



LAKE REFLECTIONS

Lake County Extension • 1951 Woodlea Road • Tavares, FL 32778 • (352)343-4101 • <http://lake.ifas.ufl.edu>

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Our Remodeling is Almost Finished!

We are very excited to start moving into our new addition and remodeled kitchen. Staff will offer classes and programs again at the Agricultural Center. The new entrance faces Woodlea Road. Our Master Gardeners have a new, larger plant clinic. Stop by to see us Monday through Friday from 8AM to 5PM. Master Gardeners are available from 9AM until 4PM to diagnose plant problems. Remember to visit the Discovery Gardens out back!

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John Jackson Retires

After 38 years as Multi-County Citrus Agent, John Jackson retires on July 31. John has been a tireless resource and advocate for our area's citrus industry. He was very involved in Water Conserv II, the University of Florida's Automated Weather Network (FAWN), our 4-H program and many other projects. He looks forward to an active retirement with friends, family and fishing.



Hurricane Season June 1 to November 30



Hurricane Alberto was an early reminder to make preparations and stock up on hurricane supplies. Planning ahead makes sure you have what you need if a storm does hit Lake County. It is

easier on the budget to spread out purchases over time. If you wait until a storm approaches, you may face long lines and empty shelves.

Remember to:

- Plan at least 1 gallon of drinking water per person per day. Store water for sanitary purposes.
- Restock your first aid kit. Keep prescription medications up to date.
- Make sure to have a non-electric can opener and telephone. Cell phones reception may not be reliable after a storm.
- Check your equipment such as generators and chainsaws. Have fuel and oil on hand. If using a generator, have carbon monoxide detectors in your home.
- Have cut plywood or shutters ready to install if needed.
- Organize important papers and store in a waterproof container.
- Prepare or update your written, photographed or videotaped home inventory. Store it in a safe place and consider keeping a copy in your safe deposit box or another location.

Remember to check your prescriptions if a hurricane is coming!

When you hear learn a hurricane may be approaching, check on your medications to be sure you have enough to last for several weeks. When the Governor issues a "Declaration of Emergency" you can go to the pharmacy and have your prescriptions refilled - even if it is early.



Is Your Yard Storm-Proof?

Have you looked around your yard lately? Do you have trees that need pruning? Could loose objects be blown around in a storm? Do a hazard hunt in your yard before a storm approaches. The wood pile out back or the porch furniture could damage property or injure someone if winds are strong. Clean up and plan where to store items before bad weather approaches.

One of the best preparations for storms is to inspect the trees in your yard. Check for weak limbs, rotting trees and branches hanging over the roof. Dead, dying or diseased trees can cause severe damage during storms and hurricanes. Call a reliable, licensed tree service for an inspection. A licensed tree service with adequate liability insurance should prune or remove trees. Get written estimates from two or more services. Remember to include cleanup and trash removal in the estimate. Never pay before work is completed and you are satisfied with the results.

Looking for problems in your yard can save money, time and eliminate safety hazards. Don't wait until a storm is approaching. It is better to get your trees pruned now than to possibly have one removed from your roof or power lines after a storm.

Adapted from *Pre-storm Tree Inspections* by Mary N. Harrison, UF/IFAS.

SOLUTIONS
for *your* LIFE

Looking for a quick way to find information on disaster preparedness, nutrition, financial management, gardening, and many other subjects?

Check out the University of Florida IFAS

Extension's new website

<http://www.solutionsforyourlife.com>.

This site focuses on timely and relevant solutions for improving your life. *Solutions for your Life* brings you current science-based answers all in one website. Check it out today!

Create A Disaster Plan Step-by-Step

Preparing for disaster should not be a last minute decision. Everyone in the family will be less stressed if they are informed and prepared. Follow these steps to help your family prepare.

Step One: Gather Information

Compile a list of emergency numbers you might need in a disaster.

Step Two: Share Information

Meet with all members in the household to share information in these areas:

- Types of disasters that could happen.
- Explain how to prepare and respond.
- What to do if you must evacuate.
- Practice what you have discussed.

Step Three: Develop A Plan To Stay In Contact If Separated

In a disaster, normal communication may not be possible. Establish a meeting place that is:

- A safe distance from the home in case of fire.
- Outside your neighborhood in case you cannot return home.
- An out-of-state phone number for everyone to call. It may be easier to call long-distance than to make local calls.

Step Four: Tasks To Complete Before A Disaster Occurs:

- Post emergency phone numbers by all the telephones.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.
- Install and/or test smoke detectors. If you use a generator, install carbon monoxide detectors.
- Learn first aid and CPR. Contact the American Red Cross for training.

Step Five:

Plan how your neighborhood can work together

- Know your neighbor's skills.
- Determine how you can help neighbors with special needs.
- Make plans for child care in case parents cannot get home.

Be sure that all family members know the location of emergency supplies. If you have all supplies in place and have a plan of action, your family will be better equipped to evacuate or stay safe at home.

