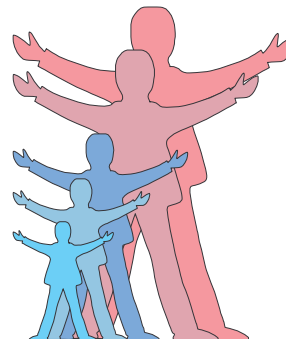




HELPLINE

January 2006
Happy New Year!!



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The Month After Christmas

Tw'as the month after Christmas, and all
through the house
Nothing would fit me, not even a blouse.



The cookies I'd nibbled, the eggnog
I would taste
At the holiday parties had gone to my waist.
When I got on the scales there arose
such a number!
When I walked to the store it was less a walk
than a lumber.
I remembered the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rare,
The wine and the rum balls, the bread
and the cheese
And the way I'd never said, "None
for me, please."
As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt—
I said to myself, as only I can
"You can't spend another winter disguised
as a man!"
So—away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip
Every last bit of food that I like
must be banished
Till all the additional ounces have vanished.
I won't have a cookie – not even a lick.
I'll chew only on long celery sticks.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore

But isn't that what January is for?
Unable to giggle, life's no longer a riot.
Happy New Year to all and to all a good diet!
--Author Unknown

24 Resolutions for 2006

2005 brought you some of the best health information of all time. First the Dietary Guidelines for Americans came out early in the year and then in the spring we saw MyPyramid – a personalized version of the government's Food Guide Pyramid system. Now is an important time to take heed of their advice so you will eat better and be more physically active for better health.

Here you will find 24 top resolutions for 2006. You can use 2 every month to make a big difference in your health. For More Information visit MyPyramid.gov and learn how you can eat better and exercise more!

1. **Exercise** 30 minutes or more, most days of the week. Find ways to stay motivated with physical activity and keep it enjoyable.
2. Be more **active** around the house. Cleaning, cooking and gardening all burn twice the calories as sitting.
3. **Sit less.** Instead of watching TV, clean the house and run errands. Instead of watching the kids play sports, walk for half of their playing time. Instead of sitting for lunch, walk the mall or a park.
4. **Cook** more and eat out less.
5. **Find eating out choices** that are lower in calories and fat. Where can you get more lowfat items like: soups, salads, beans and rice, fish, pasta, etc?
6. Learn to cook and eat with **less fat.**
7. Get 4.5 cups of **fruits and vegetables** each day.
8. Eat **beans** at least 3 times per week.
9. Eat **fish** twice per week.
10. Switch to low-fat or **non-fat dairy products.**



11. Reduce the amount of **cheese** that you eat. Cheese is the number one source of saturated fat in most American's diets.
12. Become aware of the **calories** you are eating –especially in treats and snacks.
13. For **everything** you eat, find a way to make the portion a little smaller or to choose a more low-cal option.
14. Include **strength training** in your schedule a couple of times a week. This could mean lifting weights at the gym, taking a class, working with resistance bands or Pilates.
15. Switch from refined **grains** to whole grains.
16. Eat a healthy **breakfast** every day.
17. Reduce the amount of **sugary items** that you eat. You will crave sweets less if you eat them less.
18. Drink more **water** instead of soda and other sugary drinks.
19. Take **healthful snacks** with you instead of making poor spontaneous choices when you are hungry. Fruit is always the best snack choice.
20. Get more **sleep.**
21. Wash your **hands** most frequently.
22. Control the consumption of **alcoholic** beverages you consume. Learn to drink one or two and then switch to something else that is non-alcoholic.
23. Concentrate on eating more **high-fiber**, low cal foods instead of refined foods that are high in calories and low in nutrients.
24. Plan active **vacations** and weekends for you and your family or loved ones.

Source: Communicating Food for Health, Nov. 2005

Consumer News Corner

High Minimum Credit Card Payments for Consumers



Many Americans are going to have a big surprise when they open up their credit card bills in the new year. A change in banking regulations will mean higher minimum credit card payments beginning in January. At the urging of federal banking regulators, credit card companies are boosting the minimum payment on balances

from two percent to four percent. Companies may have already sent you statements about changes in your credit card agreements in November or December of 2005.

