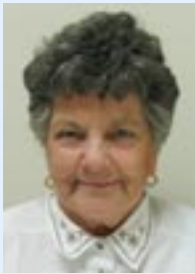


## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

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

**Alice Doane**  
FCE Council Chair



As new president of Family and Community Education (FCE) Council, I will introduce myself. I am Alice Doane. My husband, Ted, and I live on a farm east of Waverly. We moved to Lexington, Nebraska because of Ted's job in Extension in 1955. We then moved to UNL in 1956. His job has taken our family to Turkey in 1964 and to Afghanistan in 1975. This is his 50th year with the University. We have two daughters. Bonnie is married to Mark Lemke of Walton and they have three children, Valerie, Bryce and Connie. Amy is married to

Scott Kica of Millard and they have two daughters, Ashlee and Kortnee.

Extension and 4-H have been a big part of my life. I was a 4-H member and leader for over 50 years. I have been an extension and FCE member for over 45 years. I still support 4-H and extension activities at the local and state level. Lorene Bartos says I am a "retread" because I was the president of FCE eight years ago.

I still think extension clubs, now FCE, are very important groups for the women in the county. But like all other clubs and groups, getting new members

is very difficult. There are so many opportunities for young mothers to get involved in — sports, school and 4-H activities — that getting people to commit to this important organization is hard.

As FCE members, we will still give lessons, work on scholarships for second year college students who have gone into Consumer Science, teaching or the medical field and do volunteer work such as the food bank, children's home and social agencies.

I would like to thank Jan Broer for her leadership as president of FCE for the past two years. I am looking forward to working with the organization for the next two years.



## FCE News & Events

### Upcoming Leader Training Lessons

The following community and FCE leader training lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons.

• **Thursday, Feb. 23 — Health of Children.** UNL Extension Educators Alice Henneman (a registered dietitian) and Lorene Bartos will present this lesson. Focus will be on helping Nebraska children and their families develop basic skills in food preparation in order to plan and make healthy meals and snacks; adopt a family physical activity plan and develop a positive and healthy self-esteem for the entire family. Whether you are a parent, grandparent or family friend, this program will help you better support

the health of children.

• **Thursday, March 23 — Care Giving: Challenges and Rewards.** UNL Extension Educator Lorene Bartos will present this lesson which 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.

### 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 embroi-

dered 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 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 2006 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office.

## How Well Do You Know Your Child?

As parents, we sometimes are so busy taking care of our children's physical need we lose track of some of the details of their lives. This activity will help to make you aware of how much — or how little — you know about your son or daughter.

Directions: Grab a pen and try to see how many of the following questions you can answer. Don't be surprised if you get stumped along the way. When you are finished, ask your child to correct your worksheet.

1. What is your child's favorite game or sport?
2. What embarrasses your child the most?
3. Who is your child's closest friend?
4. If your child could do anything they chose for a day, what would it be?

5. What is your child's favorite color?

6. What was the last movie your child saw?

7. What is your child's favorite thing to do after school?

8. Which is your child's favorite dinner: steak and salad, hamburger and fries or chicken and corn?

9. What has been the biggest disappointment in your child's life this year?

10. Who is your child's favorite singer or musical group?

11. If your child had a choice to buy a pet, what would it be?

12. Which would your child rather do: wash dishes, mow the lawn, clean their room or vacuum the house?

13. Do your child's friends call her/him by a nickname? If so, what is it?

14. What really makes your child angry?

15. What was the last problem your child came to you for help with?

16. What gift would your child most like to receive?

17. What does your child do that she/he is proud of?

Summary: If you get more than 15 right, congratulations... you really know your child! From 11-15? Not bad, but try to pay a little more attention. Fewer than 11? Better spend a little time catching up on what's new with them.

Note: You might enjoy making up a "How Well Do You Know Your Parents?" test for your child to take and ask them to make up another "How Well Do You Know Your Child?" test for you to take.



by Lorene Bartos, UNL Extension Educator

### Dusting Tips

A vacuum and the new microfiber cloths (which can be used wet or dry) work very well. Use the brush attachment with your vacuum to clean more items and surfaces. Feather dusters and rags also work but may move dust around more.

Dust high to low. The dust that moves around from the top can be caught or has time to settle before you clean the floor.

Dust before you disinfect especially in the bathroom so you're not moving hair and dirt from surface to surface.

Don't forget to dust tops of bookcases and ceiling fan blades. The vacuum works well for these as well as for moldings and baseboards.

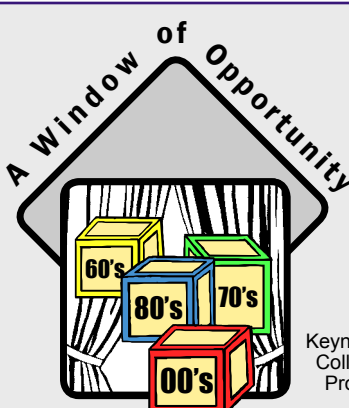


### Radon, Indoor Air Quality and Energy Efficiency

**Tuesday, March 7, 8 a.m. - 5 p.m.**  
**Holiday Inn Central, Omaha, NE**

Registration fee is \$40 by Feb. 28 or \$50 at the door. For more information, call Lorene Bartos at 441-7180 or go to <http://lancaster.unl.edu/home/news.htm>

For builders, contractors, remodelers, residential housing managers, real estate licensees, inspectors, HVAC, radon and other housing professionals.



### Child Care—Growing Through the Decades

A conference for those who provide child care.

Keynote speaker: Marjorie J. Kostelnik, Dean, College of Education and Human Sciences, Professor, Family and Consumer Science

**Saturday, April 1**  
**8:30 a.m. to 4 p.m.**

**Lancaster Extension Education Center**  
**444 Cherrycreek Road, Lincoln, NE**

Cost is \$10

For a conference flyer call 441-7180

Pre-registration is due March 20

In-service hours will be given for this conference.

## Strong Family Ties Help Teens

Many working parents try to plan a little extra time with their children. But what about extra time with young teens? Sixth and seventh graders who have strong family attachments and are encouraged by their parents to be independent are least likely to engage in high-risk activities that could affect their health, according to research at the University of California, San Francisco.

The study found students with strong family ties are least likely to have ridden in a car with a driver under the

influence of drugs or alcohol, to plan sexual intercourse in the next year, or to have engaged in physical fights. These students were also least likely to try alcohol, marijuana or cigarettes. Researchers say the results question the emphasis placed on the belief teens are most strongly influenced by peer pressure. These findings are important because they show emotional bonding with family members during adolescence plays a valuable and protective role in teenager health.