

# Healthy Living,

# Happy Homes

May 2012

in Lonoke County

University of Arkansas  
Research and Extension

Lonoke County  
Cooperative Extension  
Service

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Celebrating  
**100** Years of EHC



Betty Oliver, along with Martha May and Carolyn Burns, were honored guests when the Lonoke County Extension Homemakers celebrated 100 years of EHC on Sunday, April 29, 2012. As the guest speaker at the event, Betty talked of the history of Extension Homemakers from the beginning when they were called Home Demonstration Clubs to the present. She talked about her experiences with EHC during her time as a county agent with Extension and also talked of her time as Extension Home Economist in Lonoke County.

Following Betty's remarks, Emilea Rooney, who has been involved in Lonoke County EHC for a number of years, highlighted some of the county's involvement. From the early days of home canning demonstrations and making mattresses to the community involvement of today, Extension Homemakers has made an impact on the lives and families of Lonoke County. With clubs in many of the towns and communities throughout the county, EHC members are making a difference.

A good time was enjoyed by all those in attendance at the celebration. A highlight of the event was when Emilea presented Betty with a framed picture of the street sign of the street which had been named in her honor. Betty was surprised and touched by the gift. Attendees then enjoyed refreshments and fellowship before being given a tour of the Lonoke County Museum, where the event was held.



## Rice Expo Cooking Contest



The 2012 Rice Expo is sponsoring an adult rice cooking Contest. The Lonoke County Cook-off to determine our representative will be held on July 12 at the county

extension office. Anyone interested in entering the Lonoke County Rice Cooking Contest please call 501-676-3124 or come by the office on Highway 70 East to get information about an entry form and rules. The Rice Expo will be held in Stuttgart on August 3.

# ANNOUNCEMENTS

## **Lonoke County 4-H Day Camps**

The Lonoke County Extension Service will be sponsoring a number of Day Camps this summer. Anyone is eligible to attend but space is limited. If your children or others you may know are interested contact the Extension Office at 501-676-3124 or come by our office on Highway 70 East to get a registration form.

### **Beginning Sewing Day Camp – Cost: \$15.00** June 11-12, 2012, 8:30-4:00

Designed for those who are just begging to sew or who have a little experience and want to learn more. A sewing machine will be needed but there are some available for loan on a first come first serve basis, call the extension office to reserve yours.

Participants will need the following: fabric cutting scissors, short bladed scissors for snipping threads, straight pins, pin cushion, seam ripper, tape measure, hem gauge, hand sewing needles, pencil box type container for sewing supplies. They will also need a pair of novelty shoe laces which will be used to make bracelets.

Participants will need to bring a sack lunch each day with water only as a drink. One bottle of water will be provided each day which can be refilled in the sink. This camp is limited to 24 participants, ages 8-19.

### **Advanced Sewing Day Camp – Cost: \$15.00** June 25-26, 2012, 8:30-4:00

Participants must have attended sewing day camp for at least 2 years or get recommendation of school FCS teacher. We will be using a pattern, obtained from the extension office, to make a simple garment. An appointment must be made by June 8<sup>th</sup> to choose a pattern and get information about fabric needed. These participants will need the same sewing equipment, and have the same sewing machine arrangements, as the beginning class. They will have the same lunch and water requirements and it is also limited to 24 participants. Both at the Lonoke Extension Office

For those who were interested in the adult sewing class, there will be an informational meeting on Thursday evening, July 19, 2012 at 6:00 pm at the Lonoke County Extension Office. This meeting is to help me know exactly what sewing skills, if any, you already have to plan the class and to determine the best time for those interested

### **Camp Cooking Day – Cost: \$15.00** June 18-19, 2012, 8:30-4:00

This will be two days of continuous cooking. We will prepare lunch each day as a part of the cooking experience. This camp will be limited to 24 participants, ages 8-19, and they will need to bring an apron to use in class. One bottle of water each day will be provided and participants may refill it if needed. Please let us know of any food allergies so we may plan around them. This camp will be held at the Lonoke Extension Office.

### **Shooting Sports Day Camp**

Cost: Basic \$30.00 Advanced \$50.00  
June 13, 14, 15, 2012

This day camp is designed to provide you with an introduction to shooting sports. This 2-3 day event will involve hands-on activities and classroom education. This camp is open to all youth ages 5-19.

Camp highlights are archery skills and games, BB rifle skills and games, introduction to 40H Shooting Sports. All equipment is provided. Space is limited and a sack lunch is needed.

To attend the Advanced Shooting Sports day camp youth must have completed the Basic Shooting Sports day camp and in 3<sup>rd</sup> grade to participate. This one day event will involve hands on demonstrations. Camp highlights are muzzleloaders, pellet pistols, shotguns, and the ATV Ridercourse. The ATV Ridercourse is open to youth and adults ages 9 and older (long sleeved shirt, boots, and jeans required). Please let Keith Perkins know if you are interested in taking the course during the Advanced day camp. Camp will be from 8:30-4:00 pm each day at the UAPB farm, North of Lonoke on Hwy 31.

