



Family and Consumer News

Yadkin County Center, P.O. Box 97, Yadkinville NC 27055 • (336) 679.2061 • (336) 336.679.3088(fax)



Winter Newsletter

Photo Organization

Calendar of Events

Tuesday, March 25
10:00 a.m.
ECA Achievement
Day

Tuesday, April 22
ECA Spring
District Day
Wilkes County

Thursday, February 28
Southern Spring
Show in Charlotte

If winter keeps you inside, use this opportunity to organize your photos. The following tips will make your work more efficient:

- **SORT**- Decide which photos to toss and which ones to keep. Deciding factors would be photos which are blurry, poor lighting, or just a bad photo. Think of photos as clothes and if you don't like it, toss it away. When you get the pictures back from processing, sort and toss them immediately to avoid clutter and save time later on. If duplicates are stored in a separate envelope and kept with greeting cards you can quickly tuck a snapshot in the mail.
- **ORGANIZE BY YEAR**- Label archival-safe photo boxes or envelopes by year for a quick fix. Make notes on the label to remind you of what's inside.
- **CATEGORIZE**- When you are ready to categorize the year's photos start with the most recent photos first and work backwards. Choose a category such as Event/Occasion, Holiday, Month, or Person.
- **LABEL**- To help you identify picture later, write any keywords, date and names on the back of photos. Purchase an acid-free photo-safe pencil or pen for all writing.
- **KEEP NEGATIVES SEPARATE**- Place negatives in envelopes and label the outside with date and subject. Keep in a fire-safe box so that you can make reprints in case something happens to the pictures.
- **STORE**- Photos need to be stored in a cool, dark and dry place. Avoid the attic, basement, garage and outdoor storage buildings.



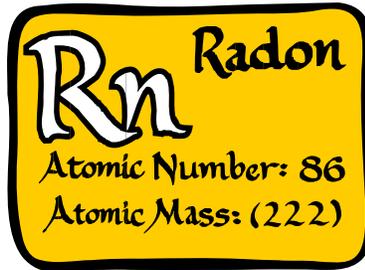
For accommodations for persons with disabilities, contact Marilyn Wells at 336.679.2061 no later than one week ahead of scheduled meeting.

Houseplant Nutrition

To add nutrients to houseplants, water them with cooled cooking water. The unsalted water used to hard-boil eggs contains calcium, which encourages African violets to bloom. The lightly colored, cooled water used to cook veggies also provides a nutrient-rich water for houseplants.



Healthy Indoor Air Radon Awareness



If you are like most Americans, you spend much of your time indoors.

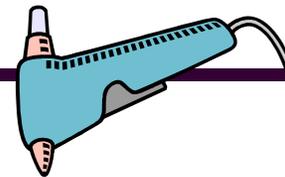
Do you stop to think whether the air you breathe is healthy? Research has found that in many homes across America, the quality of indoor air can be worse than outdoor air. Our homes are built tight and we are using more products and furnishings containing compounds that are sensitive to residents.

This article will focus on radon gas. Radon is an odorless radioactive gas that results from the breakdown of uranium. Uranium is present in most of the soil and rock around the world. Usually it is concentrated in areas with lots of granite, shale, phosphate and pitchblende. Radon is a gas that can leak into the home through foundation cracks, or through crawl spaces or even through well water. If you breathe indoor radon gas, the radioactive particles can be drawn into your lungs and damage lung tissue which leads to lung cancer. Radon is the second leading cause of lung cancer behind smoking. Some 20,000 people will die this year due to breathing too much radon without even knowing it.

To know if your home has a high radon content, you can have your home tested by a radon monitoring service or a home test kit. Follow the instructions and mail in the enclosed envelope. The results will be mailed back to you. These kits can be purchased at home improvement stores. You may also contact the NC Radon website at www.ncradon.org for further information.

Tips and Tidbits

- Americans spend 48% of their food dollar on restaurant food.
- A brisk 10 minute walk around the neighborhood can improve your mood and kick-start your metabolism for fitness health.
- Choose many red fruits and vegetables that contain many health-promoting phytochemicals including lycopene and anthocyanins which lower risk of cancers, as well as promote heart and memory health.
- For more whole grains in your diet, substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes.



Glue Gun Recall

Recently the U.S. Consumer Product Safety Commission issued a recall of Crafters Square Hot Melt Glue Guns sold at discount stores nationwide for a cost of \$1.00. The recalled glue guns can short circuit, causing the gun to smoke and catch fire therefore posing fire, burn and shock hazards to consumers. If you have purchased one of these hot glue guns with the product number of 818261-72 or 818261-75, return the gun to the store where purchased for a full refund. At this time, retailers are aware of seven incidents in which these glue guns short circuited resulting in two injuries, including electrical shock and burns.

