

Healthy Living,

Happy Homes

in Lonoke County

University of Arkansas
Research and Extension

Lonoke County Cooperative
Extension Service

P.O. Box 357
Lonoke, AR 72086

www.uaex.edu

E: dbowen@uaex.edu

Phone: 501-676-3124
Fax: 501-676

Dianna Bowen

County Extension Agent:
Family & Consumer
Sciences

Marriage, Parenting, &

Family Life

Food & Nutrition

Financial Management

Health & Aging



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**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

New FCS Agent in Lonoke County

Hello everyone. My name is Dianna Bowen and I am the new Lonoke County Extension Agent, FCS. I started my job on August 16, 2011 and have thoroughly enjoyed my first few months on the job. They have been very busy months getting to know the position, the people and the programs I will be working with. I look forward to serving the people of Lonoke County and hope you will feel comfortable calling me with questions and suggestions of things I can do to better serve you.

I thought I would take this opportunity to let you get to know a little about me and my background. I was born in Rockford, IL and raised in northeast Arkansas in the small town of Hoxie. I grew up in a loving home, the youngest of seven children, with parents who taught me the values of hard work and service to others. My mother had raised her first 6 children mostly as a single mom after the death of her first husband. As a young widow she worked helping on a farm, chopping and picking cotton, and later as a cook in a restaurant and finally in the school cafeteria. My father worked at the local lumber yard and was an active volunteer in our community.

I attended all twelve years of school at Hoxie. I then attended college at the University of Central Arkansas where I received a Bachelor's Degree in Home Economics Education. During the thirty years since graduating from UCA I have taught Home Economics, now Family and Consumer Science, a total of 18 years, taking time off to be at home with my children when they were young. I received my Master's Degree in 2008.

I have been married to my husband, Earl, for 27 years and we have four wonderful children. Family and church are the center of my life. In my spare time I enjoy sewing, cooking, crafts and reading. I am enjoying my new job and look forward to working with all the wonderful people of Lonoke County for many years.

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.

ANNOUNCEMENTS



Did you set a New Year's Resolution to exercise more? Need a challenge to up your current exercise program? Looking for a way to spend more time with friends? Have we got the program for you! Walk Across Arkansas is a way to jump start or revitalize your exercise program and do it with friends.

Walking for Walk Across Arkansas Spring 2012 will begin February 13 and will run for 8 weeks. Registration is open on the website now and must be done by February 6. It is an online program that allows you to keep track of your daily exercise or walking and work with a team to provide support for one another.

Getting started is easy. Form a team comprised of family members, co-workers, friends, whomever you want (all age groups may participate). Go to the Extension homepage, www.uaex.edu, and click on the Walk Across Arkansas icon or go directly to <http://survey.uaex.edu/WWA/WWAdefault.htm> for all the information you need to register and get started.

Quick instructions:

1. Form a team of 2 to 10 individuals
2. Choose a team captain
3. The Team Captain must register the team first
4. Once your team is registered, all team members should then register individually. If some member of the team does not have a computer a paper copy can be filled out and the team captain can register them.
5. Starting Feb. 13, walk and record your minutes (must walk at least 10 minutes continuously for it to count).

That's all there is to it. Have fun walking! If you have questions contact Dianna Bowen at the Lonoke County Extension Office, 501-676-3124.

Interested in learning how to sew? Some have expressed an interest in an adult sewing class. A tentative time for the class would be on a Saturday morning. If you are interested please call the office and give us your contact information if you have not already done so.



Extension Homemakers Clubs (EHC), one of the largest volunteer organizations in the state is facilitated by the Cooperative Extension Service of the University of Arkansas. Their mission is to empower individuals and families to improve their quality of living through continuing education, leadership development, and community service. EHC members are young and old, working moms, married or single men and women, and grandmothers. They come from diverse backgrounds and have a rich history with a bright and exciting future. EHC members meet once a month and are dedicated to empowering individuals and families to improve their quality of life. Their volunteer work consistently helps to strengthen homes as well as communities. If you are interested in joining an existing club note the times and places listed below. If you would like information about an existing club or forming a new club please contact me at the Lonoke County Extension Office.

