



Surry County Center

February – April 2018

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Heart Month

Our heart may be the most important muscle in our body, but we need to exercise all of our muscles no matter our age. Muscles are sometimes overlooked until we realize we don't have the ability we once did. Use these tips to focus on ways to be stronger.

- Strong muscles for children.** Even young children can be more fit with strength training, but they don't need to train in the gym with weights or machines. Experts say that kids should build their muscles by playing. The Centers for Disease Control and Prevention (CDC) suggests doing gymnastics, playing on a jungle gym or climbing trees.
- Strong muscles for teens.** Training with weights, machines or resistance bands can help teens get stronger. Strength training can also improve sports performance, and it will build endurance. But remember that teens are still growing. To be safe, they should work with a youth trainer or coach. Ask for help in a school training room, through a sports club or at a local YMCA.
- Strong muscles for adults.** The CDC says adults should do strengthening exercises two days a week. Be sure to hit all the muscle groups! These are your legs, hips, back, chest, abdomen, shoulders and arms. You can do exercises at home or at the gym. Watch short videos from the CDC about the safe way to do popular exercises at www.cdc.gov/physicalactivity/everyone/videos/index.html#MuscleHome.
- Strong muscles for older adults.** Some of the best news is for older adults who want to get stronger. In your 70s? 80s? 90s? It's not too late! Research shows that you can still build or maintain strong muscles and lean body mass. Strengthening activities can help prevent the muscles loss related to age. Try light weight lifting, resistance bands, yoga or Pilates. Gardening, yard work or mowing the grass count too!
- Strong muscles for people with disabilities.** If you have special needs, strength building has special benefits. It can help prevent muscle loss or injuries. In some cases, it may slow the progression of a disease or condition. Trainers can create programs to meet your goals.

Source: *Eat Smart, Move More*

March - Poison Prevention Month

Knowledge is key to the prevention of poisonings. The American Cleaning Institute has some great information to keep your family safe. Proper storage of all cleaning products is a daily practice that can help prevent accidents in the home. To reduce the number of accidents associated with liquid laundry packets, ALWAYS keep laundry packets up and away from kids and NEVER let young children handle or hold them.

Order a free cling from <http://www.cleaninginstitute.org/packetsup/> and put it on your cabinet as a reminder to store products safely in your home.



**NC COOPERATIVE
EXTENSION**

Have a Winning Game Plan

Source: University of Nebraska-Lincoln Cooperative Extension

The Super Bowl provides a great opportunity for a party. According to the USDA, Super Bowl Sunday is the second largest food consumption day of the year, behind Thanksgiving. Use some pre-game strategy to develop a plan to ensure your celebration will be a success.

- Have a smart pre-game meal and save some calories to re-fuel at half-time.
- Include some lower-calorie drink and snack options.
- Check out food labels.
- Have a plan. Decide what you will eat before you begin.
- Just because the food is there doesn't mean you need to sample everything.
- Eat small portions.
- Stand away from the food table.
- Put the food on a small plate so it looks like you are getting more.
- Don't graze from the bowl or container which makes it more difficult to be aware of how much you are eating.

Food safety is also an important player in your game. Follow the "two-hour rule." Leaving perishable food at room temperature for more than two hours is a big mistake. When food sits out for more than two hours, bacteria can easily multiply and cause foodborne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.

Keep hot foods hot (140°F or hotter) with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.

With some advanced planning, your event will rank #1 with family and friends. Enjoy a happy, healthy celebration.

Living Well Month

Raising kids, eating right, spending smart, living well—that's the theme of a national Living Well Campaign that is being promoted by the Extension Association of Family and Consumer Sciences, both at the national level and here in North Carolina. The goal of the Living Well Campaign is to provide people with the education and information they need to "live well". Whether you are trying to manage your diabetes through meal planning and exercise, make decisions about health care and insurance, or get tips on effective parenting techniques, Extension probably has a research-based answer. To make every month a "Living Well Month," consider these six tips.

1. Engage children in at least 60 minutes of physical activity on most, preferably all, days of the week. Adults need at least 30 minutes of physical activity. Besides participating in sporting activities, turn on some music and dance. Be creative by assembling an obstacle course or using hula-hoops. Start planting a garden. Take a walk or bike ride in your neighborhood.
2. Drink plenty of water to stay hydrated. The average adult human body is approximately 60 percent water, which is found in muscle, blood, brain, bone, etc. Water regulates every living cell's processes and chemical reactions. It transports nutrients and oxygen. Water helps to maintain normal bowel habits and prevent constipation. Limit the amount of soda and fruit drinks consumed daily.



3. Eat a variety of healthful foods. Be sure to have plenty of colorful fruits and vegetables every day. Most people need at least 4 1/2 cups to meet the daily recommendation. Have a glass of 100 percent juice or sliced banana on cereal for breakfast, enjoy raw vegetables with dip to accompany a sandwich at lunch and have a sliced apple for dessert. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.

4. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age.



5. Maintain a healthy home. Be sure your smoke detector is working correctly and test for the presence of radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
6. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons to help with food costs. Use leftovers as the basis for another meal.



ECA Scholarships Changes in ECA Information Cultural Arts

Surry County Extension and Community Association (ECA) members are proud to announce they are accepting applications for the 2018 North Central District Extension and Community Association Scholarships. The \$800.00 scholarships are given to a youth and an adult who are continuing their education beyond the high school level in any field of study, but with priority given to a degree in family and consumer sciences.

