

Family and Consumer Newsletter

Yadkin County Center

Winter in Yadkin County

January 2013



JANUARY IS NATIONAL RADON ACTION MONTH



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January has been named as a National Radon Action Month to remind homeowners to check for the possible dangers of radon in their residence. Radon is a colorless, odorless gas which occurs from the decay of uranium in the soil and can accumulate to dangerous levels within buildings where you live, work or play. Elevated radon is the leading cause of lung cancer among non-smokers and the 2nd leading cause among smokers. Each year 21,000 Americans die from radon related lung cancer. If you know that you have high radon levels, it is a simple fix to eliminate from the home. The U.S. Environmental Protection Agency and N.C. Radon Program advise testing all buildings with or without basements. These test kits can be purchased at hardware stores or, for a limited time, at the NC Cooperative Center, Yadkin County, without any charge. Follow the enclosed directions to find out the amount of radon in your home.

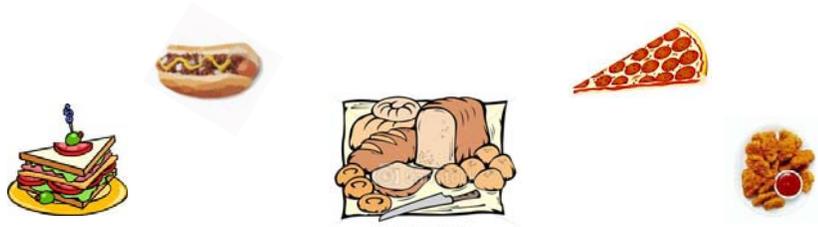


The Salty Six



Are you watching your sodium intake? Most of us get an abundance of sodium in our diets that we don't realize. In 2010, the dietary recommendation for sodium needs in a healthy adult was lowered to 1500 milligrams per day. That means that we must pay more attention to the salt shaker as well as the foods we eat to eliminate more sodium. The American Heart Association has introduced the "Salty Six" foods to help raise awareness of the common foods in our diet that may be loaded with excess sodium. According to heart experts, the top 6 sources of sodium other than salty snacks are:

- Bread and rolls- One slice can contain as much as 230 milligrams (mg.) of sodium
- Processed and cured meats- Deli or pre-packaged meats can contain as much as 1.050 mg.
- Pizza- One slice can have up to 760 mg.
- Poultry- Beware of fast-food nuggets and tenders which can have as much as 600 mg.
- Canned Soup- One cup of canned chicken noodle soup can have as much as 940 mg. of sodium
- Sandwiches- One sandwich can easily top 1,500 mg of sodium



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SOCIAL SECURITY ONLINE



If you need information from the Social Security Administration and don't care to wait on the telephone, you can visit the new website to view your personal information. If you are now receiving benefits, you can get a benefit verification letter, change address or telephone number, or alter your direct deposit. People age 18 and older who are not receiving benefits can sign up for an account to get a personalized online statement. The online statement provides eligible workers with secure access to earnings and benefit information for the future of retirement. For more information, go to www.socialsecurity.gov/myaccount



TAMING CREDIT CARD ACCOUNTS

Are you considering closing out credit card accounts to eliminate excess credit and help you keep track of finances? It makes sense to cancel cards with a high interest rate or annual fees. Before you cancel an account consider the effect on your credit report. For a consumer with good credit, cancelling a credit card has minimal, temporary impact to your credit score. Craig Watts, the manager of the company that created the FICO credit score says that, "positive credit data can stay on the credit report indefinitely. To close card accounts without impacting one's credit score, you need to have zero balances on your credit report for all of your active credit cards." Accounts closed with a zero balance and no negative information typically remain for up to 10 years. Negative data such as late payments or foreclosures are removed after seven years according to Federal law. A long positive history is a benefit to a credit score so remember old credit is the best credit. These specific steps to follow will help to prevent credit damage.

1. Contact the customer service number on your credit card. Write down the number and address.
2. Pay down the balance in full or transfer the balance to a better term card.
3. Once you have confirmed that the balance is zero, inform them that you are cancelling the card. Tell the representative that you want it noted that the account is being closed per your request. Ask for the name of the rep, time and date of your notice.
4. Send a short cancellation letter to the card issuer with your name, address, phone number and account number plus the details of your first call. Make a copy for your information.
5. Getting the card cancelled may take a month or two so look at your credit statement after that time. Remember, you can get a free credit report copy once a year. Once the card is cancelled, cut the card in several pieces and put in different garbage bags.
6. Keep your notes throughout the cancellation in case there is a problem.



