

FAMILY LIVING IDEAS

June 2003

HAPPINESS IS MORE THAN FUN AND PLEASURE

Ask young people why they get high on drugs or alcohol or seek sex without intimacy or commitment, and they're likely to tell you it's fun and they just want to be happy. It's tempting to envy the life of fun-loving "party animals," "playboys" and "good-time girls" until one thinks about how they feel about themselves and their lives when they are alone without the hyped-up stimulation they seem to thrive on.

It doesn't take a psychologist to realize that if happiness is the destination, these folks are on the wrong road. The problem is that the intense sensation of fun or feelings of pleasure experienced by a substance-induced buzz or an exciting sexual encounter are quickly replaced with a consuming sense of emptiness that drives a need to start all over to fill the vessel again. So each time drinkers, drug users or sex addicts discover that getting what they wanted isn't making them happy, they fall into the dependency conveyed in the famous Peggy Lee song: "Is That All There Is?"

People who make pleasure seeking the focus of their lives are like drug addicts who need continually stronger and more dangerous doses to get high.

Happiness is different from fun and pleasure. It's a less intense but more durable feeling of well-being. It's not a continuous state. A good life is usually seasoned with moments of joy and despair, play and work, success and failure. Happiness is a kind of emotional resting place of quiet satisfaction with one's life. The art of living a happy life lies not in having more of what you want, but in getting better at enjoying what you have.

Source: Michael Josephson, Josephson Institute of Ethics

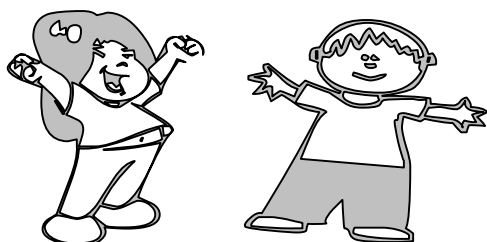
The future belongs
to those who believe
in the beauty of the dream.



Did you know that...

...raising a child costs \$170,500 from birth to age 18 for the average middle-income, two-parent family? This does not include the cost of sending the child to college.

Source: Statistics from annual Consumer Expenditure Survey from US Department of Agriculture.



Successful family reunions: Break the ice with clever name tags, such as cubed letter beads or rubber-stamp letters and brightly colored inks. Have everyone dress alike for portraits so faces, not outfits, stand out. Create a numbered outline for each portrait to identify everyone. If you have an amateur historian in the family, have him/her make a presentation. Create a souvenir for each family member to take home, such as a homemade photo album or an autograph book. *For young children:* Appoint a children's coordinator or rotate care duties. For help organizing a reunion, go to www.reunionsmag.com or www.family-reunion.com

Source: Jennifer Crichton, family reunion organizer, New York City

Did You Know That...

...**obesity reduces life span** as much as smoking? People who are obese—with body mass indexes (BMIs) of 30 or greater—at age 40 reduce their life expectancy by seven years. *To calculate your BMI:* Divide your weight in pounds by your height in inches. Divide that total again by your height in inches. Multiply that total by 703.

Source: Ana Peeters, PhD, leader of a study of 3,457 participants in the Framingham Heart Study, published in Annals of Internal Medicine

...**mold-based cheeses** are safe to eat even if you are allergic to mold? The molds used to make cheeses won't make you ill. But be careful not to eat or sniff any moldy foods—this could trigger a severe allergy or asthma attack in people allergic to mold. Throw out any food that shows signs of mold—except hard cheese, which the US Department of Agriculture says is safe to eat if you cut off one inch around all sides of the mold.

Source: Richard Wasserman, MD, PhD, allergy expert, University of Texas Southwestern Medical School, Dallas



Your Garden

Plant lettuce in small batches. If you plant it all at once, you will have one big crop. Instead, try "succession planting." Each week, seed a three- to four-foot-long bed...or transplant six new plants. This should provide a constant supply throughout the summer and fall.

Source: Bonnie Wodin, owner, Golden Yarrow Landscape Design

Q *What's the best place to store potatoes—in a cabinet or in the refrigerator?*

A Ideally, potatoes should be stored in a location between 45 and 50 degrees Fahrenheit, which is root cellar temperature—warmer than the refrigerator but cooler than the temperature which houses are generally kept. Since most people don't have root cellars, err on the side of too much heat and keep them in a pantry or kitchen cabinet, dry and away from direct light. If you keep potatoes in the refrigerator, their starch converts to sugar, which can give them a sweet taste as well as cause them to darken when cooked.

Source: Tufts University Health & Nutrition Letter, May 2003

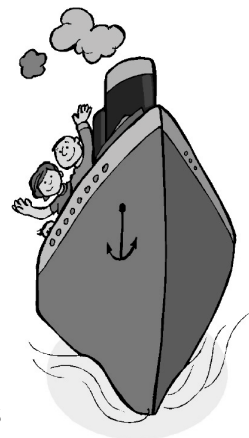
WASHINGTON GROWN

Fresh This Month—Spring vegetables are hitting the farm stands: salad greens, arugula spinach, watercress, greens (collard, dandelion, mustard), Asian vegetables (bok choy, yu choy), peas, snow peas, pea vines (adorable in salads) and a variety of herbs. May 16 marks the start of the season for sockeye and Copper River salmon, so it's a good time to enjoy the taste of omega-3's!

