

CE S News

Communication, Education, Service



President's Message

Hello, everyone. It has been a while since the last newsletter. I hope everyone has survived Hurricanes Gustav and Ike. We need to keep everyone affected by these two storms in our thoughts and prayers.

I would like to take this time to thank everyone for their thoughts, prayers, cards and flowers. I am feeling much better and am back to work full time. I do still have one more surgery to face, but it will be at least 6 months before that happens. And Faye, thanks bunches and bunches for all your help during my recovery. Everything was handled beautifully. I couldn't ask for better support from this board and members.

I am excited and encouraged by the number of members going to the National Convention in Nashville. It is great to see more members getting involved. I am looking forward to the convention, not only for the chance to meet other CES organizations, but also for the fellowship with our own group.

Our next two meetings will be held October 1 at 1:00 p.m. and November 5 at 1:00 p.m. Both meetings will be hosted via distance ed. The host site will be 104 Efferson in the conference room.

Debra Davis sent a notice out concerning Annual Conference. Once again they will be having The AgCenter Market. We did the bake sale last year, and had some modest success. If CES would like to do that again this year, please let me know.

We need to begin thinking about our own annual conference. It is going to be held this year at the Rice Research Station in Crowley. The dates are May 1 and 2, 2009. We already have cooks in place to feed us. Please send suggestions on themes or ideas to me, either by e-mail (jdavis@agcenter.lsu.edu) or call at 225-578-8791. I don't know about anyone else, but I always have the best time at our conference. Getting together with friends and meeting new members is great.

Included in this issue is the application form for the Rosalie Bivin Professional Development Scholarship. Two scholarships are awarded yearly. I encourage anyone who is interested to apply.

Until next time, take care and God bless!

Jodi Davis
President
Chi Epsilon Sigma

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Dates to Remember

- November 5** CES Board Meeting, 1:00 p.m.
104 Efferson Hall, all distance ed sites will be available
- May 1-2** Chi Epsilon Sigma Epsilon Chapter Annual Conference
Rice Research Station, Crowley, LA

Pumpkin Cake Roll

1 $\frac{3}{4}$ cups sugar	1 $\frac{1}{2}$ cups flour
1 16-oz. can pumpkin	6 eggs or egg substitute
2 tsp. soda	1 tsp. cinnamon

Mix these ingredients together well. Grease a cookie sheet with vegetable cooking spray. This recipe makes 3 loaves with about 1 $\frac{2}{3}$ cups of batter used per loaf. Then bake at 375° F for 12-15 minutes. Once your batter is cooked take a towel and lay it over the cake. Flip the cake out on the towel as soon as you remove it from the oven. Roll up the cake in the towel and refrigerate for 1 hour.

Filling:

1 stick butter	4 cups powdered sugar
2 8-oz. low-fat cream cheese	2 tsp. vanilla

Mix above ingredients together well. Once your mixture is creamy, unroll your bread and spread your filling, distributing the mixture evenly. Use about one cup of filling for each roll. Be careful not to spread too close to the edges or your filling may seep out. Carefully roll up bread, slice and it's ready to serve or wrap in foil and place in refrigerator for storage. Each roll of this luscious dessert serves 6 – 8 people.



Let Me Introduce You!

CES member Mary Baronet has been with the LSU AgCenter for 18 years and 8 months. She has been in civil service for over 27 years. She currently is located at the Southwest Region Office as an administrative program specialist.

Mary has been married to Gregory Blaine Baronet for 24 years. They have two sons,

Cody, 21 and Brady, soon to be 15. Mary and Greg will also be welcoming a new daughter-in-law, Colleen O'Brien in June 2009.

Mary and her family enjoy going out to their camp at Toledo Bend as much as possible. Mary's passion is helping all support staff find their voice in this state.

These are a few of Mary's favorite things:

Favorite Color—Red

Favorite Aroma—Eucalyptus

Favorite Food—Oysters—raw or cooked any way

Favorite Music—Classic Rock, 70s

Favorite Song—"Give Me One Reason"

By Tracy Chapman

Favorite TV Show—The Closer

Favorite Movie—Not much of a movie watcher, but most recent were The Bourne Trilogy (The Bourne Identity, The Bourne Supremacy and The Bourne Ultimatum) (Loves Matt Damon!)