RAFFLE

A Taste of Yadkin

The Extension & Community Association are holding a fundraiser called "A Taste of Yadkin" to provide funds for 4-H scholarships to summer camp. Various restaurants throughout Yadkin County have generously donated certificates towards this raffle. On February 1, at the Extension Kitchen, the ECA will draw out the tickets of 30 lucky persons to receive the restaurant certificates. If you would like to be part of this raffle, tickets are available from the ECA members or at the NC Cooperative Extension, Yadkin Center office. If you donate one dollar to this fundraiser, you may be one of the lucky recipients of one of these certificates!



For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.



ECA Events

Tuesday, January 22 – ECA County Council, 10:00 a.m., Yadkin Senior Center. Cultural Arts Contest – Bring entries that were handmade in the past year. Lunch at a local restaurant.

Tuesday, January 29 - 10:00 a.m., Extension Kitchen. Turn in all tickets/money from the Taste of Yadkin Raffle.

Friday, February 1 – 9:30 a.m. A Taste of Yadkin Raffle drawing. Extension Kitchen.



SUPER BOWL RECIPES

Super Bowl season is here again! Consider the following recipes for healthier party options.

Spicy Apricot Wings

- 2 lb. chicken wings
- 1 c. apricot preserves
- 2 T. cider vinegar
- 2 t. hot pepper sauce
- 1 t. chili powder
- 1 garlic clove, minced



In a small bowl, combine all ingredients except the trimmed chicken wings. Pour $\frac{1}{2}$ c. into a large resealable plastic bag and add the chicken. Seal the bag and turn to coat all pieces. Refrigerate for at least 4 hours or as long as overnight. Cover and refrigerate the remaining marinade. When ready to bake, drain the wings and discard the marinade. Preheat the oven to 400 degrees. Place wings on a greased, foil-lined large baking pan. Bake for 30 – 35 minutes, basting with the remaining marinade occasionally.

Pizza Pinwheels

- 1 tube of refrigerated pizza crust
- 1 c. shredded part-skim mozzarella cheese
- $\frac{1}{4}$ c. grated Parmesan cheese
- $\frac{1}{4}$ t. oregano
- 1 c. chopped pepperoni
- $\frac{1}{2}$ c. spaghetti sauce



On a lightly floured surface, roll dough into a rectangle. Sprinkle with cheeses, oregano and pepperoni. Roll up jelly-roll style, starting with a long side. Cut into 2 inch slices. Place cut side down in a greased, 15 in. X 10 in. baking pan. Lightly press to flatten. Bake at 400 degrees for 8 – 10 minutes or until golden brown. Serve with warm spaghetti sauce as a dip.

SUPER BOWL RECIPES



Calico Corn Salsa



- 1 ½ c. frozen or canned corn
- 1 c. frozen or canned peas
- ½ t. ground cumin
- 1/8 t. dried oregano
- 1 T. olive oil
- 15 oz. black beans, rinsed and drained
- 1 medium tomato, chopped
- 1/3 c. chopped red onion
- ¼ c. lime juice
- 1 T. Dijon mustard
- 1 garlic clove, minced
- ½ t. salt
- 2 T. minced fresh cilantro

In a large bowl, combine the corn and peas. In a saucepan, simmer cumin and oregano in oil over medium heat for 2 minutes. Pour over corn mixture and coat evenly. Stir in the beans, tomato and onion. Whisk the lime juice, mustard and salt in a small bowl. Stir in cilantro and pour over corn mixture. Stir to coat and store in the refrigerator. Serve with tortilla chips.

Tips and Tidbits



To keep apples longer, store in the refrigerator crisper bin with a damp cloth to prolong freshness and maintain nutrients.



One can of soda has 10 teaspoons of sugar or about ¾ of a day’s allowance for refined sugars.



To hold color in fabrics that tend to run, soak them for a few minutes in white vinegar before the first washing..

MCW/is



Marilyn C. Wells

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