

FAMILY LIVING IDEAS

January 2003

THE VALUE OF MONEY

"Love of money is the root of all evil."

"It's easier for a camel to pass through the eye of a needle than for a rich man to enter heaven."

Well, despite the bad press, money is still awfully popular. As Sophie Tucker said, "I've been rich and I've been poor. Rich is better."

The problem isn't that money is bad; it's that it's so overrated. What's more, relentless thinking and worrying about money prevents us from seeking gratifying work and servicing important relationships? two things much more likely to bring happiness than money. As Rousseau said, "The money you have can give you freedom, but the money you pursue enslaves you."



Isn't it clear that the rich people are not uniformly more content or emotionally satisfied than others? Neither are their kids. George Lucas Lorimer said, "It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure you haven't lost the things that money can't buy."

There's a lot money can do but there's only so much money can do? and it's not enough. Speaking about his wealth, Johnny Carson said, "The only difference is that now my problems have more zeros after them." More money begets bigger desires, bigger debts. Like drugs, the more you have the more you need.

The answer is not to disdain money but to put its value in perspective.

In the end, the question is: How much are we willing to pay to have money? When we begin to sacrifice honor, integrity or precious relationships, it costs too much.

Source: Michael Josephson, Josephson Institute of Ethics

Diabetes Screening Tests and Nutrition Classes

Do you or a family member have Diabetes? Would you like better control of Your Diabetes? If the answer is yes, you can benefit from this free program.

What you get free: Three screening tests. Information about five critical tests that tell you how well you are doing with your diabetes care. Four diabetes nutrition classes. Screening tests repeated after three months. Grocery store gift certificate for \$40 at the three month follow up.

This program can be done in any town and location where we have 10 people with diabetes and their family members are also encouraged to attend. We are taking names here until we have enough for the program. Plan to start some classes the 3rd or 4th week of January for 5 weeks in 3 towns. If you would like the class for yourself, call Laurie or Betty at 754-2011 Ext. 413 to give your name, phone number, town you would like the program in and time of day (morning, afternoon, evening) you prefer.

Games people play...and keep playing

A new study tracking the exercise habits of male medical students from youth to maturity finds that those who played tennis while in school were more likely to keep playing through adulthood. This may help account for their lower risk of heart disease, especially heart attacks, later in life. Those who had played team sports such as football and basketball stopped playing after graduating, and they subsequently faced a higher coronary risk. But don't conclude that you need to be a tennis player? or a man? to benefit from regular exercise. Jogging, brisk walking, cycling, swimming or any other aerobic exercise that you like well enough to keep doing over the years would do the trick. For this reason, said the researchers, school and college physical education programs should emphasize sustainable activities. Few of us play football, soccer or hockey after graduation; aerobic activities stick with us through life. P.S.? It's never too late to begin.

UC Berkeley Wellness Letter, December 2002

 **A thing of beauty
is a joy forever.**

Sprouts: Little Food, Big Food-Safety Problem

Earlier this year, several people in California fell ill with stomach pain, fever and sometimes-bloody diarrhea after eating alfalfa sprouts tainted with *E. coli* 0157:H7 bacteria? the same bacteria that can cause serious illness and even death when it turns up in, say, undercooked hamburger meat. Sprouts have caused at least six outbreaks of foodborne illness from *E. coli* or *Salmonella* bacteria over the last 2 years, despite a 1999 warning from the Food and Drug Administration that eating raw sprouts can make you sick.

In an effort to make people take heed, the agency is re-issuing the advice. Children, the elderly, pregnant women and people with compromised immune systems should be particularly careful to remember the warning, which goes as follows:

- ☞ **Do not eat sprouts raw**, even though that's the way most people prefer them. Cook sprouts *thoroughly*? no matter what kind they are. That means mung bean sprouts as well as alfalfa, clover and radish sprouts. Even lightly-cooked sprouts, say, as part of a quick stir-fry, have caused illness. It takes thorough cooking to kill off the bacteria.
- ☞ **Ask restaurants and delis** not to add raw sprouts to sandwiches or salads.
- ☞ **Don't assume home-grown** sprouts are safe. Harmful bacteria can be present in the seeds? and multiply to illness-causing levels during sprouting.

