



Mitchell County Family and Consumer

Sciences : Hints and Happenings

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Family Survival Guide. . .

Reflections on Raising Children Today

Who runs away?

What comes to mind when you think of children who run away from home? Teenagers off on an adventure, looking for a good time? Young people who can return home when their adventure is over? Or maybe you think of the young people who make trouble at school? Who don't want to listen to their parents or anybody? Who just want to do what they want to do? Or perhaps you think of young people with lots of problems and parents who don't care? Really, there's no one way to describe young people who are homeless. They are males and females; from rich families and poor families. They may be your daughter or sister, nephew or friend. We do know one thing—more than one million are runaways and 500,000 are homeless a year! The odds are

high that you will know someone who will run away before they turn 18—one in every 12 young people do.

Running from...no running to

Most young people don't run away seeking fame, fortune or adventure. They're running from what they feel are unbearable or unsolvable situations. They're running away because they just don't know what else to do—but they know they have to do something. While only about six percent of the kids who leave home stay on the streets or keep returning to the streets, that still means tens of thousands of young people every year! Many kids who return home run again and again and keep running, because usually without help nothing changes. But this CAN change. Help is available!

A Special Message to Young People

Before you run away. . .

Though sometimes it is necessary and even healthy to leave a dangerous or abusive situation at home, think carefully about your reasons before acting. Imagine leaving a hurtful family only to be constantly abused and in danger on the street. Consider. . .

-Is it dangerous to stay at home?

-Is there someone at home who will listen if you can find the right way to let them know there's a problem?

-Do you know anyone else you can talk to—someone who can help you figure out a way?

-If you leave, where will you go the first night? What about the next nights?

Source: Covenant House

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Jeff's Strawberry Delight



1 angel food cake, torn into
bite size pieces

1 can Eagle Brand milk

1 (8-oz) carton sour cream

16 oz. Cool Whip

Mix milk, sour cream and Cool
Whip. Mix together with angel
food cake.

Topping:

1 to 2 qt. fresh strawberries

Marie's Strawberry Glaze
(1-2 containers)

Place angel food cake and white
mixture in cake pan or large pan.
Top with strawberry mixture.
Chill and serve. Yum!

Source: Mosely Family Cook-
book

Food Safety Tips for Summer Picnics:



Use a separate cooler for drinks so the one containing the food won't constantly be opened and closed.

Don't put the cooler in the car trunk; Carry it inside an air-conditioned car. At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.

If you plan on getting takeout foods such as fried chicken, eat them within an hour of pick up.

Don't Skimp on Sleep!

Sleeplessness can be hazardous to your health

When it seems there aren't enough hours in the day, you think, I'll just stay up a bit later to get everything done. No big deal, right? Wrong. Consistently missing out on sleep increases your risk of developing:

Obesity—People who get less than six hours of sleep a night are more likely to have a higher average body mass index than those who get eight

hours. Skimping on sleep may disrupt the secretion of hormones used to control appetite.

Diabetes—Lack of sleep can change the way your body handles glucose, your cells main source of energy.

Heart Problems—Research has found that, for people with hypertension, one night of missed sleep raises blood pressure the following day.

Depression—Research

points to a tenfold increase in the risk of depression for insomniacs, but it can be difficult to determine which came first: the sleep problems or the depression.

Immunity Problems—Sleep may help the body conserve energy that the immune system needs to attack infections. That may leave those who sleep fewer hours unable to fight off infection.

Source: Health Connection, Scenic Mountain Medical Center

5 Surprising Sleep Stealers

Just can't get to sleep or stay that way? Revamp your diet and pre-bed routine for a better night's rest:

Caffeine—Avoid it within six to eight hours of going to bed

Nicotine—Smokers experience withdrawal while they

sleep

Alcohol—It can keep you from reaching deep sleep stages

Nighttime Workouts—Exercise can raise your body temperature (cooler body temps are linked to sleep on-

set), so finish your workout at least three hours before bed.

Spicy Meals—They can give you heartburn or aggravate conditions like gastroesophageal reflux disease.

