



Jefferson County Family & Consumer Sciences Newsletter

November, 2013

Winter: Safety Tips for Heating Your Home

As winter approaches, to start thinking about alternative ways for heating your home in case of a winter weather emergency. Some popular alternative sources of home heating are fireplaces, space heaters, wood-burning stoves, and kerosene heaters. Safety factors should be taken into consideration before attempting to purchase or operate any of these home-heating appliances. While chances of freezing to death in your home are small, there's a greater risk of death by fire or carbon monoxide poisoning. Fortunately, most tragedies are preventable; all it takes is a little education and some common sense.

Safety is crucial in a heating emergency. The following is a list of general guidelines related to alternative heating resources.

- **Children should not have access to portable heaters**, electric or fuel powered.
- Do not burn anything larger than candles inside your home without providing good ventilation such as opening windows, doors and fireplace flumes.
- All heaters that run on fuel (natural gas, kerosene, butane, oil) should be vented. The only exception to this rule is electric heaters.
- Do not use the kitchen oven or

stove top to heat your home. This can be a fire hazard as well as a source of toxic fumes.

- “Space” heaters need their space. Keep anything combustible at least three feet away.
- Electric space heaters. Even though electric space heaters don't have an open flame, the heating elements of some types of electric heaters are hot enough to ignite nearby combustibles like draperies, paper, clothing, furniture, and flammable liquids. Take the following into consideration before purchasing or using an electric space heater.
- If you are using supplemental portable electric heaters, never use an extension cord. Plug them directly into the electrical outlet.
- Before purchasing a portable heater, make sure it has “tip switches.” These switches are designed to automatically shut off the heating unit in the event it tips over.
- Never refill a space heater while it is in operation or is still hot.
- **ONLY** refuel heaters outdoors! Use the type of fuel recommended by the manufacturer,

and follow instructions carefully.

- **Do not** burn charcoal designed for barbecues indoors—not even in a fireplace or wood-burning stove. It releases odorless, but toxic, carbon monoxide fumes and can cause death!
- Install **smoke alarms** that are equipped with a battery back up in your home. Make sure that smoke alarms are on every level of the home as well as near every bedroom in the home. Test the alarms monthly, and change the batteries at least once a year
- Purchase and install a **carbon monoxide alarm** for your home. Make sure it is marked with the Underwriter's Laboratory (UL) safety listing. Follow the manufacturer's recommendations for placement in your home.

(continued page 2)





Winter: Safety Tips for Heating Your Home



Fireplaces.

- Have your fireplace and chimney inspected and cleaned annually. Check for obstructions and cracks, which will help to prevent deadly chimney and roof fires.
- Make sure the damper is open before lighting a fire.
- Never burn trash, paper, or green wood in your fireplace. These materials cause heavy creosote buildup and are difficult to control. Creosote is a dark brown or black flammable tar deposited from wood smoke onto the walls of a chimney.
- Glass doors or a metal screen should be placed in front of the fireplace to prevent sparks or burning logs from leaving the fireplace and causing a home fire.
- Extinguish the fire completely before going to bed.

Generators.

Portable generators are often used to restore electricity to some home appliances during a power outage. Power from a generator can be a lifesaver, but it can also be very dangerous if not used properly. If you choose this option to restore power, please take the following safety tips into consideration:

- **NEVER** use a generator indoors! Generators must be set up outdoors in a completely open and dry area.
- Position the generator away from vents, windows, and doors to prevent carbon monoxide from building up and entering the home.
- Do not use a generator in rain or wet conditions.
- It's best to plug appliances directly into the generator, or a heavy-duty, outdoor-rated extension cord may also be used. Make sure that the cord is free of cuts or tears, and the plug has all three prongs—especially a grounding pin.
- **NEVER** try to power the house wiring by plugging the generator into a wall outlet. This practice, known as “backfeeding,” is extremely dangerous as it presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.
- Turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could cause a fire.
- Always follow the manufacturer's instructions for your generator. Give special attention to how much wattage your generator can accommodate so that it does not overload and malfunction.



Healthy Guests: Happy Holidays

Safety Tips for Brilliant Buffets and Perfect Party Platters



Keep Cold Foods Cold!

Foods on a buffet can be kept cold by placing food dishes in larger bowls of ice. For party trays purchased at the supermarket, remove lid and fill lid with ice. Put the tray on top.

