

Healthy Living,

Happy Homes

in Lonoke County

University of Arkansas
Research and Extension

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Lonoke County
Cooperative Extension
Service

P.O. Box 357
Lonoke, AR 72086

E: dbowen@uaex.edu
Phone: 501-676-3124
Fax: 501-676-7847



Dianna Bowen
County Extension Agent:
Family & Consumer
Sciences

Facebook: UAEX-Lonoke
County FCS
Twitter: Dianna
Bowen@UAEXlonoke

www.uaex.edu

Marriage, Parenting, &
Family Life
Food & Nutrition
Financial Management
Health & Aging



Youth Summer Day Camps

The Lonoke County Extension office and 4-H are conducting summer day camps for the youth of Lonoke County. What an exciting and productive way to help your child spend some of those long summer days.

Beginning Sewing – June 25-26, 8:30-4:00, \$20

Participants will learn the basics of using a sewing machine and hand sewing. Owning a machine is not required but will be helpful as we are limited in the number of machines we have and they will be reserved on a first come basis. Contact the office to get a registration form for a list of the basic supplies needed for camp. Open to youth ages 8-19.

Advanced Sewing – June 27-28, 8:30-4:00, \$20

Participants must have attended at least 2 years of beginning sewing or get the recommendation of their school FCS teacher. Other information is the same as Beginning Sewing participants (see above).

Fun in the Kitchen, Cooking – July 10-11, 8:30-4:00, \$20

This is two days of continuous cooking for youth ages 8-19. We will be preparing our lunch as part of the camp experience and will be doing a little food preservation. Participants will need to bring an apron and must let us know in advance of any food allergies.

Shooting Sports – Basic, June 17-18, \$30; Advanced, June 19, \$20 (\$50 for all three days), 9:00-4:00

This camp is designed to provide youth with an introduction to shooting sports. Highlights include archery, BB rifle, and an introduction to 4-H Shooting Sports. All equipment is provided. Camp is open to youth ages 5-19, however, to attend the Advanced day, youth must have completed the Basic Shooting Sports day camp and 3rd grade.

Fun with 4-H – August 8-9, 9:00-4:00, \$10

A two day 4-H experience for youth ages 5-19 with hands on activities in Healthy Living, 4-H Science, and Citizenship/Leadership.

Space for each of the day camps is limited so contact the Extension Office at 501-676-3124 or come by on Hwy 70 East to get a registration form with more information. Participants will need a sack lunch for all day camps except cooking. Shooting Sports and Fun with 4-H participants will be outside some, therefore, they will need sunscreen and insect repellent. There is also the possibility of getting wet or dirty so dress appropriately.

Health & Nutrition

Summer – A Time to Enjoy Fresh Fruits & Vegetables



One of the best things about the coming of summer is the opportunity to enjoy fresh fruits and vegetables. Whether you grow them yourself, purchase them from one of the many local farms or farmers markets, or buy them at your favorite grocery store, fruits and vegetable this time of year are the sweetest and most satisfying. They are nature's original fast food as most fruits and vegetables can be eaten raw, straight from the refrigerator or shelf.

Eating fruits and vegetables provides many health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Research shows that healthy diets, high in fruits and vegetables, tend to reduce risk for heart disease, including heart attack and stroke. Such healthy diets may also protect against certain types of cancers. They provide nutrients vital for health and maintenance of your body.

Fruits and vegetables are excellent sources of many nutrients which are under consumed, including potassium, dietary fiber, vitamin A, vitamin C, and folate (folic acid). Research shows that many Americans do not get the recommended amount of potassium in their daily diet. Potassium works with sodium to maintain the body's normal blood pressure. Research suggests that increasing dietary potassium may provide a protective effect against hypertension (high blood pressure) by increasing the amount of sodium excreted from the body. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice. Vegetable sources include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.

Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits and vegetables help provide a feeling of fullness with fewer

calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.

You can't go wrong choosing fruits and vegetables in your diet. They are what is called a nutrient dense food, high in essential nutrients and low in calories. Giving you a lot of bang in your diet without adding extra inches to your waistline, fruits and vegetables are an excellent choice. It is recommended that children get 1- 1½ cups and adults 1½ - 2 cups of fruits each day. With vegetables, young children need 1 – 2 cups, older children and teens 2 -3 cups and adults 2½ - 3 cups daily. So, if you are watching your calories or just wanting to improve your health, choose fruits and vegetables every day.

