

"Got a Minute? Eat with Me"



January 2012
Focus Topic: Underage
Drinking



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Get More Entries in the Prize Drawing!

Don't forget that by going to our website at 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 New Year! We hope that you enjoyed your time with family during the holidays and were able to find time to eat together and spend time together. We have had 489 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!

Marijuana Use in Clinton County

Every 3 years, students in 6th grade, 8th grade, and 11th grade take the Iowa Youth Survey. This survey asks questions about drug and alcohol use.

- More than 95% of students surveyed said that they believe their parents would be disappointed if they used marijuana.
- 23% of students reported believing that using marijuana once a week has slight to no risk of harm.
- 96% of students state that their parents would think that it was wrong or very wrong for them to use marijuana.
- *Area of concern:* Students who report that it is easy for a student their age to get marijuana is decreasing, but still of a concern.
- *Another area of concern:* Other states have reported that the legalization of marijuana for medicinal purposes has shown a decrease in the perception of risk/harm that youth report in regards to marijuana.

Family Meals Have



Many Benefits for Kids

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

Fewer drugs: Research done by Columbia University has found that teens who have family meals five or more times a week were 42% less likely to drink alcohol, 59% less likely to smoke cigarettes and 66% less likely to try marijuana

Visit Our Website

www.gotaminuteclinton.com

Test Your Knowledge:

Marijuana use has been associated with:

- A. Cancer
- B. School Failure
- C. Traffic accidents
- D. Sexually transmitted diseases, including AIDS, because of multiple sexual partners
- E. B and C
- F. All of the above

Parents Matter: Information on "The Talk"

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

Talking about sex may be uncomfortable for both parents and children so it is important to be prepared for "the talk" with correct information. Parents should respond to the needs and curiosity level of their individual child, offering no more or less information than their child is asking for and is able to understand. Openly discussing sex with your child allows you to let your child know about your family's morals and values. Websites such as childrennow.org and talkwithkids.org are good places to find correct information for "the talk".

According to Facts for Families, it is important to talk to your child about the responsibilities and consequences that come from being sexually active so that they can make the decisions that are best for them without feeling pressured to do something before they are ready. Studies show that children who feel they can talk with their parents about sex are less likely to engage in high-risk behavior as teens than children who do not feel they can talk with their parents about the subject. Parents play a big part in their child's decision making and it is important to have correct information so "the talk" will be the most beneficial for you and your child.

Resource: Talking to Your Kids About Sex, "Facts for Families," No. 62 (5/05)

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

Family Fun Ideas from the YWCA

eliminating racism
empowering women
ywca

Winter is a time that families find themselves cooped up in their house feeling restless and starting to spring fever. At the YWCA we have lots of activities to keep you and your family motivated during the winter season.

Family Get Fit is a wonderful program that offers a variety of activities for your family to experience! We have speakers every other Tuesday starting the 10th of January, Family focused workouts the opposite Tuesday nights, and four Friday "fun nights" that will run through January! Stop in or call the YWCA for more information about getting your family out and doing things during these winter months!

We also have open gym and open swim times for your family to enjoy whether you are a member or just dropping in for a family day pass!

If the weather is frightful (hard to imagine when we have had



ANSWER:
F. Marijuana use has been associated with all of the above.

CORNY CHICKEN FINGERS

Makes - 4 servings

Ingredients:

1 pound chicken breast cut into ½ inch slices
1 egg
2 tablespoons water
3 cups corn flake cereal
Salt and pepper to taste
Optional for a different taste: 1 teaspoon Italian seasoning

Directions:

Preheat oven to 350 degrees.

Crush cereal to a coarse powder texture in a plastic bag. Add salt and pepper and the optional Italian seasoning.

Beat egg with water in a dish large enough to dip the chicken.

Dip chicken pieces into egg mixture then press them into the cereal powder until covered.

Place on greased baking sheet ½ inch apart.

Bake for 18-20 minutes.

Other ideas:

Serve with salsa, catsup, ranch dressing, or other dipping sauces of choice.

Add sides of vegetable sticks or cooked vegetables, homemade French fries, and fruit.

Let the kids help prepare this recipe to have more quality family time.

sunshine and upper 40's), here are some activities you can do at home to help break the winter blues:

1. Have a board game night! Drag out the old Monopoly board or checkers and have a family tournament!
2. Make a marshmallow tinker toy creation! All you need are marshmallows and pretzels to create a really cool 3D image!
3. Make an Aquarium Dessert following these easy steps
3 packages blue gelatin
9 ounces red cinnamon candy or small speckled jellybeans
1/2 gallon capacity new fishbowl or large, clean glass bowl
gummi fish
a few small pieces curly lettuce, kale or purple endive, washed and patted dry
gummi bears and gummi life savers

In separate glass bowl, prepare the gelatin according to speed-set directions. Make a gravel layer using the jellybeans or red hots. Slowly pour liquid gelatin into fish bowl. Try not to disturb the "gravel." Place in the refrigerator and chill until slightly thickened. Add aquarium "plants". Use a skewer to place them on the bottom of the tank. Also add gummi fish at this time. For a finishing touch, have bears "floating" on the lifesavers.

4. Have a family movie night! Instead of a current release pull out an old favorite from when you were a child to share with your children!

Clinton Council

PTA

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The holidays are over and families are settling into the routine of a new calendar year. As your "Got a Minute? Eat with Me" challenge continues, look to your school's PTA for opportunities to spend time with your family.

Clinton Council PTA is hosting our annual Reflections reception on Sunday January 15th at 1:30 at Jefferson Elementary. Fine arts enrich our children's lives and increase academic achievement. National PTA has been sponsoring the Reflections Art Program for more than 40 years. Categories include: Visual Art, Literature, Photography, Musical Composition, Dance Choreography, and Film Production. This year's theme was "Diversity Means ..." The citywide reception is a wonderful opportunity to watch children and their families celebrate the arts together. We encourage you to attend the reception to have a cookie and enjoy the artwork!

PTA meetings are back on track with the conclusion of the holidays. Many schools try to make meeting nights family friendly by offering free child care and some even offer a meal! Stop by the school and

check out a meeting.

For more information go to www.iowapta.org or contact Maribeth Bousman, President of Clinton Council PTA at 563.613.0096 or mbousman@asac.us.



The community of Clinton submitted their application to become a Blue Zones Community and will hear February 12 if they have been selected. The Blue Zones initiative is a community lead movement to ignite and improve the well-being of the Clinton area. Wouldn't it be great to live in a community that is happier and healthier. In Blue Zones Communities, people will live longer, happier lives free of chronic disease because the healthy choice becomes the easy choice. The Blue Zones Project will focus on permanent environmental and policy changes that will make the healthy choice the easy choice.

Researchers found that people who live in Blue Zones share nine common lifestyle behaviors that have a direct impact on their increased well-being and longevity. These healthy behaviors, called

the Power 9 Principles, center on moving naturally, eating wisely, knowing your life's purpose, and belonging to a social community. The Power 9 Principles are easy, small steps that everyone can take in their daily lives to feel better, live longer, and be happier. These simple behaviors are patterned after the lifestyles of people who live in the Blue Zones.



One of the Power 9 principles is Family First : Living in a thriving family is worth half a dozen extra years of life expectancy. "Got a Minute" campaign is an easy way to take time to Invest in your kids and family.

Enjoy the family meal, you're developing those important family relationships and adding quality years to your life.

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.