### **Mad Scientist Day Camp**

Cost: \$10.00/day or \$60 for Shooting & STEM Camps  
June 28-29, 2012

This day camp is designed to provide youth, ages 5-19, with a chance to explore the exciting world of science. This 2 day camp will introduce youth to science, technology, engineering, and mathematics by allowing them hands-on experiences with science experiments. This year's theme is the "Wonderful World of Water". Youth will need to wear clothing that they don't mind getting wet, sunscreen and a towel each day. Please bring a sack lunch each day also. The day camp will be from 8:30-4:00 at the Lonoke Extension Office conference room.

All meetings and activities announced in this newsletter are open to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

# Health & Wealth

## Walking: How fast is fast enough?

With the weather getting warmer and the beautiful sunny days, it is a good time to think of getting outdoors for some fresh air and sunshine. It is also a good time to think about adding some physical activity to your routine, and what better way than to just walk. It is readily accessible and cost very little, only a good pair of walking shoes.

Every step you take reduces your risk of age-related conditions like heart disease, Type 2 diabetes, high blood pressure, osteoporosis and reduced lung capacity. Walking can also reduce stress, control body weight, and tone and tighten muscles which can relieve arthritis symptoms.

Walking is a great exercise for everyone to consider," said Susan Mills-Gray, nutrition and health specialist with MU Extension. "You don't need fancy or special clothing, just a quality, supportive, comfortable pair of shoes and you're ready to go!"

New research from the University of Colorado has found that walking three miles per hour expends the least amount of energy (calories). Calories required for walking are actually greater when you walk faster or slower than three miles per hour. A good rule of thumb to use: Two miles per hour is about 67 steps per minutes, three miles per hour is about 100 steps per minute and four miles per hour is about 152 steps per minute.

"If you want to lose weight, then it's best for you to walk slower, but walk longer and farther to burn calories. If you're looking for a cardiovascular workout, then you need to walk faster but shorter distances with some hills added," said Mills-Gray.

Most Americans average 2,000 to 3,000 steps a day (about one to one and a half miles). Research shows that it takes 10,000 steps (about five miles) daily to ward off chronic disease and other health challenges.

"Most of us overestimate how active we are every day. Using a pedometer is an easy and objective way to know for sure how much you're moving," Mills-Gray said.

While 10,000 daily steps may sound daunting to many, Mills-Gray suggests increasing your steps by 200 to 300 steps each day, each week until you reach the 10,000-step goal. This will take some time, but the health rewards are major.

Get your doctor's permission before starting a walking program, especially if you are over 50 (or over 40 with a chronic disease). Also, warm up before your walk by stepping in place for a couple of minutes to slowly raise your heart rate and do some light stretching of your legs and lower back. It's also a good idea to stretch your legs, back, hips and shoulders after you've completed your walk.

### Sources:

Environmental Nutrition, June 2009  
University of Colorado

NIH publication: Exercise and Physical Activity: Getting Fit For Life

Updated: June 2009, University of Missouri, Extension

## Tips for Grocery Shopping with Children

Before you had children, if you saw a parent struggling with a child throwing a temper tantrum, chances are you thought: "That will never be my child!" Now, here you are in a store with your three year old, and all of a sudden it is you in the middle of this story. Grocery shopping with children can be challenging. Here are a few tips to help prevent bad behavior and language (both theirs *and* yours) and hopefully make shopping with children easier and more enjoyable.

- **Go over the rules with your child before entering the store.** For example: "Remember to stay by the cart. No running, begging, or yelling in the store. If you can follow these rules, you can select one acceptable snack before we leave."
- **Give your child a job.** When I take my six year old nephew to the store with me, I ask him to help me find items on the shelf. I'll spell what I'm looking for and have him find it for me, or I'll ask him to help pick 5 apples for me and let him count them out. For older children, let them give coupons to the cashier.
- **For kids too young to walk, bring a bag of small toys for them to play with.**
- **Have the children help you select a new item** — breakfast cereal, fruit or vegetable.
- **Use the trip as a teachable moment.** Ask questions about the items you put in the basket. What is the name of this vegetable? How many cans are in the cart now?
- **Make a game out of shopping.** Play "I spy" in the checkout line. Pick out something, describe it, and have your child guess what you see.
- **If your child is out of control, remove them from the scene.** Go to the car or rest room and wait until they are calmed down. When they are able to control themselves, return to the store.
- **Kids who are tired or hungry belong at home, not at the grocery store.** If at all possible, find a sitter instead. Try not to shop at the end of a tiring day.
- **Recognize positive behavior with your attention.** Children thrive on attention and recognition. Say "thank you" when your child is helpful and make positive remarks about her good behavior. If they receive attention for good behavior, they won't feel the need to misbehave for attention. What gets rewarded — gets repeated.

Source: University of Maine Extension

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