

# E-FCS FAMILY AND CONSUMER SCIENCE

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## Greetings

**W**elcome to the Spring edition of E-FCS. Inside you will find information on nutrition and food safety, family life and health.

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## Easter Egg Safety

A few minutes selecting the right eggs and cooking them properly will ensure your Easter holiday is safe. Eggs have been used for centuries to celebrate spring festivals because they represent birth and renewal of life. When using real eggs for decorating and hiding, Grade A eggs should be purchased 7 to 10 days in advance. Eggs should be stored in the refrigerator and in their original carton until they are cooked. This will help them peel easily. Eggs should also be inspected before purchase to make sure they are not dirty or cracked. Bacteria can enter an egg through a crack in the shell. Eggs must be hard-cooked before decorating. When using a dyeing kit to decorate eggs, be sure to use the manufacturer's directions. After decorating, return eggs to the refrigerator until time for the hunt. Do not hide eggs where they may come in contact with pets, wild animals, birds, reptiles or insects. Also, check for recent applications of lawn and garden chemicals so that eggs or children do not come in contact with fertilizers or pesticides. Never allow eggs to remain hidden for more than two hours. After the hunt, eggs should be inspected and cracked eggs discarded.

The American Egg Board recommends the following method for boiling the perfect Easter egg: Place eggs in a single layer in saucepan.. Add enough tap water to come at least 1 inch above eggs. A tablespoon of vinegar can be added to allow better dye coverage after cooking. Cover pan and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water for 15 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled. Refrigerate all hard cooked eggs. **Remember, for picnics or outdoor parties, pack cold egg dishes and boiled eggs with ice or frozen reusable ice substitute in an insulated cooler or bag. Do not allow foods to remain at room temperature for more than 2 hours including preparation and serving.**



## The New Dietary Guidelines

### USDA releases dietary guidelines for 2005

The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) recently released the latest *Dietary Guidelines for Americans*.

These guidelines serve as the basis of federal food programs and nutrition education programs, and they support the nutrition and physical fitness pillars of President Bush's **Healthier US** initiative. Because almost two-thirds of Americans are overweight or obese, and more than half get too little physical activity, the 2005 edition places a stronger emphasis on calorie control and physical activity." These new *Dietary Guidelines* represent our best science-based advice to help Americans live healthier and longer lives," HHS Secretary Tommy G. Thompson said. "The report gives action steps to reach achievable goals in weight control, stronger muscles and bones, and balanced nutrition to help prevent chronic diseases such as heart disease, diabetes and some cancers. Promoting good dietary habits is key to reducing the growing problems of obesity and physical inactivity, and to gaining the health benefits that come from a nutritionally balanced diet." The following is a list of key recommendations from the *Dietary Guidelines*.

#### Adequate nutrients within calorie needs

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

#### Weight management

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

## Physical activity

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being and a healthy body weight.
  - To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week. For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
  - To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.
  - To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

## Food groups to encourage

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and two-and-a-half cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
  - Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables and other vegetables) several times a week.
  - Consume three or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched products. In general, at least half the grains should come from whole grains.
- Consume three cups per day of fat-free or low-fat milk or equivalent milk products.

## Fats

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
  - Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.
  - When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat or fat-free.
- Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

## Carbohydrates

- Choose fiber-rich fruits, vegetables and whole grains often.
  - Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

## Sodium and potassium

- Consume less than 2,300 mg (approximately one teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

## Alcoholic beverages

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation.
  - Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating

women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.

- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill or coordination, such as driving or operating machinery.

### Food Safety to Avoid Microbial Foodborne Illness:

- Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
  - Separate raw, cooked and ready-to-eat foods while shopping, preparing or storing foods.
  - Cook foods to a safe temperature to kill microorganisms.
  - Chill (refrigerate) perishable food promptly and defrost foods properly.
- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices and raw sprouts.

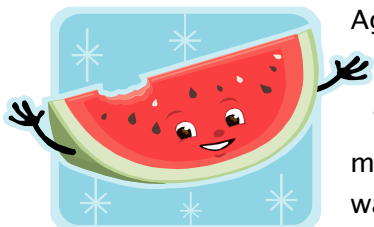
The complete guidelines are available online at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines). For more information about proper nutrition, visit the United States Department of Agriculture online at [www.usda.gov](http://www.usda.gov), or visit the United States Department of Health and Human Services online at [www.hhs.gov](http://www.hhs.gov).

