

Family and Community Health “Connections” in Runnels County



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Father’s Day Pondering: What is the Essence of Fatherhood?

Stephen Green, Ph.D., Extension specialist for Texas A&M AgriLife Extension Service shares that we should be asking not the question of, “Is it simply the establishment of biological paternity,” but should be asking the question of, “What constitutes RESPONSIBLE fatherhood?”

Responsible fatherhood CANNOT :

- be proven with a blood test
- consist of simply providing a paycheck.
- be reduced to a single dimension.

Responsible fatherhood DOES involve:

- Commitment, self-sacrifice, integrity, and unconditional love.
- The concern with the well-being of the children
- Their desire to see their children succeed in all areas of life.

Ken Canfield, President of the National Center for Fathering, has developed a four part frame work that summarizes the very question of responsible fathering:

1. Positive involvement—spending quality and quantity time with his children
2. Consistency—with encouragement, discipline, protection, care, and love
3. Awareness—Understanding of the uniqueness of each child’s emotional, cognitive, and social characteristics.
4. Nurturance—to train, to educate, and foster a child’s healthy development.

Fathers play a critical role in the development of their children. The latest research indicates that fathers who are actively involved in raising their children can make a positive and lasting difference in their lives. In contrast, this same research reveals a number of potentially negative outcomes for children whose fathers are not involved. Listed below are 20 reasons why your child needs you to be an active father. Being an active father:

1. Lets child know that you love her.
2. Provides child with greater financial resources.
3. Provides child with a positive male role model.
4. Provides child with emotional support.
5. Enhances child's self-esteem.
6. Enhances child's intellectual development.
7. Provides child with guidance and discipline.
8. Gives child someone to play with.
9. Provides child with someone to talk to when she has questions.
10. Increases child's chances for academic success.
11. Provides child with an alternative perspective on life.
12. Lowers child's chances for early sexual activity.
13. Lowers child's chances for school failure.
14. Lowers child's chances for youth suicide.
15. Lowers child's chances for juvenile delinquency.
16. Lowers child's chances for adult criminality.
17. Provides child with a sense of physical and emotional security.
18. Facilitates child's moral development.
19. Promotes a healthy gender identity in your child.
20. Helps child learn important life skills. Most of the essential life skills that children need to survive are learned within the home.

Fathers have a unique opportunity to teach their children valuable skills that will enable them to grow up to be healthy and productive adults. Fathers, your children need you! Make a commitment to be an active father. Your children will greatly benefit from your involvement in their lives.

New York: Lexington Books, 1999.



Keys to Controlling Diabetes

Positive lifestyle changes are important in contributing to the control of blood glucose levels. Do Well Be Well and Cooking Well With Diabetes are two different series of classes that help participants understand how to make positive changes.

The four key factors of control are:

- Plan meals so that carbohydrate amounts are balanced throughout the day.
- Get enough physical activity every day.
- Monitor blood glucose levels
- Take prescribed medicine as directed.

In order to understand how to balance carbs, we need to know that there are three major nutrients that provide calories or energy for the body: carbohydrates, fats and protein. Of all these nutrients, carbs have the greatest effect of raising blood glucose. The simpler the carb, the faster it breaks down in the stomach and the faster it raises blood glucose. Food groups that have the biggest effect and need to be counted are:

- Starchy vegetables and breads
- Fruits
- Milk and Milk Products
- Sweets and desserts

They don't have to be avoided altogether, but they must only be consumed in moderation. What is moderation? That depends on your age, sex, size, and activity level. Talk to your doctor about how much is "moderate" for you and talk to your FCH Extension Agent to see where the nearest DWBW or CWWD classes are scheduled.



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Nutrient Content for 1/5 serving

Total Calories: 250

Total fat:	9 g	14%
Saturated fat	3g	15%
Protein:	15 g	
Carbohydrates	30 g	10%
Dietary Fiber	3 g	12%
Sodium	220 mg	9%



Veggie Omelet

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Ingredients:

- 5 small potato, cubed
- 1 small zucchini (sliced)
- 1 Tablespoon olive oil
- 1 small onion
- 1 1/2 cups green peppers
- 5 medium mushrooms
- 5 eggs (or 3 eggs and 4 egg whites)
- 1/2 teaspoon pepper
- 1/4 teasp. garlic powder
- 3 ounces mozzarella cheese, shredded
- 1 Tablespoon Parmesan

Directions:

In an electric skillet or large fry pan, sauté in oil the potatoes till slightly tender. Add zucchini, onion and peppers. Continue to sauté till slightly browned. Turn heat to low. In medium mixing bowl, beat eggs, pepper, garlic and mozzarella cheese. Pour egg mixture over sautéed veggies in skillet. Using spatula, lift veggies to let eggs run underneath in about 5 places in the middle. Sprinkle with parmesan cheese. Put the lid on and cook on low till eggs are set. (About 10 minutes) Cut into 5 portions and serve.

Vegetables for Breakfast anyone?

Here's a tasty way to get a full serving first thing in the morning.

Family and Community Health "Connections" is provided by the following AgriLife Extension

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