

Happy New Year! According to a recent survey 4 of the top New Year's resolutions include spending more time with family and friends, exercising regularly, losing weight and getting out of debt. Does this sound familiar? Unfortunately, the survey also states that by the time you are reading this newsletter, many of you will have already given up on keeping your resolutions.

No matter what time of year it is, we can always strive to improve our relationships, health and finances. My hope is that the articles on these topics in this newsletter will provide you with some helpful information.

It would be wonderful to see you this year in one of the many classes that the Extension Office presents. If you have a need for a class or ideas for newsletter articles, please share those with me.

Take care and may 2007 be a prosperous year for you!

Sheila Barry
FCS Agent

UpComing Winter FCS Classes at the CSU Cooperative Extension Office in El Paso County



StrongWomen™ Classes will begin in January at First Presbyterian Church on 219 E. Bijou on Mondays, Wednesdays and Fridays from 8:00 to 9:00 a.m. Classes will also be held at The Colorado Springs Senior Center on Hancock Avenue Tuesdays and Thursdays from 9:00 to 10:00 a.m. The StrongWomen™ program combines strength training exercises with nutritional information to improve health by reducing the risk of osteoporosis and other chronic diseases.



Dining with Diabetes Classes will be held on the following Wednesdays, January 17, 24, 31 and February 7th from 1:00 to 3:00 p.m. at The Senior Center on Hancock Avenue. These classes are designed to increase the knowledge needed to make healthy food choices for people who have or are at risk for developing diabetes. Cooking demonstrations and recipes will also be included.



Preserve with the Preservers - Master Food Safety Advisors (MFSA) will assist you and answer questions as you preserve. Bring your recipe and ingredients if you want to preserve with an advisor in the CSU Extension Kitchen from 10:00 a.m. to 1:00 p.m. Dates include the following Fridays, January 26th, February 23rd and March 23rd. **Notice: The 2007 Master Food Safety Advisor Training Program will be the following Thursdays, May 3rd; 10th; 17th and June 7th; 14th and 21st. Call for an application and details!**



Sweets for your Sweet Candy Making Class - making delicious candy at high altitude can be challenging. Demonstrations, recipes and samples of favorite Valentine candies will be provided. Tuesday, February 6th, 6:00 to 8:00pm.



ServSafe® Food Safety Training will be held on April 12th. This training provides employees in the food service industry with the necessary certification required by many establishments.



Project Handwashing Classes are great for preschool and elementary aged students. Master Food Safety Advisors provide excellent information and *hands on* training to encourage good handwashing, reducing the risk of developing illnesses.

In addition, groups may call and schedule a presentation on a nutrition, food preparation or food safety topic for your next meeting. For more information or to register for a class, call the CSU Extension Office at 719-636-8920 or e-mail debbierivera@elpasoco.com

Men Also At Risk For Osteoporosis

By Michael Lucero
CSU Cooperative Extension Agent, FSNE, El Paso County

There are nearly 2 million men in the United States that have osteoporosis and about 12 million that are at risk. But still today many consider osteoporosis a “women’s” disease and is often overlooked by men.

Men today are not getting enough calcium in their diets, which puts them at higher risk for osteoporosis later in life. Currently, seven out of ten teenage boys and seven out of ten men ages 20 years and older fail to meet calcium recommendations. Less than 15 percent of people age 50 and older do get the daily calcium recommendation.

Preventing Osteoporosis

Osteoporosis can be prevented in most people. Here are steps that will help men and women in preventing osteoporosis.

- Get the recommended amount of calcium and Vitamin D daily
- Participate in any weight-bearing exercises
- Avoid excessive alcohol and smoking
- Talk to your doctor about preventing osteoporosis

How Much Calcium?

Getting the recommended daily amount of calcium can easily be accomplished through your diet. It is recommended that adults get 3 to 4 cups from the calcium food group every day. One cup from the calcium group is equal to about 300 milligrams of calcium.

- Children 1-3 years need 500 milligrams daily
- Children 4-8 years need 800 milligrams daily
- Pre-teens & teens need 1300 milligrams daily
- Adults 19-50 years need 1000 milligrams daily
- Adults 50 + need 1200 milligrams daily

How much Vitamin D?

Our need for Vitamin D increases with age. Healthy men and women generally need a daily intake of 200 IU. However, this amount increases to 600 IU at 71+ years of age. Since Vitamin D is a fat soluble vitamin, do not take more than the recommended amount or toxic levels can develop.