## Designer Fruits and Vegetables

### Watermelons

You have probably seen the mini-watermelons (commercially available for about 2 years) in your local supermarkets or farmers market. Well look out, plant geneticist at ARS's South Central

Agricultural Research Laboratory in Lane, Oklahoma are developing a low-sugar watermelon.

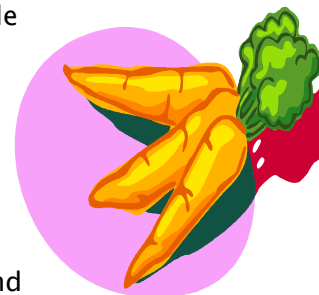


These melons will still maintain the appearance and color of traditional melons and have high lycopene levels (the red pigment that gives watermelons and tomatoes their color). The low-sugar melons will be crisp and refreshing and will be particularly attractive to diabetics and people on low-carb diets. Look for mini and low-sugar watermelons coming to a store near you soon.

### Carrots

Carrots are colorful vegetables that add colorful zest to our dinner plates. These crunchy orange roots are also well known as a good source of vitamin A. A full-size carrot can fulfill an adult's daily quotient of vitamin A. The carrot provides more vitamin A today than it did two decades ago. Scientists began breeding carrots packed with beta-carotene—an orange pigment used by the body to create vitamin A, as a result of their work, today's carrots provide consumers with 75 percent more beta-carotene.

Geneticists have also selectively bred a rainbow of carrots—purple, red, and yellow, even white. Aside from enhancing the nutritional value of carrots—researchers also work to improve the culinary quality and appeal of other vegetables such as onions, garlic, and cucumbers. Scientists are subjecting the new varieties of carrots to consumer taste tests, hoping to find carrots with a sweet and mild flavor.



### Peaches

Two new peach varieties, Gulfking and Gulfcrest, were made available for planting in the summer of 2003 and may show up in the markets as early as 2005, but certainly in 2006. Both varieties are a non-melting type peach that resists bruising and allows for more on-tree ripening.

Gulfking is large and is 80–90 percent red over a deep-yellow to orange background skin color when ripe. The flesh is firm with good sweetness and does not brown readily on bruised or cut surfaces.



Geneticists are currently working to develop varieties of soft fruits that are not easily bruised and that can withstand the amount of handling necessary to bring them to market.

*Source: Agricultural Research; U.S. Department of Agriculture; Agricultural Research Service; December 2004 and January 2005.*

## Low Carb Labeling

### Lowdown on "Low-Carb" Labeling

Whether it's *carb-smart*, *carb-wise*, *carb-fit*, or just plain *low-carb*, no federal regulation defines these marketing terms used to sell the flood of new reduced-carbohydrate food products. In the absence of an official definition, "low-carb" can be interpreted in many ways. It may mean that the product has fewer carbohydrates than a comparable product or it may mean that it contains a specific amount of carbohydrates per serving. Even the labels of some foods that are naturally low in carbohydrates may be using label terms that call out to carb-conscious consumers.

To confuse matters further, some food labels refer to "net carbs" or "effective carbs." Again, no government or generally agreed-upon definition exists for this terminology but the terminology is typically used as the result when fiber and certain sweeteners, such as sugar alcohols and glycerin, are subtracted from the total carbohydrate content.

### How Do They Do It? Reducing the Carbs in Traditional Foods

A variety of foods have been modified to meet the growing demands of low-carb consumers including bread, pasta, cereals, cookies, cakes, juice, soft drinks, and candy. The manufacturers of these traditionally carbohydrate-rich foods are using a variety of methods to reduce the net carbohydrate content per serving. The methods include:

- Increasing the amount of animal or vegetable protein, such as replacing wheat or corn flour with soy flour. Examples include soy-based chips, pasta, and breads.
- Increasing the amount of fiber. Examples include adding fiber, such as cellulose, to candy products, cereals, bread, and pasta.
- Using sugar substitutes or sugar alcohols in place of traditional sweeteners. Examples include soft drinks, fruit drinks, baked goods, and frozen desserts.
- Using smaller portions. Examples include baked goods, such as breads.

A word of caution: When food manufacturers make lower-carbohydrate products by replacing some of the sugar with sugar alcohols—sorbitol, mannitol, and maltitol are examples—a laxative effect may result. When these sugar alcohols are consumed in very large quantities they can cause cramping, diarrhea, or other digestive discomfort in sensitive individuals. Thus, foods that contain certain sugar alcohols and that are likely to be eaten in amounts that could produce such effects must bear the statement, "Excess consumption may have a laxative effect."

