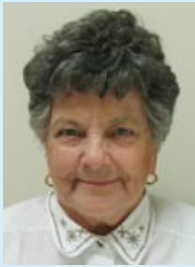


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair



A group of FCE members attended the state meeting Sept. 21-23 in Gretna. We had two very good speakers. Some things we already knew, but they refreshed our memory. The first speaker talked about frauds and scams, which is always in the media. Call the State Attorney Generals Office if you have any questions or concerns. The second speaker talked about organ donations. If you would like to be a donor, sign the back of your driver's

license and talk to your loved ones and tell them of your wishes.

At our September county council meeting attorney Andrew Loudon talked about the importance of wills. He suggested you should talk to your family about estate planning and how important it is now to have a living will included.

I went to the Ak-Sar-Ben Livestock Show held in the Quest Center in Omaha. The first show I attended in 1955 was at the Ak-Sar-Ben Field on

72 Street in Omaha. I walked into the building and saw several rows of stalls from Cuming County bedded down with 12 to 16 inches of straw ready for the cattle to arrive. When I walked into the center this year, the cattle were bedded down in wood chips and shaving. The sheep show in the old building had wooden bleachers and in the Quest Center the chairs had cushions on them. However, the young exhibitors have not changed in attitude. They were still excited about the show and being at a great livestock show.



FCE News & Events

Upcoming Leader Training Lessons

As a leader in your community, often you are asked to present a program to club meetings, civic groups or professional organizations. The following FCE and community lesson leader trainings will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members should call Pam at 441-7180 to register.

"Banding Together for Strength," Jan. 3

Extension Educator Lorene Bartos will present "Banding Together for Strength" on Thursday, Jan. 3, 1 p.m. This lesson teaches ways to use an elastic band to strengthen and maintain muscle as one grows older. Doing activities that strengthen muscles at least twice a week will give noticeable results in muscle tone and firmness as early as six weeks. Strength training can

help those with osteoarthritis by decreasing pain, increasing muscle strength, gaining more function and improving clinical symptoms of arthritis.

"What's New and Nutritious," Jan. 31

Extension Educators Alice Henneman and Lorene Bartos will present "What's New and Nutritious" on Thursday, Jan. 31, 1 p.m. Participants will learn about and taste new healthy foods available in the supermarket.

Holiday Safety Tips

Lorene Bartos
UNL Extension Educator

The holiday season is near. Throughout the year, especially now, safety should be a major consideration. Many times fun and excitement can be interrupted by an accident or fire. Statistics show every 60 seconds a house burns, and every 24 hours 10 people die in residential fires. Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

Safety tips for the holiday season:

- **Use only non-combustible or flame-resistant materials to trim trees.**
- **Be cautious when burning candles.** Keep them away from decorations or other combustible materials. Don't leave children unattended in a room with lit candles. Consider using battery operated candles.
- **Keep matches and lighters out of the reach of children.**
- **Use only lights tested for safety by a recognized testing laboratory,** which indicates conformance with safety standards.

Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

- **Check strings of lights,** new or old, for broken or cracked sockets, frayed or bare wires, loose connections and throw out damaged sets.
- **Be sure to use lights labeled for outdoor use** for outdoor decorations.
- **Don't connect more than three sets of lights to an extension cord.**
- **Turn off all lights when you go to bed.** The lights could short out and start a fire.
- **Don't run cords under rugs or carpet.** Wires could overheat and surrounding materials could catch fire.
- **Do not overload outlets.** Use surge protectors, if multiple outlets are needed.
- **When purchasing an artificial tree,** look for the label "Fire Resistant."
- **Make sure the tree stand is sturdy** so the tree won't tip over.
- **Place trees away from fireplaces, stoves and radiators.**
- **Keep live trees watered** to preserve freshness.
- **Burn only wood, never paper or pine boughs.** Pieces can float out of the chimney and ignite a fire.
- **Dispose of ashes and embers properly.** Leave ashes and embers in the appliance for several hours to let them cool. When cool, remove with a metal scoop and place in a metal container with a lid, not a cardboard box or with other trash. Store outside, away from the house, until proper disposal.
- **Check your smoke alarm and have a fire escape plan** for your family.
- **If you leave during the holidays,** have a neighbor or friend check your house and take in the papers and mail. Set lights on a timer, so it looks like someone is home.



by Lorene Bartos, UNL Extension Educator

Caring for Fleece

Read and follow the manufacturer's instructions on the care label. Generally, items made from fleece are machine washable and dryable. After prolonged wear and laundering, some pilling may occur. To minimize this, always turn the garment inside out and wash on the gentle cycle. Brushing with a soft brush while drying will also help keep pilling to a minimum.

The Holidays When There are No Close Family Ties

It has been said "friends are our chosen family." When there are no close family ties: you can elect to be with friends of your own choosing. Cultivate these friendships, celebrate special occasions and give of yourself with these special friends. Make it a point to send cards and call these friends on a regular basis. Celebrate holidays, turkey dinner, etc. together. Create your chosen family of friends. If there are no friends such as this in your life, vow you will

cultivate these types of friends; devise a plan on how you will do this; if you need help with this plan, schedule an appointment with a counselor at the Counseling Center to assist you—you need someone to call up and go to a movie with. For the present, get involved with giving of yourself to others. Think of something you can do each day from the list during the holidays. Be creative and think of your own.

Nebraska
Lincoln EXTENSION

nsd 4-H

FREE Family Night

Tuesday, Oct. 30, 6:30–7:30 p.m.

Norris Elementary School

Designed for ♦ Families with children birth through elementary school
♦ Child Care Professionals (1-hour in-service credit for attending)
♦ Youth Leaders (4-H, Scouts, Sunday School Teachers, etc.)

RSVP by
Oct. 26

FOR ADULTS

Helping Children Develop Positive Friendships

Featured Speaker is Dr. Marjorie Kostelnik, Dean of the UNL College of Education & Human Sciences

True friendship is completely voluntary endeavor. Children who have friends receive strong confirmation of their own value and worth. Children want and need friends. To make friends children must know how to initiate contacts with peers and how to maintain positive relationships over time.



FOR CHILDREN

For Preschool & Elementary Students

HALLOWEEN
SAFETY
ACTIVITIES!

(no costumes please)

Volunteers will
Provide Childcare

Please RSVP to Bambi Gushard, Norris Elementary School Counselor at 791-0033 or e-mail bambie.gushard@norris160.org – include the names and phone number of adults and the names and ages of children.

Sponsored by Norris Elementary School & PTO,
University of Nebraska–Lincoln College of Education and Human Sciences,
UNL Extension in Lancaster County and Happy Go Lucky 4-H Club

Holiday Gifts Needed for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc. relating to story books). The goal is to give each child a book. Gifts should be unwrapped and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.

