



*"Bringing Knowledge to Life"*

## Family & Consumer News

Ohio State University Extension

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Dear Friends,

As I write this letter, temperatures are going up and summer heat is arriving. I hope you have plans to enjoy at least a few summer events or festivals. June brings graduations, weddings, and Father's Day. I found a few quotes about fathers and marriages that you will find in the newsletter. Also included in this newsletter is a recipe I shared at several cooking demonstrations this month. I hope you enjoy it.

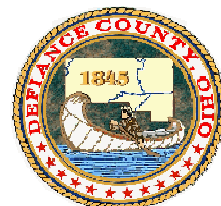
Strawberries are coming on the market. They are one of my favorite fruits. More research is being done on nutrients, anti-oxidants, and phytochemicals in foods. Including 1½ to 2 cups of fruits in our daily diet has never been more important. There's a wide array of summer fruits that will soon be at the Farmer's Market. What better place to get fresh produce and support local farmers at the same time?

Just a reminder as you start to preserve the summer bounty of fruits and vegetables. Our office has fact sheets on food preservation or you can call me for information. A lot of time, effort and money is involved in preserving food. Don't let the wrong procedure ruin your efforts. Call if you have questions.

I'm now on the radio every Wednesday with Rusty Hoops 1280 AM at 9:45. Listen for information on upcoming programs from our office or information on a variety of topics.

Sincerely,

Barbara Rohrs  
Extension Educator  
Ohio State University  
Family and Consumer Sciences



# Raising Kids

## Research on Father Involvement

Father involvement makes a real difference. Whether the outcome is intellectual development, sex-role development, or psychological development, most kids do better when their relationship with Dad is close and warm, whether Dad lives with them or not.



### *Here are some findings about the unique role fathers can play in a child's life:*

· Fathers are as capable as mothers of caretaking, demonstrating competence, and being sensitive to a child's needs. Fathers, like mothers, pick up on the meaning of an infant's cry and react appropriately. Fathers are actually better at keeping a baby's attention. Caregiving differences between mothers and fathers appear to be due to training and experience, rather than any innate qualities of mothers or fathers.

· Fathers are often seen as playmates. Play is a more prominent part of father-child than mother-child relations. Fathers are more likely to initiate rough and tumble play while mothers play more traditional children's games like peek-a-boo and engage in more teaching. Children prefer Dad as a play partner, but more often go to Mom in stressful situations.

· Sons of nurturing fathers are more likely to model and internalize their modes of thinking and problem-solving.

· A close and warm relationship with Dad fosters a daughter's sense of competence especially in math skills, and a secure sense of femininity.

· Children of highly involved fathers show increased cognitive competence, increased empathy, enhanced school performance, greater motivation to succeed, enhanced social development and self-esteem, less sex-stereotyped beliefs, stronger sexual identity and character, and more intrinsic motivation.

· Fathers, also, benefit personally from their involvement. Men's sense of personal happiness and satisfaction is more strongly linked to their family roles than their work roles. Men who do not put "all their self-concept eggs in one basket," and who invest in children, have better overall health and lower levels of psychological distress. Involved fathers tend to be more giving and caring when they reach middle age. And, contrary to expectation, involved fathers can actually achieve high levels of job success. For instance, in one four-decade study, involved fathers were more likely to have advanced in their occupations, when compared with less involved dads.

· In two-parent families, when Dad is actively involved with the kids, Mom's stress level goes down, and both parents feel more fulfilled. This has a positive impact on the parents' marriage and on the children.

Yes, fathering is more than a biological necessity. Our children's growth and development is enhanced through active, involved fathering.

Source: MontGuide fact sheet #20008/Human Resource Development "The Importance of Fathers" by Stephen F. Duncan, Ph.D., Professor, Family and Human Development Specialist, MSU Extension Service.  
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### *Quotes for Fathers.....*

Don't worry that children never listen to you; worry that they are always watching you.

**Robert Fulghum**  
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Live so that when your children think of fairness, caring and integrity, they think of you.

