

# CommuniGator

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Welcome to the CommuniGator, a newsletter for FNP and EFNEP Agents, Coordinators, and Program Assistants. This newsletter is designed to keep everyone in both programs up-to-date with what is going on at the State Office and throughout Florida. It will share information, clarify questions, and assist you with the paperwork responsibilities of your program. Some regular features will include: Surfing Savvy, Meet the Staff, Speaking FNP and Great Job! But we don't want to do this on our own. We want your help. Did someone write you a great note about a job well done? Is your county doing a new or different program? Do you have something you just want to share? Send it in, and we'll do our best to get it printed in an upcoming issue. We hope you enjoy this issue, and very much look forward to hearing from you!

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## Great Job, Eunice Stevenson!

The following letter is from K. S. C. in Tallahassee. She was an EFNEP participant and sent this to the Leon County Extension Office. If you have a letter like this that you'd like to share with everyone, please send it in!

I was the average person who eats lots of unhealthy snacks; I always drank plenty of sodas, and never exercised. By doing this, I have gained lots of unnecessary pounds.

I was enrolled in EFNEP for about two weeks, and my instructor, Mrs. Eunice Stevenson, taught me how to prepare my food and make sure that it is nutritious. I have become more responsible by writing a grocery list before I shop, and while I'm in the process of shopping, I try my best to compare prices and read the nutrition facts to see which item has less fat and calories. I also prepare a menu every day for my family and me to avoid any hassles or any sudden changes that may happen to my family or me.

"I am so proud that I have taken this class because my appetite has completely changed."

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## Meet Noah Weller



Born on August 2<sup>nd</sup> 1977 in what would shortly thereafter become a mental hospital. Noah grew up in Council Bluffs, IA, the Paris of the Midwest. Mr. Weller went to college for three semesters in the barren wasteland of Northwest Iowa before studying overseas for a semester. Noah went to many countries including Egypt and Ireland. Noah came to the oasis in a desert of rustic Florida known as Gainesville to get away from the brutal cold of the Midwest and to continue his education. Some of Mr. Weller's interests include music, art films, and sports. (Editor's Note: This is an autobiography.)

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## IFASNutrition Yahoo! Group

Do you sometimes feel isolated from other FNP or EFNEP units throughout the state? Do you wish that it was easier to share ideas and information from Escambia County to Monroe County? Well, here's your chance! We've created the IFASNutrition Yahoo! E-group. Simply send an email to ifasnutrition-subscribe@yahoogroups.com. Once you become a member, you can send messages to everyone in the group by emailing ifasnutrition@yahoogroups.com. Download files to share with others, or search for files for your own use. Brainstorm with other units. Learn new techniques or lesson topics. All we ask is that everything posted to the group is nutrition or work-related. Enjoy this great new tool for networking!



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## Dates to Remember

6/4, Time Cards due  
6/10, All reports due  
6/18, Time Cards due  
7/1, Early Time Card  
deadline  
7/4, Independence Day  
7/10, All reports due  
7/16, Time Cards due  
7/30, Time Cards due



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## Happy Birthday!

June and July  
Birthdays



Angela Arnold	June 1
Lula Brown	June 12
Glenda Warren	June 14
Deena Colmorgen	June 16
Esther Lee	June 17
Pamela Allen	June 18
Marlene Smith	June 28
Janelle Delgado	July 21
Julie Holman	July 21
Rosalind Walker	July 25
Telisa Fox	July 31

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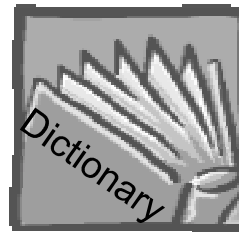
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I am so proud that I have taken this class because my appetite has completely changed. I no longer drink sodas and I try my best to drink water more than eight times a day. I also try to go walking daily and exercise in the morning before I start any daily activities. I was having problems eating breakfast in the morning, but now I make sure that I eat three times a day so that I won't over eat. I now watch everything that I eat, try to make sure that I don't over eat, and try to eat from each food group. I always try to get my family and I to eat before 8 o'clock pm.

I do feel that my appetite changed because I realize how important it is to eat healthy, so that I won't become overweight, or have to deal with other types of health problems such as diabetes, high blood pressure, heart problems, or any other major health problems. I am trying to work on my weight, since I have picked up a lot of weight, after I was careless about eating healthy.

I am delighted that Mrs. Stevenson has taken the time out to teach my class about the facts of eating healthy and being physically active to maintain a normal and healthy life. I am still determined to keep this healthy appetite after listening to the things that my instructor has taught me, after being enrolled in EFNEP.



## Speaking "FNP"

### *In-Kind*

- ◆ Also known as match.
- ◆ Time and/or materials donated to the FNP, represented by cash amounts. In-kind is not actual money, but represents monetary value of time and/or materials.
- ◆ Generated from extension personnel, partner personnel such as school teachers, postage, travel, office supplies, duplication, etc.
- ◆ Only from non-federal government agencies. That is, city, county, or state funds. Private corporations, even non-profits, are not considered in-kind.
- ◆ In-kind must be an actual expense incurred by the agency in performing duties for the FNP that they would not normally provide. A County Health Department Dietician would not be considered in-kind because part of her job description is teaching nutrition. Volunteer time is not in-kind because no money is expended.

## State Office Faculty and Staff

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AN EFNEP/FNP PUBLICATION FOR COORDINATORS AND PAS

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**“I am determined to keep this healthy appetite after listening to the things that my instructor has taught me, after being enrolled in EFNEP.”**

See Page 1 for the complete story

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