

FAMILY & CONSUMER SCIENCES

Fulton County Newsletter

**Cooperative
Extension Service**
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OCTOBER/NOVEMBER 2009

DATES TO REMEMBER

- Oct. 20 - Couponing Workshop, McCracken Co.
- Oct. 23 - Area Annual Day, Graves County
- Oct. 24 – ABC Expo, Hickman Co. Elementary School
- Oct. 26 – A Matter of Balance: Home Safety for Seniors Lesson
- Nov. 3 – Women in Ag, Columbus Belmont State Park
- Nov. 18 – Clutter Management Lesson



DUES



It is dues time once again. They are \$7 and are payable to the Fulton County Extension Homemakers. Dues may be mailed to the Extension Office or you may bring them in. **Mailbox Members: If you want to continue receiving the newsletters and lesson information each month, you need to send in your dues ASAP. Thank you!**

A MATTER OF BALANCE: HOME SAFETY FOR SENIORS

This lesson will be held on October 26 at 1:30 in the Community Room at Citizens Bank in Hickman and answers the questions... Who falls? Why do people fall?, and What can be done to prevent falls? It also introduces simple exercises for fall prevention. Some of the materials used in this lesson are based on “Fear of Falling, A Matter of Balance”—a copyright program from the Trustees of Boston University. A discussion about assistive devices is also a part of this presentation. Everyone is welcome to attend, lesson leaders are expected.

WOMEN IN AG 2009

Are you a female landowner? Are you a woman who makes decisions about the family farm? The 2009 Women in Agriculture Seminar for the Four River Counties will be held Tuesday, November 3, 2009 at Columbus Belmont State Park Activities Building. Registration will begin at 8:30 with the program getting underway at 9:00 a.m. This year’s topics will be Grain Marketing, Gardening and Legal Matters. Lunch will be provided. Reservations are



required and may be made by calling 236-2351. Reservations must be made by October 26th. The seminar will end at approximately 2:00 p.m. This event is sponsored by the University of Kentucky Cooperative Extension Service and U.S.D.A. Farm Service Agencies of Ballard, Carlisle, Fulton and Hickman Counties. Hickman County Sponsors include Clinton Bank, First Community Bank, and Jackson Purchase ACA.

SERGER 1 & 2 CLASSES

The Master Clothing Volunteers are planning **Serger 1** and **Serger 2** classes. The classes will last around 3 hours each and will be held in the Spring. Anyone who is interested in attending either of these Serger classes should contact the Extension Office at 236-2351.

PHYSICAL ACTIVITY IS BENEFICIAL

Recent reports in the media question the effectiveness of exercise for weight loss and weight management. However, physical activity and exercise do provide many benefits for individuals including lower disease risks, mental health improvements and weight control.

Numerous studies show exercise and physical activity help prevent chronic diseases such as heart disease, osteoporosis, obesity and diabetes. Also, people who exercise generally feel better mentally. This is because during exercise your brain releases endorphins, hormone-like substances that are the body's own "natural pain-killers." This release can help prevent and treat mild cases of anxiety and depression. In fact, research shows regular moderate exercise to be as effective in treating moderate depression as antidepressant medication.



The problem is most of us don't get enough exercise and physical activity every day. In 1973, Americans could eat around 2000 calories per day and still maintain their weight. However, from 1973 to 2003, Americans decreased their daily amount of physical activity by 25 percent, which would mean it takes 500 calories less to maintain weight. During the same time, the amount of calories we consumed rose by 300 calories a day. Those two numbers combined show many Americans consume an excess of 800 calories a day. Consuming this many excess calories can cause weight gain of at least one pound per week.

It's easy to incorporate more physical activity in your day. Here are some ways you can become more physically active:

1. Incorporate more physical activity while at home and work. Household duties such as climbing stairs, carrying laundry, running the vacuum, cleaning closets and moving boxes can help you stay in shape. When at work, take the stairs instead of the elevator or park farther away and walk to your building. Get up and move from your desk at least once every 30 minutes even if it's only to make a copy or go to the restroom.
2. Find ways to incorporate more walking into your day. Walking can provide you with physical activity, as well as help you clear your head, listen to music or spend time with friends and family.
3. Build and maintain strong muscles. You can do this without purchasing expensive exercise equipment or weights. Utilize your available resources. For example, canned goods make good hand weights. Stretches and muscle toning are also things you can do while watching television.

While physical activity and exercise do have benefits, it may not lead to weight loss on its own for everyone. If you want to lose weight, it's important for you to make healthy changes to your diet in addition to more physical activity. Once you reach your weight loss goal, physical activity and exercise can help you keep the weight off.