Rather than serve food from one larger platter, arrange food on several small platters.

Refrigerate platters of food until it is time to serve, and rotate food platters within two hours.

Follow the two hour rule!

Chill leftovers within two hours. Keep the refrigerator at 40 °F or below and use a refrigerator thermometer to check the temperature.



Knock BAC! out cold!
Refrigerate or freeze meat, poultry, eggs and other perishable items as soon as you get them home from the store.



Keep Hot Foods Hot!

Hot foods on a buffet can be kept hot with chafing dishes, crock pots, and warming trays and should be at 140 °F or warmer.

Eat leftovers within 3-4 days.

Reheat solid leftovers to 165 °F, as measured by a food thermometer. Reheat liquid leftovers to a rolling boil.

CLEAN

Wash hands and surfaces often.

SEPARATE

Don't cross-contaminate!

COOK

Cook to proper temperatures.

CHILL

Refrigerate promptly!



The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program.

www.fightbac.org





Tricks and Tips for Holiday Cooking and Eating

It can be extra hard to eat healthy around the holidays since heavy foods are often the focus of our celebrations. This year, try changing your mindset a bit. The holidays can be so much more than big dinners and high-calorie appetizers. They are a good time for us to focus on what matters and spend quality time with our loved ones. All the while, you can still enjoy holiday foods by keeping portions under control and eating mindfully.

Basic Tips for Any Holiday

Give yourself something to look forward to other than your holiday feast. Start a new tradition that gets everyone up and moving. Try running or walking a holiday race with your family. You could also start an annual flag football game.

- Why wait until the new year to get into an exercise routine? Take advantage of your days off from work or school around the holidays and build in some time for physical activity. Create a holiday challenge with your family or coworkers for extra motivation to stay active during the holiday season. Manage your [holiday stress level](#) by being realistic. Don't take on more duties than you can handle. When you bring a dish to a holiday party, look for a lighter recipe. It will give you a healthy option, along with others who are trying to maintain their weight around the holidays. Don't skip meals earlier in the day. Coming to a party hungry means you'll be more likely to overeat.

Appetizers

If you don't pay attention, it's easy to eat as much as 500 calories while grazing on appetizers. Here are some ways to avoid overeating before the dinner bell rings:

- Fill a small appetizer plate once instead of snacking on chips and dip straight from the bowl. You'll have a better idea of how much you are eating if you fill a plate and walk away from the appetizer table.
- Stop by the veggie tray first and fill at least half of your appetizer plate with a variety of veggies. Use these for dipping rather than tortilla chips, crackers, or bread.
- Watch out for all of the creamy and cheesy dips like crab dip and spinach artichoke dip. These are dense in calories so keep portions small. Opt for bean dip, hummus, guacamole or low-fat ranch dressing instead. Watch portions from the cheese and meat tray. Remember salami and other processed meats are high in sodium and saturated fat, so it may be best to skip these and save room for dinner. When it comes to cheese, remember that 1 ounce has about 100 calories and 5 grams of saturated fat. Again, it is important to keep portions small. (An ounce of cheese is about the size of a pair of dice.)

Drinks

You may want to enjoy a celebratory drink or two at a holiday party. We recommend no more than two drinks per day for men and one drink per day for women. If you decide to drink, look for these lighter options at the bar:

- Vodka soda with splash of cranberry (or use another calorie-free mixer with an ounce of spirits)
- Champagne (add some sliced strawberries or raspberries to make your drink more festive)
- Light beer, Wine or a wine spritzer (½ wine, ½ club soda served over ice with a slice of lemon or lime)



Here are some high-calorie drinks to watch out for:

- 8-ounce spiked eggnog - 300+ calories
- 8-ounce margarita on the rocks - 170+ calories
- 4½-ounce white Russian - 300+ calories.
- 12-ounce bottle of specialty Christmas Ale (7.5% alcohol) - 200 calories

Don't drink on an empty stomach and keep an eye on portion size. It's easy to serve up more than a standard serving, which is 12 ounces of beer, 5 ounces of wine, and 1-1 ½ ounces of spirits.