Dairy products, fortified cereals, margarine, egg yolks and fish are good food sources. Ten to 15 minutes of sunshine 3 times a week is also an adequate way for the body to produce the body's requirement for Vitamin D.

What Counts as a Cup from the Calcium Food Group?



- 8 ounce glass of milk
- 1 ½ oz of natural cheese (e.g. cheddar, mozzarella)
- 8 ounces of yogurt
- 8 ounces of calcium-fortified juice
- 5 ounces of canned salmon
- 1 cup tofu

How can I get more Calcium in my Diet?

- Have a glass of milk with each meal or as a snack
- Put shredded cheese on top of a healthy garden salad
- Snack on string cheese
- Blend together yogurt and frozen fruit for a cooling smoothie which is great for breakfast or as a dessert!
- Substitute non-fat plain yogurt in recipes for sour cream
- Add 2 Tbsp. of powdered, non-fat dry milk to recipes.

Baked Spinach Artichoke Yogurt Dip



- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1 (8 oz.) container lowfat plain yogurt
- ¼ cup chopped green onion
- 2 tbsp chopped red pepper
- 1 (10 oz.) package frozen chopped spinach, thawed and drained
- 1 cup (4 oz.) shredded part-skim Mozzarella cheese
- 1 garlic clove, minced

Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees for 20-25 minutes or until heated through. Sprinkle with red pepper. Serve with toasted bread or whole grain crackers.

Source: 3 A Day - www.3aday.org

Health Claims on Food Labels: What Do They Really Mean?

Food labels on products can help companies market their products to consumers. What do all of those claims really mean? Does the claim **calorie-free** mean that it has zero calories? and just how low in sodium is a product claiming **low-sodium**?

With the ever increasing number of items on grocery shelves, having knowledge about these claims can help us as we make our decisions before we purchase.

The good news is that the FDA does have strict guidelines on how food label terms can be used. Here are some of the most common claims seen on food packages and what they mean:

- **Low calorie** – Less than 40 calories per serving.
- **Low cholesterol** – Less than 20 mg of cholesterol and 2 mg or less of saturated fat per serving.
- **Reduced** – 25% less of the specified nutrient or calories than the usual product.
- **Good source of** – Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- **Calorie free** – Less than 5 calories per serving.
- **Fat free/sugar free** – Less than ½ gram of fat or sugar per serving.
- **Low sodium** – Less than 140 mg of salt per serving.
- **High in** – Provides 20% or more of the Daily Value of a specified nutrient per serving.
- **High fiber** – 5 or more grams of fiber per serving.
- **Lean** (meat, poultry, seafood) – 10 grams of fat or less, 4 1/2 grams of saturated fat, and less than 95 mg cholesterol per 3 ounce serving.
- **Light** – 1/3 fewer calories or ½ the fat of the usual food.
- **Healthy** – Decreased fat, saturated fat, sodium, and cholesterol and at least 10% of the DV of vitamins A, C, iron, protein, calcium, and fiber.

The FDA also sets standards for health-related claims on food labels that highlight the link between the food item and its role in disease prevention such as calcium and osteoporosis, fiber and heart disease or sodium and high blood pressure.

Source: American Dietetic Association.

Food Labels Give More Information.

In 2004, labels began listing eight ingredients that account for 90 percent of food allergies. These include tree nuts (almonds, walnuts and pecans), milk, eggs, fish, crustacean shellfish, peanuts, soybeans and wheat.

In 2006, the amount of trans fats in food must be listed on the nutritional label. Trans fats are linked to raising our LDL or "bad" cholesterol levels. Fortunately this has prompted many companies to begin altering their recipes so that food items no longer contain trans fats.



Food Conflicts Common with Preschool Children

From: *Family Matters: CSU Cooperative Extension* October 2006



Knowing what to expect could prevent many food conflicts between parents and their preschool children. Preschool children are learning to do things for themselves. The things they like to do can change from day to day. The foods they will eat or like to eat also change from day to day.

Or, preschoolers may want to eat the same food again and again. These are called "food jags." These behaviors are common and usually change or disappear in a few days or weeks.

To handle a food jag, the following may be helpful: give the child attention that does not center on eating behaviors. Serve a variety of foods in small amounts. Include a favorite food in a small amount as one of several healthy food choices. Do not bribe or threaten. Quickly remove the uneaten food at the end of the meal. Do not scold for not eating.

Be consistent at every meal or snack and the child will learn mealtime is for eating and not a time for attention getting.

