



by Lorene Bartos, Extension Educator

Energy Saving Ideas

Here are some no- or low-cost ideas to help you save energy and money at home or business:

- ☑ Replace incandescent bulbs with compact fluorescents.
- ☑ Air dry dishes instead of using your dishwasher's drying cycle.
- ☑ Use your microwave instead of a conventional electric range or oven.
- ☑ Turn off your computer and monitor when not in use.
- ☑ Plug home electronics, such as TVs and VCRs, into power strips and turn power strips off when equipment is not in use.
- ☑ Lower the thermostat on your hot water heater; 115 F is comfortable for most uses.
- ☑ Take showers instead of baths to reduce hot water use.
- ☑ Wash only full loads of dishes and clothes.

Praise and Encouragement

We all need to feel we have the approval of others. Children are no different. Discouraged children often misbehave; encouragement is a tool parents and teachers can use to help children feel respected and valued, therefore minimizing misbehavior. Psychologist Rudolph Dreikurs said, "Children need encouragement, just as plants need water. They cannot survive without it."

Do you know the difference between praise and encouragement? Encouragement fosters self-confidence while praise more often results in dependence on others. Appreciation addresses the action specifically ("You did a great job getting up this morning."), asks for the opinion of another ("What do you think about this?") or asks questions. Praise is patronizing ("Good boy."), expects conformity or is judgmental ("Thank you for sitting like your sister.").

If you aren't sure whether something you say is encouragement or praise, ask yourself these questions: Am I being respectful or patronizing? Would I make this comment to another adult? While children shouldn't always be treated as adults, they must be respected the same way.

Timing is important when making a statement of appreciation. If a misbehavior is involved, wait until after both you and your child have had some time to cool down. Neither the giver nor receiver is open to encouragement in the heat of battle! The fact you meet with your child to work out a solution to the problem exhibits encouragement. You are letting your child know you value his or her opinion and what is said is important in finding a solution to the problem.

As you work with your child, understanding is key. That doesn't mean you agree or condone what your child has done. It simply means you can, or have, put yourself in the same position and you understand your child's viewpoint. Understanding means you want your child to work toward improvement, not perfection. Remember to be realistic; after all, no one is perfect!

With county fair and sports activities keeping families involved this summer it is important to encourage children and find the good and learning in what they do — win or lose, purple ribbon or red ribbons.

Source: *Positive Discipline* by Jane Nelsen, Ed. D.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



The heat of summer is upon us. My next door neighbors have a swimming pool and they have been kind enough to offer me a cool down if I need it.

Thoughts come to mind of how times have changed in 50 plus years for me regarding swimming. To merit a trip to the town pool my brothers and I would have to fill "x" number of coffee cans with cherries and we used step ladders to reach the cherries! Tupperware wasn't available back then. Depending on the temperature you might even help a sibling meet their quota. Sometimes we stripped to our underwear and jumped into the cattle tank for a quick swim. Mom heavily frowned on that practice since we really needed to wear more clothes. Picking cherries was the ticket to enjoy a real pool.

received several very good applications and the final decision was not easy.

Lancaster County Fair runs August 3-7 at the Lancaster Event Center. We have the largest county horse show in the state with some very talented exhibitors. Our fair has gotten bigger and better than ever with events for all ages; be sure to take in some of the interesting exhibits and events.

September 19-20 is the FCE State Convention in Burwell. There are four tours scheduled for Monday with the business meeting and presentations set for Tuesday. This would be a good year to go to convention if you have not previously attended. I have found

Connie Lemke of Walton, a graduate of Waverly High School, was the FCE Scholarship recipient for 2005. She plans to attend nursing at UNO and we wish her well in her endeavors. We

it to be an inspiring and fun time. Raffle tickets for these baskets will be sold at convention. This is the time to turn in items for Women's Survival, such as used cell phones and old jack type phones. National FCE is continuing to collect yarn, floss and knitting needles for their international project.

They are collecting old used ink cartridges from printers and fax machines.

