

HEALTHY, WEALTHY, & WISE

Live Well. Be Well.



May 2008
Volume 3, Issue 4

Agent's Corner



Greetings!

Yay for May! May is one of the best months of the year because the temperature's just right. It's not too hot or too cold and the humidity hasn't reached epic proportions yet.

Of course, May usually means lovebugs, but hey, you can't have everything.

Have a great May. Take care of yourself.



Samantha Kennedy

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Family & Consumer Sciences Agent

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The Wordsmith

truculent \TRUCK-yuh-lunt\ adj.: feeling or displaying ferocity: cruel, savage

Example: Adolf Hitler and Josef Stalin were *truculent* leaders.

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>.

Fast Fact

For all you skydivers and parasailers out there, say *merci beaucoup* to Jean-Pierre Blanchard.

He invented the parachute in 1783.



Let's Get Grilling!

Nothing says summer like the smell of food cooking on the grill. Chicken, hot dogs, burgers, corn on the cob...you name it. It just seems to taste better when grilled. To maximize that flavor of your grilled foods, however, you need to keep your grill clean. (That black stuff on the grates? That's not 'flavor', that's gunk.)

If you have a gas grill, be sure to check the propane tank. If it's rusted or corroded, replace it.

Grease and bits of food sometimes fall through the grates into the firebox. Periodically clean the drip pan and remove the

grates and burners to clean the firebox. Always consult the owner's manual for the proper procedure.

You should clean the grates before and after cooking with a stiff wire brush, but do not use soap. Before cooking, oil the grates by dipping a pad of paper towels in vegetable oil and dragging it across the grates with tongs.

Use mild, soapy water to remove grease from the exterior surfaces, then rinse. Do not use harsh cleaners as these may leave a residue.

Adapted from *Consumer Reports*, June 2008.

Living Well



Add Sizzle to Your Steak

Sticking with the grilling theme, here are a few tips for grilling that perfect steak this summer:

- Use beef you've just bought or that has been refrigerated for up to three days, not meat that has been frozen.
- Preheat the grill on high for at least 10 minutes. Clean and oil the grates.
- Trim excess fat from the steak. Then season the meat with freshly ground pepper and kosher or coarse salt, using a little more salt than usual since some will drip off during cooking.
- To get those great grill marks, place the steak diagonal to the grates facing left (10 o'clock).
- Then cook the same side on the right diagonal (2 o'clock).
- Flip the steak and repeat the previous two steps.
- Keep the lid closed while cooking.
- Grill a boneless steak, such as rib-eye or sirloin, 1 to 1 1/2 inches thick, for 90 seconds for each step if you prefer rare meat.
- Steak with a bone, such as a porterhouse, should be grilled for two minutes per step for rare.
- Add 30 seconds per step for medium-rare. Cook for 3 minutes per step for medium-well. Remove steak from the grill.
- A meat thermometer should register 145°F for medium-rare, 160°F for medium, and 165°F for medium-well, according to the U.S. Department of Agriculture.

Taken from *Consumer Reports*, June 2008.

Kitchen Tip

To avoid those ugly tomato sauce stains on your plastic microwaveable containers, make sure the food is cooled first, then lightly coat the containers with cooking spray before putting the food in.



Get the Skinny on Fats

There are many types of fat, and contrary to popular belief, they are not all bad. Fat is an essential part of a healthy diet, but many people think they need to be avoided like the plague.

Below is a guide to help you “crack the code” about the different types of fat.

Monounsaturated fats. These fats are liquids at room temperature and are derived from plants. These fats can help lower cholesterol when used as a substitute for saturated fat. Some good sources of monounsaturated fat are canola, olive, and peanut oils as well as peanuts, pecans, and avocados.

Polyunsaturated fats. These fats are liquids at room temperature and are derived from both plants and fish. They can help lower cholesterol when they replace saturated fat in the diet. Some good sources of polyunsaturated fat are safflower, sunflower, soybean, corn, and sesame oil as well as sunflower seeds, soybeans, tuna, mackerel, salmon, and most nuts.

Saturated fats. These fats are solids at room temperature and are derived mostly from animals. They raise the harmful LDL cholesterol and increase risk for cardiovascular disease. Some sources of saturated fats are beef, lamb, pork, bacon, cheese, full-fat yogurt, butter, and whole milk as well as coconut, palm, and palm kernel oils.

Trans fats. These fats are produced when liquid oils are hydrogenated to create solid fats such as shortening and margarine. They can raise LDL (“bad”) cholesterol and lower HDL (“good”) cholesterol. Sources of trans fats are foods made with partially hydrogenated oils such as convenience snack foods (chips, cookies, cakes), butter, and some meat and dairy products.

Adapted from *Cooking Light*, April 2008.

"My dog and cat have taught me a great lesson in life... shed a lot." - Susan Carlson

5 Ways to Prevent a Stroke

May is both National Stroke Awareness Month and National High Blood Pressure Month. In honor of those two observances, here are five ways to help lower your risk of both.