Holiday Dinner

Use the meal planning method to keep portions in perspective at dinner time. Simply fill half of your plate non-starchy veggies like salad, broccoli, carrots, or Brussels sprouts. Then fill one-fourth of the plate with starchy foods like sweet potatoes, a whole wheat roll, roasted root veggies, or corn casserole. The last fourth can be filled with a lean protein, like roasted turkey breast, chicken without the skin, or fish. You can also add a side of fruit salad and/or dairy. If you want more information, read more about [Create Your Plate](#) on diabetes.org. Some other tips to remember are:

Many holiday feasts include mostly starchy foods and meats. Switch it up and bring a tasty side that has [non-starchy vegetables](#). Choose your favorites and watch portions! If you don't want a side of fruit or dairy with your meal, you can always switch it out for a portion of another starchy food.

Dessert

Research has shown that the *type* of carbohydrate is not as important as the *amount* of carbohydrate you eat when it comes to controlling blood glucose levels. Yep – that means that you can substitute a small portion of dessert for other carbohydrate foods in the same meal. Just remember it's important to save sweets for special occasions so you aren't missing out on important nutrients that you get from other foods.



Featured Cookbook: [Healthy Calendar Diabetic Cooking 2nd Ed.](#) by Lara Rondonelli-Hamilton, RD, LDN, CDE, and Chef Jennifer Bucko Lamplough, This calendar cookbook provides seasonal recipes with clear and easy-to-follow instructions. You'll also find month-by-month, week-by-week, and day-by-day meal plans with grocery lists!

Fitting in Holiday Desserts

Whether it's pumpkin pie, cookies, or another treat, there are sure to be plenty of tempting desserts around the holidays. It's best to save sweets for special occasions, making the holidays a good time to allow for a special treat!

Plan Ahead and Substitute!

When it comes to sweets, the key is to plan ahead and keep portions small. Simply cut back on the amount of starchy foods you eat during dinner to "free up" some carbohydrate for dessert. an oatmeal cookie with dried fruit



Tricks and Tips for Holiday Cooking and Eating

Let's say you use [Create Your Plate](#) to fill your plate at dinner. Your original meal might look like this:

- 3 ounces turkey breast (about $\frac{1}{4}$ of your plate)
- 2 cups spinach salad with red bell pepper, walnuts, gorgonzola cheese, and balsamic vinaigrette (about $\frac{1}{2}$ of your plate)
- $\frac{1}{2}$ cup mashed potatoes (about $\frac{1}{4}$ of your plate and 15 grams of carbohydrate)
- $\frac{3}{4}$ cup of fresh fruit on the side (about 15 grams of carbohydrate).
- 1 small whole wheat roll on the side (also about 15 grams of carbohydrate)

Perhaps your mom only makes her famous mashed potatoes at Thanksgiving. In that case, skip the fruit or roll on the side. It's all about balancing and trying to keep the amount of carbs you eat consistent with your usual plan. Make it work for you!

Let's say you want to fit in a cookie. Again, you might skip the fruit or the roll. You could also eat half of a roll and half the amount of fruit salad in anticipation of a cookie for dessert. That way, you'll still get to try a bit of everything.

Here are some more dessert portions that may be helpful to remember this holiday season:

- 1 piece pumpkin pie ($\frac{1}{8}$ of an 8-inch pie) – about 25 grams carbohydrate
- $\frac{1}{2}$ cup fruit cobbler – 30-45 grams of carbohydrate
- small, unfrosted brownie ($1\frac{1}{4}$ -inch square) – about 15 grams of carbohydrate
- 3 gingersnaps – about 15 grams of carbohydrate
- frosted cake (2-inch piece) – about 30 grams carbohydrate
- 1 frosted cupcake – about 30 grams of carbohydrate
- $\frac{1}{2}$ cup regular pudding – 30 grams carbohydrate.
- $\frac{1}{2}$ cup sugar-free pudding – 15 grams carbohydrate

When possible, curb your sweet tooth with something that includes some nutritious ingredients like fresh fruit, low-fat dairy, or whole grains. For example:

- $\frac{1}{3}$ cup of apple, pear, or berry crisp made with fresh fruit
- $\frac{1}{3}$ cup pudding made with skim milk and topped with fresh berries
- 2 small chocolate-covered strawberries
- an oatmeal cookie with dried fruit





Medicines: Use Them Safely

Modern medicine has made our lives better in many ways. It has helped us live longer, healthier lives. But people over 65 have to be careful when taking medications, especially when they're taking many different drugs.

