

# HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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**It's the peak of summer. Be sure to practice sun and heat safety!**

July's newsletter provides information on infant safe sleep, grilling safety, how to combat procrastination, and avoiding those extra wedding costs.

## *Recipe of the Month*

### **Fresh Mango Salsa**

This sweet and tangy salsa pairs perfectly with grilled or baked fish or chicken. The recipe doubles easily if making for a crowd.  
Yield: 8 servings | Prep time: 10 minutes

### **Ingredients**

- 1 medium mango (peeled, pitted and diced or 1 cup thawed frozen chunks)
- 1 tablespoon red onion (diced)
- 1 tablespoon cilantro (optional)
- 1/4 teaspoon salt
- 2 tablespoons lime juice (bottled or fresh)

### **Steps**

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

**Meal Type: Snack | Food group: Fruits, Vegetables | Season: Summer**

Real. Life. Solutions.

### **The latest on this month's issue:**

Recipe of the Month

ABCs of Safe Sleep

It's National Grilling Month!

Tips to Increase Productivity  
and Stop Procrastination

Budget To Avoid Jitters Over  
Wedding Costs

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# ABCs of Safe Sleep

## Safe Sleep: Remember Your ABCs

The lives of many babies are cut short by being put to sleep in an unsafe sleep environment. In the U.S. more than 3,500 infants die every year while sleeping. Often this is due to sudden infant death syndrome (SIDS) or from accidental suffocation or strangulation.

Every year, there are more than **100 infant deaths** that result from, or are associated with an unsafe sleep environment. These deaths are preventable by following a few key recommendations from the American Academy of Pediatrics or AAP. The primary message for parents and others who care for infants is to "Remember the ABCs of Safe Sleep." There are three critical measures to follow when it's time for an infant to sleep.

"A" is for Alone: Always let the baby sleep alone, never in a bed with another person where the baby could be smothered. "B" is for on the baby's Back: An infant should be placed to sleep on his or her back, not on his or her side or stomach. "C" is for Crib: Always put your child to sleep in a crib with only a firm mattress and tight-fitting sheet.

In addition to the ABCs, you can help reduce the risk of sleep-related death by following these tips:

- Place your baby on a firm sleep surface. Use a safety-approved crib mattress covered with a fitted sheet. Never place a baby to sleep on a pillow, quilt, sheepskin or other soft surface.
- Keep loose objects, soft toys and bedding out of the baby's sleep area.
- Do not use pillows and blankets in a baby's sleeping area. Keep all items away from the baby's face.
- Keep your baby's crib, bassinet or portable crib in the same room where you sleep for the first 6 months to one year.
- Keep your baby from overheating during the night. A baby should be dressed lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Do not use crib bumpers. These do not reduce injuries and can cause suffocation.



- Never place your baby to sleep on a sofa, arm chair or couch.
- It's ok to swaddle your baby, but make sure they are always on their backs. When your baby looks like he or she is starting to roll over, you should stop swaddling.
- Try giving your baby a pacifier at bedtime or naptime, it helps reduce the risk of SIDS.
- Don't smoke during pregnancy, and don't expose your baby to secondhand smoke after birth.
- Only bring your baby into your bed to feed or comfort. Place baby back in crib when you're ready to sleep.
- Breastfeed for at least the first six months of life. Babies who breastfeed have a lower risk of SIDS.
- The AAP recommends that parents put their baby to sleep in a crib or bassinet in the parents' bedroom for the first six months.

Be sure to discuss these safety tips with all your baby's caregivers, including babysitters, childcare providers and grandparents.

## When buying sleep aid products;

- There are a lot of products that claim to help reduce the risk of SIDS, use caution when purchasing these products. According to the AAP, wedges, positioners, special mattresses and specialized sleep surfaces have not been shown to reduce the risk of SIDS.
- Parents should not rely on home heart or breathing monitor to reduce SIDS. Talk with your pediatrician before using these.
- Use caution when purchasing bedside or in-bed sleepers. The AAP can't recommend to use or not use these products since there have been no studies to look at their effect on SIDS or if they increase the risk of injury and death from suffocation.

You can learn more about consumer product recalls [here](#).

