

HEALTHY, WEALTHY, AND WISE

Practical Knowledge for Everyday Living



October 2007
Volume 2, Issue 10

Agent's Corner

It's October already, can you believe it? This year has simply flown by. Here at the Extension office we are starting to get into the swing of our Fall schedule. Farm City Week, a major annual event in our county, will take place in November. Breakfast with Santa will be in December. Not to mention all the classes, workshops, and other great events that will be taking place here.

For more information about Extension events, please visit: <http://manatee.ifas.ufl.edu/county-calendar.htm>.


Samantha Kennedy, M.S.
Family & Consumer Sciences Agent

In This Issue:

- Agent's Corner 1
- Consumer Alert: Light Bulbs 1
- Fun in the Sun...Safely! 2
- Common Kitchen Concerns 2
- Flavor of the Month 3
- National Mammography Day 3
- Breast Cancer: Are You at Risk? 3
- Clean More Than Just Your Teeth 4
- Birthdays 4
- Upcoming Events 4

The Wordsmith

jape \JAYP\ (v.): to say or do something jokingly or mockingly

Example: Members of the younger generation **jape** at the size and low-tech quality of early cellular phones.

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: Light Bulbs

With global warming in the news, one of the biggest issues is energy conservation. What are some of the little things we can do to use less energy?

One of the simplest and easiest ways to use less energy is by replacing traditional incandescent light bulbs with compact fluorescents (CFLs)—you know, those spiral bulbs that are touted for their energy efficiency.

CFLs are great and do use less energy than traditional bulbs, but they may not be the right bulb for the job in every situation. While they can last over three times longer than incandescents, they take much longer

to come to full brightness. So, if you need full light instantly, like in a staircase, your best bet is to use an incandescent bulb.

When choosing a CFL, read the package carefully. Watts reflect the amount of energy the bulb uses. Lumens lets you know how much light the bulb gives off. If replacing traditional incandescent bulbs with CFLs, choose a CFL that has as many lumens as the traditional bulb while using the fewest number of watts.

With just a few small changes, we can all become more energy efficient!



Fun in the Sun...Safely!

Be Safe in the Sun. Always use sunscreen if you plan to be in the sun for more than 20 minutes. Re-apply after a lot of swimming or sweating. Also, use sunscreen that is at least SPF 15. If you are very fair-skinned, use a higher SPF and spend less time in the sun.

Be Safe in the Heat. Drink plenty of fluids (but be careful if you must restrict fluids). Avoid alcoholic beverages as these—as well as caffeine drinks such as soda—can lead to dehydration. Again, use sunscreen and wear loose-fitting clothes that cover as much of your skin as possible. Sun-damaged skin loses its ability to keep the body cool.

Be Safe on the Sand. Bring shoes or sandals to walk on hot sand. The dry, top layer of sand can get quite hot despite its light color. Walking on hot sand can feel like walking on hot pavement to your bare feet. Watch for broken glass and sharp shells. The soft sand can hide these hazards. Avoid coming in contact with jellyfish that have washed up on the shore. Even dead jellyfish can have active stinging cells.

Be Safe in the Surf. Learn to swim. If you are not a fair swimmer, do not wade in water deeper than your knees. If possible, swim in areas protected by lifeguards. Be aware of riptides. These powerful underwater currents pull down and across instead of just away

from shore and can knock you off your feet and pull you under. If you encounter a riptide, walk or swim across the flow, not against it. This will get you out of it safely! Don't panic if you feel a fish or crab around you. Remember, the ocean is their home. Shark bites are extremely rare and the small sharks near shore are looking for smaller fish, not you! Watch out for advisories regarding potentially dangerous wildlife near shore.

Be Safe around Florida Critters. Florida is home to an amazing variety of insects and small animals. Taking reasonable precautions will allow you to safely share your space with them. Avoid fire ants. You won't find them on the beach, but large mounds may be present in the grassy areas around the beach. Don't disturb them! They can swarm very quickly and their bites are painful. Mosquitoes can also be pests, particularly around dawn and dusk. Beach breezes normally keep them away from shore, but more inland their numbers explode. Also, NEVER feed a wild animal. This encourages them to "invade" your space more often and can lead to harmful consequences for both you and the animal.

Information courtesy of Dr. Carol Lehtola, Extension Agricultural Engineering Safety Specialist, University of Florida IFAS Extension.

Common Kitchen Concerns

When you think about contamination, what usually comes to mind? Bacteria and viruses, right? Those tiny things that you can't see but you know can cause big problems if not handled properly. But there are many types of contaminants, not just biological ones. Here are a few things to look out for that you may not have thought about before:

Lead: Lead leached from some types of ceramic dinnerware into food and beverages can be a big source of dietary lead intake. To avoid overexposure, don't store acidic foods in ceramic containers. Don't store beverages in lead crystal containers for extended periods. Avoid or limit the use of antique or collectible housewares for food and beverages.

Aluminum: There has been speculation, but no proof, linking aluminum with Alzheimer's disease. If you are concerned, avoid preparing acidic foods like tomato sauce in aluminum pans.

Microwave Packaging: The high temperatures inside a microwave can cause some components of food packaging materials to migrate into the food products at unsafe levels. To avoid this, only use containers deemed "Microwave Safe" when preparing food in the microwave.