What Are Medicines? What Are Drugs? Some people refer to the pills, liquids, creams, or sprays they take as "medicine," and other people call them "drugs." Both words can mean: Medicines you get from a pharmacy with a doctor's prescription:

- Pills, liquids, or creams you buy without a prescription to use now and then, for example, for aches and pains, colds, or heartburn.
- Vitamins or dietary supplements you take regularly
- Drugs you get without a doctor's prescription are called over-the-counter medicines. Because mixing certain medicines can cause problems, be sure to let your doctor know about all the prescription and over-the-counter drugs you are taking.

At Your Doctor's Office If you've gone to your doctor because you don't feel well, the doctor might decide a medicine will help and will write a prescription. Be sure you:

- Tell your doctor or nurse about all the medicines you take whenever a new drug is prescribed.
- Remind your doctor or nurse about your allergies and any problems you have had with medicines, such as rashes, indigestion, dizziness, or mood changes.
- Understand how to take the medicine before you start using it. Ask questions. It might help to write down the answers.

Questions To Ask Your Doctor About A New Medicine

- What is the name of the medicine, and why am I taking it?
- How many times a day should I take it? At what times? If the bottle says take "4 times a day," does that mean 4 times in 24 hours or 4 times during the daytime?
- Should I take the medicine with food or without? Is there anything I should not eat or drink when taking this medicine?
- What does "as needed" mean?
- When should I stop taking the medicine?
- If I forget to take my medicine, what should I do?
- What side effects can I expect? What should I do if I have a problem?

Ask Your Pharmacist If you have questions about your medicine after you leave the doctor's office, the pharmacist can answer many of them. For example, a pharmacist can tell you how and when to take your medicine, whether a drug may change how another medicine you are taking works, and any side effects you might have. Also, the pharmacist can answer questions about over-the-counter medications. Try to have all your prescriptions filled at the same pharmacy so your records are in one place. The pharmacist will keep track of all your medications and will be able to tell you if a new drug might cause problems. If you're not able to use just one pharmacy, show the new pharmacist your list of medicines and over-the-counter drugs when you drop off your prescription.



When you have a prescription filled:

- Tell the pharmacist if you have trouble swallowing pills. There may be liquid medicine available. Do not chew, break, or crush tablets without first finding out if the drug will still work.
- Make sure you can read and understand the name of the medicine and the directions on the container and on the color-coded warning stickers on the bottle. If the label is hard to read, ask your pharmacist to use larger type.
- Check that you can open the container. If not, ask the pharmacist to put your medicines in bottles that are easier to open.
- Ask about special instructions on where to store a medicine. For example, should it be kept in the refrigerator or in a dry place?
- Check the label on your medicine before leaving the pharmacy. It should have your name on it and the directions given by your doctor. If it doesn't, don't take it, and talk with the pharmacist.

Generic Or Brand Name? When getting a prescription filled, sometimes you can choose between either a generic or brand-name drug. Generic and brand-name medicines are alike because they act the same way in the body. They contain the same active ingredients—the part of the medicine that makes it work. A generic drug is the same as a brand-name drug in dosage, safety, strength, quality, the way it works, the way it is taken, and the way it should be used. Generic drugs usually cost less. If you want a generic drug, ask your healthcare provider if that's a choice. Not all drugs are available in the generic form, and there might be medical reasons your doctor prefers the brand-name medicine.

Now, It's Your Turn Your doctor has prescribed a medication. The pharmacist has filled the prescription. Now it's up to you to take the medicine safely. Here are some tips that can help:

- Make a list of all the medicines you take, including over-the-counter products and dietary supplements. Show it to all of your healthcare providers including physical therapists and dentists. Keep one copy in your medicine cabinet and one in your wallet or pocketbook. The list should include the: name of each medicine, doctor who prescribed it, reason it was prescribed, amount you take, and time (s) you take it.
- Read and save in one place all written information that comes with the medicine.
- *Take your medicine in the exact amount and at the time your doctor prescribes.*
- Call your doctor right away if you have any problems with your medicine or if you are worried that it might be doing more harm than good. Your doctor may be able to change your prescription to a different one that will work better for you.
- Use a memory aid to take your medicines on time. Some people use meals or bedtime as reminders to take their medicine. Other people use charts, calendars, and weekly pill boxes. Find a system that works for you.
- Do not skip doses of medication or take half doses to save money. Talk with your doctor or pharmacist if you can't afford the prescribed medicine. There may be less costly choices or special programs to help with the cost of certain drugs.
- Avoid mixing alcohol and medicine. Some medicines may not work correctly or may make you sick if taken with alcohol.
- Take your medicine until it's finished or until your doctor says it's okay to stop.



