

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View—Bonnie's Bits

Bonnie Krueger
FCE Council Chair



Sorry, no Bonnie's Bits... April Fools! April Fools Day or All Fools Day accrues annually on April 1. The day is generally observed by playing jokes on a victim who soon becomes

known as an April Fool. This custom is thought to have started in France during the 16th Century, but the British are credited with bringing it to the United States.

Spring is the end of winter and the culmination

of lengthening days. The Christian season of birth and renewal has Easter at this time. Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. Of course spring brings us unstable weather, which we really don't like to think about, but should prepare for.



FCE News & Events

FCE Council Meeting, March 23

Hope you have your calendar marked for the Monday, March 23, 1 p.m. FCE Council meeting. We will be meeting at Valentino's, 70th and Van Dorn Streets for lunch and business meeting. All FCE members are welcome to attend the Council meetings. Pre-register by calling Pam at 441-7180.

Leader Training, March 24

The next FCE & Community Leader Training will be held Tuesday, March 24, 1 p.m. at the Lancaster Extension Education Center. The program "Make Sure It's Done the Way You Want: Advanced Directives," will be presented by Extension Educator Lorene Bartos. This program explains requirements and limitations of advance directives according to Nebraska law, discusses

forms for the Nebraska Power of Attorney for Health Care and a Nebraska Living Will Declaration, includes a brief glossary of terms related to advance directives and identifies resources for more information. Non-FCE members should call Pam at 441-7180, so materials can be prepared.

Southeast District FCE Meeting, March 27

Lancaster County is hosting the Southeast District FCE meeting on Friday, March 27 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration will begin at 10:30 a.m. Janet Broer, Southeast District Director and Lancaster County FCE member is organizing the event.

Extension Educator Alice Henneman will present the program "Freezing Foods for Future Meals."

Registration fee is \$12 and includes a catered lunch. Make checks payable to FCE District Meeting and send to Janet Broer, SE District Director, 2201 West Cardwell Road, Lincoln, NE 68523. Registrations are due March 23.

Scholarship Applications Due May 1

A \$400 scholarship provided by the Lancaster County 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 2009 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.



by Lorene Bartos, UNL Extension Educator

Housekeeping Organization

Make the most of limited housekeeping time by doing necessary tasks first. Assemble needed cleaning supplies in each area of the home and each floor of a two-story or multi-level home.

Make a list of things that should be cleaned regularly to prevent soil build-up requiring time consuming effort to remove. Include such items as cleaning the oven and cleaning tile around the bathtub. Organize a schedule of maintenance that will keep things reasonably clean at all times. To be successful, any schedule should be flexible enough to allow for the unexpected.

Boost Your Child's Brain Power

Family relationships are important. Interacting with children can increase brain power and results in better family communications. Here are 10 things that can boost your child's brain power (your child will love every one of them!).

- 1. Interaction.** Your consistent, long-term attention actually increases your child's capacity to learn.
- 2. Loving Touch.** Holding and cuddling does more than just comfort your baby—it aids brain growth.
- 3. Stability.** Stable relationships with parents and other caregivers decrease harmful stress.
- 4. Safety.** Safe, healthy environments are free of lead, loud noises, sharp objects and other hazards.

- 5. Self-Esteem.** Respect, encouragement and positive role models grow self-esteem from the beginning.
- 6. Quality Child Care.** Trained teachers and family child care providers can make a positive difference.
- 7. Play.** It helps your child explore the senses and discover how the world works.
- 8. Communication.** Talking with your baby builds verbal skills needed to succeed in school and later life.
- 9. Music.** It expands your child's world, teaches new skills and offers a fun way to be with you.
- 10. Reading to your child.** Show how important reading is and create a life long love of books by reading to your child from the beginning.

Children and Advertising

Most children can recite a TV commercial and tie a product to the music. Exposure to sales techniques on TV, radio and other media, children often feel they must have the newest toy or breakfast cereals they see and hear about.

The advertising industry sees young people as an excellent market. But when parents discuss contents of ads, they help children learn to use advertising as a source of information.

- What did the ad really tell you about the product?
- How much of the ad was general information that

could easily apply to other products?

- What emotions did the ad arouse?
- Is the ad related to something else, such as a television program or a set of toys?

Point out ways ads are deceptive or misleading, even though they do not make false statements. Parents who resist consumerism for themselves are the ones who teach their children to resist it. Teach children to be doers and creators rather than shoppers and buyers.

Source: LaDonna Werth, UNL Extension Educator

Wring Out the Old; Bring in the New
Debunking Some Common Cleaning Practices

This is a good time to put to rest some cleaning practices that have seen their day. Here is the lowdown on some old (and not-so-old) cleaning myths.

The Old: Washing dishes by hand is more energy efficient.

The True: A dishwasher with an Energy Star rating may actually use less energy, water and soap.

The Old: Crumpled newspapers are great for cleaning windows and mirrors.

The True: While this may have worked at one time, paper and ink formulas have changed, so you may end up with smudges on your windows and casings. Paper towels or a microfibre cloth are better solutions.

The Old: Club soda is a good stain remover.

The True: There's no scientific basis for the claim club soda removes stains. Its success is probably due to the fact it's usually close at hand so the stain is treated promptly. Tap water is cheaper and works

just as well. Be aware water treatment may only dilute, but not remove, the stain. Stain sticks, stain wipes and prewash stain removers are usually better remedies to avoid stains.

The Old: Hairspray is a great way to remove ink stains.

The True: This technique surfaced—and often worked—when alcohol was a key ingredient in hairspray. Today, hairspray formulas are either low-alcohol or alcohol-free. Use undiluted rubbing alcohol or a stain-removal product formulated for ink stains instead.

The Old: Sponges can be sanitized in the microwave.

The True: Using the microwave can be risky. Unless the sponge is soaking wet, there is the possibility of starting a fire. In addition, the size of the sponge and the amount of power in the microwave are variables that influence how long you would need to zap it to kill germs. A better way is to soak the sponge for five minutes in a solution of one quart water to three tablespoons of chlorine bleach.

Let the sponge air-dry. Replace your sponges every two to eight weeks, depending on how frequently and roughly they're used. Use paper towels instead of sponges to mop up food spills.

The Old: Silverware should always be washed by hand.

The True: Silver cutlery can be put in the dishwasher as long as it's not washed in the same basket as stainless steel cutlery. If the two metals touch, the silver may be permanently damaged. One advantage of washing silverware by hand is the patina is enhanced by the rubbing that occurs during the washing and drying process.

The Old: Silver items should be polished regularly.

The True: Too much polishing eventually starts removing metal, as well as the patina that makes silver pieces so attractive. In fact, the more often you use and wash silverware, the less often it needs to be polished.

Source: The Soap and Detergent Association

National Small Food Manufacturer Conference in Lincoln, April 23–24

The University of Nebraska–Lincoln Food Processing Center is presenting the first National Small Food Manufacturer Conference on April 23–24 at the Holiday Inn Downtown in Lincoln. This conference has been designed specifically for small food manufacturers throughout the country. Learn how to Heat up your food business!

The conference includes current topics and industry recognized national speakers which will educate and motivate participants. Attendees will:

- Learn how to expand and grow their businesses
- Participate in interactive sessions
- Explore new opportunities
- Network with peers and industry experts

For more information or to register for the conference, go to www.fpc.unl.edu/nsfmc or contact Jill Gifford at 472-2819.