## APRIL IS CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month in Texas and across the nation. It is a time to focus on ways too not only protect children from abusive environments, but also to prevent abuse from ever occurring. For over twenty years, Prevent Child Abuse Texas has worked on the state and community levels to prevent child abuse in all its forms. The organization is striving to create a society that values children, strengthens families and engages communities in nurturing children.

### What Can One Person Do to Prevent Child Abuse?

#### Change Yourself

- ☒ Ask yourself how you are doing as a parent. Vow to learn one new thing about being a parent by reading or talking to other parents.
- ☒ Respect your family members. Use a courteous tone of voice with them.
- ☒ Learn to apologize to your children when you are wrong. Make time to play together. Praise children & teens for being good, for doing the little things that are so easy to take for granted.
- ☒ Tell your children “I love you” more often.
- ☒ Violence teaches violence. Forget about hitting your kids.

#### Change Your Community

- ☒ Reach out to neighbors or relatives with children. Offer to baby-sit to give them a much-needed break.
- ☒ Don't wait for someone else to do it...take action! Arrange for a speaker on child abuse come to PTA or adult Sunday school class.
- ☒ Volunteer time in a child crisis shelter, parenting support program, drug prevention/treatment program, or shelter for the homeless.

#### Change the World

- ☒ Write a letter to your elected representatives and let them know it is your choice that they act to support parent education and child abuse prevention.
- ☒ Register to vote and use your vote to reflect your concern for children.
- ☒ Child abuse prevention organizations are only as strong as their members. Join the Prevent Child Abuse Texas...for it shouldn't hurt to be a child.

#### Prevent Child Abuse Texas

P.O. Box 203624, Austin, TX 78720-3624

512/250-8438, 512/250-8733

[www.PreventChildAbuseTexas.org](http://www.PreventChildAbuseTexas.org)

email [pcatx@preventchildabusetexas.org](mailto:pcatx@preventchildabusetexas.org)

## May Is National High Blood Pressure Education Month

High blood pressure is a major risk factor for heart disease and the chief risk factor for stroke and heart failure, and also can lead to kidney damage. It affects about 50 million Americans—one in four adults. Treatment seeks to lower blood pressure to less than 140 mm Hg systolic and less than 90 mm Hg diastolic for most persons with hypertension (less than 130 systolic and less than 80 diastolic for those with diabetes and chronic kidney disease).

May 2003 new guidelines were released which feature altered blood pressure categories, including a new “prehypertension” level—which covers about 22 percent of American adults or about 45 million persons. The guidelines include new data on U.S. control, awareness, and treatment rates for high blood pressure. According to a national survey, 70 percent of Americans are aware of their high blood pressure, 59 percent are being treated for it, and 34 percent of those with hypertension have it under control. Those percentages represent a slight improvement over rates for 10 years ago, when 68 percent of Americans were aware of their high blood pressure, 54 percent were being treated for it, and 27 percent of those with hypertension had it under control.

Key aspects of the new guidelines include:

- A new “prehypertension” level and merging of other categories. The new report changes the former blood pressure definitions to: normal, less than 120/less than 80 mm Hg; prehypertension, 120–139/80–89 mm Hg; stage 1 hypertension, 140–159/90–99 mm Hg; stage 2 hypertension, at or greater than 160/at or greater than 100 mm Hg. The 1997 categories were optimal, normal, high–normal, and hypertension stages 1, 2 and 3.
- Stages 2 and 3 were combined because their treatment is essentially the same. The new prehypertension category should alert people to their real risk from high blood pressure.

The guidelines do not recommend drug therapy for those with prehypertension unless it is required by another condition, such as diabetes or chronic kidney disease. But the report advises them—and encourages those with normal blood pressures to make needed lifestyle changes. These include losing excess weight, becoming physically active, limiting alcoholic beverages, and following a heart–healthy eating plan, including cutting back on salt and other forms of sodium. The guidelines also recommends that, for overall cardiovascular health, persons quit smoking.

To raise awareness about the dangers of high blood pressure, the National Heart, Lung, and Blood Institute is developing special Web pages and educational materials for health care professionals, patients, and the public. These include an updated “Your Guide to Lowering High Blood Pressure” Web page which can be found at [www.nhlbi.nih.gov/hbp](http://www.nhlbi.nih.gov/hbp).

