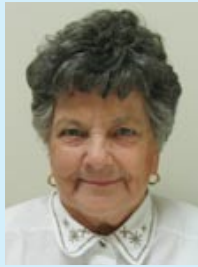


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



Winter—spring—and back to winter. The Unadilla Ground Hog was right on his report of six more weeks of winter. Then two weeks of spring and back to winter. Easter Sunday had a lower temperature than at Christmas.

Easter Sunrise Service unveiled a stained glass window from the old Methodist Church at Waverly 90 years ago. It has been boxed up and stored since 1952. It

has been redone and is now in the foyer of the church with lights. I did a mental survey during Easter service and noticed not one woman was wearing an Easter hat but

about a quarter of the girls, under the age of eight, had an Easter hat on.

The end of March was the closing ceremonies of the Japanese program at the University. This was the 40th year. The first class had 55 students and this year's class had eight. This is the

second year for women to be in the class. The total students completing the class was 1,416.

Our June 25 Council meeting has a change in time. We will meet in the afternoon instead of the evening. We will meet at Cedars Home, 27th and Holdrege Streets at 1 p.m. Remember to bring your heritage arts exhibits to the June Council meeting. They will be judged and we will select the top one in each category to represent Lancaster County at the State Contest.



FCE News & Events

FCE Scholarship Applications Due May 1

A \$400 scholarship provided by the Lancaster County Family and Community Education (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.

District Meeting Report

Thirty-five members attended the Southeast District FCE meeting held on March 29 at the Lancaster Extension Education Center. State FCE President Dixie Allbery reported on the past year and gave a review of 2007 programs. An interesting program "Chocolate...Chocolate...Chocolate" was given by Fayrene Hamouz,



The Southeast District FCE meeting included a presentation by UNL Professor Fayrene Hamouz (above) and report by State FCE President Dixie Allbery (right).

UNL Associate Professor in Culinary Arts. Otoe County members presented a Hearth Fire Series skit—"Woman to Woman...Searching for Chocolate." Lancaster County FCE member Janet Broer is serving as Southeast District Director this year.

Sizzling Summer Sampler, July 10

Mark Tuesday, July 10 at 6 p.m. on your calendar for the Sizzling Summer Sampler. Learnshops will follow a light meal. Invite your friends to join you for this fun evening!

Everyone is welcome.

Club Baskets

FCE clubs are asked to prepare baskets for the scholarship raffle. Baskets were distributed at the March Council meeting, if your club was not represented or want additional baskets, call the office. Choose any theme and use your creativity. The raffle will be held at the Sizzling Summer Sampler.



by Lorene Bartos, UNL Extension Educator

Removing After-Prom Stains

Before you begin, check the fabric care labels. Some items, such as shawls, pocket handkerchiefs or dress shirts may be washable, but tuxedos and most prom dresses are dry clean only.

Deodorant: Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains; white vinegar to old ones. Then, rinse. The next step (or the first step, if there's been no color change) is to use a prewash stain remover. Launder using the hottest water safe for the fabric. Stubborn stains may also respond to oxygen bleach in the hottest water safe for the fabric.

Makeup: Pretreat with a prewash stain remover or liquid laundry detergent. Launder in the hottest water safe for the fabric.

Lip balm and lipstick: Pretreat the stain with a prewash stain remover or liquid laundry detergent, and then wash in warm water. Line or air dry. If the stain remains, repeat the procedure. Use chlorine bleach in the wash, if safe for the fabric.

Perfume: Pretreat with a prewash stain remover or liquid laundry detergent. Launder in the hottest water safe for the fabric.

May is Clean Air Month

Clean air is important for healthy lifestyles. Many youth and adults are affected by asthma. Asthma episodes are caused by the airways' sensitivity to various triggers in the environment. Each person reacts differently to these environmental factors that may trigger asthma, including: respiratory infections, colds, cigarette smoke, allergic reactions to pollens, mold, animal dander, feathers, dust mites, scents, food and cockroaches exercise exposure to cold air or sudden temperature change excitement/stress.

Asthma can develop quickly and it can range from being a mild discomfort to a life-threatening attack if breathing stops completely. Asthma problems are often separated by symptom-free periods.

Dust mites are found in all homes and can be a major cause of asthma problems. Dust mites are tiny microscopic animals related to ticks and spiders living in virtually every home. Dust mites feed on skin flakes and can be found throughout the home, including mattresses, pillows, carpets and furniture. These creatures produce airborne particles (allergens) that can trigger allergic reactions or asthma episodes when inhaled by children or adults who are sensitive to them. The higher level of mite allergen in the home, the greater risk to children living in the home.

Ways to Control Dust Mites

- Use a dehumidifier or air conditioner in the summer to maintain the relative humidity in your home at 50 percent or below. Reducing

moisture in your home is the single most effective control for dust mites—they thrive in moist air.

- Encase your mattress and pillows in dust-proof or allergen impermeable covers (available from specialty supply mail order companies, bedding and some department stores). Dust mite levels in mattresses are more closely linked with asthma attacks than dust mites on the floor.
- Wash all bedding and blankets once a week in hot water (at least 130–140 degrees F) to kill dust mites.
- Replace wool or feather-stuffed bedding materials with synthetic materials. Select washable stuffed animals and toys.
- If possible, replace wall-to-wall carpets in bedrooms with hard surface (linoleum, tile or wood) floors.
- Use a damp mop or rag to remove dust. Never use a dry cloth this stirs up mite allergens.
- Use a central vacuum cleaner vented to the outdoors or a vacuum cleaner with either a double-layered micro-filter bag or a HEPA (High Efficiency Particulate Air) filter to trap allergens that pass through a vacuum's exhaust.
- Air filtration systems, including high efficiency furnace filters and whole house electronic air cleaners, may be helpful in reducing indoor air pollutants when used with effective source control and ventilation.

For more in-depth information on asthma and asthma resources, go to www.lungusa.org.

Source: American Lung Association

Cleaning Up After Getting Dirty

The cleaning season is here, when working inside or outside the home you may get a variety of stains. Grass, pollen, mud, dirt, paint and rust stains will appear with around-the-home cleanup. Here are some tips to clean up the stains.

Grass: Pretreat or presoak stains using a liquid laundry detergent or a prewash stain remover. Follow the directions on the product's label. Launder, using the hottest water safe for the fabric. If the stain persists, launder again using chlorine bleach, if safe for the fabric, or oxygen bleach.

Mud and dirt: Let the mud dry thoroughly. Brush off as much dry mud/dirt as possible. Pretreat with a paste of powder detergent and water,

liquid laundry detergent or a liquid detergent booster. Launder. For heavy stains, pretreat or presoak with a laundry detergent or a presoak product. Launder, using the hottest water safe for the fabric.

Paint, water-based: Rinse the fabric in warm water while the stains are still wet and launder. Once the paint is dry, it can't be removed.

Paint, oil-based: Treat the stain while it is fresh. Use the same solvent the label on the paint can recommends as a thinner. If the label isn't available, use turpentine. Read the garment care instructions and test the solvent on an inconspicuous area of the garment before treating the stain. Rinse. Pretreat with prewash stain

remover or laundry detergent. Rinse and launder.

Pollen: Gently shake the stained item to remove as much pollen as you can. Then use the sticky side of a piece of tape to lift off the remaining particles. Pretreat with a prewash stain remover. Launder using chlorine bleach, if safe for the fabric, or oxygen bleach.

Rust: Use a commercial rust remover, available in supermarkets and hardware stores. These products contain toxic acids, so be sure to read and follow the label directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain. It will permanently set the stain.