Source: Tufts University, December 2002

The SUPERSIZING of America

It's hard to be aware of how much average American serving sizes have grown in the past two decades, since our eyes and stomachs tend to adjust to portion inflation. Here are some facts, as reported recently by Lisa Young and Marion Nestle of New York University:

- ☞ **In restaurants:** Typical dinner plates are now 12 to 13 inches across, compared to 10 inches a decade ago. Many restaurants today even serve individual main courses on big platters.
- ☞ **Fast food:** When French fries, hamburgers and soft drinks were first introduced, they were available in one size, smaller than or equal to today's smallest sizes. Servings called "supersize" just a few years ago are now often called merely "large"? "supersizes" weigh even more.
- ☞ **In cars:** Car makers now install larger cup holders in new cars to accommodate larger cup sizes.
- ☞ **In cookbooks:** In the revised 1997 edition of *The Joy of Cooking*, for example, many cookie and dessert recipes list the same amount of ingredients as in the 1964 edition, but result in fewer servings, because people now expect larger portions.
- ☞ **Remember this:** Yes, we all want to get our money's worth. But buying the "economy" sizes in snacks and fast food is not a bargain if you eat them in one sitting.

Source: UC Berkeley Wellness Letter, November 2002

Our advice: the good-fat, good-carb diet

Diet promoters almost always claim that you have to eat some special combination of foods and/or avoid certain foods to lose weight. This is not true. The facts for weight loss are simple and not surprising. *You must reduce the number of calories you consume, burn more calories through exercise, or do both.* And to keep the weight off, which is the real trick, you have to make these changes permanent. There is no magic. But it can be done.

The basic healthy way of eating that we recommend can also be adapted for a weight-loss diet. Fruits, vegetables and whole grains should be your main foods, along with low-fat dairy products, fish, skinless poultry and lean meats. Such a way of eating helps protect against heart disease, diabetes and several cancers. It can also help with weight control, especially if you limit portion sizes and start to exercise more. It's not a crash diet, but an eating plan for the rest of your life.

The following advice is for virtually everybody, and especially for those who may have insulin resistance:

- ? **Eat plenty of high-fiber foods? that is, fruits, vegetables, beans and whole grains.** These are the "good carbohydrates" ? nutritious, filling and relatively low in calories. And fiber slows the absorption of the carbohydrates, so there's less effect on insulin and blood sugar.
- ? **Limit your intake of sugary foods, refined-grain products such as white bread and salty snack foods.** Sugar, our No.1 additive, is added to a vast array of foods. High-fructose corn syrup? an increasingly common form of sugar, especially in soft drinks? now supplies nearly 10% of all calories consumed in the U.S. Just one daily 12-ounce can of soda (160 calories) can

add up to 16 pounds over the course of a year. Many sugary foods are also high in fat, so they're calorie-dense. Plain pasta and bread are not very high in calories, but what's typically put on top of them (meat or cream sauces, butter, cheese) can double or triple the calories. Potatoes are a problem largely because most are eaten as high-calorie fries or chips.

? **Cut down on animal fat.** Choose lean meats, skinless poultry and nonfat or low-fat dairy products.

? **Cut way down on trans fats**, supplied by hydrogenated vegetable oils used in most processed foods in the supermarket and in many fast foods.

? **Eat more fish and nuts**, which contain healthy unsaturated fats. Substitute olive or canola oil for butter or stick margarine.

? **Keep portions moderate, especially of high-calorie foods.** In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend and don't order supersized anything.

? **Exercise and be active.** Successful weight control and ultimately good health also depend on the other side of energy equation: the calories you expend in physical activity.

? To increase the chances of long-term success, **set realistic goals that lead to a slow, steady weight loss** (no more than one or two pounds per week). Studies show that people are more likely to keep the weight off if they lose it gradually.

? **If you do go on a crash diet**, Atkins' or another, to "jump start" your weight loss, do it for only a few weeks or months, and then switch to the healthy diet we've described. But if you have medical problems, do it under a doctor's supervision.

