



The Balancing Act

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Expressing Your Feelings

By: Peggy Bledsoe, Houston County



CONTRIBUTORS TO THIS ISSUE:

Katie Barnes
Tift County

Peggy Bledsoe
Houston County

Sylvia Davis
Baker County

Joan Mason
Sumter County

Polly Morgan
Seminole County

Andrea Scarrow
Colquitt County

Editor:
Sylvia V. Davis
Baker County



Communication is so important in our relationships. When we communicate at the feeling level, we can eliminate so many misunderstandings that occur in relationships. Our quality of life is greatly improved through experience and expression of feelings. We limit the enjoyment of our home, our children and our opportunities, if we are not able to feel and express the reality of these experiences with our loved ones.

An expression of warmth toward another person almost always brings a response of acceptance, trust, and the desire to develop a closer relationship. Sharing feelings of warmth is a powerful tool in building and maintaining friendships. Sharing your thoughts and feelings honestly and sincerely helps develop a climate of acceptance. However, many people have difficulty expressing their feelings.

If you hide or hold back feelings, your relationship may be affected in the following ways:

- If feelings are not dealt with properly, biased and nonobjective judgments will be made. For example, a good idea may be rejected because you are angry toward the person who offered it.
- Hidden feelings may distort your perception of events and information. Unpleasant facts may be ignored. "Love is blind" expresses an unrealistic view of relationships.

Suppressed feelings lead to barriers, increased conflicts and the deterioration of the relationship.

It is important to describe your feelings clearly and concisely. This practice helps strengthen interpersonal relationships because it helps you clarify how you actually feel about a topic or action. Many times describing a feeling initiates a discussion

that will improve your relationship with another person. Even negative feelings, when clearly expressed, can serve to strengthen the relationship. Remember nonverbal expressions can be confusing or unclear. For example, blushing may indicate embarrassment, pleasure or even hostility. Anger can be expressed by frozen stillness or exaggerated body movements. We have to be sure we are reading a person's nonverbal expressions correctly. A person may be saying one thing, while his body says another. So often the nonverbal message speaks louder than the verbal message.

Strengthen your relationship with your family and friends by practicing clear communications of your feelings.



Healthy Snacks and Meals

By: Polly Morgan, Seminole County

Finding healthy food while away from home at sporting events, parks and trips can be difficult. Busy schedules make it even worse. It is easier and quicker to grab food from a concession stand or a drive through. Obesity is an epidemic in the United States. Parks and playing sports provide great opportunities for fun and exercise. Finding healthy food that is low in sugar and fat can be difficult but you

can make healthier choices using a little thought and planning. All foods can fit into a healthy diet plan. There really are not any foods that good or bad. Foods that have a higher content of sugar and fat should be eaten less often. If you have a meal that is high in fat or sugar, plan to eat healthier foods that are lower in fat and sugar during the remainder of the day. Planning ahead is

important as you eat during the day.

Listed below are some healthy choices:

1. Bring quick and healthy food from home to add to concession stand foods. Add a piece of fruit to the higher fat pizza to complete the meal.
2. Add lettuce and tomato to a sandwich and choose mustard leaving off the mayonnaise.
3. Have a hotdog with ballpark mustard and leave off the chili-cheese sauce.
4. Choose baked chips instead of regular potato

chips and pretzels rather than corn chips.

5. Have cereal bars or granola bars instead of a candy bar.

6. Choose 100% fruit drink or water rather than sugar laden soft drinks.

7. Whole, washed, unpeeled fruit will not need to be refrigerated and is a great snack.

Think ahead and plan to make healthy meal and snack choices while you are at a park or sporting event.

(Adapted from an article by Kelly Cordray)

The Scoop on Homemade Ice Cream by: Katie Barnes, Tift County



Homemade ice cream is a delightful treat for any occasion! Many recipes for homemade ice cream contain raw eggs which are not cooked thoroughly. Raw eggs can be contaminated with *Salmonella enteritidis* bacteria, which cause the disease salmonellosis. Consumers should avoid eating raw eggs and foods containing raw eggs. Raw eggs can be pasteurized, a heating step which kills *Salmonella* bacteria. To pasteurize the eggs in a recipe, combine at least 2 tablespoons of the liquid in the

recipe for each beaten egg or egg yolk. Then, cook this mixture over low to medium heat, stirring constantly. It is done when the mixture is thick enough to coat a spoon. Be careful not to get the mixture too hot, or it might curdle. If it looks like it is going to curdle remove it from the heat and stir vigorously. Then return to the heat and continue cooking. To avoid having to pasteurize eggs, here is basic recipe for homemade vanilla ice cream that does not contain raw eggs, plus a low-fat sherbet alternative. Each recipe makes about one gallon of ice cream.

Vanilla Ice Cream

1 3/4 qts. pasteurized light cream
1/2 pt. evaporated milk
1 1/2 c. sugar
1 Tbsp. gelatin dissolved in 1/2 c. hot water
1 Tbsp. vanilla extract
a pinch salt

Sherbert Recipe

3 c. water
2 c. sugar
1/4 tsp. salt
2 1/2 c. pasteurized milk
Partially freeze sherbert mix and add:
3 to 4 c. fruit juice
2 to 3 Tbsp. lemon juice (to taste)



Keep it Safe!!!

By: Joan Mason, Sumter County



There are many ways to be injured in the home. Injury is the leading cause of death and disability among children and young adults. Accidents are events that happen completely by chance, with no planning or deliberate intent. Injuries are preventable: they do not occur at random. The most common causes of home injury deaths: falls, poisoning, fires and burns.