**H. Jackson Brown, Jr**  
\*\*\*\*\*

## Helping Children Do the Right Thing

When a child does “do the wrong thing,” he needs help to move from feeling guilty to deciding to do better the next time. Guilt isn’t necessarily a bad thing – a person needs to accept responsibility for doing wrong. But it’s not good to stay there. Help him to think through ways of making up for the wrong, if needed. Then help him think of strategies for doing better the next time temptation hits. Preschoolers have a difficult time coming up with their own ideas for ways of succeeding in resisting temptation, although being able to think of their own strategies will get better as they get older. However, when adults give them ideas – things like distracting themselves or using their imaginations to make something not so tempting – preschoolers will try them and be helped by them.

Be sure that the rules (or limits) you set for a child match that child’s abilities. Those abilities are affected by age, temperament, activity level, and the situation. For example, if a toddler is going to be in the room, whenever possible, tempting trinkets and “no-no’s” should be put away and replaced with toys and things that are okay to play with. In the same way, keeping “wait times” as short as possible, depending on the child’s age, temperament and activity level, can help young children succeed in their first efforts to be self-controlled.

Written by Dr. Kathy L. Reschke, and Kirk Bloir,  
Ohio State University Extension

## Eating Right

### Multi Tasking Marinade

If you find yourself strapped for time, try this technique that allows you to marinate meat and defrost it simultaneously. Freeze your favorite marinade in an ice cube tray. When dividing family size packages of meat for freezer storage, add several of the cubes to bags of meat you wish to marinate. When moved from the freezer to the fridge, the meat will defrost and marinate simultaneously.



## Popsicles: Not for Kids Only!

For quick and healthy snacks in reasonable portion sizes, try homemade popsicles. Just fill popsicle molds with your favorite concoction. To unmold, briefly hold base of mold under running water to loosen the edges. Enjoy!



Here are some easy ideas for fillers for popsicle molds:

- 100% fruit juice; orange, apple, pineapple, or grape.
- Instant pudding, any flavor. Make with skim milk according to package directions.
- Your favorite smoothie recipe. The popsicles in this picture are made with the following smoothie recipe:

### *Peach-Raspberry Smoothie* (Serves 1)

Three common ingredients, unlimited variations and full of healthy fruits and calcium-rich yogurt! This smoothie recipe, courtesy of the National Cancer Institute's Eat 5 to 9 A Day program, may become your favorite, too! For more recipe ideas featuring fruits and vegetables, visit [www.5aday.gov](http://www.5aday.gov)



- 1 cup un-sweetened, frozen raspberries
- 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
- 1/2 cup fruit-flavored, low-fat yogurt (try peach)

**DIRECTIONS:** Blend all ingredients well in blender, and drink!

## VARIATIONS:

- Frozen strawberries, blueberries, mixed berries, mango, or peaches
- Pineapple juice, orange-tangerine juice, and other 100 percent juice blends
- Different yogurt flavors

Source: **COOK IT QUICK!**, University of Nebraska Cooperative Extension ([lancaster.unl.edu/food/ciq.htm](http://lancaster.unl.edu/food/ciq.htm))

## **Beef, Bean and Pasta Salad (complete meal on a hot summer day)**

6oz rotini noodles, (about 2 cups dry)  
½ pound extra lean ground turkey or beef  
½ cup nonfat ranch-style dressing  
2-4 drops of Tabasco sauce  
½ cup chopped green onion.  
1 can kidney beans, drained  
4 ounces grated reduced fat cheddar cheese  
4 tomatoes, chopped.  
Cook noodles according to directions, omitting salt and oil. Drain and cool. Cook meat in a skillet that has been sprayed with cooking spray. Set aside. Mix dressing and hot sauce. Add more Tabasco if you like a hot taste. Set aside. In a large bowl, mix noodles, meat, onion, beans and cheese. Toss with the dressing. Chill until serving; add tomatoes just before serving. Makes 9 cups (6 servings) 333 calories, 8 gr. Total fat, 40 mg., cholesterol, 390mg. sodium. 6gr. fiber.

Source: Quick & Healthy, Volume II by Brenda J. Ponichtera, R.D.

