

FAMILY LIVING IDEAS

March 2003

A TRIBUTE TO THE TROOPS

As the likelihood grows that we will send troops to Iraq amidst significant anti-war sentiment, it's important that we are unified in our appreciation of and support for the thousands of Americans who may be sent in harm's way in service of our country.

This excerpt from a poem called, "You Don't Know Me", by Linda Ellis provides a perspective and a tribute that transcends politics.

Although you don't know me, every day, I think of you.
I worry about your safety and I pray for you, too.

Although you don't know me, please know that I care.
Though strangers, we are family in the beliefs that we share.

Although you don't know me, I know the work that you're doing
and the pride in our country that you are renewing.

Although you don't know me, you have my utmost respect
for it's the future of my children you are there to protect.

Although you don't know me and we've never met,
the gift that you're giving is one I'll never forget.

Although you don't know me, my heart beats with hesitation,
when I hear you're being deployed to an "undisclosed location."

Although you don't know me, I know the fears you must hide
for a soldier in uniform is bravery, exemplified.

Although you don't know me, please know by this poem
that I'll pray for you faithfully until your safe return home.

Although you don't know me, you've made me one proud civilian,
but you need to know today that I'm only one in a million!

Source: Michael Josephson, Josephson Institute of Ethics

"Who Gets Grandma's Yellow Pie Plate?" Program

Have you and your family talked about the transfer of your non-titled property after you die? Estate planning discussions often focus on land, houses, cars, stocks, bonds and savings accounts. Too often, non-titled property doesn't get discussed. For many people, personal items carry more meaning and are more important than the titled property.

Non-titled property can include furniture, photos, books, tools and jewelry. Many people have fond memories about their parents and grandparents using such items in their home.

To learn more about the transfer of non-titled property, attend "Who Gets Grandma's Yellow Pie Plate?" on March 26, 2003 from 1:00 p.m. to 5:00 p.m. at the Multipurpose Room in the Justice Bldg. behind the Grant County Courthouse in Ephrata. Betty J. Meloy, Extension Educator, Grant/Adams Area, will be the presenter. This program is sponsored by WSU Cooperative Extension and Grant/Adams Area Home & Community Educators. To register call 754-2011, Ext. 413.

Dream as if you'll live forever,
Live as if you'll die tomorrow.

Poison Prevention Awareness Month:

Free, round-the-clock national poison treatment hot line connects you to your regional poison center. 800-222-1222.

If you get your water from a private well, be sure to have the water periodically tested for contamination—from bacteria, chemicals and parasites. The Centers for Disease Control recently reported that waterborne illness from private wells is on the increase, with outbreaks in 25 states. (There were no increases in waterborne disease from municipal systems.) Call your local health department for a list of certified labs to test the water for you. The Environmental Protection Agency also has a list of labs. Call the Safe Drinking Water Hotline at 800-426-4791. Or log on at www.epa.gov/savewater.

Source: UC Berkeley Wellness Letter, March 2003

Did you know that...

...**"superbugs"** are showing up in poultry? A recent study of 484 broiler chickens found 42% contained *campylobacter* and 12% *salmonella*. These bacteria can cause diarrhea, fever, abdominal pain—even death. Of the bacteria tested, 90% of the *campylobacter* and 34% of the *salmonella* were resistant to one or more antibiotics. This means that people who are sickened by tainted or undercooked chicken may stay sick longer with possibly more serious illness...and doctors may have to prescribe several antibiotics before finding one that works. *Self-defense:* Cook chicken to about 180°—until the meat has no pink traces and juices run clear.

Source: R. David Pittle, PhD, Consumer Reports

Trans fatty acids are even worse for your health than the saturated fats in sour cream, butter and lard, we hear from nutrition expert Suzanne Havala Hobbs, DrPH, RD. According to the National Academy of Sciences, trans fatty acids increase your risk of heart attack by raising "bad" LDL cholesterol and lowering levels of protective HDL cholesterol as much or more so than do saturated fats. There is no safe level of intake. Besides being present in high-fat dairy products, trans fats are in foods containing hydrogenated or partially hydrogenated vegetable oils, such as cakes, pies and cookies...and fast-food French fries, chicken and other deep-fried foods.