Source: HEEL Health Bulletin

2 MEALS UNDER \$10.00

***Vegetable Lasagna - \$9.97**



No-stick cooking spray
2 medium zucchini, quartered
1 small onion, chopped lengthwise, sliced
4 ounces sliced fresh mushrooms
2 cloves garlic, minced from jar

(1 ¼ cups) 1 container (15-oz) part-skim ricotta cheese
2 Tbsp. chopped fresh parsley
1 can (26.5-oz) spaghetti sauce
8 dry no-boil flat lasagna noodles, uncooked
1/3 cup shredded part-skim mozzarella cheese

Preheat oven to 350°F. Spray 8x8-inch baking dish with cooking spray; set aside. Spray large skillet with cooking spray; heat over medium heat. Add zucchini, onion, mushrooms and garlic; cook 5 minutes or until vegetables are crisp-tender, stirring frequently. Set aside. Combine ricotta cheese and parsley in small bowl; set aside. Spread about ½ cup of the spaghetti sauce evenly onto bottom of prepared dish; top with 2 of the noodles. Cover with layers of ¼ of the remaining sauce, 1/3 of the ricotta cheese mixture and 1/3 of the vegetables. Repeat layers 2 more times, beginning with the noodles and ending with the vegetables. Top with remaining 2 noodles and remaining sauce; sprinkle with mozzarella cheese. Cover with aluminum foil sprayed lightly with cooking spray, sprayed side down. Bake 30 minutes. Remove foil; bake an additional 15 minutes or until hot and bubbly. Let stand 10 minutes before cutting.

Number of Servings: 6

Nutrients per serving: 237 calories; 6 g fat; 3 g saturated fat; 43 mg cholesterol; 689 mg sodium; 33 g carbohydrate; 4 g fiber; 12 g sugars; 13 g protein.



***Fiesta Chicken and Rice - \$9.82**

12 oz. skinless, boneless chicken breasts, cubed
1 Tbsp. canola oil
1 can (14 ½-oz) no salt added diced tomatoes
1 can (15 ¼-oz) no salt

added whole kernel corn, drained
2 tsp. chili powder
1 tsp. ground cumin
1 cup reduced sodium chicken broth
1 ½ cups instant brown rice 99% fat free
1 can (14 ½-oz) sliced carrots, drained

Season chicken with garlic powder, salt and pepper, if desired. Cook chicken in hot oil in large skillet until no pink remains, about 5 minutes. Stir in undrained tomatoes, corn, carrots, chili powder, cumin and broth. Bring to a boil. Stir in rice. Cover and simmer 5 minutes. Remove from heat. Let stand 5 minutes. Stir before serving. Garnish with fresh cilantro and green onions if desired.

Number of servings: 4

Nutrients per serving: 340 calories; 8 g fat; 1 g saturated fat; 75 mg cholesterol; 395 mg sodium; 36 g carbohydrates; 4 g fiber; 32 g protein.

Source: Sandra Bastin, Ph.D., R.D., L.D., University of Kentucky Foods and Nutrition Extension Specialist

MONEYWISE ~ LOW COST/ NO COST TIPS TO REDUCE ENERGY EXPENSES

POWER\$MART CHECKLIST

There are many ways to improve your home's energy efficiency. The "mix and match" choices are yours: You can invest in the latest energy-efficient technologies and products, make basic low-cost home improvements, and/or develop energy-smart practices that save money and energy.

Energy-Efficient ENERGY STAR® Purchases

1. High-efficiency furnace/air conditioner or heat pump
2. Programmable thermostat
3. Double-pane windows with low-e coatings
4. Compact and other fluorescent light bulbs
5. Energy-efficient refrigerator
6. Dishwasher that saves water and energy
7. Clothes dryer with moisture sensor
8. Clothes washer that saves water and energy
9. Efficient home office equipment and electronics
10. Insulate attic, exterior walls, basement, and crawl spaces
11. Replace dangerous, inefficient halogen torchiere lamp with ENERGY STAR® qualified torchiere
12. Certified ENERGY STAR® home



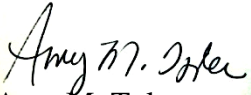
Low Cost Home Improvements

1. Replace furnace and air conditioning filters monthly
2. Caulk between window/door frames and walls
3. Weatherstrip between doors and frames
4. Add storm windows or use plastic film kits to improve single-pane windows.
5. Insulate hot water heater
6. Install motion sensors, dimmers, and timers for indoor and outdoor lighting
7. Plant trees to shelter your home from the elements
8. Install ceiling or other fans to cut down on air conditioning costs



No Cost Energy Conscious Behaviors

1. Clean furnace and air conditioner filters
2. Turn off lights when you leave a room
3. Use sunlight for light or heat whenever practical
4. Match pot size to burner size and keep the lid on it
5. Set hot water heater no higher than 120° F
6. Do laundry in cold water
7. Use ENERGY STAR® qualified computer sleep feature
8. Turn off electronics when not in use.
9. Close blinds or shades in summer
10. Do full loads in dishwashers, clothes washers, and dryers
11. Keep your car tuned up and its tires properly inflated


Amy M. Tyler

Extension Agent for Family and Consumer Sciences

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