Frequently Asked Questions and Answers

Q: When baking bread at high altitude, what adjustments are necessary?

A: High altitude has its most pronounced effect on the rising time of bread. At high altitudes, the rising period is shortened. Since the development of a good flavor in bread partially depends on the length of the rising period, it is well to maintain that period. Punching the dough down twice gives time for the flavor to develop. In addition, flours tend to be drier and thus able to absorb more liquid in high, dry climates. Therefore, less flour may be needed to make the dough the proper consistency.

For more information on the adjustments that are necessary to bake bread at high altitude please see the Fact Sheet: *High Altitude Preparation Guide* available at <http://www.ext.colostate.edu/pubs/foodnut/pubfood.html>

Q: What adjustments do you recommend for making cheesecakes at high altitude?

A: Cheesecakes generally do not require high altitude modifications. However general suggestions for making cheesecakes include the following:

- Start with room temperature ingredients.
- Do not overbeat the filling-it incorporates too much air, causing cracking.
- Avoid overbaking.
- Turn oven off and let remain in oven with door ajar for 30 minutes or until center is completely set.

Q: What is an appropriate substitute for baking powder in a recipe?

A: How many times have you been ready to cook and found you were out of a certain ingredient? Sometimes it is inconvenient to run out and purchase the necessary ingredient- it's easier to use a similar product as a replacement. For many ingredients it is important to know their physical and chemical properties and how the substitution will affect the finished product; it is also important to measure accurately. If you run out of baking powder, you can substitute other ingredients. To replace one teaspoon of double-acting powder, you could use one of the following combinations:

- ¼ tsp baking soda, ½ tsp cream of tartar and ¼ tsp cornstarch
- ¼ tsp baking soda plus 5/8 tsp cream of tartar
- ¼ tsp baking soda plus ½ cup buttermilk, sour milk or yogurt (decrease liquid in recipe by ½ cup)

For details and more substitutions, see Fact Sheet: *Ingredient Substitutions* at <http://www.ext.colostate.edu/pubs/foodnut/pubfood.html>

Q: Is buffalo nutritionally better than beef? If so, how and why?

A: Not only is bison meat a rich source of protein, it is very low in fat and cholesterol, containing roughly 2 percent fat per serving, and only 66 mg of cholesterol per serving. Current recommendations are that Americans should consume less than 30 percent of their calories from fat and less than 300 mg of cholesterol daily. Bison meat can be labeled as low-fat according to labeling regulations. The types of fat present in bison are worth mentioning. Monounsaturated fats account for over 46 percent of total fats present in bison, while 43 percent of the fat is saturated, and the remaining 11 percent of polyunsaturated. American Heart Association dietary guidelines call for obtaining all three types of fat as part of a healthy diet, with up to 15 percent of calories being from monounsaturated, up to 10 percent of calories from polyunsaturated, and 8 to 10 percent of calories from saturated. Monounsaturated fats often are touted as the "healthy fat," because eating them does not raise cholesterol levels. To learn more, go to: <http://ianrpubs.unl.edu/foods/nf502.htm> For a good comparison between beef and bison go to: <http://bigskybuffalo.com/buff-fac.htm>

Q: Which is better to use at high altitudes: a weighted gauge or dial gauge pressure canner?

A: Either a weighted gauge or dial gauge pressure canner can be successfully used at altitude. The weighted gauge is somewhat easier to use in that you simply use the 15 pound weight at all altitudes in Colorado up to 10,000 feet. Canning at altitudes above 10,000 feet is not recommended. A weighted gauge does not need to be calibrated each year. It's only drawback is that because you need to use the 15 pound weight at any altitude over 1,000 feet, you may experience some over processing in your canned goods. The dial gauge can be adjusted to more accurately represent 240 degrees F. When using a dial gauge at altitude, increase the pressure being used by ½ pound for every 1,000 feet above sea level. For example at 6,000 feet, process at 13 pounds pressure. Dial gauges need to be calibrated every year and can be more difficult to regulate during the canning process than weighted gauges.

You can have your dial gauge tested free of charge in the Extension Office. Call 636-8920 to set-up an appointment.

For more questions and answers go to: www.answerlink.info



Use Discipline as Opportunity to Teach Children

By Karin Niedfeldt

CSU Cooperative Extension Agent, Family and Consumer Science and 4-H Youth Development, Chaffee County

"My kids are driving me crazy!" Have you ever said this or thought this? Is it because your children won't obey, won't listen to you or have other negative behaviors? How do you typically react when they don't do as they are told?