Source: UC Berkeley Wellness Letter, November 2002

How to Check Your Own Hearing? and Find Hearing Specialists And Other Resources

The American Speech-Language-Hearing Association (ASHA) recommends getting your hearing checked every 10 years to age 50 and every 3 years after that. But you can also find out if you may be among the 27 million who need a hearing aid by answering the following questions, adapted from questions compiled by ASHA and the American Academy of Audiology. If you answer "yes" to any of them, you may have a hearing problem. If you answer "yes" to several, make an appointment to have your hearing checked.

1. Do you experience ringing or noises in your ears?
2. Do you hear better with one ear than with the other?
3. Have any of your relatives (by birth) had a hearing loss?
4. Have you had any significant noise exposure at work, during recreation or in military service?
5. Do you find it difficult to follow a conversation in a noisy restaurant or crowded room?
6. Do you experience difficulty understanding soft or whispered speech?
7. Do you sometimes feel that people are mumbling or not speaking clearly?
8. Do you experience difficulty following dialogue in the theater?
9. Do you sometimes find it difficult to understand a speaker at a public meeting or a religious service?
10. Do you often ask people to speak up or repeat themselves?
11. Do your friends and family say that you play the TV or radio too loudly?
12. Do you find men's voices easier to understand than women's?
13. Do you find that looking at people when they talk makes it somewhat easier for you to understand what they are saying, especially when in a noisy place?
14. Do you sometimes have difficulty understanding speech on the telephone?
15. Are you unable to hear the telephone or doorbell?
16. Does a hearing problem cause you to feel embarrassed when meeting new people?
17. Does a hearing problem cause you to visit friends, relatives or neighbors less often than you would like?
18. Does a hearing problem cause you to talk to family members less often than you would like?
19. Does a hearing problem cause you to feel depressed?

For information on how to get your hearing checked or to find out more about hearing aids and coping with hearing loss, contact any of these organizations: National Institute on Deafness and Other Communication Disorders, National Institutes of Health, 31 Center Drive, MSC 2320, Bethesda, MD 20892-2320 (www.nidcd.nih.gov).

American Academy of Audiology, 11730 Plaza America Drive, Suite 300, Reston, VA 20190-4793 (www.audiology.org). Or call (800) AAA-2336.

American Speech-Language-Hearing Association, 10801 Rockville Pike, Rockville, MD 20852 (www.asha.org). Or call (800) 638-8255.

Source: Tufts University Health & Nutrition Letter, December 2002

ANIMAL CLEANUP

It Doesn't Have To Be A Pet Peeve

Whether the weather forces you to house your pets indoors, or because your pet is in the house 24/7, eventually Rover or kitty makes some kind of mess. Fortunately, there are a lot of easy-to-use cleaning products for taking care of pet odors, messes and stains.

Avoiding a Cat-Astrophe

The Soap and Detergent Association (SDA) recommends keeping the following cleaning products on hand for fast and convenient use: spray stain removers for upholstery, carpet and clothing; polish and electrostatic dust cloths/mitts; a broom or electrostatic dry mop; fabric refresher and household cleaners; vacuum and carpet spray; paper towels and disposable disinfectant wipes.

When using cleaning products, be sure to properly store them, keeping them out of the reach of children and your pet's paws, claws and jaws.

Ferretting Out Odors

Trouble spots include where pets sit, sleep, eat and play. SDA recommends thoroughly cleaning these areas at least twice a week. Today's products not only clean and disinfect, but the variety of fresh

fragrances can prevent odors from quickly returning. Use a carpet and room deodorizer; many are formulated to eliminate deep-down pet odors. On hard-to-wash fabrics and upholstery, a fabric refresher is good for neutralizing odors.

Another simple way to help keep these places smelling fresh is to place a fabric softener sheet in an envelope under a seat cushion or under the back seat of your car. Just make sure you keep the sheets out of the reach of children and pets to prevent accidental ingestion.

Getting Out of the Doghouse

When accidents occur, it's important to clean the mess up as quickly and thoroughly as possible. Blot the area with a spray stain remover, following the directions on the package. Also consider using a disinfectant spray to remove any remaining germs.