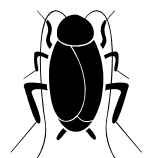
Insects, Rodents, and Dirt: Avoid storing food under the sink or in cabinets where water, drain, and heating pipes are located. Always wash the tops of cans with soap and water before opening.

Information courtesy of the article, "Can Your Kitchen Pass the Food Safety Test?" by Paula Kurtzweil.

"Food is an important part of a balanced diet."

-Fran Lebowitz-

Pests such as cockroaches can spread germs. So keep those kitchens clean!



Flavor of the Month: Crunchy Veggie Wraps

Ingredients:

1/4 c. reduced-fat mayonnaise	2 c. fresh spinach leaves, stems removed
1 Tbsp. fresh lime juice	1 small ripe avocado, peeled and sliced
1 tsp. grated lime peel	1 medium red bell pepper, cut into strips
4 8-inch whole wheat tortillas	1 medium carrot, cut into strips

Directions:

In a small bowl, combine the mayonnaise, lime juice, and lime peel. Heat the tortillas in the microwave for 15-20 seconds on high to make it easier to roll them. Spread each tortilla evenly with the mayonnaise mixture. Arrange the spinach leaves on top of each tortilla, then the avocado slices, bell pepper, and carrots. Roll the tortillas up tightly. Place them seam sides down on a serving plate.

Makes 4 servings.

"I'm living so far beyond my income that we may almost be said to be living apart."

~ee cummings~

National Mammography Day is
October 19.

To find a facility near you, please contact:

The American Cancer Society
1-800-227-2345

The National Cancer Institute
1-800-4-CANCER

Have you had your annual mammogram yet?

Breast Cancer: Are You at Risk?

Age: The risk of breast cancer increases as a woman grows older. About 82 percent of breast cancers occur in women age 60 and older. The risk is especially high for women age 60 and older. Breast cancer is uncommon in women younger than age 35.

Personal History: Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again.

Family History: The risk of getting breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives had the disease. It is important to know how old they were at the time they were diagnosed.

The Breast Cancer Genes: Some individuals, both women and men, may be born with an "alteration" (or change) in one of the two genes that are important for regulating breast cell growth. Individuals who inherit an alteration in the BRCA1 or BRCA2 gene are at an "inherited" higher risk for breast cancer. They also may pass this alteration on to their children. It is very rare - scientists estimate that

only about 5-10 percent of all breast cancer changes are likely to develop breast cancer. Women with a family history of breast cancer are encouraged to speak to a genetics counselor to determine the pros and cons of genetic testing.

Having an Early First Period: Women who begin menstruating before age 12 are at increased risk of developing breast cancer. The more menstrual cycles a woman has over her lifetime, the more likely she is to get the disease.

Having a first pregnancy after age 25 or 30: Although early pregnancies may help lower the chances of getting breast cancer, particularly before the age of 25, these same hormonal changes after age 35 may contribute to the incidence of breast cancer.

Having no children: Women who experience continuous menstrual cycles until menopause are at a higher than average risk.

For more information about breast cancer, please visit the American Cancer Society at <http://www.cancer.org/>.

Clean More than Just Your Teeth

Isn't it great when there is more than one use for common household items? For instance, if you have dentures and use those fizzy tablets to clean them, you have a very useful tool right at your fingertips.

Here are just a few ways those tablets can be used elsewhere:

Clean the toilet. Drop several tablets into the bowl, let them dissolve, scrub, and flush.

Polish diamonds. Drop one tablet into a glass of water and immerse your diamonds for two minutes. They'll come out sparkling!

Clean a thermos. Does that insulated bottle retain stains and odors? Fill the bottle with water, drop in three denture tablets, and let it soak for at least one hour. Then rinse thoroughly.

Clean a vase. Fill the vase with water, drop in one tablet, and let it dissolve. Then rinse.



Upcoming Events & Important Dates

October 1, 2007 1:00 - 3:00 pm	Guild Birthday Lunch
October 1, 2007 3:00 - 4:00 pm	HCE Meeting
October 8 -10, 2007	HCE State Conference
October 8, 15, 22, & 29, 2007 1:00 -3:00 pm	Guild Meetings
October 16, 2007 3:00 pm	Advisory Board Meeting Haley Room
October 23, 2007 10:00 am	HCE District Planning Meeting –Polk County Extension Office
October 31, 2007	Happy Halloween!!!!

October Birthdays

Joy Cleveringa	October 4
Marcia Kaszuba	October 12
June Schulte	October 19
Edith Ireland	October 22
Dee Flanagan	October 25
Patsy Davis	October 31

TAKE CHARGE OF YOUR DIABETES

Have you been diagnosed with type 2 diabetes?
If so, this may be the program for you!

WHEN: Classes run for eight weeks beginning October 10, 2007

TIME: Wednesdays 5:30 -7:30 pm

WHERE: Manatee County Extension Office in Palmetto
Call the office for more information (941) 722-4524

UF UNIVERSITY of
FLORIDA
IFAS Extension
Manatee County Extension

Solutions for Your Life.

Samantha E. Kennedy, M.S.
Family & Consumer Sciences
1303 17th Street West
Palmetto, FL 34221
Phone: 941-722-4524
Fax: 941-721-6608
Email: skennedy@ufl.edu

CHECK US OUT ON THE WEB!
[HTTP://MANATEE.IFAS.UFL.EDU](http://MANATEE.IFAS.UFL.EDU)



October is National Breast Cancer Awareness Month

