

FAMILY & CONSUMER SCIENCES

Campbell County

Family and Consumer Sciences

February 2012

Cooperative Extension Service
 Campbell County
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Seasonal

UPCOMING EVENTS		
Zumba CCES	Jan. 25 - March 7	6:30 p.m.
Campbell Co. Homemaker Council CCES	February 14	10:00 a.m.
What Every Spouse (and Family) Should Know CCES	February 21	6:30 p.m.
The Successful Person's Guide To Time Management CCES	February 28	6:30 p.m.
Money Talk for Women Series CCES	March 5, 12, 19, 26, 27	6:30 - 9:00 p.m.
Personality Perks CCES	March 8	6:30 p.m.

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**Winter is for Nesting:
 Take Time to Examine Your Life**

Here are some suggestions to help you find happiness and joy in your life:

Live your values. List the five top things you want to do in life. Next, pretend you will die in a few months, and list the things you want to do before you die. Compare the two lists. Are they in sync? How will you achieve those dreams?

Find balance. Are you living your core values? If it's important to simplify your life and live with more balance, consider what steps you can take.

Need or greed? Take time to examine your spending purchases. There is a big difference between needing something and wanting it, and if you want something you can't afford, you should be aware of your propensity to overspend. Consider how spending impacts your savings account as well as the planet. You might find you can do without.

Clear away clutter and make a fresh start. Donate, give away or throw out unnecessary possessions and streamline your life. Decluttering helps you feel lighter and more organized. Think quality, not quantity, of possessions.

Be aware of how you spend your leisure time. Are you making the best of it? Shopping has become one of the most popular activities. Is that really how you want to spend your time? You may decide to find other ways to channel energy. Television and computers also gobble hours of leisure time.

Find time to get enough sleep. Sleep is essential to health and well being, yet Americans get by on too little sleep. Don't let that happen to you.

It's too easy to say, "Do what you love," because we are all constrained by reality. But, within reason, find ways to do what you love. If you cannot change professions to follow your dreams, find ways to satisfy those dreams.

Be grateful. Count the gifts in your life and rejoice in them. Let this become a habit, and greater happiness and contentment will follow.

Source: Sam Quick, Extension Human Development and Family Relations Specialist Emeritus and Carole A. Gnatuk, Senior Extension Specialist for Child Development



Checkups

- *Annual exam with health care provider* - Even though you may be healthy, it is important to schedule a visit with your health provider once a year. This is a time for you to discuss: health screenings, medical issues, vaccination updates and support for lifestyle changes such as weight loss or new exercise programs.
- *Dental visits* - Adults should be visiting their dental provider on a regular basis for cleanings and oral exams.
- *Eye doctor* - Adults should have an eye exam every two years, unless they notice issues for changes in their vision. If you have noticed changes with your vision, you should see an eye doctor immediately.

Screenings

For Everyone:

- *Colorectal cancer* - The first screening for colorectal cancer should happen at age 50. If your family has a history of colorectal cancer, you may need screenings at an earlier age. Talk to your health care provider about the test and your screening options.
- *Diabetes* - Diabetes screenings are usually done when you go to your annual check-up. Diabetes can lead to problems with eyes, feet, kidneys,



and other organs.

- *High blood pressure* - This screening also is commonly done during an annual exam. High blood pressure is considered 140/90. Talk to your doctor if you have high blood pressure.
- *Cholesterol* - Cholesterol should be checked regularly. If you use tobacco, are obese, have diabetes, have high blood pressure, have a family history of heart disease or a personal history of heart disease, talk to your health care provider.

For Women:

- *Mammograms* - Talk to your health care provider about whether or not you should have a mammogram. Factors that may influence when you have mammograms are family history, age, overall health and personal concerns.
- *Cervical Cancer* - Women between the ages of 21 and 65 should have a Pap test every 1 to 3 years. Generally, if you are over 65 and have had normal Pap test results, you will not need further screening. If you have had a hysterectomy for a reason other than cancer, you will not need a Pap test.
- *Osteoporosis (bone thinning)* - This screening should be conducted around the age of 65 to check bone strength. If you are younger than 65 years of age, talk to your health care provider about osteoporosis screening and whether or not you should participate.

For Men:

- *Prostate Cancer* - Men over the age or 50 should discuss prostate cancer screenings with their health care provider. A health care provider may suggest a screening at an earlier age, depending on family and personal history.



