

FAMILY & CONSUMER SCIENCES

Campbell County Family and Consumer Sciences

UPCOMING EVENTS	
Freezer Meals <i>CCES (see flyer)</i>	October 13 1:30 p.m.
Foods, Customs & Cultures <i>CCES (see flyer)</i>	November 3 6:30 p.m.
Coffee With Ronda <i>CCES (see flyer)</i>	November 15 6:30 p.m.
<i>Boone Co. Extension</i>	November 18 10:00 a.m.
Creating the Right Resume for the Right Job <i>CCES (see flyer)</i>	November 21 & 28 6:30 p.m.

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October 2011

Seasonal

Cooperative Extension Service
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Make Sure to Have a Fun and Safe Halloween

- Your child's costume should be made from flame retardant material. If it is a homemade costume, treat the fabric with a flame retardant spray.
- If possible include a light reflector with your child's costume. You may even consider adding one of these if there are none on the costume already. Also make sure your child has a flashlight when she goes out to trick or treat.
- Try to avoid heavy jewelry or high heeled shoes for little girls. If she trips and scrapes her knee it may ruin the rest of the night.
- If your child is carrying a prop, such as a sword, make sure it is made out of flexible materials in case he should fall on it while out.
- If your child will be wearing a mask, you will want to make sure that he or she can see easily out of the holes for the eyes. This will help your child see where he or she is going and hopefully will prevent any trips and falls.

Once you have the candy picked out, the costumes ready and decorations up be sure to talk to your child about being safe while he or she Trick or Treats.

- Watch out for cars and traffic - remind your child to stay on the sidewalk as much as possible.
- Watch where your child is going - With masks and costumes it may be hard for your child to have the same vision that he would normally. Watch out for steps, cracks in the pavement and other ways that your child could trip and possibly get hurt.
- Make sure than an adult is with your child - It is fun to go out and trick or treat and it can be even better in a big group of adults. This also is important in case something happens.

Many children love Halloween because of the big bag of candy they hope to get. Take time to talk to your child about how much candy he will be allowed to eat. Will he be allowed several pieces that night and then just one or two pieces a day after that? Remember to go through the candy with your child and throw away any unwrapped candy. If your child has allergies to certain foods like nuts, you may have to go through the candy closely to make sure the candy left is safe to eat.

Source: October 2011 Parent Health Bulletin, UK HEEL program





HAIR CARE

The hair is often described as one's crowning glory. Ask anyone and they are sure to agree...if your hair looks good, you automatically feel good! Some appearance experts go so far as to say that the hair is the single most important factor in looking neat and well put together. Hard-to-handle hair is the number one beauty complaint of women!

- Healthy hair is reflective of healthy lifestyle habits and overall good health. Eat a well-balanced diet, drink plenty of water, exercise regularly, and get sufficient rest/sleep. Medications and health conditions can and do influence hair condition.
- Hair changes as the body changes. Hair growth, hair loss, and replacement are natural, normal processes throughout the life cycle. As the body ages, growth and replacement are slowed, which may give individuals the impression they are balding. Balding is a hereditary condition but can also be linked to general body health (recent surgery, diet, medications, chemotherapy, hormones, stress).
- Dandruff shampoo can strip hair color. If using a color, select a non-alkaline shampoo. Rinse hair in luke-warm water. Hot water speeds color fading.
- Hair style is more critical than hair color! Keep yourself and your hair style up-to-date. Re-evaluate your hair cut and style periodically; what

looked good at age 20 may not at age 40 or 60. A proper hair style as well as hair color can make you look youthful and natural.

- Hair style can camouflage some beauty dilemmas.
 - ⇒ Long bangs can soften lines around the eyes (crow's feet) and forehead wrinkles.
 - ⇒ Layering hair around the face, angling at and below the chin, can distract from a wrinkled neck.
 - ⇒ Layering is effective in slenderizing the face.
- Hair color should look natural. The golden rule in hair coloring is not to go too light or too dark. Cover gray with a shade lighter than your natural color. Bleaches chemically alter each hair strand, but do not injure the root. Hair dye works more like paint by covering hair strands with color.
- Think about highlighting or a touch of color. Educate yourself about hair coloring before you take the plunge. Be careful with "do-it-yourself" coloring! Initially, hair coloring is best left to the professional; search for someone skilled in hair coloring techniques.
- Gray hair can look chic, even stunning! Keep it silver or white; avoid using blue or purple tints as this is not natural looking. Coloring gray hair is an asset when gray hair is



unbecoming with complexion or when hair is more yellow than gray. Yellowish-gray hair is not flattering to most people.

- If you use a hair dryer, turn it off just before hair is completely dry. Hold blower several inches away from hair. Allow hair to "air dry" and cool before styling.
- Curling is safest if you twist your hair into pin curls overnight. Hot rollers and curling irons give the best results with coarse hair but may damage strands or roots when used to excess. When using a curling iron, always roll in the hair ends last. The safest curling for fine hair is to let it air dry and wind it loosely around sponge rollers.
- Cover hair when in bright, intense sunlight to prevent sun damage. Smoking can and does change hair texture and color of hair.

