



FAMILY AND CONSUMER SCIENCES

Newsline

KAY COUNTY - P. O. Box 430, Newkirk, OK 74647-0430 ☎ 580-362-2200 📠 FAX 580-362-2268
County Website: <http://www.oces.okstate.edu/kay/fcs> State Website <http://www.fcs.okstate.edu/>
County Email: kay.oces@okstate.edu

APRIL 2009

The Parenting Journey: Live in Loveland

A parent's love gives a child the hope and energy to grow. Nothing is as important for human development as love. This is true not only in the first months of life but also into childhood, adolescence and adulthood. Sometimes parents focus most of their parenting energy on correcting and disciplining their children. These activities can take over the relationship between parent and child. Unfortunately, when a child does not feel loved, he or she is more likely to misbehave. A child who is loved is more likely to develop into a healthy, caring adult.

If we don't plan to take time for our children we may be bothered by the demands they make on us. Effective parents set aside some things in their lives to make time for their children. They use some of the time to do fun things with their children. They also expect to be interrupted in their daily activities to help and be with their children.

A parent who is effective at loving, tries to prevent problems. (For example, childproofing the home of a toddler. Loving parents notice when a child is hungry or tired and provides a snack or some restful time. Rather than wait until a child is doing something wrong, the effective parent helps a child have many fun and safe experiences. The effective parent notices the good things the child does and communicates affection to the child.

By listening and understanding with compassion that children discover that their feelings and ideas matter to us. Children like to be loved in different ways. Some like to be shown love; some like to be told; some like to be hugged.

When a person takes time to be with you, it sends a very powerful message - You are important to me. When a person has fun with you, it sends another powerful message - I enjoy being with you.

Effective time together can come in either small or large doses. When a child does something as simple as asking a parent a question, the parent can look at the child and give a serious answer and send an important message to the child - What you say is important to me.

Many things that we do with children take more than a minute. It takes some time to take a walk, go the park, read a book together or work on a craft project together. It can help us as parents if we are prepared to dedicate blocks of time to our children. Nothing we do is any more important than being a part of their lives.

Have you ever had anyone listen to your pain and seem to really understand what you felt? Did that person say just the right thing to show that she or he understood and cared how you felt? When people have difficulties we often give them advice such as, "What you need to do is . . ." Giving advice does not show understanding and rushes people to a solution. There is an interesting contradiction about giving advice to people in pain, when we try to drag people from their pain, they tend to hold on to it more stubbornly. When we bring compassion and understanding to their pain, they are more likely to relax and get ready to move on.

WHAT'S INSIDE?

What You Need to Know About Pornography	2
Eye Exam A Big Part of Diabetes Detection	3
Cleaning window Screens.....	3
Stretching Your Food Budget with Rice.....	4
Help for Smokers	4
Breaking Barriers to Fitness	5
Lettuce & Salad Greens	5

What You Need to Know About Pornography

A decade ago, pornography was accessed primarily through “adult” bookstores or movie theaters. Today, a thousand times as much pornographic material is available on the Internet. A simple mouse click from the home or office computer has replaced a visit to a tawdry business where customers worried someone might recognize their parked car.

The amount of pornographic material on the Internet is growing faster than the statisticians can keep up with the numbers. There are nearly five million pornographic Web sites featuring every imaginable type of sexual activity and over 400 million pages of this material. Some of it is free, but much of it requires a fee to be paid to view or buy videos and photos.

At least 100,000 sites are devoted to child pornography.

Sales of pornographic materials were more than \$14 billion a couple of years ago and undoubtedly have grown larger. An estimated 40 million people in the U.S. visit pornographic sites each year.

Worldwide, pornography sales are larger than the combined revenues of Microsoft, Google, Amazon, eBay, Yahoo, Netflix, and EarthLink.

Don't think that it is mostly weird people who search the Internet for this material – the “other guy.” About 42 percent of all computer users sometimes check out material, nearly a third of them are women.