Alzheimer's On the Rise

More than 5 million people in the U.S. have Alzheimer's disease according to a new report, Alzheimer's Disease Facts & Figures, published by the Alzheimer's Association in spring, 2007. It is estimated that someone in America develops Alzheimer's every 72 seconds.

Alzheimer's disease is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. AD begins slowly, first involving the parts of the brain that control thought, memory and language. Over time, patients may not recognize family members or be able to read, write, speak or even brush their teeth. The greatest risk factor for Alzheimer's is increasing age.

Alzheimer's has been described as the "The Healthcare Crisis of the Twenty-first Century" by the Alzheimer's Association. Harry Johns, National CEO Alzheimer's Association says, "The absence of effective disease modifying drugs, and an aging population makes Alzheimer's a health care crisis." Medicare spends 3 times as much for people with dementia (including Alzheimer's) than for the average Medicare beneficiary.

To help combat Alzheimer's the Alzheimer's Association recommends the following activities to keep your brain active every day:

- Stay curious and involved.
Commit to lifelong, learning, read, write, work crossword or other puzzles.
- Attend lectures and plays
- Play games
- Garden
- Enroll in courses at your local adult education center, community college or other community group
- Try memory exercises



Did You Know?

- The brain stops growing at age 18.
- The human brain is the body's most powerful organ, yet weighs only about 3 pounds.
- An adult brain contains about 100 billion nerve cells, or neurons, with branches that connect at more than 100 trillion points.
- The brain of a person with advanced Alzheimer's is dramatically smaller than a healthy brain because so many brain cells have died.

February is Heart Month

The American Heart Association suggests the following diet recommendations to help prevent heart disease.

- Eat a diet rich in fruits and vegetables.
- Choose whole grain, high-fiber foods.
- Eat fish, especially oily fish, at least twice a week.
- Limit your intake of saturated fat, trans fat, and cholesterol.
- Minimize your intake of foods and beverages with added sugar.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, do so in moderation.



ECA Events

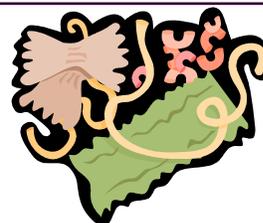
- **Attention ECA presidents**, please call Donna Love with the number of tote bags and nametags that your members would like to order. We hope to get these purchased before Achievement Day. The necessary forms for Achievement Day should be turned into the office as soon as possible.
- **Tuesday, March 25, at 10:00 a.m. will be Achievement Day.** Laurie Mathis, R.N., Breast Cancer Navigator from Forsyth Cancer Center will be the guest speaker. She is the daughter of Eugenia Pearson of the Boonville Club. Laurie will be speaking on breast health for women and it has been suggested that those attending wear pink in honor of breast cancer awareness. Please send Donna Love \$16 per member attending before February 12. Location will be announced.
- **Tuesday, April 22, will be Spring District Day in Wilkes County.** Details will be provided when available.
- **Thursday, February 28, we will travel to the Southern Spring Show in Charlotte.** If you are ready for spring flowers and outdoor decorating, this is the trip for you. Call 679-2061 to register. Cost will be \$20 to cover transportation and entrance ticket. We will leave from the county parking lot on E. Elm St. at 8:30 a.m.



Chicken 'n' Cheese Lasagna Roll-Ups

1/2 (1 lb) pkg. lasagna noodles
2 cups chopped cooked chicken
2 cups Ricotta cheese
1/4 cup grated Parmesan cheese

1/4 cup milk
1/8 teaspoon white pepper
2 1/4 cups spaghetti sauce
Shredded Mozzarella cheese (optional)



Prepare lasagna according to package directions. Drain. In medium bowl, combine chicken, cheeses, milk and pepper; mix well. Spread 1/3 cup chicken mixture on each lasagna strip; roll up jelly-roll fashion. In 13x9 inch baking dish, spread 1 cup spaghetti sauce. Place lasagna rolls seam-side down in sauce. Spoon remaining spaghetti sauce over lasagna rolls. Cover; bake at 375 degrees for 30 minutes or until hot and bubbly. Sprinkle with cheese.

Marilyn C. Wells
Extension Agent
Family & Consumer Sciences



Yadkin County
MCW/gm

Raspberry Smoothie

3/4 to 1 cup vanilla-flavored yogurt
4 tablespoons frozen raspberries
2 teaspoons sugar or sweetener

Put yogurt in a blender. Add frozen raspberries, one tablespoon at a time, blending until desired consistency is reached. Add 2 teaspoons of sugar or sweetener to taste.

