

## Lubbock County Family Network



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June/July 2017

### **The American Cleaning Institute® (ACI) says celebrate Earth Day everyday by changing to the way you clean!**

Here are some easy sustainable cleaning practices to try at home:

1. About 90% of the energy the washing machine uses goes towards heating the water. Cold water washing saves your clothes, energy and the planet! Check the fabric care label and see what should be washed in cold water.
2. Cleaning product containers can be recycled.
3. Don't pre-rinse dishes? It wastes water and with the newly formulated dish detergents, food should come off. Only run your dishwasher when it is full.
4. Going shopping? Ditch the plastic shopping bags and use reusable ones instead.

Be sure to like ACI's Facebook page and tell them what sustainability means to you.

Source: American Cleaning Institute® for better living  
[www.cleaninginstitute.org](http://www.cleaninginstitute.org)

### **Sun Safety in the Texas Heat**

It is that time again in Texas when the temperatures get up to three digit numbers, but it is not just the heat that is getting to you. The sun also emits UV rays which can be harmful to the skin. Did you know that excessive exposure to the ultraviolet radiation of the sun is the most important preventable cause of all skin cancers? Melanoma is the most serious form of skin cancer and according to the National Cancer Institute it is estimated that there was 62,480 new cases in the United States as well as 8,420 deaths in 2008. The numbers are sure to be greater now.

Do not let yourself or your family members be a part of these numbers. Learning a few things about skin safety can help you prevent it.

There are different types of UV rays that come from the sun. Some sunscreens only protect from one type. Be sure to get a sunscreen that protects from both UVA and UVB rays. Just because it is cloudy outside does not mean that the UV rays are blocked from reaching your skin. Like light UVA rays can go through glass, so before taking off for a car ride do not forget to put some sunscreen on. UV rays can also do damage to your eyes so find a wide (3") brim hat and some sunglasses to protect your face as well.

Some tips on keeping the UV rays from harming you:

1. Apply sunscreen 20 minutes before going out in the sun — it needs to soak in before being effective. Make it a morning routine and then you will never forget!
2. Apply sunscreen every two hours when in the sun — SPF 30 or higher and one that protects against both UVA and UVB rays. Remember the hat and sunglasses too!
3. Fill a basket by the front door with sunglasses, hats and sunscreen - so as you rush out the door you remember take a bottle with you to reapply later as needed.
4. Make playing in the shade fun - During the peak hours of the day when the sun's rays are at their highest point, so find some fun games at <http://www.gameskidsplay.net/>.
5. Use extra caution around water and sand - these surfaces reflect the UV rays which can increase your chances of getting a sun burn.

The Texas A&M AgriLife Extension Service and the Cancer Prevention Research Institute of Texas encourage you and your family to practice sun-safe habits this summer and throughout the year.

Source: Courtney J. Schoessow, MPH, Extension Program Specialist - Texas A&M AgriLife Extension Service, and Jessica Rodgers. June 2008. Texas A&M AgriLife Extension Service Family and Consumer Sciences website: <http://fcs.tamu.edu>

### **Fifteen Money Tips for College Students**

Going to college is an awesome experience, but a few money tips can help college students get more for their money. Experts agree that careful planning and wise spending can stretch the bucks.