May is National High Blood Pressure Education Month, a good time for people to take stock of their heart health—along with the steps necessary to protect it.

Information and resources regarding National High Blood Pressure Education Month are available at <http://www.nhlbi.nih.gov/hbp/index.html>. The guidelines and related information are available at: <http://www.nhlbi.nih.gov/hbp/index.html>

## Save a Heart Are You At Risk?

According to the American Heart Association, Cardiovascular Diseases (CVD), including Stroke, Heart Attack, and High Blood Pressure, kill more American every year than any other disease----nearly 960,000 people annually. African Americans are at high risk for death and disability from cardiovascular disease.

What are the warning signs for Heart Attack and Stroke? The warning signs for a Heart Attack may include the following:

- Uncontrollable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- Pain spreading to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

A person experiencing a Stroke might have the following signs:

- Sudden weakness or numbness of the face, arm or legs, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no apparent cause.

High blood pressure often referred to as the “silent killer” means blood does not flow easily through your blood vessels. This puts added strain on your heart. The extra pressure on blood vessels causes damage over time. The damage can lead to a heart attack, stroke or kidney problems. High blood pressure is the No. 1 preventable cause of over 71,000 deaths annually among African Americans from all causes. The following lifestyle factors can reduce or help control high blood pressure:

- Losing weight
- Becoming physically active
- Moderating alcohol intake
- Reducing salt intake
- Eating plenty of fruits and vegetables
- Reducing stress

High blood cholesterol is another risk factor for heart disease. An estimated 45 percent of non-Hispanic black men and 46 percent of non-Hispanic black women age 20–74 have high blood cholesterol levels above 20mg/dL. At this level, the risk of heart attack and stroke begins to increase.

Cholesterol is soft and fat-like and is carried in your blood. It is normal to have it in you, but too much of it can cause big problems for your heart. You can get cholesterol two ways. Your body makes some of it. The rest is from the food you eat that comes from animals: meat, poultry, fish, eggs, butter, cheese and whole milk. Fruits, vegetables and cereals do not have cholesterol.

Obesity is another factor related to CVD. For non-Hispanic blacks, 60.7 percent of men and 69.1 percent of women are overweight; 28.1 percent of men and 49.7 percent of women are obese. Obesity is determined by Body Mass Index (BMI).

Only 38.3 percent of American adults report regular sustained physical activity of any intensity lasting 30 minutes five times a week. African-American women are the least active.

There are many things you can do to reduce your risk of being affected by a cardiovascular disease. Begin by making informed choices. Eat a balanced diet. Eat foods that are lower in fat, cholesterol and salt. Eat smaller portions. Less is best. Make time for some type of physical activity each day. Always check with your physician or healthcare provider before beginning any exercise program. Remember, the choices you make today will affect your health tomorrow!

## Allergies and Asthma Can Be Awful

Each year more than 50 million Americans suffer from allergic diseases. Rhinitis, sinusitis, dermatitis, asthma, food allergy and other disorders can have a negative impact on quality of life and increase healthcare costs. Allergies are the sixth leading cause of chronic disease in the United States costing the healthcare system over 18 billion annually. The prevalence of allergic diseases continues to grow, probably reflecting both increased exposures and enhanced responses to allergens. As the U.S. population spends more and more time indoors, it is not surprising that indoor allergens have become a health concern. The high prevalence of allergic disease in our society may simply reflect the conditions in which we live.

Allergy refers to abnormal or pathological reaction to environmental substances such as pollen, food, dust or microorganisms. Many agents found in the environment can provoke an allergic response. An allergen is defined as either the source of an allergy-producing substance, the allergy producing substance itself, or one or more of the specific proteins that make up the substance and provoke the immune response. Allergens can enter the body through a number of routes: by inhalation, ingestion, contact with the skin, or injection—either intentionally) as for certain medications) or unintentionally (as for an insect sting).

The allergic reaction provokes symptoms such as itching, coughing, wheezing, sneezing, watery eyes, inflammation, and fatigue. Some allergies can be life-threatening. On a daily basis, allergies cause time from work, school, and leisure activities and decrease productivity as well.

Allergic diseases can be controlled; symptoms can be prevented or minimized with a physician's care and controlling certain environmental triggers. Learning what triggers allergies and understanding how to treat the diseases may make the difference between a chronic debilitating illness and a productive, healthy lifestyle. The first step to prevention is to identify what can and cannot be done.

