

River Valley Healthy Living is a four-county effort focusing on nutrition, exercise, relationships and finance to help you and your family live healthy, well-balanced lives.

“Television has proved that people will look at anything rather than each other.”

Ann Landers

Also in this issue:

Save Money on Homeowner's Insurance

Eat Your Berries

Preserving Food at Home

Quick & Healthy Recipes

Upcoming Events



UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

Cooperative Extension Service

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

healthy relationships

The Impact of TV on Children

by Susan Pickle

Parents are concerned about their children's television habits. Here are some facts about TV viewing:

- American children watch an average of three to five hours of television every day.
- Ten percent of children's TV time is spent watching children's programs.
- The average American family has the TV on for 6.2 hours every day.
- Children are more likely to be obese when they watch TV four or more hours per day.

Television can have both negative and positive effects on children. Studies show that children who watch too much television may be more aggressive and violent, perform poorly in school, use drugs or alcohol and become sexually active at an early age. Some studies indicate that children who watched a moderate amount of TV performed better academically than children who watched TV excessively or not at all.

Tips for parents on television viewing:

- Keep TV sets in family areas
- Monitor what children are watching
- Set limits on TV time
- Watch with your children and discuss programs
- Be a good role model.

Adapted from an article by Nina Chen, Ph.D., CFLE
human development specialist
Jackson County, University of Missouri Extension

Like anything else
moderation is best.



Parents are concerned about their children's television habits.



Mark Your Calendar

ONGOING:

Strong Women Classes

Johnson County

9 am, M/Th • 5 pm, T/Th
Extension office, Clarksville
10 am, M/Th, Hagarville
Community Bldg.

Pope County

9 am, T/Th, Pless
Community Center

Yell County

8:30 am, M/Th, Plainview
Plainview Baptist Church

Diabetes Support Groups

5 pm, Third Tues., Johnson Co.
Marvin Vinson Bldg, Clarksville

1:30 pm First Monday, Yell Co.
Senior Activity Center, Danville

NEW programs:

Food Preservation Series - 5:30 pm

USDA Service Center, Danville

Tuesday, June 2 - Jam and Jellies
Thursday, June 4 - Pressure Canning
Tuesday, June 16 - Freezing
Thurs., June 18 - Water Bath Canning
Tuesday, June 23 - Drying

Pope County EHC Summer Council

Tuesday, June 16- 6 pm
Glenda Anderson's home

Fair Judging School – 9:00 am-3:00 pm

Tuesday, June 23 – Clarksville High
School

Yell County EHC Summer Council

Monday, June 29-5:30 pm, Danville

For more information contact your county extension office. All of the programs listed in this newsletter are offered to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status.

\$ healthy finances

Save Money on Homeowner's Insurance

By Gayla Taylor

Protect your home with insurance. There are several kinds of coverage in a homeowner's policy:

- dwelling and personal property
- personal liability
- medical payments
- additional living expenses

Shop around to save money.

Consider a higher deductible. Increasing your deductible can make a big difference on your premium.

Ask about discounts. Dead-bolt locks, smoke detectors, alarm systems, or fire retardant roofing can save you money. Some insurance companies also offer multiple-policy discounts and discounts for nonsmokers and long-time policyholders.

Talk to your agent to find out if you have the right type and amount of insurance.

- Do you need **replacement** coverage (gives you money to rebuild your home and replace its contents) or an **actual cash value** (the policy is cheaper but pays only what property is worth at the time of loss) coverage?
- Ask about special coverage for computers, cameras, jewelry, art, antiques, musical instruments, stamp collections, etc.
- Understand what's covered and not covered in your policy. Homeowners insurance does not typically cover recreational vehicles, boats or landscaping.
- Flood and earthquake damage are not covered by a standard homeowner's policy.

Consider a higher deductible,
Ask about discounts.
Shop around to save money.

Eat Your Berries!

By Jeri Vangilder

Berries are naturally sweet and easy to prepare for a nutritious snack or dessert.

One cup of strawberries contains about 100 mg of vitamin C and is only 45 calories per cup. They also provide calcium, folate, magnesium, and potassium.

One cup of blueberries has a smaller amount of vitamin C, minerals, and phytochemicals 82 calories. A cup of blackberries is similar, with 75 calories.

Berries contain phytochemicals and flavonoids that may help to prevent some diseases. Cranberries and blueberries contain a substance that may prevent bladder infections. Eating berries may help reduce your risk of some cancers. Blueberries and raspberries also contain lutein, which is important for healthy vision.

Preserving Food At Home

by Jeri Vangilder

Because of the economy, many families are growing a garden and preserving food, some for the first time. The U of A Cooperative Extension Service is re-establishing our food preservation and safe food handling for consumers programs.

Two new food preservation publications are available from your extension office: “*What You Should Know About Preserving Food at Home*” and “*Answers to Common Canning Questions*”. Updated food preservation recipes for: Freezer Jams, Strawberry Jam, Freezing Berries, Canning Peaches, Canning Snap Beans, and Chile Salsa are also available. Call or come by your county extension office to request your copy.

Your FCS agent can also assist you with other food preservation procedures and concerns. The National Center for Home Food Preservation website is the principle source of food preservation information. You can access it at: <http://www.uga.edu/nchfp/>.

quick & healthy recipes

Ideas for Serving Berries

Strawberries, blueberries and blackberries are sweet enough to be served just as they are.

Look for ripe, colorful, firm berries with no sign of mold or mushy spots. Unripe berries do not become sweeter after they are picked. Don't wash or remove berry caps before storing in the refrigerator. Wash for 20 seconds under cold running water prior to serving.



Here are some ideas:

- Top a bowl of berries with a dollop of light-whipped topping and sprinkle on chopped walnuts or sliced almonds
- Add berries to a bowl of whole grain cereal
- Sprinkle blueberries or strawberries on a spinach salad
- Stir fresh berries into vanilla low-fat yogurt
- Combine frozen berries with bananas and fat free milk to make a nutritious smoothie
- Puree berries with apple juice and freeze for popsicles
- Add crushed strawberries to fresh lemonade or limeade
- Crush berries, add sweetener and serve over ice cream



Berries and More

This month's newsletter provides information on the impact of TV on children and tips for parents, how you can save money on homeowners insurance, and new information available for preserving food at home.

Berries are in season and are very nutritious. The recipe section has ideas for serving berries.

Check the "Mark Your Calendar" section for ongoing and upcoming programs. To learn more, contact your county Extension office.

We want to thank Gayla Taylor, Yell County Extension Agent, for providing financial management articles. We wish her the best as she retires on June 30.

We will continue to provide this newsletter through the end of the year using articles from state specialists or other agents.

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