

FAMILY LIVING IDEAS

February 2003

THE MAKE-UP TEST

Chad and his three friends were college seniors doing well in their classes, including physics. Even though the final exam was scheduled for the following Monday, Chad persuaded his buddies to take a weekend trip several hundred miles away. He told his worried friends that they could study in the car and when they got back Sunday night. Instead, the boys partied all weekend and by Sunday night they knew they weren't ready for the exam.

Chad, an A student, told them to relax. He had a plan. He called the professor at home Monday morning to tell him they were on the road and ready to take the final but they had a flat tire, didn't have a spare, and couldn't get help. Chad convinced the professor to let them take a make-up exam.

When they arrived to take the exam the professor placed them in separate rooms and handed each a test booklet. They were relieved that the first problem, worth 5 points was simple. They were less pleased when they read the second problem, worth 95 points: "Which tire was flat and what time did the repair truck finally come?"

Chad's exam had an additional note: "Chad, I just received a reference request from Harvard; how you do on this exam will determine how I fill it out." Then he added a P.S.: "You took two exams today. One was on physics, the other on integrity. It would have been much better if you only flunked physics."

Kids will be kids, but all choices have consequences. Chad and his buddies took one risk by not studying, but they took a much greater risk when they made up a phony excuse.

Source: Michael Josephson, Josephson Institute of Ethics

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In every walk with nature, one
receives far more than he seeks.
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Diabetes Classes in Ephrata and Moses Lake

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.

Call Laurie or Betty at 509-754-2011, Ext 413 if you are interested in signing up for a morning class or an evening class both at the Moses Lake Senior Center.

The morning class will be at 9:30 – 11:30 on Thursdays—Feb. 13, 20, March 6, 13 and 20. The evening class will be at 6:30 – 8:30 on Thursdays—Feb. 13, 20, March 6, 13 and 20.



Antibiotics given to livestock are not passed on to humans in meat, we hear from Stuart B. Levy, MD. The Food and Drug Administration requires a waiting period after animals are given drugs so they are out of the animal's body before slaughter. *Of greater concern:* Resistant bacteria not killed by drugs...and bacteria such as *Salmonella* and *Campylobacter* that can pass through to humans and cause a public-health problem, including such illnesses as diarrhea and sepsis. *Self-defense:* Cook meat and poultry products thoroughly...prepare meat on separate surfaces from fruits and vegetables. *More information:* On the Web at www.apua.org—click on the link for the Facts About Antimicrobials in Animals and the Impact on Resistance (FAAIR) Report.

Source: Stuart B. Levy, MD, president of Alliance for Prudent Use of Antibiotics

Diverticulosis myth: People diagnosed with this condition—pouch-like bulges, called diverticula, in the large intestine—should avoid seeds, nuts, popcorn and similar foods. *Reality:* Unless a patient has inflamed or infected diverticula, these dietary restrictions are unnecessary. A fiber-rich diet (at least 25 to 35 grams of fiber per day) can help prevent diverticulosis in the first place and can keep existing diverticulosis from getting worse. *More information:* National Digestive Diseases Information Clearinghouse, www.niddk.nih.gov.

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

Alcohol gels and wipes can be useful when you can't wash with soap and water—for example, if you're traveling where facilities are scarce, or you're in a car and about to hand out snacks to fellow passengers. The government recently recommended alcohol gels in hospitals and other medical settings, where frequent washing is required. But for general purposes, alcohol gels are not a substitute for soap and water. While they kill germs, they won't do much to clean visibly dirty hands.

Source: UC Berkeley Wellness Letter, February 2003

Unstable-angina sufferers often experience no chest pain, warns cardiologist John Canto, MD. In this condition, a clot can impede blood flow to the heart and a heart attack may follow. Sufferers may experience shortness of breath and/or pain in the abdomen, back, arm, shoulder, neck or jaw. Women and elderly people are more likely to experience such symptoms. *Self-defense:* Take one adult-strength aspirin or four baby aspirin...or a doctor-prescribed medicine, such as *nitroglycerin*. If symptoms persist without relief, call 911 or the nearest emergency department as soon as possible. Even if symptoms subside, call your doctor as soon as possible.

Source: John Canto, MD, University of Alabama

What We're Eating

Compared to the 1970s, we now consume...