Lonoke County Extension Homemaker Clubs

Butlerville EHC
President – Dorothy Williams

England EHC – 3rd Monday, 2:00 pm
President – Peggy Williams
Meets at England Community Building

Lonoke EHC – 4th Monday, 6:00 pm
President – Mattie Wade
Meets at the home of club members

Marson EHC – Carlisle area
Contact person – Helen Glover

The Quilters EHC – 2nd Thursday, 6:00 pm
President – Karen DeVinney
Meets at the Lonoke Extension Office

Sylvania Tri-Community EHC–2nd Tuesday, 10:00 am
President – Evelyn Hoggard
Meets at Old Austin Methodist Church

Woodlawn EHC – 3rd Thursday, 1 pm
President – Alice King
Meets at Woodlawn Community Center

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

MyPlate Guide to Healthy Eating

The federal government recently unveiled the new MyPlate food icon. The MyPlate icon replaces MyPyramid and serves as a quick, simple reminder for healthy eating. We all know that what we eat matters and MyPlate offers a visual reminder to make healthy food choices when you choose your next meal. The MyPlate symbol makes it easy to plan healthy meals: one half of your plate should be fruits and vegetables; one fourth should be grain foods, preferably whole grains; and one fourth should be protein foods such as meat or beans. Top it off with a serving of dairy food such as low-fat or fat-free milk or yogurt for a balanced meal that includes all food groups. Though plate size is not specifically mentioned, most nutritionists recommend that we use a small – 9 to 10 inch – plate when possible.

Visit www.ChooseMyPlate.gov for practical information to help you build healthier diets. You'll find information and "how-to" materials about healthy eating. While you're there, check out the new interactive tool Smart Tracker. It will let you keep track of your daily food intake, giving you a chart of food groups based on your dietary needs. It will also let you keep track of physical activity on a daily and weekly basis. Remember, the USDA recommends that consumers enjoy their food, but eat less, and exercise more. If you're trying to lose weight, don't give up the foods you enjoy, but cut back gradually. Keeping portions in check is the key!



Interested in learning more about using Super Tracker? I am planning to do a class demonstrating how to use Super Tracker. Contact Lonoke County Extension Office to get your name on the list.

Stretch Your Transportation Dollars



Gas and food costs are taking an increasingly bigger chunk out of consumers' budgets. A dollar doesn't buy what it used to. Use these tips to help you make the most of your money when it comes to transportation.

1. Watch your speed. According to the U.S. Environmental Protection Agency, driving 55mph instead of 65 mph improves gas mileage by 15%.
2. Avoid aggressive driving. Eliminating "jackrabbit" starts and stops to improve gas mileage by 5%.
3. Avoid idling when possible. Turn off the engine if you have a long wait.
4. Use cruise control when appropriate. Steady driving uses less fuel.
5. Use AC less. Use air conditioning as little as possible. However, on warm days, running the AC may be more cost effective than driving with the windows down – which can cause drag and reduce aerodynamics.
6. Maintain your car. Keep maintenance on schedule. Check and replace air filters regularly.
7. Get regular oil changes. Use the manufacturer's recommended grade of motor oil.
8. Keep tires properly inflated and aligned.
9. Remove excess weight. An extra 100 pounds in the trunk can reduce fuel economy by up to 2%.
10. Shop around for the best gas prices. Compare gas stations. Remember to use the octane level you need. Check the owner's manual for the recommended octane level of gasoline for your car. Don't buy a more expensive octane level if your car doesn't need it.
11. Plan trips. Reduce miles by combining errands so that you make stops along a planned route.
12. Spend less time driving. Carpool. Walk. Ride a bike.

Source: FTC Consumer Alert. Federal Trade Commission. <http://www.ftc.gov/ftc/consumer.htm>

If you would like to receive this newsletter electronically, send me an email at dbowen@uaex.edu. If you know someone who is not getting this newsletter and would like to receive it please have them contact my office.