



Consumer Highlights

May 2006

Inside this issue:

12 Ways To Create A Healthy Eating Style	1
Lower Homocysteine for Heart and Brain	2
9 Rules for Effective Complaining	3
A Child's Ten Commandments to Parents	4
Debunking a Fabric Softener Myth	5
May Monthly Gardening Tips	6
Recipes	7
HCE News	8
May Calendar	9

12 Ways To Create A Healthy Eating Style

1. Forget the fads: Diet fads come and go – without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?

2. Be realistic: Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget, and your cooking skills.

3. Make a commitment: Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.

4. Start slow: Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.

5. Be consistent: The human body responds well to consistency. If you decide to eat breakfast, make eating breakfast part of your daily routine – rather than an occasional thing.

6. Stick with it: Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, make a plan with 21 breakfast menus you'd love to eat.

7. Be flexible: Life is full of surprises, and plans need to change. If an early meeting makes breakfast at home impossible, you need some alternatives, like desk-fast at work.

8. Be creative: Make a list of all the possibilities – like all the breakfast options that you enjoy: at home; in the car or on the bus; at work; or from a vending machine.

Santa Rosa County Extension Service • 6263 Dogwood Drive • Milton, FL 32570-3500
 Phone: (850) 623-3868 • (850) 934-5278 • Fax: (850) 623-6151
 Santa Rosa County EMS (850) 983-5373 (TDD)

9. Stock up on options: Once you have a list of possibilities, stock up. Fill your cupboards, car, and desk drawers (anywhere you might eat breakfast) with healthy options.

10. Plan ahead: When situations pose problems, make a healthy plan. Have a meeting where giant cinnamon rolls are served? Plan to eat ½ a roll; bring cheese and fruit with you.

11. Forgive yourself: Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no biggie. Just get back on track ASAP.

12. Congratulate yourself: Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.

Lower Homocysteine for Heart and Brain

What is homocysteine?

Homocysteine is made from methionine, which is found in large amounts in all animal proteins.

Why should I lower it?

Too much homocysteine in the blood has been shown to raise the risk of coronary heart disease, stroke and peripheral vascular disease. Several studies have also shown elevated levels are associated with an increased risk of dementia and Alzheimer's disease.

How does it get too high?

Elevated homocysteine levels can result from an inadequate intake of several B-vitamins and too much animal protein foods.

How do I lower it?

Consume more foods with B-12, B-6 and folate. Consume fewer animal protein foods.

What do I eat more of?

- **Beans** are high in folic acid. So when you eat beans instead of meat, that helps lower homocysteine (as well as

LDL or "bad" cholesterol, also linked to Alzheimer's and dementia).

- **Seafood** has omega-3s and is a good source of B-12. Both adequate omega-3s and B-12 are needed to help prevent the decline of mental function with age.
- **Fruits and vegetables** are good sources of folate, B-6 and potassium and are low in sodium. They help keep blood pressure as well as homocysteine levels low, both of which are strongly linked to a loss of mental function.
- **Whole grains** are a good source of B-6 and folate, and like other plant foods, help keep LDL levels down.
- **Non-fat dairy and/or fortified soy milk** are both an excellent source of B-12 and a good source of B-6. They are also high in calcium so they help lower blood pressure.

All of these foods help you feel fuller on fewer calories, which helps prevent weight gain, insulin resistance and rising

blood sugar levels. Put it all together, and you have a diet that will most likely lower the risk for heart disease and prevent the loss of mental function with age.

What do I eat less of?

- **Meats, eggs and dairy** are all rich in L-methionine and large amounts can double or triple serum homocysteine levels for several hours after a meal.

- High-fat and high-refined carbohydrate foods are generally low in B-vitamins. Such foods promote weight gain and diabetes, both of which also increase the risk of Alzheimer's and speed the loss of cognitive function with age.

Communicating Food for Health - November 2005

9 Rules for Effective Complaining

If your new TV is on the blink . . . your lawn mower doesn't work . . . the store or mail order company cashed your check but did not send the order . . . or your car keeps leaking oil after three trips to the garage . . . how do you call attention to the problem and get it corrected? Speaking out when problems occur and getting favorable responses are techniques worth cultivating.

