

Upcoming Events and Learning Opportunities

Thursday, August 2 at 6pm – **Revitalize Your Recipes**. Learn to make recipes that help you control your diabetes. Free at the Agricultural Resources Center.

Tuesday, August 7 at 10:30am – **Adult and Elder Care workshop topic is Taking Care of the Caregiver**. Free at CVMC's Health First Center at Valley Hills Mall. Registration required at 485-2300, extension 6201.

Wednesday, August 15 at 11:00am – **Diabetes Cooking Class at CVMC's Health First Center at Valley Hills Mall. Topic: Carbohydrates-Friend or Foe? Register at 485-2300.**

Thursday, August 16 – **Visit our booth at the Soldiers' Reunion. Free recipes.**

Wednesday, August 29 – **Hickory American Legion Fair begins.**

Mondays September 10, 17, and 24-11:30-12:30 Cook Smart/Eat Smart. Learn to prepare healthy foods. Eat what you prepare in class. Cost \$15 for all three sessions at the Agricultural Resources Center. Paid registration required. Call 828-465-8243 for details.

Contact the Extension Center for additional information.

**Events will take place at the Agricultural Resources Center unless otherwise indicated.

Glennie Daniels

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An electronic version of this newsletter is available. Please contact our office at 828/465-8240 or email Beth_Rogers@ncsu.edu to receive your Family and Consumer Sciences electronically.

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Catawba County Center

You have the will. We have the way.

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Managing Diabetes

Here are some tips from *Food and Health Communications* for managing diabetes:

- ◆ Control your weight if you are overweight.
- ◆ Participate in regular physical activity.
- ◆ Watch the amount of saturated fat, trans-fat and cholesterol you consume.
- ◆ Increase your intake of fiber.
- ◆ Eat more whole grains, fruits and vegetables as opposed to refined foods.
- ◆ Eat regular, well-balanced meals with snacks as needed.
- ◆ Understand that sugar-free doesn't mean carbohydrate-free or calorie-free.
- ◆ Even foods sweetened with artificial sweeteners still have calories.
- ◆ Know the carbohydrate content of the foods you eat.
- ◆ Use alcohol in moderation.
- ◆ Know where to go for reliable information.



The following organizations offer credible information for consumers with diabetes:

American Dietetic Association www.eatright.org;

American Diabetes Association www.diabetes.org;

National Institute of Diabetes & Digestive & Kidney Diseases www.niddk.nih.gov.

Beginning Drivers' Crashes Differ

As a group, teenage drivers have high crash rates per miles driven. What isn't so widely known is that the problem is worst among 16-year-olds, the age when most beginners get licenses. Crashes involving 16-year-old drivers aren't like those involving older drivers. They even differ from crashes involving drivers only a year or two older. Sixteen-year-olds get in trouble trying to handle unusual driving situations, even small emergencies. More often than when older people drive, such situations turn into disasters. The essential problem is that the young people bring both inexperience at the wheel and the immaturity of their 16 years to the complex task of driving.

Melon for Everyone

Wednesday, August 3, is National Watermelon Day. How will you celebrate? Whether it's throwing a watermelon fiesta or simply slicing a few pieces as a cool treat, don't let this holiday go by without some watermelon-style celebration.



How to Avoid Home Fires

1. Never smoke when you are lying down, drowsy, or in bed.
2. Keep space heaters at least three feet away from anything that can burn. Unplug the heaters when you go to bed or leave home.
3. Be careful in the kitchen. Roll up sleeves when cooking. Use oven mitts to handle hot pans, and never leave cooking unattended. If a pan of food catches fire, slide a lid over it and turn off the burner.
4. Stop, drop, and roll if your clothing catches on fire. Don't run, drop gently to the ground, cover your face with your hands and roll over and over to smother the flames. You can also smother the flames with a towel or blanket. If burns are severe, get medical help immediately.
5. Have smoke alarms installed outside all sleeping areas and on every level of your home.
6. Plan and practice your escape from fire.
7. Escape from the fire and call 911.
8. Plan your escape around your abilities.



Ways to Minimize Borrowing Costs for College

The average annual cost of higher education has increased dramatically in the last decade. With education debt continuing to rise along with the increase in costs, many people face a tough financial situation. *FDIC Consumer News* offers these tips to help students and their families avoid debt overload as they plan for and pay for college, graduate school or other education.

- **Start saving early to reduce the amount you may need to borrow.** For example, investigate Section 529 college investment plans as a tool for building savings.
- **Find ways to cut costs.** High school students who take advanced courses or pass special college-level exams can earn college credits before they set foot on campus. Other ways to save include going to a nearby school and living at home; choosing a college regarded as both high-quality and low-cost; and attending a community college before transferring to a four-year institution.
- **If you must take out a loan, understand the different options.** In general, government loans have lower interest rates and more flexible repayment options than private loans.
- **Choose the best repayment plan for you.** Do your homework to learn about options. Start with <http://studentaid.ed.gov/ibr> and www.mymoney.gov then click on Going to College.

Exercise Helps Older Adults

Contrary to traditional thinking exercise helps, not hurts, most older adults. Older people become sick or disabled more often from NOT exercising than from exercising. Those who have chronic diseases or risk factors for them, may actually improve with regular exercise but should check with their doctor before increasing their physical activity.

Before beginning an exercise program, check with your doctor if you are a man over 40 or a woman over 50 or if you have a chronic condition or other symptoms such as chest pain, severe shortness of breath or joint swelling. Your doctor or cardiac rehabilitation specialist can give you guidelines for physical activity if you have had a heart attack recently. Controlled exercise usually is an important part of long-term heart attack recovery. People with conditions called abdominal aortic aneurysm or critical aortic stenosis should not exercise unless their physicians tell them they can.

Almost all older adults, regardless of age or condition, can safely improve their health and independence through exercise and physical activity.

Source: Exercise: A Guide from the National Institute on Aging



Extension and Community Association News



Plans for 2013

A committee of Catawba County Extension and Community Association members has begun planning exciting and interesting events and activities for 2013. Educational programs on a variety of topics, community projects, workshops, trips, and family centered events are on the agenda. The group will also be involved in the celebration of their centennial anniversary throughout 2013.

Fair Booths

Hickory American Legion Fair will be held August 29 – September 3 this year. Plan to take time while you are there to check out the educational booths that will be on display. This year Allen Frye ECA, Blackburn ECA, and We Can Do It ECA will prepare booths with the theme of physical activity.

Ordinary Women, Extraordinary Service

Purchase your copy of *Ordinary Women, Extraordinary Service* today. It is a coffee table book that celebrates in pictures and stories, the past and present accomplishments of ordinary women in all North Carolina counties whose efforts have made our lives better. Proceeds from book sales will support Cooperative Extension's Family and Consumer Sciences program and the volunteer work of the Extension and Community Association in Catawba County. To purchase your copy, contact Glennie Daniels at 828-465-8243 or Glennie_daniels@ncsu.edu.