Source: Nutrition Education Network of Washington, May 2003

Tips for Cruise Ship Sickness

There's an unwelcome passenger making the rounds on cruise ship lines, reports The Soap and Detergent Association. It's called the Norwalk Virus, a gastrointestinal virus whose symptoms include stomach pain, vomiting and diarrhea. A headache and low-grade fever may also occur. Those infected usually recover in two-to-three days, without serious or long-term health effects. Children, the elderly, pregnant women and people with weakened immune systems are particularly at risk.



This doesn't necessarily mean canceling cruise plans. The precautions are the same ones that apply everyday, in any public place. The most important precaution is frequent handwashing. Use soap, hot water and a vigorous 20 second scrubbing. Rinse hands well under running water and dry them with a paper towel or air dryer. If possible, use the paper towel to turn off the faucet. Carry alcohol-based wipes and gel cleaners in travel sizes with you at all times. They are easy to use and extremely effective when soap and water are not readily available.

Source: Cleanliness Facts, May/June 2003

Celiac Disease: Not So Rare, After All

CELIAC DISEASE, a digestive disorder in which the body can't handle a protein called gluten, was once thought to be a rare condition. But in the largest study of celiac disease to date, researchers at the University of Maryland have found that it's much more prevalent than previously believed. They approximate that **it afflicts as many as 1.5 million Americans or about 1 in every 133 people, as opposed to the 1 in 10,000 estimated previously.**

It's no small problem. Gluten damages the lining of the small intestine in people with celiac disease, often producing painful stomach bloating, cramps, diarrhea and constipation. Fatigue, weight loss and malnutrition are common symptoms, too. There are also extremely serious long-term consequences: osteoporosis, nerve damage, even an increased risk of intestinal cancer.

The only treatment for celiac disease is a gluten-free diet that requires avoiding wheat, rye, barley and (sometimes) oats, as well as the hundreds of foods and ingredients made with those grains or their by-products. The list includes everything from pasta and bread crumbs to dozens of breakfast cereals, canned soups and luncheon meats—even many ice creams.

Source: Tufts University Health & Nutrition Letter

One step ahead

Flattery Gets You Somewhere

Every one "knows" that all brides are beautiful, all babies are adorable and the dinner our hostess prepares is always delicious. Thus it can be challenging to pay compliments that are truly meaningful.

According to Richard Stengel, author of *You're Too Kind: A Brief History of Flattery*, there is an art to giving praise. His rules...

1. Be specific. Generic compliments don't mean much. Instead of telling an author "your book is the greatest," try "I loved your book, especially when you describe how it felt to be abducted by the tentacled alien."

2. Don't charge for praise. A compliment won't seem genuine—and neither will you—if you ask for a favor immediately afterward.

3. Flatter behind the person's back. If you tell someone that you think her idea is brilliant, she may suspect an ulterior motive. Tell a mutual friend. When the friend passes on the compliment, she'll know you're sincere.

4. Agree, but not with everything. Agreement on the big picture is more credible when you disagree on something trivial. "I think your marketing strategy is brilliant, but I think the design could be crisper..."

It seems counterintuitive, but Stengel reports it's easier to flatter people who have high self-esteem than those who are insecure. The megastar expects adulation. Praising the clumsy assistant violates his/her sense of reality. *Best:* Be moderate when you praise someone who is insecure.

Stengel warns, "Flattery goes both ways. Watch how others pay *you* compliments. If you spot a motive, you can avoid paying for the compliment."

"If you think your boss is buttering you up just to dump another project on you, make a preemptive strike. Thank him for the compliment and say you're pleased you did so well, considering how much else you have to do."

Source: Marjory Abrams, Bottom Line Personal, June 1, 2003

Cleaning Reflections

Even with a very thorough spring cleaning, there are a few spots that don't seem to show up on the cleaning radar screen, says The Soap and Detergent Association. And, summer is a great time to tackle these forgotten tasks.

Check out the kitchen range hood. To eliminate the smelly, oily cooking material in its filter screen, replace the screen or clean the permanent metal filter in the dishwasher.

Take a close look at the drapes. While vacuuming may remove dust, it doesn't take care of stale or musty odors. Set the clothes dryer on the air fluff (no heat) setting and toss the drapes in. Re-hang immediately so there's no opportunity for wrinkles to set in.

Next, place a stepladder in the middle of each room, climb up on it, and look down. Cleaning opportunities, such as refrigerator tops, ceiling fans, light fixtures and trim moldings, will come into view!

Check and clean behind and under major appliances, including refrigerators, washing machines and clothes dryers. The latter is especially important because lint build up frequently occurs, creating a possible fire hazard. Other tasks on the overlooked list: cleaning out the medicine cabinet and cleaning the air filter in the vacuum cleaner.