In adults, many allergies are caused by dust or plant pollen, particularly ragweed. Animal dander, feathers, mold and mildew, or the mites that live in household dust can also bring on an allergy attack. Allergies seem to run in families. It is possible to develop them at any age. Suspect an allergy if you have a cold that comes seasonally or that seems to linger on and on.

## Prescription Discount Cards

There is a new way to save on prescription drugs. It's called Medicare-approved Discount Cards. Congress passed a new law in 2004 that gives people with Medicare the power to start saving on prescription drugs. Medicare has contracted with private companies to offer Medicare-approved discount cards. You can choose one of the discount cards offered by approximately 30 private companies to help you save on outpatient prescription drugs. All discount cards approved by Medicare will have the Medicare seal on them. The following is a list of most commonly asked questions and answers:

**Who can apply?** Anyone that is 65 years of age or older and enrolled in Medicare is eligible for these discount cards. The only people who are not eligible are those who have outpatient prescription drug coverage through Medicaid when they apply. These discount cards are voluntary. That means enrolling is your choice.

**When can I get a card?** You can apply for one of these cards now. It will be good until at least December 31, 2005, when Medicare's new prescription drug benefit starts.

**How long does it take to receive the card?** It usually takes 4–6 weeks for the card to be processed and mailed to you.

**How much will I save?** It depends on the number of prescriptions and the amount you are taking. During the enrollment process you will be given an estimate of the saving.

**Will my benefits be cut?** No

**How much does it cost to enroll?** Usually, you need to pay an annual enrollment fee of no more than \$30. This fee is paid when you use the card for the first time. You don't pay a fee if you qualify for the **\$600 credit**.

**Who qualifies for the \$600 credit?** If you have a lower income that makes it hard to pay for your prescription drugs, you might get extra help.

**Are there income limits?** Yes, your income can be no more than \$1048 if you are single. If you are married, your combined income cannot be more than \$1406.

**How can I enroll?** To receive the discount card only, call 1-800-MEDICARE. If you think that you qualify for the \$600 credit based on the income limits above, you can apply online at [www.medicare.gov](http://www.medicare.gov). If you need assistance with enrolling, contact your local Extension agent and they would be happy to assist you.

**Is there a deadline for enrolling?** Yes, in order to receive the credit for this year, you must enroll before March 31, 2005.

## *The Story of Mother's Day*

*The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600's, England celebrated a day called "Mothering Sunday". Celebrated on the 4th Sunday of Lent (the 40 day period leading up to Easter\*), "Mothering Sunday" honored the mothers of England.*

*During this time many of England's poor worked as servants for the wealthy. As most jobs were located far from their homes, the servants would live at the houses of their employers. On Mothering Sunday the servants would have the day off and were encouraged to return home and spend the day with their mothers. A special cake, called the **mothering cake**, was often brought along to provide a festive touch.*

*As Christianity spread throughout Europe the celebration changed to honor the "**Mother Church**" - the spiritual power that gave them life and protected them from harm. Over time the church festival blended with the Mothering Sunday celebration. People began honoring their mothers as well as the church.*

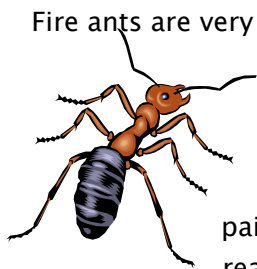
*In the United States Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle hymn of the Republic) as a day dedicated to peace.*

*In 1907 Ana Jarvis, from Philadelphia, began a campaign to establish a national Mother's Day. Ms. Jarvis persuaded her mother's church in Grafton, West Virginia to celebrate Mother's Day on the second anniversary of her mother's death, the 2nd Sunday of May. By the next year Mother's Day was also celebrated in Philadelphia.*

*Ms. Jarvis and her supporters began a letter writing campaign to establish a national Mother's Day. Their efforts proved successful and by 1911 Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the 2nd Sunday of May.*

*While many countries of the world celebrate their own Mother's Day at different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia, and Belgium which also celebrate Mother's Day on the second Sunday of May. <http://www.holidays.net/mother/story.htm>*

## Fire Ant Help



Fire ants are very aggressive and will readily attack anything that disturbs their mound, including humans. After firmly grasping the victim's skin with its jaws, an ant arches its back and inserts its rear-end stinger into the flesh, injecting venom from a poison sac, inflicting seven or eight stings. Fire ant venom is unique because of the high concentration of toxins, which are responsible for a fire like burning pain. Stings can cause swelling and tiny blisters and in severe cases, allergic reactions, hives, nausea, vomiting, breathing difficulty and even death.

