

Todd County Extension Homemaker Newsletter

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Your Facebook Pictures May Not Be as Safe as You Think

Back in January, Greg McKenna, using the name Lacey Noonan, received media attention for his novel featuring New England Patriots tight end Rob Gronkowski. The Patriots objected, but Amazon.com only pulled the self-published e-book off the market because of an Ohio couple's lawsuit regarding an image on the book's cover. The plaintiffs claim that the cover photo is one of their engagement pictures from their Facebook page. They say the author did not ask the couple for permission to use the photo, and they call the author's work "offensive." The couple is also suing the companies that sold digital formats of the book without their permission. This case is now in federal court.

Even though there is not a way to make your Facebook profile picture non-downloadable, you can still control who can and cannot see your other pictures. It is important that you edit your privacy settings so outsiders cannot view your photo albums. If you would like to see how your profile and photo albums look to people who are not your friend on Facebook, you can click on the "View As..." feature on your Facebook profile. You will discover which photo albums are available to outsiders and which are not available. The only downside is that your current Facebook

profile picture and cover photo will be visible to everyone, no matter how strict your privacy settings.

Here are four other tips to maximize your privacy settings on Facebook:



Who can see your future posts? This is one of the most common privacy settings on Facebook. To use it, go to your privacy settings by clicking on the lock icon in the right-hand corner and click on "Who can see my stuff?" It will give you a drop-down menu and you can select which groups of people can see your posts. If you select public, then anyone can see your posts. If you select friends, only your Facebook friends can see your posts.

Blocking people from your account - This is another common Facebook privacy feature. If someone is harassing or threatening you, the best choice would be to block them. To access the blocking setting, click on the lock icon in the right-hand corner and click on "How do I stop someone from bothering me?" It will give you a blank space to type in a person's name or e-mail address and they will be blocked from seeing your profile.

Disabling the search engine feature - If you are uncomfortable with your Facebook profile being searchable on the Internet, you can disable the feature, making it more difficult for employers to find you. Go to your privacy settings by clicking on the lock icon in the right-hand corner and click on "See More Settings." A list will appear, and then you will need to click on "Do you want other search engines to link your timeline?" under "Who can look me up?"

Creating a pseudo name on Facebook - If you do not want employers and other professionals trying to search your name on Facebook, you can change your name. Most people change their last name to their middle name, or they abbreviate their first or last name. To change your name on Facebook, click on the upside down triangle icon, and click on "Settings" in the drop-down menu. Click on "Edit" under "Name" to change your Facebook name.

References: Chowdhry, A. (2013, November 19). 20 Tips on Increasing Your Facebook Privacy and Security. *Forbes.com*. Retrieved April 22, 2015, from <http://www.forbes.com/sites/amitchowdhry/2013/11/19/facebook-privacy-tips/>.

Gardner, E. (2015, June 18). 'Gronking to Remember' Lawsuit Reveals Some Shockers. *The Hollywood Reporter*. Retrieved July 28, 2015, from <http://www.hollywoodreporter.com/thr-esq/gronking-remember-lawsuit-reveals-some-803464>.

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Source: Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky; College of Agriculture, Food and Environment

Examining Cosmetic Promises

Perhaps you have seen the commercials on TV or wanted to try a product that makes claims about how much it will help your appearance. In general, a lot of money is spent on cosmetics such as lotions and creams that promise to make your hair and

skin look better. Unfortunately, sometimes the promises made about cosmetics are not true.

Federal law has descriptions for both cosmetics and drugs. The Food and Drug Administration defines a cosmetic as a product created for "cleansing, beautifying, promoting attractiveness or altering the appearance." Laws do not require FDA approval before these types of items can go on sale to the public.

The FDA defines drugs as a product "intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease," or "intended to affect the structure or any function of the body." If the FDA sees the product as a drug, the product has to go through review and approval by the FDA. Each of the products has different guidelines that the products can be marketed and sold. In an effort to sell more products, some companies have moved away from only saying that their products will enhance a person's appearance. Instead, they go further to say that the product could make changes to the skin, such as increase production of collagen in an effort to reduce wrinkles.



Face creams are just one of the items that come under review for their promises. Some of the claims are promises to increase production of collagen and elastin, resulting in skin that is more elastic and firmer, with fewer wrinkles. The FDA considers this a drug related claim. Some get even more specific with claims such as that the product will reduce redness, restore cells or give you the same results as injections or surgery. The FDA sees this as a product that can do all that, as a drug.

