

CASS COUNTY LIFESTYLES

January/February, 2009

See RED on Valentine's Day

See "Red" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- ✦ A lower risk of some cancers
- ✦ A healthy heart
- ✦ Memory health
- ✦ Urinary tract health

Red fruits and vegetables include: tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, and pomegranates. ■

Love Your Heart

Taking care of your heart is more important than you might know. Too few people realize that heart disease is the No. 1 killer of women

– and of men – but the good news is that heart disease can largely be prevented.

It's not hard to reduce your risk for heart disease. Start with simple steps:

Celebrate with a checkup: Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.

Get off the Couch: Step, march, or jog in place for at least 30 minutes most days of the week. You can even do it while you watch TV.

Quit smoking in four steps: Can't go cold turkey? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!

Drop a pound or two.

Become a salt detective: Try not to consume more than 2,300 milligrams (about a teaspoon of salt) each day.

Know your family's medical history: Chart all the relatives who live or have lived with diabetes or cardiovascular disease. ■

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**10 Great Reasons to
Take a Walk
Every Day**

Walking can...

- Help control your weight.
- Help you avoid cigarette smoking.
- Help control your blood pressure.
- Increase your HDL (good cholesterol.)
- Give you more energy.
- Relax you and make you feel less tense.
- Tone your muscles and keep your bones strong.
- Make you look and feel better.
- Aid in appetite control.
- Improve your ability to fall asleep quickly and sleep well.

Source: American Heart Association's Walking for a Healthy Heart pamphlet

5 Veggies to Buy Each Week

- ✓ Bagged Lettuce
- ✓ Baking Potatoes
- ✓ Broccoli
- ✓ Carrots
- ✓ Tomatoes

Bagged lettuce is essential for salads every night. It is washed, cut, and ready to go. Baking potatoes can be for snacks and light meals. Stuff them with fat-free sour cream and broccoli. (Baked sweet potatoes are more nutritious.) Broccoli is easy to cook in the steamer or microwave and liked by most people. Use steamed broccoli as a side with baked chicken and fish. Carrots are wonderful when used for snacks or grated into salads, soups, and pasta dishes. Tomatoes are tasty in salads and pasta dishes – or chop and make your own salsa. Don't forget about fruits and seasonal items, too. ■

Whole Grain

Up your whole-grain intake by making simple smart-food swaps. Try to get your whole grains in foods that you purchase from the market to eat at home, since most restaurants don't offer many whole-grain menu options.

In the chart that follows, there are suggestions that you might try.


Whole-grain Switchouts

<i>Instead of this</i>	<i>Choose this</i>
White bread	100% whole-wheat bread
White rice	Brown rice or barley
Flour tortilla	Corn tortilla
Spaghetti	Whole-wheat spaghetti
Pita	Whole-grain pita
“Butter” crackers	Low-fat, whole-grain crackers
Regular cereal	Whole-grain cereal
Farina or Cream Wheat	Multi-grain hot cereal ■

\$250,000 FDIC Coverage

The economy is rocky, and well-known banks are failing. Is your money safe? If your accounts are insured by the Federal Deposit Insurance Corporation (FDIC) – and most checking and savings accounts are – your deposits will be safe. There are limits, however, to the coverage on individual bank accounts. If you know the limits, you can set up your accounts to ensure that all your money is safe.

As of October 3, individual deposits up to \$250,000 are fully insured by the FDIC through the end of 2009. This is an increase from old coverage limits of up to \$100,000. Retirement accounts were not changed and are covered up to \$250,000. ■



Weight-loss Tip

To stave off hunger when you're dieting, try foods that are high in water but low in calories.

You can eat more when you choose water-based soups, vegetable chili, stir-fried vegetables, fruits, and salads (without toppings or lots of dressing).

Foods made with lots of sugar and corn syrup can also leave you hungrier a couple of hours later. Instead of sugary regular sodas, try sugar-free popsicles or drink a glass of sparkling water with a twist of lemon.

