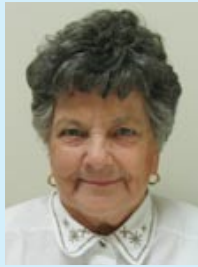


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



As I write this analysis on March 2, it is basketball weekend and lambing time. We can expect bad weather. (We got it.)

Thirty-nine years ago, Ted had synchronized the ewes to lamb that weekend. It was very cold and snow on the ground. Thursday night of that week we had been up all night and had to bring three lambs into the boot room to get warm. The next morning, Ted sent me to town to get heat lamps as soon as Bonnie got on the school bus.

As I was leaving for town, who should drive in the yard but a caseworker from

Nebraska's Children Home in Omaha. She had never seen anything born. This was going to be interesting. She went with me to town. When we returned home we headed for the barn.

She saw six lambs born. We finally sat down to talk about the adoption of Amy. Before she left, she had to go back to the barn to see the new lambs.

May 17 we received a call from Children's Home, we had an eleven-month old daughter. When we picked up Amy, the director said, "we learned all about lambing at the Monday staff meeting after the caseworker visited

your home."

Remember to mark your calendar for the following FCE dates:

- Council Meeting on March 26. Hostesses will be Emerald and Live 'N Learn Clubs.
- Southeast District Meeting on March 29. You should have received a flier about the day's program.
- Sizzling Summer Sampler will be held July 10.

Looking for your ideas for a program.

- National FCE Meeting will be held in Omaha, Aug. 10–12. Aug. 9 will be different tours around Omaha. You should have received your FCE Today newsletter with details.
- State Convention will be Sept. 21–23 in Gretna.



FCE News & Events

Council Meeting, March 26

The March FCE Council meeting will be Monday, March 26, 1 p.m. at the Lancaster Extension Education Center. The program will be presented by Susan Glissman, supervisor of the Lincoln Public Schools Behavior Skills Program. The business meeting will follow.

Southeast District Meeting, March 29

Lancaster County is hosting the Southeast District FCE Meeting on Thursday, March 29, 9:30 a.m.–2 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Jan Broer, Southeast District Director and a member of the Beltline FCE in our county, is organizing the event. The main speaker will be Fayrene Hamouz, UNL Associate Professor in Culinary Arts, who will

present "Chocolate, Chocolate, Chocolate." Registration fee is \$10 and includes lunch. Preregistrations were due by March 20 — if you are interested in attending, call Pam at 441-7180.

FCE Scholarship Applications Due May 1

A \$400 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 2007 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

Teens & Cell Phones — Cameras, Internet and Music

Maureen Burson
UNL Extension Educator

How much is your family spending on technology today compared to five years ago? Recently, the number of wireless phone lines has surpassed land lines. With economical costs to add a second and third line, cell phones are a great convenience for the entire family.

Cellular phones have provided opportunities to build family linkages which could not be imagined five years ago. Technology advances can also become expensive and addictive distractions if consumers over indulge.

Cell phones are primarily used for talking and text messaging, but secondary uses such as camera, Internet and music are rapidly becoming popular. One of the challenges parents face is monitoring and keeping track of their kids' cell phone use. Small, hand-held screens make it hard to "watch what your kids watch."

Cell Phone Cameras

Personal privacy is harder to find when people can snap pictures quickly and easily on their phones.

- Talk to your kids about appropriate and inappropriate camera use.
- Talk to your kids about the consequences of putting incriminating or inappropriate pictures and videos on public sites like YouTube or MySpace.
- Make sure your kids know to not send personal photographs online to people they don't know.

Cell Phone Internet Access

- It can still be very expensive to access the Internet—resulting in cell phone bills teens and parents weren't planning on. If you do allow Internet access on phones, set limits to online time.
- Kids can download inappropriate messages or pictures off the Internet and send them to their friends. Talk about cell phone "etiquette."

Cell Phone Music

Many phone companies are launching features where favorite songs can be stored on cell phones. Because of this, parents should consider:

- Buying music online can be expensive—help your kids create a music budget.
- It is easier to "impulse buy" when you can buy music online straight from your cell phone. Talk to your kids about how and when to buy music.
- Ask your kids what they are listening to on their phones. Try to listen to it.

Review the cell phone bill with your child. Make sure the expenses are what you both had planned on.

Source: Rich Batten, Colorado State University Cooperative Extension.

FOR MORE INFO

For more information about communicating with children go to the UNL Extension publications Web site at www.ianrpubs.unl.edu and browse under Families.



by Lorene Bartos, UNL Extension Educator

Removing Easter Egg Dye Stains

Coloring Easter eggs is a fun activity for families. Despite laminated aprons and a plastic tablecloth, kids manage to get the dye on their clothes. To remove these stains, pretreat stains with a pre-wash stain remover and then launder. If the stain remains, mix a solution of ¼ cup of oxygen bleach or ¼ cup of chlorine bleach (if safe for the fabric) per gallon of cool water. Soak for 30 minutes. Rinse, and then launder.

First Shred Day in Lincoln, April 28

Identity theft is one of the fastest growing crimes, affecting nearly one in 20 adults. Are you looking for a safe way to recycle your personal and tax documents? In conjunction with Clean Your Files Week, Shred Day 2007 will be held Saturday, April 28 from 9 am until 12 noon. This is the first event of its kind in Lincoln, allowing households and businesses to shred their confidential information AND have the paper recycled.

Bring your documents to any of the following locations on April 28 for certified document destruction:

- Recycling Enterprises, 3900 Industrial Ave.
- Midland Recycling, 440 J St.
- Shredding Solutions Mobile Shredding, east of the Famous Dave's Parking lot at SouthPointe Pavilions Shopping Center, 27th and Pine Lake Road

There is no fee for the first 75 pounds, equivalent to a large banker's box. Those with more than 75 pounds should contact WasteCap at 434-7376



for information on how to schedule an appointment with one of the recyclers. In-kind donations will be accepted, with proceeds supporting local recycling programs.

The event is presented by WasteCap Nebraska, with The Lincoln Recycling Office, Midland Recycling, Recycling Enterprises, and Shredding Solutions. WasteCap Nebraska is a non-profit organization which provides recycling market development and business recycling assistance. For more information contact Kari with WasteCap Nebraska at 434-7376.

TV Turnoff Week, April 23–29

Watching TV cuts into family time, contributes to unhealthy lifestyles, obesity and children's ability to read and succeed in school. Research shows on average, children in the U.S. will spend more time in front of the television (1,023 hours) than in school this year (900 hours).

Also, 40 percent of Americans frequently watch television during dinner.

How much TV does your family watch? TV Turnoff Week is a week for families to turn off the TV and do other activities such as playing

games, reading, walking, enjoying nature and each other.

It also gives us a chance to think, create and do. It is a good time to connect with our families and engage in our communities.

To find more information about TV

Turnoff Week including an online activity book, go the Web site www.tvturnoff.org

Join many other families, organizations and agencies during this week by turning off your TV.

Turn on life and see how creative you can be during those usual TV times.

