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EXPECT MOORE TODAY

TEXAS A&M AGRILIFE EXTENSION MONTHLY NEWSLETTER

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When you're choosing sunglasses, does UV protection matter?

Yes, ultraviolet (UV) eye protection matters. UV radiation from the sun can damage not only the skin of your eyelid but also the cornea, lens and other parts of the eye. UV exposure also contributes to the development of certain types of cataracts and possibly macular degeneration.

When you're choosing sunglasses, look for UV-protection details on product labels. Choose sunglasses that block 99 to 100 percent of both UVA and UVB rays. Skip sunglasses that neglect to offer details about their UV protection. Keep in mind that the color and degree of darkness sunglasses provide have nothing to do with the sunglasses ability to block UV rays. Also, opt for wraparound sunglasses or close-fitting sunglasses with wide lenses that protect your eyes from every angle.

Standard prescription eyeglasses in the U.S. are treated to provide UV protection while retaining a clear, nontinted appearance. Some contact lenses also offer UV protection, but

should be worn in combination with sunglasses to maximize protection.

Of course, UV protection isn't the only consideration when it comes to selecting sunglasses. In addition to UV protection, consider these extras:

- **Blue-blocking lenses.** Blue-blocking lenses can make distant objects easier to see, especially in snow or haze. They're popular with skiers, boaters and hunters. Lenses that block all blue light are tinted amber. However, when driving, it's recommended that tinted sunglasses be gray to ensure proper traffic light recognition.
- **Polarized lenses.** Polarized lenses reduce reflected glare, such as sunlight that bounces off snow or water. They're useful for skiing, driving, and fishing.
- **Photochromic lenses.** These lenses darken or lighten as the amount of available light changes.

However, they can take time to adjust to different light conditions.

- **Polycarbonate lenses.** Polycarbonate lenses offer impact protection during potentially hazardous sports and activities.
- **Mirror-coated lenses.** Mirror-coated lenses reduce visible light.
- **Gradient lenses.** Single-gradient lenses, which are dark on the top and lighter on the bottom, reduce glare while allowing you to see clearly. They're useful for driving, but not sports. Double-gradient lenses are dark on the top and bottom and lighter in the middle. They're useful to wear during water or winter sports, but not for driving.

article courtesy of: <http://www.mayoclinic.com/health/uv-protection/AN00832>

SPECIAL POINTS OF INTEREST:

- Choose sunglasses that block 99 to 100 percent of both UVA and UVB rays.
- Two types of ultraviolet radiation, UVA and UVB, damage the skin and increase your risk of skin cancer.
- The most important thing to know about *trans* fat is that it raises **low-density lipoprotein** (LDL or "bad") cholesterol.
- Have you signed up for the 40 gallon challenge?

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What You Need to Know about Sunscreen

Are you confused by all the sunscreen options and ingredients? From information about water resistant sunscreens to SPF 50 to broad spectrum protection, The Skin Cancer Foundation has you covered.

What Are Sunscreens?

Sunscreens are products combining several ingredients that help prevent the sun’s ultraviolet (UV) radiation from reaching the skin. Two types of ultraviolet radiation, UVA and UVB, damage the skin and in-

crease your risk of skin cancer. Sunscreens vary in their ability to protect against UVA and UVB.

What are UVA and UVB?

Ultraviolet (UV) radiation is part of the electromagnetic (light) spectrum that reaches the earth from the sun. It has wavelengths shorter than visible light, making it invisible to the naked eye. Ultraviolet A (UVA) is the longer wave UV ray that causes lasting skin damage, skin aging, and can cause skin cancer. Ultraviolet B

(UVB) is the shorter wave UV ray that causes sunburns, skin damage, and can cause skin cancer.

What is SPF?

SPF or Sun Protection Factor—is a measure of a sunscreen’s ability to prevent UVB from damaging the skin. Here’s how it works: If it takes 20 minutes for your unprotected skin to start turning red, using an SPF 15 sunscreen theoretically prevent reddening 15 times longer—about five hours. Most sunscreens

with an SPF of 15 or higher do an excellent job of protecting against UVB.

