



Healthy, Happy Families

Texas Cooperative Extension - Rockwall County

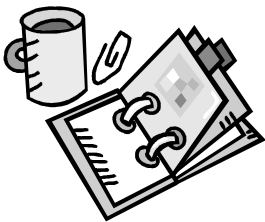
Family & Consumer Sciences Newsletter ~ Spring, 2005

Programs of the Month for Spring

The Programs of the Month held at the Rockwall County Library are off to a great start. The Lunch and Learn Series is taught on one Thursday a month from **12:00 noon until 1:00 p.m.** Activities at the beginning of the program and at the end are planned to give people coming from work the time to get to the program and then get back to work. Bring a brown bag lunch.

April 14—Get Organized, Get Happy! Does the word “organize” sound B-O-R-I-N-G? What if getting organized saves you extra trips to the store and helps you and your family eat healthier and more interesting meals? And, what if you start looking forward to dinner each night with anticipation instead of anxiety? Learn some tips and tools to help you get started on organizing your recipes and setting up your kitchen. Quick and easy nutritious snack ideas will also be shared.

May 19—Quick & Healthy Breakfast Yes, this is the most important meal of the day. Come and find out why eating breakfast is key to a healthy lifestyle. Not enough time in the morning? Not a good enough excuse. Learn many quick and easy ways to get you and family’s day - every day - off to a great start!



Mark Your Calendar

April 14, May 19, & June 16

June 16—Berry Bonanza Strawberries, blueberries, blackberries, raspberries... they are all packed full of nutrition and have been named one of the Super Foods of a healthy diet. Now is the peak season for these delicious berries, so learn ways to incorporate everyone’s favorite fruit into your diet.

Dads Read Too!

Fathers reading to children? Why is it so important for fathers to read to children? Isn’t that a “mom thing?” Reading with your kids is a great opportunity to interact with them in a positive way while helping them grow intellectually and socially. In a study that began in the 1960’s, researchers discovered that the amount of time fathers spent reading with their children was a very strong predictor of children’s cognitive abilities, including verbal skills. There’s something unique about the impact fathers can have on their children’s future. Fathers who read or tell stories to their kids make a difference that no one else can. Taking the time to read to your kids shows how much you care.

You will help them succeed in school. Kids whose fathers are caring and involved make better grades.

You will help them feel better about themselves. Kids whose fathers are caring and involved are more confident and proud of themselves.

You will help them to build more successful lives. Kids whose fathers are caring and involved enjoy school, friends and outside activities more than other kids.

You will have fun, too! Kids are fun people. The more time you spend with them, the more fun you have. And you both end up with great memories that last a lifetime.

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Living Well

- Raising Kids
- Eating Right
- Spending Smart
- Living Well

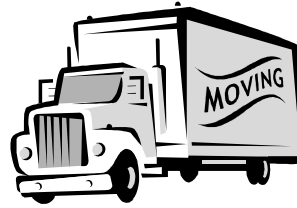
Information & education at your fingertips to help you live well. Families across the United States turn to the Cooperative Extension system for research based, non-biased information and education.

On the Move?

Spring is in the air—and for many people that means moving. Taking a few minutes to develop a plan before you start will reduce your headaches and reduce your costs. Here are some suggestions :

- Take an inventory of your household items and what you plan to move. This is useful in determining the size of moving van or rental truck you need, and provides a written record of possessions.
- Locate packing boxes and other supplies. Boxes that are about the same size can be loaded and unloaded more efficiently, and take up less room. Look for sales on such items as tape and packing material.

- Contact the telephone company and other utilities, setting up a date to turn off your service. Give them your new address so closing bills can be forwarded and late fees avoided. Contact telephone and utility providers in your new area to ensure they are turned on in your new home.
- Make moving arrangements in advance, including reserving a rental truck or hiring a moving company.
- In order to reduce moving related stress—and possibly moving related accidents—



ask friends or family to care for your pets and children on moving day.