Source: Linda Heaton, Ph.D., Extension Specialist, Textiles & Clothing, November 1994

HOMEMAKER NEWS

Renew Memberships

It's time to renew your membership for the 2011-2011 year. Dues are \$8.00. Make checks payable to the Campbell County Extension Homemakers and send the money to Janet Rouse, 1901 Race Track Road, Alexandria, KY 41001 by November 15th. Remember that Homemaker memberships make great gifts for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from Homemakers. Let's spread the seed and make our organization grow!

Breast Cancer

Breast cancer is a disease where the cells in the breast tissue grow out of control. This growth may form a lump or tumor in the breast. No matter where a cancer may spread, the place it started is the name it is given.

Other than skin cancer, breast cancer is the most common cancer among women, regardless of race or ethnicity. Right now in the United States, there are over 2.5 million breast cancer survivors.

How to reduce your risk

- Start being physically active - find something you like to do that gets you moving, and do it.
- Control your weight - talk to your healthcare provider about ways to achieve a healthy weight.
- Know your family history - talk to your family and learn about family members who may have had breast cancer.

Take the time to talk to your healthcare provider about possible risk factors.

Early detection by observing breast cancer symptoms and talking to your healthcare provider is very im-

portant and key to breast cancer survival. You can get screened for breast cancer by your healthcare provider or at a hospital, clinic, or doctor's office. For long-term survival, it is important to discover breast cancer in an early stage.

Keys to Early Detection

- Get a yearly mammogram - This screening is a breast x-ray. If you are 40 years old or older you should get one every year, or as your healthcare provider recommends.
- A regular clinical breast exam - This exam is conducted by a healthcare provider who checks for lumps or other changes in the breast.
- A monthly breast self-exam - Starting in their 20s, all women are encouraged to check their breasts on a monthly basis for lumps or changes. To learn how to conduct a monthly self-breast exam, log onto the website: http://www.breastcancer.org/symptoms/testing/types/self_exam/

If you have any questions about



breast cancer and breast exams, talk to your healthcare provider.

Symptoms

It is important to be aware of symptoms associated with breast cancer. Not everyone who has breast cancer has symptoms. If you feel that something is wrong, you should talk to your healthcare provider.

- Pain in any area of your breast
- Change in the color of your breast
- A lump or thickness in the breast or under your arm
- A change where one breast suddenly becomes larger or heavier than the other
- A rash on your breast
- A breast nipple that becomes painful or turns inward
- Discharge from your nipple
- Skin around the nipple becomes scaly or crusty
- A dimple or "pulling in" of an area on the breast when you raise your arm or lean forward

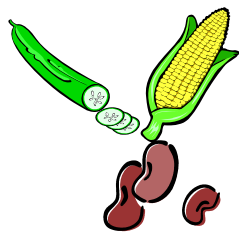
Source: October 2011 Adult Health Bulletin, University of Kentucky Heel program

Recipe



Cucumber, Corn, and Bean Salad

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup black beans
- 1/2 cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 1/8 teaspoon sugar



Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to the vegetables.

In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well. Serve immediately or refrigerate until chilled.

Yield: Makes 10, 1 cup servings

Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber



Healthy Relationships

Tips to Jumpstart Communication with Your Children

Families go through change. Sometimes change is predictable and sometimes it comes when it is least expected. During these times, maintaining communication between parents and children is important to keep the family strong.



You can create a family communication ritual by setting aside a time to have a family meeting. This could be after dinner while you still remain at the table or a weekly time in the family room. Write down questions on slips of colored paper or index cards and put them in a fish bowl, a decorated shoe box, or a brightly colored hat. Re-

member to use this as an opportunity to teach children to wait and not interrupt others while they are speaking.

Here are some suggestions for conversation starters:

- The best part of my day was when_____.
- The worst part of my day was when_____.
- Share one goal or fear that you have.
- Turn to one family member and fill in the blank: I appreciate it when you_____.
- My favorite (food, toy, video game) is_____.
- I want to_____ in the near future.
- These words make me feel good: _____.
- The quality I like best in a friend is_____.
- I am embarrassed when_____.
- Two things I really like about myself are_____.
- One of my favorite memories of our family was when_____.
- Describe the perfect day trip with the family. Where would you go? What would you do? What would you eat?

Source: Judy van de Venne, Extension Specialist for Family and Consumer Sciences, University of Kentucky, College of Agriculture

Nutrition & Food

Build a Healthy Plate

1. Balance Calories

Find out how many calories you need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. Enjoy Your Food, But Eat Less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3. Avoid Oversized Portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. Foods to Eat More Often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. Make Half Your Plate Fruits and Vegetables

Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. Switch to Fat-Free or Low-Fat (1%) Milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. Make Half Your Grains Whole Grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. Foods to Eat Less Often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. Compare Sodium in Foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10. Drink Water Instead of Sugary Drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

Source: www.ChooseMyPlate.gov

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Family and Consumer Sciences