A youth applicant is defined as a high school senior or a student currently enrolled in college having completed high school without a break in his /her formal education. An adult is an individual who has completed high school and has had a break in his/her formal education and now wishes to further his/her education.

All applicants must be North Carolina residents and planning to attend a North Carolina accredited college, community college or technical institute in the fall of 2018. Scholarships are awarded based on the following criteria:

Financial Need 25%

Scholarship Potential 25%

Activities and Honors 25%

ECA Connection 25%

The deadline for applications is February 12, 2018. You may obtain an application or get more information by calling the Surry County Center of N.C. Cooperative Extension at 336-401-8025.

Surry County Extension and Community Association (ECA) has six clubs and 72 members located throughout the county. The organization's mission is to Strengthen Families through:

- Leadership Development
- Volunteer Work
- Educational Support
- Researched-based education from North Carolina State University and North Carolina A&T State University

These cold winter days are a great time to finish up some **U.F.O.'s (Un-Finished Objects)**. Any item that you have finished since March 17, 2017 can be entered into the 2018 ECA Cultural Arts contest. Categories have changed since last year. Check out the list and see where your hand-crafted creations will fit.

NCECA Cultural Arts Contest Categories

1. **Sewing:** Clothing (including smocked items), aprons, doll clothes, costumes, vests
2. **Sewing:** Home furnishings, draperies, pillow covers, placemats, wall hanging (with sleeve), table runner
3. **Needlework:** tatting, lace, cross stitch, counted cross stitch, needlepoint, red work, Swedish embroidery
4. **Knitting:** any knitted item
5. **Crocheting:** Any crocheted item
6. **Embroidery:** Hardanger, candlewicking, crewel
7. **Craft Re-cycling:** Using re-cycled items to create a craft
8. **Heritage Skills:** Corn shuck dolls, braided or hooked rugs, gourd art, calligraphy, pressed flower art, baskets (reed, rag, pine needle), wood craft
9. **Christmas Decorations**
10. **Jewelry**
11. **Scrapbooking:** Submit only two pages

Fine Arts

12. **Watercolors**
13. **Oils**
14. **Acrylics**
15. **Miscellaneous:** Tole painting, stenciling, etching, painting on wood or glass

Quilts: All Sizes

16. **Quilts:** Appliqued, machine quilted
17. **Quilts:** Appliqued, hand quilted
18. **Quilts:** Pieced, machine quilted
19. **Quilts:** Pieced, hand quilted
20. **Quilts:** Stamped pattern (cheater's cloth), machine quilted
21. **Quilts:** Stamped pattern (cheater's cloth), hand quilted
22. **Quilts:** Machine embroidery, machine quilted
23. **Quilts:** Machine embroidery, hand quilted
24. **Quilts:** Wall hanging
25. **Quilts:** Other techniques-cathedral window, yoyo, crazy quilt, tacked
26. **Flower Arrangement:** Artificial or dried
27. **Wreath:** Artificial or dried
28. **Photography:** Black & White, Color (may be matted)
29. **Dolls:** Porcelain
30. **Dolls:** Fabric
31. **Metal Arts:** Use any metal for enameling, hammering, embossing, engraving
32. **Miscellaneous:** Only items that cannot be entered in the above categories are entered here

Creative Writing

33. **Poetry:** Entry cannot exceed three pages
34. **Short Story:** Entry cannot exceed twenty pages



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CALENDAR OF EVENTS

SHIIP Quarterly Update
 February 9, 2018 / 10:00 am
 N.C. Cooperative Extension, Dobson

ECA Scholarship Applications Due
 February 12, 2018
 N.C. Cooperative Extension, Dobson
 Call 336-401-8025 for more information.

Diabetes & You:
“Matters of the Heart”
 February 14, 2018 / 12:00 Noon
 N.C. Cooperative Extension, Dobson
 Free to the public. Seats are limited.
 Please call 336-401-8025 to register.

ECA Scholarship Committee Meeting
 February 16, 2018 / 10:00 am
 N.C. Cooperative Extension, Dobson

Diabetes & You:
“The Truth About Diet Trends”
 March 14, 2018 / 12:00 Noon
 Reeves Community Center, Mt. Airy
 Free to the public. Seats are limited.
 Please call 336-401-8025 to register.

Extension and Community Association
Cultural Arts Day and
County Council Meeting
 Date, Location & Registration Fee TBA
 Entries accepted from 9:15-10:00 am.
 Judging and program begins at 10:00 am.
 County Council meeting begins at 10:45 am.

Senior Health and Wellness Fair
 March 23, 2018 / 9:00 am—12:00 Noon
 Armfield Civic Center, Pilot Mountain

ServSafe
 March 26, 27 and 29
 Human Services Building, Mt. Airy
 Cost: \$100. Call 336-401-8025 for more information.

“Sew Helpful”
Child and Adult Sewing Class
 April 4, 2018 / 9:00 am—3:00 pm
 N.C. Cooperative Extension, Dobson
 Cost: \$10 per child/adult pair. Class size is limited. Call for more information.

Diabetes & You:
“Eating the Mediterranean Way”
 April 18, 2018 / 12:00 Noon
 N.C. Cooperative Extension, Dobson
 Free to the public. Seats are limited.
 Please call 336-401-8025 to register.

Extension and Community
Association Spring District Day
 April 19, 2018
 Vance-Granville Community College,
 Henderson, NC



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Accommodation Statement: For accommodations for persons with disabilities, contact the Surry County Center at (336) 401-8025, no later than five business days before the event.

Special Note: Registration for events listed in this calendar are required unless otherwise noted. Register by calling (336-401-8025)