

NOTEWORTHY NEWS TO USE

Lincoln County Family and Consumer Sciences

Summer 2013



The purpose of this newsletter is to inform and educate families on issues that affect them and to provide ideas for helping improve their quality of life. An educational outreach of NC State and NC A&T State universities, Cooperative Extension is located in every county and the Cherokee Reservation.

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Family & Consumer Sciences

nutrition—food safety—parenting—human development—aging—housing + energy—
conservation—community + volunteer development—health—family resource management

Preserve the Taste of Summer – Home Canning

Home canning can be an exciting and rewarding experience. You see the results of your labor! Whether you have never canned before, or have been doing it for many years, you want to give your family and friends the tastiest and healthiest foods possible.

Home canning began in the early 1800's and many food safety practice changes have occurred using research-based guidelines. There are two safe ways of canning, depending on the type of food being canned. These are the boiling water canner method and the pressure canner method. The boiling water bath method is safe for fruits, tomatoes and pickles, as well as jam, jellies and other preserves. Pressure canning is the only safe method of canning vegetables, meats, poultry, and seafood.

Food safety is critical to successful home canning.

Important Do's of Home Canning

- Have your dial-gauge pressure canner tested each year by contacting your local Extension office. If the gauge is inaccurate, the food may be under-processed, and therefore unsafe to eat.
- Always follow a research-based recipe exactly as instructed.
- Use only jars designed for canning. Do not use non-canning jars such as mayonnaise or pickle jars. These jars can explode, especially if used in a pressure canner, and it might be more difficult to obtain a good seal.
- Always use at least 5 percent acetic vinegar when pickling so that low acid vegetables such as cucumbers are properly acidified.
- Always use a pressure canner to can low acid foods.

NC Cooperative Extension in Lincolnton is offering a variety of canning classes:

Basics/Strawberry Jam: Thursday, June 6 – 3:00 pm

Pickles/Relish: Tuesday, June 25 – 4:00 pm

Salsa: Wednesday, July 10 – 6:00 pm

Each class is a hands-on experience, and you will have a jar of food to take home. All classes are \$10.00 each and will be held in the demonstration kitchen of the James Warren Citizens Center, 115 West Main Street, Lincolnton.—Melinda Houser

Please register in advance of the class by calling 704-736-8461.

NC State University
A&T State University
**COOPERATIVE
EXTENSION**

Empowering People • Providing Solutions

Three Locations for Fresh, Local Food! ***The Lincoln County Farmers Markets***

Downtown Lincolnton Market – 225 West Water Street

Every Saturday until Thanksgiving: 7am until noon

Starting June 4th – Every Tuesday and Thursday mornings:
7am until noon

@ Denver – 3633 Hwy 16 North, on the campus of Rock
Springs School—Every Saturday until Thanksgiving:

8am until noon

@ DSS – 1136 East Main Street, Lincolnton—Starting June
4th—1st and 3rd Tuesdays: 1pm until 5pm



www.lincolncountyfarmersmarket.com

Money Talk for Women



Everyone wants to do more with the money they have.

Money Talk is a five class series on personal finance created especially for women covering financial terms, insurance needs, investing, retirement, and planning for the future.

Classes will be held:

Wednesday Evenings
July 17, 24, 31, August 7, and 14th
6 to 9pm

James Warren Citizens Center

Tuesday Afternoons
October 1, 8, 15, 22, and 29th
12noon to 3pm
Lincoln County Senior Center

Registration is \$33

includes a valuable reference / workbook and refreshments.

Deadline for the July/August night class is July 5th.

Deadline for the October afternoon class is September 23rd.

Call 704-736-8461 to register.

credit Cents

What is the difference between a credit report and a credit score? Is it a good idea for all of my family's bills to be in one spouse's name? How do I decide which credit card is best for me? Can my history paying bills affect other things in my life?

With these questions, you need to attend Credit Cents classes covering credit basics, credit scores, debt control, and identity theft. You can attend one session or all four.

Lincoln County Senior Center
August 6, 13, 20, and 27th
10 to 11:30 am

There is no fee for this program but reservations are required. To register or get more information, contact Leigh Guth at 704-736-8461 or Leigh_Guth@ncsu.edu.

