

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



Statistics have never been my forte, as the saying goes. But I heard some information collected recently saying 32 times every hour we encounter violence by word or action in our public media. I thought the number seemed rather high but I put the information into my memory bank, which at this age is getting quite full. The statistic came to mind last week when my daughter told me the new babysitter (she rarely gets one) said she got along fine with the kids compared to her last job. She explained the kids did not "cuss at her all the time" like they did in the last household and the children did as they were told!

Have we made off color language and behavior so common it is being used without even giving a thought to the real meaning? If we repeat something 32 times every

hour I can understand how quickly it would seem like normal behavior.

You can help get this situation under better control by signing a Tune Out Violence pledge sheet which is turned into our State and National FCE offices. Collectively, this statistic becomes a large number. I am asking each FCE member to collect as many signatures as possible before our March 28 meeting. Last October, at state convention we heard a good speech about where all of this information goes; it does not "just die" on the page you have

signed, and yes, it does make a difference — we cannot give up.

Please recommend a scholarship application to anyone you know who is studying in the family and consumer science or health area and meets our requirements.

Encourage a student in the fifth grade to enter the Creative Writing and any student in third grade to enter the Environmental Poster Contest. Deadline for these activities are April 1.

Heritage Skills projects need to be completed by June 27.

I've asked you to do a lot this month. It brings to mind another old saying if you want something done, just ask a busy person to do it. I plan to see you March 28 at our next council meeting.



FCE News & Events

Upcoming Leader Training Lessons

UNL Cooperative Extension provides leader training lessons to FCE members and other community leaders at no cost. Trainings are held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members are asked to call Pam at 441-7180 so informational packets can be prepared.

"Home Fall Prevention — Do It Now!" on Feb. 22

Extension Educator Lorene Bartos will present the March leader training on Tuesday, Feb. 22. Falling is a nationwide concern. However, falling is not an inevitable part of aging. There are controllable factors that can reduce the

risk of falls. Fifty percent of all falls are caused by hazards in the home. This lesson will examine the causes of falls and suggest strategies to reduce these falls.

"Healthy Cooking for 1 or 2" on March 22

Extension Educator Alice Henneman will present the April leader training on Tuesday, March 22, 1 p.m. 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.

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

Workaholicism — Its Affect on Children

Take a moment to think about each of these questions...

- Are you a perfectionist?
- Are you driven to gain approval and success through your work?
- Do you work long hours for fear of being laid off?
- Do you have a hard time saying "no" to work requests?
- Do you find it almost impossible to rest and relax?

If you answered yes to any of these questions, you may be a workaholic. Whether overwork is an addiction or merely a habit, workaholicism is a big problem because it can drive a wedge between family members. One effect many parents are dismayed to discover is they have created teenagers and young adults just like themselves: workaholics. Their children study to the point of exhaustion, are stressed and

distracted, are overextended and seldom have time to spend with family.

A parent's habits or addictions affect the entire family. Divorce rates among workaholics are high and children often have problems. Different children react differently to the presence of a workaholic parent. Some imitate the parent and try, unconsciously, to surpass their mother or father by working even harder. Others rebel, retreating into a teen culture that offers an abundance of alternative values, including rejecting achievement.

What can you do when your workaholic ways affect your kids?

- Change the example you are portraying to your kids. Start tending to yourself and your relationships.

- Have a heart-to-heart talk with your children about your own work habits.
- Be open with your children. Let them know you are aware of the harmful example you have been to them and then take action to make amends.
- Build time into your schedule for play and relaxation.
- List your true personal priorities and share them with your child.
- Talk to your child about the importance of play and down time.

Overcoming the effects of parental overwork is a long, slow process and it begins with you. If you are a "workaholic," start now to develop a plan to move away from that mode and plan for healthier times with the family.

Source: Working Families Newsletter, University of Illinois Extension (LB)



by Lorene Bartos, Extension Educator

Blossoming Bedrooms — Clean and Fresh

A room springs to life when it's clean! Here's how to bring your bedroom into the springtime light.

FRESH BEDDING — Launder comforters, sheets, blankets and pillows. Read and follow care label instructions.

SUNNY WINDOWS — For sunshine-ready windows, clean them with an all-purpose glass cleaner. Launder or dry clean the window treatments. Or, you can give them a good vacuuming. Then apply a fabric refresher to remove odors. First, test product on an inconspicuous spot to make sure it's safe for the fabric.

SHINY FURNITURE — Trap the dirt with furniture wipes pre-moistened with polish or cleansing conditioners.

FINE FLOORS — Vacuum carpets. Use a carpet deodorizer to remove odors. Clean hard-surface flooring with dry, disposable floor wipes or use an all-in-one mopping unit.

SCENT OF SPRING — Bring the scent of spring into the bedroom. Choose cleaning products with soothing fragrances. Add scented candles to the bedroom's decor.

Child Care — "Kids Under Construction"

A conference for those who provide child care.

Saturday, April 2

8:30 a.m. to 4 p.m.

Lancaster Extension Education Center, Lincoln

Keynote speaker: C. J. Johnson, Licensed Clinical Social Worker — "Survey the Site"

Cost is \$10. For a conference flyer call 441-7180.

Preregistration is due March 21.

In-service hours will be given for this conference.

Living Well Week

March 13-19

Raising Kids, Eating Right, Spending Smart, Living Well

learningandlivingwell.org
Information and education at your fingertips to help you live well.



CHARACTER COUNTS! CORNER

Elements of Caring

- Concern for others' well-being • Compassion
- Empathy • Kindness • Charity • Love

Caring means more than a concern for the well-being of others. It is a form of passion that generates commitment and conviction that allows us to endure, persevere and persist until we overcome whatever obstacles may be in our way. (LB)

