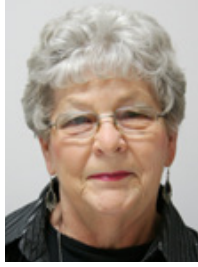


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Bonnie's Bits

Bonnie Krueger
FCE Council Chair



"July 4th" — the only holiday of the month — is a time for picnics, parades and family fun. Independence Day is a day to honor the birthday of the United States of America

and the signing of the Declaration of Independence of 1776.

Fly your flags and if you are at a parade and the flag goes by salute or put your hand over your heart to show respect to our

veterans and military men and women to thank them for our freedom we have in America.

Play "Smarter than a 5th Grader" with your children for more knowledge of our country and flag. Have a fun day, but a safe one. God Bless America.



FCE News & Events

FCE Council Meeting June 22

The June FCE Council meeting is Monday, June 22, 7 p.m. at the Lancaster Extension Education

Center. The program will be "Re-Connecting Children and Families with Nature" presented by McKenzie Barry, environmental specialist at the Lower Platte South NRD. Entries for the Heritage

Skills Contest should be brought to this meeting. Categories are sculpture, fiber arts (articles made of thread), scrapbooking and photography. All FCE members are invited to attend.

Lancaster County Association for Family and Community Education presents SIZZLING SUMMER SAMPLER

Thursday, July 9 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Rd, Lincoln

Cost \$10. Make checks payable to FCE Council. Send reservation and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Program

MUSICAL ENTERTAINMENT
presented by Anne Bremer

WHY WE LAUGH

How cultural, social and generational differences affect the perception of what is funny
presented by Richard Kimbrough

This presentation made possible by the Nebraska Humanities Council

ASIAN CLOTH WRAPPING TECHNIQUES

Pojagi (Korean) and Furoshiki (Japanese) wrapping techniques will be demonstrated
presented by Sheila Green



by Lorene Bartos, UNL Extension Educator

Environmental and Energy Saving Tips When Washing Dishes

- Follow the directions on the label and use only as much detergent as is necessary to clean your dishes.
- Scrape away food residues and heavy grease prior to washing.
- Presoak cooked-on soils to minimize the amount of detergent and elbow grease needed.
- Accumulate dishes, rather than running hot water for a few items. Soaking will soften food soils.
- Wash in a sink or dishpan of suds, rather than under running water, even for a few dishes. Or, turn off the water while you scrub.
- Rinse by dipping each item in a pan of water, or by racking dishes and spray-rinsing. Avoid running water continuously for rinsing.
- Let the dishes air dry, rather than using cloth or paper towels that you would have to launder or toss away.
- Recycle dishwashing detergent containers when empty.

Summer Safety Tips

- One of the best ways to stay safe this summer is to **wear a helmet** and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.
- Use layers of protection to prevent a **swimming pool** tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
- Never bring **charcoal grills** indoors. Burning charcoal produces deadly carbon monoxide. When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.
- Make sure your **home playground** is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least nine inches of wood chips or mulch.
- Use softer-than standard **baseballs**, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.
- If you are a soccer mom or dad, beware that movable **soccer goals** can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use.
- To prevent serious injuries while using a **trampoline**, allow only one person on at a time and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under six-years-old should not use full-size trampolines.
- Don't allow a game of **hide-n-seek** to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch-type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.
- If summer plans include **camping** and you want heat inside your tent or camper, use one of the new portable heaters equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns and gas generators also can cause CO poisoning.
- Install **window guards** to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms and other rooms where young children spend time. Or, install window stops that permit windows to open no more than four inches. Also, keep furniture away from windows to discourage children from climbing near windows.

Source: U.S. Consumer Product Safety Commission

Learn the Signs/Act Early Autism Awareness

You know the milestones that mark a child's development—pointing at objects, smiling and playing with others. **Many parents do not know these milestones are important indicators of a child's developmental health.**

To ensure children reach their full potential, the Nebraska Act Early State Autism Team has partnered with the Centers for Disease Control and Prevention to promote the "Learn the Signs/ Act Early" campaign aimed at educating parents and care providers about the milestones that mark a child's healthy development and early warning signs of autism and other common developmental disorders.

The CDC has developed a variety of FREE campaign materials you can order on-line and distribute to the families. Materials list milestones for every stage and age of development and provide information on resources. All materials have information in both English and Spanish on the same flier.

- Give the appropriate milestones fact sheet to parents at the start of the school year, or when a child has a birthday.
- Use the attractive display pocket to distribute milestone cards in your office or waiting area.
- Give the fact sheets out as checklists and send them home with parents. Encourage them to watch their children and meet

with you to talk about their development.

- Include information from the fact sheets in a newsletter to parents or on bulletin boards in your center or classroom.

Materials and shipping are FREE! Materials may be ordered at <http://wwwn.cdc.gov/pubs/birthdefects.aspx>. Materials may also be viewed or downloaded at <http://www.cdc.gov/ncbddd/actearly/downloads.html>.

For more information about the campaign, contact Kelli Ellerbusch with the Munroe-Meyer Institute at the University of Nebraska Medical Center, (402) 559-4892 or e-mail kellerbusch@unmc.edu.
Source: Kelli Ellerbusch, Nebraska 4-H Alerts