How do seniors – those age 55 or older – figure into the equation? Family Safe Media estimates that 20 percent of viewers are in this age range.

The consequences of pornography are difficult to determine. Some Judeo-Christian leaders believe it is one of the most destructive influences in our nation. Two-thirds of the members of the American Academy of Matrimonial Lawyers maintain that its use is a significant factor in many divorces.

On the other hand, while most sex criminals view pornography, there is no proven correlation between sex crimes and the viewing of this material.

Most educators believe that young children can be harmed by looking at pornography, and hundreds of thousands of them, are exposed each year, many of them unintentionally. Figures also show, however, that young people ages 12 to 17 constitute about 15 to 20 percent of those who voluntarily seek this material.

Seniors frequently are concerned about pornography viewing by youngsters and wonder what they might do to protect their grandchildren. Here are a few ideas.

- If there is a spirit of trust, grandparents can often talk to and counsel grandchildren more freely than the parents on tough topics such as pornography seen on the Internet or even cell phones. Sometimes what you hear might be scary!

- Next, encourage the parents to monitor computer use and suggest that the computer be located in the family room or other place where there is little privacy.
- And, consider buying one of the services that prevent access to pornographic material unless a special password is used. Information is available about them by searching on Program to Stop Pornography or Pornographic Filters. Major programs typically charge about \$15 a month. Some firms providing Internet access have free filters. Check with your provider before investing in a monthly program.

Real time chat groups are also a problem. One in seven young people who are on such groups will be sexually solicited. Many people in chat rooms fabricate their biographies.

While the downside of pornography is dominant, some limited use of pornography may be helpful to couples who need help in boosting their sexual desire.

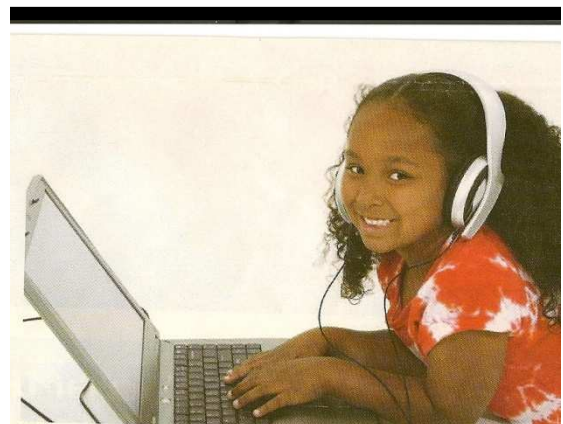
Psychologists Patrick Carnes and Victor Cline believe that sexual addiction can be as serious as drug or alcohol addiction, and that use of pornography can become an addictive behavior in itself. About 10 percent of those viewing Internet pornography admit to having an addiction to it.

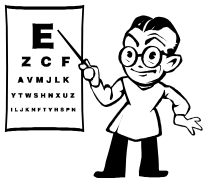
Tulsa area counselors report that clients they see for this problem are of all ages, from youngsters to seniors.

For those who have a concern, help can come from their clergy, licensed counselors, and 12 Step groups such as Sexual Addicts Anonymous or Sexaholics Anonymous, which have Internet sites.

Pornography is no longer a back street affair. It is easy to find and, as sure as the grass keeps growing, there will be more and more of it in the years ahead.

-Thomas M. Campbell, Ed.D., Dr. Dannette McIntosh, Ed., AASECT, Kelli Erwin, LPC, LADC





Eye Exam: A Big Part Of Diabetes Detection

As U.S. waistlines expand, so does the number of people diagnosed with diabetes. In fact, more than 17 million people have diabetes and one-third of them do not know they have it.

Type 2 diabetes, which accounts for 90 to 95 percent of all cases of diabetes, can cause changes in vision and, in extreme cases, blindness. The American Optometric Association (AOA) strongly encourages individuals to have regular, comprehensive eye examinations because optometrists can serve as the first line of detection for diabetes.

