

FACES NEWSLETTER

Family and Consumer Science



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Entertaining Made Easier, Inexpensive and Green

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As your warm-weather entertaining ideas turn to backyard barbeques and Mother's Day brunches, be sure to keep Mother Earth in mind too. "One way to drastically cut down on your waste production this season is to use non-disposable dishes, utensils, tablecloths and napkins," says Nancy Bock, Senior Vice President, Consumer Education at the American Cleaning Institute. Not only will your table look even more festive, you'll know that you're doing the right thing for the environment, not to mention your wallet! If you don't want to use breakable dishes outside, or your budget doesn't call for investing in a set of outdoor flatware and place settings, remember that you can put some disposable plastic utensils in the dishwasher and use them again. Perhaps they won't last for 10 years, but certainly they'll hold up for a summer season.

Consider using older tablecloths that might no longer work for more formal gatherings, and try a mix of different napkins for a casual feeling. Invite the kids to make decorations for the table or buffet. Better yet, get the kids involved by having them set the table! After all, if it's a Mother's Day celebration, the mother of the house should do as little work as possible.

When it comes to cleaning up, again, get the kids involved by encouraging them to clear the table and load the dishwasher. Just follow these tips to make sure your dishwasher use is as energy efficient as possible:

- Follow directions on the dishwashing detergent, and use as directed.
- Save energy by running the dishwasher when it's full.
- If necessary, scrape food residue and heavy grease prior to washing.
- Presoak cooked-on stains.
- Recycle dishwashing detergent containers when empty.

Just by following these simple ideas, your spring and summer entertaining will be festive, attractive and oh so green!

DRUGGED DRIVING

The Facts

At age sixteen, most teens are anxious to start driving. Parents, however, focus their concern on their child's safety. Driving skillfully, obeying safety laws and most importantly, driving only when fully alert and vigilant . . . these are the primary concerns of parents of teenage drivers.

The National Highway Traffic Safety Administration reported that in 2009, illegal drugs were consumed by 12 percent of all drivers in vehicle crashes that year. During the past, our society has successfully tackled the issue of drinking alcohol and driving by making it a national issue. According to *Parent: The Anti-Drug*, drunken-driving fatalities dropped from 18,444 in 1982 to 10,839 in 2009. This remarkable result illustrates how public attention to an important safety issue can change our culture and have a beneficial impact on our families and youth.

All mind-altering drugs impair one's ability to make judgments, slow reflexes and distort perceptions. Certainly alcohol is a mind-altering drug. Over-the-counter drugs (e.g. antihistamines), often carry the warning, "may cause drowsiness. Do not drive or operate machinery..." Prescription psychoactive drugs (e.g. anti-depressants, pain-killers, sleep aids), and illegal drugs (e.g. ecstasy, marijuana, etc.) all dangerously alter one's ability to safely operate a vehicle.

From illegal drugs to everyday medications (alcohol is a legal drug), one can be impaired and incapable of driving safely.

Drugs alter one's sensory functions and perceptions. Illegal, over-the-counter and prescription drugs affect people in different ways. One may become drowsy, confused, unaware of their surrounding environment, hyper, slow in reaction time, have a change in their depth perception and have their peripheral vision altered. All of these changes deal with the way a person reacts, concentrates, coordinates and perceives. Driving while drugged not only increases the risk you will create an accident, it makes you much less capable of driving defensively.

Choosing to drive while drugged increases the likelihood of being of being injured or killed; of destroying the vehicle; of killing or injuring other people; of being arrested or jailed; and of negatively altering your life forever. It is never worth the risks involved! It is vital that parents of drivers never act as if driving while drugged is of no importance or "just a game."

Tips For Parents:

- Here are some helpful hints for parents (and their kids) to address the issues surrounding drugged driving.
- Whenever you talk about drinking and driving, be certain to include the risks and dangers of driving while under the influence of *ANY* drug.
- Discuss the *physical* effects that drugs have, e.g. slowing reflexes and reaction times; making it difficult to judge distances and react to traffic; signs and sounds on the road.

