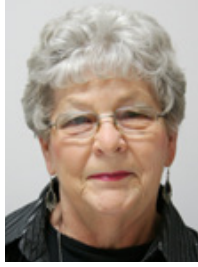


FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Bonnie's Bits

Bonnie Krueger
FCE Council Chair



June is here and the year is half over, boy how time flies when you're busy and having fun.

Flag Day, June 14 is a day to salute the flag. The first observance, 1877, was our country's anniversary of the red, white and blue banner. Congress officially recognized it by passing National Flag Day bill in 1949 during President Harry Truman's

administration. The largest flag is displayed in Washington D.C., it measures 411 feet by 210 feet across and weigh's 7 ton. Each star measures 13

feet across.

The good old summer time begins June 21. This is when the sun is farthest north. The day is known as the Summer Solstice. June 21 is also Father's Day. Creating a day for children to honor their father began



in Spokane, Washington by Sonora Smart Dodd who thought of the idea for Father's Day while listening to a Mother's Day sermon in 1919. This holiday was not officially recognized until 1972 during the presidency of Richard Nixon.

Sizzling Summer Sampler will be July 9, 6 p.m.

Details can be found below. Hope each and everyone of you have a wonderful summer and Happy Father's Day to all you fathers.

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

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



by Lorene Bartos, UNL Extension Educator

Air Conditioner Maintenance

Good maintenance practices, along with regular cleaning, will prevent mold and mildew buildup. Another bonus: clean, well-operating air conditioners are more efficient, which helps control energy costs.

Room Unit Maintenance

- Turn off the power or unplug the unit before you begin.
- At the beginning of the season, vacuum the evaporator coils. These can be found immediately behind the front grille.
- Using a level, check the installation. The unit should slant slightly toward the ground so the condensed water flows out of the unit.
- Change disposable filters at regular intervals during the season.
- Permanent filters should be cleaned several times during the season. Remove the filter and lay it flat in the sink. Sprinkle detergent over the surface, and then fill the sink with about one inch of hot water. Let the filter soak for about 15 minutes. Rinse it well with warm water. Make sure it's thoroughly dry before reinstalling it.
- If the unit stays in the window all year, cover it during the off season. If you remove and store the unit some place prone to dampness, such as a cellar or a garage, raise the air conditioning unit off the floor with a few pieces of wood. This will protect it from moisture on the floor.
- Always follow the manufacturer's instructions for your unit.

Central System Maintenance

- A yearly service call by a professional should include washing the condensing coils and vacuuming the evaporator coils. During the summer, there are a few things you should monitor.
- Disposable filters should be changed several times during the season. Permanent filters should be washed, using the same method as for room unit air conditioners.
- Leaves and fallen branches can clog the fan grille on the outdoor condensing unit, which can cause moisture buildup and affect the air conditioner's efficiency. Check the unit regularly, especially after winds and rain.
- Always follow the manufacturer's instructions for your unit.

Household Hazardous Waste Collections

No latex paint will be accepted at these household hazardous waste collections. These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections. For more information, call the Lincoln-Lancaster County Health Department at 441-8040.

Friday, June 12 • 9 a.m. – 1 p.m.
Union College, 52 & Cooper Streets

Saturday, June 13 • 9 a.m. – 1 p.m.
Wal-Mart South, 8700 Andermatt Drive

June — National Safety Month

Lorene Bartos
UNL Extension Educator

Having a safe home and being prepared for emergencies is important for all families. Have you checked your home for hazards? Do you have an emergency kit?

The National Safety Council gives the following tips for being prepared for emergencies.

- Designate a safe place to take shelter in the home during a weather event.
- Keep flashlights and extra batteries on each floor of the house, in easy-to-find places.
- Post emergency phone numbers near

the phone. Keep cell phones charged and working.

- Create an emergency kit and keep it in a readily accessible place in the home. It should include a weather radio, batteries, a first aid kit, candles, flashlights and matches.
- Develop an emergency plan, detailing where to go in specific emergencies, and where everyone should meet after evacuation. This should include instructions pertaining to family pets.
- Make sure everyone in the family knows two ways out of the home. Get a safety ladder if an exit is on the second floor. Each family member must know how to operate locks, doors and windows.

- A larger emergency supply kit should be kept in a safe place, containing a three-day supply of water (one gallon per day, per person), a three-day supply of non-perishable food, a first aid kit, medications, entertainment items, family documents, extra clothing and bedding.
- Encourage family members to learn first aid and CPR.
- Install and check smoke alarms and CO detectors. Have fire extinguishers handy and know how to use them.
- Know how to shut off water, gas and electricity to your home.
- In case of evacuation, determine several routes out of your town. Keep your car's gas tank at least half-full and

leave room in the trunk for emergency supplies.

- Make a written inventory with photographs of all valuable items, and keep an extra copy outside your home.

To keep your home safe:

- Make sure your smoke detectors are working.
- Keep all medicines in the original containers and out of the reach of children.
- Check outside lighting.
- Keep stairways free from clutter. Make sure rails are tight.
- Check locks on doors and windows and keep them locked especially when leaving the home.