

# Independent Living

Franklin County Department of Social Services

## PORTION DISTORTION

People today eat way more than they used to — and way more than they need to. This means that they're constantly taking in more calories than their bodies can burn. Unfortunately, lots of us don't realize that we're eating too much because we've become so used to seeing (and eating!) large portions. Portion sizes began to increase in the 1980s and have been ballooning ever since. Take bagels, for example: 20 years ago, the average bagel had a 3-inch diameter and 140 calories. Today, bagels have a 6-inch diameter and 350 calories. One bagel that size actually contains half a person's recommended number of grain servings *for an entire day!* The price of such overabundance is high. It's common knowl-

edge that people who consistently overeat are likely to become overweight. But they also risk getting a number of medical problems, including high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, breathing and sleeping problems, and even depression. Later in life, people who overeat are at greater risk for heart disease, heart failure, and stroke.

It's easy to understand why the food industry tends to serve way more food than is necessary: Customers love to feel like they're getting the best value for their money! But the value meal is no deal when it



*How much will you eat this holiday?*

triples our calories and sets the stage for health problems.

So what can you do to take back control? A good place to start is knowing about two things that can help you eat smart: **serv-ing sizes** and **recommended amounts** of different foods.

[www.teenshealth.org](http://www.teenshealth.org)

### SPECIAL POINTS OF INTEREST:

- 12/13/08 Holiday Traditions Event at the Franklin Center from 12-2
- 12/22/08 Cooking Class at Foodies in Roanoke—meet at FCDSS at 10:00 or meet us at Foodies at 11:00

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## HOW TO WASH YOUR HANDS

According to the Centers for Disease Control and Prevention (CDC), hand washing is the "most important means of preventing the spread of infection." Here's how to wash them well and perhaps avoid a cold or the flu.

### INSTRUCTIONS

**Difficulty:** Easy  
**Steps**

#### Step One

Turn on the sink and get your hands wet with warm water.

#### Step Two

Use plenty of soap and rub hands together vigorously for at least 10 seconds.

#### Step Three

Wash palms, backs of hands, wrists, fingers and under fingernails.

#### Step Four

Rinse hands thoroughly with warm water.

#### Step Five

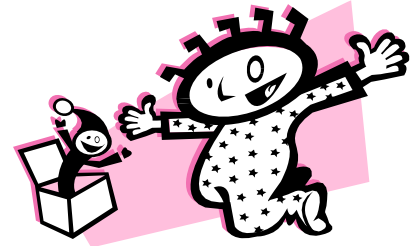
Dry hands with a clean towel or paper towel.

#### Step Six

Turn off the sink with the towel - this prevents reinfection of your hands.

#### Tips & Warnings

Wash hands before you cook, eat, put in or take out contact lenses, or treat a cut. Also wash them after you go to the bathroom, handle uncooked meat or poultry, change a diaper, blow your nose, play with a pet, or take out the garbage.



*Don't spread germs this season!*

Use liquid soap in a pump-dispenser; bars of soap can become contaminated with bacteria.

#### OVERALL THINGS YOU'LL NEED

[Mild Liquid Soap](#)

[Hand Or Wash Towels](#)

*"Hand washing is the "most important means of preventing the spread of infection."*

## ARMY BENEFITS

As a soldier in the Army or Army Reserve, you'll get a regular paycheck and earn promotions based on merit alone. As an Army Reserve Soldier on annual training, you will receive free room and board or a generous housing allowance, the same as an active duty Soldier. You'll work hard, learn a skill and make some of the best friends you'll ever have.

Plus, you'll earn other benefits while on active duty:

Medical and dental care

Professional-grade sports facilities such as pools, golf courses and gyms

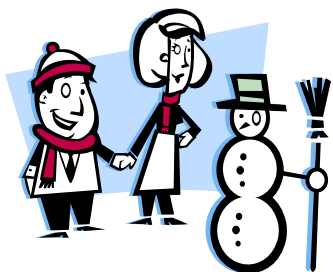
Recreation centers, clubs, libraries and movie theaters

Low-cost, convenient shopping at the post exchange and commissary

Low-cost life insurance providing \$400,000 of coverage.

[Www.goarmy.com](http://www.goarmy.com)

1-800-USA-ARMY



*What are your career interests?*

## COMFORTING CAREER: FUNERAL DIRECTOR

The funeral service industry may not be a career you've considered, but it's an industry that touches everyone's lives.

Although it does involve dealing with bodies through the process of embalming, consider it more of a human services career, as the majority of the practice involves counseling and helping families.

In order to become a funeral director you must be licensed by your state. Typically you need 2 years of study in a mortuary science program, do a year apprenticeship, and pass the state licensing exam.

A typical day brings irregular work hours. You'll deal with emergencies at all hours and meet with families of the deceased during the day.

If you have a desire to serve people and give back, then this might be a career to consider.

Average Salary: \$49,620

Job Environment: About 20 percent of funeral services industry professionals are self-employed.

[Www.nextstepmag.com/careers](http://www.nextstepmag.com/careers)

## TENANT RIGHTS...

§ 55-248.13. Landlord to maintain fit premises.

