

FAMILY LIVING IDEAS

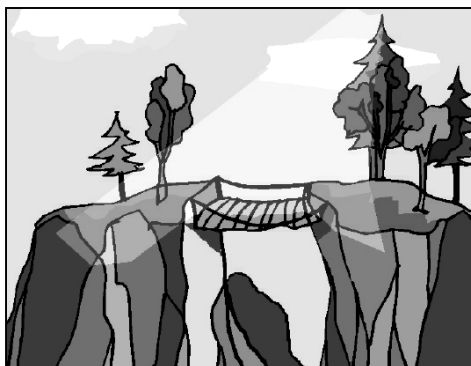
September 2004

The Bridge Builder

Martin Luther King, Jr., said, "Life's most persistent and urgent question is: What are you doing for others?" In a world increasingly dominated by unapologetic selfishness, this idea may seem quaint and outdated. Yet, for those who have a grand vision of their purpose and value, striving to be of service is not only a noble thing to do; it's the best way to lead a truly fulfilling and significant life.

The poet William Allen Dromgoole put it this way:

An old man going a lone highway
Came at the evening, cold and grey,
To a chasm, vast and deep and wide,
Through which was flowing a swollen tide.
The old man crossed in the twilight dim.
That swollen stream held no fears for him.
But he paused when safe on the other side
And built a bridge to span the tide.
"Old Man," said a fellow pilgrim near,
"You're wasting strength with building here.
"Your journey ends with the ending day.
"You never again must pass this way.
"You've crossed this chasm deep and wide.
"Why build this bridge at the even' tide?"
The builder lifted his old grey head.
"Good friend, in the path I have come," he said,
"There followeth after me today
"A youth whose feet must pass this way.
"This swollen stream that was naught for me,
"To that fair-haired youth may a pitfall be.
"He too must cross in the twilight dim.
"Good friend, I am building the bridge for him!"



In Memory of Elvin Kulp

We have lost a good friend. Elvin Kulp, 67, of Ephrata, retired WSU-Cooperative Extension Agent in Grant/Adams Area, passed away on Saturday, August 21, 2004 at home.

Elvin's professional career began in 1961 in Grant County while the Columbia Basin Irrigation Project was still new. His passion for farming and farming techniques never diminished in his 40 plus years with the extension office. What made Elvin so effective as an agent was his love of people, combined with his knowledge and his ability to communicate with power, warmth and humor.

He retired from the Grant/Adams Area extension office as county chair and agronomy agent on April 1, 2002 and then came back to extension as interim Southeast District Director in January 2003 and served until July 1, 2004.

Elvin hired me in January of 1993. He guided me through tenure and promotion and encouraged all of us to be successful and helped where he could. He will be missed by each and every one who knew him.

Betty J. Meloy

Diabetes Classes in Moses Lake

Diabetes classes will start in Moses Lake on September 2. The classes involve 6 sessions to help a person better control diabetes through understanding medical tests and nutrition principals that apply to diabetes.

The class will meet Thursdays, September 2, 9, 16, 23, 30 and December 2 from 6:30 – 8:30 p.m. at the Moses Lake Senior Center, 608 East 3rd Ave. To register call Laurie or Betty at 754-2011 Ext. 413.

You need to pre-register. Family members and friends are encouraged to attend the classes.

*We don't know who we are
until we see what we can do.*

Did you know?

Boysenberries, marionberries, tayberries — Washington and Oregon produce countless varieties of berries! How to keep them straight? WSU Horticulturist Pat Moore says that berries can be divided into three groups: raspberries, blackberries and hybrid berries. When picking a berry, if the little plug-like stem comes out leaving a hollow opening, it's a raspberry. If that little plug remains in the core, then it's a blackberry. Tayberries, loganberries and youngberries are some of the variations-on-a-theme of crosses between raspberries and blackberries. Large, sweet marionberries were developed at Oregon State University, named after Marion County. Boysenberries were popularized by Walter Knott, who founded Knott's Berry Farm. Blackberries in sprawling vines throughout much of Washington are of two varieties, both introduced to the Northwest in the late 1800's. If you go blackberry picking, avoid bushes along roads where they may be sprayed and dusty, and step back into the woods to pick. Blackberries are remarkably well adapted to the Northwest and, while a joy this time of year, can be a nuisance to some landscapers. Ah well, dem's da berries!

Source: Take 5, August 2004

Before cutting a cantaloupe, watermelon, or other melon, wash it to remove surface dirt.

Use cool running water and scrub brush. Food poisoning from *Salmonella* and other bacteria has been linked to melons. If the unwashed rind is contaminated, the knife can drag the bacteria into the fruit, or your hands can spread them. Refrigerate cut melon. It can be left unrefrigerated at a buffet or picnic for up to four hours; after that, discard it. At markets, buy cut melon only if refrigerated; it shouldn't merely sit on top of ice. Unlike most fruit, melons are not acidic, so bacteria can thrive on them when they are cut up and not kept cold.