- Notify your insurance agent to adjust the coverage you need for your new location.
- Back up important information on your home computer in case of a problem during the move.
- Pack one room at a time and pack the items not used frequently first.
- To save late fees or risk losing important mail, give your change of address to friends, relatives, subscriptions, loan companies and credit card companies.

Portion Sizes Are Shrinking. Are You?

In response to requests to the food industry for help in dealing with the obesity crisis, Kraft Foods has rolled out smaller single-serving packages of some of its offerings. Other companies are joining what appears to be an emerging trend. You can now find 8-ounce Coke and Pepsi cans, for instance. And sandwich chains are now offers smaller subs as an alternative to their much larger sandwiches. Will such downsizing

help? Perhaps. It certainly can't hurt. But it won't do the job of slimming people down to healthy weight all by itself—or make the diet more healthful overall. Smaller serving sizes still have to be met at least halfway by some shifts in lifestyle: less soda pop and more water (along with some skim or 1% milk); fewer meatball mini melts and more basic sandwiches like tuna or turkey on whole-wheat bread

plus a couple of tomato slices and lettuce leaves; and fruits and vegetables over, say, smaller single serving cakes and other fatty, sugary snacks. Physical activity levels have to rise, too. That is, obesity cannot be eliminated by altering the serving sizes of foods you shouldn't be eating too much of in the first place.

Vision Loss

Older people have a higher rate of blindness than any other age group. Among those 85 years or older, one of 20 persons is legally blind.

Changes in vision accelerate after age 50 and increase in severity after age 65. It can become more difficult for older persons to see objects clearly.

It takes longer for an older person's eyes to focus when they move from light to dark areas or vice versa. During these intervals, they may not be able to see hazards such as steps

or furniture. If you or members of your household are visually impaired:

- Clearly mark (with reflecting or white tape) hazardous changes in floor levels.
- Position furniture away from areas where you walk or move about most often.
- Adjust the lighting throughout your house. Use higher wattage light bulbs where appropriate. Distribute the light evenly and avoid using shiny surfaces, to help minimize

glare.

- Avoid using closely related colors together. Instead use contrasting colors between places like doorways and walls, dishes and tablecloths, and the risers and flat surfaces of steps.
- Keep a consistent light level in both bedrooms and hallways—and remember to use night lights.



Clean with Ease

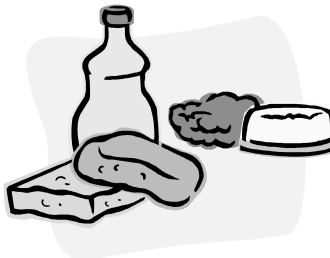
New forms of traditional products help make cleaning faster and easier - all year long! When a house is clean, it makes you feel good. But, with hectic lifestyles and schedules, who feels up to cleaning? You will with help from these new forms of cleaning products that get cleaning done in a snap! Always read product label directions before using.

Battle Bathroom Stains

- Bleach pens These pen-like cleaning tools can quickly and easily remove mold and mildew on such surfaces as grout lines between wall or floor tiles. The products contain chlorine bleach in gel form. Use the pointed tip or the

broader scrubber end to apply bleach precisely where it's needed.

- Toilet bowl cleaners in tablet form They deodorize as they clean. Drop these rapid-action tablets into the bowl, watch them dissolve into a froth of bubbles, then simply brush away stains.
- Toilet bowl cleaners in gel form The gel clings to the sides of the bowl longer than a liquid cleaner, making it particularly effective on tough stains, such as lime scale. Brush, then flush - and the toilet bowl will be clean and fresh.

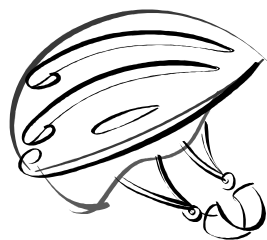


Zap Dirt in Dishwashers

- Detergents in tablet form The tablet is actually in two layers: a pre-soak that dissolves and removes dried food and a detergent that cleans. Another version includes a sheeting agent, so glassware comes out shiny and spot-free.
- Detergents in gel form Concentrated gels come in easy-pour bottles or in pre-measured packs that dissolve completely. Light citrus scents are available, so dishes smell as clean as they look!