Although most business transactions go smoothly, you should be prepared for the exceptions. Make a habit of:

- Keeping receipts, warranties, use and care instructions, or other documents that define rightful expectations of buyer and seller.
- Carefully reading and following all instructions.

How To Complain

An effective complaint doesn't just happen. It is carefully planned and

presented. There are nine rules to observe when complaining:

1. **Put first things first.** Read the instructions to be sure you haven't goofed. Then if the product still is not right, check the guarantee or warranty to know what is or is not covered. Now you are ready to contact the responsible party--store, serviceman, or manufacturer. If you haven't kept your instructions, contact the seller or manufacturer to see if you can get a copy.
2. **Be friendly but firm.** Approach the other person in a non-threatening manner. For example, "I know you want to correct the problem . . ." Sarcastic or abusive letters or phone calls are easily ignored by the complaint manager.
3. **Briefly state the facts.** Tell where and when you bought the product, its model number, brand name, its price, and what's wrong with it.
4. **Clearly state what you think the other person should do to correct the problem.** Be positive and have clearly in mind an

- acceptable solution to the problem. Don't wait and hope the other person will make an acceptable offer.
5. **Write a letter in addition to any phone calls you make.** A letter helps make the complaint clear and also makes it a matter of record. Keep a copy of the letter.
 6. **Present a fair, honest, straightforward request.** Design your request to include the interest of the other party. Don't try to get more than you are entitled to.
 7. **Keep copies of all information.** If you must send warranties, sales slips, etc., make and send a copy. Keep the originals of all your documents.
 8. **Approach the other person as one who is fair, helpful, and reputable** in order to elicit such behavior. For example, "I know you take pride in your product (work, store, etc.), and it bothers me that this problem exists."

9. **When all else fails,** call or write the Attorney General's Consumer Protection Division, The Better Business Bureau, Chamber of Commerce, the Retail Merchants Association, representatives of Congress, and the President's Special Assistant for Consumer Affairs. These are also the offices to contact when you need help with a complaint. Send a copy of your complaint to the offender.

So, when things go wrong--as they sometimes do--**SPEAK UP.** Ask that the situation be corrected. But, remember: The way you plan and present your complaint often determines the results. Use these basic rules to plan what you will say and how you will say it.

A Child's Ten Commandments to Parents

My hands are small; please don't expect perfection whenever I make a bed, draw a picture or throw a ball. My legs are short; please slow down so that I can keep up with you.

My eyes have not seen the world as yours have; please let me explore safely. Don't restrict me unnecessarily.

Housework and work will always be there. I'm only little for a short time; please take time to explain things to me about this wonderful world, and do so willingly.

My feelings are tender; please be sensitive to my needs. Don't nag me all

day long. Treat me as you would like to be treated.

I am a special gift; please treasure me, hold me accountable for my actions, give me guidelines to live by and discipline me in a loving manner.

I need your encouragement. Please go easy on the criticism; you can criticize the things I do without criticizing me.

Please give me the freedom to make decisions concerning myself. Permit me to fail, so that I can learn from my mistakes. Someday I'll prepare to make the kind of decisions life requires of me.

Please don't do things over for me. Somehow that makes me feel that my efforts didn't quite measure up to your expectations. I know it's hard, but don't try to compare me with my brother or my sister.

Please don't be afraid to leave for a weekend together. Kids need vacations from parents, just as parents need



vacations from kids. Besides, it's a great way to show us kids that your marriage is special.

Please set a good example for me to follow. Your actions speak louder than words.

The Extension Family and Consumer Sciences
Newsletter - Spring 2006

Debunking a Fabric Softener Myth

Fabric Softener Sheets shouldn't harm a dryer's lint screen

Part of good maintenance for optimum dryer performance is keeping the lint filter screen clean. Generally, this means brushing or vacuuming off the accumulated lint.

The Myth: Sometimes a conscientious consumer will take the screen to the sink and try to clean it with water. When water doesn't pass through the screen, the assumption is that the screen is clogged. A popular urban myth says that residue from the fabric softener is the culprit.