Source: UC Berkeley Wellness Letter, June 2004

More good news about whole grains: People who consume more of them tend to have increased insulin sensitivity and thus are at lower risk for Type 2 diabetes, according to a recent study in the *American Journal of Clinical Nutrition*. People who eat lots of whole grain are also less likely to become obese, according to a study of 74,000 middle-aged female nurses, published in the same journal. These foods include whole-grain cereals and breads as well as oats.

Vinegar can add flavor to foods without adding fat or refined sugars. Suggestions: Sprinkle balsamic vinegar—made from red grapes—on salad greens. Add ground black pepper and grated Parmesan cheese to balsamic vinegar, and use it as a dip for crusty bread. Toss coleslaw with seasoned rice vinegar, or use it in marinated salads. Try British malt vinegar instead of ketchup on French fries or home-fried potatoes. Add a few tablespoons of white vinegar to cooked greens, such as broccoli, collards and spinach.

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

Obesity may soon overtake smoking as the leading cause of death in the U.S.,

according to a recent report from the CDC. Tobacco killed 435,000 Americans (18% of all deaths) in 2000. Poor diet and physical inactivity, which lead to obesity, accounted for an estimated 400,000 deaths (nearly 17%). That's 100,000 more deaths annually from obesity than 10 years ago, and the number is likely to rise, since the proportion of overweight Americans keeps growing. For comparison, infectious diseases (such as pneumonia and flu) killed 75,000 (3%) Americans, and car crashes, 43,000 (2%).

Food poisoning self-defense at restaurants:

Be sure the bathrooms have soap, hot water and towels. If they don't, staff members cannot wash their hands properly. Also be sure that bathrooms are clean—no water on the floor...no overflowing trash cans. Dirty bathrooms often indicate a dirty kitchen. If you can see into the kitchen, it should look clean. Tables should be cleaned properly—sticky residue means poor sanitation. The restaurant employees' cleaning cloths should be free from food and food particles—dirty ones just spread germs around. Food should not be lukewarm—hot food should be hot, cold dishes cold.

Source: Theodore J. Gordon, Environmental Health Sciences and Regulation, Department of Health, Washington, DC

Easy ways to cut fat at home:

Stir-fry chicken or beef with orange juice, not oil—add some garlic for extra flavor. Soften butter or margarine before spreading it—you will use up to 75% less. Refrigerate canned meats, soups and gravies—fat will rise to the top and can be scraped off.

Source: Men's Health, Emmaus, Pennsylvania 18098

Did you know that...

...just 100 extra calories a day could lead to weight gain? That's the equivalent of one-half can of soda...half a large cookie...or one thick slice of bread.

Source: Barry M. Popkin, PhD, University of North Carolina

Beware

If you hire a caregiver for a family member, you are the caregiver's employer—you must withhold taxes and pay workers' compensation, FICA and unemployment insurance tax. *Also:* Most homeowner's insurance does not cover a caregiver's injuries on the job, so you need workers' compensation coverage.

Alternative: Rather than using independent contractors, hire an agency that employs its caregivers. Be sure the firm bonds and insures caregivers (not just office staff)...checks employees' backgrounds...offers good training...will provide your family member the same caregiver most of the time...and will offer the level of care your family member needs.

Source: Allen Riggs, president and CEO, Comfort Keepers

Driver's-side sunburn. Dermatologists have reported an increased incidence of sun damage and precancerous skin spots on the left side of patients' faces. *Reason:* Driving with the window open. Even if you leave it closed, a car window blocks only the sun's UVB, not UVA, rays. *Best:* Apply a broad-spectrum sunblock each morning before driving. *Also:* Consider having an automotive window film installed to block UVA rays. Look on-line or in the Yellow Pages under "Auto Window Tinting." *Cost:* About \$40 a window, installed.

Source: Scott Fosko, MD, St. Louis University School of Medicine

Rubba Dub Dud

It's hard to avoid antibacterial soaps, which now account for 75% of liquid and 30% of bar soaps, but you should try. The soaps do little against dangerous foodborne germs. Two years ago, for instance, we reported on a Dutch study that found such soaps did not significantly reduce *Salmonella* or *E. Coli* bacteria in used sponges. And the soaps do little or nothing to ward off infection. This was shown in a recent study in Manhattan, in which 238 families with young kids were given a year's worth of cleaning supplies and were monitored for symptoms of infections. Half the families got antibacterial products (soap, detergent and general cleansers), while the other half used regular products. The result: those using the antibacterial products were just as likely to develop a cough, fever, sore throat, vomiting, diarrhea and other symptoms. That's not surprising, since most infections (notably colds and flu) are caused by viruses, and antibacterials kill only bacteria. But there was no evidence that the antibacterials reduced bacterial infections, either.

Handwashing with any soap is the No. 1 infection fighter—not because it kills germs, but because it removes them, and they go down the drain. What's the harm in using antibacterial soaps? Overuse may give rise to strains of bacteria that are resistant to antibiotic drugs. Such soaps are needed in hospital settings, but not in your kitchen or bathroom.