Source—*Cleaning Matters*—Soap and Detergent Association Newsletter, January/February, 2004

All Heads Need Helmets



Bicycle crashes are one of the most common causes of sports and recreational injuries.

Research shows that bike helmets may reduce risk of head injury by 85 per cent. Helmets work by absorbing and distributing the impact of the

crash before reaching the brain. A bicyclist must wear a helmet on every bike trip. Here are tips for choosing and wearing bicycle helmets:

- Look for a helmet label with ANSI, ASTM or Snell. These labels note that the helmet has passed a safety standard.
- Choose a properly sized helmet. The helmet should fit snugly and feel comfortable.
- The front straps should be vertical and in front of the ear.
- The helmet lip should fit about one inch above the eyebrow. That is about the width of two fingers.
- Helmets should be level, front to rear and side to side.
- Never buy a helmet for a child to grow into—it needs to fit properly at the time of purchase.

Wearing a helmet just makes sense. Never ride without one!

Chocolate for Health & Pleasure

Eat chocolate as a treat, not as a health food. Satisfying your candy cravings with a piece or two of candy—but not a whole bagful—may be just what your need to otherwise stay on track with healthy eating.

If you're looking for a treat that's also high in antioxidants, choose dark chocolate or products with the Cocompro label that indicates they are made using Mar's patented flavanol-enhancing process. Aim for a small serving that's 100 calories or fewer, such as:

- 1 packet Funsized M&Ms (100 calories, 4.5 g fat)
- 1 Funsized Snickers bar (85 calories, 5 g fat)
- 2 Dove Dark Chocolate Promises (84 calories, 5.2 g fat)
- 4 squares (1/3 bar) Hershey's Special Dark Chocolate (73 calories, 4 g fat)

As a special treat, the recipes inserted in this issue of the newsletter are from the February "Chocolate for Health and Pleasure" Program of the Month.

The nutritional analysis for the recipes has been omitted ... you don't want to know. Enjoy in moderation!



Eating More Now Than Ever Before

Many people—health professionals and the public alike—are posing the question: Why are so many Americans gaining weight? It sounds like a very simple question, yet scientists and healthcare advocates have been trying to answer this question for several decades.

One major contributing factor is that we are eating more now than ever before! Scientists evaluated the dietary intake of Americans from 1971 to 2000, with fascinating results. In 1971, the average reported intake for women was **1,542 calories**; in 2000, the average reported intake was **1,877 calories**. That's a whopping 335-calorie difference - no wonder we are gaining weight! Over the same time period, women did not change their energy expenditure through physical

activity. An excess of 3,500 calories adds up to one pound of weight gain, so with all other factors remaining the same except for the increase of 335 calories a day, women would theoretically gain one pound every ten to fifteen days!

Another interesting discovery is that almost all of the increase in calories came from carbohydrates! Even more intriguing is that during this same time, the increase in whole grains and fruits and vegetables (healthy carbohydrates) did not change. The increase came from snack foods, chips, fruit drinks, soda, refined grains, specialty coffee beverages, candies, etc.

So, what are folks to do? Does this mean

that we should cut out carbohydrates from our diets? Absolutely not. What people really need to focus on is eating less and cutting out refined carbohydrates. You should not cut out fruits, vegetables and true whole grains; you should minimize intake of white bread, white rice, snack foods, sugary beverages and other sugary, refined foods. This isn't easy—these tasty and cheap foods are everywhere we go and they are very convenient to eat, requiring minimum preparation.

However, sticking with a whole foods diet and incorporating plenty of physical activity is the only way to ensure that you maintain an ideal body weight as you grow older.

