

# Make the Healthy Takeout Choice

Ordering takeout, picking up curbside-to-go, or grabbing food from the drive-thru can often be a convenient option for families with busy schedules. It's also a fantastic way to support local business when you want to take a night off from cooking. Restaurants offer a variety of delicious foods, and while it can be challenging to make healthy choices when ordering out, it's not impossible.

Many restaurants have their menus posted online with detailed descriptions about the foods they offer. This makes it much easier to select healthier options for the whole family, if you have time to plan. If picking items up while out, take a few moments to review the menu before ordering your regular options. Consider these tips for making the healthiest choices:

- Look for choices that are baked, grilled, roasted, sautéed, or steamed. These are going to be the best choices with the most nutritional value.

- Choose vegetables as a side, when offered. Opt for items that are not

## Extension Notes

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Family & Consumer Sciences

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fried or breaded, when available. Side salads, baked potatoes, and vegetable-based soups are fantastic choices.

- Add vegetables. If you want a sandwich or burger, add lettuce, onion, or tomato. If you ordered a pizza, add veggies as a topping.

- Ask for sauces and dressings to be on the side. This will let you choose how much you add to your food. Remember, these items are there to complement the dish, not be the overwhelming flavor.

- Consider your drink options. Water, unsweetened tea, and diet soda can be good alternatives to regular sodas and sweetened teas. However, if you like the sugar-sweetened options, choose a smaller size or go half-cut (half-sweet, half-unsweet tea).

Family meals can be part of your routine,

even when grabbing items to-go. You may not be cooking together, but you can always eat together while supporting your favorite local spots.

Reference:

<https://www.eatright.org/food/nutrition/eating-as-a-family/tips-for-ordering-takeout-or-delivery>

Source: Emily DeWitt, Extension Associate for FCS Extension

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# On-going burning in our hearts

By Dawn Reed

I needed two things at Food City. It had started to rain and I HATE getting my head wet so my son dropped me off at the door. Knowing it would be a quick trip, I told him to stay close. Mask on, I entered the store.

Quick as a wink, I made my purchases and was back at the door. Seeing his silver car parked right outside, I hurried to the car, opening the door in a rush. One leg in, I was sitting down in the seat, when a COMPLETE STRANGER said, "Umm, ma'am, I think you may be in the wrong car." Horrified, I jumped out, "Ohmygoodness! I'm so sorry!" I laughed a little too hysterically. "I thought this was my son's car!"

Here's the thing: when my head gets wet in the rain, it chills me

to the bone. Five minutes later I have the sniffles. Then, I get a scratchy throat and need some over-the-counter cold medicine. I had let my fear of getting a cold distract me. In my hurry to stay dry, I rushed to a place I didn't need to be.

Regarding the Coronavirus, I was masked up and ready. I raced in, used the self-check-out and then sprinted out. But, then a much smaller concern had me all freaked out. Has fear ever distracted you?

Thankfully, I can go to God's Word for an applicable true story. The disciples were caught in a storm-actually, a squall which was much worse. Matthew 14 reports that it had scared the willies out of them even though several were experienced fishermen. The waves were too high, wind

too fierce, thunder too loud! When Jesus appeared, they thought He was a ghost!

Peter yelled out, "If it's You, call me to come out there!" Jesus called, "Come," and Peter did. For just a bit, he walked right out there with Jesus! It was awesome! Then, in a nanosecond, he got distracted by the wind and waves! Suddenly, he found himself where he didn't want to be! Immediately Jesus reached out and grabbed him!

Every day it seems there's more to be concerned about. Covid 19 is larger and closer by the minute! Like the disciples-and we can be brave one minute and scared the next. That day, Jesus invited Peter to walk with Him through uncertain waters. He invites us to walk with Him, too.

## Senior Graduation Items— Delivery Date Information:

Herff Jones will be here for a delivery date of senior items (Caps/Gowns, graduation announcements, any other senior items ordered but not yet delivered) on Thursday, May 14th from 10AM-1PM for a curbside pick-up.

I will send out more detailed information about how this is going to be set up with instructions closer

to the date of delivery.

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## SAVE YOUR RUSSELL COUNTY PARK LAKE CUMBERLAND

There is a proposal to expand Lake Cumberland Marina (Alligator II) to include the Russell County Park (Old Alligator I site). This proposal includes:

- 1.26-mile walkway connecting to the Park. Walkway will be lined with new boat slips.
- Utilization of the existing free fishing and recreational parking at the Park by dock patrons.
- New fishing pier/courtesy dock connected to the Park for dock patrons.
- An unexplainable endorsement by the Russell Co Fiscal Court

This proposal was previously denied by the Corps (May 2019) and found to be a **burden to recreation and not in the public interest**. It would occupy a narrow channel in the Wolf Creek arm and compromise use of the Park. Russell County Park is a destination point for many locals and tourists since there are only four large public access points on the lake-not associated with a marina. This proposal:

- Unprecedented in scope for Lake Cumberland marina development.
- Creates a cumulative 1 hour 20-minute (round trip) no wake zone in the creek.
- Impedes launching at low water by blocking the low-water ramp built during drawdown.
- Creates boat hazards in this narrow channel at low-pool levels.
- Parking for fishing and recreational users will be used by dock patrons.
- Creates a fishing pier/courtesy dock laying on the ground during low water conditions.
- Had **no support** at Summer 2019 public hearing held at Salem school
- Jeopardizes your free launching in the future

The Corps of Engineers has now prepared an Environmental Assessment addressing this proposal and they have included an **Alternative #3** in this report to allow the same level of dock expansion on the lake side of the marina. It is a **very reasonable compromise** and allows:

- Same number of boat slips and floating boat houses-despite 60+ slips currently empty.
- Minimizes the no-wake zone expansion.
- Provides the same economic/tourism benefits for Russell County.
- Full utilization of the Russell Co Park for its intended purpose and ensures free launching.

**To prevent the proposed development from impacting the enjoyment of our lake we need your involvement. Please send your comment by May 12, 2020 in support of Alternative 3 to:**

Email: [CorpsLRNPlanningPublicCom@usace.army.mil](mailto:CorpsLRNPlanningPublicCom@usace.army.mil)

Mail: Corps of Engineers  
ATTN: CELRN-PMP (T.Wiley)  
110 9th Ave South, Room A-405, Nashville, TN 37203

**Please ACT NOW by sending your comment!**

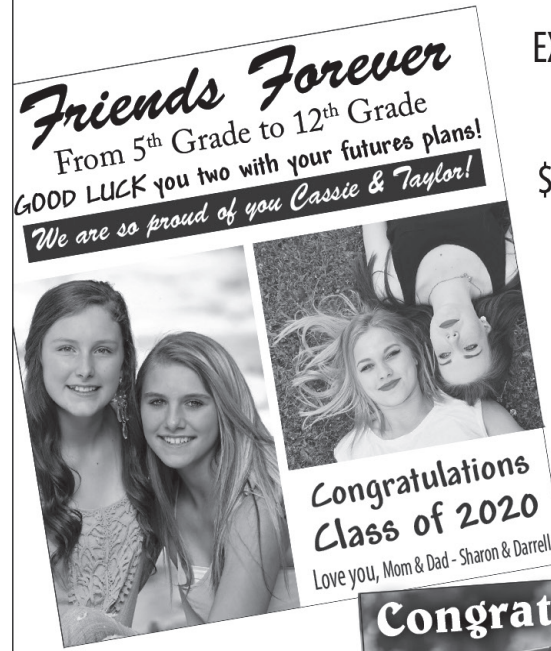
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