- Remind your children to never get into a car with someone who has been using drugs of any kind. Tell them to *call you* regardless of the time of day/night, so you can pick them up.
- Become a great listener. Ask questions and listen to the replies *without rehearsing what you are going to say next*. Paraphrase what your child says to you. Showing your willingness to listen helps your child feel comfortable about sharing with you *their* thoughts, feelings and ideas... especially about important issues.
- Use TV reports, anti-drug commercials, school discussions about drugs, or the Website www.theantidrug.com to help you introduce in a natural and comfortable way, the subject of drugged driving.
- Ask where your kids are going, who they'll be with and what they'll be doing. Get to know your kid's friends – *and their parents*- so you are familiar with their activities. Do this in an interested, caring and loving way, not in a controlling way. You are losing parental control of your children anyway.
- Know your community. Get involved in community activities and your local coalitions. Visit www.helpyourcommunity.org to find your local community coalition. Join a local school/community organization.
- Build a network of adults you can talk with about school safety issues; alcohol and drug use, and driving skills. Substance abuse should be every parent's concern.
- Familiarize yourself with how drug education is being taught in your child's school.
- Become a role-model. Never drive drugged yourself. Always express your concerns for your children in a genuinely caring manner.

Teaching Manners

Of all the social skills, politeness may reap the greatest rewards in *effort vs payoff*. Learning and using manners is easy, and well-behaved children receive lots of positive recognition and praise from adults. Teaching manners involves four basic techniques: modeling, prompting, repetition, and consistency.

The Basics:

Instruct in stages

Begin with the fundamental “please” and “thank-you” as soon as your children begin to talk. As soon as one task is mastered, move on to the more complex.

Example: Telephone etiquette:

Start with teaching them to say “hello” and “good-bye.”

When they are old enough, teach them to ask the caller to, “Please wait, while I get my dad.”

Lastly, train older children to take messages.

Try a variety of techniques

1. Instruct your child in how to put the napkin in his or her lap by doing it for them. 2. Try giving one-word reminder cues, such as “napkin.” 3. Attempt non-verbal cues by just pointing to the napkin.

Be positive

Children react negatively to the word don't, but are challenged by the word do. Instead of saying, “Don't chew with your mouth open,” try “Do keep your lips together while chewing.”

Be consistent

Set “household standards” and keep consistent.

Example: Family members must remove hats at the table or wash hands before being seated. Use polite reminders. “Wash your hands before being seated, please.” Escort disruptive children from the table graciously. “I can't allow you to eat with your hands, but you may return to the table when you're ready to use your fork.”

Model the manners you insist on

Point out occasions when you're modeling appropriate behavior. “Carol sent me some roses when Grandpa died. It's polite for me to write this thank-you note.” Conversely, if you talk when your mouth is full of food, your children are likely to do the same.

Voice your expectations

Plan ahead for upcoming events and discuss your expectations ahead of time. If you'll be dining at someone's house and they are serving food your child doesn't like, instruct him in how to respond. Example: “I expect you to graciously pass the plate and say, No

thank-you I don't care for brussel sprouts.”

Compliment your children

Praise children when they spontaneously use words that express consideration Example: “I heard you thank Mrs. Ellis for taking you to the movie. That was thoughtful and polite.”

Don't expect perfection

If your children are tired after a long day, lighten up on the manners. There us always tomorrow.

Repetition is key

Only through repetition can children develop the habits and confidence to interact effectively with people. Provide opportunities for them to practice their skills. Let them answer the phone, order their own food at restaurants, and write their own thank-you notes.

If courtesy is something children live with through daily, consistent modeling and gentle reminders, it will more easily become their routine. Research shows that high parental expectations (expressed in positive ways) result in children living up to those expectations. Raise the bar and you'll find children will rise to it; lower it and they'll achieve that standard too.

Get Motivated NOW!

Spring is the perfect time to get yourself motivated. The air smells clean, everything outside looks new and fresh, and you're eager to tackle all those household cleaning projects! Or are you? Whether you find it hard to get up from the couch and water the plants, or to paint that bedroom you've always meant to get to SOMEDAY, there are ways to trick your inner procrastinator. Try some

of these tactics that have worked and others. Just maybe one or more of these tips will be just what you need to get motivated.