Attention FCE members — get state and national dues free by bringing in a new or reinstated member for 2006. Invite your neighbor, friend or daughter to join our organization. There is truly something for everyone — skills, crafts, education, and best of all, good friendships develop. Together we help each other become a better community. Enjoy your summer and keep cool.



FCE News & Events

2005 Scholarship Winner

At the July FCE Council meeting, Connie Lemke was presented the 2005 FCE Council college scholarship. Lemke, a student at the University of Nebraska-Omaha, is pursuing a career as a pediatric oncology nurse. Lemke is a former member of Lancaster County 4-H and graduate of Waverly High School.



Council Chair Janet Broer (left) presents Connie Lemke (right) with the 2005 FCE Scholarship.

Re-Organizational Packets

Presidents of FCE Clubs can pick up their packet to reorganize for 2006 after mid-August. 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.

Upcoming Fall Dates

- State FCE Convention — Sept. 19-20, Burwell
- FCE Council Meeting — Sept. 26, 1 p.m.
- Leader Training "Credit Card, Friend or Foe?" — Sept. 27, 1 p.m.
- FCE Dues to State Treasurer — Oct. 1
- National FCE Week — Oct. 9-15
- Achievement Meeting — Oct. 17, 6:30 p.m.

Pack Your Street Sense When You Pack Your Bags

Don't Leave Your Street Sense at Home When You Travel

- Use traveler's checks and credit cards instead of cash whenever possible. Take only those credit cards you need.
- Carry a purse close to your body, not dangling by the straps. Carry a wallet in an inside coat or front trouser pocket. Better still wear a money pouch underneath your clothing.
- Be alert for pickpockets in crowded areas like airline, bus and train terminals, major tourist attractions and public transportation.
- Don't look distracted or lost. Walk confidently and stay

alert to what's happening around you.

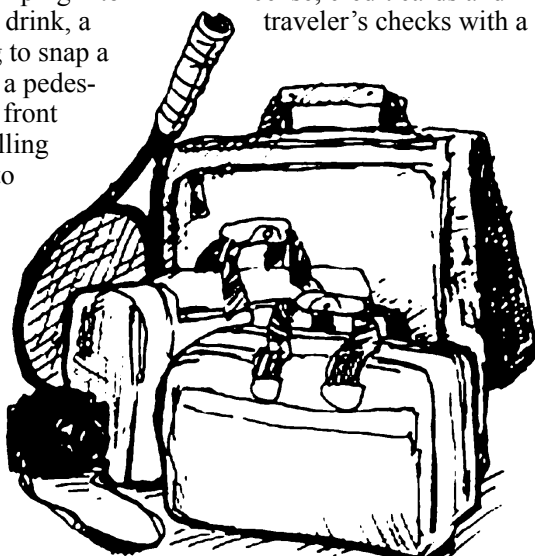
- Stay alert for staged mishaps, like someone bumping into you or spilling a drink, a stranger offering to snap a family photo, or a pedestrian jumping in front of the car and falling so you leap out to investigate.

Before You Go

- Plan ahead. If you're traveling by car, get maps and plan your route. Have the car and tires checked out

before you leave.

- Leave copies of the numbers of your passport, driver's license, credit cards and traveler's checks with a



friend in case you need to replace them.

- Put lights and a radio on timers to create the illusion someone is at home when you go away. Leave shades, blinds and curtains in normal positions. Stop the mail and newspapers or ask a neighbor to take them in.

Once You're There

- When you check into a hotel or motel, check out the locks. Look for deadbolts or solid doors with peepholes. FYI... the new coded electronic cards are safer than ordinary key locks.
- Be sure your luggage is locked. Keep it close to you at all times.

- Keep valuables in a hotel safe or safe deposit box. Better still, leave them at home.
- Ask the hotel or motel staff or police about the neighborhood's safety and what areas to avoid.
- Lock belongings in your suitcase or keep them out of sight.
- Don't display guest room keys in public or carelessly leave them on restaurant tables, at the swimming pool, or other places where they can be easily stolen.

Immediately report any crime to the police.

Source: *The National Crime Prevention Council*