

FAMILY & CONSUMER SCIENCES

Campbell County Family and Consumer Sciences

May 2011

Cooperative Extension Service
Campbell County
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UPCOMING EVENTS	
State Homemakers Meeting Bowling Green, Kentucky	Monday-Thursday May 9-12
Shuttle Tatting CCES <i>(see enclosed flyer)</i>	June 7 6:30 p.m.
Homemaker Council Meeting CCES	June 9 10:00 a.m.
Scrapbook Lock-In CCES <i>(see enclosed flyer)</i>	June 10-12

Seasonal

MAY IS WATER AWARENESS MONTH

Help Kentucky win the 40 Gallon Water Conservation Challenge. The 40 Gallon Challenge is a regional campaign that challenges residents to conserve at least 40 gallons of water pre day. Currently, Kentucky only has two pledges. You can look at each state's pledges by rolling your cursor over the interactive map at <http://www.40gallonchallenge.org>.

On average, Kentuckians use anywhere from 100 to 150 gallons of water per person, per day. Here are some of the no-cost water-saving suggestions you can start doing today:

- Run the dishwasher only when full (saves 2 gallons)
- Turn off water in between rinsing dishes or brushing teeth (saves 5 and 8 gallons)
- Shorten showers; fill bathtub only half full (saves 5 and 18 gallons)
- Do not use the toilet as a garbage can (saves 2 gallons)
- Reduce laundry by one load a week; wash full loads only (saves 5 gallons)
- Start a compost pile for food waste (saves 4 gallons)
- Capture water in a rain barrel for irrigation (saves 5 gallons)
- Sweep sidewalks and driveways with a broom rather than spraying with hose (saves 22 gallons)
- Limit and reduce lawn and garden irrigation (depending, can save 20-80 gallons)
- Mulch two to three inches around trees and plants (saves 25 gallons)



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Taking the 40 Gallon Challenge is as simple as filling out the Pledge Card online at <http://www.40gallonchallenge.org>.

Foods to Increase and Decrease in Your Diet

The 2010 Dietary Guidelines for Americans provides recommendations of foods to INCREASE in your daily diet:

- **Fresh Fruits and Vegetables.** Consume at least 2 1/2 cups every day. Make half your plate fruits and vegetables. Especially focus on eating more colorful



fruits and vegetables. Fresh fruits and vegetables are naturally low in calories, so they can help control weight. Increased consumption of fresh fruits and vegetables lowers your risk of developing several chronic diseases.

- **Milk and Milk Products.** Adults should consume 3 cups of low fat or fat free milk, milk products, or fortified soy beverages, every day. These products supply essential nutrients like calcium, vitamin D, and potassium to the diet. Choosing low fat options is crucial because full fat dairy products are high in saturated fat.

- **Seafood.** Consuming a variety of seafood types—fish like



salmon and tuna as well as shellfish like shrimp and oysters—contributes a range of beneficial nutrients,

especially omega-3 fatty acids. Increased consumption that meets but does not exceed recommended protein requirements has been shown to be beneficial to health.

- **Plant-Based Oils.** Replace

solid fats like butter and margarine with plant based oils like olive oil and canola oil. They are not a food group but supply essential fatty acids and vitamin E. Replacing solid fats with liquid oils lowers “bad” cholesterol levels in the blood.

- **Beans and Peas.** As excellent sources of protein, fiber, vitamins, and minerals, beans and peas may be considered both vegetables and protein foods. They make a great substitute for meat and poultry, with much less fat. Examples include kidney beans, black beans, chickpeas, lentils, and black-eyed peas.

The 2010 Dietary Guidelines for Americans provides recommendations of foods to REDUCE in your daily diet:

- **Sodium.** All Americans should strive to consume no more than 2,300 mg sodium per day.



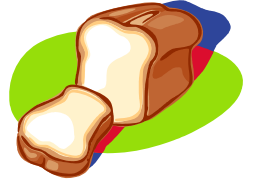
People 51 and older or those who are African American, have high blood pressure, diabetes, or kidney disease should consume no more than 1500 mg of sodium per day.

- **Sugary Drinks.** Drink water instead of sugary drinks. Sugary drinks make up a large portion of the excess calories in an average American’s daily diet. Cutting down on these drinks decreases your daily calorie intake, and can help control your weight.

- **Saturated Fat.** Saturated fat should make up no more than 10 percent of your daily calories. This is 22 grams per day for a 2,000 calorie diet. High

levels of saturated fat in the diet contribute significantly to your risk for heart disease, heart attacks, stroke, and other related conditions.