The idea is to help consumers. By increasing the minimum payment, consumers will pay down their balances faster, with a greater percentage of their payment going to the principal instead of interest. While the government is requiring credit card companies to increase monthly minimum payments, the goal is to help credit card customers pay off balances with undue hardship.

IRS Warns of e-mail Scam about Tax Refunds

The Internal Revenue Service has issued a consumer alert about an Internet scam in which consumers receive an e-mail informing them of a tax refund. The e-mail, which claims to be from the IRS, directs recipients into disclosing their personal information, such as social security number and credit card information.

This scheme is an attempt to trick the e-mail recipients into disclosing their personal and financial data. The practice is called “phishing” for information.

The information fraudulently obtained is then used to steal the taxpayer’s identity and financial assets. Generally, identity thieves use someone’s personal data to steal his or her financial accounts, run up charges on the victim’s existing credit cards, apply for new loans, credit cards, services or benefits in the victim’s name and even file fraudulent tax returns.

The bogus e-mail, which claims to come from tax-refunds@irs.gov tells the recipient that he or she is eligible to receive a tax refund for a given amount. It then says that, to access a form for the tax refund, the recipient must use a link contained in the e-mail. The link then asks for the personal and financial information.

If you receive an unsolicited e-mail purporting to be from the IRS, take the following steps:

- Do not open any attachments to the e-mail, in case they contain malicious code that will infect your computer.
- Contact the IRS at 1-800-829-1040 to determine whether the IRS is trying to contact you about a tax refund.

Source:

www.irs.gov/newsroom/article/0,,id=151065,00.html

Winter Care for Your South Florida Lawn

Watering Your Lawn

As temperatures drop in South Florida, it is best to reduce the frequency with which lawns are irrigated.



As paradoxical as this may sound, the worst thing you could do at anytime but especially during winter, is to over-water your lawn.

Frequent watering stimulates new growth which when done during the cool season, normally a dormant time for most grasses, can cause severe damage to sensitive growing tips if temperatures fluctuate greatly as they tend to do in South Florida. Additionally, frequent watering during cool weather can create an environment in which some turf diseases thrive.

The recommended winter irrigation rates and frequency for most South Florida lawns is no more than ¾ inch per irrigation event, applied at the first sign of water stress, as evidenced by leaf-blades folding in half length-wise, or root-zone soil (usually the first ½ to 1 inch) that is dry to the touch when crumbled.

For many lawns which previously have been getting frequent (e.g. daily) irrigation, it is best to condition the lawn to receive less water gradually. This encourages deeper root systems to develop and in time leads to a healthier lawn. Conditioning your lawn for winter hinges on gradually reducing the frequency of watering, if

for example, from every day, to every other day, to every two days and so on up to 7 day intervals after which, irrigation is done only when there is a clear indication that water is required. This is typically when the first signs of wilt occur, and then, applying no more than ¾ inch of water since more than this amount will drain away from the root zone and can problematic amounts if no more than ¼ to 1/3 of the leaf blade is removed at each mowing.

Secretary of Health Recommends Physical Activity During the Holidays and After

--Step Up, Florida 2006 offers Floridians opportunities to get physically fit after the holidays—



Tallahassee—Florida Department of Health (DOH) Secretary M. Rony Francois, M.D., M.S.P.H., Ph.D., recommends celebrating the holidays the healthy way by incorporating physical activity and healthy eating, including a variety of fruits and vegetables.

“Since the holiday season is a time for good fellowship and food I encourage Florida’s residents and visitors to find a balance between food and physical activity,” said Dr. Francois. “Physical activity is the solution to the problem of most chronic diseases, such as obesity. It is important to attempt to take a few extra steps during, and especially after, the holiday season to help offset the extra treats we all enjoy during that time of year.”