*Source: USDA Agricultural Research 12/04*

## Treating fire ant stings

- Remove all ants from the body and clothing to prevent additional stinging
- Apply a cold compress to relieve the swelling and pain.
- Individuals who are allergic to insect stings should seek medical attention immediately to prevent severe allergic reaction or symptoms of anaphylaxis.
- Rub the bite for 15 to 20 minutes with a cotton ball soaked in a meat tenderizer solution. This will usually relieve the pain. (Avoid contact with eyes)
- If tenderizer is not available, use a baking soda solution on a cotton ball.
- Apply calamine lotion or use hydrocortisone cream (no prescription required) for severe itching.
- Check with your physician regarding the use of acetaminophen or ibuprofen for pain relief.

## Call your doctor if:

- Difficulty in breathing or wheezing occurs.
- A cough or hoarseness develops quickly
- Slurred speech or difficulty swallowing occurs quickly after sting.
- Persistent severe pain.
- Hives or swelling occurs elsewhere on the body.
- More than 20 fire ant stings in a child one year old or less.

*Source: Children's Hospital and Health Center of San Diego*

## Removing stains from clothing and fabrics

- **Alcoholic Beverages** – Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains.
- **Blood** – Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 Tbs. per Gallon of water). Rinse. If stain remains, work in detergent and wash, using bleach safe for fabric.
  - Blood stains, if fresh, may be removed by washing in cold water. If hard and dry steep for a few hours in cold water, to which add a pinch of baking soda. Washing and bleaching will finish the process. Never put blood stains in hot water.
- **Candle Wax** – Use dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stains with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.
- **Chewing Gum** – Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.
  - Try egg white that's said to remove chewing gum from anything. Rub the egg white on the gum and it will remove it from cloth, hair or hands without leaving a spot.
  - Chewing gum may be removed from different materials by soaking them in turpentine.
- **Chocolate and Cocoa** – Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.
- **Coffee** – Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric. Remove cream grease stain with non-flammable dry cleaning solvent. Wash again.
  - To remove coffee, tea or cocoa stains, use glycerin. A fresh stain can be removed by gentle rubbing; if stain is old, soak in the glycerin for sometime.
- **Crayon** – Scrape with dull blade. Wash in hottest water safe for fabric with detergent and 1–2 cups of baking soda. If full load is crayon stained, take to cleaners or coin-operated dry cleaning machines.
- **Deodorants** – Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.
- **Dye** – If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary before drying. On whites use color remover.

**NOTE:** Do not use color remover in washer, or around washer and dryer. It will damage the finish of them.
- **Egg** – Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove remaining with dry cleaning solvent. Wash in hottest water safe for fabric with detergent.
  - Egg stains on washable fabrics may be removed by soaking the garment in cold water for a short time before washing with soap and water in the usual way.

- **Fruit and Fruit Juices** – Sponge with cold water immediately. Pre-soak in cold water for at least 30 minutes. Wash with detergent and bleach safe for fabric.
  - While fruit stain is still moist, cover it with powdered starch. When dry, rinse the article and cold water and wash in the ordinary way.
  - Fruit stains may be removed with a strong solution of borax, or the stain moistened with water, rubbed with borax, and boiling water poured through.
- **Glue** – Sponge vinegar on spot saturating spot, let sit for 20 minutes. Scrape with dull knife. Sponge again, let sit then wash in hottest water safe for fabric.
- **Grass** – Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash using detergent, hot water and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.
  - For grass stains use cold water and no soap. Alcohol or ether may be used if the material is unwashable.
- **Grease** – Sponge spot with a mixture of 1 Tbs. Salt to 4 Tbs. rubbing alcohol. Wash in hottest water safe for fabric. If spot still remains, do not dry, use dry cleaning solvent and re-wash.
  - Grease spots generally may be removed with hot water and soap. If the stains have become fixed by long standing, they may be removed by chloroform, ether or naphtha. If any of these chemicals are used, keep them at a safe distance from fire or artificial light.
  - To remove grease from silk, lay the silk on a table on top of a clean white cloth. cover the spot thickly with powdered French chalk. On this lay a sheet of blotting paper and over that a moderately hot iron. If the grease does not disappear at once, repeat process.
- **Grease/Oil/Tar** – Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pretreat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent. Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.
- **Ink-Ball Point Pen** – Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.
- **Ink – Fountain Pen** – Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes.
  - Wet ink stains may be removed by washing in milk or better still, buttermilk. Wash, changing the milk frequently.
  - Dry ink stains can be removed from white material by steeping the stained material in a hot solution of salts of lemon--one tbsp. of salts to one quart of boiling water; or simply place the stained part over a basin, cover the stain with salts and pour the boiling water through. Repeat if necessary.
  - Ink stains may be removed by covering the spot with lard. Let this stand for about twelve hours and wash the article in the regular way.

