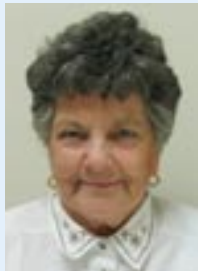


## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's Notes — Alice's Analysis

**Alice Doane**  
FCE Council Chair



I was in Phoenix, in January, for the national wool contest where our Nebraska junior contestant was in the top 13 out of 30. The weather was as nice there as it was here. Makes me wonder what spring is going to be like.

Our next Council meeting will be Monday, March 28, 7 p.m. (Note the change in date from the yearbook.) Although, we have only eight clubs, the 65 members and seven independent members are involved in community projects as a council, as well as individual clubs.

Some of our projects...  
• To promote a creative writing contest for fifth graders.

The theme is "My Favorite Nebraska Landmark."

• To promote a poster contest for third graders. The theme is "What Things Can We Recycle?" Essays and posters are due

to the extension office by April 15.

- The Council sponsors a \$300 scholarship to a student majoring in Family and Consumer Science or a health occupation at a college. Call the extension office for more information, due May 1.
- The Council and individual clubs supports and promotes community activities, such as, the Food Bank, the Gathering Place, Teddy Bear Cottage, Cedars Home,

Friendship Home, **earth wellness festival**, etc.

I hope members are working on their heritage skills entries. This year's categories are rug making, spinning/weaving, handcrafted toy or poetry. Bring them to the June Council meeting.

Tuesday, July 11, 6 p.m. will be our annual Sizzling Summer Sampler. Clubs are asked to make baskets which will be raffled off. The proceeds will go to our scholarship fund. Watch for details.

Mark Monday, Oct. 16 for our Achievement Night. Bring a friend — it was 39 years ago at Achievement Day I met ladies from Waverly and joined their club.

See you March 28, 7 p.m. for the Council meeting.



## FCE News & Events

### Leader Training Lesson, March 23

The next community and FCE leader training lesson "Care Giving: Challenges and Rewards" will be given by UNL Extension Educator Lorene Bartos on Thursday, March 23, 1 p.m. This lesson will examine how a person can best meet the needs of an elderly parent or disabled person. Utilizing community resources, maintaining the personal health and satisfaction of care givers and determining ways to help with environmental and health needs will be addressed. Relationship dynamics of the person in need and the care giver, in addition to other important issues are discussed to aid in

making preliminary plans.

Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared for your organization.

### Council Meeting March 27

The FCE Council meeting will be Monday, March 27, 7 p.m. (Note the change back to Monday for an evening meeting.) The program will be making Easter embroidered cards. Supplies will be furnished, cost will be \$3.50 payable at the meeting. All FCE members are invited to attend. Call Pam at 441-7180 by March 20 so supply packets can be prepared. Beltline and Live and Learn Clubs are hosting the meeting.

### FCE Scholarship Applications Due May 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 2006 or who have completed two quarters of study in a vocational school. Applications are now due May 1 (note new date) in the extension office.

## Tease-Proof Your Child

Teasing is part of growing up for both the teaser and the teased. The more parents know about this troubling behavior, the more a parent can help their child endure and survive these incidents.

Teasing can be far more painful than broken bones and some kids never completely recover. Kids who are targets of persistent teasing may have difficulty studying, sleeping and eating, often suffer from severe stomachaches and dread going to school. Left unchecked, teasing can ruin a child's peer relations.

The reasons for teasing usually stems from a lack of the teaser's own self-esteem and lack of confidence. Often it's a way of expressing worries and vulnerabilities. Teasing usually begins in preschool and could carry on into high school. However, in high school, it sometimes becomes cool to tease one particular kid, and the cumula-

tive effect of the teasing can be oppressive and even abusive.

Many different lessons can be taken from being teased. Some lessons may even result in positive changes in behavior. Teasing also may alert parents to ways in which their child is set up to be odd or different from his peers. Most parents hope their kids can learn less-painful lessons about fitting in. For a loving parent, it's difficult to see their child endure teasing.

Parents can help the situation by encouraging their child to talk about it. Most kids are reluctant to talk about a teasing incident because it is embarrassing. Make sure your child is comfortable to reveal what happened. A parent might respond with, "Wow! I can tell you're really upset about this," or "That must have hurt your feelings a lot."

Parents should share their own memories. Kids benefit from hearing other's stories

about being teased as a child. Children will see someone they love and respect survive the teasing and turned out all right.

Children need to be self protective. Kids who wear their feelings on their sleeve can become the victims of ongoing teasing. It's important to teach children not to shrink or back off. Instead, they need to stand up straight and look the teaser right in the eye.

Help children become proactive. Work on a plan to help your child let the teaser know how he or she feels about the teasing.

Responding well to teasing takes practice. Once the parent and child settle on some approaches, rehearse. Kids have to feel confident with the technique before they can go out and use it.

It's vital for children to develop his or her own coping skills. The best thing parents can do is to be there for them.



by Lorene Bartos, UNL Extension Educator

### Benefits of Disinfecting Household Surfaces

- Regular cleaning products do a good job of removing soil, but only disinfectants or disinfectant cleaners (also known as antibacterial cleaners) kill the germs that can cause many illnesses.
- Surfaces like kitchen and bathroom counters, door knobs, toilet seats and children's toys may be contaminated with bacteria even when they're not visibly soiled.
- Germs can be spread to other surfaces on dirty cleaning cloths and sponges.
- Products that claim to kill germs must meet efficacy requirements and guidelines established by the U.S. Environmental Protection Agency (EPA), and must be registered with EPA and carry an EPA registration number on their label.
- In order for surfaces to be effectively disinfected, the instructions on product labels need to be followed carefully.

## Poison Prevention

Poison Prevention is important year round. Poison Prevention Week draws attention to these facts:

- U.S. poison control centers handle an average of one poison exposure every 15 seconds.
- More than 90 percent of poison exposures occur in the home.
- Of the more than two million poison exposures, 52.7 percent occurred among children younger than age six.
- The most common poison exposures for children were ingestion of household products such as cosmetics and personal care products, cleaning substances, pain relievers, foreign bodies and plants.
- For adults, the most common poison exposures were pain relievers, sedatives, cleaning substances, antidepressants and bites/stings.

### Poison Prevention Tips

Basic poison prevention tips to follow are:

- Keep all chemicals and medicines locked up and out of

sight.

- Use child-resistant packaging properly by closing the container securely after each use or choosing child-resistant blister cards, which do not need to be re-secured.
- When products are in use, never let young children out of your sight, even if you must take them along when answering the phone or doorbell.
- Keep items in original containers.
- Leave the original labels on all products and read the label before using.
- Do not put decorative lamps and candles containing lamp oil where children can reach them. Lamp oil can be very toxic, if ingested by young children.
- Always leave the light on when giving or taking medicine. Check the dosage every time.
- Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy."
- Clean out the medicine cabinet periodically and safely dispose of unneeded or outdated medicines.

Save this number.  
You might save a life.



Call 1-800-222-1222 for emergency treatment advice, for questions about medicines, and for information about poisons in your home, outdoors, or at work. Health care experts are standing by 24 hours a day. And call to request free magnets and stickers that display the poison hotline number.