

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

The past month has found Ted and I on the road again. We made a trip to Orlando, Florida to see our grandson working at Disney World. We took a drive down to Key West. Yes, there are chickens in the street. We saw a beautiful sunset in Kay Largo from the hotel balcony of our room.

This past month we had a visit from the Rector and his staff from Ataturk University in Erzurum, Turkey. Ted was on staff there 40 years ago and a lot of reminiscing was done



during this visit.

Our next council meeting will be Monday, June 26 at 7 p.m. I want to thank Bonnie Krueger who will preside at the meeting during my absence. Featured

speaker will be Dr. Jean Krejci of the Healthy Homes Program at the Lancaster County Health Department — she will talk about Teddy Bear Cottage. This year's FCE scholarship will be presented to Kerri Merkel, a full-time student at BryanLGH College of Health Sciences. The FCE Poster Con-



test winners were 1st Place — Chlose Kreikemeier; 2nd Place — Shane O'Grady and 3rd Place — Marcus Sanders. Thanks to all who entered this year's contest.

Don't forget to register by July 6 for the Sizzling Summer Sampler on Tuesday, July 11, 6 p.m. Come enjoy a fun and entertaining evening. Remember to bring your club's

baskets to be raffled off throughout the evening to support our FCE scholarship.

Hope your summer goes well and happy traveling. We go to Seattle the end of June.



by Lorene Bartos, UNL Extension Educator

Washing Pillows

Regular laundering of pillows is important to remove dust mites and their allergens. Wash two pillows at a time, agitating only one or two minutes on a gentle cycle. Dry pillows in the dryer. During the drying cycle, periodically take them out and fluff them to prevent clumping and to promote even drying.

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 reason 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 kids, and the cumulative 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 on-going 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 you 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.

FCE News & Events

Council Meeting June 26

The next FCE Council meeting will be Monday, June 26, 7 p.m. Helpful Homemakers and Home Service are responsible for the program.

Dr. Jean Krejci of the Healthy Homes Program at the Lancaster County Health

Department will speak about the Teddy Bear Cottage.

Entries for the Heritage Skills Contest should be brought to this meeting. All FCE members are invited to attend.

Club Baskets

Has your FCE club got their basket or baskets put

together for the scholarship fund raffle? The raffle will be held at the Sizzling Summer Sampler. Remember you can choose any theme. Use creativity as to size, shape or even container. Tickets will be sold the evening of July 11 for \$1 each of 6 for \$5. Help support the Lancaster County FCE Scholarship Fund.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Tuesday, July 11 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln

Cost \$10. Make checks payable to FCE Council.

Send reservation and check by July 6 to: Attn Pam, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

Programs

"GURU OR GOURMET: THE SCIENCE OF FOOD"

John Rupnow, UNL Professor of Food Science and Technology
Learn about the science of developing new food items.

"HATS, WOMEN & SONG"

Dorothy Applebee
Wear your favorite hat — old or new.



When to Turn Off Personal Computers

If you're wondering when you should turn off your personal computer for energy savings, here are some general guidelines to help you make that decision.

Personal computers use about the same amount of energy to startup as they use when they are on for about two seconds. For energy savings, consider turning off the monitor if you aren't going to use your PC for more than 20 minutes both the CPU and monitor if you're not going to use your PC for more than 2 hours. Make sure your com-

puter is on a power strip/surge protector. When the PC is not in use for extended periods, turn off the PC with the switch on the power strip. Even when you turn some PCs off with the switch on the PC itself, it may consume a small amount of power. If you don't use a power strip, unplug the CPU and monitor.

Most PCs reach the end of their "useful" life due to advances in technology long before the effects of being switched on and off ten or more times have a negative impact on their service life. The

less time a PC is on, the longer it will "last." PCs also produce heat, so turning them off reduces building cooling loads.

For cost effectiveness, you also need to consider how much your time is worth. If it takes a long time to shut down the computer and then restart it later, the value of your time will probably be much greater than the value of the amount of electricity you will save by turning off the computer.

Power-Down or Sleep Mode Features

Many PCs available today

come with a power-down or sleep mode feature for the CPU and monitor. ENERGY STAR computers power down to a sleep mode that consume 15 watts or less power, which is around 70 percent less electricity than a computer without power management features. ENERGY STAR monitors have the capability to power down into two successive "sleep" modes. In the first, the monitor energy consumption is less than or equal to 15 watts, and in the second, power consumption reduces to 8 watts, which is less than 10 percent of its operating

power consumption.

Make sure you have the power-down feature set up on your PC through your operating system software. This has to be done by you, otherwise the PC will not power down.

Note: Screen savers are not energy savers. Using a screen saver may in fact use more energy than not using one, and the power-down feature may not work if you have a screen saver activated. In fact, modern color monitors do not need screen savers at all.

Source: U.S. Department of Energy