Source—*Strong Women Newsletter*, Spring., 2004



Forget Me Nots for Spring Cleaning

1. Inside bottom of dishwasher door—Spray a non-abrasive, all-purpose cleaner along it, then sponge clean. You'll be amazed at what you pick up.
2. Interior walls and shelves of refrigerator—For health and cleanliness, always remember to wipe up spills immediately. This keeps your refrigerator looking its best and helps prevent the growth of bacteria. Use a non-abrasive, all purpose cleaner or a solution of baking soda and water.
3. Insides of light fixtures—Even a thin coat of dust can cut down on light output. First, unplug the light and allow to cool. Then, use a dust cloth to clean.
4. Tops of ceiling fan blades—Capture all that dust with special dusting mitts or dusters that are designed for getting to these hard-to-reach surfaces.
5. Ovens—Cleaning spills as you go will make this tough job easier. First, allow surfaces to cool before cleaning. Then, use an oven cleaner; however, don't use an oven cleaner on a self-cleaning or continuous cleaning oven because it may damage the surface. Always read the product label directions before using.
6. Exterior cabinet of range—Again, allow cooking surfaces to cool before cleaning. Then, use a non-abrasive, all purpose cleaner.
7. Telephone receivers, door handles, computer keyboards—Use disinfectant wipes on these surfaces to whisk away dirt and germs!

Source—*Cleaning Matters*, Soap & Detergent Association Newsletter, January, February, 2004

Read the Fine Print

"Fine print" usually explains warranties, return policies, service fees, liability waivers, charges and other obligations for both the buyer and the seller.

It may be at the bottom of the contract or on the back of an invoice, but it's there. And it's important because it outlines the limitations and conditions that affect your rights and your responsibilities.

But, fine print isn't always considered when making a purchase. Unfortunately, we tend to read the advertising and the big print and we often miss the legal disclosures. Because of the size of the print and the way it's written, it may also be very confusing for many people to understand. As a result, you may not get the "deal" you thought you were getting.

Be cautious about these:

- Membership in mail-order clubs or health clubs. The incentives may sound good—and so are the intentions—but canceling may be impossible.
- Limited time offers with little or no interest. In some cases, very high interest rates from the date of purchase may be charged if the buyer doesn't pay off the entire balance by the time the offer ends.
- "Free" computer offers that include fee-based Internet services. The cost of the service may be much greater than the value of the computer, and charges may be associated with disconnecting the service.



The 4 most important words for a consumer to remember are "Read the fine print!"

Selecting Interior Paint Colors

The start of the Spring interior painting season is the perfect time to give the inside of your living space a whole new look. But with so many colors on the market, how do you find the one that's right for you? Color selection doesn't have to be difficult. By following a few basic steps, you can simplify your decision-making and make the process of selecting an interior paint downright enjoyable. Here's how:

1. Collect swatches of fabric, a piece of carpeting, accent pieces or other color accents from the room you want to paint. Take them to the color display where you buy your paint and look for families of colors that work well with your samples. Standing a few feet away from the display can help you identify the best color options.
2. After selecting several color cards that appeal to you, take them home so that

you can observe the colors where you plan to use them. If the cards contain more than one color, view each color in isolation, either by folding the cards or cutting them.

3. Next, tape the samples to the surfaces you plan to paint. Colors may look quite different when applied to a vertical surface like a wall, rather than a horizontal surface like a ceiling. Another tip for evaluating the color of wall paint—hold the color sample at arm's length and turn around in a circle to see how the paint will look on different walls.
4. Colors may look very different under different lighting conditions. For that reason, be sure to assess paint colors at various times of the day and evening—in both natural light and under artificial



lighting. Also, if you are in no hurry to paint, try to view the colors in both sunny and overcast conditions.