In 2004, 36.8 percent of adult Floridians were overweight and an additional 22.8 percent were obese—a 66 percent increase since 1986 (BRFSS).

The Department recommended the following healthy tips during the holidays:

- Dance or exercise to your favorite holiday music.
- Make a New Year’s resolution with friends to start a daily walking group.



Be physically active to avoid or relieve the variety of unique local opportunities each county offers for the physical activity.

“Step Up, Florida! Is a great way to be active with your friends and community.” Dr. Francois said. “I urge everyone to contact their county health department and participate in a Step Up, Florida! activity in their county.”

Each of Florida’s 67 counties will partake in the month-long relay celebration as participants along four routes pass a “Fitness flag” from county line to county line. The kick-off event will take place in Hillsborough County on February 1 and all four routes will end up in Duval County for the grand finale event on February 28.

This year DOH adopted a new slogan for “Step Up, Florida!” *60 A Day-The Florida Way*, to help participants implement the United States Department of Agriculture (USDA) dietary guidelines. The USDA recommendations specify that 60 minutes of moderate physical activity each day will help manage body weight and prevent gradual weight gain for adults, and 60 minutes of moderate to vigorous physical activity each day is recommended for youth.

For more information on “Step Up, Florida!” including activity schedules, detailed maps and event photos from years past, visit the DOH Web site at www.doh.state.fl.us.

Healthy Women Today

WomensHealth.gov.GirlsHealth.Gov

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow,” –Melody Beattie



We all have our favorite traditions when it comes to the holiday season. There are often large meals, lots of family, and hopefully, a day or two off of work. But somewhere between the turkey, stuffing, deserts and the football game, we are usually expected to think about what we are grateful for over the past year, and looking forward for the New Year.

One of the most important things we can always be thankful for is our health. Staying healthy is a big and important part of life. But it's more of a struggle for some people than it is for others. For many, health is something they have to manage on a continual basis because they are born with a health condition or acquired one later in life.

One of the health conditions many people in America have to cope with is diabetes. Men, women, children, and teenagers can all get diabetes. For women, especially women of color, diabetes is one of the most serious health challenges they face. Complications from diabetes rank among the top 10 causes of death for all women. It is recognized that diabetes, hypertension, and heart disease can be difficult to manage. Fortunately they are treatable, and in adults can sometimes be avoided.

Nutrition and physical activity are key in the prevention, self-management, and control of these diseases. Also, the Prevention Programs have shown that lifestyle change and/or medication can dramatically reduce the development. Things like being active every day, eating a nutritious diet, and making healthy choices can reduce the number of new cases by half.

The National Women's Health Information Center's web site, www.womenshealth.gov, features hundreds of publications, many organizations, and hundreds of different resources about these diseases. In particular, one of our resources is a Frequently Asked Questions (FAQs) page <http://www.womenshealth.gov/faq> that features some popular concerns about these diseases as well as methods of prevention.

Being thankful for our health is something some of us take for granted. Staying healthy isn't easy, but the formula is simple. If we stay active, eat healthy foods, get enough sleep, and make safe and healthy choices, we are headed in the right direction. This month in the new year try to take a few moments to identify the ways you can increase the positive things you do for your health. Next year, you might have a whole list of things to be thankful about!

Adapted from U.S. Department of Health and Human Services, Office on Women's Health (OWH)

Recipe Corner – Entrees



Classic Stir-Fry

The keys to a successful stir-fry are noted in the instructions below: Use a very high heat, avoid crowding the pan by cooking ingredients in batches, if necessary, and start with the vegetables that take the longest to cook.

