blinds are great dust traps. An easy cleaning tool is an electrostatic duster with a soft, disposable head—the modern version of the feather duster! The multitude of soft, fluffy fibers pass easily between the slats, grabbing dust and dirt.

Windows of Opportunity

Remove dirt and debris

Vacuum window frames and sills to get rid of dust, soot, cobwebs and dead insects.

Spray clean

Traditional glass cleaners have a crisp, ammonia scent. New varieties offer a range of fragrances, including lavender, berry, orange and lemon.

Head outdoors

Check out new outdoor window cleaners. These spray products come with a nozzle that attaches to your garden hose. Spray outside windows from at least five feet away. The sheeting action helps get the windows clean. And, windows don't need to be towel dried.

Wall Story

Read the product label

It will tell you how to properly use the product and what type of wall surfaces the product *can* and *cannot* be used on.

Spray it on

Use a multipurpose spray cleaner. For streak-free results, spray onto a cleaning cloth rather than directly on the wall.

Rub away

Crayon marks on the wall, scuff marks on your baseboards, sticky finger marks on the window sill—lift them off the surface with a new, soft cleaning pad that acts just like an eraser. (LB)

CHARACTER COUNTS! CORNER

Responsibility

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.

- Responsibility means being accountable for what we do and who we are.
- Everyone is responsible for the development of his or her personal character. (LB)