1. Use a timer.

Right now you have permission to work on the dreaded chore or project for just fifteen minutes. Set a timer. Begin. When the buzzer sounds, see what happens. You may find that just getting started was your biggest hurdle, and that you actually want to keep going. As Chinese philosopher Lao-tzu once said, 'A journey of a thousand miles begins with a single step.'

2. Listen to music.

Grab your iPod or play your favorite CD. This one is fun for repetitive tasks like emptying the dishwasher. If you're fast enough, maybe you can get the whole thing done during one Beatles song! This works for folding laundry or ironing, too. Or just sing loudly to the music while you mop the kitchen floor.

3. Give yourself a reward.

Promise yourself one whole hour of guilt-free reading time after you weed the garden, give the dog a bath, or plan your menus for the week ahead. Your reward can be anything that you really enjoy, such as savoring a perfect chocolate truffle, taking a nap, or even watching TV. Whatever works!

4. Make a game of it.

Get the family involved by creating a 'job jar.' Write down each daily or weekly task on a slip of paper, and put it in a jar, as if you're having a raffle. Everyone gets to reach in and see what comes up. You can even try to trade for someone else's job if you don't like what you get.

5. Meet that deadline!

It's sad but true that some of us do our best when we're up against a deadline. But an effective deadline has to have some 'oomph' behind it. Sign up for a creative writing class and finally finish that story you've been carrying around in your head. Remember that stalled knitting project? Promise your daughter a hand knit sweater for her birthday just two months away. It's easier to stay motivated when you're answerable to someone other than yourself.

6. Follow the clock.

This one is helpful for getting kids (or their parents) to clean their rooms without getting overwhelmed. Stand in the middle of the room that needs de-cluttering and imagine that you are facing 12 o'clock. All you have to do right now is pick up the area from 12 to 1 and put things where they belong, then only from 1 to 2, and so on until you're back to 12.

7. Avoid embarrassment!

Okay, we would all like to think that we do all the right things for all the right reasons, like keeping the guest bathroom clean, the garden tended, and that ugly torn screen in the front door replaced. Forget it! The greatest motivator in the world is to plan a party, or offer to host your book club. You'll see your home as others see it, and it may not be pretty! We get used to things like broken cabinet knobs or that area behind the toilet and stop noticing them. When your company is gone, you'll get to enjoy the benefits of all the hard work: A clean house, easy-to-open cabinets, and your pride, still intact.

8. Remember Parkinson's Law.

Always keep in mind that 'work expands to fill the time available for its completion.' If you enjoy spending all day cleaning the kitchen, that's one thing. But if you'd rather get outside and enjoy the day, try one of the tips above, and give your inner procrastinator the day off!

Saving Energy in your Kitchen

There is no doubt that the kitchen is one of the biggest users of energy in most homes. Try these Energy-Saving Tips to cut energy use for a cleaner environment and lower energy bills.

- Be sure to place the faucet lever on the kitchen sink in the cold position when using small amounts of water. Placing the lever in the hot position uses energy to heat the water even though it never reaches the faucet.
- If you need to purchase a gas oven or range, look for one with an automatic, electric ignition system. An electric ignition saves gas because a pilot light is not burning continuously.
- In gas appliances, look for blue flames. Yellow flames indicate the gas is burning inefficiently and an adjustment may be needed. Consult your manufacturer or your local utility.
- Keep range-top burners and reflectors clean. They will reflect the heat better, and you will save energy.

- Use a covered kettle or pan to boil water. It is faster and it uses less energy.
- Match the size of the pan to the size of the heating element.
- If you cook with electricity, turn the stovetop burners off several minutes before the allotted cooking time. The heating element will stay hot long enough to finish the cooking without using more electricity. The same principle applies to oven cooking.
- Use small electric pans or toaster ovens for small meals rather than your large stove or oven. A toaster oven uses a third to half as much energy as a full-sized oven.
- Use pressure cookers and microwave ovens whenever it is convenient to do so. They can save energy by significantly reducing cooking time.

Dishwasher Tips

- Check the manual that came with your dishwasher for the manufacturer's recommendations on water temperature; many have internal heating elements that allow you to set the water heater to a lower temperature.
- Scrape off, don't rinse off, large food pieces and bones. Soaking or prewashing is generally only recommended in cases of burned-on or dried-on food.
- Be sure your dishwasher is full, but not overloaded.
- Don't use the "rinse hold" function on your machine for just a few soiled dishes. It uses 3 to 7 gallons of hot water each time you use it.

