



Family & Consumer Sciences Newsletter



Looking for some useful tips on getting your children off to a great start this school year? Help your child make a smooth reentry to school and achieve academic excellence. Try some of these:

Setting the stage: Figure out the ground rules for after-school activities, chores, homework, television and Internet use. Set a schedule early to avoid disagreements later on.

School routine: Your children, especially younger ones, will find it easier if you start their *regular school-year bedtime* about a week before the beginning of school. *End the early morning frustrations for you and your child(ren) by preparing the night before:* (1) Assemble backpacks (don't forget the homework and permission slips) and place by the door; (2) Lay-out clothing; (3) Assemble lunch packs. (4) Assign bathroom time for each child. *Be consistent.*

Homework: Set up a well-lit, quiet place with a good work surface for your child to do homework; encourage a regular homework time and discourage distractions. Make use of home-

work hotlines for help. *Always check for completed assignments.* Even if no homework is assigned, encourage daily practice with math and reading.

Learning at home: Keep your children engaged in learning. For example, read to your child(ren) every day, or have them read to you; just 20 minutes a day can make a huge difference. Encourage your older children to read for pleasure at home, especially on topics they find interesting. You can even have your children read package labels and weigh produce at the grocery store.

Healthy eating: Make sure your children are getting the healthy food and daily physical activity they need to help them learn and succeed. *Breakfast is a must.* Children cannot pay attention in class if they are hungry. Breakfast prepares children and teens to meet the challenges of learning. Those who regularly eat a morning meal are more likely to have the energy, stamina, and self-esteem that enhance the ability to learn. Studies show that breakfast eaters tend to have better school attendance, less tardiness, and fewer stomach aches in the morning than non-breakfast eaters. A well-nourished child can concentrate better, solve problems more easily, and have better muscle coordination. Children who eat breakfast regularly are less likely to be overweight and more likely to get enough of the recommended nutrients for optimal growth and development. Healthy eating, along with regular physical activ-

ity, helps children get and stay fit.

Here are some easy breakfast ideas that children can make in the morning:

- Cheese slices served with, or melted on toast. Add a glass of milk or juice.
- Iron-fortified cereal and milk, with sliced bananas.
- Peanut butter on whole grain bread or waffle, or rolled inside a wheat tortilla.
- Try instant oatmeal topped with fruit, bananas, strawberries, or raisins.
- Apple and cheese slices between whole-wheat or graham crackers.
- Breakfast cereal topped with fresh fruit and a scoop of frozen yogurt.
- Toasted waffle topped with canned peaches and cinnamon.

Source: Texas AgriLife Extension Service

If you want to move fast, move alone.. If you want to move far, move together. (African Proverb)



Homework

Need homework help? Check out these websites:

www.kidinfo.com
Better for Younger Students

www.bjpinchbeck.com
For Older students

www.homeworkspot.com
Good for all grade levels

Source: KFDM Channel 6 News

Stretching Your Family's Budget

Learn to spend less as a family.

Ask family members to think of ways their time, skills, talents and abilities can be used in place of money. Work as a team.

- Cut energy costs.
- Cut water costs.
- Each payday, save some money by paying yourself first. Put that money in a bank savings account to earn interest.
- Use community resources (library, parks, youth groups and volunteer services) to save money on purchases and activities the family usually pays for.

Shop for the best buy, for large and small purchases.

- Sell things you don't need such as clothes and toys, and buy things you need from others who are selling used goods.
- Read the unit prices on grocery store shelves to find the largest amount you can buy for each penny spent.
- Read food labels to get the most value from things you buy. The first item listed on the label is the main item you are buying. Some labels on juices and canned foods list water as the first item because they are mostly water!
- Compare prices and brands at different stores.
- Buy only when you can pay with cash. Don't buy on credit unless it's a real emergency.
- When you have thought of every way your family can cut spending, write down next to each family member's name what he or she will do to spend less. Put your action plan where everyone can see it often.
- Record your savings and cheer each other toward reaching your savings goal.



The U.S. 2010 Census: To define who we are as a nation

The Census: A Snapshot

What: The census is a count of everyone residing in the United States.

Who: All U.S. residents must be counted—both citizens and non citizens.

When: You will receive your questionnaire in March 2010 either by U.S. mail or hand delivery. Some people in remote areas will be counted in person.

Why: The U.S. Constitution requires a national census once every 10 years to count the population and determine the number of seats each state will have in the U.S. House of Representatives.

How: Households should complete and mail back their questionnaires upon receipt. Households that do not respond

may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

A Complete Count: The Importance of Census Data

Every year, the federal government allocates more than \$400 billion to states and communities based, in part, on census data. Census data are used to determine locations for retail stores, schools, hospitals, new housing developments and other community facilities.

Census data determine boundaries for state and local legislative and congressional districts.