Source: Health Connection, Scenic Mountain Medical Center

Cost of Clothing Inches Up

Years of declining prices for apparel are over, at least for a while. Retailers ruthless inventory—slashing is paying off. Clothing prices rose for the first time in ten years in 2009 and are likely to remain stable this year, as retailers hold down their costs and hold the line on discounting. High-end makers and sellers may even be able to nudge prices up a bit.

Source: Kiplingers, June 2010.



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The Turbulent Teens...

Teens face pressures that adults don't take seriously. Their bodies are changing-they have to adjust to the new person they see in the mirror. They feel different. They become interested in sex. Self doubt is constant. They feel pressure to conform and fear ridicule if they don't. These changes can be bewildering, frightening, and even depressing. Teens can have remarkable insights. But they also surprise us with their lack of good judgment.

How Well Do You Know Your Kids?

You must say, "My teenager wouldn't do that". Most don't. But even if yours wouldn't, think about the following questions:

- Where is your child right now?
- What are your child's deepest fears?
- Who is your son or daughter's best friend?
- Do your teen's friends feel welcome in your home?

Remember, a strong relationship with your children is the best way for you to guide them and to prevent them from becoming a tragic statistic.

Getting Along with Your Teen. . .

Here are some ideas and techniques you can try to improve your relationship with your teen. If they don't work at first, keep trying. They take practice.

-Make time for your teen. Find an activity you enjoy doing together and pursue it. If your invitations are declined, keep asking.

-Listen, really listen. Because parents have so much to do and so little time, we often try to listen while cleaning, washing dishes or fixing the car. Put your chores aside so your teen knows you're really paying attention.

-Take the long view. Don't treat minor mishaps as major catastrophes. Choose important issues. Don't make your home a battleground.

-Tolerate differences. View your teenager as an individual distinct from you. This doesn't mean you can't state your opinion if you disagree.

-Respect your teenager's privacy. But if a behavior is worrying you, speak up.

-Let your teens sort things out themselves. Never say you know how your teen feels. They believe their feelings (so new and personal) are unique. They'll learn otherwise—without your help. And never imply that their feelings don't matter or will change. Because teens live in the present, it doesn't matter that they'll soon feel differently.

Source: Covenant House



Toxic Plants Pets Should Avoid

While flowers and plants look beautiful, some can cause serious illness in pets when eaten. To keep your home safe for pets, here are a few of the common toxic house plants to avoid.

- *Lilies, such as the Peace Lily
- *English Ivy

- *Sago Palm
- *Cyclamen
- *Amaryllis
- *Schefflera
- *Aloe
- *Madagascar Dragon Tree
- *Snake Plant
- *Yucca

*Hosta

For a cat friendly indoor green space, consider getting a small grass garden . With grass readily available, your cat will tend to avoid other house plants that might be toxic.

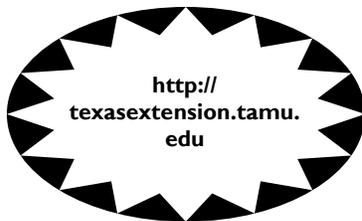
Source: Healthy Pet Magazine, Spring 2010



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We're on the Web!



Coffee Filters

The fluted bowl shaped coffee filters can be bought in bulk quantity of 1,000 at discount stores for almost nothing are lint-free and come in several sizes. Here are a few neat ways to use these:

1. Cover food when cooking in the microwave.
2. Clean windows, mirrors and chrome.
3. Protect china by using them to separate plates or dishes.
4. Filter a broken wine cork from wine.
5. Place a coffee filter in a cast-iron skillet to absorb moisture and prevent rust.
6. Recycle frying oil.
7. Weigh chopped foods.
8. Hold tacos or other messy foods.
9. Stop the soil from leaking out of potted plants.
10. Prevent a popsicle, snow cone or ice cream cone from leaking.
11. Use a few in a plate to drain greasy foods.
12. Keep in the bathroom to cover razor nicks.
13. Use them as spoon rests and to clean up small spills.
14. Use them to strain soup stock and to tie fresh herbs in to add to soups and stews.
15. Use in Your Coffee Maker!