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Institute of Food and Agricultural Sciences

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Love and Logic

Diana Converse, Family Life Educator



Our children grow up fast, and in today's society, faster than we may want them to. Because of that, children need to learn how to cope with the pressures and challenges of our society.

Love and **logic** are keys to help them learn. Children need love that is powerful enough to allow them to make mistakes, that allows them to live with the consequences of those mistakes, but is not permissive, and where disrespect is not tolerated. The logic is helping children learn to live with those consequences, that is, living with the frustration, disappointment and pain that logically follow mistakes.

The real purpose of consequences is learning, not punishment. Punishment is something bad that someone else does to you; consequences result from our own behavior. A child who touches a hot oven door gets burned; that's a consequence. A child touches the oven door and is spanked;



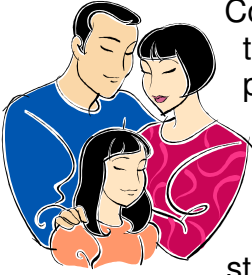
that's punishment. Our children need our support with compassion and sympathy, rather than anger, when they experience the consequences.

Parenting with love and logic becomes a win-win parenting technique. Parents win because their love helps establish effective control without anger, threats and hostility. Children win because they learn responsibility and the logic resulting from solving their own problems. Both parents and children win together because a relationship built on love and trust is established.



How do you do that?

The younger the child, of course, the more difficult it is to teach logic and consequences. Infant, for example, depend completely on parents and parents must set limits for safety. Toddlers, however, can learn about decision-making. An example is choosing between getting out of the tub now with time for a story or playing in the tub a while longer and no story. Or you can offer a choice between a peanut butter sandwich or spaghetti for lunch.



Consistency and follow-through is important. Both parents must support each other and mean what they say. In the above examples, dad can't agree to read a bedtime story after mom has allowed

the child to play longer in the bathtub. Both must enforce together the choice the child has made. If the child wants a cheese sandwich (instead of the choices provided), and the parents prepare a cheese sandwich, the child hasn't learned choice and consequences, either. Likewise, parents shouldn't ask the child, "What do you want for lunch?", when "what" isn't in the cupboard or refrigerator.

As children grow older, limits established for their behavior expands; they receive more freedom and make more choices. For example, the child knows that dinner is served at 5:30. If he or she arrives late to dinner, it is reasonable to serve cold food, or serve no food at all.

Another example is the child who forgets to take an assignment to school.

The first time you may choose to make a special trip to school to deliver the forgotten assignment. After school you can discuss with the child how this can be avoided in the future. For example, "Let's set aside this spot for your take-to-school items." Or you might help the child get organized by asking if he or she has everything needed for the day. Continuing to rescue the child every time he forgets something does not teach the child the logic of consequences.



Consequences need to be reasonable. Selling the bike when the child has forgotten to put it away after being warned to do so is unreasonable. A better choice might be to lock up the bike for a few days or allow the child to earn back the privilege of using the bike.

However, if a special event occurs during the "grounded" period and the child is allowed to use the bike, the child does not learn the logic of consequences in this case.



There is an art to offering choices. Be sure you can live with or enforce the choices. For example, telling your child "NO TV" after school when you aren't home isn't enforceable. Grounding a child for a week may punish you if your schedule is too busy to find things for the child to do.

Never offer a choice if you aren't willing to let the child experience the consequences. Never offer choices when the child is in danger. Don't offer choices in anger. Remember that you also have a third choice: you will choose if the child won't.

Learning love and logic requires patience and practice but the respectful relationship that can develop as well as the child learning logical consequences is worth the effort. As children learn that they are responsible for their own behavior, they also learn that they can make good things happen.

Source: Enriching Family Relationships. University of Nebraska

Meat and Microbes - What to Do?

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



While the new cases of BSE (or mad cow disease) are making the headlines, there are plenty of bacteria out there just waiting for a chance to grow on our meat. Any meat - beef, pork, poultry - is a good food for

bacteria. Meat has protein, fat, minerals and water, all the things they need to grow.

The prions that carry BSE are not bacteria. They are not killed when meat is cooked, but they don't grow in meat either. They are only present in the brain, spinal cord and parts of the nervous system of cattle, not in the muscle meat. So far no animal with BSE is known to have gotten into the American food system.