2010 Census Questionnaire: Easy, Important and Safe

With only 10 questions, the 2010 Census questionnaire takes approximately 10 minutes to complete. Households are asked to provide key demographic information, including: whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household. By law, the Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement entities.

Census History

The first census took place in 1790 to determine the number of seats each state would have in the U.S. House of Representatives. The census also was created questionnaires are available at select public sites for individuals who did not receive one by mail.

to gain a better understanding of where people lived and to establish patterns of settlement as the nation grew.

2010 Census Key Dates

February – March 2010

Census questionnaires are mailed or delivered to households.

March – April 2010

Be Counted program is implemented. Census questionnaires are available at select public sites for individuals who did not receive one by mail.

April 1, 2010 -Census Day

May – July 2010

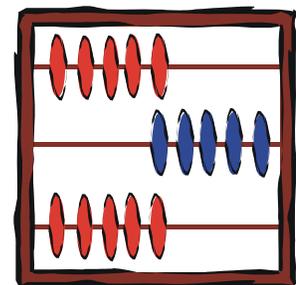
Census takers visit households that did not return a questionnaire by mail.

Dec. 31, 2010

By law, the Census Bureau delivers population counts to the president.

March 2011

By law, the Census Bureau completes delivery of redistricting data to states.



For more information go to: 2010census.gov

September Is National Food Safety Month!

BAC DOWN!

GIVE BACTERIA THE COLD SHOULDER. KEEP THE TEMPERATURE IN YOUR FRIDGE AT 40°F OR BELOW.

THE CHILL CHALLENGE

According to both the United States Food and Drug Administration and the United States Department of Agriculture, Food Safety and Inspection Service, refrigeration at 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Microorganisms grow more rapidly at warmer temperatures, and research shows that keeping a constant refrigerator temperature of 40°F or below helps slow growth of these harmful microbes.

THE CHILL SOLUTION

The best way to make sure your refrigerator is maintaining the recommended temperature of 40°F or below is to check it with a refrigerator thermometer. This type of thermometer is usually a separate tool that stays in the refrigerator and displays the actual temperature. It is not a numbered dial that helps you adjust temperature. Refrigerator thermometers are available at grocery, discount and hardware stores and are recommended for all home refrigerators.

When using a refrigerator thermometer, follow these important tips:

- Always follow thermometer manufacturer instructions for placement of the thermometer inside the refrigerator.
- Make sure your refrigerator thermometer reads 40°F or below. Keep in mind there are normal events that might cause your refrigerator thermometer to temporarily read higher than 40°F. These include:
 - initial placement of the thermometer inside the refrigerator
 - a refrigerator door opened for an extended period of time
 - hot foods recently placed in the refrigerator
 - the refrigerator's automatic defrost cycle
- Your refrigerator cycles on and off. According to NSF International (www.nsf.org), you should check the thermometer at the time your refrigerator compressor just turns on. This is when your refrigerator is at its highest temperature. If the thermometer reads above 40°F, adjust the control dial consistent with the refrigerator manufacturer's instructions.



COOL RULES

USE THIS TOOL TO KEEP IT COOL. Use a refrigerator thermometer to be sure the temperature is consistently 40°F or below.

THE CHILL FACTOR. Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.

THE THAW LAW. Never defrost food at room temperature. Thaw food in the refrigerator. For a quick thaw, submerge food in cold water in an airtight package or thaw in the microwave if you will be cooking it immediately.

DIVIDE AND CONQUER. Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.

AVOID THE PACK ATTACK. Do not over-stuff the refrigerator. Cold air must circulate to keep food safe.

ROTATE BEFORE IT'S TOO LATE. Use or discard chilled foods on a regular basis. Check the USDA Cold Storage chart available at <http://www.foodsafety.gov/~fsg/f01.chart.html>

DON'T GO TOO LOW. As you approach 32°F ice crystals can begin to form and lower the quality of some foods such as raw fruits, vegetables and eggs. A refrigerator thermometer will help you determine whether you are too close to this zone.

Visit www.fightbac.org today for more tips.

Fall Prevention for Older Adults

Source: Texas AgriLife Extension Service/FCS

Did you know...

- 1/3 of Americans over age 65 fall each year
- Falls cause 90% of fractures in those over age 65
- Falls are the leading cause of *injury* death in adults over 65
- Simple solutions may greatly reduce your risk of falling

Preventing falls is a key factor in improving the lives of older adults. A fall may be caused by many different things. Certainly a cluttered walk area may cause a fall but improper nutrition and lack of exercise may also cause a fall. The risk of falling also increases if medication levels are not correct or even if you don't have the correct prescription in your glasses. Listed below are some of the risks for falling.