1. Exercise regularly. I know, I know. We hear this all the time, everywhere we go. But do you know why this mantra sounds like a broken record? Because it's the truth! Exercise is one of the best things for your body, both physically and physiologically. This doesn't mean going out and running a marathon tomorrow, but moderate exercise helps reduce blood pressure by making the heart stronger, which in turn reduces the risk of stroke. Exercise also decreases your risk of developing diabetes and help lower cholesterol, too.

2. Drink moderately. Increased or excessive alcohol consumption has been linked to an increased risk of stroke. Why? The reason isn't quite clear, but research from the University of Cincinnati has shown that having more than two drinks a day is associated with a particularly deadly type of stroke caused by the rupture of a blood vessel on the surface of the brain.

3. Control your weight. See number 1 above. Exercise and weight control are strongly linked. Losing just 5 to 10% of your body weight has been shown to decrease the risk of stroke.

4. Eat a healthy diet. Diets high in cholesterol and saturated fat can raise blood-cholesterol levels. Cholesterol sticks to the inside of arteries and blood, in turn, sticks to those spots, increasing the risk of blood clots forming. Too much sodium increases the risk for high blood pressure. Eat plenty of fruits and veggies to decrease the risk of stroke.

5. Stop smoking. Two years after quitting smoking, the risk for stroke decreases significantly. After five years, the risk of stroke is the same as that of nonsmokers. The nicotine and carbon monoxide in cigarette smoke also damage the cardiovascular system, increasing stroke risk.

Taken from *Health*, March 2008.

"Hardware: the parts of a computer that can be kicked."

Jeff Pesis

The Sharpest Knife in the Drawer

Keep knives at their sharpest by washing them by hand. The dishwasher can dull blades. Sharp edges can be damaged if bumped against other items during the wash cycle. For best results, wash knives in warm water with regular dishwashing liquid and a sponge or cloth. Try not to let a knife sit in water, as it may damage the handle. Rinse, then thoroughly towel dry. Store the knife in a block or protective casing to shield the blade.

Taken from *Cooking Light*, April 2008.

Baked Salmon Dijon

This heart-healthy recipe is chock full of those polyunsaturated fats that help lower bad cholesterol. So eat up!

Ingredients:

- | | |
|----------------------------|------------------------------|
| 1 c. fat free sour cream | 1½ lb. salmon fillet w/ skin |
| 2 tsp. dried dill | ½ tsp. garlic powder |
| 3 Tbsp. scallions, chopped | ½ tsp. black pepper |
| 2 Tbsp. Dijon mustard | fat free cooking spray |
| 2 Tbsp. lemon juice | |

Directions:

- Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
- Preheat oven to 400°F. Lightly oil baking sheet with cooking spray.
- Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread

with the sauce.

- Bake salmon until just opaque in center, about 20 minutes.

Yield: 6 servings | **Serving size:** 1 piece (4 oz.)

Taken from *Keep the Beat, Heart Healthy Recipes* from the National Heart, Lung, and Blood Institute.

Know the Signs

When treating a stroke, speed is critical. The sooner the person can get help, the better off they'll be. Here are a few things you should know:

Stroke symptoms can last more than an hour, but sometimes, as in the case of a TIA, or Transient Ischemic Attack (a.k.a. "ministroke"), the signs can be very brief. (A TIA occurs when a blood clot temporarily clogs an artery, decreasing blood flow to the brain. They usually last about five minutes.)

Some signs of a stroke include:

- Numbness or weakness of the face, arm, or leg
- Confusion or trouble speaking or understanding
- Trouble walking, dizziness, or loss of balance
- Difficulty seeing in one or both eyes or pupils are different sizes
- Severe headache with no known cause
- Inability to smile or swallow

Taken from *Health*, March 2008.

May Birthdays

Eileen Schneider	May 6
Vicki Cole	May 7
Jean Mauger	May 7
Sue Freeman	May 10
Marcy Bouton	May 11
Sue Martin	May 19
Carol DeNike	May 21
Alicea Cole	May 23
Celia Strickler	May 31

Attention Guild Members!

We need to have a distribution day!
We are stuffed to the gills with afghans, booties, caps, and lap robes and we need to get them to the people who can use them.

Be thinking about a date.

Upcoming Events & Important Dates

May 12 & 19	Guild Meeting 1:00 - 3:00pm
May 26	Memorial Day (Observed) Extension Office CLOSED
May 31	Homebuyer and Hurricane Expo @ the Manatee Civic Center 10:00am - 3:00pm
June 2	Guild Birthday Lunch 1:00 - 3:00pm
June 9, 16, 23, & 30	Guild Meeting 1:00 - 3:00pm

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Solutions for Your Life.

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CHECK US OUT ON THE WEB!

[HTTP://MANATEE.IFAS.UFL.EDU](http://MANATEE.IFAS.UFL.EDU)



May is National Stroke Awareness Month