Food Safety During A Power Outage

Stock your pantry with at least three days of non-perishable food. If possible, keep a two week food supply on hand. Planning ahead can save your refrigerated and frozen foods. Keep an appliance thermometer in both the refrigerator and freezer to monitor temperatures.

In the Freezer:

- Even when the power is off, a full freezer will stay frozen for about two days; a half full freezer about one day. Keep the freezer door closed.
- If you think the power will be out for several days, put ice or dry ice in freezer or keep food iced down in an insulated cooler.
- Refreeze thawed raw or cooked foods if they still contain ice crystals or are 40 degrees or below.
- Throw out foods thawed and held above 40 degrees for more than two hours.

In the Refrigerator

- Refrigerated foods should be edible as long as the power is out no more than four hours.
- Check your thermometers and discard any perishable foods that have been above 40 degrees for two hours or more or any food that has an unusual odor, color, texture or feels warm to the touch.
- If you have any doubts on the safety of any food in your refrigerator after power is restored, throw it out.



Plan meals ahead when purchasing your non-perishable foods. People look forward to a good meal during stressful times. Adapted from the University of Florida/IFAS Extension *The Disaster Handbook*. View the complete handbook online at <http://disaster.ifas.ufl.edu/>



Back To School!



It seems hard to believe that the beginning of school is just around the corner. It is time to start thinking about back to school shopping, school physicals, first day of school anxiety and planning healthy lunches. Back-to-school shopping is an opportunity to discuss budgeting and money management with your children. Sit down together and talk about what clothing and school supplies they will need. Set a budget, look at newspaper ads and discuss their buying options. This is great chance to talk about comparison shopping and not overspending. Discuss the differences between a want and a need. They may need a new pair of athletic shoes but want to buy an expensive, trendy brand. This is the perfect chance to explain the difference.

The Eyes Have It

The start of school is a good time for an eye care professional to screen your child's vision. One in twenty preschoolers and one in four school-age children has a vision problem. Undetected vision problems can lead to learning difficulties or even permanent vision loss.

Adults should also remember to have their eyes checked regularly. People with special risks, such as diabetes, a previous eye trauma, surgery or a family history of glaucoma may need an eye exam more frequently than those with no problems. If you have any vision problems or eye injuries, be sure to see your eye doctor immediately. For more information, contact Prevent Blindness America at www.preventblindness.org.

Healthy School Lunches

Throwing your child's lunch together at the last minute can lead to unhealthy, uneaten meals. Planning ahead can be economical as well as healthy. Thinking about what your child will eat will hopefully keep their lunch out of the garbage can.

Choose a variety of foods using the MyPyramid food guidance system. Include grains, fruits, vegetables, dairy or calcium-rich products and a protein source. The protein can be meat, a meat alternative or nuts. Use whole grain bread in sandwiches. Encourage your child to drink low fat milk, 100% juice or water. Avoid packing sweetened beverages. Freezing the water or juice will keep it cold longer and help keep the rest of the lunch cool as well. A freezer gel pack and an insulated lunch box or bag will also help keep the food cool. Go to www.mypyramid.gov for more information or call Julie England at the Lake County Extension office.

Helping Your Child Adjust to Child Care

Suzanna Smith, Ph.D. UF/IFAS

Almost 13 of the 18 million children younger than five years of age in the U.S. (U.S. Census, 2002) are in some form of regular child care. This means that millions of parents are finding ways to help their children adjust to being away from mom or dad and adjusting to a new routine and situation. Child development experts recommend a number of strategies, particularly in the early weeks of care.

Parents can help their child prepare for care by talking about what the child will do during the time in care, and when they will see the child next. An older toddler may like to pretend she or he is the parent taking the child to child care. With younger children, play disappearing/reappearing games such as peek-a-boo and hide-and-seek. These games show your child that while things and people may go away, they come back. Emphasize the message that Mommy [or Daddy] may go away, but they always come back. Children's books about children in care can also be helpful.

Goodbye time is very important. When it's time to leave, don't linger or show worry. Usually, when parents say a brief, upbeat good-bye, their children stop crying and adjust more quickly. A special routine will help your child feel secure and make the transition easier.

To keep things going smoothly, stay involved with the child care provider. Meet regularly and ask questions to make sure that things are going well. The more confident you are, the more relaxed your child is likely to be.



Proper Hand Washing for Everyone (Especially Children!)

Germs can hide under long fingernails and on dirty hands. Washing your hands often and keeping your fingernails trimmed are the most important things you can do to keep germs from making you sick. Germs that cause illnesses such as colds, flu, and diarrhea get on your hands from touching things around you. Pets, people, raw food, soil, toys and objects used in our daily lives all have germs on them. When you wash your hands properly, it helps remove germs from your hands.



