Why do we need zinc?

Zinc is a mineral that is found in almost every cell in our bodies. It’s needed for hundreds of chemical reactions. Zinc helps with:

- Keeping our immune system healthy
- Use of vitamin A in the body
- Normal cell replacement

Zinc is needed for optimal growth and development. It is critical for pregnant women and children to get enough zinc in their diets.

What happens if we don’t get enough zinc?

Zinc deficiency can affect the immune system, cognitive function, and growth in children. Severe zinc deficiency also can cause diarrhea, hair loss, poor appetite, skin disorders, and changes in taste. People who drink alcohol in excess are at high risk for zinc deficiency.

How much zinc do we need?

The recommended daily intakes of zinc for most adults are as follows:

- Men (age 19+) = 11mg/day
- Women (age 19+) = 8mg/day
- Pregnant Women = 11mg/day
- Breastfeeding Women = 12mg/day

How can we get enough zinc?

The best food sources of zinc are seafood, meat, poultry, beans, nuts, and some fortified cereals. The zinc found in animal foods is easily absorbed by the body. Whole grains also contain zinc, but it is not well absorbed.

How much is too much?

High intakes of zinc can be toxic. Large amounts of zinc also can interfere with absorption of other minerals. You should not get more than 40 mg of zinc a day, from food and supplements together.

Source: Linda B. Bobroff—University of Florida, Facts About Zinc (EDIS Doc FCS8705)
It's FAIR Time!

The Baker County Fair is quickly approaching and that means it is now time to gather your entries to display. Whether young or old, you can show off your talents at the fair! The Baker County Fair will begin on Friday, October 2nd and will run through Saturday, October 10th.

Artwork of all kinds are accepted for Home Arts entries. Some examples include photography, sculpture, painting, and drawings. Crafts are another fun project to enter into the fair. Needlework, quilts, garments, jewelry, wood carving, ceramics and flower arranging are just a few of the many crafts you may enter. Showing talent in the kitchen is another popular category with canning and baking. Canned products such as vegetables, fruits, relishes, jellies, and sauces will make nice entries. Baked products including breads, pies, cookies, and candies are also a wonderful way to display home talent. Home arts entries will be accepted at the fairgrounds from 12pm to 7pm on both Tuesday, September 29th and Wednesday, September 30th. Baked goods and candies will only be accepted on Wednesday, September 30th from 3pm to 7pm. If you have any questions regarding Home Arts entries please call the Baker County Extension Office at 259-3520.

If you have a green thumb, make sure you take the opportunity to display your gardening talents in the Horticulture area. Both adults and youth are encouraged to participate and are judged separately. Enter multiple plants (up to 25 entries are allowed) into one of many sections, including hanging baskets, flowering/fruiting plants, foliage plants, bonsai, cacti and succulents and special displays (container gardens, topiary, etc.) and get ready to bring home some cash! Just be sure that your plants have been in your possession for at least three months prior to the Fair and each entry is labeled with common or botanical name (if known). Also, all plants and containers must be clean, groomed, and free from disease and insects because failure to do so will disqualify the entry for judging. For a complete list of rules, visit www.bakercountyfair.org or pick up a fair book today! Horticulture entries will be accepted on Tuesday, September 29th from 12pm to 7pm and on Wednesday, September 30th from 12pm to 5pm. Please call Cindy Jenkins at 259-9517 if you have questions regarding entry into the Horticulture competition. For all other horticulture questions, contact Alicia Lambom, Horticulture Agent, or Dr. Kyle Brown at the Baker County Extension Office by calling 259-3520.

Money Matters: Freeing Up Money From Services

Utilities

• You can work with your service provider so that your monthly bill is based on an average of the previous year’s bill amounts. If you exceed the budgeted amount, you could end up owing money at the current year’s end.
• Set thermostat on 78 degrees in summer, 68 degrees in winter when at home. 82 degrees in summer and 64 degrees in winter when away from home and at night.
• Using fans in the summer give the effect of being two degrees cooler. Turn off fans if not in the room.
• Reduce hot water usage for bathing and laundry. Set a kitchen timer for shorter showers.
• Ask your electric company for an energy audit if you are having trouble reducing your electric bill.
• Using a “bare bones” land-line phone with a long distance prepaid card (shop around for a low per minute rate) is usually the least expensive way to maintain phone service.
• Evaluate cable, satellite, and internet bills for services not needed or rarely used.

Banking and Paying Bills

• Consider using online bill pay; this will reduce the need for stamps and envelopes. Banks or credit unions may even waive fees.
• If you have your paycheck, disability, or retirement check directly deposited into your account, your bank may reduce fees.
• Automated withdrawals may save you money. Funds are taken directly from your account by your service provider; it is common to get an incentive for this.
Caution: automatic payments can cause overdrafts if they are not timed correctly with deposits.
• Avoid using payday loans, cash advance, or title loans; these charge substantial fees and can cost you more than any convenience they provide.

Too much insurance?

• If possible, increase your deductibles; this tends to lower your premium.
• Consider reducing excess coverage if you have more coverage than you need.
• Certain policies such as disability have a waiting period; increasing this also tends to lower premiums.