

President’s Message

Hello to one and all,

What fun I have had while attending the MHV Area Meetings! As my husband and I traveled all of Mississippi we were reminded of the beauty and uniqueness of our state. MHV members display unique talents and qualities in all that you do. Your area meetings were educational and great fun. I want to thank all of you for the planning and work you all did to insure successful meetings. Your hospitality was much appreciated.

Our members have demonstrated talents by the garments you constructed or selected and modeled in the fashion revue. I am always amazed at your creativity.

I hope you are have begun a walking program by now. Remember, you just have to make up your mind to start!

State Council time will be here very soon. Please make plans to be at Mississippi State University on May 25 – 27, 2004. “Celebration of Life-Mardi Gras” is our theme for this year’s meeting. You won’t want to miss this. Please come celebrate with us.

Spring Area Leadership Meetings

North Central – Harriett Cheek, Native American Artisan showed the many crafts she makes.

Northwest/Delta – Carolyn Willis of Viking Corporation discussed designs and trends in kitchen appliances. Entertainments was provided by a storyteller, Annie Beatrice Taylor.

Northeast – David Tatum presented a slide presentation on gardening.

Eastern – Dorothy Baker-Hines discussed volunteerism.

Southwest – Educational workshops on food garnishing and flower arranging were presented.

Capital – Mickey Bounds, Cajun humorist, was the speaker. Rev. James Buie entertained with chalk drawings.

Coastal – Nancy Rogers gave the members an overview and history of the Mardi Gras Carnival on the Mississippi Gulf Coast.

South Central – An informational seminar was presented by Dr. Ronald Swartz concerning Alzheimer myths and truths. The “Singing Cowgirls” entertained.

All Areas conducted the Fashion Revues for their district. A big thanks goes to the Family Resource Management Agents for their work to make the Fashion Revue a big success.

Good Work Senior and Junior Directors!!!

Leadership Development Agents		Editor’s Note
Ann Stevenson Northwest District (662) 563-6260 anns@ext.msstate.edu	Reba Bland Northeast District (662) 234-4451 rbland@ext.msstate.edu	<p>Now that area meetings and fashion revues have been completed, we turn our thoughts to the MHV State Council. Your officers have been working very hard to give you a great meeting again this year. If you can’t come for the entire meeting, come for the time you have. Call any of your officers or Area Leadership Development Area Agents if you need more information.</p> <p>It is a joy to have the opportunity to work with a great organization like the Mississippi Homemaker Volunteers. Did you know that one volunteer hour is valued at \$16.05? Just think how much value that you add to your community and state. Thank you for all you do.</p> <p style="text-align: right;">Ann Stevenson, Spring Newsletter Editor</p>
Martha Jackson Southwest District (601) 372-4651	Marilyn Bailey Southeast District (228) 467-5456	

Using Caution is Key When Exploring the World Wide Web

Written by Family and Development Specialist, Louise Davis, Ph.D., and Jessi Parker, graduate assistant to the Dept. of Human Sciences and MS State Extension Service.

Long gone are the days of world books and encyclopedias, today children have access to any type of information imaginable via the World Wide Web. With a stroke of a keyboard and a click of a mouse children can converse with someone from China, read about their favorite cartoon characters, or get help with their studies from an online tutor.

According to BeSafeOnline.org, young people are often enthusiastic Internet users, particularly of interactive services like E-mail, Chat, and Instant Messaging. However, like many exciting activities, there are risky situations to deal with and hazards to avoid. In most instances people who use the Internet have positive experiences. But, as with any endeavor, there are some risks involved. Just like today's society, the Internet is made up of a vast assortment of people and personality types. While we like to think most people are inherently decent, it is important to realize this may not always be the case online. Some online acquaintances may be vulgar, discourteous, or even manipulative and abusive.

It is the responsibility of adults to monitor the use of the Internet by young and impressionable children. It is also important to make young people aware that the Internet contains a wide variety of information that might not always be completely accurate or from honorable sources. When used properly, the Internet is a great learning tool. It is important for children and teens to know that while they may use the Internet as a tool for learning or a medium for entertainment, others can also use it as an outlet for crime and exploitation.

In today's technology driven society kids seem to know more about computers and the Internet than most adults. For this reason it is important that adults and children learn rules for online safety together. The Internet offers great experiences for children if the use of its resources is monitored on a continual basis. Children and teenagers can and will be good online citizens if they are taught the proper rules for using the Internet.

Internet safety precautions to use in your home:

Take the time to see what kids are doing online. Teach young people to never give out their personal information to people they meet online. Instruct children to never plan a face-to-face meeting alone with online acquaintances.

Horticulture Hot Line

The Master Gardeners have opened a new hot line based out of Lee County. When you call you will be able to talk to a trained person who can answer your gardening or landscaping questions. The toll free number is:

1-866-920-4678

Ways to Cut Down on Fat and Cholesterol

Taken from MSU Extension Publication 2085

Many nutrition authorities recommend that Americans aged 2 and older eat mostly foods that are low in fat, saturated fatty acids, and cholesterol. Why? Because many Americans have high blood cholesterol levels; high blood cholesterol levels tend to increase the risk of heart disease.

We do need fat in our diets. In addition to supplying energy, fat helps your body absorb certain vitamins. Fats also provide essential fatty acids. Most diets, even those lower in fat, provide plenty of these essential fatty acids.

Listed below are some tips to help you design your own low fat diet:

- ✓ Steam, broil or bake foods
- ✓ Season foods with herbs, spices, onions or garlic
- ✓ Try flavored vinegars or lemon juice
- ✓ Use vegetable oil instead of solid shortening
- ✓ Try whole grain flours
- ✓ Replace whole milk with skim or 2 % fat
- ✓ Roast, bake or broil meat instead of frying
- ✓ Cook meat or poultry on a rack so the fat will drain off.
- ✓ Limit egg yolks to one serving when scrambling eggs. Use additional egg whites for larger servings.
- ✓ Chill meat or poultry broth and remove fat.
- ✓ Substitute baked chips and pretzels for regular chips high in fat.

If you would like a copy of this publication in its entirety, contact your County Extension Office and ask for Publication 2085—Low Fat Living.

MHV State Council Schedule

Monday, May 24 ,2004

1:00 MHV Board Meeting

Tuesday, May 25, 2004

9:00 – 1:00 Registration
Cultural Arts Check-In
Silent Auction Check-In

9:00 – Noon Mini Health Fair

1:00 – 5:00 Committee Meetings
Curtain Call Exhibits

7:00 Opening General Session
Historical Reception

Wednesday, May 26, 2004

7:00 - 7:45 Continental Breakfast

8:00 – 8:15 Inspirational Service

8:20 – 9:15 Second General Session

9:15 – 10:30 Workshops

10:45 – 12:00 Fashion Revue

12 Noon Box lunch

1:15 – 4:15 Workshops

1:00 – 5:00 Voting Delegates Meeting

6:30 – 9:30 Awards Banquet

Thursday, May 27, 2004

8:00 – 9:45 Cultural Arts Check Out
Dorm Check Out

9:00 – Noon Third General Session

Registration forms are found on the last pages of this newsletter. Contact your County Director to register.

Heat Illness Can Cause Death

Heat illness is the result of overheating the body. Mild cases can cause the victim to feel ill, tired and weak. More serious heat illness can exhibit itself as headache, nausea, dizziness, severe thirst, and fainting. Severe heat illness (heat stroke) causes death in more than 10% of victims, including healthy adults.

Schedule your work in the cooler times of the day. Drink plenty of water and take frequent breaks. Remember to protect yourself from the sun by wearing hats, appropriate clothing and sunscreen.