

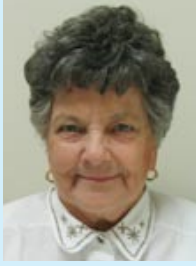
## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

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

**Alice Doane**  
FCE Council Chair

As I looked at the calendar, I wondered where 2006 has gone. I remember as a child, I wondered if Christmas would ever get here. My grandmother would say, "Alice Lee when you get older, like me, you will find out it gets here very fast." How true.

FCE year has come to an end for 2006. The clubs have reorganized for 2007. Sorry to



say we have lost a club that has been active for over 50 years. That means some of the members were from 70 to 90 plus years of age. They have now moved to

all parts of the city and it was hard for them to get together. We want to thank the Busy Bee Club for all of their support over the years and hope they will participate in our activities whenever possible.



The council officers met in December to plan the 2007 year.

I helped organize the State's Make It With Wool Contest and was happy with the number of entries. We had two young men besides the ladies in the contest. It was held in Hastings. I will be going to San Antonio, Texas in January with the Junior and Senior winners.

Wishing everyone Happy Holidays and looking forward to an exciting 2007.

## FCE News & Events

### Upcoming Leader Training Lessons

The following community and FCE leader training lessons will be presented at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. If you are not an FCE member and would like to attend, call Pam at 441-7180 so informational packets can be prepared.

**Volunteerism: A Tool for Positive Youth Development** will be presented Thursday, Jan. 4 at 1 p.m. by Extension Educator Lorene Bartos. The majority of youth in this country engage in some form of volunteer activity and many see the value of helping others. When youth volunteer, the benefits are reaped by almost everyone involved—the targeted populations, the community and the youth volunteers themselves. Volunteerism has important implications for positive youth development and it is thus essential youth are encouraged to participate

in such endeavors. This community program will explore the different types and opportunities for youth volunteerism, the benefits of those experiences and the ways by which we can encourage young people to volunteer.

**Credit: How Do You Score?** will be presented Thursday, Jan. 25 at 1 p.m. by Extension Educator Lorene Bartos. What's in your credit record, who's looking at it and how can your credit record affect you? Why should you be concerned with your credit score? With this educational program, find out answers to these questions and other helpful insights into managing your credit reputation.

### Council Meeting, Jan. 22

The next FCE Council meeting will be Monday, Jan. 22, 12:30 p.m. at Valentino's South 70th & Van Dorn. The business meeting will follow lunch. All FCE members are invited to attend. Call Pam, 441-7180, by Jan. 17 if you plan to attend.

## 10 Ways to Save with Lighting

1) **Change five lights.** Replace your home's five most frequently used light fixtures, or the bulbs in them, with models that have earned the ENERGY STAR for energy efficiency and save more than \$60 a year in energy costs. The 5 highest-use lights are typically found in the kitchen, living room, bathroom and outdoor areas (such as a porch or post lamp).

2) **Get 1 instead of 10.** Compact fluorescent lamps (CFLs) last six to ten times longer than standard incandescent light bulbs, saving you time buying and replacing bulbs and about \$25 in energy costs over the life of each bulb. For each CFL you buy, you save as many as ten trips to buy an incandescent bulb!

3) **Look to lumens (not watts) for light.** When selecting energy-efficient light bulbs, use lumens, or light output, as the guide to getting the right bulb. Energy-efficient lighting will provide the same amount of light while using fewer watts.

4) **Consider the environmental savings.** Your home can cause twice as many greenhouse gas emissions as your car! Most homes still get their energy from power plants that burn fossil fuels and

release greenhouse gases into our atmosphere. If one room in every home used only ENERGY STAR qualified lighting, we'd prevent air pollution equal to the emissions from 8 million cars. Some savings are worth more than dollars and cents.

5) **Use dimmers.** Dimmers not only allow you to set a mood by providing a range of light output, but can also help decrease energy costs associated with lighting. More ENERGY STAR qualified, dimmer-compatible fixtures continue to be designed and developed.

6) **Flip a switch when leaving a room.** Saving energy and money can start by not wasting energy. When you leave a room, turn off the light and see the savings.

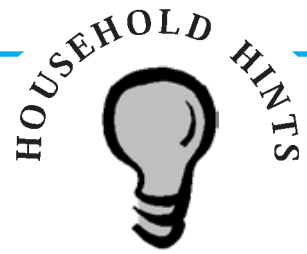
7) **Safety (and savings) first.** The bulb in a halogen torchiere lamp burns between 700-1,100 degrees Fahrenheit—hot enough to fry an egg—signaling a lot of wasted energy. To save energy, use this lamp infrequently, or consider replacing it with a fixture that's earned the ENERGY STAR and operates at much cooler, safer temperatures. The change could save you about \$75 in energy costs over the new lamp's lifetime.

8) **Put your lights on a schedule.** Make sure your lights are on only when you need them. Install timers that automatically turn lights off and on according to your needs. Use motion detectors on outdoor fixtures for safety and to prevent lights from being on all night. Use photo cells or photo sensors on outdoor lighting to allow lights to come on only when the sun is down. All ENERGY STAR qualified outdoor fixtures come with photocells or photo sensors.

9) **Keep cool with a ceiling fan.** Are you using an old ceiling fan to cool and light a room in your home? When you're ready to replace it, choose an ENERGY STAR qualified ceiling fan/light combination model. It will use half the energy of a traditional ceiling fan with lighting.

10) **Start with lighting, but don't stop there.** Changing to energy-efficient lighting is one of the easiest ways to start saving energy and money at home, and to brighten our world for future generations. There are other steps you can take. Learn more at [www.energystar.gov](http://www.energystar.gov)

Source: Nebraska Energy Quarterly



by Lorene Bartos, UNL Extension Educator

When removing stains, be sure to use enough stain remover or detergent when pretreating the stain. Adequate remover or detergent is needed to hold the loosened soil in suspension until the wash water carries it away. When too little laundry product is used, the stain moves to the edge of the treated area, leaving a ring around the stain. If a ring appears around a pretreated stain, re-treat the stain and wash the garment again.

To remove those holiday beverage stains such as coffee, tea, soft drinks or wine, immediately sponge or soak the stain in cool water. Then, pretreat with a prewash stain remover or liquid laundry detergent. Launder using chlorine bleach if it is safe for the fabric, otherwise use a color-safe bleach. If the stain has set for some time, presoak in a product containing enzymes, then launder.

## Teach Your Children Well

As the most influential teacher in a child's life, parents can help their children by:

- Teaching personal responsibility. Teach children (1) to "do it right" even when their friends/peers do not; (2) to know taking an unpopular position is OK; and (3) to take responsibility for their behavior rather than blaming others.
- Emphasizing the ripple effect/erosion principle. Help children to know what may be

inappropriate behavior. It is likely to be perpetuated.

- Spending time with them. Spend quality time with children. Turn off the TV! All parents are busy today. However, this does not give any parent the permission to overlook their most important task—parenting children. Children deserve more than the things parents can give them. They deserve their parents!

## STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

**Friday, Feb. 23, 5 p.m. to Saturday, Feb. 24, 5 p.m.**



Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Discuss self-responsibility and self-esteem
- Explore techniques to deal with peer pressure and stress
- Learn more about sexuality

• Discuss the importance of individual family values

Cost includes meals, snacks, lodging at Carol Joy Holling Center and the book, "Family Treasures, Creating Strong Families," by University of Nebraska-Lincoln Extension. Fee is \$120 per pair. For more information or a registration form, go to <http://lanaster.unl.edu/familiv/GUF.shtml> or call Extension Educator Maureen Burson at 441-7180.