BSE is not a disease to be taken lightly, but our chances are greater of getting sick from more common bacteria. And we can get not only food poisoning but other illnesses as well from these common bugs.

What else is there besides food poisoning? Unfortunately, we keep finding more. For example, while a typical case of food poisoning is vomiting or diarrhea for a few days, in some cases *Salmonella* leads to a form of arthritis. *Listeria* bacteria can cause meningitis and miscarriages. *Campylobacter* bacteria can cause a type of paralysis, and cause stomach ulcers.

The 'good' thing is that all of these are bacteria. They can be killed by proper cooking, they can be kept from growing by proper refrigeration.

And, the number of cases of *Salmonella* poisoning in the US has been going down in recent years. But we will never be able to guarantee meat with no bacteria. While we are moving in the right direction, we still must handle meat carefully.



Especially in the summer heat we consumers have to do our part to keep meat safe. This is our responsibility:

■ **Pick up meat and poultry last** in the grocery store.

■ **Take it straight home.** If it will take you more than a hour to get home, take a cooler and get ice to keep the meat cold in the car.

■ **Don't let meat juices drip** in the refrigerator.

■ **Get a meat thermometer, and use it!** There are disposable ones for taking burgers to the beach too! Ground beef needs to reach 160° F, hot dogs 165° F, poultry parts to 170° F, and steaks or roasts to 145° F. Do not rely on color to judge whether hamburgers are done!

■ **Scrub your hands** before handling food. Make sure all plates and utensils are clean too. Use paper towels, not dish towels for wipe-up duty.

■ **Don't wash chicken.** Splashing water only spreads the bacteria. Cooking the meat will kill them.

■ **Keep raw meats and meat juices away** from foods that won't be cooked. Don't reuse marinades or sauces that have touched meat.

■ **Refrigerate leftovers right away.**

Never leave any cooked food out for more than 2 hours. The sooner it's cold, the safer it will be.

If you are seriously concerned about BSE, here are a few extra points:

● Stick to whole, boneless cuts of beef.

● Avoid ground beef unless you have a butcher who will grind the meat for you on the spot.

● Avoid hot dogs and other processed meats made from multiple animal parts.



Polyols: “Sugar Replacers” that are sure to please your sweet tooth

By Loveda C. Perry, Extension Agent

Expanded Food & Nutrition Education Program

Poly.....what? You may have heard or read the term “sugar alcohols” at some point while purchasing low calorie or sugar free foods. These are polyols, and you’ve probably already used products containing them. Polyols are carbohydrates, not alcohol, but are called sugar alcohols because their chemical structure is similar to sugar and alcohol. To reduce concern among the consumer “sugar replacers” is commonly used instead when referring to polyols.



Polyols are used in many products available at the grocery store, including candies, gum, ice cream and baked goods. Polyols are also used in mouthwash, cough drops, toothpaste and other pharmaceuticals.



Polyols have many health benefits:
-Does not promote tooth decay.

Polyols are not changed into acids by the bacteria commonly present in the mouth the way sugars are.

-Lower in calories. Sugar contains 4 calories per gram while polyols contain .2-3 calories per gram.

-Lower glycemic affect, which makes it safer for diabetics to use. Diabetics should consult with their physician or other health professional on how to include polyols in their specific meal pattern.

(Glycemic Index, GI, is a method of rating carbohydrates, 1-100, in foods based on their effects on blood glucose levels in the body. Foods with a low GI, 55 or less contain carbohydrates that are digested and absorbed more slowly having a lesser impact on blood glucose levels).

Polyols used as sugar replacements in foods do not lose their sweetness during baking or processing. Because polyols do not absorb

water the way sugar does, baked products do not become sticky on the surface or grow mold and bacteria and therefore last longer.

How do you know if the foods or products you are choosing contain polyols?

- 1) If the product claims to be “sugar-free” the polyol must be listed on the **Nutrition Facts Label**.
- 2) If only 1 polyol is used it must be identified on the **Nutrition Facts Label**.
- 3) If more than 1 polyol is used the manufacturer must use the term “sugar alcohol”.

The grams in a serving are voluntary at this point. The grams are included in the total grams of carbohydrate calories.

