

# Piatt County H.C.E.



June-July, 2019

Piatt County Extension Office, 210 S. Market Street, Monticello, IL 61856 — 217/762-2191

## COFFEE AND HEALTH

SOURCE: NDSU EXTENSION, CHANGING LIVES NEWSLETTER

Many studies have explored the health benefits and risks of coffee. These are a few of the findings.

**Cardiovascular Health**—Coffee filters remove the lipid-raising agents in coffee. Instant coffee does not contain the lipid-raising agents. Higher consumption of coffee (more than 5 cups/day) is linked with higher blood lipid levels.

**Blood Pressure**—Coffee may result in a short-term increase in blood pressure; however, no long-term increase occurs in blood pressure in individuals with or without high blood pressure if they consume coffee in moderation.



**Metabolic Syndrome**—Metabolic syndrome is a cluster of conditions that are linked with the development of heart disease and Type 2 diabetes, including obesity, dyslipidemia (abnormal blood lipid levels), high blood pressure and increased blood sugar. Coffee contains complex molecules that assist in preventing cardiovascular events and high blood sugar.

**Diabetes**—Coffee may lower risk of Type 2 diabetes for men and women. Decaf coffee has the same effects as regular coffee.

**Parkinson's Disease**—Coffee may reduce or delay disease development and improve symptom management of Parkinson's disease, which is a neurodegenerative disorder. According to some research, caffeine in coffee protects part of the brain affected by the disease.

**Osteoporosis**—Moderate caffeine consumption of 3 to 5 cups of coffee per day is not linked with harming bones. According to some research, adding 1 to 2 tablespoons of milk to your cup of coffee offsets the osteoporotic risk of coffee. A calcium-rich diet includes consuming 1,000 milligrams (mg) of calcium for individuals younger than age 50 and 1,200 mg of calcium per day for individuals older than 50.

### Combating Negative Effects

Although coffee in large amounts may have some negative effects, you can try strategies to reduce these outcomes. Drink coffee in moderation (3 to 5 cups per day). Consume a diet rich in calcium to prevent osteoporosis. Drink filtered coffee to avoid coffee's lipid-raising agents.

### Characteristics of Coffee Bean Types

Arabica beans have a subtle flavor, and the beans are more expensive to produce. Robusta beans are higher in caffeine and often possess a bitter taste. The beans are less expensive to produce. The coffee we purchase in stores often is a blend of the two varieties. Using more Robusta beans results in a rougher taster that is more bitter.

# Happy Birthday!!

## June

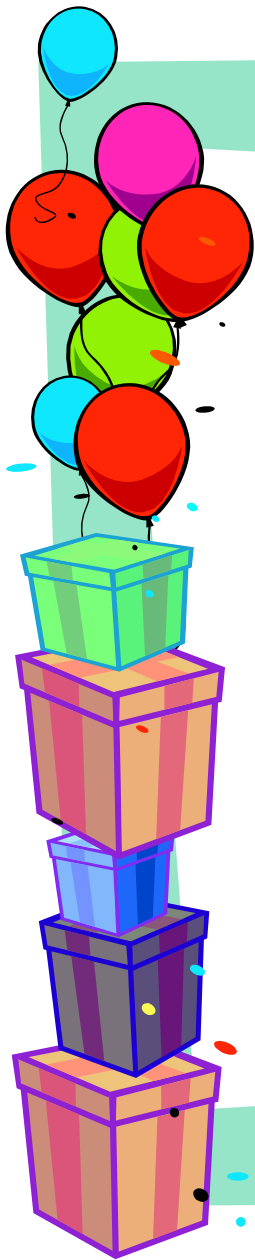
- 10 Kathy Gentry, Cerro Gordo
- 10 Denice Mosbach, Cerro Gordo
- 14 Josephine Marner, At Large
- 18 Lisa Anderson, Cisco
- 23 Alice Briggs, Cisco
- 25 Carolyn Wolter, Cerro Gordo

## July

- 7 Yvonne Howland, At Large
- 13 Frances Kurr, Voorhies
- 22 Kim Snyder, Voorhies
- 28 Pamela Day, At Large
- 30 Becky Wildman, Monticello

## August

- 13 Martha Ann Rhoades, At Large
- 18 Linda Myler, At Large
- 21 Nancy Carle, At Large
- 28 Mary Jo Dielman, At Large



## CULTURAL ENRICHMENT DAY

BY: MARTHA LYNCH

There were five ladies who met on our Craft Day on May 22nd to make chenille roses for themselves and other flowers for our Annual Meeting. We will complete this project and make elastic bookmark units at \$1 cost on our June 26 craft day at 9:00 a.m.