Immunizations

- *Flu Shot* - A yearly flu shot is recommended for all adults.
- *Pneumonia Shot* - A pneumonia shot is recommended for persons ages 65 or older.

Talk to your health care provider about other vaccinations to confirm that you are up to date.

Checkups, screenings, and immunizations are important for staying healthy. By visiting your health care provider on a regular basis, you will be better able to maintain a functional and happy life.

Source: Adult Health Bulletin, February 2012, University of Kentucky, College of Agriculture, Cooperative Extension Service



Baking Tips

Want to Bake Like a Pro?

Measure ingredients carefully. To do so:

- Spoon flour lightly into measuring cup. Do not tap the cup on the table top. Scrape across the top of the cup with a knife to level.
- Pack brown sugar into the cup.
- Pack soft fat or shortening into the cup. Scrape across the top of the cup with a knife to level.
- Dip measuring spoon into baking powder or soda, or pour salt into spoon. Scrape across the top of the spoon with a knife to level.
- Place a liquid measuring cup on a level surface. Bend at waist until you are at eye level with the cup. Pour liquid into the cup until the liquid line is even with the desired measure line.



Want to Make Yeast Bread Like a Pro?

Testing Water Temperature

Warm water means water that is 105° to 115° F. If a thermometer is not available, test the water by dropping a few drops on the inside of your wrist. Water should feel very warm but not hot. Dissolve the yeast in this water.

Kneading Dough

1. Shape the dough into a ball.
2. Sprinkle only enough flour on a board or pastry cloth to keep the dough from being sticky. Remember, moisture content on flour differs, and sometimes it takes more flour than other times.
3. Flatten the dough slightly. Pull the back sides of the flattened dough toward you, folding the dough over as you bring it forward.
4. With the heel of your hand, gently push the dough away from you. Do not press hard on the dough;

this makes it stick to your hands and to the pastry cloth or board. Rotate the dough 1/4 turn with each knead.

5. Repeat this folding, pushing and rotating motion until the dough is smooth and elastic. Use a consistent, rhythmic movement in kneading.



Source: Fast Break Breakfasts, University of Kentucky, College of Agriculture, Cooperative Extension Service, 2000

Recipe



Broccoli Pizza

- 1 1/2 cups shredded Monterey Jack cheese
- 1 12-inch whole wheat pizza crust
- 1 cup chopped broccoli florets
- 1 medium zucchini, thinly sliced
- 1 medium onion, sliced into strips
- 1/2 medium red bell pepper, cut into strips
- 1 medium tomato, thinly sliced
- 2 cloves minced garlic
- 1 teaspoon dried Italian seasoning
- 2 tablespoons vegetable oil



1. Sprinkle half of the cheese evenly over crust; set aside.
2. Sauté vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
3. Spoon vegetables evenly over pizza crust.
4. Top with remaining cheese.
5. Bake at 450° F 5 minutes or until cheese melts.

Yield: 8 slices

Nutrition Analysis: 320 calories, 23 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 540 mg sodium, 18 g carbohydrates, 3 g dietary fiber, 3 g sugars, 15 g protein



PLAYING IN THE SNOW

When there has been a snow storm and your children are home from school, you may be wondering how you will keep them entertained all day. Letting your children go outside is a great way for them to use some energy and have fun too! Being comfortable outside in winter weather can be challenging, but by following these tips and suggestions you will be able to help your children enjoy the snow and give you a few moments of peace and quiet.

When sending your children outside in the snow, it is important that he or she stay warm. The best way to dress your child is to make sure he or she wears many layers of clothing. The more layers of clothing your child wears, the more likely he or she will be able to stay warm. Another benefit of wearing many layers is that as your child runs around and his body warms up, layers can be removed. The first layer should be thermal or long underwear. The best choice for pants would be waterproof or water resistant pants.

Do not forget to have your child layer her socks. If she has some waterproof shoes, such as boots, she should wear those as well. Sneakers tend to get very wet in the snow and your child's feet could get cold in a hurry. Do not forget that your child should wear a hat. There are many different types of hats, but as long as your child will keep it on, it will help to keep him warm. Other items that will help your child stay warm are scarves, earmuffs, and gloves. Do not be afraid to bundle your child up.



In the winter, it is important that your child drink lots of fluids. If your child has come in from outside in the snow, it may be a good idea to offer something warm to drink such as warm milk, hot chocolate or warmed apple juice or cider. If your child drinks something warm, such as hot chocolate or warm apple juice, it will help to warm him or her from the cold and keep your child from becoming dehydrated.

