

Living Well in Baker County

Dear Extension Friend:

October 2007



The month of September has come and gone already. If you're anything like myself you're probably wondering where the year has gone. I would like to take a moment and say "Thank You" to all of you who have made me feel so welcome here in the community as your new Family and Consumer Science agent. I am very excited to be a part of such a great group of people. In this month's newsletter I will be discussing several topics I hope you enjoy and find helpful.

In *Children* I will give tips to all you parents on how to assist

your child in homework. With football season in full swing I will give tips on how to make those tailgating parties safe in *Food Safety*.

Living in a world full of health issues I will discuss the disease of Diabetes in *Healthy Lifestyles*. I hope you find the article informative and just as important as I do.

House and Home has a few tips for beginners on how to build and stock a toolbox and *Money Matters* gives tips on how to get started on budgeting your finances. Budgeting finances can be overwhelming for some people. Knowing how to start the

process is very important. If you have any questions for me or have any ideas you would like to see in upcoming Newsletters please feel free to contact me at the Extension office.

Sincerely,

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Inside this issue:

Children: Assisting with Homework

Is homework time in your home a struggle? Homework is not only an opportunity for children to learn, but it also is a useful tool to get parents involved in their children's education.

There is no one right way to set up rules for homework, but listed below are some suggestions that may help the whole family succeed with homework: **Set a regular time.** The best time is one that works for your family. Remember that what works best for one family may not work well for others.

Find a good location. The best place should have good lighting and be set up with all the necessary supplies. Most importantly the area should be quiet and free from distractions.

Show interest and enthusiasm about your child's homework and be available.

When a child shows you

something he or she has done well, share his or her pride and make positive comments about it.

Set a good example. Children watch what we do. If we model good study skills, read, and organize our time well, our children will learn from our examples.

Give praise and encouragement. Homework can be tiring and frustrating. Make sure to praise children for their efforts, even if they are struggling.

Ask teachers what to expect regarding homework. Teachers have different rules on homework, so check in with your child's teacher at the beginning of the school year to find out what to expect.



Don't do your child's homework! Although this may be tempting at times, it is important for children to do the work themselves. If you do the work for them you are not allowing your child to understand and use information, not to mention you will not help them to become confident in their own abilities. If your efforts to help your child with homework are not successful it might be a good idea to get help from professionals. Your child's teacher or guidance counselor may have some ideas for helping with homework. If you need more help, he or she can refer you to professionals in the community, such as tutors or mental health professionals.

Source: Radunovich, University of Florida

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Food Safety: Tailgating With Caution

It's football season and if you're anything like me, you're loving it. Tailgating has become almost as fun as the game itself. Knowing and following a few simple food safety guidelines listed below will keep your tailgating experience safe from possible foodborne illness.

Defrosting

Completely defrost meat and poultry before grilling so it cooks more evenly. For safety, thaw meat in the refrigerator or thaw sealed packages in cold water. Defrosting meat in the microwave should only be done if the food will be placed immediately on the grill.



Transporting

When carrying food to another location, keep it cold. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler out of the direct sun and in the coolest part of the car. Avoid opening the lid too often to keep the cold air inside. Pack beverages in one cooler and perishables in a separate cooler.

Keeping Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent foodborne ill-

ness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

Cooking Thoroughly

Cook food to a safe internal temperature to destroy harmful bacteria.

Meat and poultry cooked on the grill often brown very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180°F; breasts, 170°F. Hamburgers made of

ground beef should reach 160°F; ground poultry, 165°F. Beef, veal, and lamb steaks, roasts, and chops can be cooked to 145°F. All cuts of pork should reach 160°F. *Never partially grill meat or poultry and finish cooking later.*

Reheating

When reheating fully cooked meats like hot dogs, grill to 165°F or until steaming hot.

Keeping Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served--at 140°F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook.

Serving the Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In hot weather (above 90°F), food should never sit out for more than one hour.

Remember that tailgating can be fun and safe at the same time. For more information on safe grilling practices visit www.solutionsforyourlife.com

Adapted from:

[Barbecue and Food Safety--FSIS/USDA.](#)



Healthy Lifestyles: What is Diabetes?

Diabetes is a disease that affects more than 7% or 20 million Americans. Unfortunately, nearly 6.2 million are unaware they have the disease. Although there is no cure, with proper care diabetes can be managed.

Diabetes is a disease that does not produce or properly use Insulin. Insulin is a hormone made in the pancreas that converts the food you eat into glucose (sugar). Glucose is the main energy source for the body.

Anyone can get diabetes, but some people have a greater chance than others. People who are at high risk for diabetes include:

- Those with a family history of diabetes
- women who have had babies weighing 9 pounds or more at birth
- women who had diabetes when pregnant
- African Americans, Hispanics and Native Americans

- people with high blood pressure
- people with very high cholesterol
- people who are obese
- persons over age 45

Types of Diabetes

Type 1. In type 1 diabetes, the pancreas stops making insulin. It usually develops before the age of 30. People with type 1 diabetes must take insulin to live.

Type 2. With type 2 diabetes, the pancreas doesn't make enough insulin and/or the insulin it makes doesn't work correctly. Most Americans diagnosed with diabetes have type 2.

Controlling Diabetes

Many people with diabetes live long healthy lives. However, diabetes can cause serious health problems like blindness, heart disease, and kidney disease. You can delay or prevent these problems by keeping your blood glucose levels in good control. Controlling blood glucose levels can be done by eating well, being physically active, losing weight, and tak-

ing medications if needed. For most non-pregnant adults with diabetes the goals for blood glucose are:

Before Meals: 80-120 mg/dL

After Meals: under 180mg/dL

Blood glucose goals may be different for people with other illnesses or conditions, and for the very young or for persons over age 65. Ask your doctor what the best blood glucose range is for you.