Which age groups are most susceptible? Falls are the leading cause of nonfatal home injury for children from birth through 14 and for older population. The highest rate of injury death for infants is from choking and suffocation. Highest rate of injury death for 1-14 year olds is fires and burns. Adults 80+ years of age are at 20 times higher risk for death from injury than younger individuals.

What can you do to make your home safe?

- Window locks and safety guards on the windows

- Keep play areas free of rocks and debris
 - Place hand rails where needed
 - Keep household medicines in locked drawers or cabinets
 - Label and store chemicals and cleaning materials in a secure area
 - Read labels before using bug spray on a child
 - Keep temperature on water heaters at a safe setting
 - Use smoke alarms
- Keep covers on electrical outlets

Remember, injuries are preventable!





SAVING SAVVY By: Andrea Scarrow, Colquitt



The old adage is so true in today's economy: "a penny saved is a penny earned." Everyone is looking for ways to save money. It's encouraging to remember that saving on the little things can add up to big paybacks over time. Take for instance the cost of lattes: \$3.00 (5 times a week) x 4 years = \$3,120 (that's \$780 each year). If you are using your credit card for purchases like this or other small items, it will really add up. If you do use a credit card, pay off the full amount each month. If you pay only the minimum balance, then this \$3,120 will grow with interest, and those lattes could cost you over \$10,000 by the time you pay off the balance.

If you want to get a handle on your spending and see the savings add

up, the first step is to track your spending for at least a couple of weeks. Carry a small notebook with you so that you can write down every dime you spend, as you spend it. Beside the amount, write down what you bought. At the end of two weeks, you'll be amazed to see where the money went. After tracking your spending, you'll be able to pinpoint those unnecessary expenditures—the little things that you can do without. At that point you can determine to redirect that money to your savings or to accomplish your larger financial goals. Take the time to make a careful spending plan and then follow it carefully.

Don't forget to prepare for those unexpected or occasional expenses

such as car repairs and birthday gifts. These don't come along every day or even every month, but setting aside a little money along and along will relieve the stress caused by the unexpected. It's important to have an emergency savings fund as well as a long term savings fund where your money can grow earning interest over time. Don't just work for money—put your money to work for you!



Tailgating Safety by: Sylvia Davis, Baker County



Football season is here! You may be thinking of new recipes to pack for tailgating or you may be thinking of easy menus to serve before the game on Friday night. Not

matter which you are planning for, they must be delicious and they must be served safely.

Keeping foods safe requires keeping hot foods hot and cold foods cold. This may sound easy to do, but failure to follow this simple rule often is a factor in foodborne illness. Bacteria that cause foodborne illness multiply and grow at temperatures between 41°F and 140°F, which is known as the danger zone. Temperatures between

70°F and 120°F allow microorganisms to grow especially fast.

Perishable food should be thrown away if it has been kept at temperatures between 40°F and 140°F for more than two hours. This is known as the time/temperature danger zone. Pack perishables, including hot dogs, fried chicken, cold sandwich meats and salads in a well insulated cooler with plenty of ice. Remember to pack those leftovers back in the cooler for after game snacks.

If you are planning to take the grill and cook in the parking lot, plan foods that can be stored in the cooler until time to cook. Also be sure the uncooked foods do not come in contact with the foods that are already prepared or will be served raw. For example, place the raw hamburger meat in a container so it will not

drain on the cheese.

For quick meals at home before the game, start planning and preparing early in the week. Select recipes that can be prepared the night before and placed in the refrigerator. You can prepare salads and serve cold meats for sandwiches. As the weather gets cooler, consider preparing a one dish dinner the night before and warming it up before the game. Spaghetti sauce, vegetable soup, or chili served with a salad can be a fast meal with easy clean-up before the game or after the game.

Have a fun and "food" safe football season!



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Dear Friends,

The Balancing Act is a quarterly publication sent to you by Family and Consumer Sciences Agents serving all South-west Georgia. All information in this newsletter is written by Specialists at the University of Georgia and FACS agents, and is backed by research from the University of Georgia and the U.S. Department of Agriculture.

This newsletter brings you the latest information, please contact the agent in your county.

Thank you,

| | | |
|-------------------------|-------------------------|-----------------------|
| <i>Katie Barns</i> | <i>Tift County</i> | <i>(229) 391-7980</i> |
| <i>Peggy Bledsoe</i> | <i>Houston County</i> | <i>(478) 987-2028</i> |
| <i>Roxie Booker</i> | <i>Brooks County</i> | <i>(229) 263-4103</i> |
| <i>Wayne Coachman</i> | <i>Early County</i> | <i>(229)723-3072</i> |
| <i>Sylvia Davis</i> | <i>Baker County</i> | <i>(229) 734-3015</i> |
| <i>Sandra Gay</i> | <i>Stewart County</i> | <i>(229) 838-4908</i> |
| <i>Joan Mason</i> | <i>Sumter County</i> | <i>(229) 924-4476</i> |
| <i>Sandra McKinney</i> | <i>Crisp County</i> | <i>(229) 276-2612</i> |
| <i>Polly Morgan</i> | <i>Seminole County</i> | <i>(229) 524-2086</i> |
| <i>Andrea Scarrow</i> | <i>Colquitt County</i> | <i>(229) 616-7455</i> |
| <i>Suzanne Williams</i> | <i>Dougherty County</i> | <i>(229) 436-7216</i> |
| <i>Rachel West</i> | <i>Lanier County</i> | <i>(229) 482-3895</i> |