What does Broad-Spectrum Mean?

Broad-spectrum sunscreens protect the skin from both UVA and UVB rays. In December 2012, the U.S. Food and Drug Administration (FDA) began to implement new rules for “broad-spectrum” products.

courtesy: skincancer.org/prevention/sun-protection/sunscreen



FOOD FACTS FROM THE U.S. FOOD AND DRUG ADMINISTRATION

Trans Fat at-a-glance there are two sources of trans fat, also known as trans fatty acids:

- **Trans fat formed naturally**—this type of *trans* fat is produced in the gut of some grazing animal. That’s why small quantities of *trans* fat can be found in animal products like milk, milk products and meat.
- **Trans fat formed during food processing**— this type of *trans* fat is created when hydrogen is added to vegetable oil (a process called **hydrogenation**) to make it more solid. **Partially hydrogenated oils** are used by food manufacturers to improve the texture, shelf life and flavor stability of foods. About half of the *trans* fat Americans consume is

formed during food processing and partially hydrogenated oils are the main source of this type of *trans* fat in the U.S.

As a consumer, the most important thing to know about *trans* fat is that it raises **low-density lipoprotein** (LDL or “bad”) cholesterol. An elevated LDL blood cholesterol level increases your risk of developing heart disease. Heart disease is the leading killer of both men and women in the U.S.

Fats in Your Diet

Limiting *trans* fats is one component of a healthful diet that also includes limiting saturated fat and dietary cholesterol. Dietary fats are found in both plant and animal foods. Fat is a major source of en-

ergy for the body and aids in the absorption of vitamins A, D, E and K. Fat is also important for proper growth, development and maintenance of good health.

The Dietary Guidelines for Americans notes that adults should consume no more than approximately one third of their calories from fat to reduce their risk of developing chronic diseases (such as heart disease), while providing for adequate intake of essential nutrients.

Infants and toddlers up to two years of age have the highest energy needs per unit of body weight of any age group. Fats are an important source of calories and nutrients for these youngsters. As a food in-

gredient, fat provides flavor, consistency and stability and helps you feel full.

Where’s the Trans Fat?

Trans fat can be found in many of the same foods as saturated fat. These can include:

- Crackers, cookies, cakes, frozen pies and other baked goods
- Snack foods (such as microwave popcorn)
- Frozen pizza
- Fast Food
- Vegetable Shortenings and stick margarines
- Coffee creamer
- Refrigerated dough products (such as biscuits and cinnamon rolls)
- Ready-to-use frosting

courtesy of <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm079609.htm>

SAYING GOODBYE TO JENNIFER!

Jennifer Johnson, County Extension Agent-4-H and Youth Development, is leaving the Texas A&M AgriLife Extension Service in Moore County to pursue an agriculture teaching career in Dahlart.

Jennifer came to Moore County January 1, 2012 new to Extension and to 4-H. She hit the ground running and immediately became proactive in the current 4-H programs of our county. Her new career was kicked off right at the

start of stock show season. Her stock show debut was made at the 2012 Moore County Junior Livestock Show where she dived in head first and learned all she could. A month later, she spent 2 weeks at the San Antonio Stock Show and received a first hand education from parents, participants, agents, and agriculture teachers on care, maintenance, and feeding of a quality show animal. This trip began Jennifer's close relation-

ship with her 4-H kids!

Shortly thereafter, the FCS 4-H programs started and Jennifer was preparing kids for fashion show and fashion storyboards where she sent several kids to the State 4-H Roundup in Lubbock.

From the beginning, Moore County 4-Her's gravitated to Jennifer. She had the ability to relate to them on their level whether they were elementary age, high school age or any where in between, yet they still

gave her the respect that she deserved. The kids loved her! She organized 4-H dances, movie nights and trips to the city pool.