If you have diabetes, your best way to live well is to learn about the disease and work with your doctor to develop a healthy living plan that is right for you. You can help prevent health problems by taking an active role in your own wellness. Take control of your blood glucose and your health by taking good care of yourself. For more information on diabetes contact your local Extension office.

Source: Gal and Bobroff, University of Florida

House & Home: Building Your Toolbox



Every home needs some basic tools for use in simple maintenance. Keep all of your tools in your toolbox. That way you can always find your tools when you need them. A simple metal box is fine. Always put your tools back in the box after using them.

Important Tools To Have

A medium weight (12-13 ounces) claw hammer.

Two screwdrivers. There are two types of screwdrivers. Buy one of each type.

- A straight blade (flat head)
- A Phillips head (X-head)

The screwdrivers must fit into the head of the screw, so they come in several sizes. It is easier to put a screw into wood if you make a hole first. Pound a nail a little way into the wood. Remove the nail and put the screw in the hole made by the nail.

A pair of slip-joint pliers. They can be used for many jobs around the house. Use pliers to hold a nut while you turn a bolt with a screwdriver. Pliers can be used to bend or remove a nail or brad. A claw hammer can also be used to pull nails. Pliers can be used to cut wire or straighten a bent nail and to tighten or loosen a bolt.

An adjustable wrench. This tool can be adjusted to several sizes. It can be used to loosen or tighten nuts.

A package of mix sized nails and a package of mixed size screws.

A small can of penetrating oil. The oil can be used to lubricate nuts, bolts and for many other purposes.

A box of mixed-size wood screws and metal screws.

A package of mixed-size nuts and bolts.

A box of mixed-size nails.

A Picture Hanging Kit. Pounding a nail into a wall to hang a picture or mirror can damage the wall. An inexpensive picture hanging kit makes it easy to hang a picture without damage to the wall. It will also hold your picture more securely. There are two kinds of picture hangers.

- One kind of picture/mirror hanger has a metal hanger and uses a small nail to hold the hanger in place. This type will support the most weight.
- The other type of picture/mirror hanger uses a sturdy fabric tab that is glued to the wall. A hanger is at the bottom of the fabric tab. Generally, pictures are hung at eye level.

Source: Harrison, University of Florida

Events for October:



National Popcorn Month

In 1999 Secretary of Agriculture Dan Glickman proclaimed October as National Popcorn Month.

While every day is great for celebrating popcorn, October was chosen because of the popcorn harvest which takes place each fall in the Midwest. Each year when the new crop is harvested, it reminds us popcorn will always be the naturally fun snack for the entire family. Popcorn Poppin' Month is the perfect time to celebrate popcorn.



National Breast Cancer Awareness Month

National Breast Cancer Awareness Month (NBCAM) organization is comprised of several national public service organizations, professional medical associations, and government agencies working in partnership to build breast cancer awareness, share information and provide access to screening services. NBCAM, and www.nbcam.com, are a year-round resource for patients, survivors, caregivers and the general public.

BAKER COUNTY FAIR OCTOBER 5TH THRU 13TH



Bring the family to the FAIR and join us in having a bit of fun. Enjoy the local talent here in the Baker County area by taking a look at all of the exhibits. You will be able to see everything from Creative Crafts to Livestock and don't forget to enjoy the rides. HOPE TO SEE YOU THERE!

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Money Matters:

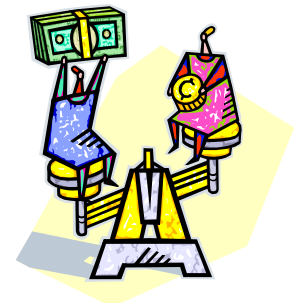
Budgeting is planning your expenses. This simple concept proves a challenging task for most of us. This publication should help you make a plan for your money. Budgeting helps you save for the things you want and allow you to live within your income by managing where your money is going. Budgets involve a system of record keeping. This can help you keep an annual record of all tax-deductible expenses. It is easier to plan a budget if you break down your spending for the past year. General categories such as food, clothing, personal care, entertainment, transportation, and shelter make this easier. The list below contains examples of "expense groupings" from successful budgets. Use these as a guide for setting up your own expense categories. You can combine categories such as putting all housing-related costs in one budget category. Some categories may not pertain to you at all. An example of this is the tax category. You should include taxes only if you usually pay more than is withheld from your paycheck. You can use this money to pay the quarterly payments for the excess amount. You should also include a savings and investment category. It is difficult to save without putting it in your budget plan. Saving takes discipline. This is true no matter whether you are saving for a new big screen TV or your children's college education. Failure to save leads to doing without or borrowing money and making interest payments that cut into money that you want to spend on other things.

Tried-and-True Guidelines

Keep similar expenses in the same category. Set up enough different categories so that you have a meaningful record of your expenses. Do not group too many different expenses into catchall categories. Keep the number of categories small enough to make bookkeeping simple.

Useful Family Budget Categories

1. Food
2. Housing
3. Housing Utilities
4. Housing Operation
5. Equipment and Furnishings
6. Transportation
7. Clothing
8. Personal
9. Health
10. Education
11. Business-Related Expenses
12. Recreation
13. Gifts, Contributions
14. Miscellaneous
15. Credit Cost
17. Emergency Fund
18. Child Care
19. Savings



Source: Turner, University of Florida