Proper discipline is positive

When children don't obey, the option may be to yell, spank, use sarcasm or other forms of punishment. This is not discipline. Discipline is a positive concept, in the same category as loving, respecting and accepting your child. Discipline is setting limits and establishing guidelines for children to follow. It helps children learn correct behaviors so they can become self-disciplined enough to conduct themselves properly without parental guidance. Effective discipline also includes establishing good communication, building a child's self-esteem and good family management techniques.

Find age appropriate tasks

Building good self-esteem is essential. Giving a child a task that is appropriate for his or her age and developmental level helps build a sense of self-worth. It is important to understand the developmental stage because if the task is too difficult, the child cannot be successful.

Many of us tend to react to negative behaviors instead of focusing on what the child is doing right and making it a teaching moment. For instance, if the issue is leaving toys out, a parent can sit down with the child and explain the importance of putting away the toys and offer two choices. The child can put the toys away or the parent can take the toys and put them in a box for a reasonable amount of time, in a place that is not accessible to the child. Once this is explained and it is certain that the child understands the consequences, it is up to the parent to follow through with the consequence the next time it happens. This is sometimes very difficult if a favorite toy or blanket ends up in the box, but the parent must follow through. If there are inconsistencies, the child will learn that consequences can be manipulated and mean very little.

Avoid saying "no"

Another important strategy in promoting positive discipline and reducing negative behaviors is to stop saying "no" so often. It is much more effective to notice what the child is doing right. By reinforcing positive behavior when it occurs, the child is more willing to continue the better behavior. Remember that children want your attention and even negative attention is better than no attention. Often misbehavior is related to the fact that the child just needs someone to pay attention



Have a family meeting

As children get older it is even more important for families to establish clear limits and rules, as well as consistent consequences for bad choices. Specifically, once a rule is established, it is the child's choice as to whether they will abide by the rule or break the rule. Parents must then consistently enforce consequences. One effective method of developing rules is to hold a family meeting during which parents and children discuss family rules and develop consequences for rule violation. This process, which invites input from both parents and children, allows the children to realize that the choice they make will result in a specific consequence.

Once an agreement has been reached, the agreement is written down, all family members sign it and it is posted. When a child chooses to violate the written rules, the consequence is already decided, so the parent only has to refer the child to the contract.

This cuts down on a great deal of argument and allows the parents to be consistent in their discipline. The child cannot argue that the consequence was unfair since he or she helped formulate it. When they do argue that it is unfair, then you can tell them that at the next family meeting, the rule and consequence can be discussed to decide if there should be changes. However, parents should stick to the posted rule until changes are made using the collaborative process.



Winterization Checklist

- *Seal open areas around doors and windows
- *Replace old windows with energy efficient windows
- *Check your furnace filter
- *Have your fireplace inspected and cleaned
- *Blowout outdoor irrigation
- *Retro-fit your vaulted ceiling insulation if necessary
- *Check your thermostat; consider replacing with setback thermostat that will program the temperature of your home
- *Seal any holes or gaps in drywall
- *Make sure your attic is properly insulated
- *Check your heating vents and vacuum if necessary
- *Replace loose shingles on roof
- *Clean water and leaves out of gutters

We All Need To Feel That We Belong

By Sheila Gains

CSU Cooperative Extension Agent, Family and Consumer Sciences, Arapahoe County

Feeling that you belong or "fit in" is a basic human need that we never outgrow. Very young children seek attention from parents and caregivers in order to feel they belong. School-age children form cliques in order to belong. Young adults join clubs, organizations, cults, gangs and cyber relationships seeking to feel they belong. Adults and seniors, date, marry, build families, socialize and join organizations to belong.



Sometimes in our need to feel we belong we end up excluding others. For example, as a child did you ever hear "You can't come to my party"? Or as an adult did you ever discover you were one of the few in the office not invited to a colleague's wedding? Exclusion says you don't belong.

What can you do to make it easier for others to feel they belong at home, work, school or in your neighborhood? If you can regularly practice behaviors that make other people feel like they belong, you can lessen bad behavior, reduce stress and build environments where others can be more productive. We can all do something to help others more easily feel they belong.

In families:

- Send verbal and non-verbal messages that say you belong here, such as, "I'm glad you're my son/granddaughter/wife." "You are special to me." "My favorite times with you are when we_____."
- Pay attention to one another. Stop what you're doing and look at family members when they talk to you.
- Build a family tree with pictures on a wall. This is a non-verbal, visual message that shows people they belong. Consider adding non-relatives or close family friends that you consider family.

