



Swain County Crossroads

Family and Consumer Sciences Newsletter

Spring 2014

Happy 100 Years!

Some things get better with age. We believe it's true as we kick off the celebration for the North Carolina Cooperative Extension's 100th birthday. Cooperative Extension began in 1914 with Congress signing the Smith Lever Act to bring more educational resources to rural communities.

Throughout the past 100 years, the Cooperative Extension has served rural farmers by helping them overcome pests and learn ways to increase crop yields, worked with families to provide safe, healthy meals and encouraged youth to develop skills that made them better citizens.

The Cooperative Extension has many stories to tell, successes to share and hopes and dreams for the future. Here are a few of the stories and accomplishments that make us proud.

Most people easily recognize the 4-H clover that symbolizes youth development. During the 1900s what is now called 4-H went by other various names such as boys' and girls' clubs, agricultural clubs, corn clubs, tomato clubs, cotton clubs and canning clubs. Did you know the first emblem was a three-leaf clover

introduced in 1907? The 3 H's stood for head, heart and hands. Over the next year few years the four-leaf clover was more commonly used and was officially adopted in 1911. Also, in 1924 the 4-H clover emblem was patented. The designated green four-leaf clover represented head, heart, hands and health. 4-H is still growing strong and is actively working to help youth be the best they can be in over 80 countries around the world.

Did you know during WWII, Cooperative Extension played a key role in promoting the cultivation of Victory Gardens across the country? These gardens helped homeowners to have access to fresh crops and allowed more commercial crops to be provided to the GI's. The country responded by planting more than 20 million backyard and community gardens. It has been estimated that 40% of all vegetables eaten domestically were produced from these efforts by the end of the war.

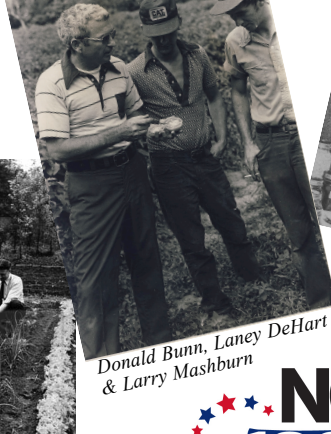
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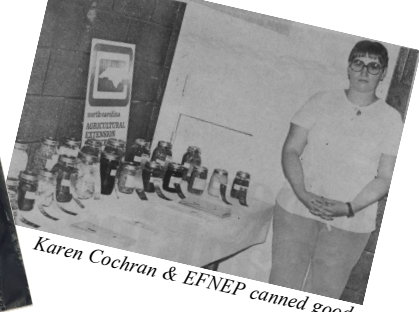
The 4-H 4 leaf clover - Arizona 4-H



Victory garden - www.library.vanderbilt.edu



Donald Bunn, Laney DeHart & Larry Mashburn



Karen Cochran & EFNEP canned goods.



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North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



Love Your Heart by Halting the Salt

The 2010 Dietary Guidelines for Americans recommend that Americans aged 2 and up should reduce sodium intake to less than 2,300 mg. per day. People who are 51 and older, those who are African American or who have high blood pressure, diabetes or chronic kidney disease should reduce sodium intake to 1,500 mg. per day – that's about half of the U.S. population.

Follow these guidelines to reduce sodium in your diet.

- Buy fresh, frozen (no sauce) or no-salt added canned vegetables.
- Use fresh poultry, fish, pork and lean meat, rather than canned or processed meats.
- When available, buy low-sodium, lower-sodium, reduced sodium or no-salt-added versions of products.
- Limit sauces, mixes and "instant" products, including flavored rice and ready-made pasta.
- Compare Nutrition Facts labels on food packages for sodium content. Processed foods account for most of the sodium in our diet, not the saltshaker at home.
- Eat out less, cook more at home. A meal eaten at your favorite restaurant often contains a day's worth of sodium.
- Avoid the 10 saltiest foods – bread, rolls, cold cuts and cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes and snack foods.



