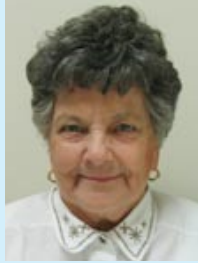


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



We had our Family and Community Education Council meeting Jan. 22. We chose "Cedar's Home" for one of our goals for 2007. The Environment Poster Contest is open to any third grade student on the subject of "How Our Changing Environment Affects Wildlife." The Creative Writing Contest is open to any fifth grade student on the title of "My Best Friend." We will be hosting the Southeast District meeting on Thursday, March 29, 8:30 a.m.

to 2:30 p.m. at the Lancaster Extension Education Center. Hopefully we will have a good turn out from Lancaster County.

We have a scholarship of \$400 available to a college student majoring in Family and Consumer Science or the Health Occupations. For more information or an application call Pam at 441-7180.

The categories of the Heritage Skills Contest for FCE members are Quilting, Ceramics, Original Heritage Skill and Glass.

These items are due at our June 25 Council meeting. Members are asked to keep records on their volunteer hours. These forms are due at the October Achievement Night.

We are asking our friends to mark their calendar for July 10 to enjoy the evening at the Sizzling Summer Sampler.

I have just returned from the National Make It with Wool Contest. I am happy to report our senior contestant came in fifth and our junior and adult contestants were honorable mention in their respective divisions. This is the 60th year for the national contest.



FCE News & Events



FCE officers for 2007 are (L-R) Janet Broer, Claire Steffens and Alice Doane. Not pictured are Bonnie Krueger and Irene Colborn.

2007 Officers

At the January Family & Community Education (FCE) Council meeting, the following officers were elected for 2007:

- Alice Doane, President
- Bonnie Krueger, Vice President
- Claire Steffens, Treasurer
- Irene Colborn, Secretary
- Janet Broer, Historian

"Quick and Easy Salads" Leader Training, March 22

A leader training lesson, "Quick and Easy Salads," will be presented by Extension Educators Alice Henneman and Lorene Bartos on Thursday, March 22, 1 p.m. Participants will learn ideas to make quick, healthy, nutritious salads to use as a main dish or a side. Non-FCE members or groups should call Pam at 441-7180 to register.

Council Meeting, March 26

The March FCE Council meeting will be Monday, March 26, 1 p.m. at the Lancaster Extension Education Center. Emerald and Live N Learn clubs are planning the program. Business meeting will follow.

Southeast District Meeting, March 29

Lancaster County is hosting the Southeast District FCE Meeting on Sunday, 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. Registration fee is \$10 and includes lunch. Make checks payable to FCE District Meeting. Mail your registration by March 20 to Janet Broer, 2201 Cardwell Road, Lincoln, NE 68523.

AGENDA

9:30-9:45	Registration
9:45-10:00	Welcome & Introductions
10-11:00	Chocolate...Chocolate...Chocolate presented by Fayrene Hamouz, UNL Associate Professor in Culinary Arts
11-12:00	Report and review of new programs for 2007 by Dixie Allbery, State FCE President
12:00	Catered lunch by Sullivan's Catering
1-1:45	Skit from Hearth Fire Series #7 skit "Woman to Woman...Searching for Chocolate"
1:45-2	Closing Announcements



by Lorene Bartos, UNL Extension Educator

Tips for Refreshing Table Linens for Spring Celebrations

Always check care labels and product labels before laundering. To get rid of wrinkles without ironing, you can use detergents with wrinkle-releasing agents. For refreshing more delicate or elaborate items, you can use an in-dryer kit. You use the product in your own clothes dryer to help get rid of wrinkles, clean away odors and help remove light stains. To remove wrinkles, put a damp cotton dish towel in the dryer with your tablecloth or napkins.



Child Care—The Realities of Child Care

A conference for those who provide child care.

In-service hours will be given for this conference.

Saturday, March 31
8 a.m. to 3:30 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE

Speakers include:

- Pat Enevoldson, Director of SCC Child Development Center
- Tracy Gordon, Special Project Coordinator/NAEYC
- Vicky Heyen, Family Service and Sheri Tewes, Providers Network
- Kevin Mattren, Consultant-Trainer at Continuum
- Patt Harper, Motivational Humorist

Cost is \$10

For a conference flyer call 441-7180
Pre-registration is due March 17

Strategies for Poison Prevention

March is National Poison Prevention Month

Cleaning products are used safely by millions of consumers on a daily basis. At the same time, proper product use, supervision and storage are essential in keeping your home safe and clean. National Poison Prevention Week is March 18-24 which makes it a good time to be reminded about safe use and smart storage of cleaning products, says The Soap and Detergent Association.

Safe Use

Schedule routine cleaning around the kids' routines, such as nap time or when they're not around.

Don't be distracted when you are cleaning. Children act fast and can get hold of a product and swallow it in a surprisingly short time.

Never leave cleaning buckets containing liquid unattended. Besides the obvious dangers of spilling, slipping and sipping, there's the fact toddlers are "top heavy." If they topple into a bucket, they could drown, even in a very small amount of liquid.

Never leave children unattended around cleaning products. If you need to answer the

doorbell or the phone, take the child with you.

Call 1-800-222-1222 for poison-related emergencies. It's the Poison Control Center's nationwide, toll-free hotline.

Smart Storage

Close cleaning product caps securely. Products with more potential hazard, such as some oven or drain cleaners, come with child-resistant packaging. But, they don't come with someone to close the cap properly. It's up to adults to provide a safe environment! Lock products up. Store them in a location away from children, pets or food. Install child-proof locks on cabinets and doors.

Keep cleaning products in their original containers. If a child accidentally ingests or spills something on himself, the label provides information concerning the product's contents and advice on what immediate first-aid to perform.

Carefully dispose of empty cleaning containers. To protect children, pets and garbage handlers, replace caps first, then discard in a sealed recycling bin or garbage container.

UNL Web Site Can Help You Reduce Your Debt

If your credit balance is \$8,000 and you make minimum monthly payments at 18 percent interest, it will take you 25 years and 7 months to pay off the debt. Doing this, you would pay \$15,432 in interest charges, (almost twice the beginning balance), bringing the total you pay to \$23,432. Take steps now to manage your debt.

A Web site called "Pay Down Debt" is available through University of Nebraska-Lincoln Extension to help you follow the road to pay down debt. The Web site features FREE educational

resources and worksheets to help you on your journey. Follow the following ten road signs of debt reduction:

- Don't wait to act.
- Stop using credit.
- Make getting out of debt a family affair.
- Organize financial records.
- Learn about your debt.
- Create a written Pay Down Debt Plan.
- Find ways to cut expenses.
- Find ways to increase income.
- Make sacrifices to eliminate debt.
- Once you are out of debt. Stay out of debt and begin a

savings plan.

You can join and log in to the Web site to access an educator who will help you through the process and answer your questions. All information is confidential and can be saved each time you work on your plan.

Take steps now to manage your debt—go to www.PayDownDebt.unl.edu This Web site is a project of UNL Extension Building Strong Families Initiative. For additional information, contact Extension Educator Lorene Bartos at 441-7180.