At school teachers can:

- Learn and regularly use students' names.
- Find time to talk to each student to get to know him or her as an individual.

- Encourage students to get involved in school sponsored extracurricular activities.
- Talk to your class about the negative affects of exclusion and cliques, while encouraging student efforts at inclusion.

At school students can:

- Make a conscious effort to include others in conversations, lunch groups and playground activities.
- Acknowledge other students with a hello, smile or a nod.

In a study of mobile military children at Johns Hopkins University researchers report that when students feel connected or that they belong, it increases their chances for success and decreases risky behaviors such as violence, becoming pregnant or trying drugs and alcohol. Also, these students were 50 percent less likely to attempt suicide. Researchers are finding that schools are second only to families as stabilizing forces for children.

At work:

- Acknowledge everyone you pass with a good morning or a smile and a nod.
- Listen to others and their ideas. Thank them for their input, even if you disagree with what they said.
- Expand your usual lunch group to include anyone who wants to join you, or who might not have other plans. This might mean asking a different group of people on different days.
- Don't talk about after work activities with colleagues in front of others who were not invited unless you plan to invite them to join you the next time.

In your neighborhood:

- Learn and use your neighbors' names to acknowledge them as you pass one another and in conversations with them.
- Plan a neighborhood activity that everyone can participate in.
- Take a plate of cookies, bouquet of flowers or a happy holiday card to a neighbor's house.
- Complement a neighbor on their yard, paint color or door decoration.

When you make connections and help others feel they belong, you are building a foundation of trust and mutual respect that can pay high dividends in positive behaviors for you and your community.

See Red on Valentine's Day

Cold winter months are great for warming up with a steaming cup of hot cocoa. Here is a recipe for cocoa mix that you can make yourself. Children and grandchildren can have a great time helping to put together the Snowman Soup packets.

Cocoa Mix Recipe

- 2 cups powdered milk
- 2 cups powdered sugar or Splenda®
- 1 cup baking cocoa
- 2 tsp cornstarch
- 1 tsp salt

Mix all ingredients together and sift. Store in a dry, cool place. Best if used within 6 months.

To make hot cocoa: Measure 3 Tbsp. of cocoa mix into mug and add 6-8 oz. of hot water and stir.

One mix recipe will yield about twenty 3-tablespoon servings.



Snowman Soup Recipe

Additional ingredients to prepare individual Snowman Soup servings:

- Small wrapped or unwrapped candy canes
- Mini-marshmallows
- Hershey's Kisses
- Snack-size plastic zip-top bags

Place 3 Tbsp of mix in a snack-size zip-top plastic bag. Place a small candy cane, a few mini-marshmallows and a Hershey's Kiss in another snack-size bag. Put bags into a treat sack (available in the candy making section of hobby and craft stores), cloth bag or mug, and label as "Snowman Soup." Attach preparation instructions or the poem.



Snowman Soup

When it's so cold that you holler and whoop,
It's time to bring out the Snowman Soup!

Pour the packet in a mug. Add the snowballs too.
And throw in the kisses from the snowman to you.

Now fill with hot water and use the cane to stir it.
Sip slowly as you feel the warm winter spirit!

By Alice Henneman, MS, RD and Extension Educator
University of Nebraska Cooperative Extension in
Lancaster

See "Red" on Valentine's Day and throughout the year. The Produce for Better Health Foundation (PBH) calls red fruits and vegetables "Red-hot and Healthy." They contain many health-promoting phytochemicals including lycopene and anthocyanins. Some "red" fruits and vegetables include red apples, cherries, cranberries, red grapes, pink/red grapefruit, raspberries, strawberries, watermelon, beets, red cabbage, red peppers, radishes, red onions, rhubarb and tomatoes.