Ingredients:

4 Tbsp. reduced-sodium soy sauce, divided

2 Tbsp. water or fat-free, reduced-sodium chicken broth

2 tsp. sugar, divided

½ tsp. minced scallion

2 Tbsp. Mirin (Japanese cooking rice wine), or Japanese sake, or broth plus 1 pinch sugar, divided

¼ tsp. minced fresh ginger

1 cup thinly-sliced chicken, meat or fish

1 tsp. cornstarch

2-3 Tbsp. peanut or canola oil, divided

1 cup cut-up green vegetable, such as string beans, snow peas, broccoli

1 cup cut-up light-colored vegetable, such as onion, bok choy, zucchini

3 cups steamed rice (preferably brown)

Instructions:

In a wide, shallow bowl, combine 2 tablespoons soy sauce, water or broth, half of the sugar and Mirin with the scallion and ginger. Mix in chicken (or other meat) and marinate during other preparations (10-30 minutes). Drain and pat dry of excess liquid with paper towels.

(Discard used marinade, which should never be reused as a sauce; it may contain potentially harmful bacteria that could lead to food-borne illness.)

For the sauce, mix together the remaining soy sauce, Mirin and sugar with the cornstarch until well blended. Set aside.

Heat pan until very hot. Add 1 tablespoon oil, or enough to stir-fry meat, and heat until very hot. Add meat and stir-fry until it turns color. Remove with slotted spoon and set aside.

Use remaining oil, as needed, to stir-fry vegetables in batches, starting with those that take the longest to become tender-crisp, like carrots, string beans and broccoli. Don't overcrowd the pan. If necessary, cook vegetables in batches and transfer cooked vegetables to an oven preheated to 200 degrees. When all the vegetables are tender-crisp, mix in everything that was removed from the pan in the earlier stages. Stir sauce and add to the pan, stirring until sauce thickens.

Remove from heat and serve immediately with steamed rice.

Nutritional Information:
Makes 4 servings.

Per serving: 362 calories, 10 g. total fat (1 g. saturated fat), 48 g. carbohydrate, 18 g. protein, 5 g. dietary fiber, 646 mg. sodium.
Adapted from AICR Recipe Corner

Recipe Corner – Salads

California Citrus and Greens Salad with Garlic Dressing

Ingredients:

Dressing:
4 large cloves fresh garlic, peeled
½ tsp. olive oil
1/3 cup orange juice
1 Tbsp. balsamic vinegar



2 Tbsp. extra virgin olive oil
½ tsp. dried thyme
Salt and freshly ground black pepper, to taste

Salad:

1 quart boiling water
1 cup small broccoli florets
1 bag (8 oz.) pre-washed baby salad greens
1 navel orange, peeled and cut into bite-sized pieces
1 cup chopped red bell pepper

Instructions:

In blender, combine first five dressing ingredients. Puree until smooth. Add thyme, salt and pepper. Add broccoli to boiling water and blanch for 1 minute. Drain well and let cool. In serving bowl, toss broccoli with remaining ingredients. Add dressing and toss again. Serve immediately.

Nutritional Information:

Makes 4 servings. Per Serving: 155 calories, 8 g. fat (1 g. saturated fat), 20 g. carbohydrate, 4 g. protein, 3 g. dietary fiber, 99 mg. sodium.

White Beans and Spinach Jumble

Makes 4 side-dish servings.

2 Tbsps. Olive oil (divided)
1 med. Onion, cut in half, then thinly sliced
1-14.5 oz. can diced tomatoes
1-15 oz. can cannelloni or navy beans, rinsed and drained
4 cups loosely packed torn spinach
5 tsps. Balsamic or red wine vinegar



1. Drain tomatoes, reserving 1/3 cup liquid; set aside.
2. Cook onions in fry pan with 1 Tbsp. olive oil until just tender, about 3 minutes.
3. Stir in beans, tomatoes, and reserved liquid. Cook and stir over medium heat until heated.
4. Stir in spinach; cover and cook until just wilted, about 30 seconds.

5. Mix 1 Tbsp. olive oil and vinegar together and pour over mixture.

From: www.Kidskills.net

It is the policy of the Miami-Dade County to comply with all the requirements of the American Disabilities Act (ADA). For sign language interpreter services, call (305) 670-9099 five days in advance. For materials in accessible format call the Consumer Services Department (CSD), for ADA complaints, call CSD at (305) 375-3566.