

# "Got a Minute? Eat with Me"



February 2012

Focus Topic: Rx Drug Abuse

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## Get More Entries in the Prize Drawing!

Don't forget that by going to our website at [www.gotaminuteclinton.com](http://www.gotaminuteclinton.com) and uploading fun family photos, recipes, or stories, **your family will get extra entries in the prize drawing!** Each upload will get your family one extra entry, up to 4 per month. Go ahead, share your photos, recipes, and stories!

Happy Valentine's Day! This marks the last month of the "Got a Minute? Eat with Me" Campaign! We hope that you have been able to work on building family meals into your busy schedule and have enjoyed the time spent with your family. We have had 527 Clinton Community families take the pledge! As you are aware, the pledge is to eat 4 family meals together each week to build lasting relationships and memories, while reducing the risk that your child will use alcohol or drugs. Good luck eating 4 meals a week with your family and have fun while doing so!

Make sure to go to "like" our facebook page for updates about the campaign and for daily conversation starter ideas and family tips! Click here:

["Got a Minute? Eat with Me" facebook page](#)

## Prescription Drug Abuse

As a parent you are concerned about your child's safety, but did you know that last year, more US teens got high on prescription medication than cocaine, meth, and ecstasy combined. (Partnership for a Drug Free America) The most recent national data is putting illegal prescription drug use in the 20% range.

Teens report that if they learn about the risk for drugs from their parents are 50% less likely to use them. Why are teens abusing prescription drugs?

1. **AVAILABILITY:** The sheer number of prescriptions filled each year makes medication available. The average adult in the United States has 12 prescriptions filled a year. Where do you keep that medication?
2. **ACCESS:** Prescription and Over-the-Counter Medication is accessible to youth. Almost 70% of Prescription Drugs that are abused come from a friend or relative's medicine cabinet. Are you your child's drug dealer?
3. **AWARENESS:** Teens and Adults are exposed to ads for

### Family Dinners Have Many Benefits for Kids

Research is beginning to show that eating as a family has great benefits for children and teenagers.

Fewer eating disorders: Adolescent girls who frequently eat family meals appear less likely to use diet pills, laxatives or other extreme measures to control their weight 5 years later.

Better eating habits: Eating together as a family during adolescence is associated with lasting positive effects on dietary quality in your adulthood, according to the University of Minnesota.

### Visit Our Website

[www.gotaminuteclinton.com](http://www.gotaminuteclinton.com)

### Test Your Knowledge

#### Myth or Fact?

Prescription drugs are safer than illegal street drugs.

**MYTH!**

Prescription medications require a prescription because they are powerful drugs that need to be monitored and dosed properly to avoid problems like overdose and risks like heart failure. Without the prescript you are unlikely to know the side effects and warnings or if the dose is stronger than normal.

### Hamburger Buddy

Makes - 6 servings

Prescription Drugs on TV, magazines, and the internet, and are taught that "pill" can fix any ailment.

4. **ATTITUDE:** It is thought that Prescription Drugs are SAFE because they come from a doctor and regulated by the government. It is important to remember that medication is prescribed to specific people, after medical history is taken into account, for a specific concern.

The most commonly abused prescription and over-the-counter drugs are:

- Opioids (Narcotic pain killers like Oxycodone, Vicodin, morphine, codeine, and methadone)
- Stimulants (ADHD Medication like Adderall and Ritalin)
- Depressants (anxiety and sleep disorder medication like Xanax and Valium)
- Over-the-Counter (Cough Medicine that includes Dextromethorphan (DXM) like Robitussin, Coricidin, and Nyquil)

For more information or how to talk to your child about Medication abuse please contact CSAC at 563.241.4371 or [Kristin@csaciowa.org](mailto:Kristin@csaciowa.org) or visit: [www.takeadoseoftruth.com](http://www.takeadoseoftruth.com)

## Parents Matter: "The Talk" - Be an "Askable Parent"

*By: Ashley Musselman, Health Educator,  
Women's Health Services*

Instead of just sitting your child down for one awkward talk, start early and keep the conversation going and become an "askable parent." Help your child be comfortable coming to you with questions on all topics, not just the easy ones. Let them ask questions without judging them based on what they ask you. And make sure you listen to the answers. Open communication and accurate information from parents increases the chance that teens will avoid risky behaviors.

In talking with your child or adolescent, it is helpful to:

- Encourage your child to talk and ask questions.
- Maintain a calm and non-critical atmosphere for discussions.
- Use words that are understandable and comfortable.
- Try to determine your child's level of knowledge and understanding.
- Keep your sense of humor and don't be afraid to talk about your own discomfort.
- Be open in sharing your values and concerns.
- Discuss the importance of responsibility for choices and the pros and cons of the choices.

By developing open, honest and ongoing communication about responsibility, sex, and choice, you can help your child learn about

Very finely chopping onion, mushrooms and carrots in the food processor is not only fast-it makes the vegetables hard to detect for picky eaters. They also form the base for the sauce of this ground beef skillet supper. Make it a meal: Serve with a green salad.

