

Pesticides and child safety

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Examples of common household pesticides stored in these areas include roach sprays, chlorine bleach, kitchen and bath disinfectants (YES, these are considered pesticides), mice/rat poison, insect and wasp sprays, repellents and baits, and flea and tick shampoos and dips for pets. Other household pesticides include swimming pool chemicals and weed killers.

The following are some EPA recommendations for preventing accidental poisoning to children:

- Always store pesticides away from children's reach, in locked cabinets or garden sheds. Child-proof latches, available in hardware stores, may also be installed on cabinets.
- Read the label of the pesticide product first and follow the directions to the letter, including all precautions and restrictions.
- Before applying pesticides (indoors or outdoors), remove

children and their toys as well as pets from the area. Keep them away until the pesticide has dried or as long as is recommended by the label.

- If you are interrupted while using a pesticide, be sure to put the container out of reach of children.
- Never transfer pesticides to containers that children may associate with food or drink.
- Never place rodent or insect baits where small children can get to them.
- Use child-resistant packaging properly by closing the container tightly after use.
- Alert others to the potential hazard of pesticides, especially caregivers and grandparents.
- Teach children that pesticides are poisons, some-

thing they should not touch. Place warning stickers (e.g., Mr. Yuk) on pesticide containers.

- Keep the telephone number of your area poison control center near your telephone.

In an emergency, try to determine to what the child was exposed to and what part of the body was affected, before you take action. The pesticide product label explains emergency treatments. Give the indicated first aid immediately before contacting the local poison control center, a physician, or 911. If you take your child to an emergency room, take the pesticide container along so that the physician can read the pesticide's ingredients.

Remember: Pesticides are not just toxic to pests!

Source: US Army Center for Health Promotion and Preventive Medicine (SE)



Alice's Analysis

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of the times." Improve the community with good will and deeds.

Now onto business. Sorry to say in the past few years, enrollment has declined. This trend has been seen in just about every club or organization in the Midwest. In the past years, over 1000 members have attended State Conventions. This last year, 176 members attended the convention in Sidney. Now, you must realize this organization was founded in 1915 when classes and demonstrations were given at the township levels. The subjects were canning, soap making, making dress forms, millinery and many more subjects due to the time and needs.

Here are some "tidbits" of our Lancaster County clubs. Extension clubs began in 1920-1930's. I have found Busy Bee's Club began in 1924. Davey

Women's Club began in 1922. In 1931, this club became the Davey Extension Club and went back to being a women's club when the country went to the FCE name (1994). Some clubs selected their names by location; such as the Beltline Club for the school district, Emerald and Firth Clubs for the community. Gateway Gourmet because they organized at the time of building Gateway. The Forty-Niner's were the 49th club to organize in the county, in 1952. The Jolly Dozen kept their memberships to 12 and occasionally adding another for a Bakers Dozen. Over the years, lessons have changed from piping water into the house, including instructions on how to safely carry water into the house, and in 1997, when a lesson was "What trees to plant in our backyard for the best shade."

Over the years, the total membership was over 1,300 in one year. The clubs have done many community projects.

I hope that this gives you a better understanding of FCE. I hope these AA's have been informative as well as enjoyable over the past two years. I wish the best of luck to the new officers for the coming year, Chair Jean Wheelock, Emerald; Vice Chair Clarice Steffens, Salt Creek Circle; Secretary Helen McMahan, Willing Workers; and Treasurer Joy Kruse, Forty-Niner's.

I want to wish everyone a happy and good New Year. I have enjoyed my two years as your FCE president.

Thought of the month...

"Friends are special, always." Author Unknown—but, I said it too. (AD)



Lancaster County Extension welcomes new employees



*Karen Wedding
Ag Support*

Karen worked for the County Corrections Dept. for several years. After working for Crete Carrier for one year she wanted to work for the county again. Karen has an Associates Degree in Adm. Secretary from Southeast Community College. She enjoys her family, sports and crafting.