## Additional Resources:

[AAP 2022 Safe Sleep updates](#)

<https://www.tn.gov/health/health-program-areas/fhw/vipp/safe-sleep.html>

<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

# It's National Grilling Month!

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

## SAFETY TIPS

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

## Propane Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.



## TIPS TO INCREASE PRODUCTIVITY AND STOP PROCRASTINATING

The biggest obstacle to getting things done is often procrastination. Procrastination means avoiding a task (or even several tasks) we should be focusing on. There are four general reasons we procrastinate:

- Emotional procrastination. We can use procrastination to try to soothe our emotions about a task. People may feel frustrated or bored with a task, anxious about the end results, or insecure about being able to complete the project successfully. Fear of failure adds stress that can fuel procrastination.
- Physical procrastination. When we don't feel the best physically, it's hard to be productive. Being hungry, tired, or sick makes it hard to focus. By looking at our physical state, we can see if any underlying factors are halting our productivity
- Procrastination as protection. When our bodies experience stress, we want to protect ourselves. Maybe you've heard of the fight, flight, or freeze response to perceived danger. Today, our bodies think work stressors are as "dangerous" as attacks by wild animals were to our ancestors. Procrastination, in the short term, protects us from emotional or physical "dangers" associated with whatever task we are putting off. Procrastination is an example of the freeze response as it helps us avoid feeling anxious or overwhelmed.
- Procrastination from uncertainty. Sometimes we put off tasks because the directions are unclear. We might delay a task or project because we don't have enough information, resources, or guidance. Perhaps this is your first time working on a topic and you are not sure where to start. When working on something new, it may be frustrating or confusing, especially without proper training or instructions.

Of course, sometimes we may dread a task simply because of what it is, such as cleaning or paperwork. It is common to put off chores that do not hold our interest, even if they are simple or necessary

### ***LIKE OTHER BAD HABITS, WE MUST BREAK THE CYCLE OF PROCRASTINATION INTENTIONALLY***





# TIPS TO INCREASE PRODUCTIVITY AND STOP PROCRASTINATING

## COMBATING PROCRASTINATION

Like other bad habits, we must break the cycle of procrastination intentionally. To replace unproductive behaviors with more efficient ones, we must choose better routines. One method for breaking this cycle is to look at our urge to procrastinate when it first appears. What is causing you to procrastinate? Are you overwhelmed by expectations or confused by instructions for a project? Are you hungry, angry, lonely, tired? What about bored or stressed? Once you have an idea of what is fueling your procrastination, you can better fight it.

## PITFALLS OF MULTITASKING

Multitasking may also be stalling your productivity. Research suggests that multitasking keeps our brains from deeply focusing on one topic. It is like our minds go to commercial break before the show's plot has time to fully develop. Instead, train yourself to fully commit to one task until you reach a stopping point. This could be a natural break, such as when you complete a portion of a larger project or fully complete a task. It also could be a designated amount of uninterrupted work time. That means no emails, phone calls, social media, meetings, or toggling between browsers or projects.

## MINIMIZE DISTRACTIONS

Like multitasking, distractions can derail our train of thought and stall our productivity. Each time we are distracted, we use mental energy to resume where we left off before the interruption. This takes effort and time. Like the commercial break example, interruptions eventually make us lose interest in the original show. Our minds tire from pushing "pause" then "play" over and over, and instead we tune out. Avoid this trap by regularly blocking time to work with few interruptions. The more you can limit distractions, the more productive you will be.



## Budget To Avoid Jitters Over Wedding Costs

Wedding costs can add up quickly. Planning the big day may be the first financial challenge for a couple. It may help to practice compromise, communication, and good budgeting skills. Your wedding budget needs to line up with your income and your other financial goals. Know how much you're able to pay and how much others, such as your parents, may be contributing. Don't assume parents will cover traditional costs – it's important to ask up front.

Once you know how much money you have to work with, plan your expected expenses. Be honest and allow yourself wiggle room. Some things might cost more than you expect.

The following are ways to save money on some of the bigger wedding expenses.

- **Date** - Saturdays in summer are the most popular wedding dates. Choosing an off-peak month or different day of the week could reduce the cost for the venue and other services.
- **Guest list** - Know if your venues or caterers have a minimum or maximum requirement. Generally, the more people you invite, the more the event will cost. Besides meal and beverage expenses, changing the size of your group could mean the difference between a large rental space or a smaller, more affordable venue.
- **Location/Venue** - Fancier places may cost more. On the other hand, a beautiful, rustic location might cost a lot to get party-ready if you must rent tables, linens, lighting, and more. Hosting the ceremony and reception at the same place can lessen the need for rented group transportation.

- **Invitations and other paper goods** - Heavier papers or non-standard shapes could cost more in postage. Keep that in mind when ordering stationery, or consider making your own invitations and programs at home. Address and stuff the invitations yourself. Instead of a postage-paid RSVP, consider using a registration web link.
- **Attire** - A wedding dress can be a big expense, and that doesn't include any special undergarments or alterations. Shoes, jewelry, a veil, and more can increase the costs. Budget for all expenses when picking out the bride's ensemble. Tuxedo rental can be pricey. It might be more economical to buy the groom a nice suit that can be worn for future special occasions.
- **Food and cake** - Simplify the menu. Choosing a few upscale items may cost less than offering a bounty of options. Selecting regional or seasonal specialties can help reduce costs too. Save on the cake by having a smaller fancy cake for cutting and display. Serve your guests from additional sheet cakes or cupcakes in the same flavor.

