Dear Friends-

Maybe we are done with the cold, cold temps that were our reality this winter season and ready to face the warmer temperatures, rains and the greens of spring. I’m ready to plan my garden spot even if I can’t get into the soil yet!

I have just a little over three months before my official retirement from OSU Extension (but who is counting). So that no one can accuse me of slowing down early, find enclosed many learning opportunities for you and your neighbors in the Family and Consumer Sciences programming areas (see below). I am hopeful that OSU Extension will have a pool of FCS Educator candidates interested in this Hardin County position so that the chair is vacant for long. You can be helpful by sharing what you see as educational needs for individuals and families here. Call me at the office (419)-674-2297 or e-mail me at oliver.1@osu.edu

Sincerely,

Kathy K. Oliver
Family and Consumer Science Educator
Ohio State University Extension, Hardin County

Calendar of Events

**Wednesdays, at 10:00 a.m.**  Goo Crew—Mary Lou Johnson Library Meeting Room
**Wednesday, March 25—** Hardin Youth Leadership Graduation (21st year)
**Tuesday, March 31 —** Spring Achievement Day  —see enclosure to register by March 24
Spring E-Mail Challenge—“Spring Clean Your Wellness Routine” from **March 30 – May 10**
**Saturday, April 4—** “Healthy Horse Derby” Downtown Kenton after the Optimist’s Easter Egg Hunt for pre-school aged children.
Active Parenting Now in 3—Three different locations at three different times. See the flyer.

**Tuesdays, April 7, 14, & 21 from 4-6:00 p.m.**  Ohio Northern University

**Fridays, April 10, 17, & 24 from 9:30-11:30 a.m.**  Hardin County YMCA

**Sundays, April 12, 19, & 26 from 4:40-7:00 p.m.**  OSU Extension Office
**Monday, April 13 7-8:00 p.m.**  “Summer Salads—Preparation Class and Sampling”  See flyer.
**Thursdays, April 16 and 23 8:30-5:00**  ServSafe Manager’s Training.  Call for more details.
**Thursday, April 23 7-8:00 p.m.**  Grocery Store Tour for Diabetics at Krogers.  In conjunction with Hardin Memorial Hospital’s  Diabetes Support Group.  Phone 419-675-8249 to register.
**Wednesday, April 29 9-2:00**  Hardin Memorial Hospital Health Fair—Community Building on the Fairgrounds.  Check out our “Better Balance—Fall Prevention Display and many other free health screenings.
**Wednesday, June 10, 4-7:00 p.m.**  FAME, Hardin County Fairgrounds
**Saturday, June 13 “Buggy Ride” Bike Tour – 30, 15, and Family Fun Ride offered.**  Watch for details.  Sponsored by the YMCA and the Healthy Lifestyle Coalition.
2015 Spring Live Healthy Live Well Email Wellness Challenge

Who? Any adult wanting to live healthy life with support from Ohio State University Extension.

What? A “Spring Clean Your Wellness Routine” email challenge, which provides you with two emails a week on a variety of health topics.

Where? In the convenience of your own home, office, or pocket.

When? March 30 through May 10, 2015

How? Click on http://go.osu.edu/sp15Hardin to register.

Why? We work better together. Supporting one another in living a healthy lifestyle is a smart and fun thing to do.

Participants will learn about these topics or wellness behaviors:

Vegetables and Fruits—Find ways to eat vegetables and fruits on half your plate.
Fitness Focus—Ideas to move more.
Roasted Vegetables—Try new recipes for veggies and fruits.
Local Foods—Visit a Farmer’s Market or the local foods section of your store.
Gardening with Herbs—Plant an herb, vegetable or fruit in a container or plot garden.
Seasoning with Herbs—Use herbs instead of salt to season foods.
Stress Relief—Manage stress and maintaining a positive attitude.

Contact: Kathy Oliver, 419-674-2297 or oliver.1@osu.edu for additional information

The program is funded by Ohio State University Extension and County Commissioners Cooperating.
CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity

Find Ways to Eat Nuts Without Adding Calories

I’ve heard for a long time that eating nuts can be beneficial to you health. But nuts are also really high in calories. How much is enough? How much is too much?

The news about nuts keeps getting better and better. A recent study examining diets of more than 200,000 people from both the U.S. and China indicates that regular consumption of nuts including peanut butter and peanuts, which are technically legumes, not true nuts may reduce the risk of early death from heart disease and other causes by about 20 percent.

Another recent study looked at data from 2,000 teens in the National Health and Nutrition Examination Survey. Preliminary results indicate that young people who eat a modest amount of nuts at least three small handfuls per week reduce their risk of developing “metabolic syndrome.” Metabolic syndrome is diagnosed when someone has at least three of the conditions that can lead to heart disease later in life: obesity in the abdominal region, high triglycerides, low “good” cholesterol (HDLs), high blood pressure and high blood sugar.
Nuts are beneficial because they are chock-full of nutrients, including vitamin E, which may reduce development of plaques in arteries, and omega-3 fatty acids. Omega-3s can help reduce triglycerides, lower blood pressure, reduce blood clotting, decrease risk of stroke and heart failure, and reduce irregular heartbeats.

Unfortunately, according to the Centers for Disease Control and Prevention, only about 40 percent of Americans eat enough nuts to see a health benefit. And the metabolic syndrome study on teenagers found that only 9 percent of young people ate enough.

Still, you are correct that nuts are high in calories, and those calories need to be taken into account. Most nuts contain 160-200 calories per ounce. Over the course of a year, eating an ounce of nuts a day could add up to 10 pounds on the scale if you don’t cut back calories in other ways.

