

HILLSBOROUGH COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

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Managing in Tough Times: Accepting Your Feelings

Compiled by: Lisa Leslie, UF/Hillsborough County Extension Agent

More Americans feel additional stress and anxiety about their financial future as talk of rising consumer debt, falling housing prices, rising costs of living, and declining retail sales bring up worries about the nation's economic health.

People respond to a personal crisis with many feelings: anger, anxiety, outrage, self doubt. They may be hostile - lashing out at those closest to them. Or, they may become moody and depressed. Their tension may show up as restlessness, loss of appetite, loss of interest in sex, insomnia, and feelings of apathy and exhaustion. While some of these symptoms may be unpleasant, they are normal, predictable reactions of people experiencing a loss or critical change in their lives.

The first step to accepting feelings is to sort out and identify your feelings. Some feelings - often those that are painful - may become so buried you may not even be aware they exist. Recognizing these strong feelings, understanding why they may be present, and dealing with them in positive ways are important. Refusing to accept your feelings can cause physical and emotional damage

Steps to Accepting Your Feelings

*Recognize your feelings; do not try to ignore them. Although it is sometimes painful, confronting your feelings and looking realistically at your situation are important steps in the coping process.

*Talk with your family. The feelings you have may be shared by other family members. By talking about your feelings, you can help each other express, vent, and accept these feelings in constructive ways. Together you can provide support and reassurance to one another that can help build more positive self-esteem.

*Take emotional health breaks. Think of ways to reduce the emotional tension and stress you are experiencing. Take some time for the things you enjoy. Include regular physical exercise in your daily routine to help you work off your worries and help your overall well-being.

Visit <http://tampabaysaves.ifas.ufl.edu/>, for more information.

Source: "Managing in Tough Times" extension.org

Building a Partnership with Your Child's Teacher

Diana Converse, Family Life Educator

Taking an active role in your child's schooling is one of the most important things a parent can do. Each child is an individual with their own learning style and personality. Children will comprehend tasks and information in many different ways. To maximize your child's learning style and aid them in any way possible, you need to become involved at the school level.

You can do this by communicating with your child's teacher. You might consider discussing the following facts and questions:



Degree of personal organization. Does your child need order and routine? Does he require assistance?

Your child's mastery of basic facts. Does your child struggle with subtraction or multiplication? Advise the teacher of any special strategies your child might use to memorize subject material.

Health related information. Your child's teacher, along with the school nurse and PE teacher should be made aware of your child's medical conditions and allergies.

Past evaluations and screenings. If your child's past school performance resulted in educational or psychological testing of any sort, his/her teacher should be aware of the outcomes and diagnosed disabilities.

A second language. If another language is spoken at home as a source of communication among family members, your child's teacher should know.

Prior recommendations. Recommendations or suggestions by previous teachers or other professional could be helpful.

At home situations. Major changes such as household crisis, therapy or substance abuse treatments can greatly affect a child's ability to function in the classroom.



Is your child's homework completed and turned in on time? If not, find out what the classroom procedure is for handling assignments and packing materials to be taken home.

Does your child pay attention in class? If there is a problem what does the teacher feel is the cause of the situation?

Does the teacher recommend any sort of professional intervention? Based on your child's classroom performance, does the teacher feel that a tutor or evaluation is needed?

On what level does your child participate in class discussion? Does your child volunteer information? Does he only answer when called upon? Is your child a good listener?

Does your child complete the bulk of his class work? If not, what factors seem to be standing in the child's way? Is there a way to temporarily modify the child's workload?

Does your child get along socially? Does your child have friends? Find out if your child is at the center of things, on the fringes, or more of a loner. Ask the teacher how your child treats his classmates.



What can you do at home to help your child? The teacher may have some specific ideas about emotional or academic support that could help your child's growth or eliminate an existing problem. Indicate that you are willing to help and work together with the teacher to help benefit your child.

After communicating with your child's teachers, be sure to follow up on the situation. Parents and teachers can work together to help children want to learn and to help them gain self-confidence and self-discipline. Parents and teachers are partners in helping children. You can give your child the power to succeed in school.

New Method for Safer Lettuce and Spinach

Mary A. Keith, PhD, LD, Foods, Nutrition & Health Agent

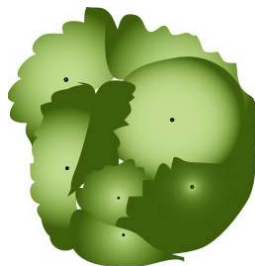


It will be awhile before any producers are selling it, but the Food and Drug Administration (FDA) on August 22, 2008 approved the use of irradiation on iceberg lettuce and spinach. This treatment will kill disease-causing bacteria without ruining the fresh flavor, crisp texture or healthy nutritional qualities. It will let us eat fresh salads again without wondering if the veggies are really safe!

Using the process will be voluntary so not all iceberg or spinach will be treated. Each packer will be able to decide if they want to use it.

Irradiation of food to kill dangerous bacteria has been studied and used in the US for decades. It is used more commonly around the world than it is here. Red meat, poultry, shellfish and spices are all ready allowed to be treated with radiation to destroy pathogens. Much of the food NASA uses for the space station and shuttle astronauts has is irradiated. (No one wants to get sick in a space suit!) Now iceberg lettuce and spinach, either loose or bagged, have been added to the list. No other vegetables have been approved for this treatment.

Actually the FDA has been studying this particular use for the last 5 years. It has now decided that all the evidence shows that irradiation can be used to kill *E. coli* and *Salmonella* effectively, without affecting the



nutritional value of the vegetables. As the outbreaks of illness in the last several years have shown, either of those bacteria can make us very sick, put us in the hospital, or in very severe cases, kill a person.

This treatment will also extend the shelf life of these 2 vegetables. They will eventually spoil, they're not going to last for months, but they will last longer before spoiling. And importantly, they will spoil before any dangerous bacteria are able to grow back. So you won't eat something dangerous that still looks good.

There will be no irradiation left in the vegetables. They will not glow! The process does not take the place of washing. Producers will still have to use good practices, keep the vegetables clean and chilled and transport them safely. You should still wash or rinse fresh lettuce or spinach. Only if a bag of greens says that it has been pre-washed and is ready to eat should the washing be skipped.

Labeling

You will be able to tell by the label that a package of iceberg lettuce or spinach has been treated. The label must say either "Treated with radiation" or "Treated by irradiation". And the label will have to show this 'radura' logo. This means the food has been treated with irradiation to kill bacteria. It must be on the label of any irradiated foods.

Here's to a future of safer salads!



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Family & Consumer Sciences

FCS Newsletter is going electronic!

Due to the increasing costs of preparing and mailing the Family and Consumer Science Newsletter, **this will be the last issue mailed.** Instead, we will be sending a quarterly email notice to let you know when future newsletters are available on our website. To receive this notice please go to our registration site:
<http://hillsboroughfcs.ifas.ufl.edu/SubscriptionFormFamily.html>

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<input type="checkbox"/> Male	<input type="checkbox"/> White	<input type="checkbox"/> 18 – 29
<input type="checkbox"/> Female	<input type="checkbox"/> Black	<input type="checkbox"/> 30 – 49
	<input type="checkbox"/> Hispanic	<input type="checkbox"/> 50 – 65
	<input type="checkbox"/> Asian	<input type="checkbox"/> 66+
	<input type="checkbox"/> Amer. Indian	
	<input type="checkbox"/> Other/mixed	

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