Frozen Fruit Cups

Serving Size: ½ cup

Servings: 6

Ingredients:

- 2 cups fresh strawberries, sliced
- 1 medium to large banana, sliced (about 6 ounces)
- 2 kiwi, sliced
- 2 teaspoons sugar

Instructions:

1. Mix strawberries with sugar in a bowl. Let mixture set 20-30 minutes while strawberries make juice.
2. Add banana and kiwi to strawberries.
3. Scoop ½ cup of the mixture into each of six muffin cups lined with paper.
4. Freeze. Remove from freezer about 20-30 minutes before serving.

Substitutions:

- 2 cups sliced, frozen strawberries can be used.
- Use other fruits such as mango or melon.

Tips:

- Store fruit cups in a plastic freezer container. They will keep several weeks in the freezer.
- Fruit cups can be made in small cups, custard cups, or small bowls.



Nutrition Facts	
Serving Size 1/2 c	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 2%	Iron 2%

Home & Family

Listening: The Key to Any Good Relationship

Think of the person you enjoy being around the most or the person you go to when you need help. What do these people have in common? Most of us would answer that question by saying, "They listen to me." or "They are a good listener." That is because listening is truly the key to any good relationship. Whether you are talking about your relationship with a friend, your partner, siblings, or your children, everyone needs to take the time to listen to have the most effective relationships.

In the University of Arkansas Cooperative Extension series Navigating Life's Journey there are a number of issues dealing with listening in relationships. Many of these focus on either couple or parent relationships but to fit any type of relationship. The following examples and ideas come from that series of publications.



In his book, *Beyond the Myth of Marital Happiness*, Blain Fowers says, "Encouraging your partner to speak is an act of generosity because it is a gift of your attention and interest. When you listen attentively, you are granting that your spouse has something worthwhile to say." (p. 107)

Sometimes during a conversation, we become more focused on what we are going to say next rather than listening to our partner. This sends the message that what they have to say is not important to us. If we instead take time to really listen, we show our partners that what they have to say matters to us.

The next time you have a conversation with your partner, make a special effort to listen to what he or she has to say. Tune out potential distractions. Encourage your partner to tell you more. Find out how they think and feel about things.

In his book, *Between Parent & Teenager*, Haim Ginott says, "We win our teenagers' attention when we listen with a third ear and respond with a sympathetic tongue. We win their hearts when we express for them clearly what they have said vaguely" (p. 55). When our children express outlandish opinions, parents are tempted to correct and condemn the children. This reaction fails to teach the child anything about the subject at hand or about healthy communication. Imagine your child bellows at the dinner table: "Our principal is an idiot! He

should be fired." If we argue with the child, we demonstrate our own inability to rise above uninformed reaction. Instead, we could say: "Wow. You're upset. What happened?" When parents listen and show respect for their children's views and feelings, they set the stage for a productive dialogue.

Next time you are tempted to react in an outrageous opinion expressed by one of your children, stop. Take some time to listen to their point of view. Ask them to tell you more. Help the child clarify their own thoughts. Show genuine regard for their opinions. Your responsibility is not to teach specific opinions but to encourage sensible thinking.

To find out more about relationships and parenting, check out *The Parenting Journey* or *See the World Through My Eyes* programs at arfamilies.org, follow them at [facebook.com/navigatinglife](https://www.facebook.com/navigatinglife) or contact the extension office.



Adult Rice Recipe Contest

Lonoke County will be conducting an Adult Rice Recipe Contest on Tuesday evening, June 18, at 6:30pm in the conference room of the Lonoke County Cooperative Extension Office. Any county resident ages 19 and above is eligible to enter the contest. The county winner will be expected to represent Lonoke County at the Arkansas Rice Expo in Stuttgart on August 2, with the first place winner of that contest assisting with rice promotional activities during Rice Month in September and may be asked to attend other rice promotion activities throughout the year.

Judging will be done on appearance and palatability of the rice dish, ease and clarity of the recipe, and an interview with the judges to discuss their rice dish and knowledge of the rice industry. A complete list of rules and an entry form can be obtained from the Lonoke County Extension Office. Registration deadline for the county contest is June 7.

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