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HOME ECONOMICS NEWS

SEPTEMBER / OCTOBER 2007

**UPCOMING PROGRAMS & OBSERVANCES**

***September is . . .***

- Baby Safety Week – Sept. 17 – 23
- National Sewing Month
- Labor Day Holiday – Sept. 3
- Five-A-Day Celebration Month
- Oka Kapassa Native American Festival – Sept. 8
- Farm Safety Week - September 11 – 17
- North Alabama State Fair – Sept. 18-23
- National Food Safety Education Month
- National Cholesterol Education Month
- National Sickle Cell Disease Month
- National Emergency Preparedness Month
- National Leukemia Month
- Better Breakfast Month
- Sight Saving Month
- Muscular Dystrophy Month
- National Literacy Month
- Natural Detox Program – Sept. 4, 11, 18, 25



***October is . . .***

- Breast Cancer Awareness Month
- National 4-H Enrollment Month
- Child & Family Health Month
- Indoor Air Quality Action/Awareness Month
- National Fire Prevention Month
- National Radon Action Week - October 21-27
- Domestic Violence Awareness Month
- World Mental Health Day - October 9
- National 4-H Week – October 7 - 13
- “Break the Cycle” Bike ride – October 6
- V.I.P. (Violence Is Preventable) Conf. – Oct. 15
- Farm City Poster, Essay and PowerPoint Awards Programs



\*\*\*\*\* IN THIS ISSUE \*\*\*\*\*

In addition to compiling the list of observances for September/October and short articles, we have enclosed flyers on specific topics and up-coming events. The gray and coral flyers emphasize National Emergency Preparedness and Domestic Violence Month.

*Teresa C. McDonald*  
 Teresa C. McDonald  
 County Extension Coordinator

*Katemia W. Cole*  
 Katemia W. Cole  
 County Extension Agent

**DOMESTIC VIOLENCE MONTH OBSERVANCE**

**If you visit the Colbert County Courthouse during the month of October, you will be able to pay your respect to 43 deceased Shoals Area residents, who were victims of domestic violence. Crosses representing each victim will be placed on the courthouse lawn for the month-long observance.**

ALABAMA A&M AND AUBURN UNIVERSITIES, AND TUSKEGEE UNIVERSITY, COUNTY GOVERNING BODIES AND USDA COOPERATING

The Alabama Cooperative Extension System offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.



## SEPTEMBER – BETTER BREAKFAST MONTH

School has started and September is “Better Breakfast Month”. Get your family off to a “great” start by trying quick and easy recipes that can be mixed or baked ahead of time and popped in the microwave or eaten at room temperature. Nutritious drinks made with milk and/or fruit make easy sip-and-go breakfasts when there isn’t time for something else. Stock your pantry with complex carbohydrate-packed breakfast foods, such as bagels, whole-grain/low fat breads, and fiber-rich cereals that are easy to grab and eat.

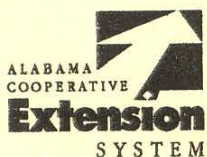
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## SEPTEMBER – NATIONAL FOOD SAFETY MONTH

National Food Safety Education Month was created by the International Food Safety Council, which is a coalition formed to promote food safety education. The National Restaurant Association is the parent body for the council. We invite you to call or visit your local County Extension Office to obtain food safety publications which cover topics such as:

- Safe Food Storage
- Symptoms of foodborne illness
- Prevention tips for keeping food safe
- Good hand-washing practices

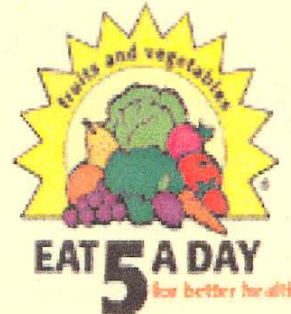
The primary goal for this awareness program is “to educate the public to properly handle and prepare foods at home, where food safety is important --- whether cooking from scratch or serving take-out meals and/or restaurant leftovers.”



Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

## ANNUAL 5-A-DAY CELEBRATION

The 5-A-Day For Better Health Program is a national nutrition program to encourage Americans to eat 5 or more servings of fruits and vegetables every day for better health. The 5-A-Day Program endorses recipes that promote fruit and vegetables that are low in fat and cholesterol. The use of whole grains and minimal use of salt and sugar are strongly encouraged in all 5-A-Day recipes.



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## OCTOBER 21-27– RADON ACTION WEEK

Has your home been tested for radon gas? Radon Action Week is October 21-27. This would be an ideal time to find out, if your home has the odorless, tasteless, invisible radioactive gas that can cause lung cancer.

Radon is a naturally occurring gas, that develops from deposits of uranium in the soil, rocks and water. The gas is harmless, when it disperses in the air, but when it’s trapped in buildings it can be very harmful at high levels.