- **Refined Grains.** Consume no more than 3 ounces per day. Instead, choose products made with whole



grains whenever possible. The refining of whole grains returns some, but not all, of the essential vitamins and minerals that were removed. Refined grains also lack fiber, an important component to any healthy diet. Many products made with refined grains are also high in fat and sugar, like cookies and other desserts.

- **Cholesterol.** Consume no more than 300 mg per day. High dietary cholesterol contributes to higher levels of cholesterol in the blood, which increases your risk for heart disease, heart attacks, stroke, and other related conditions.

Source: Extension Specialists for Food and Nutrition, University of Kentucky, College of Agriculture



Family Health History

A family has many of the same characteristics, due to their similar genes, behaviors, lifestyle, and environment. These can often influence health, both now and in the future. If there are members of your family with a chronic disease, you may have a high risk of developing that disease yourself.



A family health history is a graphic record of the diseases and health conditions seen in your family. Some people may know a lot of information about their families, while others know nothing or very little. Discovering your family's health history and sharing it with your healthcare provider can be a useful tool.

It is suggested that a family health history go back three generations. Talk to other family members about their health and the health of the relatives they know. Write down the information you learn, and update any information you already know.

Although you cannot change your genes, you can change your behavior. If you know your family has a history of heart disease, you can take steps to prevent or delay the disease. Some suggested behaviors might include not smoking, getting plenty of exercise, and eating a balanced diet.

If you know the diseases that run in your family, you have a head start on prevention and can have the most impact. You can participate in health screenings at an appropriate time determined by your family health history. If you know your family has a history of breast cancer, you and your healthcare provider can determine an appropriate time to start screening for it.

If you do not have a family history of a certain disease, does that mean you are not at risk? No, although you may have a smaller chance of developing a certain disease, there are other factors that may affect your health such as environment and lifestyle.

Some family members may have died young, before developing a certain disease. If you are going back

three generations, some of the relatives may have died before they had a chance to develop certain diseases. The disease will still be carried through your genes.

Environmental factors can also determine if a disease will develop. Living in a polluted environment or eating healthy foods can help or hinder development of disease. Just because no one in your family has had lung cancer or heart disease does not mean you will never get those diseases. You cannot smoke every day or eat fast food every day and not see some effect on your health.

Take the time to research your family's health history. Once you have done the work, share it with other family members and share it with your healthcare provider. It can be a very useful tool.



Reference: Centers for Disease Control and Prevention, march 2010. Family Health History. <http://cdc.gov>

Recipe



BAKED OATMEAL



- 1/2 cup applesauce
- 2 eggs
- 1 cup 1% milk
- 1 cup granulated artificial sweetener, sucralose
- 1/3 cup brown sugar substitute, sucralose
- 3 cups oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups 1% milk
- 2 tablespoons granulated artificial sweetener, sucralose
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla or nutmeg

1. Stir first eight ingredients together in a mixing bowl until well mixed.
2. Bake in a greased 9 X 9 inch pan at 350° F for 40 minutes.
3. Combine remaining four ingredients in a sauce pan.
4. Stir over medium heat until sugar substitute is dissolved and mixture is warm.
5. Slice into nine, 3-inch squares and drizzle warm sauce over each serving.

Makes 9 servings

Nutrition Facts per Serving: 160 calories, 4 g total fat, 50 mg cholesterol, 200 mg sodium, 24 g carbohydrate, 3 g fiber, 7 g protein



How to Help Military Families

During times of crisis, war and natural disasters, Kentucky's military personnel leave their homes to serve our country and support the assigned mission, leaving behind families and jobs. These deployments can last from a few weeks to a year or more.

Throughout deployment, military families often turn to friends, family or neighbors when in need. Support may be offered in many forms. Families may need a listening ear, a supportive voicemail message or an extra hand to help clear snow after a storm.

Before deployment, let the soon-to-be deployed service member and family know how and when you could assist them during the deployment. Make a concrete offer for a specific type of support such as offering to watch the children once a month or changing the oil on the family's vehicles. These small gestures allow the family to potentially head off a crisis situation through pre-planning.

During deployment, assistance with routine household tasks is always appreciated. Families with young children or elderly parents often find tasks such as mowing, raking leaves or snow removal difficult to arrange or complete in a way that does not put children's safety at risk. You may send a care package or letter to the deployed family member. Be sensitive when discussing personal views on war or the military. Remember, deployments can be long. The family will need your support six months into the deployment just as much as when the military member first deploys.

