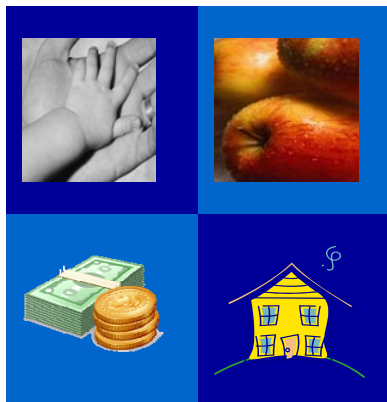


**FAMILY & CONSUMER SCIENCES**

# Clinton County Family & Consumer Sciences Extension Newsletter

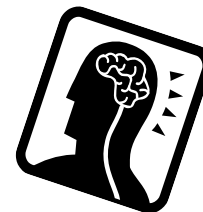
**Cooperative Extension Service**  
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**FCS  
Extension  
Events &  
Information  
March  
2011**

## Stretch Your Brain

The brain is an amazing organ. It controls all bodily functions, all organs, thoughts, emotions, memory, and ability to be self-aware. Like other body parts, it is natural for the brain to lose some its sharpness; but it can deteriorate even more if you do not take care of it. According to the Alzheimer's Association, it is important to stay physically active, to adopt a brain-healthy diet, and to remain socially active and mentally alert. Physical activity helps blood flow to the brain and encourages new brain cells. Physical activity also maintains a healthy heart, which helps to reduce dementia risk factors including, heart attack, stroke, and diabetes. A healthy brain diet consists of low cholesterol and low fat foods. Diets rich in antioxidants, found in many dark vegetables and fruits, may help to protect brain cells. Mental activity and stimulation strengthens brain cells, the connections between the cells, and may even create new nerve cells. Education and lifelong learning, staying curious and involved, playing games, and paying attention to your environment are ways to keep your brain active every day. Social activity can make physical and mental activity more fun. It can also reduce stress, which helps the brains ability to maintain healthy connections between brain cells. Other ways to stay socially active include sports, cultural activities, working or volunteering, emotional support, and close personal relationships. Remember, the combination.



## Christy's Comments

Another round of Big Blue Shape Up starts this month with registration and a preview of the new Wellness Center on March 14th. See the enclosed flyer for additional details. Commit time this spring to better eating and increased physical activity!

Also, in Clinton County, we will observe Dress in Blue Day on Friday, March 25th to bring awareness to colon cancer. Encourage everyone you know to wear blue that day. Additional materials will be distributed to Homemaker clubs.

Also, be sure you have May 19th on your calendar. Clinton County will be hosting the Lake Cumberland Area Homemakers Annual Meeting!

Best wishes,

*Christy Nuetzman*

Christy Nuetzman  
Clinton County Extension Agent for Family and Consumer Sciences

**Questions???**

**Email me at [christy.nuetzman@uky.edu](mailto:christy.nuetzman@uky.edu)  
or check us out online at  
<http://ces2.ca.uky.edu/clinton/>**

**Source:** Amy F. Hosier, Extension Specialist for Family Life, University of Kentucky, College of Agriculture

## Where Does All of Our Money Go?

At the end of the month we often find ourselves asking, where did all of my money go? A recent survey by the United States Department of Labor answered that question. The average consumer unit or household in the United States is made up of 2.5 people earning a total of \$63,091 before taxes. The household's annual expenditures are \$49,638. But just where does all of that money go?

The big three expenses are fairly obvious — housing, transportation, and food. The biggest chunk, 34 percent or \$16,920 covers housing, including mortgage payments, rent, utilities, furniture, supplies, etc. Not surprisingly transportation is the second largest expense, totaling \$8,758 spent on vehicle purchases, gasoline, motor oil, and other transportation expenses. The average American household's food bill is \$6,133, including \$3,465 spent on food at home and \$2,668 spent on eating out.

Contributions to social security, retirement, pensions, and insurance are the other significant expense, totaling \$5,336 or nearly 11 percent of total expenditures.

As large expenditures seem to drop off, the household unit spent nearly equal amounts on healthcare and entertainment, averaging \$2,853 or 5.7 percent of total expenditures on health care and \$2,698 or 5.4 percent on entertainment. The other expense categories were fairly small, with nearly four percent (\$1,881) allocated to clothing, \$1,821 (3.7 percent) to cash contributions, \$945 to education, \$588 to personal care items, \$323 on tobacco and finally .2 percent or \$118 to reading. Now that you know how other Americans are spending their money, take the time to figure out where you are spending yours. A spending log is the first step in creating a budget. Use the categories mentioned as a guide; make yourself a worksheet to track your expenses for the next month. Write down any money you spend regardless of payment type including cash, credit, debit, or check. Your goal is to develop an accurate reflection of how much you actually spend. Once you know where your money is going, it will make it easier to find the areas that you overspend.

