

Todd County Extension Homemaker Newsletter

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Restaurant Eating Done Right — How to Detect a Healthy Salad

Dining out is filled with temptation, but you may want to stick to your mindful eating regime and order a salad. But how can you know if a salad is actually as unhealthy as some of the other options? Use these tips to filter through the surprisingly unhealthy add-ins:

- Chances are you will have to alter the salad menu options one way or another, so a good start is to look for a salad that requires the least or most simplistic amount of change and go from there. Look for these components:
 - Mixed greens, spinach, or kale will make you feel fuller and provide more nutrients than iceberg lettuce, which has a high water content and low nutrient content.
 - Some type of lean protein such as chicken, fish, beans, or hardboiled egg.
 - As many other vegetables as possible.
- Steer clear of these ingredients:
 - Anything fried.
 - Watch out for toppings — croutons, wonton strips, tortilla



strips. Ask the server to go light on these ingredients or avoid them all together. Nuts are a great way to get a protein-packed crunch that will be more filling.

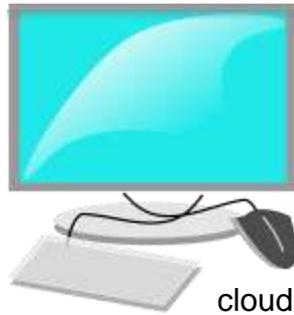
- Processed cheese. Ask the server to go lightly on cheese, as often restaurants will pile salads high with a mound of cheese.
- Protein drenched in high-sugar/high-sodium sauces. Ask for the plain version.
- Get creative with dressing. It's almost a guarantee restaurant salad dressings are high enough in sugar, sodium, fat, and added ingredients to ruin the entire meal. Almost always a restaurant will have oil and vinegar as a dressing option. A great tip at pizza parlors is to use the Parmesan, Italian seasoning, and/or crushed red pepper that is already on the table to boost flavor. Get creative and mash the avocado in the salad to cover the ingredients or use salsa, cottage cheese, or hummus as dressing.
- Don't be afraid to ask for what you want. For instance if you see a salad that looks great but it's offered with iceberg lettuce, ask for spinach instead if you see it offered in another menu option. Although no one wants to be the overly-picky diner, a few requests are understandable.

Source: Jean Najor, Extension Associate, University of Kentucky; College of Agriculture, Food and Environment

Keeping Your Wireless Network Secure

Many consumers use wireless router boxes to connect to the Internet. Home routers make it possible to connect from a laptop anywhere in the house. However, this convenience comes with dangers that must be addressed. It is important to take precautions to make your network more secure.

If your wireless network is not protected, your information could be shared with others such as your neighbors or cyber crooks. In a recent case, computer hardware company ASUS faced serious charges from the Federal Trade Commission regarding security flaws in their router systems. Among other services offered were a “private personal cloud for selective file sharing.” Unfortunately, these “cloud” services had serious vulnerabilities that were easily exploited. Many consumers found their personal information exposed on the Internet. And the company was not telling customers about software upgrades that could have helped.



The first thing any wireless network user should do is encrypt their information with a special password. Wi-Fi Protected Access (WPA) and Wired Equivalent Privacy (WEP) are the two major types of encryption. WPA2 is best for defense from hackers; WEP encryption is less strong. Your router should have WPA2 capability. Make sure you read your instruction manual to turn on this feature and set it up.

When setting up your Wi-Fi, think about which devices in your home use a Wi-Fi connection and which devices you want registered under your wireless service. Limit network access to these devices only.

Further steps are needed to secure your router. Be sure you change the name of the router device so that others trying to connect to your network will not be able use the default name to get in. Also change the router’s password. Long passwords with at least 12 characters including numbers, symbols, and both upper and lower-case letters are hardest for criminals to guess.

If your router allows remote access for technical support, be sure to turn off this feature. It sounds good, but is a back door for hackers. Then log out as administrator. And keep up with software updates for both your router and computer to stay up-to-date.

If you want access to your home network from mobile devices, make sure to use all necessary security features. Use strong passwords on all apps and on your phone and mobile devices themselves. You can be cautious in all other ways, but losing a device that is not password protected gives hackers an easy way in.

References: Mayfield, J., Sannappa, N., & Brown, J. (2016, February 23). ASUS settles FTC charges that insecure home routers and "Cloud" services put consumers' privacy at risk. *Federal Trade Commission*. Retrieved February 23, 2016, from https://www.ftc.gov/news-events/press-releases/2016/02/asus-settles-ftc-charges-insecure-home-routers-cloud-services-put?utm_source=govdelivery. Federal Trade Commission. (2015, September). Securing your wireless network. Retrieved February 23, 2016, from <https://www.consumer.ftc.gov/articles/0013-securing-your-wireless-network>.

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

Safety with Lawn and Garden Pesticides

Spring and summer are popular times to enjoy lawns and gardens. However weeds, harmful insects, and diseases can often

decrease our enjoyment. Although some of these pests can be controlled without the use of chemicals, pesticides are a popular choice. As with any chemical, they should be used only when appropriate and in a manner safe to humans, pets, food, groundwater, and other aspects of the environment.