A. The landlord shall:

1. Comply with the requirements of applicable building and housing codes materially affecting health and safety;
2. Make all repairs and do whatever is necessary to put and keep the premises in a fit and habitable condition;
3. Keep all common areas shared by two or more dwelling units of the premises in a clean and structurally safe condition;
4. Maintain in good and safe working order and condition all electrical, plumbing, sanitary, heating, ventilating, air-conditioning and other facilities and appliances, including elevators, supplied or required to be supplied by him;
5. Maintain the premises in such a condition as to prevent the accumulation of moisture and the growth of mold, and to promptly respond to any notices from a tenant as provided in subdivision A 9 of § [55-248.16](#);
6. Provide and maintain appropriate receptacles and conveniences, in common areas, for the collection, storage, and removal of

ashes, garbage, rubbish and other waste incidental to the occupancy of two or more dwelling units and arrange for the removal of same; and

7. Supply running water and reasonable amounts of hot water at all times and reasonable air conditioning if provided and heat in season except where the dwelling unit is so constructed that heat, air conditioning or hot water is generated by an installation within the exclusive control of the tenant or supplied by a direct public utility connection.

B. The landlord shall perform the duties imposed by subsection A in accordance with law; however, the landlord shall only be liable for the tenant's actual damages proximately caused by the landlord's failure to exercise ordinary care.

C. If the duty imposed by subdivision 1 of subsection A is greater than any duty imposed by any other subdivision of that subsection, the landlord's duty shall be determined by reference to subdivision 1 of subsection A.

D. The landlord and tenant may agree in writing that the tenant perform the land-



Contact Legal Aid for landlord/tenant issues

lord's duties specified in subdivisions 3, 6, and 7 of subsection A and also specified repairs, maintenance tasks, alterations and remodeling, but only if the transaction is entered into in good faith and not for the purpose of evading the obligations of the landlord, and if the agreement does not diminish or affect the obligation of the landlord to other tenants in the premises.

*“Two out of every 100 high school athletes will play college sports; two out of every 1,000 college athletes will play professional sports. Touchdown catches, track records will likely fade away, but your education will never fade away.” ~Bennie Wylie, Texas Tech University Football Coach*



*Credit will make the difference in renting, buying, even getting insurance!*

## CREDIT...DID YOU KNOW?

If your application for credit is denied, the potential creditor must tell you so and why. If an adverse decision is based on information obtained from a consumer reporting agency, the creditor must also tell you how to get a copy of your credit report from the agency that provided it. You should not be charged for this report

if you request it within 60 days after receiving notification that your credit application was denied. These protections are made available to you through federal laws known as the Equal Credit Opportunity Act and the Fair Credit Reporting Act.

FYI—your credit report can

be requested free once a year by you. Go to [www.annualcreditreport.com](http://www.annualcreditreport.com) and check out your credit. Make sure there aren't accounts on there that aren't yours. This is a great way to check for identity theft!

453 South Main Street  
Rocky Mount, VA 24151

Phone: 540-483-6853  
Fax: 540-483-6851  
E-mail: pav067@piedmont.dss.state.va.us  
Web-site: www.franklincountyva.gov/ss-independent-living

*You're growing up and getting older. You're spreading your wings and getting ready to fly. You're reaching your limits. You're figuring out what life means to you. And we're here to help you along your journey to independence and adulthood. Reaching independence gives you rights and responsibilities that you've never had before and both are a lot to deal with. Getting ready for independence can be a lot of work, but it can be fun as well. Are you getting ready to go to college? Let us help you by taking you on a campus tour, assisting with financial aid applications, and applying for college. Are you heading for the workforce? We'll help with the resumes and practice the job interview with you. Come make new friends. Learn more about what's waiting for you in the real world. Pick up some helpful skills before you're on your own.*

## GINGERBREAD

6 cups all purpose flour  
1 3/4 cups sugar  
2/3 cups shortening  
1 tablespoon ground cinnamon  
1 tablespoon ground ginger  
2 teaspoons double-acting baking powder  
1 1/4 teaspoons salt  
1 teaspoon baking soda  
1 teaspoon vanilla extract  
1 eight-ounce container sour cream  
2 eggs

**To prepare dough:** Into large bowl, measure 3 1/2 cups flour and remaining ingredients. With mixer at low speed, beat until well mixed, constantly scraping bowl with rubber spatula. With hand, knead in remaining 2 1/2 cups flour to make a soft dough. Wrap dough in plastic wrap and refrigerate 2 hours or until dough is not sticky and is of easy kneading consistency.

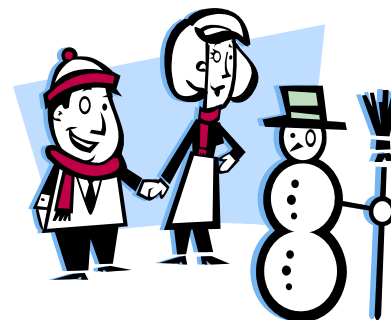
**To roll dough:** Keep refrigerated until ready to use. Working with half of a batch at a time on a lightly floured work surface with lightly floured hands, knead dough until smooth. Then on a greased and floured 17" x 14" cookie sheet, with lightly floured roll-

ing pin roll dough to 3/16" or 1/8" thickness. You can use dowels of the same size at either side of the dough on the cookie sheet to help create a uniform thickness. (For easy rolling, place cookie sheet on a damp cloth to prevent it from slipping.)

**To cut and bake dough:** Make your pattern pieces of heavy cardboard. Lay them on the dough and using a sharp knife use as many pieces as you can from the rolled dough on your cookie sheet, leaving at least 1/2" inch between the pieces. Remove scraps and reserve for re rolling. Preheat oven to 350 degrees. (Place cookie sheet in the refrigerator if there is room while the oven preheats. Bake until golden brown and very firm when lightly touched with your finger. Remove cookie sheet from oven and cool on wire rack 5 minutes. Carefully remove the baked pieces from cookie sheet and place on wire rack to cool completely.

**Note:** If you need to do some trimming do it while the cookie dough is warm out of the oven.

You may need to make several batches of dough to complete your project, but don't multiply and try to do it all at



*Making baking cookies a holiday tradition at your house!*

once...the process just doesn't work that way.