### Reference:

Consumer Expenditures 2009, Bureau of Labor Statistics Economic News Release October 5, 2010. Retrieved October 11, 2010 from <http://www.bls.gov/news.release/cesan.nr0.htm>

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



## BROCCOLI SALAD

6 cups chopped raw broccoli	1 cup raisins
1 medium red onion, peeled and diced	2 tablespoons sugar
8 bacon slices, cooked and crumbled ( <i>optional</i> )	
2 tablespoons lemon juice	3/4 cup low-fat mayonnaise

**1.** Combine all ingredients in a medium bowl. **2.** Mix well. **3.** Chill for 1 to 2 hours. **4.** Serve.

**MAKES 16 SERVINGS**

**NUTRITION FACTS PER SERVING:** 170 calories; 7 g total fat; 1 g saturated fat; 0 g trans fat; 10 mg cholesterol; 170 mg sodium; 26 g carbohydrate; 2 g fiber; 2 g protein; 8% Daily Value of vitamin A; 80% Daily Value of vitamin C; 4% Daily Value of calcium; 4% Daily Value of iron

**SOURCE:** United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, June 2008. <http://recipefinder.nal.usda.gov>

***Homemaker Sharing Our Skills /  
Eli's Craft Classes  
All Classes Held at Eli's on the  
Square  
Call 387-4130 or 387-5404  
to register***

- March 3rd Make your own paper for crafts
- March 10th Tatting #2 Class
- March 14th Beginner's Quilting
- March 24th One Stroke Painting



## March

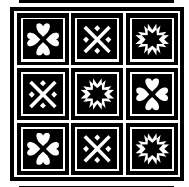
### Roll Call:

Spring cleaning - What spring housekeeping chore do you detest the most?

**Thought of the Month:** Sweep the cob webs from your mind. Accept a new challenge.

### Nursing Home Lap Quilts

We need help with the monthly nursing home program and the delivery of the lap quilts on March 11th at 11:00 a.m. The residents look forward to this every month. If you are interested in helping, please call or email.



## Put Your Tax Refund to Work

As tax time approaches, many of us begin to think about the amount of our federal income tax refund or try figure how much we may owe. Income taxes are based on the total income earned minus any allowable deductions. The majority of people have their income tax deducted directly from their paycheck. The difference between the actual amount owed in income tax and the amount paid is calculated once per year. If you have overpaid during the year, you will receive a refund. If you underestimated your federal income tax responsibility, you will owe taxes. Your goal should be to break even at tax time. In other words, you do not want to receive a big refund check or have to write a big check to cover your tax obligation. In tax year 2008, over \$324 billion was returned to 111.7 million taxpayers in tax refunds. The average individual refund amount was \$2,902. Overpaying your estimated monthly tax obligation can be viewed as a form of forced savings. In reality this money could be working for you throughout the year. What could you have accomplished last year with an additional \$240 per month? By putting the extra money to use on a monthly basis, you could increase your savings or emergency fund, make an extra house or car payment, or pay-off debt. To change your current withholding or the amount deducted from your paycheck, you will need to file a new W-4 form with your employer. Your employer should be able to provide you with a new W-4 form. The IRS has an online withholding calculator to help you calculate an accurate withholding amount. The online calculator is available at <http://www.irs.gov/individuals/>. Before you begin using the calculator, you will need your most recent pay stubs and your most recent tax return.



### References:

*2010 Tax Statistics*, Internal Revenue Service. Retrieved October 9, 2010 from <http://www.irs.gov/pub/irs-soi/10taxstatscard.pdf>.

*Tax Information for Individuals*, Internal Revenue Service. Retrieved October 9, 2010 from <http://www.irs.gov/individuals/>

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

## Dress in Blue Day is March 25

March is Colon Cancer Awareness Month, a time when businesses, churches, communities and organizations across Kentucky work hard to spread the word that colon cancer screening saves lives.

Lake Cumberland Cancer Consortium (a coalition of health care partners, community leaders and cancer survivors) will be promoting colon cancer awareness throughout the ten county area by distributing educational and promotional materials. Materials will be distributed locally after March 10th.



The Clinton County Extension Office encourages everyone to dress in blue on **Friday, March 25th** as part of the third annual campaign to promote colon cancer awareness and screening nationwide.

Colon cancer is the second leading cause of cancer deaths in Kentucky and the nation. The mortality rate in Kentucky is among the highest, killing more than 800 people every year. Yet colon cancer is one of the most preventable and curable cancers—nine out of 10 cases could be prevented or cured if everyone got screened regularly.