Source: Suzanne Havala Hobbs, DrPH, RD, School of Public Health at University of North Carolina at Chapel Hill

Canned or frozen produce can be more nutritious than fresh. Nutrients in fresh fruits and vegetables often are depleted during shipping and storage. New technology allows canned and frozen produce to retain their nutrients for at least several months and keeps many fruits and vegetables fresh-tasting. *Strategy:* Buy fresh produce if you will be eating it within two or three days. Otherwise, choose frozen or canned.

Source: Melanie Polk, RD, American Institute for Cancer Research, Washington, DC

WASHINGTON GROWN

How Does Your Garden Grow? — Ah, Spring! It's just around the corner! This year, Washington's winter has been milder than most and many of us can hardly wait for early spring greens from local farmer's or our own gardens. Herbs, lettuce and greens are easy and inexpensive to grow. If this is new to you, get personal and localized advice from a Master Gardener through Washington State University. Consider volunteering to share your expertise if you are already a pro! To find a Master Gardener, go to <http://mastergardener.wsu.edu> and click on "Master Gardener Opportunities in Your County" for contact information in your area.



Diabetes Classes Starting in March

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 medical tests. Information about five critical medical tests that tell you how well you are doing with your diabetes care. Four diabetes nutrition classes. Medical 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. 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.

We plan to start 2 classes the last week in March—so call now.



Master Food Preservers

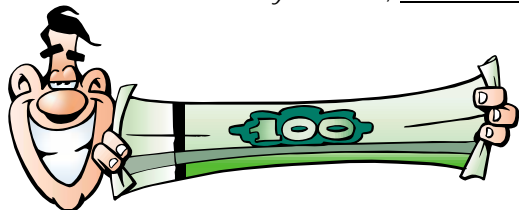
Volunteers are being recruited to participate in the MFP program for this year. Learn how to preserve that summer bounty through 30 hours of training offered by Washington State University Cooperative Extension. In eight weeks, you'll learn food safety, pressure canning, water bath canning, freezing, jam and jelly making, pickling, drying and food storage. After you've learned all these skills, you get to share them with others by working at farmer's markets, fairs, and other demonstrations.

The training will be held on Tuesdays from 9:00 a.m. to 1:00 p.m. from May 6 to June 24. Where we have the classes this year depends on the town that has the most volunteers interested in becoming MFP. If this sounds like it's for you, call the Cooperative Extension office at 754-2011 Ext. 413 or 765-2160 and register giving the town you would like the training in.

Moneysaver

Use only half as much detergent as laundry- and dishwasher-detergent makers recommend. You will save money...your clothes and dishes will get just as clean...and you won't end up with excess detergent collecting on washer parts, leading to costly repairs. Detergent makers consistently recommend that consumers use more of their products than is necessary.

Source: Gary Foreman, *The Dollar Stretcher*



Stress management for diabetics can help them handle their disease more effectively. Patients who took a five-week stress-management course showed significant improvements in average blood-sugar readings one year later, indicating improvement in their condition. On average, blood-sugar readings rose in a group that received no stress-management training. *Extra benefit:* The change in blood sugar associated with stress management has been shown to lower risk of cardiovascular disease and other complications.

Source: Richard J. Surwit, PhD, Duke University Medical Center, Durham, North Carolina

Did you know that...

...25% of American adults have hypertension?

An additional 15% of Americans have blood pressure that is higher than normal but just below the upper limit for safety—140/90. *Self-defense:* Ask your doctor if you are at risk for hypertension. Consider lifestyle changes—including healthful eating, regular exercise and weight loss—which can lower blood pressure significantly.

Source: Ramachandran Vasan, MD, Boston University School of Medicine

Avoid nighttime bathroom visits by avoiding bladder irritants, such as citrus fruits, spicy foods and nicotine...and diuretic drinks, including anything containing caffeine or alcohol, for several hours before bedtime. Also, drink your last fluids of the day no later than three hours before bedtime. Most fluids will be in your bladder by the time you are ready for sleep, so you should be able to use the bathroom and then sleep through the night.

Source: Gary Lemack, MD, University of Texas Southwestern Medical Center, Dallas

Pickpocket protection: Be aware of the typical distraction technique. Three or more people often are involved. One drops something in front of a victim or simply stops and blocks him/her. The second picks the pocket or purse and hands the valuables to the third person, who quickly gets away in the crowd. *Common distractions:* Asking for directions...touching or bumping...faking an accident or fight...forcing the victim to squeeze by while getting on or off a train, bus, subway or escalator.