The Food and Drug Administration has warned that some cosmetic companies are making statements about their products that actually categorize them as drugs, not cosmetics. The companies have been asked to remove labels and advertising that makes such claims.

There is certainly a market for cosmetics that improve our appearance. But it is important to remember that if the claim seems too good to be true, then it probably is.

Reference: U.S. Food and Drug Administration. <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm439270.htm>

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

Be Comfortable In Your Own Skin

The media is constantly telling us what “looks good”, and how we are supposed to look. Photos of perfectly airbrushed models leave many women measuring up to unrealistic expectations while they look in their own mirror and see wrinkles, stretch marks or a few too many pounds. The body goes through many ups and downs as we age, and having constant media pressure to stay young, pretty, and thin does not always make it easy.

Body image issues aren't only for women. Many men can be made to feel belittled by social expectations. The media pushes big, strong men, who can lift heavy objects, and reinforces that men should be stronger than their female counterparts. But that is not always the case, and men, like women, come in all different shapes and sizes.

Due to the media and societal expectations that promote perfection, it can be difficult to

be comfortable in your own skin. It is important to be accepting of your own body and to know what a healthy body is. It is also important to model these notions for your own children, so that they grow up knowing what healthy is.

- Know that your body changes over time. Life events such as puberty, giving birth, and aging affect your body.
- Use positive language. Try to steer away from comments and thoughts related to weight and instead focus on eating habits and exercise.
- Celebrate goals. Set goals and treat yourself when you have achieved them by doing something you love to do.
- Encourage positive friendships. Surround yourself with healthy, positive people who lift you up, and motivate you versus those who tend to tear you down or reinforce bad habits.

It can be easy to get caught up in the hype of having the perfect body, no matter what gender you are. So take the time to appreciate yourself and realize that nobody is perfect. The best body is a healthy one.

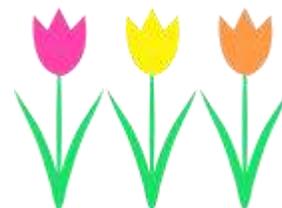
Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment. Sarah Christian, CFT Master's Student

Reference: Tween and teen health. (n.d.). Retrieved September 16, 2015.

<http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/healthy-body-image/art-20044668?pg=2>

Sincerely,

Jill B. Harris
Extension Agent for
Family & Consumer Sciences



Announcements...

PACS Food Bank

March – Sunset
April – Town & Country



Protecting Against Identity Theft

The lesson Protecting Against Identity Theft will be taught Tuesday, March 1, 1:30 p.m., at the Extension Office meeting room. The class is open to anyone who would like to attend.

Accessorizing to Create Great Outfits

“Accessorizing to Create Great Outfits” will be taught Monday, March 28, 5:00 p.m. in the Todd County Extension Office Meeting Room. Anyone is welcome to attend.

Warming Up for the Long Run- Seminar

The Pennyrile Area Homemaker Annual Seminar, “Warming Up for the Long Run,” will be held **March 24** at the Research & Education Center at Princeton. See flyer for details.

F.I.T. Together Classes Offered

We are teaming up with the Health Department to offer a 16-week class called FIT Together where you will learn how to eat better, move more, and lose weight for better health!

The classes will be weekly on Mondays at 10:00 a.m., beginning March 7 and ending June 20. There is a \$10 registration fee to enroll in the class. Free health screening offered at the beginning of the program and upon completion to assess your overall health improvements (blood pressure, weight, height, waist circumference, fasting blood sugar, total cholesterol, LDL, HDL, & Triglycerides). Fit Bit/Gym membership incentive given to the group members with the highest earned points.

To sign up for the class, call the Todd County Extension Office at 270-265-5659.

Upcoming Basket Classes

Beginner Basket Class – April 23.
Basket with salt, pepper, and toothpick holder. Cost \$25.00.
Deadline for signing up is April 11.
Minimum attendance is 10.



Intermediate Basket Class – May 14, Napkin Buddy. Cost \$40. Sign up by May 2.
Minimum attendance is 10.



Attendance Incentive

To encourage attendance at homemaker events through the end of June, each time you attend a homemaker event, your name will be entered into a drawing for a wooden Cooperative Extension cutting board. The drawing will be held June 30.

Pennyrile Area Cultural Arts Display

Congratulations to Jane Martin, Teri Schultz, Bobbie Dorris for being category winners at the Pennyrile Area Cultural Arts. Their items will represent Todd County at the KEHA Cultural Arts contest in April.