Hope to see you there!

**Arts  
& Crafts**

# RECIPE OF THE MONTH

SOURCE: [HTTP://EXTENSION.ILLINOIS.EDU/STRAWBERRIES/RECIPES.CFM](http://extension.illinois.edu/strawberries/recipes.cfm)

## Strawberry Muffins

Firm, fresh strawberries work best in this receipt, but when the season is over substitute blueberries, cherries or chopped peaches.

2½ cup flour	½ tsp. salt	1 tsp. vanilla
½ cup sugar	1½ cup buttermilk	1 pint fresh, chopped strawberries
2 tsp. baking powder	1/3 cup melted butter	Additional sugar for topping
1 tsp. baking soda	2 eggs, beaten	

Preheat oven to 400°. Spray muffin tin with nonstick cooking spray or line muffin cups with paper cupcake liners. In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Stir well until all ingredients are well blended. In another bowl, whisk together the buttermilk, butter, eggs and vanilla. Make a well in the middle of the dry ingredients and pour liquid mixture in and the strawberries. Using a large spoon, gently fold ingredients just until moist—do not overmix. Spoon the batter evenly into 12 muffin cups. Sprinkle each muffin with about ½ teaspoon sugar, if desired. Bake 20 to 25 minutes. Makes 12 muffins.



## THINK ADULT 4-H CAMP?

## THINK FUN AHCE ACTIVITIES?

## WHY NOT TRY OUT HOMEMAKERS CAMP!



One of the cabins where you will be sleeping.



The mess hall where you will be eating.

*When:* October 11 – 14, 2019

*Where:* Monticello 4-H Camp

*Registration Fee:* \$128.00

*Registration Due:* September 4, 2019

*More info:* [www.illinoishomemakerscamp.com](http://www.illinoishomemakerscamp.com)



# COME ONE! COME ALL! EVERYONE IS INVITED!

Do you enjoy watching the different birds that live around you in your own back yard?

Would you like to know more about them?

The **Piatt County HCE organization** is proud to be presenting *Melody Arnold*, a speaker from the **Audubon Society**. Ms. Arnold will be discussing the ins and outs of *Backyard Bird Watching*.

**June 4, 2019**

**9:30 a.m.**

**Villas at Holly Brook**

**901 Medical Center Drive, Monticello, IL**



**Come and bring along some of  
your friends.**

**It will be a real tweet!**

## Certified Volunteer Hour Program:

The Illinois Association of Home and Community Education has a volunteer hour program that keeps track of all time spent in AHCE activities and all other volunteer hours. These hours given without pay (*not including any volunteer hours spent taking care of your own family members*) translate into many dollars of service to our state. The dollar value of a Volunteer Hour in 2018 was \$24.69.

The total value of all Volunteer Hours turned in in 2018 were 589,779 X \$24.69 = \$14,561,644. These statistics show the economic impact our volunteer hours have on the State of Illinois. We would like to encourage all Piatt County AHCE members (*including all At-Large ACHE members*) to seriously consider participating in this worthwhile program!

*(HCE Member - Unit and At Large))*

**YOUR NAME:** \_\_\_\_\_

***Record your Volunteer Hours Here!***

(List all AHCE activities you participated in and record the number of hours.)

(Name the other organizations you volunteered for and list the number of hours.)

[illegible]

# EATING IN THE FAST FOOD LANE

SOURCE: UNIVERSITY OF ILLINOIS EXTENSION

Americans are eating out more than ever. One in every four meals is eaten outside the home. At least 50% of all meals eaten outside the home are fast food meals. Since we eat away from home so often, it is important to be sure we are making healthy choices. Here are some ideas to help you make healthy choices:



- ◆ Choose a regular size sandwich rather than double or triple sandwiches and save 150 calories.
- ◆ Choose plain sandwiches rather than those with lots of extras, such as cheese, bacon and “special” sauces. Those sauces and extras can add 50 to 400 calories.
- ◆ Order roast beef for a leaner option than most burgers.
- ◆ Breaded, deep-fat fried fish and chicken sandwiches have more fat and calories than a plain burger. Deep fried sandwiches have about 200 calories more than a plain burger.
- ◆ Choose grilled or broiled fish and chicken sandwiches.
- ◆ Try other lean sandwich choices, offered by your favorite fast food restaurant.
- ◆ Load sandwiches up with lettuce, tomato and onion and go easy on mayonnaise and special sauces.
- ◆ If you’re watching sodium, be aware that pickles, mustard and ketchup are high in sodium.
- ◆ If you’re having fried chicken or fish, remove some of the breading.
- ◆ When having French fries, order a small rather than a large portion and save over 300 calories.
- ◆ Sometimes choose a plain baked potato or salad instead of fries.
- ◆ When ordering chicken, ask for a dinner roll instead of a biscuit.
- ◆ Take care at the salad bar. Load up on fresh greens, fruits and vegetables. Go easy on dressings, creamy salads and gooey dessert salads.