#### Ingredients

- 3 cloves garlic, crushed and peeled
- 2 medium carrots, cut into 2-inch pieces
- 10 ounces white mushrooms, large ones cut in half
- 1 large onion, cut into 2-inch pieces
- 1 pound 90%-lean ground beef
- 2 teaspoons dried thyme
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups water
- 1 14-ounce can reduced-sodium beef broth, divided
- 8 ounces whole-wheat elbow noodles, (2 cups)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- 1/2 cup reduced-fat sour cream
- 1 tablespoon chopped fresh parsley, or chives for garnish

#### Preparation

1. Fit a food processor with the steel blade attachment. With the motor running, drop garlic through the feed tube and process until minced, then add carrots and mushrooms and process until finely chopped. Turn it off, add onion, and pulse until roughly chopped.
2. Cook beef in a large straight-sided skillet or Dutch oven over medium-high heat, breaking it up with a

sex in a healthy and positive manner. Whether you are concerned about drinking, drugs, violence, trouble in school, smoking, or sex, the best advice is the same - stay closely connected to your child.

Resource: "Facts for Families," No. 62 (5/05),  
TheNationalCampaign.org

For more information contact: Ashley Musselman, 2635 Lincoln Way,  
Clinton, IA 563-243-1413

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## Family Fun Ideas from the YWCA

### Setting Fitness Goals

Setting goals is a great way to create motivation and stay focused on an end result. From a fitness standpoint, some goals may include becoming more flexible, increasing muscular strength, or improving cardiovascular endurance. Whether you have been active in a fitness routine for years or are becoming motivated to get started for the first time, it is important to set goals. It is important to create SMART goals.

SMART goals stand for specific, measurable, attainable, realistic, and timely.

- Goals must be **specific**. A specific goal would be, "I want to perform 25 pushups without resting."
- Goals must be **measurable**. As you are working towards your goal performing 25 pushups you must be able to see and appreciate the improvement you are making. It enables you to judge progress and keep you motivated.
- Goals must be **attainable**. As you assess your own strengths and weaknesses you must understand the level at which your body can perform. A great attainable goal would be to exercise 3 times a week. You can slowly increase the number of days a week, but it is important to have a starting point.
- Goals must be **realistic**. If your goal is to run a half marathon next month but you have been sedentary for years, the likelihood of you attaining this goal successfully and without injury are very low. Instead give yourself 6 months- 1 year to train. This allows you to give your body the proper training it will need.
- Goals must be **timely**. If you have always wanted to lose 10 pounds but have been unsuccessful over time, give yourself a time table of 2 months. A time table gives the goal a sense of urgency and you are more likely to achieve it.

As you achieve your goals and reach success, it is important to reevaluate and create new and more challenging goals.

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## Clinton Council PTA

February is here and we are starting to experience cabin fever. This time of year can feel like we may have had a bit too much family time. However, your "Got a Minute? Eat with Me" challenge has not ended and maybe PTA can help get your family out of the house and enjoying time together.

wooden spoon, until no longer pink, 3 to 5 minutes. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften and the mushrooms release their juices, 5 to 7 minutes.

3. Stir in water, 1 1/2 cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes.
4. Whisk flour with the remaining 1/4 cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.

Some PTAs are hosting blood drives this month. Schools are helping parents prepare for the children for kindergarten and high school. Jefferson PTA is hosting a family movie night and Eagle Heights is having their annual variety show. Of course ... those wonderful elementary Valentine parties will be held this month. These are all great ways to touch base with your school and show your child and the school staff that education is a priority in your home.

Your challenge concludes at the end of this month, but don't let lessons learned and good habits developed go by the wayside. Remember that spending quality time with your children and letting them see you volunteering are important in their development. Parents are the best teachers.

"You must be the change that you want to see in the world." - Mahatma Gandhi.

For more information go to [www.iowapta.org](http://www.iowapta.org) or contact Maribeth Bousman, President of Clinton Council PTA at 563.613.0096 or [mbousman@asac.us](mailto:mbousman@asac.us).

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### **Suggestions from the Blue Zones Project on 4 Simple Life Changers for 2012:**

- Volunteer for one new organization this month. Volunteers have lower health care costs and report higher levels of well-being. Also: new studies find that altruism is as addictive as sugar or cocaine. So, try it once and you'll be hooked.
- Make one new happy friend this month. Each new happy friend you add to your network increases your happiness by 15%.
- Get down to one TV screen in your home. Americans watch about 5 hours per day but studies show the happiest people are only watching about an hour. Reduce TV watching to only one room of the house to make your hour of watching worthwhile.
- Put a scale in your bathroom. People who weigh themselves each day weigh about 17 lbs. less over the course of two years than people who never weigh themselves

Thank you for choosing to be a part of the "Got a Minute? Eat with Me" campaign!

To be eligible to win the grand prizes, you will need to take the pledge to eat 4 or more meals together each week as a family, fill out the pre-survey, and the post-survey. The post-survey will be available online after the campaign is completed on February 29, 2012.