

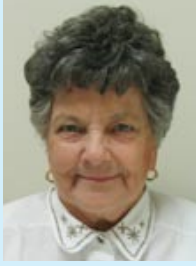
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

As I write my August column for THE NEBLINE on this nice late June night, I look out to the south and see fireworks high in the sky and the beautiful "Blue Moon."

Our June Council meeting was well attended. We enjoyed Jim Blue, president and CEO of Cedar's Home. He talked about all of the different programs Cedar's offers. We also toured



the facility. Since the last column, Ted and I enjoyed a trip back to Erzurum, Turkey, Erzurum is in the eastern part of Turkey, 100 miles west of the Iran and

Russian border. We were celebrating the 50th anniversary of Ataturk University. We lived there in 1964-1966 when Ted was on staff. At that time, there were two faculty and 700 students. Now there are ten faculty and

42,000 students. In 1964, there were many (over 400) horse drawn buggies for transportation and now they have been replaced by yellow cabs. In 1964, the mountains were bare and now are green with grass and trees. Still in service are the apartment buildings

we lived in and have added 60 more buildings for faculty and staff. The students come from all over Turkey and some from other countries.

See you at the Lancaster County Fair!



FCE News & Events

Upcoming Dates

- Aug. 10-12—National FCE Conference, Omaha
- Aug. 27—Reorganizational packets available
- Sept. 21-23—Nebraska Association for Family and Community Education Clubs State Convention, Gretna
- Sept. 24, 1 p.m.—FCE Council Meeting
- Sept. 27, 1 p.m.—FCE & Community Lesson
- Oct. 15, 6:30 p.m.—FCE Achievement Day

Council Meeting, Sept. 24

The September FCE Council meeting will be Monday, Sept. 24, 1 p.m. at the Lancaster Extension Education Center. Lincoln attorney Andrew Loudon will present a program on "New Laws Affecting Seniors." The business meeting will follow the speaker. Helpful Homemakers and 49'ers are host for the meeting. All FCE member are invited to attend.

Leader Training Lesson, Sept. 27

The next FCE & Community Lesson leader training is scheduled for Thursday, Sept. 27, 1 p.m. at the Lancaster Extension Education Center. Lorene Bartos will present "Who Cares for the Caregiver?" This lesson will help participants assess whether or not they have the resources to become a caregiver. Non-FCE members should call Pam at 441-7180 to register.

Sizzling Summer Sampler a Success

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 10 was a success with nearly 100 FCE members and friends in attendance.



The evening started with a light supper.



Elizabeth Worley of dessArts presented "Healthy Elegance"



Twenty-three baskets were raffled off, raising \$360 for the FCE Scholarship Fund.



Extension Educator Don Jansen presented "Where is Tasmania"



by Lorene Bartos, UNL Extension Educator

Cleaning Silver by Electrolysis

Need a quick and inexpensive way to clean silver that has tarnished during storage? Line a pan with aluminum foil. Fill with solution of 1 tablespoon baking soda OR 1 tablespoon salt to one quart hot water. Add silver and soak. It will only take a few minutes and your silver will be shiny again. Rinse and dry. This works well for silverware or other special pieces of silver used only on special occasions.

Back to School Tips

Making the First Day Easier

- Remind your child they are not the only student who is a bit uneasy about the first day of school. Teachers know students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school. It will be fun. They'll see old friends and meet new ones. Refresh their memory about previous years, when they may have returned home after the first day with high spirits because they had a good time.
- Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with them) to school and pick them up on the first day.

Traveling to and from School

Review the basic rules with your youngster.

School Bus

- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see no other traffic is coming before crossing.
- Make sure to always remain in clear view of the bus driver.

Car

- All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.
- Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for their seat, their shoulders are above the top harness slots, or their ears have reached the top of the seat.
- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and

- snug across the thighs, not the stomach; and the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down.
- All children under 13 years of age should ride in the rear seat of vehicles.
- Remember many crashes occur while novice teen drivers are going to and from school. You may want to limit the number of teen passengers to prevent driver distraction. Do not allow your teen to drive while eating, drinking or talking on a cell phone.

Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility.
- Know the "rules of the road." <http://www.aap.org/family/bicycle.htm>

Walking to School

- Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers.

Developing Good Homework and Study Habits

- Create an environment conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home offering privacy.
- Set aside ample time for homework.
- Establish a household rule, the TV stays off during homework time.
- Be available to answer questions and offer assistance, but never do a child's homework for them.

Source: American Academy of Pediatrics

Women & Money Conference, Aug. 18

The 2007 Women & Money Conference is scheduled for Saturday, Aug. 18, 8 a.m.-1 p.m. at the Holiday Inn downtown. This half-day program will provide opportunities for women and teen women to learn about skills that will help them succeed.

Sponsored by the Lincoln-Lancaster Women's Commission along with the Nebraska State Treasurer's Office and Lincoln Benefit Life, this year's event is encouraging high school and college-aged women to attend, with special sessions for them. Miss Nebraska 2006, Molly McGrath, will share her special insight into financial issues and Budgeting 101 will introduce basic guidelines on managing one's money.

Registration fee is \$10 per person includes continental breakfast and lunch. Registration deadline is Aug. 3. Scholarships are available. For more information or registration form, go to www.lincoln.ne.gov/city/mayor/women/conference or call 441-7716.