Source: Jens Jurgen, editor, *TravelCompanions.com*

Spending Time on What You Value

Here are five practical strategies that can help you devote more time to the pursuits you truly value:

1. **Alternating.** This technique involves immersing yourself completely in work for a specified period, and then not working at all for a while (rather like a freelance writer who works feverishly on a book project for a year and then takes three months off). If arranging a sabbatical isn't realistic, at least be sure to go on regular vacations. Too many people neglect to take these vital breaks, and ultimately become less productive.
2. **Outsourcing.** Identify activities you're willing to let someone else take over. For example, hire a housecleaning service instead of doing all the mopping and dusting yourself. Rather than do your taxes yourself this April, hire an accountant. At work, try to find a few tasks you've been tackling yourself that really could be delegated (it could gain you a few extra hours each week for strategizing).
3. **Bundling.** This tactic can help you get more mileage out of the same number of hours. Wish you had more time to hang out with your friends? Never get the chance to go to the gym? You can fit both friendship and exercise into your schedule by power-walking with a friend. Sick of living on takeout? Get together with a couple of pals on Sunday evenings and cook meals that can be stashed in the freezer for the coming week.
4. **Techflexing.** As the name suggests, this allows you to make use of technology, including a home office, to work more flexible hours (if you have the kind of job that permits it). If a pager or a broadband connection would make it easier for you to take a few hours off in the middle of a workday, go ahead and make the investment (or better yet, see if your employer will reimburse you).
5. **Simplifying.** Is earning more and owning more always better? Not necessarily—especially when you can't find time for the things you really value. Free yourself up by figuring out what you can live without. You may make small sacrifices, such as canceling magazine subscriptions. Or, you could make a bigger sacrifice, such as taking a voluntary pay cut in exchange for reducing your hours.

Source: *Fortune*, January 22, 2003

Wellness Facts

➔ **Older Americans are healthier than they were 20 years ago**, according to a recent review article in the *Journal of the American Medical Association*. Their rate of disability has been declining 1 to 2% a year during the past two decades, with the improvements accelerating since 1994. The proportion of those over 65 who are in chronic-care facilities fell by nearly 40% between 1982 and 1999. This translates into millions fewer older people with chronic disabilities and/or in institutions than would be expected based on rates in 1982. Many factors have contributed to these improvements, notably the large decline in cigarette smoking.

➔ **Only 8 Americans were killed by the deployment of air bags in 2001**, down from 56 in 1997 and 47 in 1998, even though far more cars on the road are now equipped with them. Safer air bag designs since 1998 have played a role in the improvement, but so has driver education. The most important preventive step is to make sure that infants and small children do not ride in the front seat, especially if the car has a passenger-side air bag. And always fasten your seat belt, even if you have an air bag.

Source: UC Berkeley Wellness Letter, March 2003

Communication Tips for Parents When Talking About Sexuality with Their Children.

- Don't just wait for the questions.
- Find teachable moments.
- It's okay if you don't know the answer.
- It's okay to feel uncomfortable.
- It's okay to make a mistake.
- Facts are not enough.
- Educate both your sons and your daughters.
- It is both parents' job to teach children about sexuality.
- There is no such thing as too late.
- Sexuality education is an ongoing process.
- Don't forget to talk about the joys of sexuality.

Source: Debra Haffner, author of *From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children*

Track IRA beneficiary paperwork to protect your family's inheritance. Ask your IRA custodian for a copy of your most current beneficiary form. Keep one copy with your attorney...another one in your safe-deposit box...a third one in your personal files. If the custodian can't find the form, fill out a new one immediately. When you mail it in, ask the financial institution to stamp received and the date on it and send a copy back to you.

Source: Lynn O'Shaughnessy, personal-finance writer, San Diego



To protect fingers while hammering: Use cardboard to hold the nail so that it goes where you want it and you don't hit a finger. Stick a nail three-quarters of the way through any piece of stiff cardboard, then position the cardboard and hit the nail. *To help drive a nail:* Lubricate it with oil or lip balm.

Source: Charles J. Kibert, PhD, director, ME Rinker, Sr., School of Building Construction, University of Florida, Gainesville



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