

Pin your Interests on Pinterest!



Have you ever been stuck for an idea? Like to craft? Like to cook? Want to take better pictures? Need new ideas on how to keep the "little" people busy? The answer to all of these questions is the same...Pinterest. Most people have already found this, but sometimes a little instruction helps. Remember, I am not a tech-guru so if I can do it, so can you!

Pinterest is a new social media site that has caught on like wildfire. Check it out at www.pinterest.com. The site requires an invitation to join. Just let me know you are interested, and I will invite you!

To do searches, go to the upper left hand corner of

the Pinterest screen and type a word like "cooking" or "sewing", then begin to scrolling. When you find a picture of something that you are interested in, click once to repin. Another screen will come up and give you a series of categories, click on one that fits or make a new one. Repin before going to the site itself (two clicks on the picture). Sometimes the navigation is not precise. If you repin before going, you can get back to where you were. If not, you will go off in many, many directions!

The categories are endless, lots of ideas, lots of how-to's, lots of recipes, lots of sewing ideas, lots of FUN! Below is an example of a craft and recipe I have repined. You'll notice they are both quick and easy!

A note or two of caution...I have found this site VERY addicting. You may find that time has evaporated! Also, not all of this is university-based research, so be careful. I am on Pinterest; just look for Mary Collier and follow where I go!

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Vintage pillowcase? No, a shopping bag!

Take a vintage pillowcase. Cut like so. Make the handle by sewing a seam, joining the two sides of the 'handle' together. Use your iron to turn over and pin a hem on your raw edges. Sew. Press. Easy!

<http://growmama.blogspot.com/2010/10/take-vintage-pillowcase.html>



Easy Garlic Chicken

- 4 boneless skinless chicken breasts
- 4 tablespoons brown sugar

- 1 garlic cloves, minced
- 3 teaspoons olive oil



Preheat oven to 500°F and lightly grease a casserole dish. In small sauté pan, sauté garlic with the oil until tender. Remove from heat and stir in brown sugar. Place chicken breasts in a prepared baking dish and cover with the garlic and brown sugar mixture. Add salt and pepper to taste. Bake uncovered for 15-30 minutes.

<http://www.food.com/recipe/easy-garlic-chicken-5478#ixzz1yofT5hJp>

So Many Reasons to Sew

Where there's a tear in your clothing, a missing button, or a broken zipper, what do you do? Can you make those repairs yourself? Or, do you pay money to have them done? Or, do you have a relative or friend who helps you out?

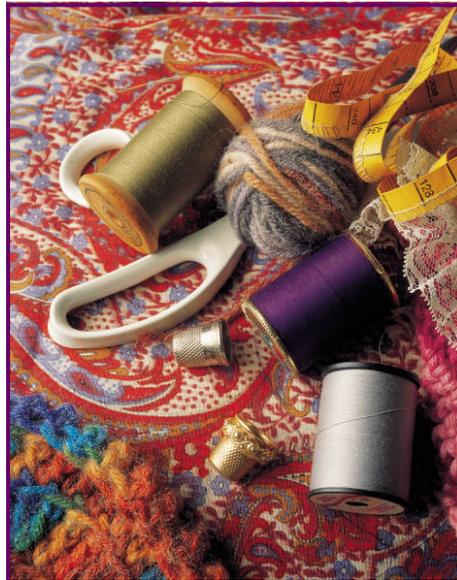
When you think of sewing, you might first think of mending. That's one benefit of knowing how to sew, of course, but did you know that sewing is good for you? According to sew-it-yourself.com, several studies indicate that sewing is good for you, mentally and physically.

Why, you ask? One, because sewing allows you to relax from the everyday pressures of life; and second, because it enhances your self esteem when you demonstrate your creativity.

The Home Sewing Association says that studies have shown that engaging in an activity like sewing reduces your overall heart and blood rates and promotes relaxation. Their belief is that sewing involves the muscles and the mind, promoting healthier body synergy, and that because sewing has been so successful at promoting relaxation among women who sew that it may be better than therapy.

The study further suggests that when you are engaged in a repetitive task and creating something, like you are with sewing, it has a relaxing effect.

Another study was done to determine if sewing could help you face and overcome a life-altering and sometimes fatal disease like breast cancer. One person stated that sewing was not a priority initially, but later found that sewing was her escape from the drama of



How can sewing help you?

1. Sewing allows you to relax from the everyday pressures of life.
2. Sewing enhances your self esteem when you demonstrate your creativity.

cancer as it affected her life. According to the study, sewing can decrease your heart rate and aid in relaxation.

A doctor (Ph.D) at New York Medical Center stated that if our bodies were not allowed to rest from everyday pressures, then we are placing ourselves at risk for heart disease or other illnesses. He believes that creative activities and hobbies, like sewing, can help people focus on something productive and get away from their worries for a while.

The Susan G. Komen Breast Cancer Foundation, unfortunately estimated 178,480 new cases of invasive breast cancer among women, and 2,030 cases among men in the United States during 2007.

Recently, an article in *Entrepre-*

neur Magazine states that sewing related businesses are on the rise nationwide. They have identified businesses in Lafayette and San Francisco, California; Austin, Texas; and New York City that offer a variety of sewing related products and services that are pushing some first year sales projections beyond expectations.

With sickness and disease on the rise, and studies indicating that sewing is an activity that reduces your overall heart and blood rates and promotes relaxation, wouldn't it be great if we really promoted sewing to create a healthier body synergy to reduce medical problems?

And, it looks like starting a sewing-related business is a profitable source of income, while helping others reduce stress, heart disease or other illnesses.

If sewing offers so many benefits, it's a good thing that sewing is surfacing again. For some of us, it never diminished.

