

Jean's Journal

Jean Wheelock
FCE Council Chair



A happy and healthy new year to everyone. I'd like to introduce myself to you as your FCE county chair for the next couple of years. I have been a member for a number of years, being active in the Emerald FCE Club. I am looking forward to helping our organization grow and prosper.

A big "thank you" to all the club presidents or representatives who attended our planning session. I really hope that everyone will feel their ideas are valuable and we certainly need

the support of all the clubs.

Membership in FCE is open to all in our community whether through a club or as an individual.

Our council goal is to have each club sponsor a community project, food bank, city mission, friendship home, etc., and then report on what was accomplished at our annual achievement day.

We have planned an interesting year. **Remember everyone is welcomed and encouraged to come** to all our council events.

January 26, 1 p.m. will be our 1997 achievement program. Clarice Orr will be our speaker and we will have recognition for years of membership.

March 23, 12:15 p.m. at K's Restaurant for lunch and our

speaker will be Mary Carlson from the cancer society.

June 9-11, State Convention in Fremont.

June 22, 7 p.m. White Elephant-silent auction and report on State Convention.

July 9, the popular Sizzling Summer Sampler will return.

September 28, 7 p.m. election of officers. Our speaker will be Rollie Schneider.

October 26, Achievement Day

So mark your calendars and encourage all members to attend these events.

And remember—to make our organization great; we need help, suggestions and volunteers. So don't be shy—we need you. See you January 26. (LB)

Dads and other relatives as child care providers

According to a recent U.S. Census Bureau report compiled from 1994 data, when mom has to go to work, the task of caring for preschool children most likely falls to a member of the child's family and especially to the father.

Forty-three percent of the 10.3 million children ages 5 and under, whose mothers go to work, are left with a family member. Another 29% are in daycare or nursery school and 21% are cared for by non-

relatives in either the child's home or the caregiver's home.

The report indicates that 18% of preschoolers whose mothers work are cared for by fathers, 15% are watched by grandparents and 9% are under the protection of siblings, aunts, uncles and other relatives.

The report says that family daycare is most often the choice of low-income families. "When families are poor or receive government assistance, or the mother works part-time or on a

non-day shift, they rely even more on relatives for child care and less on organized facilities," says report author Lynne Casper. "In these cases, over half of the children are cared for by relatives other than their mother. Approximately 5% of working mothers care for their own children while they are on the job. This category is most likely to include moms who work at home, or have play areas at their place of employment." (LJ)

Social indicators of child well-being

Child well-being is frequently described in terms "economic measures"—how many children are living in poverty, how many live in families receiving public assistance, and how many receive free or reduced school lunches. Economic measures, however, do not tell the entire story. There are many social indicators that play significant roles in the quality of life for

children. Some of these include, immigration and use of English, educational outcomes and family structure.

The current status of Asian and Hispanic groups in the United States has been significantly affected by recent immigration. During the 1980's, immigration accounted for about half of the total population growth among Hispanics and

nearly three-quarters of the growth among Asian Americans. In 1990, 36 percent of Asian American children and 18 percent of Hispanic children were born outside the U.S. Many of the children born in the U.S. were born to foreign-born parents.

Some children live in households where none of the adults speak English. When

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Character Counts! Family Retreat

Get away for the afternoon with your family at the Character Counts! Family Retreat on Sunday, March 1, 1:30 to 4:30 p.m. Enjoy time together promoting positive character development through:

- Fun activities using the Six Pillars of Character Counts!
- Creating unique family pledges.
- Family time resources kits.

Any questions? Call Karen Whitson or LaDeane Jha, 441-7180. If your family is interested in attending, please return the registration form along with the \$10.00 family fee to: Lancaster County Extension; 444 Cherrycreek Road, Lincoln, NE 68528-1507.

Family Retreat Registration Form

Family Name _____

of Family Members Attending _____

Address _____

City _____ State _____ Zip _____

Phone _____

Registration fee is \$10.00 per family. Make check(s) payable to Cooperative Extension.

Registration deadline is **February 27**.

Please reserve a "Kids for Character" or "Choices Count" video for me. (Video is \$10 each.)

Return registration form and fee to: LaDeane Jha; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (KW)

Family Living



by Lorene Bartos, Extension Educator

Using cold water for washing may cause some stains not to come out and white items may not be white as they were. This is related to the water temperature.

The effectiveness of laundry products is reduced as water temperature decreases and can be seriously reduced if the temperature goes below 60° F. Try using a warm wash and a cold rinse; your results will probably improve. (LB)

Focus on Keeping Families First

Communication—It is important for families to have many opportunities to share their thoughts and feelings. Taking the time to listen to each other helps strengthen family relationships.

Family Pledge Idea—Look for new ways for your family to share. Be creative!

Tips from Myrna DuBois, Extension Educator from Stanton County Cooperative Extension. (KW)

March leader training

The March leader training lesson, "Making Character Count in Your Community" is scheduled for Tuesday, February 24 at 1 or 7 p.m. LaDeane Jha, Extension Educator, will present the lesson. Learn how the concepts can strengthen the character of young people and communities by focusing on six universal values called "Pillars of Character". These pillars are trustworthiness, fairness, respect, responsibility, caring, and citizenship. Take steps as a result of this lesson to become actively involved in a program that is gaining momentum in Lancaster County. Find out what you can do to make a difference.

Anyone interested in this topic is invited to attend. Non-FCE members should register by calling 441-7180. (LB)

FCE scholarships

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.

A \$200 Homemaker's Education Grant, sponsored by the Nebraska Association of Family and Community Education Clubs, Inc., is available for an FCE club member planning to take courses leading to an academic degree, vocational training or completing high school. Applications are due April 1, 1998. The grant must be used between June 1 and December 31, 1998.

A \$125 scholarship 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 1998 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the Extension Office. (LB)

Teens and alcohol

The following actions are practical guidelines for parents who struggle with the issue of alcohol use by adolescents.

Parents can:

1. Set clear, non-negotiable limits regarding alcohol use by young people.
2. Follow through with consequences.
3. Talk about alcohol and other drugs early.
4. Take alcohol use seriously.
5. Work with other parents.
6. Establish clear guidelines for parties.
7. Model responsible choices. (LJ)