Optometrists also evaluate eye health by putting drops in the eyes so that the pupils become dilated. This allows them to actually see into the eyes through the pupils. When looking inside the eye at the retina, an optometrist can see the blood vessels directly. The eye is the only place on the body that blood vessels can be seen without having to look through skin or tissue. As a result, optometrists can detect many diseases that affect our blood vessels. Early detection of diabetes is critical in maintaining healthy vision.

In addition to older age, obesity, and physical inactivity, other diabetes risk factors include a family history of the disease, medical history of gestational diabetes, and impaired glucose tolerance.

Here are some ways to reduce the risk of diabetes from developing:

- Maintain a healthy diet and exercise regularly.
- Get high blood pressure under control. High blood pressure can make eye problems worse by increasing damage to blood vessels.
- Keep blood sugar levels under tight control. High blood sugar causes damage to the blood vessels. For eyes, this can mean damage to blood vessels in the retina and quite possibly changes in fluid pressure and clouding of the lens.
- Quit smoking.
- See an optometrist if your vision becomes blurry, you have trouble reading signs or books, you see double, you feel pressure in your eyes, straight lines do not look straight or your side vision is limited.

Healthy vision doesn't happen by accident. Regular eye exams are essential in maintaining eye health and can also contribute to good overall health.

CLEANING WINDOW SCREENS

Simple steps for a better outlook



Want to (literally!) improve your outlook? Then give your window screens a good spring cleaning! It'll improve the way the world looks from the comfort of your home – and it's a quick home spruce-up that costs you

little.

Screen Cleaning

The first – and maybe the most tedious – step is to remove the screens. As you do, assign a number to each screen and its corresponding window or door frame. Put any screws or bolts in a plastic bag and number that, too. That way, each screen can be returned to its proper location and you can avoid any confusion later. Even a slight size variation will prevent the screen from fitting in another window.

Once you've removed the screen(s), follow this simple procedure, provided by the Soap and Detergent Association, for getting them clean:

1. Use the brush attachment on the vacuum cleaner to gently remove dust and loose grit from the mesh and frames.
2. Wet the screens thoroughly. Choose the method that's most convenient for you: a hose, a shower nozzle or a heavy-duty sponge.
3. Using an outdoor cleaner and sponge, lightly wipe the solution all over the screen and frame until it's coated with suds.
4. Rinse the screen, using the hose, shower nozzle or sponge. Check for missed spots and, if necessary, lightly scrub again.
5. Give the screen a final rinse.
6. Lift the screen and shake off excess water. Let it air-dry before replacing it in the window.

HEALTH NUT BROWN RICE

(6 servings)

- 1/3 cup sliced almond
- 1/3 cup sunflower kernels
- 1/3 cup julienned carrots
- ¼ teaspoon red pepper flakes (optional)
- 1 tablespoon margarine
- 3 cups cooked brown rice (cooked in chicken broth)
- 2 tablespoons chopped fresh Parsley

Cook almonds, sunflowers kernels, carrots, and pepper flakes in margarine in large skillet over medium-high heat until almonds are lightly browned. Add rice and parsley; stir until thoroughly heated.²

STRETCHING YOUR FOOD BUDGETWITH RICE

Rice is a versatile, economical food for family meals. It is a good source of energy, and can supply vitamins and minerals to the diet. It is easy to store, takes little storage space, and has no waste since it is completely edible. There are 7,000 varieties of rice produced in the world.¹

With almost 2 grams of healthy fiber and just over 100 calories per half cup brown rice has a nutty flavor.

Brown rice is the whole, unpolished grain of rice with the outer fibrous, inedible hull removed. It has a delightful, chewy texture, with a distinctive nut-life flavor.¹ What's more, whole grains – such as brown rice – may reduce the risk of diabetes, heart disease and certain cancers, and may even contribute to maintaining a healthy weight. Brown rice takes longer to cook than regular white rice. However, it's easy to cook a larger batch and enjoy more than one meal for your effort.