- Soak ink stains in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.
- Ink stains on the fingers can be removed by brushing with a soft nail brush dipped first in pure vinegar and then in salt.
- **Iodine** – To remove iodine stains from linens, rub the stained area with a slice of lemon.
  - To remove an iodine stain from cotton or linen, cover with a soft paste of mustard mixed with water and let stand for a few hours. Every trace of iodine will be removed.
- **Lipstick** – Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water safe for fabric.
- **Meat Juices** – Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.
- **Mildew** – Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.
  - Mildew stains may be removed by rubbing with a paste made by mixing two tsp. of water, one of powdered chalk and two of soap powder. The spots should afterwards be well rinsed and dried out of doors in the sunlight. This has a bleaching effect on them.
  - Soak mildew stains for several hours in a weak solution of chloride of lime; afterwards rinse in cold water.
- **Milk, Cream, Ice Cream** – Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.
  - Never put hot water on milk and cream stains. Wash them out in cold water, followed by soap and water. Rinse in clear water.
- **Nail Polish** – Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.
- **Paint** – Oil Base – Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again. Water Base – Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.
  - To remove paint from colored material, dip the stains in turpentine, rub, then dip in a little ammonia, rub and wash in warm water.
  - To remove wet paint from white material wash the stain with soap and water and boil with a small amount of paraffin in the water. Dry paint on white material can easily be removed by steeping the stain in turpentine. Rub well and wash in the ordinary way.
- **Paint Spots** – Scrape dried paint with dull blade. Sponge with several applications of equal parts ammonia and turpentine. Wash in hottest water safe for fabric.
- **Perspiration** – Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use

bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

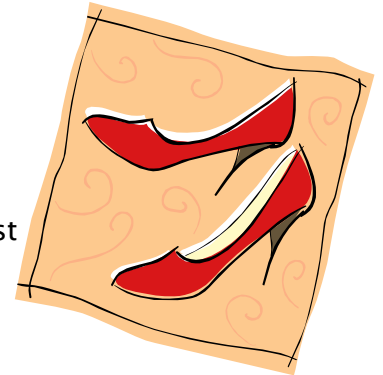
- Fresh perspiration is acid. Use a solution of alkaline to remove. Baking soda is alkaline. Old perspiration stains are alkaline. Use a milk solution of white vinegar to remove.
- **Rust** – Soak in lemon juice and salt or oxalic solution (3 Tbs. oxalic acid to 1 Pt. warm water.)
  - Table salt and cream of tartar, equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place the material in the sun.
- **Soft Drinks** – Sponge immediately with cold water and alcohol. Heat and detergent may set stain.
- **Tea** – Sponge with cold water as soon as possible. Wash using detergent and bleach safe for fabric.
- **Wine** – Wine stains may be removed by holding the stained portion of the cloth in boiling milk.
- **Clothing/Stockings/Shoes/Wash:**
  - Dab clear nail polish on the center of buttons on new shirts. This seals the threads so they won't unravel.
  - If zippers stick, just run some bar soap over the zipper and the zipper will zip just fine.
  - To keep lint from clinging to blue jeans and corduroys, add a half cup of vinegar to each wash load.
  - When putting away delicate white summer things or linens into the hope chest, wrap in blue tissue or a well-blued cloth. This will prevent them from turning yellow. In the case of new things being put away for sometime, do not wash them if it is not absolutely necessary, as they will keep much better with the dressing in them, even if mussed from handling when in the making.
  - A little vinegar added to the water in which you rinse silk stockings will increase their elasticity and make them practically run proof.
  - New shoes that will not polish easily may be rubbed with the cut half of a lemon. When dried polish in the usual way, finishing with a soft cloth or pad of velvet.
  - After polishing white shoes, rub over them with a piece of wax paper. This prevents the polish from rubbing off on your clothes and hands. This is especially good for baby's shoes.
  - Rub the bristles of shoe brushes together in a warm soapy solution to which a little turpentine has been added. Care should be taken to hold the brushed under the surface of the solution; otherwise the bristles will cause the solution to spray in tiny drops over the face and arms. Rinse in a fresh soapy solution, shake thoroughly and place in open air to dry.
  - White tennis shoes will last longer if sprayed heavily with starch when you first get them.

