

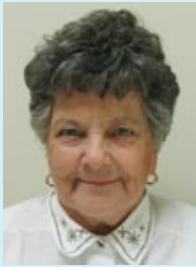
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

The Sizzling Summer Sampler was enjoyed by 98 ladies in July. The basket raffle brought in about \$360 for the scholarship account for another year.

I sat at a table with two ladies who read about the event in Alice's Analysis. This



was the third year they had attended and said how much they enjoyed the evening. That is when I feel good about this article I struggle to write.

It is fair time and I hope to see some outfits made with wool.

Remember State Convention will be

September 21-23 at Gretna. Monday, Sept. 24 at 1 p.m. is our next Council meeting. Andrew Loudon, attorney, will talk about the "New Laws Affecting Seniors" followed with our business meeting.

Hope you all enjoyed the County and State Fairs.



FCE News & Events

Upcoming Dates

- Aug. 27—Reorganizational packets available
Sept. 21-23—Nebraska Association for Family and Community Education Clubs State Convention, Gretna
Sept. 24, 1 p.m.—FCE Council Meeting
Sept. 27, 1 p.m.—FCE & Community Lesson "Who Cares for the Caregiver?"
Oct. 15, 6:30 p.m.—FCE Achievement Day

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.

2008 Training Lessons

Here is the schedule for next year's FCE and community leader training lessons. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared.

- Banding Together for Strength—Thursday, Jan. 3
- What's New & Nutritious, Thursday—Jan. 31
- Make Every Drop Count in the Home—Thursday, Feb. 28
- Developing Cultural Understanding and Cultural Competence—Thursday, March 27
- Long Term Care: What Is It, Where Do You Get It and How Do You Pay for It?—Thursday, Sept. 25



by Lorene Bartos, UNL Extension Educator

Programmable Thermostats

Install a programmable thermostat to reduce your heating and cooling bills. Simply set your thermostat to automatically adjust at night and when you are not at home. You can save 10 percent a year on your energy bills by turning your thermostat back 10 to 15 percent for eight hours. Look for the ENERGY STAR label when selecting a thermostat.

First Step to Eliminate Debt is Cut Expenses

When families face financial problems it is usually because of the lack of planning and communication. These problems fall into four categories—value conflict, unrealistic goals, emotional use of money and lack of planning. This causes families to go in debt. Debt is a drain on your current and future standard of living. Eliminating debt can increase your level of living now and in the long term. Eliminating debt can allow you to save for future goals, such as retirement.

If debt is a problem for your family, take a hard look at your expenses. Cutting expenses is the first place to

start. Now it is time to start making sacrifices. What can you do to save money or increase income? Don't think of these as permanent changes. What changes can you make for at least a while? Once you have reduced or eliminated your debt, you will be able to refocus your efforts on your important goals. Keep those goals in mind as you work to reduce debt.

FOR MORE INFORMATION

UNL Extension's Pay Down Debt Web site has resources at <http://paydowndebt.unl.edu>

Ease Children Into Staying Home Alone

Leaving a child at home alone for the first time can be a risky situation. However, parents can follow a few simple steps to ease the process and look for indications their child is ready for the responsibility.

There is no set age when every child is ready to be left at home. Some children mature quicker than others. Therefore, take a gradual approach when preparing a child to be at home without adult supervision.

Begin by looking for signs a child is gaining a sense of responsibility. Listening to and carrying out instructions is a subtle but solid indicator a child will follow rules and work with adults. Rules are set for a reason and breaking them could result in accidents or serious emergencies.

Honesty is the best policy. Parents should feel certain their child will call if any type of problem arises and be honest about what happened while they were gone.

Supervision, whether it be childcare or a babysitter, is preferred over leaving a child alone. Unfortunately, the situ-

ation can't always be avoided. Parents should prepare a child, in advance, by taking small steps towards the larger goal.

Older siblings are helpful in this process. For example, a parent can run errands and leave a young child in the house

Parents should prepare a child, in advance, by taking small steps towards the larger goal.

alone while an older sibling is outside working on the lawn. This way the parents see how the child handles being alone with the comfort of knowing help is close by. Begin leaving a child home alone for short periods of time and gradually increase the duration each time. Call to check in every one to two hours.

If a child is left at home with other siblings close in age, arguments can occur over who is in charge. To prevent sibling squabbles, specifically point out who is in charge or rotate the responsibility.

Make sure a child can use the telephone and communicate clearly. It also is good for a child to feel comfortable asking a reliable neighbor for help. Accidents happen at any time, and there is no guarantee a parent or other relative can get home should the need arise.

Work a child through the "what ifs?" of staying home alone. Talk about what should be done in different situations and display emergency information and telephone numbers, including 911, in an easily seen place such as cork board or refrigerator close to the phone.

In general, never assume a child is ready to stay home alone. The responsibility may be too much. Making the right decision is not always easy to do, but with common sense and good judgement the transition will be much easier to handle.

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Oct. 5, 5 p.m. to Saturday, Oct. 6, 5 p.m.

EASTERN 4-H CENTER, GRETNA

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 the teen years approach, this is an opportunity to:

- Enhance effective communication including expressing emotions
 - Learn more about body image and sexuality
 - Explore techniques to handle peer pressure and stress
 - Discuss the importance of individual family values
- Cost includes meals, snacks, lodging (modern cabins with restrooms and twin beds) and program materials. Early bird registration by Sept. 4 is \$120 per daughter/mother pair. After Sept. 4, fee is



\$140 per pair. Two full scholarships based on need are available to Lancaster County 4-H families. Call to apply.

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.