PREPARING BROWN RICE

Brown rice may be used instead of white rice in many recipes. It tastes especially good in salads, stuffing, stews and vegetarian dishes. Here are some tips the USA Rice Federation offers for making "perfect rice."

1. Keep the lid on the pot while cooking rice to prevent loss of steam.
2. Use the correct size of cookware -- rice will triple in volume. Avoid stirring rice while it is cooking. This releases starch and makes the rice sticky.
3. Another tip, if more separate grains are desired: Sauté rice in a small amount of butter or margarine before adding liquid.
4. Test for doneness at the end of the cooking time. Cook 2 to 4 minutes longer if the rice isn't tender or the liquid isn't absorbed. If the rice is crunchy, it may be necessary to add more liquid before cooking longer.
5. At the end of cooking, fluff the rice with a fork. This allows the steam to escape and helps keep the grains separate.

STORING BROWN RICE

Because of the oil in its bran layer, uncooked brown rice has a shorter shelf life than white rice and maintains its quality for about six months. For longer storage, refrigerate or freeze brown rice.

Promptly refrigerate extra cooked rice in shallow containers as it cools faster in the refrigerator. It's OK to refrigerate foods while they're still warm.

Perishable cooked foods, such as rice, shouldn't be left at room temperature longer than TWO hours TOTAL time. For thicker foods—such as rice, soups, hot puddings, etc.—limit depth of food to 2 inches. Loosely cover the rice. This allows heat to escape and protects from accidental contamination from other foods during cooling. Cover tightly when cooled.

Cooked brown rice can be stored, covered tightly, in a shallow container in the refrigerator up to 7 days or in the freezer for 6 months. After cooked rice has cooled in the refrigerator, transfer it to plastic freezer bags in quantities needed for future meals. Label with the date and quantity.

REHEATING RICE

Add 2 tablespoons of liquid per cup of rice.

- **For Top of Range.** Cover and heat about 5 minutes until heated thoroughly throughout. Use low heat for best results. The amount of time may vary slightly depending on how much you're reheating. Fluff with fork.
- **For Microwave.** Cover and cook on HIGH about 1 minute per cup. Cook frozen rice 2 minutes on HIGH for each cup. Fluff with fork.²

1.<http://extension.usu.edu/boxelder/files/uploads/fn141.pdf>

2.<http://lancaster.unl.edu/food/ciq-brown-rice.shtml#heating>

HELP IS OUT THERE FOR SMOKERS – AND IT'S FREE

On April 1, the federal tax on cigarettes will increase by 62 cents to \$1.01 a pack. Oklahoma state tax per pack is \$1.03, for a total tax per pack of \$2.04. Tribal smokeshops must apply the federal tax to products they sell.

Smoking Oklahoma Tobacco Helpline, a free telephone service assisting state residents with the difficult task of quitting smoking, is nationally recognized for its success. The program is now offering free nicotine replacement products.

While Medicare covers some of the costs to stop smoking, Oklahoma offers free nicotine replacement products such as patches, gum, and lozenges to new enrollees, while supplies last, to help Oklahomans kick the habit.

More than 600,000 adult Oklahomans – about one in four – currently use tobacco. Tobacco use costs Oklahomans over \$2 billion in medical expenses and lost productivity every year, or an average of about \$600 per person.

The new toll-free number for the Oklahoma tobacco helpline is (800) QUIT-NOW (8669) or visit the Web site tups@health.state.ok.us. The Helpline is designed to assist Oklahomans who have a desire to quit smoking or using other tobacco products.

BREAKING BARRIERS TO FITNESS

Barrier: *I'm uncomfortable about the way that I look when I exercise.*

Most importantly, don't get down on yourself! Start off solo, without the distraction of another person.

- Consider investing in a stationary bicycle, treadmill, stair-climbing machine, or other home exercise equipment.
- Choose some exercise videos to use in the privacy of your home. As you become healthier and more at ease with exercising, your self-confidence will benefit as well.