Disappearing Dust Bunnies

Animal dander, fur and feathers can dirty your home, as well as trigger allergy and asthma attacks. To minimize symptoms, launder bed linens frequently. Vacuum and dust the rooms pets hang out in, a couple of times a week. Electrostatic dust mitts and sheets are very handy when it comes to dusting. Also wash pet bedding at least once a week.



Reconsider canned corn. The heat processing used to prepare canned corn actually boosts levels of antioxidants and other healthful phytochemicals in sweet corn, according to new research from Cornell University. Heating corn, whether on the cob or in the can, has a similar effect. As we've previously reported, **the same is true of carrots and tomatoes:** processing and cooking make carotenoids in them, notably beta carotene and lycopene, more readily available. However, for most vegetables, especially those rich in vitamin C, it's best to minimize heating? steam or microwave them quickly to preserve the most vitamins.

UC Berkeley Wellness Letter, December 2002

Fresh cranberries are one of the few remaining fruits you cannot buy year round, and they have a short season, from September to after the December holidays. **It's a good idea to buy extra cranberries and freeze them, without washing, in their original packages.** You can use them in recipes just as you would use fresh. Wash and pick over them before using. Add cooked berries to apple sauce, baked acorn squash, or mashed sweet potatoes. The pigments in cranberries are anthocyanins, similar to those in red grapes, blueberries and many other red/blue/purple fruits and vegetables. These compounds act as antioxidants and may help keep you healthy. Dried cranberries are widely available now, too. Try them on breakfast cereal or in salads.

UC Berkeley Wellness Letter, December 2002

You'd have to eat two cups of cottage cheese to get the calcium in a cup of yogurt or milk. Cottage cheese retains only 30 to 50% of the calcium of the milk it is made from. The curding procedure encourages the loss of calcium into the whey, which is then drained. A cup has 100 to 200 milligrams of calcium (and dry curd has only half as much). A cup of milk has 300 milligrams; a cup of yogurt, 300 to 400 milligrams.

Source: UC Berkeley Wellness Letter, November 2002

Short bouts of exercise can produce the same physical and psychological benefits as longer workouts, according to a recent Irish study of sedentary people in their mid-forties. The study compared the effects of one brisk 30-minute walk with three brisk 10-minute walks spread out over the course of a day. Both regimens, done five days a week for six weeks, produced similar improvements in blood cholesterol levels and aerobic ability, as well as decreases in tension and anxiety. As previous studies have found, the total number of calories expended each week in physical activity seems to be most important.

UC Berkeley Wellness Letter, December 2002



Whole grains reduce the risk of Type 2 diabetes, according to a study of nearly 43,000 male health professionals. Men who ate three or more servings a day were 40% less likely to develop diabetes over the next 12 years than those who rarely ate whole grains. These foods include wholegrain cereals and breads, oats and brown rice. Even obese men, who are at greatest risk for diabetes, benefited from whole grains. Refined grain products, such as white bread and pasta, did not reduce the risk (nor did they increase it). *UC Berkeley Wellness Letter, December 2002*

Q: What is the difference between a sweet potato and a yam? Which is more nutritious?

A : What we commonly call yams are actually sweet potatoes, which are not really potatoes at all, but storage roots, like carrots. (Real potatoes are storage stems, or tubers.) True yams belong to another plant family entirely. You will seldom see a true yam in this country, except in specialty markets. If you did find one, it would be pale and starchy, with a rough and scaly skin. Called njami, true yams are grown in Africa as well as the Caribbean; sweet potatoes are grown all over the world. Sweet potatoes have darker reddish-brown skin and dark orange flesh. There are, however, at least four varieties, some with lighter skins, some with red-purple skins, and also variations in flesh color. (Canned sweet potatoes are often also labeled "yams," since that's what most people call them.)

Nutritionally, you're way ahead with sweet potatoes, which are one of the most nutritious vegetables. Their bright orange color comes from beta carotene, and a medium baked sweet potato contains about 10 milligrams, a hefty amount, plus about 30 milligrams of vitamin C, some B vitamins (including folic acid), vitamin E, magnesium, and calcium. The true yam has no beta carotene and half the vitamin C, but is richer in potassium.