Vision

- Macular Degeneration
- Glaucoma
- Cataracts
- Diabetic Retinopathy

Not wearing glasses or wrong prescription in lenses

Environment

- Cluttered walk spaces
- Low lighting
- Slippery flooring
- Lack of handrails and grab bars
- Out of reach cabinets and storage spaces
- Unsecured area rugs
- Unsecured electrical cords

Unfamiliar environment



Medications

- Blood pressure medications
- Sedatives
- Muscle relaxers
- Mood medications
- Diuretics
- Mixing medications and alcohol

Not keeping a record of your medications

Fear

Fear of falling often results in inactivity which leads to muscle weakness, **increasing the risk of falling**

Habits

- Lack of exercise
- Getting out of bed or a chair immediately
- Not putting on glasses in the middle of the night
- Alcohol abuse

Standing in chairs to reach high places

Assistive Devices

- Failing to use a prescribed, necessary assistive device may result in a fall
 - Inappropriate shoes
-



**40th Anniversary
Texas Rice Festival
Rice Cooking Contest
Saturday, October 3, 2009**

409-296-4404 or trf01@windstream.net

The Texas Rice Festival is proud to announce the 2009 Rice Cooking Contest. This contest has been held since the festival began in 1970. The winning recipes are published in our Program & Cookbook each year and have become a collector's item. The contest will be held on Saturday, October 3, 2009 at the East Chambers Jr. High Cafeteria in Winnie, Texas. There is no cost to enter your favorite RICE recipe. Come be a part of Texas Rice Festival history.

Rules & Regulations:

1. The Rice Cooking Contest is open to anyone interested in preparing a dish using RICE.
2. **Amateurs only.** No professional chefs, restaurant operators, dietitians or home economists are allowed to enter the contest.
3. Contestants may enter one recipe per category with a separate entry form for each entry.
4. Dishes must be prepared at home and ready to serve upon entry. Contestants must provide a method of maintaining proper serving temperature.
5. Recipes must be printed or typed and attached to entry form. Recipes must list all ingredients in the order they are used, as well as preparation and cooking instructions.
6. All entries shall become the property of the Texas Rice Festival, Inc. for the promotion of RICE. Winning recipes may be printed in the Official Program & Cookbook.
7. The first 50 cookers will receive a "Goody Bag" for entering the contest.
8. Categories are: Appetizers, Vegetable or Salad, Main Dish, Desserts and Miscellaneous
9. Age Divisions are: Junior (13 & Under), Senior (14/9th grade thru 12th grade), Adult and Sr. Adult (60 & over)
10. Parking is located behind the Jr. High near the Tennis Courts. No parking is allowed in front of the school due to cattle trailers.

Saturday, October 3rd

- 9:00 - 9:30 a.m. Entries will be accepted
- 9:45 - 11:45 a.m. Judging of entries
- 12:15 p.m. Awards presentation

Judging Procedures

Recipes will be judged on the following:

1. RICE and/or RICE products as one of the ingredients
2. Originality
3. Taste
4. Appearance

Awards

- Each category will be awarded 1st place medallion, 2nd and 3rd place rosette, and honorable mention.
- There will be Silver Platters for Grand Champion & Reserve Champion
- Special awards include: Most Creative, Most Unusual, Most Original and Best Presentation

We want to thank all our Sponsors who help to keep this contest going each year: U. S. Rice Producers Association of Houston, Doguet's Rice Milling company of Beaumont,, Adolphus Rice, Texas Best Organics and the International Rice Festival in Crowley, LA .

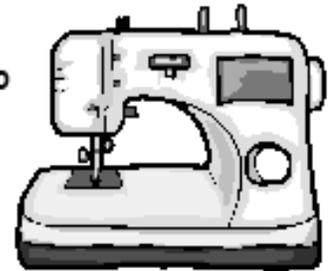
Entry forms available at:

Texas AgriLife Extension Service office, 1225 Pearl Street, Suite 200, Beaumont, TX 77701. 409-835-8461

Sewing school



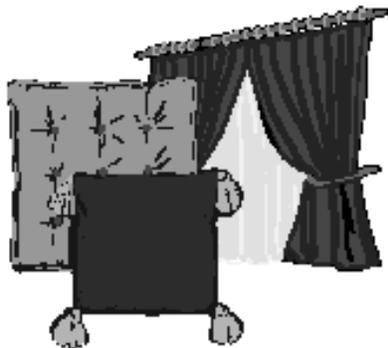
Would you like to learn how to sew? Are you frustrated trying to find clothes that fit? Want to make craft items, or decorate your home? Do you already know



how to sew and need help, or are you available to help teach others? Whether you're a pre-teen, senior citizen or anywhere in between, then this is the class you have been waiting for! Release or discover the designer in you, or simply learn how to alter and maintain your clothing.

Classes will start soon. We will start with the sewing 101-the very basics for the beginning sewer and a refresher for those with experience. Classes will probably be conducted in a series of six to eight sessions. There is the possibility of starting an ongoing sewing club. Some classes will be taught by members of the American Sewing Guild.

Call now to place your name on the waiting list, and let us know if you prefer 2 hours in the evening, or a Saturday morning.



Contact Barbara Evans,
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<http://Jefferson-tx.tamu.edu>