How Harmful? The Surgeon General says radon is the second leading cause of lung cancer in the United States. Any home may have a problem (old or new; with or without a basement; slab foundation or over a crawl space; sealed or drafty).

**THE ONLY WAY TO KNOW, IF YOU ARE AT RISK FROM THE CANCER-CAUSING GAS IS TO TEST FOR IT. FOR MORE INFORMATION, CALL OR VISIT YOUR LOCAL EXTENSION OFFICE OR CALL 1-800-582-1866 (Alabama Office of Radiation Control).**

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### OCTOBER: BREAST CANCER AWARENESS MONTH

We all know that “Early Detection is the BEST Protection” against breast cancer. During October, we want to emphasize the importance of breast cancer education. Every woman should have:

- \*An annual clinical breast exam (performed by a medical professional): \* Learn the procedures and perform monthly BSE’s (breast self exam’s):
  - \* After age 40, schedule an annual mammogram with a physician’s office or hospital (35 is often the recommended age for African American females).
- .....



# V.I.P. CONFERENCE

Violence is Preventable

Sponsored by the Colbert & Lauderdale Domestic Violence Response Coalitions & Helen Keller Hospital

Monday, October 15, 2007

Highland Baptist Church, Muscle Shoals, AL

8:00 a.m. – 4:00 p.m.

*\$20 includes lunch provided by LENNY's Sub Shop and CEUs/APOST credits*

*\*Nurses must Purchase a workbook for an additional \$10 in order to receive CEU's*

## Session Leaders:

**Key Note: Lt. Mark Wynn, Wynn Consulting**

**Beyond the Obvious, Dual Assault**

**Victim and Officer Safety**

**Stalking and Counter-Stalking**

**Donna Montgomery**

**Darkness to light**

Childhood Sexual Abuse

**Monica Haddock**

**Cramer Children's Center**

Kids that Self Mutilate

**Eileen Siegel**

**Safeplace, Inc**

Domestic Violence 101

**Kathy Connolly, Rape Response**

Sexual Assault

**Steve & Stacy Searcy, ACADV**

From the Crime Scene to the E.R.

**Heath Haddock, Safeplace, Inc**

Male Victims Of Domestic Violence

**Gary Alverson, Former Colbert Co. D.A.**

Domestic Violence & the Law

## Registration Form

\_\_\_\_\_  
Name

\_\_\_\_\_  
Organization

\_\_\_\_\_  
Daytime Phone#

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City/State/ZIP

\_\_\_\_\_  
E-mail Address

Will you be seeking Continuing Education or A.P.O.S.T. Credits?

(Certificates Of Attendance will be awarded to all participations)

If so, please indicate which discipline:

Law Enforcement

Nurse

Attorney

Social Worker

Counselor

Please make checks payable to: Colbert DVCR

Mail registration to: NWSCC Attn: Peggy Franklin

P.O. Box 2545 Muscle Shoals, AL 35661

Payments deadline for all registration is October 8, 2007

Refunds will not be given after that date

For more information call (256) 767-3076

\*\*\*Fundraiser\*\*\*

# “ Brake ” the Cycle

*Sponsored by the Colbert County  
Domestic Violence Response Coalition*

Saturday, October 6th, 2007

9:00 a.m. – 10:00 a.m.

Registration begins at 8:30 a.m.

\$5 per bicycle

(\$15 maximum per family)

Help raise awareness and funds  
to prevent family violence!!!

Route: Bicycle ride will begin at Muscle Shoals High School on Avalon, and will end at Highland Park Baptist Church on 6th Street. This is a great family outing!!!

**Water & Snacks will be provided**

*\*Waiver must be signed by all riders or legal guardian*

For more information call (256) 767-3076



## TALK IT OUT

It's important to plan ahead so that during an emergency you know what to do and how to get in touch with other family members! Here's how to create a clear family emergency plan.

First, gather your family members (including your pets!) together for a quick family meeting, maybe over a pizza or before watching your favorite movie.

Then, talk about the following questions and make a list of your family's solutions. Use the tips provided as a guide!

Before you know it you will have a plan in place that everyone in your family can follow. And if an unexpected event does happen you can stay calm; listen to the direction of adults around you, like your teachers or parents and follow your plan.



**If there were an emergency and we were not together in the same place ...**

### How would we get in touch with each other?

*A few tips...*

- Decide that each member will call or e-mail the same person. For example, each person will contact Uncle Bob first. If he's not home, each person will contact Aunt Suzie instead.
- If cell phones are not working, you should try using a land-line phone at a neighbor's or friend's house, or a public telephone. Everyone should have coins or a prepaid phone card to make the call.
- It might be easier to reach a person who's out of town. You can contact him or her to let them know you're okay.