1. Budget your money to last. Know what you can spend and know when you have spent too much. For some college students, budgeting is a first-ever experience. It may sound hard, but it is not impossible. Keep records of what you spend and compare your spending to what you planned to spend. Keeping your checkbook balanced will keep you from going overboard. Set a little money aside for emergencies.
2. Be price sensitive. Comparison shop to save money. Know the community and what it has to offer. Check Consumer Reports Magazine or its online version for produce/service comparisons and recommendations. (<http://www.consumerreports.org/cro/index.htm>)
3. Use a debit card (check card) instead of a credit card to keep you from overspending. But do not forget to write down what you spend in your check register or online system.
4. If you have subscribed to a full or partial meal plan at school, use it. Do not leave money on the table by not using what you have paid for. The average cost per meal on your meal plan is likely to be less than what you would spend "eating out", but only if you use it.
5. Be careful about how much money you spend eating out. Remember that beverages can really add to your cost - in fact, they may be the most expensive part of a fast-food meal. Get into the habit of ordering regular tap water with ice and lemon/lime to accompany your meal and you will save a lot of money in the long-run.
6. Beware of "sales." There is no savings if you buy things you would not have purchased unless on sale!
7. Watch the cell phone use. Do you really know what your plan is costing? Text-messaging can increase your costs, so be sure to select a plan that meets your needs and your budget. If you are having regular phone service connected, remember that it is not required for you to sign up for a long-distance service. You could use a phone card instead. Comparison shop for the lowest per-minute phone card cost.
8. Staying connected. In college, computer "connectivity" is important. If you are living in a dormitory, high-speed internet may be included in your total cost. If you live off-campus, consider your options; some apartment complexes may offer wireless or high-speed connections.
9. Buy used text books if they fit your textbook requirements. Sell them at the end of the semester if you do not care to keep them for reference or to build a professional library.
10. Get information from your financial aid office even if you do not have a student loan. The offices usually stock information on budgeting, economizing, and managing credit.
11. Be wary of credit card solicitations. You only need one credit card. Some will give you gifts or other premiums. Too much open credit damages your credit history. Comparison shop for a credit card if you do not presently have one. They are not all the same. Look for a low APR, no annual fees and low/no extra fees and charges. Pay special attention to how your interest rate will change if you are late in making a payment. Pay credit card bills on time in order to avoid late fees - paying online may speed up payments.
13. Avoid identity fraud by being careful with your personal financial records and numbers. Avoid losing your personal belongings. Keep vital information away from prying eyes. Get a free copy of your credit report at the official website, [www.annualcreditreport.com](http://www.annualcreditreport.com). Beware of imposter website when requesting a copy of your credit report.
14. Avoid wracking up extra costs needlessly. Library late fines cost money. Traffic violations and parking tickets cost money, too, and damage your record. Remember that hourly and daily fees to park in some convenient campus facilities cost much more than contract parking or other available student parking. Plan for the extra time it may take to save on parking. Or use bus service if it is available.
15. Weigh the cost and benefits of employment while you are going to school. Working more hours may provide more money but can increase the number of years (and the cost) of going to school. On the other hand, working can provide you with valuable experience related to your interests, major or future profession.

### **Don't Cross the Line!**

National Distracted Driving Awareness Month is for Every Month - not just April.

Far too often we read in the newspaper that a car crossed the center line and ran into a vehicle traveling in the opposite direction. Most times this is caused by driver distraction, often when the driver is texting. Tragically, this recently happened here in Texas and resulted in 12 innocent people losing their lives. At 55 miles per hour, during the four to five seconds that it takes to send or read a text message, your car is traveling the length of a football field without a driver in control. During this time, the car can drift in and out of lanes as well as cross the center line.

Multi-tasking is thought of as a useful skill, but it gets a lot of people into trouble behind the wheel. Most of us incorrectly assure ourselves that we can multi-talk and use the cellphone while we drive. After all, we can walk and chew gum at the same time, right? When we stop and think about those activities — chewing gum and walking — we must admit that walking is one of those things we do that requires very little brain power. In fact, it is subconscious and nearly automatic. Unlike walking and chewing gum, both driving and using a cell phone requires higher cognitive thinking. Your brain simply cannot perform two higher cognitive tasks at the same time. Instead, it must switch between tasks. With technology at our fingertips, drivers are constantly faced with distractions, such as talking to texting, which places their safety and that of others at serious risk.

Although cell phone use is not the only distraction in the car, it is one of the most common and is a leading cause of distracted driving traffic crashes and fatalities. Text messaging is particularly dangerous. Research conducted by the Texas A&M Transportation Institute (TTI) found that reaction times double when drivers are distracted by text messaging. Driving requires the use of our visual, manual, and cognitive abilities — texting takes away all three of these at one time. According to the Texas Department of Transportation (TxDOT), in 2015 driver distractions killed 476 people and seriously injured an additional 3,104 people on Texas roadways. In 2015, there were 105,783 traffic crashes related to distraction, which is nearly a 5 percent increase from 2014. Distracted driving-related crashes are highest among younger drivers, ages 16 to 34.