Article source:
<http://sew-it-yourself.com/studies.html>

Ready to get started? Mary Collier is offering two sewing classes in August. See page 4 for more details; call 637-4060 to register!

Do you already sew? Have you checked out Pinterest? The Bookkeeper pictured below is a project Mary repinned.



<http://www.modabakeshop.com/2009/05/bookkeeper.html#more>

Do you have diabetes? Does someone in your household have diabetes? If so, you may struggle to find recipes the entire family can enjoy.

Mary Collier will be teaching a Cooking Well with Diabetes class in July that will make selecting and preparing great diabetic-friendly recipes much easier! The class will include cooking demonstrations and discussions of research findings on diabetes - including the variety of foods that diabetics can enjoy eating. The recipes included below are an example of a diabetic-friendly menu.

There is no cost for this series of classes. Class size is limited to 10 participants so register as soon as possible!

Cooking Well With Diabetes Classes Fridays, July 6 and July 13

6 p.m. - 8 p.m.

Texas AgriLife Extension Service -
Terry County
209 S. 5th St., Brownfield
To register, call 637-4060.

Sweet Orange Chicken

4 (3 oz) chicken breasts (skinless, boneless)
1/3 cup orange marmalade
1 tablespoon lemon juice

Place chicken in baking pan. Mix marmalade and lemon juice and spread on chicken. Cover and bake at 350° F for 40 minutes. Baste and bake uncovered for 5 more minutes.

(Note: Do not use sugar free marmalade, the baking will make it taste bitter). 4 servings.

Serving size—One
Calorie211
Protein 27 g
Total Fat..... 3 g
Carbohydrate. 19 g
Saturated Fat.... 1 g
Cholesterol ..73 mg
Sodium..... 637 mg
Fiber 1g

EXCHANGES:
4 Very Lean
Meat

Cooking Well with Diabetes



Gingered Sweet Potatoes

2 medium sweet potatoes (peeled, diced)
1 tablespoon fat free margarine
1 teaspoon brown sugar
1/4 teaspoon ground ginger or pumpkin pie spice

Arrange potatoes in a steaming rack. Place over boiling water; cover and steam until tender. Remove and place in serving dish. Combine remaining ingredients; blend well. Toss with the hot sweet potatoes. 4 servings

Per Serving—1/2 Cup

Calorie98
Protein2 g
Total Fat.....0 g
Carbohydrate..23 g
Saturated Fat....0 g
Cholesterol 0 mg
Sodium 32 mg
Fiber3 g

EXCHANGES:
1 1/2 Starches

Apple Coleslaw

2 cups cabbage (shredded)
2 medium apples (cored, diced)
1 can (16 oz) crushed pineapple (drained)
3/4 cup fat-free mayonnaise

Combine above ingredients, cover and refrigerate 1 hour or more before serving. 8 servings.

Per Serving—3/4 Cup

Calorie60
Protein1 g
Total Fat.....0 g
Carbohydrate..15 g
Cholesterol 0 mg
Sodium 257 mg
Fiber2 g

EXCHANGES:
1/2 Bread,
1/2 Fruit

Bananas Rosanna

1 pint fresh strawberries
1 can (6 oz) orange juice (concentrate, thawed, undiluted)
3 large ripe bananas (sliced)
1 carton (8 oz) Cool Whip

Wash, hull and cut up strawberries. Combine them in blender with undiluted orange juice concentrate and blend until smooth. Alternate banana slices with strawberry-orange sauce. Top with Cool Whip. Serve chilled. 8 servings.

Per Serving—1/2 Cup

Calorie..... 124
Protein..... 1 g
Total Fat 1 g
Carbohydrate . 22 g
Saturated Fat 0 g
Cholesterol1 mg
Sodium.....22 mg
Fiber..... 1 g

EXCHANGES:
1 1/2 Fruit

**Diabetes affects
25.8 million people**

**8.3% of the U.S.
population**

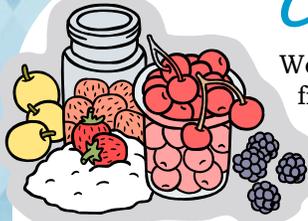
**DIAGNOSED
18.8 million people
UNDIAGNOSED
7.0 million people**

All ages, 2010

<http://www.cdc.gov/diabetes/>

Summer Fun

Canning



Would you like to enjoy your fresh vegetables all year long? Or, would you like to make jams and jellies like the ones you enjoyed growing up?

Mary Collier will be offering canning classes this summer to allow you to preserve pickles, salsas, and jams or jellies! The series of classes will start with an overview of the basics of canning. Then each of the next three days you will receive a jar of preserves to take home! Classes will be held at the Coleman Park Party House, 5:30-6:30. The cost for the series is \$25, and reservations must be made by August 10.

Mon., Aug. 20
Tues., Aug., 21
Wed., Aug. 22
Thurs., Aug. 23

Basics of Canning
Pickling
Salsa
Jams & Jellies

Sewing



Have you ever wished you could sew? Take the time this summer to learn!

Mary Collier is offering two types of classes to help you start sewing and/or quilting. The cost for each series is \$25, and reservations must be made by August 24. You will leave each session with an item to take home. Sewing machines will be furnished or you can bring your own. Classes will be held at the Coleman Park Party House from 5:30 p.m. to 7:00 p.m.

**Introduction to Sewing
by Completing a Simple Project**
Mon., Aug. 27 and Tues., Aug., 28

**Introduction to Quilting
by Creating a Nine-Patch Pillow**
Thurs., Aug. 30 and Fri, Aug. 31

Call 637-4060 to RSVP.



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*Extension Programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.
The Texas A&M University System, U.S.
Department of Agriculture, and the County*