Common polyols listed on the food labels:

Erythritol	0.2 kcal
Hydrogenated starch hydrolysates (polyglycitol, polyglucitol)	3.0 kcal
Isomalt	2.0 kcal
Lactitol	2.0 kcal
Maltitol (including maltitol syrups)	2.1 kcal
Mannitol	1.6 kcal
Sorbitol	2.6 kcal
Xylitol	2.4 kcal
(Kcal=calories per gram)	

Is there any health risks associated with the use of polyols? Some people may experience gas or a laxative affect if an excess is consumed, similar to reactions to beans and certain high-fiber foods. If this occurs it should only be mild and temporary. Use smaller amounts at one time to avoid the problem in the future.

Additional reading:

- www.caloriecontrol.org
- www.eatright.org
- www.spipolyols.com



Travel Smart

by Joe Pergola, Regional Family Life Extension Faculty

The Florida Department of Agriculture and Consumer Services cautions seniors to “travel smart”. They offer several tips to make sure your vacation plans are safe & secure. Traveling is a fun and exciting experience, however, as with any industry, the possibility of fraudulent activity exists when planning a vacation. The chances of your falling victim to unscrupulous sellers of travel can be significantly reduced by exercising discretion and common sense. Follow these quick tips to ensure your travel experience is what you planned on:

Request Information. Before contracting with a travel business, call the Florida Department of Agriculture and Consumer Services at 1-800-HELP-FLA (1-800-435-7352) to determine whether the travel business is registered and if any complaints have been filed against them. Look for the seller’s current registration certificate posted in his or her place of business. The registration number also must appear in all advertising.

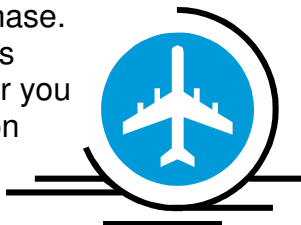
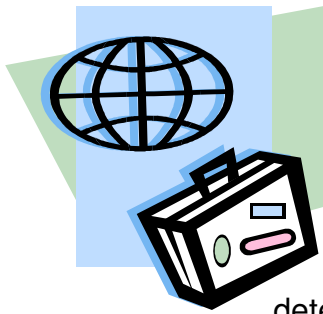
Verify Arrangement. Get the details of your vacation in writing and a copy of the cancellation and refund policies before making a purchase. Ask if the business has insurance and whether you should buy cancellation insurance. Get the names, addresses

and telephone numbers for the lodgings, airlines and cruise ships you’ll be using. Don’t accept vague terms such as “major hotels” or “luxury cruise ships”. Call to verify specific reservations, too.

It’s Never Free. Be skeptical of postcards or telephone calls announcing that you have been selected to receive a vacation. Airlines and other well-known companies sometimes operate contests for travel prizes. However, there are also companies that offer “free” trips to try to lure people into buying their products or services.

Use a Credit Card. Some scam artists may ask you to send them a check or money order immediately. Others may offer to send a messenger to pick up your payment. If you pay with cash or a check, rather than a credit card, you lose your right to dispute fraudulent charges under the Fair Credit Billing Act. If you pay with a credit card and you don’t get what was expected, you may be able to dispute the charges with your credit card company through their dispute settlement program. Contact your credit card provider to review the terms of this program.

Keep Your Information Safe. Some travel businesses may claim they need your account information for identification or verification. They don’t. Your account number should be used only to bill you for goods and services. Never give credit card or checking

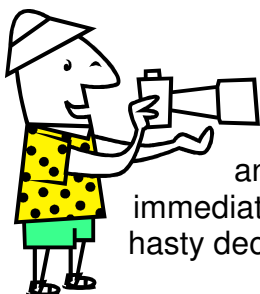


account numbers over the telephone unless you initiated the call and you are certain of the credentials of the company.

Be Cautious about Unsolicited Emails. They are often fraudulent. If you are familiar with the company that sent you the email and you don't want to receive further messages, send a reply asking to be removed from the email list.

Beware of Internet Offers. Don't judge a company by its website alone. A fancy website is no guarantee that a company is legitimate or financially stable. Great looking websites can be established quickly and cheaply. As quickly as they can be set up, such websites can also disappear. If you are tempted by a cheap travel deal offered by an Internet travel agency, always do your research. Research both the company that is offering the trip, as well as the trip itself.

