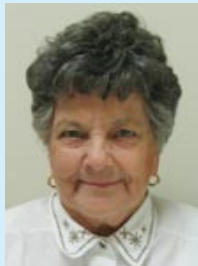


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



Summer activities are coming to an end. August found us at the Lancaster County Fair 4-H style revue as well as the lamb and beef shows.

The following week we attended the Cass County Fair to see the style show. Two friends, one from Lancaster and the other from Cass County had made dresses of the Civil War Era. I had seen the Lancaster County dress and wanted to see the other one. They had used the same pattern and I understand there were 20 yards of mate-

rial in each dress. The next week we enjoyed the Johnson County Fair.

At State Fair, I helped in the 4-H clothing division. While helping, I noticed more Civil War dresses and accessories.

This must be the trend. I was happy to see 23 wool garments in the State Fair 4-H construction division. This will probably aid our statewide Make It with Wool Contest in November. For more information on the wool contest, please contact the extension office or myself.

Our September Council

meeting will be held Sept. 25, 1 p.m. with a program from Virginia (Vee) D. Gergen, development and administrative coordinator from Fresh Start Home. Refer to your letter as to what type of donations we will be collecting for Fresh Start that evening.

Remember to bring your blue sheet with all your volunteer hours of service. I read where Nebraska ranks 2nd in the Nation for volunteer work. It doesn't take long for hours to add up.

We still need a Council treasurer.

There will be a group going to the State FCE Convention in St. Paul, NE, September 29 - October 1.



FCE News & Events

Upcoming Dates

- **Sept. 25** — FCE Council Meeting, 1 p.m.
- **Sept. 28** — FCE & Community October Lesson Training, "Have It Your Way — Putting Legal & Financial Affairs in Order," 1 p.m.
- **Sept. 29–Oct. 1** — Nebraska Association for FCE Clubs State Convention, St. Paul, NE
- **Oct. 8–14** — National FCE Week
- **Oct. 16** — FCE Achievement Night, 6:30 p.m.

Council Meeting, Sept. 25

The next FCE Council meeting will be Monday, Sept. 25, 1 p.m. at the Lancaster Extension Education Center. Virginia VeeGergen will share

information on the Fresh Start program for single homeless women. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training, Sept. 28

The FCE and community leader training lesson "Have It Your Way—Putting Legal and Financial Affairs in Order" will be Thursday, Sept. 28, 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson. Topics include:

- How to make your wishes known,
- Where to go for help in legal and financial areas,
- How to have conversations with family members to

make decisions and communicate with them.

If you are not an FCE member and would like to attend call Pam, 441-7180, so informational packets can be prepared.

Achievement Night, Oct. 16

The 2006 FCE Achievement Night will be Monday, October 16, starting with a dessert at 6:30 p.m. Everyone is asked to bring canned food, paper products or a donation for the annual FCE Food Bank drive. Barb Ogg, extension educator will present the program "Dating and Preserving Old Photographs." Clubs and members will be recognized for years of membership. Call Pam, 441-7180, if you plan to attend.

Helping Your Child Succeed in School

It's never too late for parents to help their child succeed in school by becoming more involved in their child's learning. Learning the skills for success takes place at home as well as school.

Parents can do a lot to set up their child for success in school. It is important that parents ask questions about what their children are learning and doing in school. Parents can expand learning by encouraging them to give detailed answers, which may be difficult, but can be done.

Books, magazines and newspapers should be available to children at all times to help further their learning success. Books and newspapers can help parents initiate conversation to update children on world events or other areas of interest. Besides academic learning, discussions surrounding current events often lead to value

formation and problem-solving skills.

Books and magazines aren't the only place to start stimulating conversations with your child. Television and the computer are great places to learn. However, use care and monitoring to steer your child in the right direction and limit their viewing time.

Children must have a quiet place to do their homework or work on projects. It's best if this place is out of the way and free from distractions. Paper, pencils, scissors, a stapler and markers should be available at the study site.

In addition to supporting your child at home with school work, it's important to form a relationship with key teachers and administrative staff at school. Parents should make their child's special needs known immediately.

Parents should share infor-

mation with teachers so both parties know what is happening at home and school. For example, teachers should know about new medications or family members being absent. While it might seem trivial, updating teachers is key for understanding why children may act out of character.

Finally, parents should expect success from their children. It's a self-fulfilling prophecy. You expect good and it happens. Praise your child for hard work and a job well done. Working as a parent, parents help their child learn, gain self-confidence and success in school.

Parents play an important role in their children's success in school. Think about ways you can become involved in school and school activities. Volunteer to help in the classroom.



by Lorene Bartos, UNL Extension Educator

Lower Your Lighting Costs

Increasing your lighting efficiency is one of the fastest ways to decrease your electric bills. Turn off the lights in any room you're not using, or consider installing timers, photo cells or occupancy sensors to reduce the amount of time your lights are on. Use task lighting; instead of brightly lighting an entire room, focus the light where you need it. For example, use fluorescent under-cabinet lighting for kitchen sinks and countertops under cabinets. Consider three-way lamps; they make it easier to keep lighting levels low when brighter light is not necessary. Finally, use compact fluorescent lamps (CFLs); they are much more efficient than incandescent bulbs and last 6 to 10 times longer. CFLs are more expensive than incandescent bulbs, but they pay for themselves by saving energy over their lifetime.

Halloween Safety

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)

- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.
- Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

Source: American National Red Cross. Local Red Cross educational and volunteer opportunities are available at www.redcrosslincolnne.org

Reduce Potential Allergens During Fall Holiday Season

Halloween can bring unexpected surprises—for example, costumes and seasonal or reusable decorations can sometimes serve as hosts to troublesome mold and mildew. This can be especially true if the costumes and decorations have been boxed and stored in a basement or garage. Here are some suggestions to reduce potential allergens during the fall holiday season:

- Store seasonal decorations in dust and moisture proof containers in a clean, dry storage area. The back of a closet, pantry shelf or other storage area can be preferable to a basement or attic.
- If costumes have been stored, check the condition before they will be needed. Allow time to wash, dry clean or air the costume before wearing. Read labels carefully and follow directions exactly.
- When purchasing a costume, try to choose washable fabrics and costume materials that are flame-retardant and mold and mildew resistant. The same is true for costume accessories—a reusable plastic pumpkin may be easier to clean than some paper products.
- Other seasonal decorations, including pumpkins, gourds and arrangements of leaves or dried flowers also may harbor mold or be susceptible to mildew. When pumpkins, gourds or other decorations are placed on a porch, near the door or brought into the home, they should be removed and discarded at the first sign of mold or mildew.