Halt the Salt program on February 20 . . . see page 4 for more details



Reusable Shopping Bag Safety Tips

A reusable shopping bag is a useful accessory for the eco-friendly consumer. To prevent cross-contamination from one product to another clean the bags after use. The greatest potential danger is from meat, fish, or poultry juices contaminating the bag or other foods with bacteria or viruses that can cause illness. Packages of raw foods can have bacteria on the outside.

To prevent cross-contamination, put packages of meat, fish or poultry in a disposable plastic bag to catch liquids that may drain from the meat package. The wrapped package of meat can then be put in the reusable bag. Designate a specific reusable bag as a "meat bag" and use that only for raw, potentially contaminated foods. Avoid using reusable bags for

items other than food.

Wash the reusable bags in the washing machine regularly and after a spill. After washing, machine dry or turn inside out and hang to dry. Drying is actually the most important step.

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After WWII in the United States, the Cold War began to develop and fears of attack (atomic or otherwise) became more prevalent. Cooperative Extension helped educate people, including 4-H members, on Civil Defense plans. These efforts would stay a prominent part of programming efforts through the 1960s but had begun to fade by the 1970s.

The Master Gardener program provides intense home horticulture training to individuals who then volunteer in their communities, giving lectures, creating gardens, conducting research, and many other projects. The program was started in 1972 by Washington State University and is now working in all 50 states and the District of Columbia.

Today, the Cooperative Extension continues this important role, serving communities and families, supporting agriculture and empowering youth to be leaders. We want to invite you to a part of this celebration. We will keep you posted throughout the year on upcoming opportunities to celebrate with us!



Broom making



(1963) Mary Parris hand stitching 4-H skirt.

Social Media Etiquette for Teens

(that we can all use!)



Twitter, FaceBook, SnapChat and other social media websites offer teens a chance to be creative and to express themselves, connect with their friends and allows access to school news and information. When interacting through social media, being respectful of others, protecting our privacy, and being safe and responsible is always an important aspect of communication. Here are a few social media and cyber etiquette guidelines that will promote a responsible experience.

- Exercise the Golden Rule - Do unto others as you would have them do unto you. If you wouldn't speak to the person that way face to face, then don't do it online.

- Remember everything online is public. Be mindful that others can read your posts.
- DON'T USE ALL CAPS when you're emailing or posting something. All CAPS is a form of internet shouting.
- Speak kindly. Remember that there is a person on the receiving end.
- Don't post things when you're angry. Take some time to clear your head before you deal with the situation. This will help you refrain from saying something that you later regret.
- Don't post pictures of yourself or others unless you mind them being shared with everyone. Be very selective of what you share on the internet. It's best practice to have your parents review it before you post it.
- Don't talk to strangers. You may feel that you know the person you're chatting with, but he/she can be a phony.
- Don't give out personal and confidential information online.
- Never share your user names or passwords with others.

References: Published on December 11, 2010 by Raychelle Cassada Lohmann, M.S., L.P.C. in Teen Angst

Goodness Grows in Living Color!

All Foods Can Fit! COLOR + Variety = A Healthy Diet

Our foods work in Synergy. This is when foods that we digest provide two or more nutrients that combine to help us in ways that they could not do on their own.