Know the lingo. "You have been specially selected to receive our SPECTACULAR LUXURY DREAM VACATION offer" doesn't mean you'll get a free vacation. It means you'll be offered an opportunity to pay for a trip that may fit your idea of luxury -- or not. "Subject to availability" means you may not get the accommodations you want when you want them. "Blackout periods" are blocks of dates, usually around holidays or peak season, when no discount travel is available.



Take Your Time. Beware of high-pressure sales tactics and pitches that require immediate payment; do not make hasty decisions. Be especially

wary if a business offers to have someone pick up your money.

Vacation Certificates. A vacation certificate is an arrangement whereby you pay in advance for the use of travel accommodations or facilities at some later date, and no specific dates for traveling or use of the accommodations or facilities are designated. Vacation certificates can be canceled within 30 days from the date of purchase, or when accommodations or facilities are not available when requested for use as provided in the contract. Make sure you receive all the exclusions in writing.



Ask Friends for Referrals. Dealing with reputable local travel businesses is probably the best way to protect your vacation investment. And remember: If a travel offer sounds too good to be true, it probably is.

The Florida Department of Agriculture and Consumer Services is responsible for protecting consumers from unethical sellers of travel. This is done by requiring all non-exempt sellers of travel to register each year and include their registration number in all advertisements and contracts. Some are also required to provide financial security for consumers through a bond, letter of credit or certificate of deposit, and adhere to mandatory record-keeping procedures.

For more information, please call the Florida Department of Agriculture and Consumer Services 1-800-HELP-FLA (1-800-435-7352) or visit on web at www.800helpfla.com.

Source: *July/August 2005 Elder Update*



Chain Saw Safety

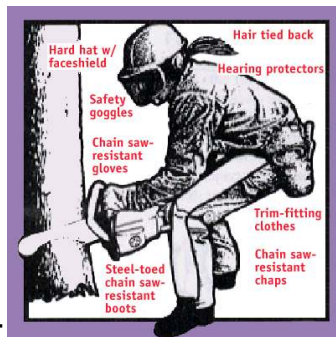
Compiled by Lisa Leslie Hillsborough County Extension Agent

Weather forecasting and hurricane preparedness have reduced the number of people killed as a direct result of the storm. Unfortunately, injuries, and even death, from chain saws are not uncommon occurrences during storm clean-up.

The chain saw is a powerful and efficient tool. When a chain saw is at full speed more than 600 teeth pass a given point per second. A muffler on a chain saw can reach as much 900 °F. The chain on the saw can reach speeds of 68 miles per hour. As you can understand from these facts, a chain saw should not be used without proper training and safety equipment.

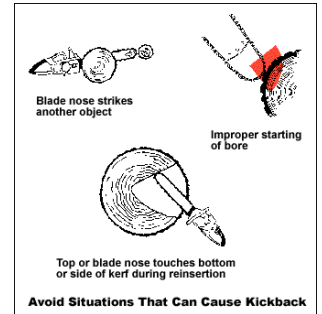
Every year, over 40,000 people are injured by chain saws. The most common body parts injured are the front of the left thigh and the back of the left hand. Ironically, many people try to save money and time using a chain saw. Instead they end up with stitches and medical bills. The majority of the injuries are attributed to lack of knowledge and experience, one-handed chain saw use, overly aggressive cutting, and fatigue.

If you are going to use a chain saw to clear trees and wood debris, protective equipment should be worn. This includes: a hard hat with a face shield; leather gloves; chain saw resistant chaps; hearing



protection; and steel-toed work boots. It is also wise to wear trim-fitting clothes and tie long hair back.

One very common cause of chain saw injury is from *kickback*. Kickback occurs when the upper tip of the guide bar touches an object or when the wood closes in and pinches the saw chain in the cut. This contact may cause lightning-fast reverse action of the guide bar back toward the operator. Results of kickback include severe upper body, neck, and facial lacerations or death. Safety chains and other safety features on chain saws can minimize, but not eliminate, this type of hazard.



Another deadly hazard is caused by falling trees or limbs. It can be difficult to determine when and in which direction trees and limbs are going to fall. Felling a dangerous broken tree should be left to a professional. Remember, sometimes more injuries occur after a hurricane.

Visit our website, <http://hillsboroughfcs.ifas.ufl.edu/>, for a slide show about chain saw safety and links to more information.

Sources:
UF/IFAS, "How to Operate a Chain Saw Safely"

Missouri Columbia Extension, "Basic Chain Saw Safety"

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