

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View—Bonnie's Bits

Bonnie Krueger
FCE Council Chair

Reading the horticulture page in the NEBLINE sort of tells us it is time to change the clock ahead and spring forward on March 8. Don't forget to check your smoke detectors and the carbon monoxide detectors.

St. Patrick's Day is March 17. A day the immigrants came to the United States and



began observing the holiday in Boston. The first St. Patrick's Day parade was held in New York in 1766. Today the tradition continues with people from all walks and

heritages by wearing green, eating Irish food and attending parades. St. Patrick's Day is bursting with folklore, from shamrocks to the leprechaun, to pinching

those not wearing green. Have a magical St. Patrick's Day.

Getting back to spring I hope you have all those seed catalogs read and your orders sent so you will be ready for the first day of spring, March 20 and ready to plant the garden.

Just like to say Thank You to all FCE clubs for participating in the Valentine project for our service people last month.



FCE News & Events

Leader Training on "Bullying" Feb. 24

The March FCE and community leader training is scheduled for Tuesday, Feb. 24, 1 p.m. The program "Bullying" will be presented by Extension Educator Lorene Bartos. This program will help parents, teachers and other concerned adults learn how to equip children and adults with skills and knowledge necessary to identify and deal with bullying. Non-FCE members should call Pam at 441-7180 so materials can be prepared.

FCE Council Meeting, March 23

Mark your calendar for the Monday, March 23 FCE Council meeting. We will be meeting at a restaurant for lunch and meeting. Presidents watch for a

letter in the near future for details. All FCE members are welcome to attend the Council meetings.

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.

Tips to Help Parents Talk to Their Kids About Sex and Technology

Talk to your kids about what they are doing in cyberspace. Just as you need to talk openly and honestly with your kids about real life sex and relationships, you also want to discuss online and cell phone activity. Make sure your kids fully understand messages or pictures they send over the Internet or their cell phones are not truly private or anonymous. Also make sure they know others might forward their pictures or messages to people they do not know or want to see them, and school administrators and employers often look at online profiles to make judgments about potential students/employees. It's essential your kids grasp the potential short-term and long-term consequences of their actions.

Know who your kids are communicating with. Of course it's a given you want to know who your children are spending time with when they leave the house. Also do your

best to learn who your kids are spending time with online and on the phone. Supervising and monitoring your kids' whereabouts in real life and in cyberspace doesn't make you a nag; it's just part of your job as a parent. Many young people consider someone a "friend" even if they've only met online. What about your kids?

Consider limitations on electronic communication. The days of having to talk on the phone in the kitchen in front of the whole family are long gone, but you can still limit the time your kids spend online and on the phone. Consider, for example, telling your teen to leave the phone on the kitchen counter when they're at home and to take the laptop out of their bedroom before they go to bed, so they won't be tempted to log on or talk to friends at 2 a.m.

Be aware of what your teens are posting publicly. Check out your teen's MySpace, Facebook and

other public online profiles from time to time. This isn't snooping—this is information your kids are making public. If everyone else can look at it, why can't you? Talk with them specifically about their own notions of what is public and what is private. Your views may differ but you won't know until you ask, listen and discuss.

Set expectations.

Make sure you are clear with your teen about what you consider appropriate "electronic" behavior. Just as certain clothing is probably off-limits or certain language unacceptable in your house, make sure you let your kids know what is and is not allowed online either. And give reminders of those expectations from time to time. It doesn't mean you don't trust your kids, it just reinforces you care about them enough to be paying attention.

Source: *The National Campaign to Prevent Teen and Unplanned Pregnancy*



by Lorene Bartos, UNL Extension Educator

Removing Soot from Carpet

Soot is tricky, the first thing you want to do is avoid rubbing it into the carpet. Vacuum the spot, using a canister vacuum and a crevice tool. Avoid the upright type of vacuum with a rotating brush, as the brush will spread the stain. Gently work from the outer edge of the stain to the center. If this doesn't remove most of the stain, call a carpet cleaning professional. If the stain is mostly gone, apply rubbing alcohol to a clean white cloth and blot gently until the spot is removed. Do *not* saturate the carpet, as the alcohol can harm the backing if it has a latex bond. If the spot remains, mix 1/4 teaspoon of liquid dish detergent with one quart of water. Blot gently with a clean white paper towel. Continue until the spot is removed. To rinse, mist using tap water and a spray bottle; blot to remove the moisture. Spray lightly; apply a pad (about 1/2" thick) of paper towels weight down with a brick. Let the carpet thoroughly dry.

Food Entrepreneur Seminar, March 9

The University of Nebraska-Lincoln 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 on Monday, March 9.

The workshop is specifically designed to provide entre-

preneurs with an understanding of key issues they will need to consider when starting a food business, including market research, packaging, pricing, legal and business issues.

Pre-registration is required. Registration deadline is Feb. 27. Contact Jill Gifford at 472-2819 or jgifford1@unl.edu for an information packet.

National Small Food Manufacturer Conference in Lincoln

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.



Child Care—Under the Big Top

A conference for those who provide child care.

In-service hours will be given for this conference.

Saturday, April 4

8 a.m. to 3:30 p.m.

**Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE**

Speakers include:

- Jeanne Baer, Creative Training Solutions
- Bridget Schultz, Clerk Family Service CCFP
- Mary Nelson, UNL Extension Educator
- Bev Fall, Home Child Care Provider
- Julie Anderson, Certified Community Educator

Cost is \$15

**For more information, call 441-7180
Pre-registration is due March 23**