■ **20% less beef, but nearly twice as much chicken and turkey.** We now consume slightly more poultry than beef.

■ **50% more grain products** (mostly white breads, pasta and corn for snack chips). Only a tiny proportion are whole-grain products. For instance, less than 2% of wheat flour is whole-wheat.

■ **25% more vegetables and fruits.** But we're choosing the same ones over and over. Potatoes alone account for more than 30% of our vegetable servings, with most ending up as fries or chips. Iceberg lettuce is the #2 veggie.

■ **75% more cheese, but 22% less milk.** Of all servings of dairy products, two-fifths are cheese. Mozzarella consumption has gone up 360%. We now drink more nonfat and reduced-fat milk than whole.

■ **75% more vegetable oil,** 25% more shortening, but 25% less margarine.

■ **30% more added sugars.** We consume, on average, the equivalent of 34 teaspoons of added sugars a day—that's more than 500 calories. Our intake of nondiet sodas has risen 65%.

Bottom line: We're eating more of almost everything—and that adds up to 300 to 500 calories a day more than 30 years ago.

Source: UC Berkeley Wellness Letter, January 2003

Buffing Up for Buffets

Buffet meals are a casual way to entertain. But, they should not be so casual that simple cleaning and disinfectant measures are overlooked, cautions The Soap and Detergent Association. After all, no one wants foodborne illness as a party guest!

Before the party, clean and disinfect cutting boards and countertops. Launder dishcloths and sponges, so there are plenty of clean ones on hand. Thoroughly wash all utensils, plates, platters and containers.

Clean and disinfect sinks and often-touched surfaces, such as handles on refrigerators, dishwashers, ovens, microwaves, faucets, drawers and cabinets. Any product that claims to kill germs must meet efficacy requirements and guidelines established by the U.S. Environmental Protection Agency (EPA) and carry an EPA registration number on the label. Regular cleaning products are good at removing soil, but only disinfectants or disinfectant cleaners (a.k.a. antibacterial cleaners) kill germs that can cause many illnesses.

Source: Cleanliness Facts, January/February 2003

Check out our WEB site at <http://grant-adams.wsu.edu> where you can read the newsletter. Look under What's New? or click on Family Living.

If you would like to receive the newsletter via E-mail, please send your E-mail address to berensl@wsu.edu and type Letter in the subject.

Did you know that...

...some respiratory viruses, including the rhinoviruses that cause the common cold, can survive on surfaces for days? *Self-defense:* Wash your hands often, and avoid touching your eyes or nose. You are unlikely to reinfect yourself by touching an object you touched when you were sick or by coming in contact with a person who has the same illness—your body develops resistance to that particular strain. *But:* There are more than 100 strains, so you may become infected by a new strain.

Source: Mitchell Cohen, MD, Centers for Disease Control and prevention

Brisk walking reduces the risk of heart attack and stroke as much as more strenuous exercise, according to a study of 74,000 healthy women aged 50 to 79. Brisk walking for at least 2.5 hours a week provided the same 30% reduction in risk as a similar amount of vigorous exercise, such as running or swimming. The more the women walked, the greater the benefit.

Source: UC Berkeley Wellness Letter, January 2003

Wellness Make Easy

Count your steps to walk more—a pedometer makes it easy. This will encourage you to make your day more active. If you already walk 2,000 steps a day in the course of your daily activities, aim for 3,000 steps, and then work up to at least 5,000 steps (that adds up to about 2.5 miles for the average stride). Some exercise programs advise 10,000 steps as a goal, but there is no magic number. Leave the car at home if you can walk the mile or two to the store. Or choose a more distant parking space. Walk to work, at least part of the way. Skip elevators and escalators and take the stairs. The more briskly you walk, the better.

Source: UC Berkeley Wellness Letter, February 2003

Smoke detectors should be cleaned annually to keep them working properly. *Best:* Use the vacuum wand from a full-power canister cleaner. If the detector's cover is removable, take it off and vacuum the sensor chambers gently. If the cover does not come off, pass the wand over all cover openings.



Source: How to Clean and Care for Practically Anything, by consumer Reports editors

Germ Facts and Figures

Ever wonder why there's so much concern about germs? In addition to making people sick, germs cost time and money. Americans spend about \$5 billion each year on their colds. About \$3 billion is spent on doctors' visits and \$2 billion on treatments. An estimated 60 million days of school and 50 million days of work are lost annually because of the common cold. And, some 5.5 million visits to doctors' offices each year are due to skin infections, reports The Soap and Detergent Association.