## Portion Sizes When Eating Out

Don’t supersize your meal. If a fast-food employee tells you that “supersizing” your meal will get you more food for your money, share the larger portions with someone. A supersized meal can contain 1600 calories and over 60 grams of fat. This is the amount needed by adults for the entire day. If dessert is included with your meal, save it for a snack later or eat it tomorrow.

Don’t starve yourself all day to save calories for eating out later. This makes you so hungry you may overeat. Eat regular meals, but smaller if you will be eating out later.



# MEETING MINUTES — MAY 22, 2019

RESPECTFULLY SUBMITTED BY: MIRIAM SEEVERS, SECRETARY

The Piatt County HCE board meeting was called to order by President Carol Drayton @ 1:10 PM, May 22, 2019 in the Extension Office meeting room. The Pledge of Allegiance, led by Miriam Seevers, was repeated by Carol, Judy Greene, Louise Brewer, Carolyn Wolter, Martha Lynch, Frances Kurr, and Virginia Norfleet.

The previous minutes were accepted as printed. Treasurer's report shows a balance of \$4404.92.

First Vice Virginia reported that final arrangements have been made with Holly Brook in preparation for Melody Arnold's presentation focusing on Backyard Birds. Future 1st Vices are Frances Kurr for September; Louise Brewer for October and November.

Membership Judy reported 67 members, all paid. She will publish a current list of members in an upcoming newsletter.

Cultural Enrichment Martha reported that 5 attended the morning craft. The chenille flowers made will be used as decorations at our annual meeting. Next month's craft is the same as this month.

PR sub Carol announced Cisco folds May newsletter. Kathleen has loaded the newsletter with information. Please read thoroughly!

Piatt County hosts the Tri-County meeting June 3 @ 9:30 at the Cisco United Methodist Church. We need to be there 8:30ish to set up room, etc. Menu was decided to be chicken salad, buns, chips, relish tray and cookies (all purchased @ Sam's Club by Carol). Drinks, coffee, morning snacks to be brought in by Piatt County board members..

The HCE award given for the top award in the category of "Heritage Skills" at the 4H Fair will be a pair of 7" Gingher scissors. The motion to allow this was made by Louise; seconded and passed. Miriam will make the purchase.

HCE will be represented at the Monticello's Farmer's Market again this summer. The units are scheduled thusly: Cisco, June 27; Voorhies, July 25; Monticello, August 22; Cerro Gordo, September 26. It is helpful if some activity is going on, to create interest, to cause the shoppers to stop and visit. Be creative!!

HCE Week is October 14-18. Committee of Carolyn, Louise, and Judy has been named to work on 'spreading our word.' Need ideas from all of you; report back by June board meeting.

Other points discussed: Carpool for the District 5 meeting Aug. 7. Kathleen and Carol are working hard to be considered for 'County of the Year.' This requires verifying all activities with newspaper and/or printed notices, etc. Carolyn is pursuing a fund-raising activity, such as a silent auction, at the Annual Meeting.

Piatt County HCE  
210 S. Market Street  
Monticello, IL 61856



## Dates to Remember

- |                |   |
|----------------|---|
| June 3         | Tri-County Meeting (9:30 a.m.) — Cisco United Methodist Church                                |
| June 4         | Lessons for Living ( <i>Backyard Birds</i> ) — 9:30 a.m. — Holly Brook                        |
| June 4         | Cisco — After Lessons for Living — Brown Bag  |
| June 4         | Monticello — After Lessons for Living — Becky Wildman's house                                 |
| June 4         | Voorhies (joining Cisco Unit at Brown Bag after Lessons for Living)                           |
| June 13        | Cerro Gordo (11:30 a.m. potluck) — Church of the Brethren (meat provided, bring dish/dessert) |
| June 26        | Craft Day (9:00 a.m.) Board Meeting (1:00 p.m.) — Extension Office                            |
| August 28      | Board meeting potluck (11:30 a.m.) — Extension Office — NO CRAFT DAY!                         |
|                |   |
| Every Tuesday: | Knitting/Crocheting with Carolyn Kleven (10:30 a.m.) — Willow Branch Library, Cisco           |