Source: American Journal of Clinical Nutrition, Vol. 83, No. 1, pg. 11



Lemon Laws

The Texas "Lemon Law" (Vernon's Texas Civil Statutes, Article 4413 (36), 6.07) is a state law administered by the Texas Department of Transportation (TxDOT) that helps consumers who buy or lease **new motor vehicles from Texas dealers or lease companies** and have repeated problems getting their vehicles properly repaired. The Lemon Law can help a consumer get the vehicle repurchased, replaced, or repaired. It can be less complicated and less expensive than going to court. (The relief available to used motor vehicle buyers is limited to repairs only, if the vehicle is still under the original manufacturer's warranty. TRVs must be titled and registered in Texas.)

For more information visit the Web site: www.dot.state.tx.us or call 1-800-622-8682. ■

Drive Clean

The way you drive affects the way you breathe! Texas is facing a challenge to reduce air pollution and improve air quality. Remember to:

1. **Maintain your vehicle.** Proper and timely maintenance of your car will conserve energy and reduce emissions.
2. **Don't idle.** Idling wastes gas, damages pollution

control equipment on your vehicle, and produces polluting emission, nitrogen oxides, and carbon monoxide – an invisible, odorless, poisonous gas.

3. **Drive less.** Reducing the number of vehicles on the road, especially during peak periods (rush hour), means less traffic and less fumes.
4. **Slow down.** Drive within the speed limit. At high speeds you'll burn more fuel for each mile you drive and contribute more harmful pollutants into the air.
5. **Drive cleaner vehicles.** Consider the emissions rates of the vehicle you buy, and select a vehicle-engine combination that is a low.

Each of us can make a difference! Each of us needs to do our part! ■

Wring out the Old; Bring in the New

The start of a new year is a good time to put to rest some cleaning practices that have seen their day. Nancy Bock, Vice President of Education at The Soap and Detergent Association, gives the lowdown on some old (and not-so-old) cleaning myths.

The Old: It's a good "green" practice to save energy by drying clothes on a clothesline, rather than in the dryer.

The True: The increased use of cold-

*"It's
easier to
maintain
good
health
than
regain it
once it's
lost."*

- - Dr. Kenneth
Cooper

and warm-water wash cycles means that some bacteria may not be destroyed during the laundering process. Machine-drying after washing and rinsing will help reduce those lingering bacteria and viruses. In addition, some modern fabrics contain optical brighteners or fluorescent whitening agents that may turn yellow when exposed to long periods of sunlight.

The Old: Club soda is a good stain remover.

The True: There's no scientific basis for the claim that club soda removes stains. Its success is probably due to the fact that it's usually close at hand so the stain is treated promptly. Tap water is cheaper and works just as well. Be aware that water treatment may only dilute, but not remove, the stain. Stain sticks, stain wipes, and prewash stain removers are usually better remedies to avoid stains.

The Old: Crumpled newspapers are great for cleaning windows and mirrors.

The True: While this may have worked at one time, paper and ink formulas have changed, so you may end up with smudges on your windows and casings. Paper towels or a microfiber cloth are better solutions.

The Old: Hair spray is a great way to remove ink stains.

The True: This technique surfaced – and often worked – when alcohol was a key ingredient in hair spray. Today, hair spray formulas are either low-alcohol or alcohol-free. Use undiluted rubbing alcohol or a stain-removal product formulated for ink stains instead.

The Old: Washing dishes by hand is more energy efficient.

The True: A dishwasher with an Energy Star rating may actually use less energy, water, and soap. ■

Fluorescent Light Bulbs

A recent article in the Bowie-Cass Coop magazine talked about compact fluorescent lamps (bulbs) that are selling like hot cakes. These bulbs consume 75% less energy than a conventional bulb and last up to six times longer. They also add less waste heat to your home. According to the Austin Fire Department, if a bulb is broken, air the room out for 15 minutes and put the broken pieces in a jar with a metal lid or a plastic bag that can be sealed. You are cautioned not to vacuum the broken pieces. Clothes that come in contact with bulb fragments should be thrown away. ■

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