

Family and Consumer Newsletter

Yadkin County Center

September 2009



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Sleep and Hypertension

This may sound like a strange title but in a new study led by Kristen Knutson, PhD., University of Chicago, she found a correlation. She followed 535 participants for 5 years monitoring their sleep patterns and blood pressure readings. The findings of this study showed that sleep deprivation was associated with increased risk of hypertension as well as adverse changes in the systolic and diastolic blood pressure readings. For every 1 hour reduction in sleep, the risk of hypertension increased 37%. Most people need 7 to 8 hours of nightly sleep and the study group fell short of this goal with 43% averaging fewer than 6 hours of sleep per night, while only 1% averaged 8 or more hours. Knutson noted, "Poor quality sleepers had higher blood pressure risks regardless of whether or not they snored. Women who snored, however, were even more at risk of high blood pressure, though it's unclear why." The bottom line is to get that much needed, beneficial sleep for a healthier you!

Be a Social Butterfly

If you plan to live longer and healthier as you age, become a social butterfly. Researchers at Rush University Medical Center in Chicago have found that seniors who are more socially active are more likely to retain mobility as they age. Even walking speed was related to social activity. Along with healthier motor functions other factors such as joint pain, depression, disability and vascular disease were more advanced. The next time someone invites you to a ballgame, go for the sake of your health.



Tips and Tidbits

- If fresh corn is left at room temperature for 6 hours, it may lose up to 40% of its sugar content.
- Corn always has an even number of rows on each ear.
- Pork tenderloin has less fat than a chicken thigh.
- 95% of bone strength is developed by your 18th birthday.
- To remove blackened soot on fireplace doors, wash with a 50/50 ratio of water and vinegar. Dry with newspaper.

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2009 H1N1 Flu

What Do I Need to Know?

The more you know about the H1N1 Flu, the better you can protect yourself and your family. In June 2009, H1N1 was declared a pandemic which means it is everywhere in the world. This type of influenza is a contagious respiratory illness caused by a new strain of influenza virus. Flu viruses spread mainly through coughing or sneezing. Occasionally, people may catch flu by touching some one or something infected and then by touching their mouth or nose. A vaccine is expected to be available for late fall. Symptoms include fever, sore throat, chills, diarrhea, runny or stuffy nose, cough, body aches, fatigue, vomiting or headache.

Tips to Prevent the Flu

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective in killing germs.
- Cover your nose and mouth with a tissue when you cough or sneeze, if possible.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with the flu, stay home from work or school and limit contact with others.
- Get the recommended seasonal flu vaccine when it becomes available.
- Get the recommended H1N1 vaccine when it becomes available.



ECA County Council

The Yadkin ECA County Council will meet at Deep Creek Friends Meeting on Tuesday, September 22, 2009 beginning at 10:00 am. Bring all items for the Annual Silent Auction fund raiser by 9:30 am. The business meeting and silent auction will be followed by a covered dish lunch. All members are invited to bring a covered dish and be ready to bid for this important fund raising event. If any of your clubs have saved medicine bottles to send to Samaritan's Purse, please bring them to this meeting so they can be delivered.



Cultural Arts

Join us on September 29 at 5:15 pm to weave an easy 8" square basket. Call 679-2061 for registration and more information.

National Fire Prevention Week

October 4-10, 2009

During National Fire Prevention Week, we are reminded to focus our attention on fire safety and prevention. Fire Prevention Week was established to commemorate the Great Chicago Fire in October 8-9, 1971. This fire killed more than 250 people, destroyed more than 17,400 buildings and burned more than 2,000 acres. Since 1922, Fire Prevention Week has been held the week of October 9. This is the longest running public health and safety observance on record.

During this week, let's take time to check our homes to identify any fire hazards and take steps to correct them. Use the following checklist as a guide.

- Check electrical cords for any sign of damage or fraying.
- Store flammable items like bedding, clothes and curtains at least 3 ft. away from portable heaters or lit candles.
- Never smoke in bed.
- Do not overload electrical outlets.
- Install and maintain a working smoke alarm outside of each sleep area.
- Change the smoke alarm once each year and check when the time changes.
- Designate 2 escape routes from each bedroom and practice the route regularly.
- Teach everyone the "Stop, Drop and Roll" technique in case clothes catch on fire.
- Store matches and lighters in a secure drawer or cabinet.
- Teach kids that matches, lighters and candles are tools, not toys.



Tailgating Food Safety

Follow general food safety rules to protect tailgaters from the most challenging opponent of food poisoning.

- Wash hands before, during and after preparing food. Pack moist wipes for guests.
- Pack food in a well-insulated cooler with plenty of ice to maintain temperature at or below 40 degrees. Use a cooler for raw foods and one for ready-to-eat foods.
- Tightly seal meats in bags or containers to prevent contaminating other foods in the cooler.
- Carry a meat thermometer so foods are cooked to proper temperatures.
- Remember if in doubt, throw it out. Throw away perishable items before the game. If food cannot be kept at or below 40 degrees, it is safer to throw it out.



Football Tailgating



Brining Foods

Brining is an age-old method of food preservation which was used to preserve meats for long ocean voyages and military ventures before the invention of refrigeration. Today, brining is used to add flavor, tenderness, and reduce cooking times which makes it a perfect method for grilling on the go such as tailgating or picnicking. The chemistry behind brining is that when meat is immersed into liquid with a higher concentration of salt than the meat, the flavored brine will soak into the meat. Because the meat is now loaded with extra moisture it will remain moist during cooking.