## **Spending Smart**

### **Protection Against Identity Theft**

Not a day goes by that I don't receive a phone call or email that has the potential to be an identity theft scam. Here are some general guidelines to protecting



oneself from potential scams (these 10 Federal Trade Commission tips revolve around protecting yourself online)

1. Do not assume a credible-looking Website is credible. Anyone can create a Website that looks legitimate.
2. Avoid offers that seem too good to be true ... you know the rest.
3. Do not open unsolicited emails -- many are fraudulent. Delete them.
4. Be wary of anyone who asks for personal information where you didn't initiate the contact.
5. Your Social Security number should not be necessary unless you are applying for credit. Do not give it out.
6. Be suspicious of anyone who contacts you and claims to be from a company with whom you have an account like a bank, credit card or phone company. If they ask for information that the business already has, do not give it to them. Call the company independently, using the contact information on your statement or obtained from the official Website.
7. Do not respond to offers that demand you act immediately or won't take "no" for an answer.
8. Legitimate charitable causes do not need to telephone or e-mail to solicit donations or obtain passwords or Social Security numbers to accept donations. Do not response to these offers or pleas for help.
9. Do not follow the unsubscribe instructions in unsolicited e-mails. In many cases, it only verifies your e-mail address -- you will get even more junk e-mail.
10. E-mail addresses or Web addresses that have a company name in the address are not necessarily from that company. Go to the official Website for contact information.

## Comparison Shopping Pays Off

Even though comparison shopping is one of the most basic ways to save money, a report issued earlier this year indicates that only about half of all consumers shop around, often because they believe it won't make any difference. That same report, however, shows that comparison shopping does pay off.

Those surveyed indicated that the time and effort of comparison shopping would be worthwhile if it would save 10% of a product's cost; this applied for products including gasoline, car insurance, color TVs, new or used cars, and long distance phone service. For other products (including car rentals, plane tickets and life insurance) the survey respondents said that comparison shopping is worthwhile only if the savings is 25% or more.

In a related study, researchers examined how much could actually be saved by shopping around. For many products, the savings greatly exceeded 10-25%. For color televisions, savings was over 20%; for plane tickets, savings was more than 50%. Clearly, shopping around pays off more than many consumers realize.



Another way to look at the payoff is to compare the time spent in comparison shopping with the amount of money saved. In many cases, shopping around can be done quite easily - phone or internet. Study examples included: spending 16 minutes to save \$100 on a color TV; spending 21 minutes to save \$26 on a two-day car rental; and spending 15 minutes to save \$139 on an airline flight. Consider how those savings translate into hourly wages: \$375/hour; \$74/hour; and \$556/hour (not bad)! If comparison shopping was a job, it might well pay \$50 or \$100 per hour, or more!

Source: Consumer Literacy Coalition, Consumer Federation of America

## Why Too Much Debt is Costly



Borrowing more money than you can afford is costly in many ways. Americans spend well over \$75 BILLION a year just on credit card interest and fees. That means that families who revolve credit card balances pay an average of \$1,500 a year in interest and fees. If they saved that \$1,500 in an account with a five percent yield, in 40 years they would have nearly \$200,000! Taking on too much debt also lowers your credit score. That means you will end up paying higher interest rates on all your consumer and mortgage loans. A low credit score can also make it harder to rent an apartment, get utility services, and even get a job.


Too much debt isn't just expensive. People with lots of debt often say they lack peace of mind. They worry constantly about paying off debts and making ends meet. The stress of these worries affects their family life, work performance, and other areas of their lives.



Contact me if you are interested in starting a personal plan to cut credit card debt or set up a personal spending plan.

## Living well

### Things Everybody Needs to Understand About People

1. "Everybody wants to be somebody."
2. Nobody cares how much you know until he knows how much you care.
3. Everybody needs somebody. 
4. Everybody can be somebody when somebody understands and believes her.

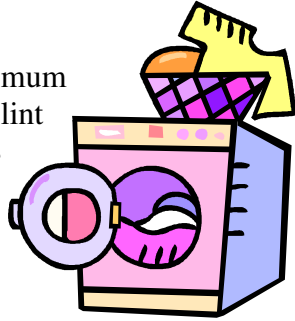
5. Anybody who helps somebody influences a lot of bodies (Maxwell, 2003, p. 12-18).”

Reference: Maxwell, J. C. (2003). Relationships 101: what every leader needs to know. Nashville: Thomas Nelson Publishers.

## Debunking a Fabric Softener Myth

### Fabric softener sheets shouldn't harm a dryer's lint screen .....

Part of good maintenance for optimum dryer performance is keeping the lint filter screen clean. Generally, this means brushing or vacuuming off the accumulated lint.