Germs are most often spread by hands through person-to-person contact. They can also be transferred from inanimate surfaces to hands and vice-versa. Some germs can live on dry surfaces (such as toys) for several hours and moist surfaces (such as bathroom sinks) for up to three days. They can enter the body through the mouth, nose, eyes and breaks in the skin without the person even knowing he or she is infected.

Parenting Tips

Here are principles to keep in mind as you strive to meet the needs of children.

- Be aware of your child's temperament and respect his or her uniqueness without comparing him or her to others or trying to change your child's basic temperament. Be aware of your own temperament and adjust your natural responses when they clash with your child's responses.
- Communicate. Explain decisions and motives. Listen to the child's point of view and encourage teamwork on generating solutions.
- Set limits to help your child develop self-control. Respect opinions but remain firm on important limits.
- Be a good role model because children learn by imitation.

How to Stop Yourself

Getting angry is OK. There are situations when getting angry is a very normal response. It is of utmost importance, however, to control your anger so others are not emotionally or physically hurt. You need to find what works best for you. Force yourself to stop and think before you speak or act.

You may need to stomp out of the house, saying something like this to your family, "I am angry about what just happened, and I need time to cool down. I will be back in a few minutes." Then walk briskly, swinging your arms until your anger subsides.

If no other adults are around and your children are too young to leave alone, you may need to find other methods. Wrap your arms around yourself and give yourself a big hug. Call a friend. Count to 10 in a loud voice. Find your own way to become calm so that you can ask yourself why the situation has made you so angry and how you can deal with it in a sensible manner.

Source: Charlotte Shoup Olsen, Kansas State Cooperative Extension

Income tax on an inheritance: when a holder of EE or I savings bonds dies, income tax is due on the bonds' deferred interest—even though most inheritances are free from income tax. If a child receives bonds after a parent's death, the heir can report the interest income on the parent's final tax return or on his/her own return for the year he cashes in the bonds. Report the interest on the return with the lower tax rate. *Information:* Consult your financial adviser.
Source: Stanley Hagendorf, JD, estate and tax attorney

If you're over 65, you should be vaccinated against pneumonia. The vaccine protects against the most common forms of the bacteria that cause the disease. In the U.S. only 56% of whites over age 65 and 35% of blacks and Hispanics over 65 have ever received the shot. The vaccine has few side effects, usually nothing more than a sore arm. Younger people at high risk for serious or life-threatening complications from pneumonia (such as those with chronic kidney disease, diabetes, lung or heart disease, cancer or HIV infection) should also be vaccinated. Medicare, by the way, covers the pneumonia shot.
Source: UC Berkeley Wellness Letter, February 2003

Beware

Static electricity can cause a fire when fueling your car in cold weather. Almost all gas-pump fires caused by static electricity start when someone gets back into the vehicle while pumping gas, then gets out and touches the nozzle. The fire starts when gasoline vapors connect with static charges. *Self-defense:* Never get back into the vehicle while gas is pumping. If you do, close the door when you get out and touch the metal at a spot far from the fueling port before going anywhere near the pump. *Also:* Don't use your cell phone while pumping gas—the battery also may spark a fire.
Source: Robert N. Renkes, Petroleum Equipment Institute

Spray snow shovels with nonstick cooking spray so the snow slides off easily. A single shovelful of wet snow can weigh 16 pounds. Getting the snow off with less effort helps minimize your risk for back pain and even heart attack.
Source: Peter Hill, DC

Discuss driving with aging parents before it becomes a serious concern. Ask them to agree on red flags that may mean they need to cut back or stop driving altogether. *Examples:* A pattern of close calls or minor accidents...increasing difficulty noticing pedestrians, signs and other vehicles...decline in physical abilities, such as coordinating hand and foot movements...increased nervousness while driving...rapid fatigue...driving very slowly...getting lost easily. *If you notice such signs:* Don't immediately demand that a parent should stop driving. Suggest that he/she have his eyes checked...see a doctor for tests...and/or take a course to improve driving skills.
Source: Theresa Foy DiGeronimo, University of New Jersey



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