While April was National Distracted driving Awareness Month, anytime is a good time to raise awareness of the dangers associated with distracted driving and to encourage Texans to put down their cell phones while driving. With more than 100,000 traffic crashes in Texas each year involving distracted driving, drivers are reminded that using a mobile phone when behind the wheel is a risky habit that they should break. In 2015, 38 percent of Texas drivers admitted to talking on their mobile phone while driving at

least some of the time, according to a survey conducted by TTI, and more than 21 percent of drivers said they read or send text messages and emails when behind the wheel. Now, there is a bill before the Texas Legislature to ban cell phone use while driving with some exceptions to be determined. As of this newsletter creation, it is not known if it will become law.

Texas A&M AgriLife Extension Service reminds drivers to put away their cell phones and wait until they arrive at their destination to use their phone. The goal of the campaign is to reduce distracted driving, not only for National Distracted Driving Awareness Month, but throughout the year. Although, cell phone use is the most easily recognized distraction, all in-vehicle distractions are unsafe and can cause crashes and fatalities. Keep your eyes on the road and arrive alive!

### **USDA Urges Consumers to Keep Clear of the Danger Zone This Summer**

With the summer right around the corner, families across the country will take out their grills and start spending more time in the great outdoors. We are urging everyone to remember the four simple steps to food safety - *Clean, Separate, Cook* and *Chill* - and to steer clear of the 'Danger zone' when grilling.

It is important to remember that bacteria grow faster in the same warm temperatures, so extra care should be taken to make sure perishable food does not spend too long in the Danger Zone. That is temperatures between 40 and 140° F, and two hours when temperatures are below 90° F.

#### **What is the Danger Zone?**

The Danger Zone is the temperature range in which bacteria can grow faster. Bacteria can actually double in number in as little as 20 minutes when perishable food is kept in the Danger Zone. In order to steer clear of the Danger Zone, you should always:

- Keep cold food, at or below 40° F, in the refrigerator, in coolers, or in containers on ice.
- Limit the time coolers are open. Open and close the lid quickly. Do not leave coolers in direct sunlight.
- Keep foods served hot at or above 140°F, in chafing dishes, warming trays, slow cookers or on the grill. You can keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook.
- Use a food thermometer to check the safe recommended temperatures.

- Never leave food between 40 and 140° F for more than two hours. If the temperature is above 90° F, food should not be left out more than one hour.

As always, we remind consumers to follow the four steps to food safety when preparing dishes for a cookout.

**Clean:** Make sure to always wash your hands and surfaces with soap and warm water for 20 seconds before cooking and after handling raw meat or poultry during cooking. Wash cutting boards, dishes, utensils, and work spaces with soap and warm water too. If you plan to be away from the kitchen, pack clean cloths and moist towelettes for cleaning surfaces and hands.

**Separate:** When taking food off the grill, use a clean platter. Do not put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

**Cook:** Always use a food thermometer to check the internal temperature of burgers, steaks, chicken, and foods containing meat or poultry.

- Hamburgers, sausages and other ground meats should reach 160° F.
- All poultry should reach minimum temperature of 165° F.
- Whole cuts of pork, lamb, veal and of beef should be cooked to 145° F as measured by a food thermometer placed in the thickest part of the meat, and allowed to rest for three minutes before eating. A “rest time” is the amount of time the product remains at the final temperature, after it has been removed from a grill, oven, or other heat source. During the three minutes after meat is removed from the heat source, its temperature remains constant or continues to rise, which destroys pathogens.
- Fish should be cooked to 145° F.
- Meat and poultry cooked on a grill often browns very fast on the outside, and by using a food thermometer you can be sure items have reached a safe minimum internal temperature needed to destroy any harmful bacteria that may be present.

**Chill:** After a cookout, place leftovers in shallow containers and refrigerate or freeze immediately. Discard food left in the Danger Zone too long. Remember, when in doubt, throw it out!