For additional red fruits and vegetables and recipes: Check the PBH Web site at www.5aday.com or visit the National Cancer Institute Web site at www.5aday.gov

Some "red" ideas for Valentine's Day (or any day) include:

- Pasta with tomato sauce
- Tossed salad with red bell peppers
- Tossed salad with cherry or grape tomatoes
- Tomato soup
- Cole slaw made with red cabbage
- Cranberry sauce -- use that bag of cranberries in your freezer that you bought when they were on sale
- Oatmeal topped with a heart shape made of dried cranberries
- Raspberry smoothie -- Put 3/4 to 1 cup plain or vanilla-flavored yogurt in blender. Add a few tablespoons of frozen raspberries at a time and blend until desired consistency. After blending, if desired, blend in 1 or more teaspoons of sugar or artificial sweetener to taste.
- Frozen low fat yogurt or ice cream with "real" strawberry sauce -- see recipe below
- Pink/red grapefruit half topped with a sprinkle of brown sugar
- Red grapes as a side dish to your sandwich for noon time nibbling

" = = = = =
" The recipe for the Cocoa Mix and many more are " "
" included in the **2006 Pike's Peak Gift Guide and** "
" **Recipe Book.** " "
" " "
" All recipes in the book have been modified for our " "
" high altitude and tested for quality by the Master " "
" Food Safety Advisors. " "
" " "
" Copies are available at the Extension Office. " "
" Get your copy today! Call or stop in for more " "
" information. " "
" = = = = =

January is National Radon Action Month



January is National Radon Action Month, and Governor Bill Owens recently signed a proclamation also making it Colorado Radon Action Month. *Colorado State University Cooperative Extension encourages state residents to test their homes for radon, and to if radon levels are high.*

Radon is a colorless, odorless, radioactive gas emitted from uranium, a naturally occurring mineral in rocks and soil. Normally, radon rises up through the soil and dissipates in the air outside. Radon becomes a concern, however, when it seeps through openings such as cracks, loose fitting pipes, sump pits, dirt floors, slab joints, or block walls and accumulates in the home. Air pressure inside the home is usually lower than pressure in the soil around the house's foundation. Because of this difference, the house acts like a vacuum, drawing radon in through foundation cracks and other openings.

Radon has been identified as a risk factor in developing lung cancer because it decays into radioactive particles that can get trapped in the lungs. These particles release bursts of energy that damages lung tissue. *It is now estimated that radon may be associated with 3,000 to 23,000 lung cancer deaths per year in the U.S., second only to smoking.*

Surveys show that homes in most Colorado counties have the potential for radon levels above the Environmental protection Agency's (EPA) recommended action level. Because radon levels are influenced by a variety of factors—soil type and moisture, how "tight" the home is, type of heating and ventilation system, movement of air and groundwater, air pressure, and lifestyle behavior of the occupants—the only way to know if a home has elevated levels of radon is to test it.

Only individual testing can determine which houses may have a radon problem. You cannot base your radon levels on your neighbors' test results. Every house is different. Measuring radon levels in the home is simple and inexpensive. Test kits include complete instructions and return postage for mailing samples back to the lab for analysis. Radon test kits can be purchased at most hardware and home improvement stores. **The El Paso County Extension Office has short term test kits available for \$5.00. They can be picked up in person. Office hours are from 8-5 Monday through Friday.**

The EPA set 4 picocuries per liter (pCi/L) as a recommended action level. If a short-term measurement is over 4 pCi/L, the recommended action is to perform a follow-up test to better characterize the radon levels. If a long-term test measures over 4 pCi/L, action should be taken to reduce radon exposure. Once a home's radon level is measured, if it exceeds the recommended level, simple systems for removing the radon from underneath the home before it has a chance to enter its interior can be installed. This can cost between \$500 - \$2,500.

Radon reduction methods can be planned for and installed during new home construction using the Radon Resistant New Construction Guidance. Installation costs are generally much lower during construction and careful planning allows a variety of strategies to be integrated to ensure the most effective radon reduction system possible. Installing radon-resistant features during construction of a new home generally cost under \$1,000. Currently, Fort Collins has the only radon resistant policy for new homes in Colorado.

Testing is easy and inexpensive, and Governor Owens is encouraging Colorado citizens who have not yet tested their home for radon to do so, and to reduce any elevated radon levels found, in order to protect their families from the serious health risk associated with radon.

Don't forget to stop in and pick-up your test kit today! Call 636-8920 for more information.

*Housing and Design Newsletter Winter 2006-7
CSU Cooperative Extension*

Bean Appetit!

Whether you prefer kidney, red, navy, great northern, black, lima, cranberry, pinto or garbanzo, beans are an inexpensive and nutritious food source that can add variety to soups, casseroles, salads and desserts.



The Balanced Bean

Beans are a highly nutritious source of vitamins, minerals, protein and complex carbohydrates.