Have you ever watched kids on a merry-go-round
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight
Or gazed at the sun into the fading night?

You better slow down
Don't dance so fast
Time is short
The music won't last

Do you run through each day on the fly
When you ask "How are you?" do you hear the reply?
When the day is done, do you lay in your bed
With the next hundred chores running through your head?

You'd better slow down
Don't dance so fast
Time is short
The music won't last

Ever told your child, "we'll do it tomorrow"
And in your haste, not see his sorrow?
Ever lost touch, let a good friendship die
'Cause you never had time to call and say "Hi"?

You'd better slow down
Don't dance so fast
Time is short
The music won't last

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift....
Thrown away...

Life is not a race.
Do take it slower
Hear the music
Before the song is over.



Author Unknown

Mission Statement:

The purpose of this fraternity shall be to maintain the standards and ideas, uphold the morale, prestige and respect of the LSU AgCenter support staff; to develop an effective working relationship and spirit of fraternal fellowship among present and emeriti employees of the LSU AgCenter support staff; to encourage professionalism; and to recognize, share and reward professional excellence in job performance.

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We're on the web!

www.lsuagcenter.com/en/administration/about_us/professional_organizations/chi_epsilon_sigma/

Eat Healthfully to Achieve and Maintain Good Health

Eating healthfully is one of the most important things women can do to achieve and maintain good health. Even if you have not eaten nutritiously in the past, you can make changes in your diet that will help you have more energy and lower your risk of disease.

Women, on average, require fewer calories than men, but their need for other nutrients is just as high. Men need more calories than women because women are usually smaller and have a higher fat percentage and less muscle than men. More calories are needed to maintain muscle than fat.

Some of the nutrients that may be lacking in women's diets that are linked to health problems include:

Calcium: Low calcium intake can lead to bone fractures and osteoporosis. Women are at higher risk than men for osteoporosis. This occurs because women, compared with men generally consume less calcium, have smaller bodies and bone mass, and live longer. The hormonal changes occurring after menopause also accelerate bone loss.

The good news is you can reduce your risk of osteoporosis by getting enough calcium, vitamin D and weight-bearing exercise. This is especially important for young girls between the ages of 8 and 16 when most bone density is formed, a process that continues until around age 35. Getting adequate calcium and vitamin D is essential for women of all ages - even after menopause, eating calcium-rich foods results in slower bone loss. Daily calcium needs for an adult woman are approximately 1,000 milligrams. After the age of 50, the need increases to 1,200 milligrams. Some nutrition experts estimate that just one in 25 women older than 60 consumes enough calcium.

Milk and yogurt are convenient and easy to consume sources of calcium and protein that promote healthy bones and teeth. Three cups of milk supply about 900 milligrams of calcium. Besides dairy products, good sources of calcium are calcium-fortified cereals and soy drinks, tofu made with calcium sulfate, canned salmon and sardines, and leafy, dark green vegetables. Many women may also take calcium supplements, as recommended by their physicians.

Vitamin D: Vitamin D helps the body use calcium to build strong bones and teeth and maintain muscle strength. Vitamin D, known as the "sunshine vitamin" can be found in foods and is made in our bodies when skin is exposed to sunlight's UV rays. Ten to fifteen minutes of sun exposure on the face, arms, hands, or back without sunscreen at least twice a week is recommended to meet vitamin D needs of most people. Dark-skinned people may need more than this amount.

As we grow older, our bodies' ability to make vitamin D from sun exposure declines. At age 70 vitamin D production is only 30% of what it was at age 25. The Recommended Dietary Allowance for vitamin D increases with age: ages 50 and younger need 200 IU (international units); ages 50 to 70 need 400 IU; and, those over 70 need at least 600 IU.

The Dietary Guidelines recommend 1000 IU for certain people, such as housebound individuals. Because vitamin D is a fat-soluble vitamin and is stored in the body, it can potentially become toxic at high levels - 2000 IU or greater.