Have children wash their hands before eating, drinking, preparing food and touching their mouth. Remind them to wash their hands after visiting the restroom, coughing or sneezing on their hands, playing outdoors, handling pets and any other activities that dirty their hands. Be sure to rub hands vigorously together for at least twenty seconds and clean between fingers for proper hand washing. Singing the *Happy Birthday* song twice is about twenty seconds. Use hand sanitizers in addition to hand washing, not as a substitute. If no hand washing facilities are available, use hand sanitizer.

A fun interactive site for kids to visit is www.scrubclub.org. For more information on hand washing and food safety, refer to www.solutionsforyourlife.com and click on Foodborne Illness or from the U.S. Centers for Disease Control at www.cdc.gov.

Source: Proper Hand Washing For School Children, FCS 8783
UF/IFAS Cooperative Extension, 2005

Have You Tried A Mango?

Florida mangos are available from late May to early October. These tasty fruits are a good source of Vitamins A and C and are low in fat and calories. Eat mangos raw or cook in a sauce. The versatile fruits may also be frozen or dried.

Whole, ripe mangos can be refrigerated for four to five days. Peeled, sliced and covered fruit will last three to four days in your refrigerator.

Chicken Salad with Mango

2 cups chopped, cooked chicken
2 cups chopped, ripe mango
1 large tomato, chopped
1 medium-size green pepper, chopped
2 green onions, chopped
½ cup low-fat plain yogurt
1 tablespoon vinegar
1 tablespoon lemon juice
1 teaspoon sugar
lettuce or spinach leaves

Combine chicken, mango, tomato, green pepper, and onion in a large bowl.

Blend vinegar, lemon juice and sugar into the yogurt. Fold into fruit/chicken mixture. Chill 2 hours. Yields approximately 4 servings.

Access the complete UF publication at: <http://edis.ifas.ufl.edu/HE625> or call Lake County Extension at (352)343-4101.

Source: South Florida Tropical: Mango, FCS Fact Sheet 8532
UF/IFAS Cooperative Extension.

The new 4-H year starts September 1st and Lake County 4-H invites your kids to sign up today!!!

4-H is open to all youth ages 5-18 and provides diverse projects through community clubs. These projects range from Theater Arts to Babysitting and to Shooting Sports and Traditional Livestock programs. Over 30 clubs serve Lake County. 4-H teaches valuable life skills such as responsibility, goal setting, communication, and many others through these project experiences. If you are interested in seeing what 4-H can offer your family, visit our website at <http://lake.ifas.ufl.edu/4-H/> or come to our **Annual Pizza Social**. The Pizza Social kicks off the start of the new 4-H year with fun and games. The social will be **Saturday, September 23rd at Hickory Point from 3-6 PM**. If you would like to attend, please **RSVP** no later than Monday, September 18th to the 4-H office.

If you have questions or wish to become a 4-H volunteer please give us a call at **352-343-4101**.

We hope to see you soon at a 4-H event!

Senior Spotlight

Water Your Fountain of Youth



Good hydration is vital for good health. Water is the base of all fluids in your body. Hot summer weather brings an increased chance of dehydration. One third of healthy seniors have mild dehydration.

Seniors are at increased risk for a number of reasons. One of the main reasons is that as people age, their sense of thirst decreases. Your body may need fluids but you may not realize it. Other reasons include diseases and health conditions, medications and age-related changes in kidney functions. Low fluid intake or dehydration can cause difficulty in swallowing, muscle cramps, headaches, dry eyes and loss of appetite.

Fluids help to:

- Convert food into energy
- Regulate body temperature
- Protect and cushion vital organs
- Keep you “regular”

The amount of fluids needed depends on body weight, activity level, health condition and the weather. Most elders need to drink about six to eight cups of fluids a day. Using products with added fiber and some medications, especially diuretics for blood pressure, can increase fluid needs. Fluids do not have to be just water. Eating foods with a high water content, fruit and vegetable juices and milk are good choices. Do not count beverages with alcohol or caffeine as part of your daily fluid intake. Alcohol and caffeine are diuretics that increase water loss.

Tips for drinking more water:

- Start the day with a glass of water
- Drink a cup of water about ½ hour before meals
- Drink a full glass of water when you take medications (unless your prescription say otherwise)
- Have a glass before and after spending time outdoors
- Carry a water bottle with you during the day

As always, ask your healthcare provider if you have questions or concerns.

Adapted from: FCS8569 *Healthy Eating for Elders: Fluids*,
University of Florida/IFAS 1999.

Online Reliable Sources of Information

If you do not have a computer or internet access, visit your local library. The librarians will help you view the following websites.

University of Florida/IFAS Extension - online at www.solutionsforyourlife.com or call Lake County Extension at 343-3401.

National Institute of Aging – a division of the National Institutes of Health. Online at <http://www.nia.nih.gov/>

Administration on Aging – part of the U.S. Department of Health and Human Services. <http://www.aoa.gov/>

Florida Department of Elder Affairs - <http://elderaffairs.state.fl.us/>
or (850) 414-2000

**Attend the ribbon cutting and open house at the Agricultural Center
on August 18 at 9AM. Tour our new building!**

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