**The Myth:** Sometimes a conscientious consumer will take the screen to the sink and try to clean it with water. When water doesn't pass through the screen, the assumption is that the screen is clogged. A popular urban myth says that residue from the fabric softener is the culprit.

**The Facts:** The Soap and Detergent Association would like to put this myth to rest. The lint screen is constructed of a very tight mesh that is designed to pick up minute particles or fibers from items in the dryer. Air can easily pass through this fine mesh. But even with a brand-new filter, water is too dense to pass through it unless forced.

**Good Maintenance:** If you notice that it's taking longer for your clothes to dry, and you have been keeping your lint screen clean, it's time to call in qualified service personnel to clean the entire dryer venting system.

Source:

<http://www.cleaning101.com/cleaningmatters/newsletter/archive/2006-mar-apr/debunkingmyth.html>

## Spa Treatment at the Sink

### The aromatherapeutic and hand care benefits of hand dishwashing.....

When it comes to hand dishwashing, no one wants dishpan hands. Well, now you can pamper your hands at the sink with new innovations in hand dishwashing. Not only will you get clean dishes, but clean, smooth hands, too!

1. **Citrus fresh!** Pamper your dishes and hands with the fresh citrus scents of apple, lemon, grapefruit, berry, mandarin, and more!
2. **Aromatherapy!** Depending on your mood, choose aromatherapeutic scents, such as lavender, green tea, jasmine, and more!
3. **TLC for hands** - Some products contain a touch of aloe vera, vitamin E, vitamin B5, and proteins that take care of your hands.
4. **Got sensitive skin?** Try hypoallergenic versions for dry, sensitive skin.
5. **Fight germs** - Some formulations provide antibacterial protection for hands when used as a hand soap.
6. **Wonder wipes** - Wipes for hand dishwashing are soft on hands, but tough on grease and stuck-on food.

Source:

<http://www.cleaning101.com/cleaningmatters/newsletter/archive/jul-aug/clean.html>



# For Your Information



## FREE WOMEN & MONEY SEMINARS HELD AGAIN THIS SUMMER

These free financial planning workshops offered by Treasurer Bradley's Office provide information to women on sound money management techniques, reliable investment strategies, prudent budgeting practices, and dependable financial planning methods. The conferences are held throughout the state each year and since the program's inception six years ago, more than 13,000 women have attended one of these personal finance sessions. Nearly 2,500 women attended last year's Women and Money conferences.

Remember to register early as the free conferences fill up quickly! You can register online at the Women & Money website [www.ohiowomenandmoney.org](http://www.ohiowomenandmoney.org) or call 1-800-228-1102.

***More marriages occur in June than any other month. With that thought here are 2 quotes worth remembering.....***

What counts in making a happy marriage is not so much how compatible you are, but how you deal with incompatibility.

**Leo Tolstoy**

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When asked his secret of love, being married fifty-four years to the same person, he said, "Ruth and I are happily incompatible."

**Billy Graham**

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***Question of the month.....***I love the taste of honey. Can I substitute it for sugar in recipes?

Honey can add a sweet, smooth and distinctive taste to recipes. It can also absorb and retain moisture, therefore honey tends to retard drying and staling in baked goods. For best results, use recipes developed for using honey.

When substituting honey for sugar in recipes: Substitute honey for up to ½ of the sugar. With experimentation, honey can be substituted for all the sugar in some recipes. Reduce the amount of liquid by ¼ cup for each cup of honey used in baked goods. Add ½ teaspoon baking soda for each cup of honey used in baked goods. Reduce oven temperature by 25 degrees to prevent over-browning of baked goods. For easy removal, spray measuring cup with vegetable cooking spray before adding honey.

Select mildly flavored honeys, such as clover, for use in cooking where delicate flavors predominate. Use strongly flavored honeys in spreads or other recipes where a distinct honey flavor is desired. When purchasing honey, recognize that one 12-ounce jar of honey is equal to one cup.

A final but important note...Honey should not be fed to infants under 1 year of age. Honey may contain bacterial spores that cause infant botulism, a rare but serious disease that affects the nervous system of young babies.

Source: [National Honey Board](http://NationalHoneyBoard.com)



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