



The Voice

Family & Consumer Sciences

...formerly known as Home Economics

February 14, 2008



In this Issue:

Hello, Consumers!

Mailing List Update

Have You Fed Your Bones?

Strong Women EHC

Navigating the Financial Journey

Extension Opportunities

Master Gardeners

Pesticide Applicator

Nifty Knitters

Digital Camera

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Hello, Consumers!

As we rapidly move into 2008, we assess our **priorities**. Are health, food and nutrition, money management or personal and family relations important to you? These subjects are the main focus for us in Arkansas Extension Family and Consumer Sciences in 2008.

Looking at our **health**, obesity remains rampant, with Americans consuming many of their calories from soft drinks. Along with obesity come the chronic diseases, including hypertension and diabetes. Ignoring either disease will not make it go away.

Our best scenario is to stay **disease-free**. Nutritious food and exercise play a large part in staying healthy. If you consume two or more soft drinks each day, try to cut down to one a day. Keep water handy at all times, and drink eight cups of water a day.

Exercise, Exercise, Exercise! The recommendation is at least **30** minutes of exercise each day. You can lift weights, walk in place, bike on a stationary bicycle – all while watching your favorite TV show! You can even break exercise down to 10 minutes at a time and still receive the health benefits from increasing your heart rate.

If money is on your mind, plan to attend our Navigating the Financial Journey money management seminar coming March 8. See more details on page three.

Each year, we update the Extension mailing list. Please return the enclosed postcard or call 534-1033 to remain on the Family and Consumer Sciences mailing list.

If you have any Family & Consumer Sciences questions, please call Mary Ann Kizer at (870) 534-1033 or e-mail mkizer@uaex.edu.

Have You Fed Your Bones Today?

Hip replacement, knee replacement, shoulder replacement . . . Does this sound like someone you know?

The skeleton inside you needs your help! All of your 206 bones are alive and need daily care. Bones are living, growing tissue, and they are always changing.

Until about age 35, your body is putting a lot of the mineral calcium in your bones. Most of this calcium is stored in the bones during the teen years, but this “banking” will continue until age 35. This means you have 35 years to make your 206 bones as strong as they can be.

The more calcium you store in your bones during the first half of your life, the less chance you have for bone breaks and problems during the second half of your life.

All nutrients are important for health at any age, but some have special importance for older adults. Seniors need 12 mg of calcium each day. Calcium is also needed for normal functioning of nerves, muscles and blood clotting.

Low calcium intake has been linked to osteoporosis. *Osteo* means bone, and *porosis* means holey. With osteoporosis, calcium leaves your bones, making them weak. Bones with big holes are more easily broken than dense bones. It takes many decades to develop osteoporosis, so it is most often seen in older individuals.

In order to absorb calcium, the body needs vitamin D. Good sources of vitamin D are fortified foods and beverages like milk, soy drinks, fish, liver and eggs. Vitamin D can be made by the skin when exposed to sunlight. Recommendations are 15 minutes of exposure of the skin to sunlight each day without sunscreen.

Good sources of calcium to prevent osteoporosis are:

- ☺ Milk
- ☺ Buttermilk
- ☺ Cheese
- ☺ Yogurt
- ☺ Cottage Cheese
- ☺ Pudding
- ☺ Dried Beans
- ☺ Fortified Orange Juice
- ☺ Broccoli
- ☺ Salmon, canned with bones
- ☺ Turnip Greens
- ☺ Mustard Greens
- ☺ Collard Greens
- ☺ Fortified Soy Milk

Strong Women Extension Homemakers Project Club

Weight-bearing exercises like walking, dancing or lifting help keep bones strong and may even increase bone density and strength in older adults. With that in mind, graduates of the Strong Women Stay Young and Strong Women Strong Bones programs have formed the **Strong Women Extension Homemakers Project Club**.

The Strong Women EHC meets every Tuesday and Friday, 11:30 a.m. to 12:30 p.m., at St. Joseph Catholic Church's gym located at West 6th and Walnut streets. Gula Lytle serves as president; Susie Saia, vice president; Jean Painton, secretary; and Geri Collins, treasurer.

Even though the name mentions women, men are welcome at the Strong Women weight lifting. The club follows the strength-training program from Tufts University in Boston. Members use bar bells and ankle weights and have reported increased strength, flexibility and mobility. The club offers exercise in a relaxed atmosphere. Join the strength training to keep your bones healthy! For more information, call Mary Ann Kizer at 534-1033.



Learn the basics of successful financial management:

- Budget Development
- Money Management
- Wise Use of Credit
- Consumer Protection

This four-hour seminar is approved as certified financial management education for Arkansas bankruptcy filers. Mary Ann Kizer and Vanessa Woods Evans, Jefferson County Family and Consumer Sciences agents will teach the seminar on Saturday, March 8, from 9:00 a.m. to 1:00 p.m., at the Jefferson County Extension conference room located at 500 Idaho Street.

Please pre-register by calling Mary Ann Kizer at 534-1033, or e-mail kizer@uaex.edu.

Extension Opportunities

Master Gardener Training will be March 6, 13, 20, 27 and April 3, from 8:00 a.m. to 4:30 p.m., at the Jefferson County Cooperative Extension Service conference room at 500 Idaho Street. Contact Don Plunkett, CEA-Agriculture, at 534-1033, or e-mail dplunkett@uaex.edu

Pesticide Applicator Training (PAT) will be held February 26, at 1:00 p.m., at the Jefferson County Cooperative Extension Service conference room at 500 Idaho Street. Registration fee is \$10.00. Contact Don Plunkett, CEA-Agriculture, at 534-1033, or e-mail dplunkett@uaex.edu

The **EFNEP Health Fair** is scheduled for March 18 at Hestand Stadium, 420 North Blake Street, from 9:00 a.m. until 2:00 p.m. Free health screenings will be available. Fun, door prizes, nutritious snacks and free admission will make the Health Fair the place to be. For more information, contact Vanessa Woods Evan, CEA-FCS, at 534-1033 or e-mail vwoods@uaex.edu



The Jefferson County Extension Homemakers Council is sponsoring the following two workshops.

Peggie Barbaree will teach a **Nifty Knitters Workshop** on Saturday, March 1, from 9:00 a.m. to 12:30 p.m., at the White Hall branch of the Jefferson County library, located at 1214 Robin Avenue in White Hall. Pre-registration is required for the free workshop. Please call Mary Ann Kizer, CEA-FCS, at 534-1033. Participants need to bring **two skeins of yarn** and a **long-knitting loom**. They will make a scarf on the loom.

Judy Cox and Paula Dailey will teach a **Digital Camera Workshop** on Friday, March 21, from 9:00 a.m. to 12:00 p.m., at SEARK, Southeast Arkansas College's computer lab, located at 1900 Hazel Street in Pine Bluff. Participants need to bring a **digital camera with cables to connect to a computer** and **an item that could be sold on eBay**. Participants will learn how to take better pictures, how to crop pictures and how to list an item for sale on eBay. Plans are to form a new Extension Homemakers Camera Project Club. Please call Mary Ann Kizer, CEA-FCS, at 534-1033 to pre-register. Class size is limited to 15 participants, so reserve your spot early!

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.