- Let your dishes air dry. If you don't have an automatic air-dry switch, turn off the control knob after the final rinse and prop the door open a little so the dishes will dry faster.

Refrigerator / Freezer Energy Tips

- Look for a refrigerator with automatic moisture control. Models with this feature have been engineered to prevent moisture accumulation on the cabinet exterior without the addition of a heater. This is not the same thing as an "anti-sweat" heater. Models with an anti-sweat heater will consume 5% to 10% more energy than models without this feature.
- Don't keep your refrigerator or freezer too cold. Recommended temperatures are 37 to 40 degrees F for the fresh food compartment of the refrigerator and 5 degrees F for the freezer section. If you have a separate freezer for long-term storage, it should be kept at 0 degrees F.
- To check the refrigerator temperature, place an appliance thermometer in a glass of water in the center of the refrigerator. Read it after 24 hours. To check the freezer temperature, place a thermometer between frozen packages. Read it after 24 hours.
- Regularly defrost manual-defrost refrigerators and freezers. Frost buildup increases the amount of energy needed to keep the motor running. Don't allow frost to build up more than one-quarter of an inch.
- Make sure your refrigerator door seals are airtight. Test them by

closing the door over a piece of paper or a dollar bill so that the paper or bill is half in and half out of the refrigerator. If you can pull the paper or bill out easily, the latch may need adjustment or the seal may need replacing.

- Cover liquids and wrap foods stored in the refrigerator. Uncovered foods release moisture and make the compressor work harder.
- Move your refrigerator away from the wall and vacuum the condenser coils once a year unless you have a no-clean condenser model. Your refrigerator will run for shorter periods with clean coils.



Strawberry Basil Mini Donuts

soy-free

makes 12 mini donuts

wet ingredients:

- 1/3 cup unsweetened coconut milk (or other non-dairy milk)
- 1/3 cup minced strawberries (about 4 or 5)
- 1 to 2 tablespoons agave nectar
- 1/4 teaspoon apple cider vinegar
- 1 teaspoon lemon zest

dry ingredients:

- 1 cup whole wheat pastry flour (use gluten-free flour as a sub)
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

Pre-heat the oven to 350 degrees. Mix the wet ingredients in one bowl and the dry in another. Spray your mini donut pan with a little oil so they will be easier to get out.

Then add the dry ingredients into the wet and mix just until it's mixed. If it's a little dry go ahead and add some extra agave nectar. Divide the batter between the 12 donut molds. Bake in pre-heated oven for 10 to 13 minutes. (They should be firm to the touch.)

Let them cool for 5 to 10 minutes, then carefully remove. (If you don't wait they will stick in the pan even though you oiled it.) Place them bottom side up on a plate and let them site for about 5 minutes then dip them in the glaze (recipe below).

Lemon Basil Glaze

4 tablespoons powdered sugar

1 teaspoon lemon zest

juice of 1/2 lemon

1/4 teaspoon fresh lemon basil or mint, minced

Mix the glaze ingredients until smooth.

Put in a small bowl to make it easier to dunk the donuts in.

4-H Summer Avenues of Interest 2012

The 4-H motto is:

"To Make the Best Better", so make the best better by enrolling now to learn something new and meet new people. The 4-H office along with those giving leadership to the activities hope you have an enjoyable summer and invite youth age 5 - 19 to take advantage of the many opportunities offered in the Avenues of Interest Summer Program.

We invite you to join us for an exciting summer!!! Any youth in Onslow County may enroll in one or more workshops, you do not have to be a 4-H'er to register, just come by the 4-H office at 4024 Richlands Highway, Jacksonville. Call us at 455-5873 or you can also check our web site to see what classes we offer and if they are full. (<http://onslow.ces.ncsu.edu>) All programs have a registration fee, which must be paid when you register. Registration will not be held at the workshop or activity.

All monies collected are used for supplies and or instructor fees. Again, do not miss out on an exciting summer of 4-H activities.

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