Caregivers Support Group

Tuesday, June 18, 2013
4:00 pm—James Warren Citizens Center

Learn how to prepare a quick and tasty meal
using local foods and fresh herbs!

Call to register, 704-736-8461.

North Carolina SMP—Empowering Seniors to Prevent Healthcare Fraud

Medicare Beneficiaries:

You may be paying for services you have not received!
The North Carolina Senior Medicare Patrol Program is holding a
FREE event to help you protect yourself from Medicare fraud,
waste and abuse.

**“Medicare Summary Notices:
Are Those Charges Really Mine?”**

Tuesday, June 4, 2013—1:30pm
Florence Shanklin Library
7837 Fairfield Forest Road, Denver

For more information, call your local SHIP coordinating site,
NC Cooperative Extension at 704-736-8461.

PROTECT—DETECT—REPORT

Basic Home Maintenance Course

Ever wondered if you could fix something yourself?
How old is the hot water heater? What is a soffit?
Well, this class is for you!

Wednesdays
September 4, 11, 18, and 25th
Class Fee of \$10 includes a resource notebook

NC Cooperative Extension
James Warren Citizens Center
115 West Main Street, Lincolnton

Come learn about home maintenance including inspection check list and record keeping, when and how to hire a professional, the basics on plumbing/electrical/HVAC systems, and easy energy conservation measures.

Reservations are required by Friday, August 23rd.
Call 704-736-8461 to register.



Strawberry Bars

1 cup flour
1 cup rolled oats
1/2 cup butter or margarine, softened
1/3 cup light brown sugar
1/4 tsp. baking powder
1/8 tsp. salt
3/4 cup strawberry jam

Preheat oven to 350 degrees F. In a large bowl, mix everything together except the strawberry jam. Measure out 2 cups of this mixture in a square (8-inch x 8-inch) pan coated with shortening or nonstick spray. Set aside the remaining mixture. Press the mixture in the pan using your hands or a spoon. Make sure you cover the entire bottom of the pan. Using a large spoon, spread the strawberry jam evenly over the top of the mixture in the pan. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes. Serves 12. theproducelyady.org/recipes

Road to Medicare

Plan and understand your drive along the road to Medicare! Several topics concerning Medicare will be discussed—beneficial to those who are on Medicare or those who are new to Medicare.

Friday, June 7, 2013
10:00 am

James Warren Citizens Center



SHIIP will be presenting the program.
Call to register—704-736-8461

What Every Adult Child Should Know

Free Class
Saturday, July 27, 2013
9:00 am—1:00 pm
Includes a light lunch

Lincoln County Senior Center
514 South Academy Street, Lincolnton

Reservations necessary by July 22nd
Call 704-736-8461

Anyone who is considering leaving the workforce to take care of an elderly or ailing family member should consider attending. This workshop will help caregivers protect their retirement, make financial decisions, and secure needed arrangements while the care receiver is best able to help in the decision making process. The focus is on financial information and decisions for family caregivers. This workshop will involve multiple speakers informing you of resources in the community and important decisions to consider as you begin taking on the role of caregiver.

Need a program for your community group? **Need a facilitator for your next meeting?**

NC Cooperative Extension agents are willing to come to you and your group to provide educational programs. Whether it is on energy conservation, local food, or smart money management, please call Family and Consumer Sciences for practical programs that meet your group's needs. Leigh Guth is also trained to work with large groups to facilitate meetings or strategic planning. Give her a call to have her help move your group through a decision making process. Call NC Cooperative Extension 704-736-8461.



LINCOLN COUNTY FARMERS MARKETS

Locally grown fruits, vegetables, meats, plants, Crafts, honey and more!

Downtown Lincolnton: Saturdays 7am-12 noon
Tuesdays & Thursdays 7am-12 noon beginning June 4th

Denver Market at Rock Springs Elementary:
Saturdays 8am– 12 noon

From Local Hands
and Local Lands!

DSS Market:
1st and 3rd Tuesdays 1-5pm



Registration and Cancellation Policy

Meetings which do not meet a minimum registration of five participants may be canceled and only those who have registered will receive cancellation notice.

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North Carolina Cooperative Extension Service

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