The Facts: The Soap and Detergent Association would like to put this myth to rest. The lint screen is constructed

of a very tight mesh that is designed to pick up minute particles or fibers from items in the dryer. Air can easily pass through this fine mesh. But even with a brand-new filter, water is too dense to pass through it unless forced.

Good Maintenance: If you notice that it's taking longer for your clothes to dry, and you have been keeping your lint screen clean, it's time to call in qualified service personnel to clean the entire dryer ventilating system.



The Soap and Detergent Association - March / April 2006

May Monthly Gardening Tips

By Theresa Friday, Horticulture Agent

Flowers

- Annuals to plant include celosia, coleus, crossandra, gaillardia, geranium, hollyhock, impatiens, kalanchoe, marigold, nicotiana, ornamental pepper, pentas, phlox, portulaca, salvia, torenia, verbena, vinca and zinnia.
- Fertilize annual and perennial flowerbeds. Choose a product that contains nitrogen and potassium, but little or no phosphorus for this purpose.
- Rejuvenate houseplants. Take them outdoors and inspect for spider mites and mealy bugs. Shift pot bound specimens to a size larger pot.
- Set out caladium bulbs in prepared beds. Plant them 18 inches apart and 2 inches deep.
- Control black spot on roses by applying fungicides on a regular basis.
- Seed sunflowers. Sunflowers are easy to grow in a sunny spot. Look for newer, dwarf varieties.

Trees and Shrubs

- Finish pruning spring flowering shrubs such as azaleas, spiraeas, camellias and forsythia.
- Water newly planted shrubs and trees frequently until they are well established. Smaller shrubs require about 3 months of special care while new roots are becoming established, while large shrubs and trees require 6 months to a year.
- Watch for these pests on ornamentals and control as necessary:
 - Spider mites on Japanese hollies
 - Lacebugs on azaleas and pyracantha
 - Scales on camellias and hollies
 - Whiteflies on ligustrum and gardenias
- Mature palms should receive a complete granular fertilizer formulated

for palms ("palm special"). It should be applied uniformly to the entire ornamental planting area (or at least the entire palm canopy area) at a rate of 1.5 lbs. /100 sq. ft. four times per year during the growing season.

Fruits and Nuts

- Fertilize citrus with a special "citrus fertilizer" like a 10-10-10. Be sure it contains about 1.6% magnesium, about 0.5% manganese and small amounts of copper and boron.

Vegetable Garden

- Vegetables that can be planted outdoors include eggplant, lima beans, okra, southern peas, and sweet potatoes.
- On sandy sites, vegetables will require several light, supplemental applications of fertilizer during the season. Choose a product that contains nitrogen and potassium, but little or no phosphorus for this purpose.
 - Check for the following pests and control them if necessary:
 - Tomato fruitworm
 - Stinkbugs on vegetables
 - Aphids on all new growth

Lawns

- Calibrate the lawn sprinkler system so that approximately ½ inch of water is applied at each irrigation. Contact your local Extension Service for specific instructions.
- Water lawns in the morning to help prevent disease problems.
- Check for the following lawn pests and control them if necessary:
 - Spittlebugs in centipedegrass
 - Chinch bugs in St. Augustine
 - Sod webworm in all turf



Recipes



Stacked Taco Salad

Serving size: 1/12 recipe, Total Servings: 12

1 lb. extra-lean ground beef
 1 pkg. (1 1/4 oz.) dry taco seasoning mix
 1 medium head iceberg lettuce, chopped (about 8 c.)
 1 c. (4 oz.) shredded cheddar cheese
 1 can (16 oz.) kidney beans, rinsed and drained
 2 large tomatoes, diced (about 2 c.)
 1 bag (8 oz.) baked tortilla chips, crushed
 1 bottle (8 oz.) sweet-and-spicy French salad dressing

1 In a medium skillet, brown the ground beef with the taco seasoning mix, stirring to break up the meat; drain and cool.

2 In a large glass trifle or other serving bowl, layer half of the lettuce, then half of the cheese, beans, ground beef, and tomatoes. Repeat the layers then top with the crushed tortilla chips. Just before serving, drizzle with the dressing and toss to coat the ingredients well.