- **Fiber**-the soluble fiber in beans helps carry cholesterol out of the body, reducing the risk of heart disease. It may also help prevent blood sugar levels from rising too rapidly after eating, making it easier to control glucose levels.
- **B Vitamins**- the folate in beans may help to lower homocysteine levels in the blood and further the prevention of heart disease. In addition, it plays an important role in preventing birth defects. Thiamin is necessary for the release of energy and brain cell function, possibly even helping to reduce the risk of Alzheimer's Disease.
- **Minerals**- Beans, per cup, are a good source of Calcium, Magnesium, Potassium and Iron. Calcium is needed to maintain bone strength. Magnesium is needed for muscle and nerve function and aids in calcium absorption. Potassium may help to lower blood pressure and iron is necessary for healthy blood. They are also a source of Molybdenum which is necessary for enzymes.
- **Protein**- Combining beans with whole wheat pasta or brown rice makes a complete protein that is lower in calories and contains no saturated fat or cholesterol.

For example, at just pennies per 1/2 cup serving pinto beans offer a mere 118 calories, 7 grams of protein, 7 grams of dietary fiber, 41 mg. of calcium, 147 mcg of folate, 2.23 mg of iron, and 400 mg of potassium all with only .5 grams of fat and 2 mg of sodium.

Bean Basics

Purchase beans from a store with good product turnover to ensure freshness since older beans will be more difficult to cook. Start by sorting and rinsing beans and then presoak them before cooking to shorten the cooking time and ease digestion.

Presoak: For every 1 cup of dried beans, cover with 2-3 cups of water. You may boil the beans for 2 minutes and then allow them to stand for an hour covered in the hot liquid. You could also soak beans overnight. It is important that you drain the water. Then, replace with 3 cups of fresh water or broth for every 1 cup of dried beans.

Cook: Simmer beans on the stove or cook in a pressure cooker. Times will vary depending on variety. Remember that you may need to add time for our high altitude. Do not add salt or acidic ingredients such as tomatoes or vinegar until the end of the cooking time since they may prevent the beans from becoming tender.

Use Your Bean

- 1 lb. of dry beans yields approximately 6 cups of cooked beans, drained.
- 1 cup of dry beans yields approximately 3 cups of cooked beans, drained.

Canned beans are often just as nutritious as freshly cooked beans and are a convenient way to quickly add beans to your favorite dish by simply draining, rinsing and using. Look for canned beans that are lower in sodium.

Source: www.americanbean.org; mypyramid.gov; www.whfoods.com

Surprise your Valentine this year with this delicious bean cake...Won't you bean mine?

Bean "Surprise" Cake



- 1/4 cup vegetable oil
- 1 cup brown sugar
- 2 large eggs
- 2 cups pinto beans, cooked and mashed or
1-15 oz. can of pinto beans
- 2 cups flour
- 1/2 tsp. salt (may omit if using canned beans)
- 1 tsp. Baking soda
- 1 1/2 tsp. cinnamon
- 1 3/4 cup applesauce
- 1 1/2 tsp. vanilla

In a large bowl, beat oil, brown sugar, eggs and beans. In a medium bowl, combine flour, salt, baking soda and cinnamon, mix well and add to bean mixture. Stir in applesauce and vanilla. Spread evenly into a 9x13" pan or pour into a bundt pan. Bake at 350 F for 35-45 minutes or until toothpick comes out clean.

Top with powdered sugar or your favorite frosting. Yields 20 servings

Nutrition Information: Per Serving

160 calories, 3.5 grams of fat, 0 grams saturated fat, 20 mg. cholesterol, 190 mg. sodium, 28 grams carbohydrates, 2 grams dietary fiber, 3 grams protein, 2% calcium, 8% iron.

Recipe Source:



Extension Nutrition Programs help individuals living on reduced incomes learn about healthy eating, nutrition and food safety. Classes are

Think Before Cashing that Next Paycheck and Getting a Pay Day Loan

If you spent a little more over the holidays than you care to admit, you may be feeling like you are starting the New Year off with less than perfect finances. It is important to set a goal to pay off debts quickly and then prepare a budget that will enable you to do so.

All across the country, including the Colorado Springs area, the number of pay day loan businesses have increased. You may also recognize these as cash advance or check advance businesses. These loans are short-term, high-interest-rate loans, usually made for just a few hundred dollars. The borrowers promise to repay the debt out of their next paycheck. This is done by writing a post-dated personal check payable to the lender for the amount borrowed, plus any of the fees charged. Some lenders may be given authorization to withdraw the owed funds electronically. If the borrower is unable to repay on time, then he/she can generally roll over the loan and pay additional fees.