- Grease spots on suede shoes will disappear if they are rubbed with a clean rag dipped in glycerin.
- When shoestrings lose their plastic tips, wrap ends with scotch tape and dip in clear nail polish. Hang to dry.
- **Leather Suitcase/Handbags:**
  - Black leather may be cleaned by rubbing with a clean cloth and afterwards with another cloth dipped in a mixture of one teaspoonful of sweet oil and two teaspoons of milk. When dry it should be polished with another rag, using a white shoes cream or furniture polish.
  - To prevent a hide suitcase or club bag from having a musty smell when not in use, sprinkle the inside with lavender or dried verbena leaves; or you can buy from druggist's packets of specially antiseptic and air-purifying pot-potpourri (perfumed).
  - To improve the appearance of a leather suitcase or trunk that has become shabby apply a mixture of linseed oil and vinegar. In an old pan boil about half a pint of the oil. Allow this to become nearly cold and then stir in an equal quantity of vinegar. Pour into a bottle and rub a little on the leather with flannel, then polish with a soft cloth... Shake the bottle well before using.

## Fashion Trends Spring/Summer 2005

Fashion is always fun and an excellent way to redefine yourself. Spring and summer trends for '05 have something for just about everyone. This seasons' look offers a more covered up and somewhat tailored look, however it's not stuffy and boring.

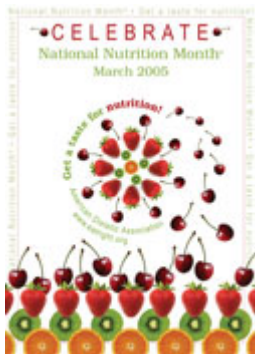
Fashion doesn't have to be confusing. Use common sense to decide what's best for you. Consider your body type, age and activities to help wade through the myriad of looks available this season. Check below for latest style trends:



- **Color** – Turquoise is the color this season followed by coral, green (lettuce, cucumber avocado, asparagus, clover green, kiwi, pea green, moss green, leaf green, pistachio, olive green, parsley green, Kelly green, sage, mint, basil, bay emerald, jade, sea green) “Oh My!” Lemon, and jewel tones such as garnet, berry, purple, amethyst, violet, sapphire, lavender etc. Don't forget white, cream, oyster, crystal and ivory.
- Silver and gold accents are popular this season with accessories such as bags and shoes the obvious choices for daytime. Save the more obvious metallic pieces such as dresses and long skirts for after five.
- **Styles** – Bohemian/boho look with full skirts tunic tops and many, many, (the more the better) bangle bracelets preferably in wood; the safari style with animal prints galore. Knit layered tops, knee length or longer skirts in circles, bubbles, tiers, layered, pleated and embellished. The little sweater often embellished with long, short or three quarter sleeves. The classic trench coat offered this in a rainbow of colors, cropped jackets and fitted blazers ending above the hips are all fashion must haves this season. Tunics abound and you will find them embroidered in linen, animal prints, lightweight and sheer fabrics, flutter sleeves, tunics with matching camisoles and long mesh beaded tunics.
- **Shoes** – Almost gone but not forgotten are the almighty stilettos. This season shoes are fun, colorful and wild. Flowers abound everywhere. The wedge is back big time and you will find them in floral fabric and embellished with jewels. Flat sandals, ballerina shapes and moccasins are also big favorites this year, an added bonus to these styles is the comfort factor.

## National Nutrition Month® March 2005

March offers all ADA members the perfect opportunity to highlight your services and expertise while promoting healthy eating and physical activity. As part of our ongoing National Nutrition Month publicity activities, ADA has secured a free window display in the heart of downtown New York City at 10 Rockefeller Plaza, steps from NBC's *Today Show*. Every month Executive Health Exams International works with a different organization to provide window space in Rockefeller Center Plaza to spotlight a preventive health-care issue. This month, ADA is promoting National Nutrition Month with our "Top Ten Reasons to Consult with a Registered Dietitian." If you happen to be in New York, make it a point to stop by and view the display! For more information, visit [http://www.eatright.org/Public/Media/PublicMedia\\_21773.cfm](http://www.eatright.org/Public/Media/PublicMedia_21773.cfm).



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

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