Source: Bridgette Keefe, Food Safety Education Staff, Food Safety and Inspection Service, USDA. May 23, 2016

<https://www.foodsafety.gov/>

## Recipe Corner



### Honeydew Balls with Persimmon Sauce

2 ½ cups honeydew melon balls  
3 persimmons  
¾ cup water  
¾ cup sugar

Wash and cut honeydew. Scoop out into balls. Peel and crush persimmon pulp and cook 5 minutes in a saucepan with sugar and water. Strain, chill, and pour sauce over melon balls in sherbert cups. Serves 6.

### Honeydew - Raspberry Delight

1 honeydew melon  
1 quart vanilla ice cream  
2 cups sweetened raspberries

Cut washed honeydew melon into 8 crosswise slices ¼ - ½ inch thick. Remove seeds and rind. With a sharp knife, make diagonal slashes around edge of melon slices. Place melon slices on dessert plates and top each with a large scoop of ice cream. Circle scoop of ice cream with sweetened raspberries. Serves 8

Sincerely,

E. Kay Davis, M.S.  
County Extension Agent -  
Family and Consumer Science  
Lubbock County

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# SAVE THE DATE

Thursday, October 26, 2017

## 22<sup>nd</sup> Annual Parenting Conference



**Sponsored by:**

**Communities in Schools, Lubbock ISD, Superior Health Plans, Amerigroup,  
Region 17 ESC, Dept. of State Health Services - Region 1,  
Texas A&M AgriLife Extension Service, Lubbock Area United Way, TTU Early Head Start,  
TTUHSC SON Larry Combest Community Health & Wellness Center,  
MAXIMUS/STAR/STAR Kids/STAR+PLUS/CHIP/THSteps Outreach,  
Family Guidance and Outreach Center, FirstCare Health Plans, Children's Home of Lubbock,  
Children's Protective Services, Frenship ISD, South Plains Community Action Project Champs,  
Lubbock County VOICES/Starcare, Lubbock-Cooper ISD, MCH Family Outreach**

**THE SOUTH PLAINS FOOD BANK,  
AND OUR VERY OWN  
VISTA  
HEALTH  
COMMITTEE  
INVITES  
YOU TO OUR 2017**

**Community  
Health Fair**



**Our goal is to  
provide  
Excellence ♦ For ♦  
♦ Healthier  
♦ Living!**

Contact:  
Byron Walker  
806-763-3003 Ext. 42  
806-781-4071 (mobile)  
Healthcare Organizer-VISTA  
Email: [vistaspfb@org](mailto:vistaspfb@org)

Please feel free to call, text or email for  
more information or questions.



The Vista Health Committee is open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

**Excellence FOR  
HEALTHIER  
LIVING**



**SUMMER HEALTH  
FAIR**

**Tuesday, June 27th 2017  
From 10:00 a.m. until 3:00 p.m.**

**MANY LOCAL VENDORS WILL BE PRESENT, FREE GIVEAWAYS AND DOOR PRIZES, BY VENDORS!**



**BRING A FRIEND, CO-WORKER, OR ANYONE FOR A DAY OF GOOD FUN, HEALTH TIPS, FOOD, NUTRITION DEMO'S AND MORE!**

## **DATE TIME AND LOCATION**

**YOU'RE INVITED AS A SPECIAL GUEST FOR OUR SUMMER HEALTH FAIR TUESDAY**

**JUNE 27th 2017**

**10:00 a.m. until 3:00 p.m.**

**SOUTH PLAINS FOOD BANK "Talkington Community Room"**

**5605 MLK Jr. Blvd**

**Lubbock, TX. 79404**

The Vista Health Committee is open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

**WE'VE LISTENED:**  
Your voice is the one that counts, in order to provide needs for the community!



**Excellence for healthier living .. AND LET'S ALL *live healthy***



## **SUMMARY OF VENDORS**

- 1: South Plains Food Bank—SNAP ED
- 2: South Plains Aging and Disability Resources
- 3: City Of Lubbock Health Department
- 4: TTUHSC Larry Combest Center
- 5: Texas A & M AgriLife Extension Service
- 6: Superior Health Plan– Medicaid and Chip
- 7: Vista College health program
- 8: Amerigroup Insurance
- 9: Silver Star Health Insurance
- 10: SPCAA Project Champs



And many more OTHER Vendors!

**HealthFair**