Exchanges: 2 Carbohydrate, 1 Lean Meat, 2 1/2 Fat

Calories 324; Calories from Fat 147, **Total Fat** 16 g; Saturated Fat 5 g, **Cholesterol** 34 mg, **Sodium** 623 mg, **Carbohydrate** 30 g; Dietary Fiber 5 g, Sugars 6 g, **Protein** 15 g



Summer Baked Vegetables

Serving Size: 1/6 recipe, Total Servings: 6

2 Tbsp. canola oil
 4 Tbsp. grated Parmesan cheese, divided
 1/4 tsp. garlic powder
 1/4 tsp. black pepper
 2 medium potatoes, thinly sliced into rounds
 1 large zucchini, thinly sliced into rounds
 2 medium-sized yellow squash, thinly sliced into rounds
 4 plum tomatoes, thinly sliced into rounds
 Salt to taste

1 Preheat the oven to 400°F. Coat a 9" X 13" baking dish with nonstick cooking spray.

2 In a large bowl, combine the oil, 2 tablespoons Parmesan cheese, the garlic powder, and pepper; mix well. Add the potatoes, zucchini, and yellow squash, mixing until evenly coated; pour into the baking dish.

3 Place the tomatoes on top and sprinkle with the remaining 2 tablespoons Parmesan cheese. Bake for 30 to 40 minutes, or until the potatoes are fork-tender. Serve immediately.

Exchanges: 1/2 Starch, 1 Vegetable, 1 1/2 Fat

Calories 129; Calories from fat 58, **Total Fat** 6 g; Saturated Fat 1 g, **Cholesterol** 5 mg, **Sodium** 94 mg, **Carbohydrate** 15 g; Dietary Fiber 3 g, Sugars 4 g, **Protein** 5 g



HCE NEWS



HCE Council Meeting/Leader Training

**May 4, 2006 - 9:30 A.M.
County Extension Office**

The leader training topic has not been confirmed at this time. We will have a covered dish luncheon after the meeting.

HCE Leadership Camp

**May 10-11, 2006
Dogwood Acres Camp
Vernon, Florida**

Living Well Through HCE

Registration was due April 21, 2006. You may still register but you will need to pay a late fee. Applications are available at the Extension Office. We also need volunteers to teach the crafts; instructors get a discount of 50% off their camp registration fee. If interested, please let me know.

Pride of HCE Award

Congratulations to Melba Barley, who was selected as our county's nominee for

this award. Her application has been forwarded to the district.

8th Annual Santa Rosa Medical Center/RSVP Senior Expo and Health Fair

Come Enjoy The Day!

- All day Entertainment
- Food. Bingo. Prizes.
- Vendor Booths; Information For All
- Ample Parking
- Free Health Screening

East Milton Recreation Park
8604 Bobby Brown Road, East Milton
May 18, 2006
8:00 a.m. to 3:00 p.m.



For More Information, Please Call:
RSVP
(850) 983-5220

Pace-Pearidge Yard Sale

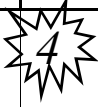




May 6, 2006 - 7:00 A.M. - Noon

**Pace-Pearidge Clubhouse on
Keyser Lane.**



May 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4  HCE Council Mtg./Leader Training 9:30 A.M. County Extension Office	5	6  Pace-Pearidge Yard Sale 7:00 A.M. - Noon
7	8	9 Skyliners Club Mtg. 9:30 A.M. Cathy Bullard	10 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> HCE Leadership Camp Dogwood Acres Camp Vernon, FL </div>	11	12	13
14  Mother's Day	15	16	17	18  Santa Rosa Health Fair - East Milton Recreation Park 8:00 AM-3:00 PM Milton FCE club dates to be decided.	19	20
21	22	23	24 Wallace Club Mtg. - 10:00 A.M. Wallace Clubhouse	25 Pace-Pearidge Club Mtg. 10:00 A.M. Pace-Pearidge Clubhouse	26	27
28	29  Memorial Day Office closed!	30	31			

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.
Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

LKB:emt

Santa Rosa County
6263 Dogwood Drive
Milton, FL 32570-3500

IFAS EXTENSION
UNIVERSITY OF FLORIDA



NON-PROFIT ORGANIZATION
US POSTAGE PAID
MILTON FL
PERMIT NO. 68