Source: UC Berkeley Wellness Letter, July 2004

Did you know that...

...living together without marriage is more beneficial for men's mental health than women's? Women fare better than men when married.

Source: Stephen Stansfeld, PhD, University of London

Picking Fruits and Vegetables

Home grown vegetables and fruit can taste much better than those usually available in markets, but to be at their best, they need to be harvested at the right time.

Many vegetables, because the process of ripening continues even after they are picked, should either be used immediately or stored in the refrigerator to slow down this process. This is especially true of tomatoes, sweet corn, snap beans, summer squash, beets, and cucumbers.

The sugars of some vegetables, like corn and peas, change to starch very rapidly unless refrigerated immediately.

Vegetables and fruit should be picked at the proper time not only to assure the best quality, but also to arrive at their optimum vitamin and mineral content. Vegetables and fruit left in the garden or on the tree too long will often become fibrous, tough or rotten.

In the case of vegetables, harvesting at the proper stage will also tend to keep the plants producing, since plants which do not have an abundance of leaves or fruit to develop and carry through to maturity will be able to produce more of both.

In order to harvest each vegetable and fruit at its peak of tenderness and sweetness, it is important for home gardeners to be able to tell when the time is for each crop. The methods that have been determined over time are included in the following bulletin.

Taken from Grant County Bulletin #94-09-02 available at our office.

If you're a gardener, make sure you've had a tetanus booster. More than one-third of tetanus cases occur in people who got it while gardening or doing yard work. The disease is caused by bacteria commonly found in dirt and on tools, and even a small cut or splinter can transmit the bacteria. **In fact, everyone should have the shot every 10 years.** People over 50 are least likely to be adequately immunized. Though rare, tetanus can be fatal. *Source: UC Berkeley Wellness Letter, June 2004*



If you are a victim of fraud or identity theft—for example, your credit card is stolen or signature is forged on a check — your bank might try to pin the loss on you or cover only a small portion of the loss. *Solution:* By law, the bank must absorb virtually all of the loss, except in rare exceptions. Don't be intimidated — demand restitution.

Source: Edward F. Mrkvicka, Jr., president, Reliance Enterprises, Inc.

A debit card won't work at a gas pump or other merchants if the funds in the bank account it draws from get very low. The electronic processing system for the cards blocks access unless the account contains a minimum amount. If your account falls below that, you cannot pump \$10 of gas even if the money is in the bank.

Source: Greg McBride, Bankerate.com

Did you know that...

...consumer debt has more than doubled in the past 10 years? It hit a record of more than 2 trillion in May 2004, not including mortgages and other loans secured by real estate.

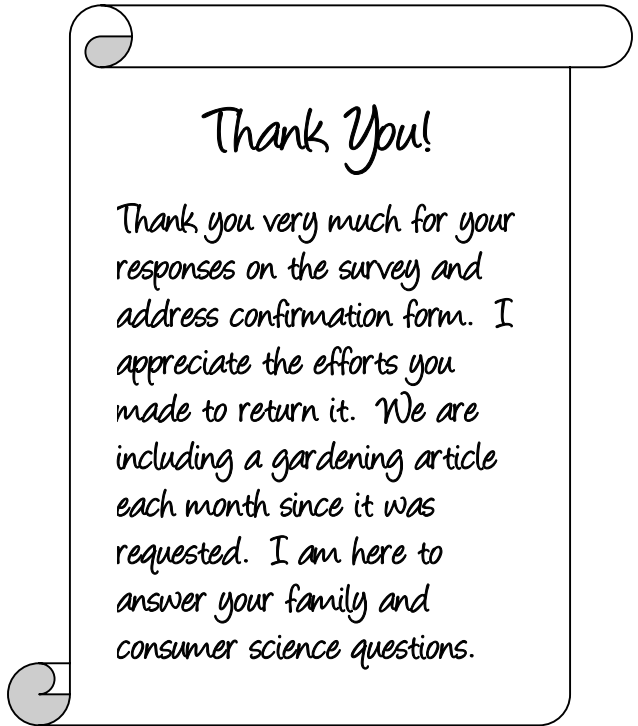
Source: Federal Reserve statistics

Fannie Mae and Freddie Mac bonds are riskier than many people realize, warns adviser Marilyn Cohen. Both mortgage giants were chartered by Congress, so many investors think the government would bail them out in a crisis—but the Bush Administration has made statements to the contrary. The interest rate on a five-year Fannie Mae bond is only 0.4% higher than that of a five-year Treasury. *Self-defense:* Hold Fannie Mae or Freddie Mac mortgage-backed securities only through a diversified fund.

Source: Marilyn Cohen is president of Envision Capital Management, Inc.

Track your rebates. Keep copies of everything you send in. If the promised check does not arrive within 30 days of the manufacturer's stated time frame, call the company's customer service or rebate line to have your paperwork traced. When you do get a rebate check, cash or deposit it quickly—many have expiration dates.

Source: Good Housekeeping



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