In spite of their sweet taste, sweet potatoes are not high in calories. They have the same number of calories as white potatoes, about 100 per 3.5-ounce serving. They are usually inexpensive, too, and can be quickly cooked in their skins in a microwave. Just pierce them in several places before cooking. It's a pity that they often get "candied"? laden with sugar, syrup and/or marshmallows. They are very adaptable. Cut in strips, raw sweet potatoes make good dipping vegetables. A cold baked sweet potato, once a lunch box staple, is a good snack.

Source: UC Berkeley Wellness Letter, December 2002

Did You Know?

Organic crops are growing in Washington State! In 2001, Washington's 567 organic producers generated \$47 million in sales from 40,000 acres of organic cropland. By comparison, in 1997, 300 organic producers generated \$12 million in sales from 12,000 acres.

If you are 50 or older, now's the time to get a flu shot. Others who should be vaccinated: those at any age with asthma, lung or heart disease, diabetes, HIV infection or certain other chronic disorders; and women who will be in the second or third trimester of pregnancy during flu season. But even younger, healthy people (including children) can benefit from the flu shot and should consider getting it.

Source: UC Berkeley Wellness Letter, December 2002

Q: My son just got head lice from another child at school. How can I get rid of the infestation from his bed sheets?

A : Head lice need the warmth, food and moisture that a human scalp provides. Away from people, lice usually will die within three-to-10 days. Here's how to help remove head lice:

1. Wash bed linens and washable clothing in hot water (140° F) for 20 minutes.
2. Heat dry clothing or other fabric items in the clothes dryer.
3. Items that cannot be washed should be stored for 30 days in sealed plastic bags.
4. Use only insecticides approved for use against lice. Read and follow the instructions.

Did you know that...

...**savings accounts are growing quickly** even though most pay interest of barely 1% a year? In the 12 months ending September 2002, investors put \$386 billion into savings accounts? up 21% from one year earlier. Source: Statistics from FDIC financial reports for all insured banks and savings institutions

Basic Laundry Products

Basic laundry products fall into two categories: soaps and detergents. Everything else, from bleaches to water softeners, are laundry aids that enhance the work of the soap or detergent, explains The Soap and Detergent Association. But how does one choose between the two?

Soap for laundering has existed for centuries. The basic raw materials are fats/oils and alkali. Despite modern innovations, soap still has a major drawback. It combines with water's hardness minerals to form lime soap or soap curd that leaves a deposit in the washing machine and on the clothes. As a result, soap is seldom used for everyday laundry. However, light duty soaps, which are specially formulated for delicate and lightly-soiled items, are often used for baby clothes because infants have delicate skin.

Detergents are the laundry agent of choice because they perform over a broad range of water hardness levels. They are available in heavy duty (all purpose) and light duty formulations, in granule or liquid forms. Laundry detergents may also be combined with color-safe bleach or fabric softener. Some people prefer them because they are easy to use and eliminate the need to buy two products.

Did you know that...

...**health insurance influences how your doctor treats you?** but not in ways you might expect? Patients should tell their physicians which type of health insurance they have. Reason: Most doctors will try to hold down a patient's out-of-pocket expenses by working with the type of coverage the patient carries. Examples: Prescribing a medication on the "approved" list instead of equivalent ones that are not...or prescribing a generic drug instead of a brand name to patients who lack drug coverage.

Source: Charles Inlander, People's Medical Society

UP IN SMOKE

The news about smoking only gets worse. Experts from 12 countries recently reviewed 3,000 studies on smoking and reached these conclusions:

- ? About 1.2 billion people smoke worldwide, and half will eventually die from a smoking-related disease. *That's more than half a billion people.*
- ? More than 3 million will die from smoking this year and 10 million will die from it in 2020, if current trends continue.
- ? Tobacco smoke is the #1 cause of cancer, but it causes an even greater number of premature deaths from heart disease, stroke and lung disease.
- ? Types of cancer newly linked to smoking: cancers of the stomach, liver, cervix, uterus and kidney, as well as one kind of leukemia.

