

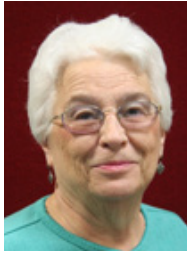
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

February is the month of holidays. We have Valentine's Day and Washington's and Lincoln's birthdays.

Just a little bit about myself. This will be my 49th



year as a member of the Helpful Homemakers FCE Club. This group is like family always ready to help each other.

I have two daughters, Gale and Kay, and a son, Dale; six grandchildren and two



great-granddaughters. I am thankful they all live close so I see them often. My hobbies are crafts, crocheting, and Swedish Weaving. I look forward to being your Council chairman. Abraham Lincoln said, "Whatever you are — be a good one."

FCE News & Events

Upcoming FCE & Community Leader Training Lessons

These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

All trainings will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members or groups should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

"Social Networking Sites: What They Are and How to Navigate Them," Wednesday, Feb. 22

— presented by Extension Associate Soni Cochran and Extension Educator Lorene Bartos. The use of Social Networking Sites (SNS) has dramatically increased in recent years. Today, over 50 percent of teens and 35 percent of adults are using at least one type of SNS. These sites can have many personal and professional benefits, however, can also pose many challenges and even risks to both adults and teen users alike. This lesson will provide basic information about some of the most common SNS

available and help audiences learn about appropriate and safe "netiquette" techniques in using these sites.

"Save Time, Money, and Energy with Homemade Master Mixes," Wednesday, March 28

— presented by Extension Educator Alice Henneman. Learn how to prepare "master mixes" for future use, featuring common household ingredients. Homemade master mixes can include basic baking mixes (pancakes, muffins, cookies, etc.), soup mixes, meat mixes, and more. You control the amount of sugar, salt, fat, and calories when you make your own mixes.

Energy Saving Tips

Save energy in your home by following these simple tips.

Water

- If you have a water heater set at 140°F, turn the temperature down to 120°F (medium setting on a gas water heater dial), and you'll cut your water heating costs by 6–10 percent. For exceptionally soiled clothing, diapers, or when someone is ill, you may want to turn it back up when laundering their items.
- Turn the water heater down further if you are away for an extended time.
- Some water heaters use a timer control to manage the water temperature — much like automatic thermostats manage the heating or cooling temperature for your home.
- Insulate the hot and cold water pipes at the water heater for at least 6–10 feet. Insulate all exposed water pipes for even more efficiency to prevent heat loss and heat gain.
- Front loading washers are usually more energy efficient than top loaders. Look for the ENERGY STAR® logos when purchasing new.
- Install low-flow faucets and shower heads, and take shorter showers.
- Fix faucet leaks. One drip can waste up to 48 gallons of water a week and waste energy from hot water.

Range and Oven

- Use the microwave when possible. The microwave uses less energy and does not need to be preheated.
- Use the kitchen exhaust fan when cooking to reduce moisture problems and pollutants.
- Use lids on pans and using pans fitting a burner will reduce heat lost.

Refrigerator

- Refrigerators cost about \$5–\$8 or more per month to operate, and consume 3–5 percent of your total home energy use. Keep the refrigerator at 36–38°F and the freezer at 0°F.
- Check the gasket (soft, plastic piece sealing the door to the body of the refrigerator) for gaps and improper fit. The door should close firmly against the gasket. Check the tightness of the door by placing a dollar bill between the gasket and the door. You should feel a slight drag when you pull it out.
- Do not place an oven or heating appliance close to a refrigerator, as the refrigerator will have to work harder to keep items cool. Do not put refrigerators in unconditioned rooms such as garages or porches.

- Turn off, clean, and unplug seldom used refrigerators.
- Do not leave the door open any longer than necessary.
- Vacuum coils and keep drain trays clean.

Dishwasher

- Run the dishwasher only when it's full.
- Many dishwashers have energy-saving settings, such as a setting for partial loads (which use less hot water) or energy efficient drying cycles.

Washer and Dryer

- Use hot water only for very dirty clothes and diapers, and if there is an illness in the family or someone has a suppressed immune system. Refer to the washing instructions on the clothing labels and on the washing machine. Wash in cold water using cold-water detergents, whenever possible.
- Full loads of laundry in the washer save both energy and water. Adjust water levels for smaller loads.
- Clean the lint from the dryer's filter after every load.
- Operate the dryer like the washer: don't overload it. Overloading uses excess energy, because the items take longer to dry.
- Hang items to dry outside, if possible.



Lorene Bartos, UNL Extension Educator

February is Time Management Month

Time management tips:

- set individual and family goals
- make a weekly plan
- prioritize the plan
- delegate
- find your prime time — get up earlier or stay up later
- celebrate accomplishments

Parents Can be Positive Examples When Teaching Children Honesty

Honesty is an important character trait to teach children. Without honesty, children may find it difficult to build healthy relationships and have a successful future. It takes time, patience, and effort to teach children honesty.

Parents need to set a positive example by being honest themselves. Many of children's senses of manners and morals are learned through imitation of their parents. If parents model cheating and lying, children may learn these as acceptable behaviors (e.g., keeping someone else's belongings without their permission, keeping extra change from a cashier, or telling a lie).

Children sometimes start a dishonest tendency during the pre-school years. For instance, they may grab toys from a child or try to take candy in a store. Parents should correct this type of behavior immediately by teaching children to return what was taken, apologize for their behavior, or teach children a way to pay for what was taken.

Use age-appropriate

language to teach positive character development. Help young children understand honesty and why dishonesty is unacceptable by reading stories related to honesty. Ask children questions throughout the story. This process gives children time to share their thoughts, understanding, and questions.

Children often lie out of fear or to protect themselves. They worry about being punished or making parents mad. When parents react harshly to children's mistakes, it may result in more lies instead of taking responsibility for their behavior.

It is important for parents to talk to children about their behavior, what they could have done differently and what they can do to make things right. When children tell the truth, parents should praise them for being honest. Children should know their parents value and appreciate honesty.

Source: Nina Chen, Ph.D., CFLE Human Development Specialist University of Missouri Extension



Color My World

A conference for those who provide child care.

In-service hours will be given for this conference.

Saturday, March 31

8 a.m.–3:30 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln, NE

Cost is \$15 (includes lunch from Brown Baggers/refreshments)

Pre-registration is due March 16

For more information, call 402-441-7180
or go to <http://lancaster.unl.edu/family>