Although, this may seem like a quick and convenient solution to pay off those holiday debts, take a look at the following cost comparison chart before you borrow in advance from that pay check.

To Borrow \$300 and Repay in One Month:

Type of Credit	Terms	Finance Charge	APR	Total Paid
Credit Card Cash Advance (Average)	20.23% APR No Grace Period 3% Fee \$7.00 minimum fee	\$13.99	56.74%	\$313.99
Credit Card Cash Advance (High Cost)	27.5% APR No Grace Period 4% Fee \$5.00 minimum fee	\$18.78	76.16%	\$318.78
Small Loan	36% APR Cap	\$9.00	36%	\$309.00
PayDay Loan	\$17.50/\$100 15 day term w/1 rollover	\$105.00	426%	\$405.00

To Borrow \$500 and Repay in Four Monthly Installments:

Type of Credit	Terms	Finance Charge	APR	Total Paid
Credit Card Cash Advance (Average)	20.23% APR No Grace Period 3% Fee \$7.00 minimum fee	\$48.86	29.1%	\$548.86
Credit Card Cash Advance (High Cost)	27.5% APR No Grace Period 4% Fee \$5.00 minimum fee	\$66.77	39.28%	\$566.77
Small Loan	36% APR Cap	\$38.04	36%	\$538.04
PayDay Loan	\$17.50/\$100 15 day term w/7 rollovers	\$700.00	426%	\$1200.00



News about Women and Heart Disease



Coronary Heart Disease (CHD) is a very serious disease that affects millions of people every year. CHD includes hypertension or high blood pressure, coronary artery disease and stroke.

Today, heart disease is the leading cause of death in the U.S. Although many people think that this is a disease primarily a problem for men, since 1984 more women than men have died of heart disease. Nearly 336,000 women in America die each year of heart disease yet fewer than half of women are aware that heart disease is the number one killer of women.

Although hereditary can increase a person's risk for heart disease, lifestyle choices are also important to consider. For many people, heart disease can be prevented.

A few changes that can reduce your risk of developing CHD include:

- ❑ Stop smoking
- ❑ Reduce fat, salt and sugar intake
- ❑ Increase whole grain intake
- ❑ Lower stress levels/develop positive coping strategies
- ❑ Consume no more than one alcoholic drink per day
- ❑ Lower waist circumference to less than 35"
- ❑ Lower your BMI to 25 or less
- ❑ Increase physical activity to 30 minutes or more per day
- ❑ Monitor fasting glucose level; should be lower than 100 mg/dL
- ❑ Take the on-line Learn and Live Quiz at <http://www.americanheart.org>

Sources: www.americanheart.org and www.whitehouse.gov



National Wear Red Day is February 2, 2007

Wear your favorite red shirt, shoes or lipstick and help the American Heart Association spread the word about how to prevent heart disease.

For more information you can call 1-888-MY-HEART or go on-line to www.goredforwomen.com

Know Your Blood Pressure Numbers.

	SYSTOLIC (MM HG)		DIASTOLIC (MM HG)
Normal	<120	and	<80
Prehypertension	120 – 139	or	80 – 89
HYPERTENSION			
Stage 1	140 – 159	or	90 – 99
Stage 2	≥160	or	≤100

Based on two readings taken 5 minutes apart with a confirmation reading in the contralateral arm.

Source: Colorado State University Cooperative Extension Fact Sheet

Diet and Hypertension 9.318

Know Your Cholesterol Numbers

Total Cholesterol	
Desirable	< 200 mg/dL
Near Optimal/Above Optimal	200 – 239 mg/dL
High	> 240 mg/dL
LDL Cholesterol	
Optimal	< 100 mg/dL
Above Optimal	100 – 129 mg/dL
Borderline High	130 – 159 mg/dL
High	160 – 189 mg/dL
HDL Cholesterol	
Low	< 40 mg/dL
High ¹	> 60 mg/dL
Triglycerides	
Normal	< 150 mg/dL
Borderline High	150 – 199 mg/dL
High	200 – 499 mg/dL

¹An HDL of 60 mg/dL and above is considered protective against heart disease.

Source: Colorado State University Cooperative Extension Fact Sheet Cholesterol and Fats 9.319

*Colorado State University Cooperative
Extension*
**El Paso County
305 South Union Boulevard
Colorado Springs, CO 80910-3123**

Non Profit Org
U.S. Postage

PAID

Permit No. 665
Colo. Spgs., CO