Since age is the most common risk factor for colon cancer, it is recommended that everyone age 50 and older be screened regularly. Younger people with a personal or family history of the disease, or certain risk factors such as polyps (small growths) on the colon or inflammatory bowel disease, should check with their doctor about when to start screening.

Please join the Lake Cumberland Cancer Consortium and Clinton County Extension in raising awareness about this preventable disease. Dress in blue on March 25th—and tell your friends why!

KCP is the state-mandated cancer control program jointly administered by the University of Kentucky and the University of Louisville.

## Big Blue Shape Up 6-Week Weight Loss Program

**Registration & Kickoff Event  
Monday, March 14th**

**Albany/Clinton County Wellness  
Center Community Room**

4:00-5:00 p.m. Registration

5:00-6:00 p.m. Tour & Test

Participants will be able to tour the facility and test out some of the equipment before Opening Day!



**Other classes will be held weekly on  
Monday nights at the Clinton County  
Extension Office**

**4:30-5:00 pm Weigh In**

**5:00-6:00 pm Educational Program**

March 21st-Active for Life

March 28th-Label Reading/Portion Control  
April 4th-Community Wellness Opportunities

April 11th-Weight Loss Myths

April 18th-Healthy Eating Tips

April 25th-Wrap Up & Final Weigh In

**Registration Fees & Forms are due  
March 14th**

One-time registration fee cost per individual (any age) is \$5

The Biggest Losers (as determined by total weight loss percentage) in each category male, female, and youth will be awarded cash and gift card prizes

For registration and rules contact:  
Clinton County Extension Office at  
606-387-5404

## Making Exercise a Habit

Did you start your New Years resolution on January 1? Are you still sticking with it? Coming up with a plan for increasing your physical activity can be pretty easy. Chances are you have made plans to start a physical activity plan before and maybe have not stuck with them. What can you do now to increase your chances of sticking with your program?

- You should think about and even write down what is motivating you to become physically active. Even though the start of a new year often drives people to become more physically active, you need to know why you want to do it. Without a strong reason, it will be hard to stick with it. Some of the top ranked motivators that people list are: improved fitness, increased feelings of well being, improved energy, increased enjoyment of exercise, improved sleep, weight management, and finally appearance. Whatever your motivator is, make sure it is clear to you.
- Make sure you are doing an activity that you enjoy. Is there is a gym nearby? Try out a few classes or a few new activities there. You may be surprised at the options available for physical activity. There is truly something for everyone; you just have to find out what it is for you.
- Adding variety can keep you from getting bored with physical activity. Even if you have chosen an activity that you truly love, at some point you will get bored with it. Take the time to try something new, you may even be surprised and find another activity that you will love!
- Find a buddy to go with you. With two people together you will help each other stay motivated to keep going. Having a buddy depending on you, gives you accountability. You cannot let the other person down.
- Working out in the morning is also a good way to stay with your physical activity program. There are so many things that happen to us on a day-to-day basis, you may have the idea to start your activity later in the day and then find that you have run out of time. By doing your activity in the morning there is nothing to get in the way. It is already done!
- Exercise even when you are feeling “too tired.” Chances are good that you will feel even better after your physical activity than you did when you started. Maybe you will need to start a little slower than you are used to starting, but in by the end you should feel much more energized.
- Start writing down what you are doing and how you feel about it. There will be days when it is hard to get going and the physical activity just seems like too much. But if you track how much you are doing and how you feel, you may be surprised at how much easier it becomes. You will be able to see the progress that you have made.
- When you are getting tired and bored with your exercise routine, think about the positives that have come out of your activity. Do you have a better outlook? Do your clothes fit better? Do you feel like you have more energy? All of these are indicators that progress is being made. Starting a new physical activity routine is fairly easy; sticking with it is the hardest part. Keep these tips in mind when you want to stop. You can stay with it!



**Reference:** <http://www.webmd.com/fitness-exercise/guide/exercise-habits>

**Source:** Nicole Peritore, Get Moving Kentucky Coordinator, University of Kentucky, College of Agriculture

# Clinton County Family and Consumer Sciences Extension & Homemaker Events March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Brown Baggers @ Eli's 11:30	11 Quilt Guild 8:30 Nursing Home 11:00	12
13 Daylight Savings Time Begins 	14 Big Blue Shape Up @ YMCA 4-6pm. Maupin 127 5:00pm.	15 Lee's Chapel 1:00 pm. @ Eli's Homemaker Council 4:30	16	17	18	19
20	21 Big Blue Shape Up 4:30-6pm.	22	23	24	25 Dress in Blue Day	26
27	28 Big Blue Shape Up 4:30-6pm.	29	30	31		