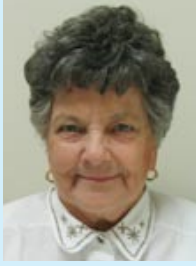


## FAMILY &amp; COMMUNITY EDUCATION (FCE) CLUBS

## President's Notes — Alice's Analysis

**Alice Doane**  
FCE Council Chair



The Nebraska State Fair is over and so is summer. I helped in the 4-H Clothing Department and saw many beautiful garments. The Style Revue had some outstanding fashions with formals being the "in thing" with long and short styles.

I was looking for wool garments which could enter the District Make It With Wool Contests this fall. To my glee, there were several.

This is the 60th anniversary of the National Make It

With Wool Contest. At the State Contest, I hope to have a style show of the past and present garments and pictures. If you know of someone who has been involved in past years, please contact me at 786-3555. The contest is Nov. 17 at the UNL Home Economics Building on East Campus in Lincoln.

At State Fair, I took in the 4-H presentations and spent time listening to the 4-H Speech Contest. Even saw Willard Waldo from DeWitt at his 95th hog show. Adding to all the wonderful

activities having the weather cooperate made for a good fair.

The next Council meeting will be Monday Sept. 24 at 1 p.m. at the Lancaster Extension Education Center. The program will be "New Laws Affecting Seniors" presented by Andrew Loudon, attorney.

The Achievement Night will be Monday, Oct. 15, 6:30 p.m. Annette Wiechert will present the program "Disasters Happen—How Prepared Are We?"

Awards will be given out after the program. Call Pam to pre-register, 441-7180, for this evening's activity.



## FCE News &amp; Events

**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, understand their own needs for time, health and satisfaction in their lives; realize how family history and relationships affect current situations; develop plans so other family members can help carry some of the load and recognize elder abuse does occur in today's society and avoid abusive situations. Non-FCE members should call Pam at 441-7180 to register.

**Achievement Night, Oct. 15**

The 2007 FCE Achievement Night will be Monday, Oct. 15, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food Bank Campaign.

Annette Wiechert, EdD, CDR, USN (ret), ARC National Disaster Relief Trainer/Volunteer, PDVFD, and member of the Emerald FCE Club, will present "Disasters Happen—How Prepared Are We?" Clubs and members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend.

## Respond Effectively to Misbehaving Children by Understanding the Problem

Understanding why children misbehave is important. Parents can respond more effectively to them and their behavior when the cause of the problem is discovered.

Remember children are not little adults. They are not born with information and wisdom. Mistakes and some misbehavior are part of the learning process. Many acts parents call bad are simply mistakes. These mistakes need to be talked over and explained.

Children need firm but fair guidelines geared for their age and developmental level. It is good to have a few reasonable rules. Consistent enforcement provides security and tells children rules are important. There may be special times when rules can be relaxed but not forgotten. Rules will need to change as children grow in ability and responsibility.

Children need plenty of sleep, nutritious food, exercise and fresh air. When children don't get these things, they have difficulty managing their feelings and coping with daily

life. A tired child can be cranky, a hungry child can be irritable and a sleepy child can be fussy.

Children need undivided, personal attention regularly with their parents and care providers which will give them a sense of security. Change causes some children to become upset. When mother is sick, a new baby arrives or the family moves to a new neighborhood, misbehavior is much more likely.

Reassure children they are loved and their home is a safe place. Children who feel unloved and unwanted may become resentful, moody and ill-behaved. When parents or other adults ignore children's thoughts and feelings, children tend to think of themselves as unworthy.

Children want to please those who love them and often imitate those around them, so set a good example. Without a loving relationship, children have no reason to behave in acceptable ways—except to avoid punishment. Love needs to be shown and demonstrated. Children feel discouraged if

they don't hear praise for the good and positive things they accomplish.

Feelings of inadequacy may cause children to brag, boast, fight or be unwilling to try new things and withdraw. They may misbehave to get needed attention and closeness from their parents. Give children sincere praise, compliments and words of encouragement to help them feel confident and build self-respect. Insults make children feel worthless or scared of failure.

There will be occasions when voices will be raised and different tones used, but this rarely should be done. Children will more readily listen, follow rules and feel better about themselves when they are spoken to in a kind, respectful manner. Say children's names, touch them appropriately and look them in the eye before talking or giving instructions to them.

Source: Kathy Bosch, UNL Family Life Specialist



by Lorene Bartos, UNL Extension Educator

Reduce mold and mildew by reducing the amount of moisture in the area. Use exhaust fans in the bathroom and kitchen. Vent dryers outside. Dry or squeegee showers when finished.

To remove mold or mildew from hard surfaces, clean with a dishwashing detergents first and then use a chlorine bleach solution (1 cup bleach to 1 gallon water) to sanitize.

## Control Anger Rather Than Suppress It

Anger is a natural and powerful human emotion. Often people are taught not to be angry, but really they should be taught how to express and control their anger.

Uncontrolled anger can ruin or destroy relationships and affect jobs and job performance. In addition, anger can negatively affect physical or psychological health because too much stress can be hurtful to our bodies.

Some temperaments and personalities are more prone to become angry, but individuals can get a grip on anger by reasoning with themselves. Question whether the issue is important or worth being angry about. If the answer is yes, then it is OK to be angry. However, take action to correct what brought on the anger. Realize other people are responsible

for their own actions and even being angry cannot force change in others.

Think-stop is a good technique to help control anger. Individuals stop, think and count to three or 10 to give them some time to collect themselves. This technique really can help people act more responsibly.

Listening can be vital to calming and reducing anger. Look the other person in the eye and reflect on what has been said. Avoid being judgmental.

Sometimes laughter really is the best medicine. Laughter banishes negative emotions and is relaxing. People don't laugh enough and they should laugh at themselves more often.

Source: Kathy Bosch, UNL Family Life Specialist

## Filing Financial Records Saves Time

Not having organized financial records costs time and energy, wastes space in homes and adds stress, especially at tax time or any time it is necessary to find something fast.

People must set up filing categories that make sense to them and fit their situation. Examples of general categories include: auto, budget, correspondence, checking, credit cards, education, employment, estate planning, financial planning, goals, health, household inventory, housing, insurance, investments, loans and debts, organizations, owner's manuals, safe deposit box, savings, taxes and warranties.

Some of these financial records may be kept on a home computer, rather than actual paper copies. Financial records on a computer should be backed up regularly and the copy stored away from the home, if possible.

Set up a system in a specific location in the home. File

papers and records at least monthly, preferably more often. Use color-coding to help organize, or an inbox for bills. If possible, handle paper only once.

How long to keep a certain financial paper or record depends on what it is and the situation. At least annually, get rid of papers no longer needed with a cross-cutting shredder.

Know who does what when it comes to taking care of papers. If married, both spouses should know how to use the filing system. If unmarried, be sure someone trustworthy knows where the financial records are and how to use them.

Financial papers and records also can be carried in a wallet, a safe deposit box or fire-proof safe at home. Maintain a list of what is carried in wallets and kept in a safe deposit box in the home file.

Source: Kathy Prochaska-Cue, UNL Family Economist

**Food Entrepreneur Seminar, Oct. 29**

The Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The "From Recipe to Reality" seminar will be offered Monday, Oct. 29 in Lincoln. Pre-registration is required and space is limited.

Registration deadline is Oct. 15. Contact Jill Gifford 472-2819 or jgifford1@unl.edu for an information packet.