Source: Cleanliness Facts, May/June 2003

Avoid MRI claustrophobia. Learn how Magnetic Resonance Imaging works before having the 30- to 45-minute test. Ask for a tour of the MRI facility—many provide them in advance of your appointment and explain the procedure. Most facilities allow a companion to stay in the room with you during the procedure. Some use special lighting and provide earplugs and/or mild sedatives to calm patients. It may be possible to choose a less confining way to enter the machine, such as facedown or feet first. Closing your eyes or using a blindfold often helps to alleviate anxiety. Some facilities offer *open MRI*—a unit with an open design. Claustrophobic or obese patients may want to discuss this option with their doctors.

Source: Bottom Line, May 15, 2003

Supplements adults should take daily: A multivitamin that provides 100% of the Daily Value (DV) of most vitamins and minerals and lists an expiration date. All adults over age 50, especially women, should also take a 600-milligram (mg) calcium supplement, since multivitamins typically provide only about 10% of the DV for calcium. Also take a vitamin E supplement. Even though evidence is inconclusive, some studies suggest that vitamin E supplements may reduce risk for heart disease, cancer and Alzheimer's disease. Try 200 international units (IU) of the natural *d-alpha-tocopherol* or 400 IU of the synthetic *dl*-form. Supplements of fish oil, containing DHA and/or EPA omega-3 fatty acids, also may reduce heart disease risk.

Source: Bottom Line, May 15, 2003

YOUR MONEY

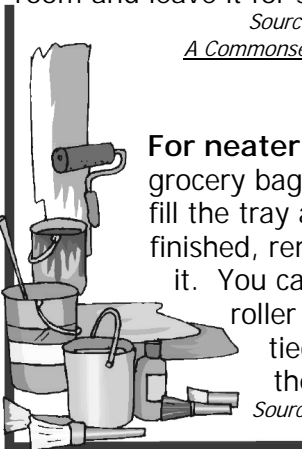
Reverse stock splits generally are a bad sign for investors. This type of stock split reduces the number of outstanding shares and increases the per-share price proportionately. By undertaking a reverse stock split, a company hopes to boost its sagging share price enough to remain listed on its exchange and thus attract big institutional investors. But the move frequently fails because it does not address a company's fundamental problems. In 2002, 104 firms executed reverse splits, including more than 45 in the technology sector. But fewer than 10 of those stocks are now priced higher. AT&T, Ericsson and Palm Inc. have completed reverse splits, but none has enjoyed lasting price benefits. *If your stock announces a reverse split:* Immediately review the company fundamentals, including its cash flow as well as sales and earnings trends. If there is no sign of business improvement, consider selling the stock after a post-split bounce. But remember that stocks still can rise after a reverse split.

Source: Jon Johnson, chief market strategist, Houston

YOUR HOME

Easier cleanup after painting: Before starting, rub doorknobs, windowpanes, hardware, glass doors and switch plates with bar soap—paint spatters will simply wash off. Cover thermostats and faucets with aluminum foil. *To reduce fumes in a newly painted room:* Chop a large onion, put the pieces in a pail of water in the middle of the room and leave it for several hours.

Source: Jon Vara, coauthor of Home Wisdom: A Commonsense Guide to Solving Everyday Problems



For neater painting, slip a plastic grocery bag over a paint tray's well, then fill the tray as usual and paint. When finished, remove the bag and dispose of it. You can wrap the paint-covered roller and brushes in plastic bags, tied tightly, if you plan to use them the next day.

Source: Roy Berendsohn, home-improvement writer, Popular Mechanics

YOUR DIET

If you want to lose weight, check serving sizes. Typical portions often are larger than standard servings as defined by the USDA Food Guide Pyramid. Simply reducing portion size may be enough to help you lose weight. *Some recommended portions:* Pasta, rice or cooked cereal, one-half cup...meat, poultry or seafood, three ounces cooked, which equals four ounces raw...chopped vegetables, one-half cup...raw, leafy vegetables, one cup...fresh fruit, one medium piece or one-half cup chopped. *For more information:* Browse the "Food Facts" category at www.nutrition.gov.

Source: Melanie Polk, RD, director of nutrition education, American Institute for Cancer Research

Is your lawn getting enough water? After watering, poke an eight-inch-long screwdriver into the lawn. If you have watered enough, it should enter the ground easily and go at least six inches deep.

Source: Nick Christians, PhD, professor of horticulture, Iowa State University, Ames



COOPERATIVE EXTENSION
WASHINGTON STATE UNIVERSITY
 GRANT AND ADAMS AREA

Betty J. Meloy

- BETTY J. MELOY - Family Living**
 M. Christine Price - Chair - 4-H/Youth
 John L. Kugler - Agronomy/Forages
 Karen M. Lewis - Tree Fruit
 Andy McGuire - Ag Systems
 Gary Q. Pelter - Vegetables/Vegetable Seed
 Sarah Smith - Animal Science

Helping You Put Knowledge To Work

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.

Cooperative Extension
 U.S. DEPARTMENT OF AGRICULTURE
 Washington State University
 Pullman, Washington 99164-6230
 OFFICIAL BUSINESS
 PENALTY FOR PRIVATE USE \$300
 RETURN SERVICE REQUESTED

PRSR STD
 US POSTAGE PAID
 EPHRATA, WA 98823
 PERMIT #268