Pesticide labels are considered legal documents and you should always read them. They are key sources of information about using that particular chemical safely and legally. To help get you started on safe pesticide use, including mixing, handling, and application, here are some guidelines:

- Use the personal protective equipment (PPE) as specified on the label. This would include such things as chemical-resistant gloves and eye protection.
- At a minimum, always wear long pants, a long-sleeved shirt, shoes and socks, and chemical-resistant gloves. A hat may be needed if spraying trees or other elevated places.
- Open and mix pesticides outdoors or in a well-ventilated area.
- Always close container caps and never leave containers unattended during application.
- Keep children, pets, and toys away from areas where you are mixing or applying pesticides.
- Always wash hands and arms thoroughly with soap and water after using pesticides.
- Clothing worn during pesticide use should be washed separately from the family laundry.
- Spray pesticides when the wind is calm to reduce potential drift.

Using pesticides safely requires care and judgment. The more knowledge you have, the better.



Reference:

Kentucky Cooperative Extension Service bulletin ENT-70. Pesticides and Pesticide Safety. Kentucky Master Gardener Manual Chapter 10. Downloadable from this web page:

<http://www2.ca.uky.edu/agcomm/pubs.asp>

Accessed 3-10-16.

Source: Mark A. Purschwitz, Extension Safety Specialist, University of Kentucky, College of Agriculture, Food, and Environment, Dept. of Biosystems and Agricultural Engineering

Spring Harvest Salad

5 cups torn spring leaf lettuce
2½ cups spinach leaves
1½ cups sliced strawberries
1 cup fresh blueberries
½ cup thinly sliced green onions

Dressing:

4 teaspoons lemon juice
2½ tablespoons olive oil
1 tablespoon balsamic vinegar
1½ teaspoons Dijon mustard
2 teaspoons Kentucky honey
½ teaspoon salt
¼ cup feta cheese crumbles
½ cup unsalted sliced almonds



1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries, and green onion in a large salad bowl.
2. Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey, and salt; pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Source: www.fruitsandveggiesmatter.gov

Sincerely,

Jill B. Harris
Extension Agent for
Family & Consumer Sciences



Announcements...

Plate It Up KY Proud

“Plate It Up Kentucky Proud” will be taught Wednesday, June 1, 2:00 p.m. at Petrie Memorial Methodist Church Fellowship Hall in Elkton. Leader trainings are open to anyone who wants to attend!

Upcoming Basket Class

Reminder, if you have signed up for the Napkin Buddy Class, it will be held on Saturday, May 14, 9:00 a.m. at the Extension Office Meeting Room. Please bring your own lunch and/or snacks and drinks.



World's Greatest Baby Shower

World's Greatest Baby Shower will be held Monday, June 6, at Todd County Middle School. This event is for new or expectant mothers and will feature speakers on car seat safety, shaken baby syndrome, the importance of fathers, and more! Call the Todd County Extension Office at 270-265-5659 to pre-register.

If your club would like to donate door prizes, they are very much appreciated!

Jam & Jelly Workshop

Are you interested in learning how to make jams and jellies? If so, plan to attend a jam and jelly making workshop on Thursday, May 19, 6:00 p.m., at Calvary Baptist Church. If you are interested, please call the Extension Office at 270-265-5659 to sign up.



Pressure Canning/Boiling Water Canning Workshop

We are partnering with the Logan County Extension Office for a hands-on Canning Workshop on Thursday, June 16, starting at

10:00 a.m. You will learn how to use a pressure canner as well as a boiling water canner and take home samples. There is no charge for the class, but you must sign up by calling the Todd County Extension Office at 270-265-5659.

Trip to National Quilt Museum at Paducah

Travel with Todd County Homemakers on Tuesday, July 12, to Paducah to visit the National Quilt Museum, have lunch, and make a few other stops. The cost is \$20/person for transportation in a 15-passenger van and admission to the Quilt Museum. **Lunch is not included in the price.** To register, call the Extension Office at 270-265-5659 to sign up. The deadline to register and pay is June 30.

We will meet in front of the Courthouse at 8:15 a.m. and should return by 5:00 p.m.

Homemaker Annual Meeting

Save the date – September 26—for the Homemaker Annual Meeting, which will be held at the Senior Citizens Center in Elkton. Be prepared to “Rock & Roll”!

Council Officers Needed

At the County Annual Meeting, we will elect a new President, Vice-President, Secretary, and Treasurer for the County Homemakers Council. If you are interested in serving as one of these officers, please contact Betty Coppage, Linda Chester, or Janice Groves.

Lessons for 2016-17

At your May and June club meetings, you will have the opportunity to sign up to be a lesson leader for the next homemaker year. A list of lessons and dates they will be taught is attached to the newsletter.

Congratulations

Jane Martin won 3 blue ribbons and Bobbie T. Dorris won 1 blue ribbon on their cultural arts items at the KEHA meeting in Covington, and Dean Schultz won 2nd place in Memoirs.