Jennifer, you have been a joy to our office! We look forward to you staying on as a volunteer and being an integral part of our program. We wish you the best of luck in your new career and God's Blessings in yours and Clint's upcoming marriage!

Have you signed up for the 40 Gallon Challenge?

If not, now is your time. the 40 Gallon Challenge is a voluntary commitment to reduce water usage by up to 40 gallons per person, per day.

If you would like to find out more about the 40 Gallon Challenge or sign up, please visit <http://www.40gallonchallenge.org/>. Once you have made it to the webpage you select your state and choose the county you reside in. The website will share with you how to save water on a daily basis as well as how many gallons a day you will be saving by taking on your new water conservation skills. We all need to be focusing on water conservation, especially with the drought that we are in. I invite you to sign up and take the pledge with me!



HAPPY SUMMER!



If you have any topics that you wish to have published in the Expect Moore newsletter, please let the Texas A&M AgriLife Extension Service, Moore County Office know.

Sincerely,

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August Recipes

Bacon Jack Chicken Sandwich

Ingredients:

- 8 slices bacon
- 4 skinless, boneless chicken breast halves
- 2 tsp. poultry seasoning
- 4 slices pepperjack cheese
- 4 hamburger buns, split
- 4 leaves of lettuce
- 4 slices of tomato
- ½ cup thinly sliced onions
- 12 slices dill pickle

Directions:

1. Preheat a grill for medium heat.
2. While the grill preheats, place the bacon in a large skillet over medium-high heat. Cook until browned on both sides. Remove from the pan and drain on paper towels.
3. Rub the poultry seasoning onto the chicken pieces and place them on the grill. Cook for about 6 minutes per side, or until no longer pink in the center. Top each piece of chicken with 2 slices of bacon and 1 slice of pepperjack

cheese. Grill for 2—3 more minutes to melt the cheese.

4. Place each piece of chicken on a bun and top with lettuce, tomato, onion and pickle slices before serving with your favorite condiments.

courtesy: allrecipes.com

Summer Fruit Trifle

Ingredients:

- 1 (10”) prepared angel food cake; cut into 1” cubes
- 1 (32 oz) container vanilla yogurt
- 2 cups sliced strawberries
- 2 cups blueberries

Directions:

1. Cover the bottom of a large bowl with ½ of the angel food cake cubes. Cover the cake with 1½ cups of yogurt. Spread 1½ cups of strawberries and blueberries on top of the yogurt. Repeat twice with the remaining cake cubes, yogurt and berries. Serve immediately or chill until needed.

courtesy: allrecipes.com

Food Safety



Cook to the Right Temperature

Did you know the bacteria that causes food poisoning multiply quickest in the “Danger Zone” between 40° and 140°F?

Many people think they can tell when food is “done” simply by checking its color and texture, but there’s no way to be sure it’s safe without following a few important but simple steps.

Follow these tips to keep your family safe

Use a food thermometer

Cooked food is safe only after it’s been heated to a high enough temperature to kill harmful bacteria. Color and texture alone won’t tell you your food is done. Instead use a food thermometer to be sure.

Keep food hot after cooking (140°F or above)

The possibility of bacterial growth increases as food cools after cooking because the drop in temperature allows bacteria to thrive. You can keep your food above the safe temperature of

140° by using a heat source like a chafing dish, warming tray, or slow cooker.

Microwave food thoroughly (to 165°F)

To make sure harmful bacteria have been killed, it’s important to microwave the food to 165° or higher. Here’s how:

- When you microwave, stir your food in the middle of heating.
- If the food label says, “Let stand for x minutes after cooking,” don’t skimp on the standing time. Letting your microwaved food sit for a few minutes actually helps it cook more completely by allowing colder areas of food time to absorb heat from hotter areas. That extra minute or 2 could be the difference between a delicious meal and food poisoning.
- After waiting a few minutes, use a food thermometer to make sure it is 165° or above.

for more info see: <http://www.foodsafety.gov/keep/basics/cook/index.html>