During post-deployment, do not push the service member to discuss what he or she did or what happened during their deployment. Let the military member and family know you appreciate the service and sacrifice they have made. Allow the family time to be alone - competing for attention can be counter-productive and stressful. Keep in mind, large events with many people could be stressful to the returning service member. Make sure they are comfortable with any celebration plans. Be understanding if they need to leave soon after arrival. The transition back to the civilian world takes time.

The commitment and support of friends, family and neighbors during deployment is valued and necessary. Building a positive support system allows the military family to know who they can turn to for help should the need arise. Sometimes, this knowledge is enough to help ease the stress the family may experience by creating a sense of empowerment. Positive support systems also help the military member and family reconnect and adjust following separation.

Source: Judy van de Venne, PhD., C.F.L.E., Extension Specialist for Family and Consumer Sciences, Purdue University

Credit Card Trouble Signs

Credit cards provide a convenient way to spend and also makes it easy to overspend. Credit cards are so convenient that we may forget we are spending actual money, making it easy for people to accumulate more credit card debt than they realize.

Credit Card Trouble Signs:

- You can only make the minimum monthly payment
- You have maxed out or reached the limit
- You do not know the balance
- You have opened a new credit card account to be able to make the payments on your old account
- You are receiving phone calls from debt collectors

If you find yourself struggling to manage your credit card debt, you have several options to build a more sound financial future. Contact your creditors to explain your situation and request a modified repayment plan that works within your budget. You may also consider contacting a reputable credit counseling service to seek advice regarding your specific financial situation. However, be certain you know to whom you are talking. Most reputable credit counseling services are no or low-cost.



The Federal Trade Commission offers the following tips to protect you when dealing with credit counseling organization: Be wary of credit counseling organizations that charge high up-front or monthly fees, pressure you to make voluntary contributions, won't send you free information about the services they provide without requiring you to provide personal financial information, offer to enroll you without teaching you budgeting and money management skills or demand that you make payments before your creditors have accepted you into the program.

Source: Jennifer Hunter, Extension Specialist for Family Finance, University of Kentucky, College of Agriculture

Kate Vaught
Campbell County Extension Agent for
Family and Consumer Sciences

HOMEMAKER NEWS

Campbell County Extension Homemakers Award Scholarships

Two local Campbell County Seniors were awarded \$500.00 scholarships at the Campbell County Extension Homemakers Annual Meeting on April 16, 2011. The Homemakers award these scholarships to deserving graduating seniors who will be attending a college/university in Kentucky. Samantha Mason and Megan Nehus are the 2011 winners.



Samantha Mason, Newport High School. Samantha, 18 years old, will be attending Gateway Community and Technical College for a degree in applied science. Besides excelling in academics, she has been involved in various community and extracurricular activities. Samantha has volunteered her time at an Animal Rescue Fund, an All Creatures Animal Hospital, and with children who have special needs. She also has been a part of the drama club and art club. Her mother is Amberly Mason. Her father and stepmother are Bill Spence and Debbie Spence. She has two sis-

ters, Dorothy and Ashley, and one brother, Billy.

Megan Nehus, Campbell County High School. Megan, 17 years old, will be attending the University of Louisville to major in business. Throughout high school, she has achieved outstanding grades and been active in community and extracurricular activities. Megan has volunteered her time with Big Brothers/Big Sisters, Scarf it Up, Operation Christmas Child, Ronald McDonald House, and at local elementary schools. She participates on National Honor Society as president, student council as secretary, superintendent student advisory council, soccer, beta club, and pep club. Her parents are Betsy and Randy Nehus. She has one older sister named Lauren.





Thanks to all of you for making the Homemaker Annual Meeting on April 16th a success. The theme was "Spring Fling." Doris Meece, Horticulture Extension Assistant, did a wonderful presentation on the centerpieces, which were annuals and perennials. There were over

35 people present who enjoyed fellowship and great food! Samantha Mason and Megan Nehus, winners of the Elizabeth A. Porter/Gladys M. Lickert scholarships, received certificates. Marlene McComas, area president, installed Juanita Mitchell as the new county president, Anita McCormick as the new vice-president, and Anna Teichmoeller as the new secretary. Janet Rouse continued as treasurer. Thank you to the past officers, Anita McCormick, Janet Rouse, Andrea Sherman and Linda Sorrell, who served this great organization! We appreciate all your hard work and effort over the past few years.



Alexandria Club received the attendance award for the highest percentage of club members presented. Claryville was the homemaker club with the most VSU (volunteer service units) hours, and Sue Jump was the individual with the most VSU hours. Thank you again to everyone who helped make the Annual Meeting special, and mark your calendars for the next council meeting, which is on June 9 at 10:00 a.m. at the Extension Office.