When your child is playing outside he or she may not realize how cold it actually is out there. You should make sure they are not getting too cold. You should look to see if they are shivering or if your child's teeth are chattering. Your child may not want to come in from the cold. If you notice he or she is acting tired, ask him or her to come inside.

Being outside where there is snow on the ground can be a lot of fun. No matter how much fun your children are having, make sure they are being careful and staying safe by layering clothes, listening to their body and drinking something after coming inside.

Source: Parent Health Bulletin, February 2012, University of Kentucky, College of Agriculture, Cooperative Extension Service



KENTUCKY SAVES

Tackle the Holiday Financial Hangover - Many people overindulge in a variety of ways during the holiday season. Unfortunately, this may include spending more on holiday gifts, entertaining and travel than originally budgeted. During the first few months of the New Year, the credit card bills and expenses will begin to roll in. The longer the debt hangs around, the more the holidays cost in interest fees. The first step is to reduce spending and apply the extra money toward paying off credit cards. Make a plan now for next year: once you have paid off holiday debts, put that extra money aside every month into a special savings account for the next holiday season.

Pay Yourself First - Paying yourself first, or setting aside money at the beginning of the month specifically for savings goals is a good way to get started at savings. You may be able to automatically transfer money from your checking to savings account. Put the amount you want to save in your savings account on the day you are paid. By paying yourself first, you are more likely to adjust to living on less, because you never actually have the money available to spend on regular household expenses.



Set a Savings Goal - There are things you can do to improve overall financial health. Take a moment and set a financial goal, then kick-start your savings by figuring out how to save \$100 toward your goal. There are many ways to reduce expenses. Put any money saved directly into your savings account. Once you have gotten started, continue to add to the account every month until you reach the goal.

Source: Family Financial Management, February 2012, University of Kentucky, College of Agriculture, Cooperative Extension Service

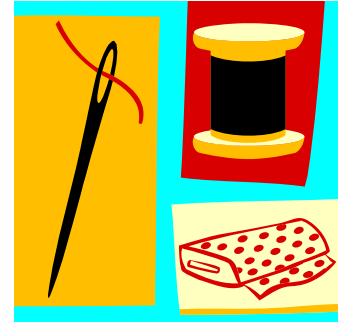
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Campbell County Extension Agents for
Family and Consumer Sciences

"It's Sew Fine" Sewing Expo

The sixth "It's Sew Fine" Annual Sewing Expo will be held at General Butler State Resort Park in Carrollton, Kentucky on April 17 – 18, 2012. There will be an opportunity for participants arriving early to participate in a "sew in" from 5:00 – 8:00 p.m. on Monday evening, April 16



The Expo begins Tuesday, April 17 with registration at 10:00 a.m. followed by morning "make-it-take it" sessions. Tuesday afternoon participants register for one class with some of the following choices offered: Kanzashi embroidery, 4 different quilt classes, free motion quilting, an advanced serger class in using the serger for decorative effects, a fabric dyeing class using procion MX dyes, plus several other choices.

On Tuesday evening the banquet features keynote speaker, Gail Yellen, a fabric artist from Glastonbury, Connecticut. As an active member of the American Sewing Guild, Yellen's enthusiasm will excite sewers to finish their sewing projects and other handiwork with special unique embellishment. Participants will have the opportunity to view an array of quilts, garments, home decor and other projects completed by participants who attended previous Sewing Expos. After the Tuesday evening banquet participants will attend an "Instructor Showcase" where they can purchase special sewing items.



A full day of classes will be taught Wednesday, including making a scarf using thread and special machine techniques, a sewing accessory tote, a beautiful jacket made by collage, an embellished tank top, a class titled, "Little Canna Fish", a special sweatshirt jacket, plus a the following quilt classes: "Bugle Boy", "Double Wedding Ring" (old fashioned techniques made easy), "Stripe One", "Strip Happy" mystery quilt, and a t-shirt quilt. The 2012 Sewing Expo concludes on Wednesday at 5:00 PM.

For additional information and a registration packet contact your local county Cooperative Extension Service or online: <http://ces.ca.uky.edu/owen/FamilyConsumerSciences>.

Registration deadline is March 1, 2012. Interested persons are encouraged to request and get their applications in early as space is limited.