UC Berkeley Wellness Letter, December 2002



New requirement for homes: Carbon monoxide detectors. Most homes sold in New York, New Jersey, Rhode Island and West Virginia must now have detectors for the deadly gas, which is colorless, odorless and tasteless. It is the leading cause of accidental poisoning in the US. Some cities, such as Chicago and St. Louis, have similar detector requirements. Other states and municipalities are considering them. Install a detector on each floor of your home and in any areas near major gas-burning appliances, such as a water heater or furnace. Detectors cost \$25 to \$50 and should be replaced every seven years.

Source: Bottom Line, January 1, 2003



SEWING & STITCHERY EXPO 2003

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Good Seeds

Seeds, like nuts, have seen their nutritional reputation rise in recent years. Ounce for ounce, they're high in calories, but also rich in healthy fat, as well as a variety of nutrients. Many common foods that we eat? including legumes, nuts, and grains? are actually seeds. Many seeds (such as sesame, sunflower, safflower, rape, and cotton) are grown for their oil. Some (such as sesame, poppy and pumpkin) are used as snacks and flavorings. Others (such as pear, orange and apple) are too hard and tasteless to eat, though some people do eat them.

Any seed consists of an outer layer that covers stored food, along with the embryo of a new plant. Besides healthy polyunsaturated and monounsaturated fats, seeds are rich in vitamins, minerals and fiber. They also contain phytochemicals, some of which may have cardioprotective or anticancer effects. Since they come from plants, they contain no cholesterol. Some seeds, notably sunflower, are among the best sources of vitamin E. Flaxseeds are rich in alpha-linolenic acid, a fat similar to the omega-3s in fish. Rape seeds, from which canola oil is made, also contain alpha-linolenic acid, as do hemp seeds.

A few tips

☞ Some uses for seeds: Eat them as snacks.

Add them to cakes and muffins; use as toppings for breads and rolls; grind them for flour or fillings.

Add to salads; sprinkle on hot or cold cereals.

☞ Seeds taste better when toasted or roasted.

If you are cutting up a fresh pumpkin, it's easy to harvest the seeds and toast them. Toss or stir them over medium heat in an ungreased skillet (add a few drops of oil if you wish), or roast them on a cookie sheet.

☞ If you buy ready-to-eat seeds, avoid the salted kinds, which are loaded with sodium.

☞ Since they are high in oil, most seeds tend to turn rancid at room temperature. So refrigerate or freeze them.

A seed sampler

Flaxseeds. 59 calories and 4 grams of fat per tablespoon (about 1/2 ounce). The best source of heart-healthy alpha-linolenic acid. Whole seeds

pass through the body undigested; buy them milled or grind them at home in a coffee grinder.

Sesame seeds. 55 calories and 5 grams of fat per tablespoon (about 1/3 ounce). Supply some vitamin E, iron and zinc. Essential part of many cuisines. Unground seeds come unhulled (with the bran and thus more nutrients) or hulled. Used on breads and bagels. Good in salads. Ground seeds (tahini), sold in cans or jars, can be used like peanut butter and as a thickener in vegetable soups; ground seeds mixed with honey make halvah, a candy.

Poppy seeds. 47 calories and 4 grams of fat per tablespoon (about 1/3 ounce). Good source of calcium (127 milligrams per tablespoon) and iron. Nutty blue-black seeds, often used on baked goods and bagels. Can be ground for a pastry filling.

Pumpkin seeds. 148 calories and 12 grams of fat per ounce. Good source of vitamin E, iron, magnesium, potassium, zinc, selenium and fiber. Rich, peanut-like flavor. A good snack. Toast or roast as directed above. Also available ready-to-eat.

Sunflower seeds. 165 calories and 14 grams of fat per ounce. One ounce has 14 milligrams of vitamin E (93% of the daily RDA), lots of thiamin (a B vitamin), magnesium, iron, zinc, folic acid, plus 3 grams of fiber. Toast or roast as directed above. Seeds can be ground for butter.



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