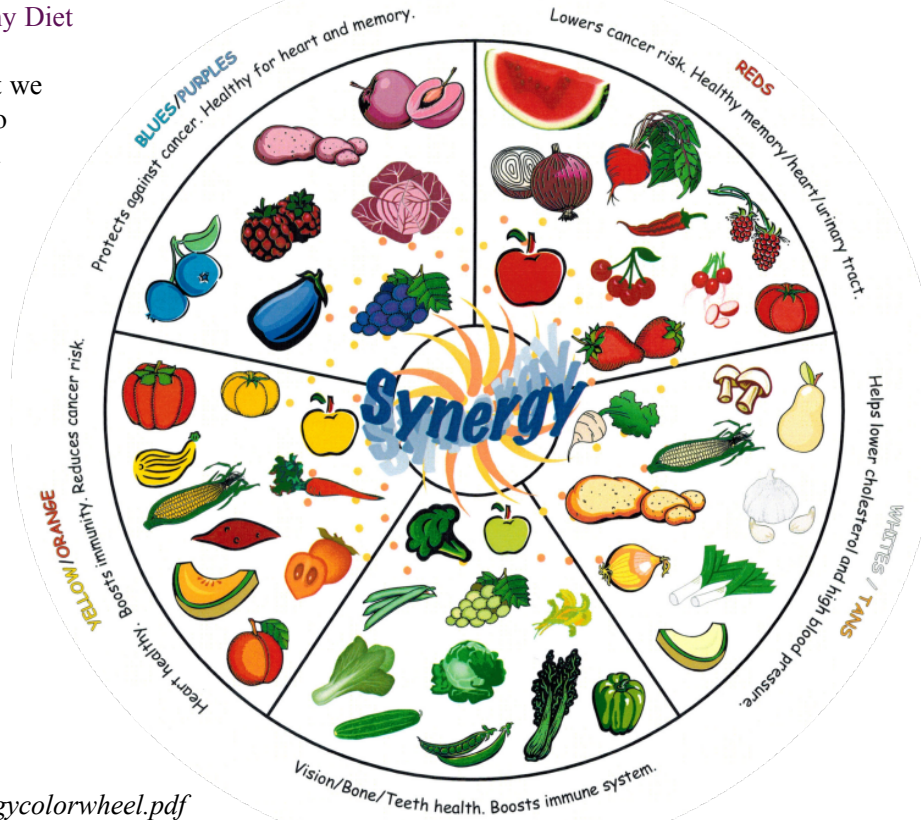
Colorful fruits and vegetables provide a variety of nutrients, such as essential vitamins, minerals, fiber, antioxidants and phytochemicals that work together to make the nutritional synergy.

They naturally protect and maintain our bodies and are found in varying amounts in each food. Put 5 or more North Carolina colors and flavors on your plate everyday!

Small family farmers grow these foods in North Carolina. Look for them wherever you shop.

(Swain County Farmers Market opens in May)

You can find the color wheel at:
<http://www.ncagr.gov/markets/gginc/nutrition/synergycolorwheel.pdf>



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Upcoming Events

Have a Happy Healthy Heart series - February 20, 2014 (Halt the Salt) at 10:00 a.m. at the Swain County Senior Center.

Have a Happy Healthy Heart series - February 27, 2014 (Feel the Beat One Step at a Time) at 10:00 a.m. at the Swain County Senior Center.

Arthritis Foundation Exercise Program - will be on Tuesdays and Thursdays beginning March 4 - April 29, 2014 at 10:00 a.m. at the Swain County Senior Center.

Moving in the Mountains programs

- Advanced Beginner Clogging - Thursdays at 5:30 p.m. at the Swain County Cooperative Extension Center (SCC auditorium).
- In-Step Line Dancers - Thursdays at 6:30 p.m. at the Swain County Cooperative Extension Center (SCC auditorium). Classes are taught by local volunteers, Erika Wiggins, Cheryl and Bob Thomas.

Fontana Ramblers - Date and time to be announced

Enjoy live music and square dancing during this community event!



2014 4-H Fruit Tree & Berry Plant Sale - Taking orders, now through February 26, 2014. Call 488-3848 for more information or go to: <http://swain.ces.ncsu.edu/spotlight/194744/>

facebook

NC Cooperative Extension
SWAIN COUNTY

LIKE us on Facebook and stay up to date on all the Cooperative Extension events.

Crossroads is a quarterly newsletter designed to inform and educate Swain County residents on issues that affect them, and to provide ideas for helping improve their quality of life.

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