Good food sources of vitamin D include vitamin D-fortified milk and orange juice, fatty fish such as salmon and sardines, egg yolks, and fortified breakfast cereals.

Folate

Low consumption of folate, especially by women of child-bearing age, can lead to birth defects. It is crucial for women to know that by consuming adequate daily amounts of folate or folic acid through a varied diet, birth defects such as spina bifida can be prevented. The daily recommendation for all women capable of becoming pregnant is 400 micrograms of folic acid from fortified foods and/or supplements. Good sources of folate include, spinach, navy beans, peas, nuts, lentils, oranges and enriched grain foods.

In addition to the importance of folate in preventing birth defects, evidence shows that low blood levels of folic acid are linked with a higher risk of fatal coronary heart disease and stroke. Folate, along with vitamins B6 and B12, has been shown to reduce the blood level of homocysteine, a natural product of the breakdown of protein in the body. A high level of homocysteine in the blood may promote fatty deposits in blood vessels by damaging the inner lining of arteries and promoting blood clots.

Iron

For women of childbearing age, iron deficiency may occur because of blood loss through menstruation. Women aged 19 - 50 need more than twice the amount of iron as men of the same age - 18 milligrams compared to 8 milligrams. During pregnancy a woman's requirement is even greater. Besides becoming anemic, iron deficiency may cause fatigue and affect performance.

Most men get the iron that they need from the food they eat. Since women have lower calorie needs, getting enough iron is a greater challenge.

Meat, fish, and poultry are rich in iron. Plant foods that are naturally high in iron include spinach, chard, beans (pinto, kidney, black), lentils, and split peas. Most grain foods, including cereals, pasta, and bread, are now fortified with iron. Eating vitamin-C rich foods, such as orange juice or tomatoes, along with foods high in iron will increase the amount of iron the body absorbs.

Fiber

Lack of fiber can lead to certain types of cancers, heart disease and constipation. An adult woman needs approximately 21 grams to 25 grams of fiber per day. Good sources of fiber include apples, blueberries, figs, raisins, broccoli, carrots, peas, lentils, brown rice and whole-wheat pasta and bread.

The USDA MyPyramid is the government's guide to help meet the challenge of choosing foods to get the nutrients needed for good health. Plan meals and snacks that include healthy choices from the MyPyramid food groups including:

Grains

Vegetables

Fruit

Lean Meat and Beans

Milk

For additional information about eating healthfully using the USDA MyPyramid, contact the LSU AgCenter Extension agent in your parish.

Beth Reames, PhD, LDN, RD

Professor and Extension Specialist

LSU AgCenter

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During our annual conference this year we pulled names with those attending for "Secret Pals". This is a fun activity that started at last year's conference. If it continues to work well, we will consider keeping this an annual event held during annual conference. Mollie Johnston graciously volunteered as chairman of the Secret Pal activity. Mollie has everyone's name that pulled and also who you pulled. So if you lost your Secret Pal information, please contact Mollie.

Please remember your Secret Pal for birthdays, anniversaries, and holidays. This is a fun activity that will work if everyone remembers to send notes, cards, or small gifts to their Secret Pal. Mollie will be sending out reminder e-mails during the year to help us remember our Secret Pals.



The
Rosalie J. Bivin Professional Development Scholarship
Guidelines

Must be a current, paid member of Chi Epsilon Sigma – Epsilon Chapter.

Must be at least a 2-year member.

Must submit a completed application no later than November 17, 2008. If you are mailing the application, please be sure to mail it so that we receive it on or before November 17th. Applications received after November 17th will not be considered.

Two \$250 scholarships will be awarded to the top two applicants.

Winners will receive their scholarship funds when they have enrolled in and submit proper documentation that they are enrolled in a class.

After completing the class, scholarship recipients must submit a copy of their grade or certificate of completion and a brief summary on how it benefited them as a person and as an employee.

Scholarships should be used for registration fees, books, travel, supplies and any incidentals pertaining to the class.

Please submit your application to:

Chi Epsilon Sigma Scholarship

Jodi Davis

P. O. Box 25100

Baton Rouge, LA 70894

Any questions please contact Jodi Davis (225) 578-8791.