What About Over-The-Counter Medicines? Many of the ideas in this *AgePage* are also true for over-the-counter (OTC) drugs, like medicines to relieve coughs, cold, allergies, pain, and heartburn. Be careful when taking an OTC drug. For example, don't take a cough and cold product if you only have a runny nose and no cough. And, check with your doctor before taking aspirin if you are on a blood-thinning medicine, because aspirin also slows blood clotting. Other things to remember:

- Measure the dose of a liquid OTC medicine as carefully as you would a prescription drug. Use a measuring spoon, since spoons you eat with vary in size.
- Be careful—OTC medicines can have side effects.
- Take the amount suggested on the label. If you don't get better, see your doctor.
- Read the label—even if you have used the OTC product in the past. Important information can change.

Remember, medicines—whether prescription or over-the-counter—can hurt you if they aren't used the right way. Learn to be a smart consumer of medicine.

Source URL: <http://www.nia.nih.gov/health/publication/medicines-use-them-safely>



BEAUMONT
LOCATION

Free
&
Open To
The Public

CLASS DATE	6:00 p.m. - 7:00 p.m.	7:00 p.m. - 8:00 p.m.
Jan 14	What is Diabetes?	Nutrition: First Step in Diabetes Management
Jan 21	One Diabetes Diet No Longer the Sole Option Nutritional Labels	Managing Your Blood Sugar and Diabetes and Exercise
Jan 28	Susan Becker/ Carbohydrate Counting	Diabetic Foot Care Dr. Neil Burrell, DPM
Feb 4	For Good Measure at Home & Eating Out	Diabetes Meds
Feb 11	Prevention & Managing Complications	GRADUATION DAY!!! Nutrition Review

Do Well, Be Well with Diabetes is **FREE** educational program for people with Type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

TEXAS A&M AGRILIFE EXTENSION SERVICE

1225 Pearl, Suite 200 Beaumont, TX

Classes: Tuesday - 6:00 p.m. to 8:00 p.m.

For More Information Contact:

409-835-8461 or Toll Free 409-727-2191 ext. 8461

Smart Uses for Your Tax Refund...

A tax refund is always a welcome bonus. Whether it's \$300 or \$3,000, the way you use that money can have a real impact on your personal and financial well-being.

New computer? New recliner? Nice vacation? Those are all nice ideas, but...

Before you spend your refund, try to think through *all* the options – even ones that aren't especially glamorous.

Follow Three General Rules

1. **DO plan ahead before spending your refund.** Without a plan, you may use the money on the first important thing that comes to mind and then later realize something else was *more* important. Planning ahead and involving the family increases the chances you will identify all the possibilities and think about which ones are most important.
2. **DO devote a portion of your tax refund to build long-term financial security.**
3. **DON'T throw away part of your refund on preparation fees and/or loan fees.** Did you know that those companies that offer "quick refunds" are just giving you a loan? It's a high-cost, high-risk loan. Look for FREE tax preparation programs like VITA (<http://irs.treasury.gov/freetaxprep/>) and AARP's TaxAide (<http://bit.ly/hnF42p>). Trained volunteers can assist in preparing your return and file it electronically for FREE. By using one of these free programs and having your refund direct deposited into a checking or savings account, you can get your refund in 7-10 days.

Four Smart Uses for Your Tax Refund

1. Pay off bills.

- Your first priority is to pay your regular monthly bills if you have fallen behind (utilities, phone).
- Most other debts should be prioritized, with highest interest rate debts being paid off first.

Suppose you have a credit card balance of \$2,000 at an interest rate of 18%, and you're making payments of \$50/month. At that rate, it will be 62 months – a little over 5 years – before the bill is paid off, and it will cost you \$1,077 interest.

If you use your tax refund to pay off \$1,000 of that bill and then continue to pay \$50/month, the bill will be paid off in 24 months, at an interest cost of only \$198. **You will save \$800** interest by paying \$1000 toward the debt now.

