

HEALTHY, WEALTHY, AND WISE

Practical Knowledge for Everyday Living



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Agent's Corner

Rain, rain, go away. Just kidding! It's a bummer sometimes to look out the window and see the rain pouring down on the day you had big outside plans. But remember, we spend the rest of the year dry as a bone, wishing for rain. So enjoy it while it lasts and know that the rain is doing its part to keep the plants green and the dust down.

If your plans get ruined, improvise! Have an indoor picnic or gather the family together for a board game.

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Family & Consumer Sciences Agent

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The Wordsmith

quisling /KWIZ-ling/ (n.): one who commits treason; collaborator

Example: Today, Benedict Arnold is considered one of the worst *quislings* in American history.

Simply Florida: A Taste of Flavors from the Sunshine State

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Samantha at (941) 722-4524 or by visiting <http://www.simplyflorida.org>.

Consumer Alert: Used PCs

If you think you've completely erased your personal files from the hard drive of your old personal computer (PC), think again. According to *Consumer Reports*, used PCs that have been touted as "refurbished" and "wiped clean" may, in fact, still contain the personal files of its previous owner. These files can be easily retrieved with simple, inexpensive software available to anyone.

Why is this a problem? Well, less-than-honest people are out there buying up old computers just to see how much personal information they can extract from them. They, in turn, use this information illegally

for their own gain. This is another means of identity theft.

If you want to donate or resell your old computer, by all means do it. But be sure to properly erase your personal files first. (Remember, emptying the recycle bin does not mean the files are gone forever.) A free program called Eraser (www.heidi.ie/eraser) is available that cannot only expunge selected files from your computer, but can erase an entire drive.

In today's world of cyber thieves, one can never be too careful.



Featured Food: Rhubarb

Ah, rhubarb. It's delicious sweet and tart flavor adds zip to many delectable desserts. But did you know that rhubarb, whose stalks resemble red celery and whose leaves are toxic, is actually a vegetable?

Rhubarb is also very nutritious. Per one cup serving, rhubarb has only 26 calories and is packed with 351 milligrams of potassium and 2.2 grams of fiber! The fiber in rhubarb also helps lower both LDL (bad) and total cholesterol levels in the blood. Each cup also contains more than half of your daily need of vitamin K.

Rhubarb season in the United States runs from April to September. So there's only a couple months left to pick some up. Don't delay!



Keeping Those Berries Fresh

There's nothing quite as delicious on a hot summer day as some cool, fresh berries. Raspberries, in particular can be a little fussy, so here are some tips for keeping those beautiful berries fresher longer:

Choose plump berries. Avoid the ones that look mushy, dull, or crammed into the carton too tightly.

Gently spray raspberries with water and drain them on paper towels right before using. They tend to absorb water, so submerging them may make them mushy.

Raspberries can be stored in the refrigerator for up to three days. Discard the moldy ones and keep the rest in a single layer on a stack of paper towels.

Most of all, enjoy as soon as possible!

"It's not who we are that holds us back, it's who we think we're not."

~ Michael Nolan ~

Not All (Wo)Men are Created Equal...

...when it comes to the symptoms of a heart attack.

For men, the symptoms are usually chest pain and pressure and left-arm pain.

For women, symptoms may include abdominal pressure, fatigue, nausea or heartburn, dizziness, shortness of breath, and/or jaw, neck, back, or upper-shoulder pain.

Have No Fear, Niacin is Here!

There are many B vitamins and the ones you hear about most often are folate, B₁₂, and maybe B₆.

Niacin is an unassuming, yet vitally important B vitamin. It is so important, in fact, that it is one of the five major enrichment nutrients, along with thiamin, riboflavin, folic acid, and iron. (Enrichment nutrients are those that have been stripped away during processing and are added back later.)

What does niacin do? Well, niacin helps cells release the energy muscles need to make your body move. The body can make its own niacin from the amino acid tryptophan, but it also gets niacin from foods.

The recommended daily intakes for niacin differ for men and women. Men generally need 16mg a day, while women only

need 14 mg. That's because men tend to have more muscle mass than women.

Some good natural sources of niacin include meats, fish, poultry, legumes (peas & peanuts), and seeds. Whole grains are good sources, too. Even refined grains (white breads, crackers, etc.) contribute some niacin to the diet since the FDA has required them to be enriched since 1945.

Eating a balanced diet should provide you with adequate niacin. Multi-vitamins also provide niacin. Be sure to read the label to see how much.

Foods such as whole grains are good sources of niacin.



The Perfect Pill for Your Pain

Headache? Back pain? Arthritis? Believe it or not, not all over-the-counter pain pills are created equal. Certain compounds are better for certain types of pain. For example:

Acetaminophen (e.g. Tylenol) is best for fever and sprains. It may cause liver damage if taken in high doses (> 4,000mg a day) for more than two days.