In the U.S. Dietary Guidelines for Americans, nuts are considered a protein. While the guidelines recommend that the average adult eat about 5.5-6 ounces of protein a day, a half-ounce of nuts or 1 tablespoon of peanut butter is counted as a full “ounce” of protein. Generally, a half-ounce of nuts equates to a small handful, about 12 almonds, 24 pistachios or seven walnut halves, for example. But go ahead and use a food scale if you want to be sure of what you’re eating.

As long as you reduce calories from other parts of your diet, eating between a half-ounce to an ounce of nuts several times a week could be beneficial. Consider:

- Adding walnuts to a salad.
- Snacking on peanuts instead of chips or cookies.
- Sprinkling peanut halves or slivered almonds onto green beans or adding ground nuts to spinach or mashed cauliflower.
- Opt for raw or dry-roasted and unsalted nuts most of the time.

And don’t fool yourself. Eating nuts coated with sugar or nut-based candies can undermine their heart-healthy benefits.

Written by Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1043, or filipic.3@osu.edu and reviewed by Irene Hatsu, food security specialist for Ohio State University Extension. 03/07/2015.

Take Steps to Protect Yourself from ID Theft

Our neighbor is dealing with a case of identity theft. It’s been a nightmare for him. What can we do to protect ourselves?

Identity theft is running rampant, and it can take many forms. According to the U.S. Department of Justice, 16.6 million people experienced identity theft in 2012. Plus, a recent report by the Identity Theft Resource Center revealed that more than 85 million records were compromised in 783 data breaches during 2014, putting many people’s information at risk. And the Federal Trade Commission recently reported that tax-related identity theft complaints made a big jump in 2014, accounting for almost one-third of the nearly 333,000 identity theft complaints it received.

Identity thieves have numerous tricks up their sleeves. Once they have your personal information, they can take money from your bank account, use your credit card information to make purchases, file a tax return and get your refund, and open new accounts in your name that you never know about until creditors start hounding you.

Thieves can get your personal information in many ways, from hacking into computerized records to rifling through your trash or recycled paper to find sensitive information.

You can take steps to reduce your risk, including:

- Protect your personal information as much as possible. Shred statements with account numbers on them and change online credit and bank account passwords every three to six months. Limit what you carry in your wallet to only the credit or debit cards you need. Leave your Social Security card at home in a secure place. If you have a Medicare card, carry it with you only when you need to use it.
- Review your credit reports regularly. By law, you can get a free credit report from each of the three credit reporting companies — Equifax, Experian and TransUnion — every year. The companies don’t always have the same information, so get reports from each. Some experts advise setting up a schedule to get one free report every four months. You can get free reports by calling 877-322-8228 or going to annualcreditreport.com. Once you get your report, check it to make sure it lists only accounts that you have opened. Take im-
it to make sure it lists only accounts that you have opened. Take immediate steps to correct any errors you find.

• You may want to consider requesting a credit freeze. This will help prevent anyone from opening a new account with your information. You will need to lift the freeze if you ever want to open a new credit account or allow a lender or other business to review your credit report, and that may also cost a fee. But the inconveniences could be worth your peace of mind.

To find out more about how to protect yourself, as well as what to do if you become a victim of identity theft, see the FTC’s publication, “Taking Charge: What To Do If Your Identity Is Stolen,” online at consumer.ftc.gov. In Ohio, the Attorney General’s office offers services for identity theft victims. Learn more at ohioattorneygeneral.gov/Individuals-and-Families/Consumers/Identity-Theft.

Family Fundamentals is written by Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1043, or filipic.3@osu.edu. and reviewed by Betsy DeMatteo, Family and Consumer Sciences educator with Ohio State University Extension, February 26, 2015.

According to Malisa Rader, an Iowa State University Extension and Outreach human sciences specialist in family life, kids might be dealing with their own fears based upon what they are seeing on TV or hearing from others.

“It is important at this time that parents react with a sense of calm and reassurance,” Rader said.

Parents can take this opportunity to share with their children important information to help avoid potentially dangerous situations, but need to approach it in a manner that doesn’t create unhealthy fears in children.

Rader offered the following suggestions:

**Emphasize with your child that strangers should not be asking children for help, but it is OK for a child to ask an adult for help when needed.

**Encourage your child to trust his or her intuition and to take action when sensing danger.

**Point out ways your child has learned to stay safe, such as saying “no” and running away when he or she is concerned about a situation.

**Help your child identify safe places such as schools, libraries, churches and businesses.

An analysis of all attempted abduction cases by the National Center for Missing and Exploited Children found that in 84 percent of cases, the children escaped their would-be abductors through their own actions. “It is important that parents make it a priority to talk with their children about safety from predators not as a ‘once and then done’ conversation, but as an ongoing dialogue as their children grow older,” Rader shared. As children age from adolescence to tweens to teens, the conversation around child safety should evolve.

Take 25® is a national child safety campaign of the National Center for Missing Exploited Children encouraging families to take 25 minutes to talk to their children about safety and abduction prevention. Take 25 provides free tools such as safety tips, conversation starters, and mini-lessons to help trusted adults begin conversations with children about safety. Take 25 was created in commemoration of Missing Children’s Day, observed each year on May 25.

NCMEC invites you to be a safety champion in your community by encouraging organizations, businesses and other trusted adults to make child safety a number one priority. Check out their website--http://www.missingkids.com/NCMEC

Source: http://www.extension.iastate.edu/article/parents-can-help-children-abduction-concerns

The Ohio State University