Bottom line: Forget about how you look as you exercise. Remind yourself what a great favor you're doing for your cardiovascular health, or focus on how much stronger you feel after a workout. Praise yourself for improving your stamina and making a commitment to lifelong fitness.

Barrier: *I'm too lazy to exercise.*

Are you setting your mental bar too high? Maintain realistic expectations for yourself. If the mere thought of a morning jog makes you tired, try these thoughts on for size instead:

- Never underestimate the power of momentum. For starters, take a walk around the block. Don't give up if you feel worn out. Take another walk around the block tomorrow. Eventually, you'll no longer feel worn out. That's progress!
- Work with your nature, not against it. Plan your activity for times of the day when you tend to feel more energetic – or at least not quite so lazy.
- Schedule exercise as you would schedule an important meeting or appointment. Block off times for physical activity, and make sure your friends and family are aware of your commitment. Ask for their encouragement and support.

Source: www.mayoclinic.com

Lettuce & Salad Greens

Darker green lettuce leaves are more nutritious than lighter green leaves. Use a combination of mixed greens for a refreshing salad or a crispy leaf or two added to a sandwich. Light, crispy lettuce is the second most popular fresh vegetable.

Types of Greens:

- Argula resembles dandelion greens, strongly flavored and tastes best when grown in cool temperatures.
- Belgian endive
- Butterhead includes Boston and bibb lettuces, forms loosely packed heads of tender mild flavored leaves
- Chicory is somewhat bitter, nutritious but not widely used due to the strong flavor.
- Escarole is also a little bitter, nutritious but not widely used due to the strong flavor.
- Iceberg has a crisp, tightly packed head, most widely consumed in the United States, less nutritious than most other varieties of lettuces and greens.
- Looseleaf includes red and green oak, and green and red leaf lettuce, as well as others that do not form heads.
- Mache also known as lamb's lettuce, small delicate leaves, expensive.
- Romaine lettuce has long, crisp, dark green leaves that form a loose head, used to make Caesar salads.
- Watercress grows in cold streambeds, sharp flavor and is mostly used as a garnish or in soups.

Picking Lettuce

- Butterhead: Choose lettuce with a fairly large, loose head, thick leaves and even green coloring. Avoid thin, wilted leaves and brown spots near the stalk end.
- Iceberg: Choose lettuce with fairly large, moderately firm head that give to gentle pressure, and thick leaves. Avoid product with thin, wilted leaves and brown spots. Oblong and cracked heads mean poor growing conditions.
- Romaine: Choose lettuce with a fairly large, moderately firm head and thick leaves. Avoid thin, wilted leaves, brown spots near the stalk end and small and odd shaped heads.
- Watercress: Choose watercress that is crisp and deep-green. Avoid ones that are yellow, wilted or slime-spotted leaves.

Nutrient Value: Low in calories and high in fiber. Some varieties are high in beta carotene, folate, vitamin C, calcium, iron and potassium.

Serving Size: 1/6th medium head

This newsletter is printed by the Kay County Cooperative Extension Service Family & Consumer Sciences Program. This is one way of communicating educational information. For subscriptions contact the local office. Reference to commercial products or trade names is made with the understanding that no discrimination and no endorsement are implied. This newsletter is printed by the Kay County Cooperative Extension Service Family & Consumer Sciences Program. This is one way of communicating educational information. For subscriptions contact the local office. Reference to commercial products or trade names is made with the understanding that no discrimination and no endorsement are implied. Work in Agriculture and Rural Development, youth development, family and consumer sciences and related fields. Oklahoma State University, U.S. Department of Agriculture, State and Local Governments cooperating. Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, status as a veteran, age or disability and is an Equal Opportunity Employer. This information was produced at a cost of one cent per page for a total cost of 10 cents.

Mary Rhyne

Editor, Mary Rhyne, Extension Educator, Family & Consumer Sciences/4-H, Kay County

Kay County Cooperative Extension Service
Oklahoma State University
PO Box 430
Newkirk OK 74647-0430
EXTENSION