Finally, before you sign any contracts, read the fine print so there are no unexpected costs later. Don't forget to account for these costs: taxes and tips; delivery, setup, and cleanup fees; cake cutting and corkage fees; digital access fees for photos and video; and tasting fees. Comparison shop between vendors to get the best prices. Plan ahead and budget to keep your celebration stress-free.



**In Humphreys County, TN, the current unemployment rate is 7.4%. Based on the US Census Bureau, the state of Tennessee unemployment rate is 9.9%. About 315,000 Tennesseans are unemployed.**

### **WHAT IS SKILL UP TENNESSEE?**

Skill Up Tennessee provides SNAP Employment and Training. We help SNAP participants gain the training and skills needed to get a good job. Our goal is to help you prepare for employment.

If you're ready to move forward on your career path, we're here to help. To be eligible, participants must:

- Receive SNAP benefits
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

### **HOW CAN WE HELP?**

Things like training, testing, and uniforms cost money, and we can help. We focus on short-term training leading to credentials that are in demand. We will pair you with a Career Navigator who will work with you on your journey to help you meet your goals.

### **Supportive Services**

Depending on need, participants may receive financial supports such as these for approved program activities:

- Gas Cards for Transportation
- Uniforms
- Testing Fees
- Textbooks

### **AVAILABLE AT NO COST TO PARTICIPANTS:**

Take the NEXT step today.

- Help to find the training that's right for you and the support you need
- Access to adult education and vocational training
- Work Readiness Training to help you gain professional skills valuable for employment
- Support to help you get started in your new job

## **Sign Up Today!**

Follow this link to see if you are eligible and preregister:



[tiny.utk.edu/SkillUpTN](https://tiny.utk.edu/SkillUpTN)

## To learn more about Tennessee Association for Family and Community Education

TAFCE Webpage:  
<https://www.tafce.org>

Central Region Webpage:  
<https://tafcecr.wixsite.com/2020crfce>

Eastern Region Webpage:  
<https://eastern.tennessee.edu/eastern-region-fce/>

Western Region Webpage:  
<https://western.tennessee.edu/family-and-community-education/>

### Facebook Groups:

Tennessee Association for Family and Community Education (TAFCE)

TAFCE Masks of Love Volunteers

TAFCE, Central Region

Eastern Region FCE

Western Region Family & Community Education

Typically TAFCE designates an "issue or cause" to educate the members and to support at the local, county, region and/or state level. Most recently, members have become more knowledgeable about human trafficking awareness, the opioid epidemic, and suicide awareness and prevention.

If you are interested in becoming more involved in your community, learn new skills and make new friends.... check out FCE!

Tennessee Association for Family and Community Education is in partnership with the University of Tennessee Extension.



For information regarding local FCE Clubs, please contact:

## Tennessee Association for Family and Community Education



### What is TAFCE?

The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: western, central and eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!



Strengthening Families

**TAFCE Mission:** To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

### To Learn

During hands-on workshops and monthly meetings, educational programs are presented. Topics are varied and relate to current issues, changes in technology, health, safety, nutrition, family economics, and more.

### To Lead

Members have the opportunity to lead by serving as officers or on committees. Family and Community Leadership (FCL) training is offered to prepare members to contribute to public policy and decision making.



### To Serve

Each year FCE offers projects designed to make a difference in the lives of families in the local or broader communities in which we live. FCE members have the opportunity to share and serve, working closely with other local organizations.

### To Have Fun!

Fun, laughter, and friendship abound at every FCE gathering. Meetings, work sessions, camp or retreat, trips, conferences...all are occasions for fellowship and exploration of new places, activities, and new ideas!

### State Projects

TAFCE encourages participation in state projects in the areas of education, community action and leadership. A long-time emphasis in education has been the support of literacy, libraries, and the Dolly Parton Imagination Library. There are countless opportunities for community service, often determined by specific, local community need. The leadership area has recently been added to encourage teaching, mentoring, and assisting with 4-H programs and the Family and Community Leadership (FCL) program.

A recent statewide community service project was Masks of Love. In response to covid-19, members from across the state of Tennessee made facemasks in their homes for Emergency Management Departments, hospitals, health and rehab centers, first responders, community workers, school students, family and friends.



TAFCE member, sewing facemasks.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Holidays and Observances: 4: Independence Day

*Homemade*

## Dates to Remember

- 07/04/2023: Fourth of July!
- 07/06/2023: FCS Skill-a-thon Practice
- 07/11/2023: FCS Skill-a-thon Practice
- 07/12/2023: FCE County Council Meeting
- 07/13/2023: FCS Skill-a-thon Practice
- 07/18/2023: FCS Skill-a-thon Practice
- 07/19/2023: Chair Volleyball @ Waverly Sr. Center
- 07/20/2023: FCS Skill-a-thon Practice
- 07/21/2023: FCE Cluster Training @ Henry Co.
- 07/25-27/2023: Kids in the Kitchen Camp