5. If you still can't make up your mind, purchase small amounts of paint, apply the colors to pieces of wallboard and view those samples where you plan to paint.
6. Remember that colors intensify and darken when applied to any large area, especially when used on several different walls or surfaces. Experienced painters know that it is better to choose a lighter color value, rather than a darker one.
7. After taking time to find the perfect paint colors for your home, be sure to use a durable top quality interior latex paint on your walls and trim. These paints go on smoothly and evenly, cover well, resist stains and touch-up nicely.

Source—Paint Quality Institute

Simple Fun at Home

Good Fortune Boxes Colorfully decorate a recycled box. On small slips of paper, write loving thoughts or good deeds to do for each other. Fill the decorated box with different kind thoughts. Refresh the box with new kindness cards as needed.

Family Promises Scavenger Hunt Slip note cards under everyone's pillow to start a scavenger hunt. Hide special goodies and notes around the house (each note provides a clue for the next card or treat.) Promise notes can be as simple as "You can stay up late to watch a movie" or "You decide what we eat tonight." Save and redeem the

coupons, spreading the togetherness for months to come.

Healthy Kids Chart Create a colorful chart to keep track of healthy habits, using poster board and markers. Talk about what habits to list (tooth brushing, hair washing, getting to sleep on time). Along one side of the chart, write the healthy habits. Across the top write the children's names. Draw spaces to check off or use stickers whenever the healthy habits are done.

Down Memory Lane Look through old photos of your family. Share your favorite

memories and the activities you enjoyed as a child.

Sing Song Select a song from your generation and one from your child's and sing them together. Record your songs and have fun laughing when you play it back. Talk about what was happening in the world and your lives when the songs were popular, and discuss how songs make you feel and why.

The Big Coupon Reversal Adults make a coupon book for kids with things your family hasn't had time for lately. Let the kids then redeem the coupons anytime they need a little extra attention.

The Skinny on Fat . . . Contact the County Extension Office for more information on Fats!

Olive oil has gained attention as a heart-healthy oil because it contains the highest percentage of monounsaturated fats of any edible oil. But it's not the only healthy choice—and the exact composition of an oil may vary within types. Here's a typical breakdown of the fats in the most common vegetable oils. Source—Tufts University Health & Nutrition Letter, January, 2005

Type of Oil	Monounsaturated	Polyunsaturated	Saturated
Olive	77%	9%	14%
Canola	62%	32%	6%
Peanut	49%	33%	18%
Corn	25%	62%	13%
Soybean	24%	61%	15%
Sunflower	20%	69%	11%
Safflower	13%	77%	10%

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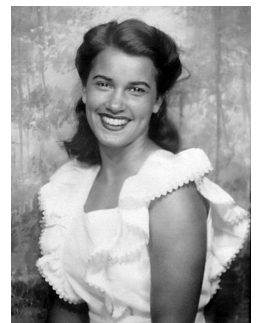
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What My Mother Taught Me

My Mother taught me about ANTICIPATION...Just wait until your father gets home.
My Mother taught me about RECEIVING...You are going to get it when you get home!
My Mother taught me to MEET A CHALLENGE...What were you thinking? Answer me when I talk to you! Don't talk back to me!
My Mother taught me LOGIC...If you fall out of that swing and break your neck, you are not going to the store with me.
My Mother taught me MEDICAL SCIENCE...If you don't stop crossing your eyes, they are going to freeze that way.
My Mother taught me to THINK AHEAD...If you don't pass your spelling test, you'll never get a good job.
My Mother taught me HUMOR...When that lawn mower cuts off your toes, don't come running to me.

My Mother taught me how to BECOME AN ADULT... If you don't eat your vegetables, you'll never grow up.
My Mother taught me about GENETICS... You're just like your father.
My Mother taught me about my ROOTS... Do you think you were born in a barn?
My Mother taught me about WISDOM OF AGE... When you get to be my age, you will understand.
And my all time favorite...My Mother taught me about JUSTICE... One day you'll have kids and I hope they turn out just like you—then you'll see what it's like.



Happy Mother's Day
May 8, 2005