*Ellen Kraft
Extension Assistant - 4-H*

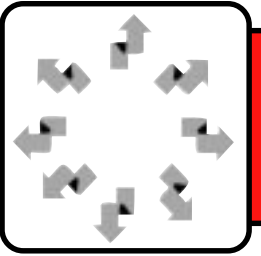
Ellen assists with the School Enrichment Program and the horse, rabbit and poultry 4-H groups. A graduate of UNL with a degree in Elem. Edu., Ellen taught for seven years in Texas and New Mexico. Back in Lincoln, Ellen has taught pre-school and been a substitute teacher. She is married with two small children.



*Mary Abbott
EFNEP Assistant*

Mary is a registered dietitian working with the EFNEP program. She completed her B.S. at Brigham Young University in Utah and has worked for ten years in clinical nutrition. Mary enjoys reading, walking and camping with her husband and 3 daughters.

Miscellaneous



Arlene Hanna recognized as outstanding assistant

At the Nebraska Cooperative Extension Association (NCEA) annual meeting, several faculty were recognized for their outstanding contributions to Extension. Among those recognized was Arlene Hanna of Lancaster County, who received the Distinguished Extension Assistant award.



Arlene's initiative and dedication to School Enrichment programming, including co-authoring a waste management curriculum, currently impacts over 12,000 Lancaster County students annually. In addition, Arlene introduced **earth wellness festival**, an environmental education program. In its fourth year, **earth wellness festival** has encouraged over 12,000 Lancaster County fifth-graders to be aware of personal, community and global impact on the environment. Arlene's dedication to hands-on learning through these programs and the many other things she does for Lancaster County Extension make Arlene Hanna an exemplary Extension Assistant. *Congratulations, Arlene!*



Indulging without bulging

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servings in half *before* you take a bite. Take half of the meal home to eat later. Rather than picked over leftovers, this gives you two terrific meals at half the calories and half the price! For safety's sake, refrigerate leftovers within two hours of being served. Then eat your leftovers within 48 hours.

Guideline 5: INCREASE YOUR EXERCISE RATE

This guideline helps improve your nutrition two ways:

- (1) Exercise helps protect you from the effects of OVER eating by helping burn excess calories.
- (2) Exercise also may help protect you from the effects of UNDER eating. How is this?

The fewer calories you consume, the less likely you are to obtain recommended levels of nutrients from your diet. Provided your overall diet is fairly healthy, you'll take in more nutrients by being able to eat more food.

Guideline 6: CHANGE YOUR CALORIE FATE

As you add exercise to your

lifestyle, also include some weight lifting. Muscle is more metabolically active than fat. Turn your body into a better calorie burner by increasing your amount of muscle mass.

Simply toning your muscles will help burn calories. You don't need bulging biceps. Plus, you'll find your body just seems to "hang" better on your bones when it's firm rather than flabby.

Guideline 7: START NOW - DON'T HESITATE!
It's much more fun to put on the pounds than to take them off! Develop healthy habits that let you enjoy food without paying a price that registers on the bathroom scale. Start now!

Source: Lancaster County Extension FoodTalk E-Mail Newsletter, November 1997. To receive this free monthly newsletter through your e-mail, send an e-mail message to Alice Henneman at cnty5028@unlvm.unl.edu. (AH)



Teens and responsible money management

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goals. Give children something to work for.

Ask your child to help plan the family budget, paying bills and keeping family records. Allow children to make some financial decisions with their own money. The teen years are a time to let your children learn from their mistakes as well as their successes. One mother allowed her teenage daughter to wear jeans that were too short for one semester, because she spent her clothing allowance on an expensive jacket. The next semester the daughter made different choices.

Do teenagers need credit?

This is a family decision. Credit is a big responsibility for anyone; the temptation to overspend is strong. Teens must realize that credit is not more money to spend. It is really money that must be paid back with interest, and credit card purchases should be part of the spending plan. Families should discuss and have guidelines for the use of credit by teens.

Written by Cathy Johnston, Extension Educator, Central Panhandle EPU, Scotts Bluff County. (LJ)