

HEALTHY, WEALTHY, AND WISE

Practical Knowledge for Everyday Living



November 2006
Volume 1, Issue 11

Agent's Corner

As winter approaches, many of our seasonal friends are returning to our neck of the woods to enjoy our mild climate. Welcome back!

Also approaching is the advent of the holiday season, with Thanksgiving, Hanukkah, Christmas, and New Year's occurring one after the other.

Remember that the holidays are not about how many gifts you get or give, but about appreciating what you have and being thankful for each day.

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Family & Consumer Sciences Agent

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DID YOU KNOW?

The only 15-letter word that can be spelled without repeating a letter is "uncopyrightable."



$$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$$



The only letter that does not appear in the Periodic Table is "J."



Only humans sleep on their backs.

Consumer Alert: Identity Theft

Skilled identity thieves use a variety of methods to steal your personal information, including:

Dumpster Diving. They rummage through trash looking for bills or other paper with your personal information on it.

Skimming. They steal credit/debit card numbers by using a special storage device when processing your card.

Phishing. They pretend to be financial institutions or companies and send spam or pop-up messages to get you to reveal your personal information.

Changing Your Address. They divert your billing statements to another location by completing a "change of address" form.

"Old-Fashioned" Stealing. They steal wallets and purses; mail, including bank and credit card statements; pre-approved credit offers; and new checks or tax information. They steal personnel records from their employers, or bribe employees who have access.

This information was taken from the FTC brochure, "Deter-Detect-Defend: Avoid Identity Theft."



SECTION A: THE GOOD LIFE



Safety First



Always have your keys ready as you approach your vehicle or home for faster entry.

Whether you're walking, driving, shopping, or spending time at home, your personal safety is important. Being vigilant about certain risks can help keep you safe.

Have your keys ready when approaching your car or home. Have lights in all entrances and good locks on all doors and windows.

Know which neighbors you can trust in an emergency. Never give personal information to telephone solicitors.

Be careful about using ATMs at night. Don't overload yourself with packages—these can become a hindrance in an emergency.

Don't read while walking. If you wear a purse with a

shoulder strap, be prepared to let it go if it's snatched.

Check inside and around your car before getting inside. Do not pick up hitchhikers.

Park in well-lit, high traffic areas. Keep car doors and windows closed and locked at all times.

Do not open your door to strangers and request ID from maintenance workers.

Dryer Sheets: Not Just for Laundry Anymore

The simplest household items can have the most amazing uses. For instance, dryer sheets are good for more than just freshening the laundry.

Wiping your tv screen or computer monitor with a used dryer sheet will eliminate static electricity.

Placing a dryer sheet un-

der the car seats will freshen your car and help keep pests at bay.

Placing a dryer sheet in your pocket will help repel mosquitoes.

Cut back on trash can odor by placing a dryer sheet at the bottom of the can.

Deodorize those stinky sneakers by placing a dryer sheet in them overnight.

A used dryer sheet will collect dust and pet hair from surfaces.

Dryer sheets eliminate that musty odor from books and photo albums that aren't opened too often.

"China is a big country, inhabited by many Chinese."

Charles de Gaulle



This easy-to-make craft can help you and your guests show your thanks this holiday season!

Gratitude Grows on Trees

This Thanksgiving, make a "Thankful Tree" to display all the things you're grateful for.

You will need:

Flowerpot
Art sand
Bare tree branch
Colored craft foam

Scissors

Permanent marker

Ornament hangers or paper clips

Directions:

Fill the flowerpot with sand and insert the tree branch.

Cut out leaves using the

craft foam.

Have each person choose a leaf, write their name on one side, and something they're thankful for on the other.

Hang each leaf on the tree by inserting an ornament hanger or paper clip through the leaf stem.

SECTION B: HOME ON THE RANGE



'Tis the Season for...Salmonella?

Ah, Thanksgiving. Or what we Americans lovingly refer to as "Turkey Day."

It's an annual tradition among many to roast a turkey to celebrate this national holiday. Some even have roast beef and ham.

Whatever your choice, please remember that

unlike a good steak, poultry and pork should never be even a little bit rare in the middle.

The proper minimum internal cooking temperature for poultry—stuffed or not—is 165°F. That's the temperature taken in the thickest part of the meat (the breast).

For pork, the minimum

internal cooking temperature is 155°F unless it is stuffed, then it's 165°F.

For roast beef, the minimum internal cooking temperature is 145°F, maintaining that temperature for at least 15 minutes.

And remember, always use a calibrated thermometer for accuracy.



Prepare your turkey safely this holiday season.

Crazy for Cranberries

The cranberry. It's versatile and unassuming. Yet it packs a powerfully nutritious punch.

Cranberries, a holiday tradition, add a touch of tang to beverages, a splash of color to the dinner plate, and can even add to the décor of any room in creative ways.

Packed with free-radical fighting antioxidants, cranberries can help maintain health and can even help ward off ailments such as urinary tract infections.

Cranberries are also a good source of potassium, vitamin C, and vitamin K, and a cup of whole cran-

berries has only 46 calories! Cranberries also contain almost 5 grams of fiber per cup—that's over 20% of your total recommended daily allowance.

So, when you're gathered 'round the Thanksgiving table, don't forget to say, "Please pass the cranberry sauce!"

"A closed mouth gathers no feet."

American Proverb

Flavor of the Month: Spiced Apple Iced Tea

Add spice to your holiday with this cool beverage!

Ingredients:

- 3 cups cool water
- 2 pitcher-sized or 6 glass-sized tea bags
- 1 cup apple juice
- 2 Tbsp. sugar
- 1/8 tsp. ground cinnamon (optional)

Directions:

In 2-quart pitcher, pour cool water over tea bags; brew 5 minutes, dunking tea bags occasionally. Remove tea bags. Stir in apple juice, sugar and cinnamon. Pour into ice-filled glasses and garnish, if desired, with apple slices.

Cook's Note: For best results, be sure to use tea bags specially formulated to brew in cold water.

Makes 4 servings.

SECTION G: ODDS & ENDS



Volunteer News: HCE & The Guild

HCE News: The next meeting for the HCE will be November 6, 2006 at 3:00 pm. It is time to enroll for the new year and elect new officers. The registration fee is \$8.00 annually. The mission of HCE is to strengthen individuals, families, and communities through Education, Leadership and Action. If you have any questions feel free to contact the office.

GUILD News: The November Birthday lunch is scheduled for November 6, 2006. Please join in the festivities. The Guild will hold their annual Christmas party December 4, 2006. It will be a pot luck lunch with gifts and games. Please limit your exchange gift to a \$5.00 maximum. It is always a good time; please mark your calendars. Enjoy the holidays and as always, thank you for your support.

November Birthdays

Louise Auger

November 25

Breakfast with Santa: December 9, 2006
8:00–11:00 Rogers Auditorium
–Pancake breakfast cooked and served by the Palmetto Kiwanis Club

–Pictures with Santa and Mrs. Claus

–Christmas Crafts

–Ellen Meade Dancers

–Guild Gift Table

If you are available to help at the event please call the office. Happy Holidays.

Upcoming Events & Important Dates

November 6 1:00 – 3:00 Guild Birthday Lunch
3:00 – 4:00 HCE Meeting

November 10 Veteran's Day Observed
County Office Closed

November 13, 20, 27 Guild Meeting
1:00 – 3:00

November 23, 24 Thanksgiving Holiday
Office Closed

December 4 1:00 – 3:00 Guild Christmas Party

Manatee County Extension Service

Solutions for your life.

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HAPPY THANKSGIVING!