### Where would we meet?

*Tips for Selecting a Meeting Place:*

- Choose an easy-to-find location near your home, then practice getting there from different locations around your neighborhood.
- Also, choose an easy-to-find location outside of your neighborhood in case you can't get home. With your parents, practice getting to that location from school, sports practice, or other places where you have after-school activities.

### How would we remain in contact?

*Tips for Your Call List:*

- You should keep a copy of your family's contact numbers and meeting place(s) taped to the inside of your binder or homework notebook, in your book bag, or your wallet. Your plan should include all the phone numbers you might need.
- Remember, you might have trouble getting through on the phone during an emergency. Just keep trying.

### What would I do if I were at school?

*Tips for School:*

- Make sure your parents talk to your teacher or school principal about the school's emergency plan.
- Depending on the unexpected event, your school may have a plan in place that will have you stay in your classroom or go somewhere else.
- The most important things you can do if an emergency happens while you are at school are to stay calm and listen to the direction of your teachers or principal.

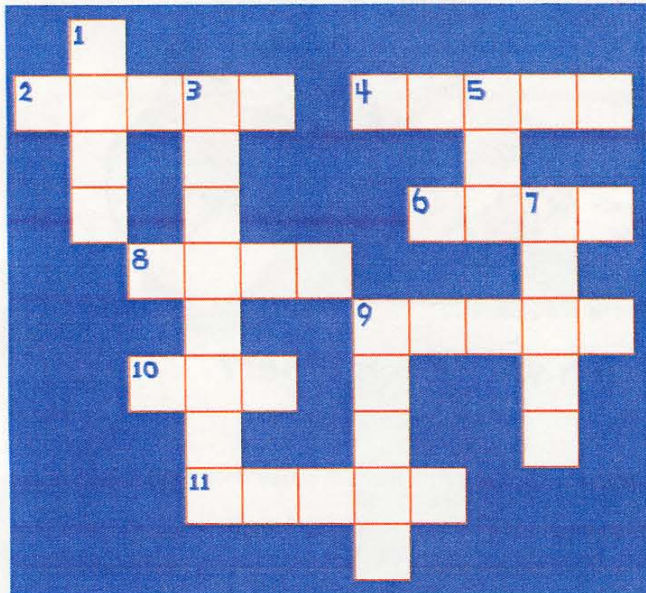
### What would we do about our pets?

*Tips for Pets:*

- Visit the [FEMA Web site](#) to find out what pet-related items you will need to include in your supply kit!
- Make a plan for what you'll do with your pets if you can't take them with you. Remember, you may not be able to take them to a shelter.

# DEAR FAMILY,

To prepare for emergencies, families can collect items that might be useful and put them in an emergency supply kit. Go to [www.ready.gov](http://www.ready.gov) and click on *Ready Kids* to find out how your family can prepare for unexpected situations. Then complete this crossword puzzle to give you an idea of what kinds of things should be part of your family's emergency supply kit.



## CLUES

### ACROSS:

- 2. \_\_\_\_\_ light: A handy tool to have if the lights go out!
- 4. Every person needs one gallon of this per day!
- 6. This comfortable piece of furniture should not be part of a family's supply kit.
- 8. Furry family members that should be part of your preparedness plan.
- 9. Some people have a \_\_\_\_\_ between meals if they are hungry.
- 10. You might find water, a flashlight, or a whistle in an emergency supply \_\_\_\_\_.
- 11. Fun items that families can play together.

### DOWN:

- 1. Families can create a communication \_\_\_\_\_ so that they know where to meet and who to call during an emergency.
- 3. \_\_\_\_\_ bag: Great for napping or keeping warm.
- 5. Every family member should carry a contact list with at least \_\_\_\_\_ different phone numbers that will allow you to keep in touch during an emergency.
- 7. It's important to get the \_\_\_\_\_ about different kinds of emergencies, so that you know what to expect.
- 9. Keep an extra pair of these in your supply kit to keep your feet dry!

Visit [www.ready.gov](http://www.ready.gov) and click on *Ready Kids* for a family scavenger hunt to create your family's emergency supply kit!



## EMERGENCY CONTACT INFORMATION

It's important to be able to contact your family if there is an unexpected event. Fill in the following information and keep a copy on the refrigerator, in your car, and in your child's backpack.

Parents/Guardians Contact Names: \_\_\_\_\_

Telephone numbers: \_\_\_\_\_

Out-of-State Contact Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Meeting Place Telephone: \_\_\_\_\_

**Dial 9-1-1 for Emergencies!**

Crossword Puzzle Answers:  
 Across: 2. flash; 4. water; 6. sofa; 8. pets; 9. snack; 10. kit; 11. games.  
 Down: 1. plan; 3. sleeping; 5. two; 7. facts; 9. shoes

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Department of Homeland Security