Dry Rubs for Grilling

Another method of adding flavor to complement meat is through the addition of a dry rub. Dry rub recipes can be prepared in quantity and stored in air-tight containers in the cupboard. The rub can be applied to the meat, then wrapped in plastic wrap and stored for 24 hours in the refrigerator. It can also be rubbed on the meat just before grilling.

Try the following recipe for your next tailgating/picnicking event. This recipe is a combination of brining as well as a dry rub application added before grilling.

Apple Brined Pork Chop

2 cup apple juice	1 teaspoon red pepper flakes
1 tablespoon coarsely ground black pepper	4-5 pork chops
¼ cup salt	1 tablespoon dry rub seasoning (recipe below)
¼ cup light brown sugar	or grill seasoning

In a large pot over medium-high heat, add 1 cup water, apple juice, pepper, salt, sugar and red pepper flakes. Bring to a simmer making sure to stir occasionally to dissolve the salt and sugar. Remove from heat and add to a large bowl with 2 c. of ice. Once the brine has cooled add pork chops. Brine for at least 4 hours or up to 24 hours in the refrigerator.

Remove pork from brine, rinse with cold water and pat dry with paper towels. Heat grill over medium heat. Sprinkle 1 side of the pork chops with 1/2 the grill seasoning. Place the chops on hot grill with seasoned side down. Sprinkle the topside with remaining grill seasoning. Grill chops for 4-5 minutes per side. Let rest for 5 minutes before serving.

Simple Dry Rub

½ cup freshly coarse ground black pepper	¾ cup dark brown sugar
½ cup ground cayenne pepper	1 tablespoon salt

In a medium bowl, thoroughly mix freshly ground black pepper, ground cayenne pepper, dark brown sugar and salt. Rub thoroughly into chops, using as little or as much as you like.



Marinated Grilled Shrimp

3 cloves garlic, minced

1/3 cup olive oil

1/4 cup tomato sauce

2 tablespoon red wine vinegar

2 tablespoons chopped fresh basil

1/2 teaspoon salt

1/4 teaspoon cayenne pepper

2 pounds fresh shrimp, peeled and deveined skewers

Directions

In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp and stir until evenly coated. Cover and refrigerate for 30 minutes to 1 hour, stirring once or twice.

Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.



Spiced Cider and Maple Marinade

For meat to be grilled

1/3 cup cider vinegar

2 tablespoons maple syrup

2 tablespoons chopped fresh ginger

1 tablespoon Worcestershire

1 tablespoon salad oil

1 teaspoon fennel seeds

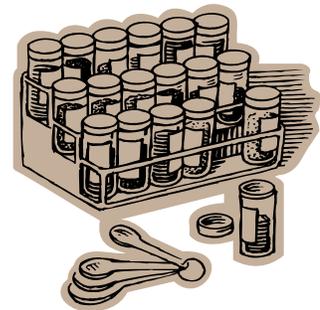
1/4 teaspoon ground allspice

Directions

In a blender, mix all ingredients until ginger is finely ground.

Yield: Makes about 2/3 cup, enough for 1 to 1 1/2 pounds meat.

Note: This slightly sweet, aromatic marinade is delicious on all kinds of fish and meats, especially pork and chicken. Multiply the recipe for larger batches; cover and chill up to 2 weeks.



Mixed Vegetable Salad

1 medium cabbage, shredded
2 cucumbers, thinly sliced
1 large onion, thinly sliced
1 cup diced celery
2 carrots, thinly sliced
1/2 red pepper, thinly sliced

1/2 green pepper, thinly sliced
3/4 cup vinegar
3/4 cup sugar
1/4 cup water
1/4 cup vegetable oil
1 tablespoon salt



Combine vegetables in a large bowl; set aside. Combine remaining ingredients, stir until sugar dissolves. Pour marinade over vegetables and toss well. Cover tightly and chill at least 12 hours. Yield: 10-12 servings.

Orange Glazed Grilled Pineapple

1 large ripe pineapple
Ice water
6 tablespoons butter
6 tablespoons orange marmalade



Place pineapple in a large bowl or pot and cover with ice water. Soak for 10-15 minutes while preparing the grill and the orange mixture. In a small pan melt together the butter and marmalade until smooth. Remove the pineapple from the water and drain well. Cut lengthwise into six wedges, and remove the hard core from each wedge. Place the pineapple on grill and cook for 2 minutes on each cut side. Liberally brush each side with the butter-marmalade mixture and grill for an additional 3-4 minutes on each side or until the pineapple is soft and golden brown. Serve hot. Makes 6 servings.

Toffee Brownies

1 (17.6 ounce) package brownie mix with walnuts
Vegetable oil cooking spray
3 (6 ounce) candy bars with almonds and toffee chips



Prepare brownie mix according to package directions. Line a 13 by 9-inch pan with aluminum foil and spray with cooking oil. Spoon in half of the brownie batter and smooth with a spatula. Place candy bars (side by side) on top of the batter. Cover with remaining batter. Bake according to package directions. Let cool completely, then lift from pan using the edges of the foil. This makes it easy to cut the brownies into squares.

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

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MCW/gm