2. Save for needs in the coming year.

Emergency Funds. Having money saved for emergencies can get you through small emergencies, like car repair or medical bills, without breaking a sweat. In the ultimate emergency (loss of income), an emergency fund can keep you afloat until you find another income source. Use part of your tax refund to start or build your emergency fund!

Occasional Expenses. Those big bills that come once a year or every few months (car insurance) can cause huge problems for families. Avoid those problems by being ready for the bills! Use your tax refund to start a special savings fund. Then, keep adding to it throughout the year.





3. Long-term savings!

You CAN make progress toward long-term goals, and your tax refund can help make that happen.

Even small amounts add up. Adding just \$500 a year into a retirement account, such as an IRA, can make a difference over a period of decades.

If the account earns an average annual return of 5%, a contribution of \$500/year would yield \$34,880 after 30 years.

Take the “small amount” theory one step further. Build on the momentum created by that once a year contribution, and make a monthly contribution, too.

If you contribute \$500/year *and* \$25/month, earning a 5% return, in 30 years you will have \$55,247!

Contributing to your retirement *may* pay off with a tax credit!

Moderate-income workers who make voluntary contributions to a retirement account (like a 401k or IRA) may qualify for a tax credit! For example, a married couple filing jointly with an adjusted gross income of less than \$34,500 would qualify for a 50% credit. That means if they contribute \$2,000 to eligible retirement accounts, they will receive a tax credit of \$1,000! The credit for couples earning between \$34,500 and \$37,500 is 20% and it is 10% for couples earning between \$37,500 and \$57,500. Consult with the IRS for details!

4. Special Purchases

What about that new refrigerator?

Or the sofa? Or ... ?

Those purchases are valuable, too.

Some may be essential, while others simply add enjoyment to life.

Are you fulfilling a *want* or a *need*?

Your Best Bet

First, put some of your tax refund toward financial security by:

- **Saving** part of your refund. You can do this automatically by splitting your refund; put part in your checking account and part in your savings account, or use part to purchase a U.S. Savings Bond. Complete and attach Form 8888 to your tax return to split your refund.
- **Paying off** a debt. Start with a debt with the highest interest rate to save the most in interest charges.
- **Planning** for needs in the coming year (like insurance premiums).
- **Saving** some money for long-term goals (like the down payment on a new car or retirement).

Then use part of your tax refund to make your day-to-day life better. Among all the items on your “wish list,” choose the most important, and shop wisely for it!

And, if your refund was more than \$1000, consider lowering your withholding so you will receive more take-home pay each payday. The additional dollars in your paycheck can be used to meet monthly expenses and could be the difference between making ends meet or not! To change your withholding, file a new W-4 with your employer.

Revised and updated January 2013 by Joyce Cavanagh, Ph.D. CPFFE, Associate Professor and Extension Family Economics Specialist, Texas A&M AgriLife Extension Service, from material originally produced by Iowa State University Extension.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



Beginning Clothing Construction Classes

TEXAS A&M
AGRI LIFE
EXTENSION

New Year, New Skills!!

*Welcome to a brand new year! We hope your plans include learning a new skill.
And what could be better than learning a skill that is both useful, and so much fun?!*

A sewing class for the beginning sewist! You will learn: all about your machine & how to use it, how to read & use a pattern, and sewing tools. The garment construction project will be a "pencil skirt" that will teach you how to stitch darts, insert a zipper, use interfacing, how to hem, and insert a hook & eye closure. Students will furnish own supplies (details will be provided with registration confirmation).

Bring your sewing machine manual and attachments

Date and time: Mondays, January 6 and 13, 2014 [2 classes for 2.5 hours each]

Choose between 1:30pm-4:00pm OR 5:30pm-8:00pm

Location: Sew Much More at 1336 Boston Avenue in Nederland



Pre-registration required; Deadline is December 20, 2013

For more information, contact:

Barbara Evans, County Extension Agent/Family & Consumer Sciences

409-835-8461; baevans@ag.tamu.edu

Programs conducted by the Texas A&M AgriLife Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.



Name _____ Address _____ City, Zip Code _____

Telephone: _____ Email: _____

Make checks (\$25.00) payable to: FCS Committee of Jefferson County

Do you own a sewing machine? Yes What model? _____ No

Return registration form with payment to: Texas A&M AgriLife Extension 1225 Pearl Street, Suite 200, Beaumont, TX 77701 Attn: Barbara Evans