Naproxen (e.g. Aleve) is best for joint pain linked to osteoarthritis and for preventing mouth pain if taken before dental work.

Ibuprofen (e.g. Advil) is best for menstrual cramps, fever, sprains, and joint pain.

Aspirin (e.g. Bayer) is best for heart health when taken in low doses. High doses relieve pain, but can cause stomach damage.

Naproxen, ibuprofen, and aspirin may cause stomach pain, heartburn, dizziness, and constipation if not taken with food (no milk).

Did You Know?

The average American consumes 61.5 pounds of refined sugar every year. That's more than twelve 5-lb. bags per person each year!

Do You Need A Living Will?

The short answer is yes. The thought of creating a living will makes some people uncomfortable. But it is very important to make sure that your wishes are clear to your doctors and loved ones.

Creating a living will is easy. There is a list of state-specific living will forms available on the **Caring Connections** website (www.caringinfo.org), which is a service of the National Hospice and Palliative Care Organization (NHPCO). Once you have completed the form, be sure to discuss it with your loved ones so they fully understand your wishes.

You should also give your spouse or close, trusted relative medical and durable power of attorney. Medical power of attorney allows the person to make healthcare decisions for you, while durable power of attorney gives the person control over your financial and other legal decisions. Consult an attorney.

Work in Comfort

Whether at home or at work, many Americans spend long hours at a computer. Improper positioning of your equipment can lead to pain. Try these tips:

Lighting. Working in dim light can cause eyestrain. Add extra light with a desk lamp.

Monitor. The monitor should be at eye level with the keyboard directly in front. If you have to look down or turn your head to see the screen, you need to make adjustments.

Keyboard. The height of the keyboard should be seated elbow level. This will help prevent strain on wrists, forearms, and shoulders.

Mouse. This should be positioned close to the keyboard to prevent excess strain on the neck, wrist, or arm.

Chair. Your feet should be flat on the floor and your spine and head should be upright (straight line between ears and hips).

*"If you are patient in one moment of anger, you will escape a hundred days of sorrow."
Chinese Proverb*

Flavor of the Month: Rhubarb Crisp

Ingredients

1 c. light brown sugar	4 c. sliced rhubarb
1 c. all-purpose flour	1 c. granulated sugar
3/4 c. quick oats	2 Tbsp. cornstarch
1/2 c. melted butter	1 c. water
1 tsp. cinnamon	1 tsp. vanilla

Directions

In a mixing bowl, combine brown sugar, flour, oats, butter, & cinnamon; mix together until crumbly. Press half the mixture into a buttered 8-inch square baking dish. Top with the sliced rhubarb. In a saucepan, combine the granulated sugar, cornstarch, water, and vanilla. Cook together until clear, then pour over rhubarb. Top with remaining crumb mixture and bake at 350°F for 45 - 55 mins.

Guild & HCE Update

GUILD: Just a reminder of the Stitch 'n Pitch Night with the RAYS. August 18 at 7:00 pm—Tickets are \$8.00. If you are interested contact Cindi Edwards or the office for more information.

Distribution Day will be August 27, 2007 so plan on bringing in any of your finished items.

HCE: The annual conference is scheduled for October 8 -10, 2007.

Manatee County is in charge of the opening ceremonies program. We have

been working on the banner and the hands for placement. We will need to finalize all preparations by the end of the September meeting on September 10, 2007. If you have any questions or suggestions please feel free to contact Samantha. Also anyone planning to attend the ceremonies or the conference for the week must have the registration papers complete by September 21, 2007. Thank you so much for everyone's continued support and the great job you are doing to help make Manatee County Volunteers among the best.

August Birthdays

Ann Van Wormer	August 3
Velma Mosely	August 9
Shirley Murray	August 11
Joyce Mitchell	August 11
Georgia Ralston	August 12
Shirley Nadeau	August 14
Jackie Brodfuehrer	August 16
Agnes Carter	August 23
Sharon McClellan	August 28

83rd Annual FAHCE Conference
October 8 -10, 2007
Plantation Inn & Golf Resort
Crystal River, Florida

Deadline for Hotel Registration & FAHCE
Registration is September 21, 2007

Upcoming Events & Important Dates

August 6, 2007 1:00 pm	Guild Birthday Lunch
August 6, 2007 3:00 pm	HCE Meeting
August 13, 20, & 27, 2007 1:00 pm	Guild Meetings
September 3, 2007	Labor Day CES Office Closed
September 10, 2007 1:00 pm	Guild Birthday Lunch
September 10, 2007 3:00 pm	HCE Meeting
September 17 & 24, 2007 1:00 pm	Guild Meetings

Manatee County Extension Service

Solutions for Your Life.

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AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

