

FAMILY LIVING IDEAS

August 2005

Don't Miss the Chance

While collecting poems and quotations for a project I'm working on to expose kids to a wide array of profound and inspirational thoughts that could change and guide their lives, I ran across several versions of a poem of unknown origin. It's called "Take the Time" and, among other things, it advises us to take the time to think, work and play as the source of power, the price of success and the secret of eternal youth.

The concept and cadence of the poem stimulated me to write "Don't Miss the Chance":

Don't miss the chance to read; reading stretches your mind and strengthens your heart.
Don't miss the chance to think; thinking yields understanding and wisdom.
Don't miss the chance to learn; learning empowers and enlarges you.
Don't miss the chance to dream; dreams give your imagination wings.
Don't miss the chance to feel; feeling paints your hours and days in vibrant colors.
Don't miss the chance to remember; memories are the museum of your past.

Don't miss the chance to try; trying is the first step to every achievement.
Don't miss the chance to change; change is challenge.
Don't miss the chance to work; work gives you independence and fills your days with purpose.
Don't miss the chance to serve; service is the surest road to personal fulfillment.

Don't miss the chance to smile; smiles sprinkle sunshine wherever they land.
Don't miss the chance to laugh; laughter is music that makes your troubles dance.
Don't miss the chance to give; giving is the best form of getting.
Don't miss the chance to love; love opens your heart and fills it with joy.

Source: *Michael Josephson, Josephson Institute of Ethics*



Caregiver Survival Tips

If you are a caregiver or know someone who is, check out these 10 Caregiver Survival Tips:

1. Plan ahead.
2. Learn about available resources.
3. Take one day at a time.
4. Develop contingency plans.
5. Accept help.
6. Make YOUR health a priority.
7. Get enough rest and eat properly.
8. Make time for leisure.
9. Be good to yourself!
10. Share your feelings with others.

Source: *Lana Thomas Cruse, WSU Kittitas County, July 2005*

It's Fair Time!

"Trails to the Future" is the theme chosen this year for the Grant County Fair. The fair will be at the fairgrounds in Moses Lake on August 16th through the 20th. Plan to exhibit some of your accomplishments this year.

Exhibitors Guides, with exhibit requirements, are available at the Fairground's office at 3953 Airway Drive N.E. and at our office in the courthouse.



Plan to attend and enjoy the exhibits, service group's concessions and entertainment. This is an opportunity for a family outing!

*In life, what sometimes appears to be the end
is really a beginning.*

Eating the Whole Thing

The Whole Grains Council suggests these ways to increase the amount of whole grains in your diet. For more information and recipes using whole grains, visit www.wholegrains.council.org.

- (Try whole-grain breads. Kids especially like whole-grain pita bread.
- (Buy whole-grain pasta, or one of the blends that is part whole grain, part white.
- (Look for cereals made with grains like kamut, kasha (buckwheat) or grano.
- (Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite canned or homemade soup.
- (Use whole cornmeal for corn cakes, corn breads and corn muffins.
- (Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- (Enjoy whole-grain salads like tabbouleh.
- (Substitute half the white flour with whole-wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes. Or be bold and add up the 20 percent of another whole-grain flour such as sorghum.
- (Add half a cup of cooked bulgur, wild rice or barley to bread stuffing.

Source: Tufts University Health & Nutrition Letter, July 2005

Foods for Fighting Heart Disease

You already know you need to cut back on your intake of dietary cholesterol and saturated fats to combat heart disease. But what you *do* eat can help along with what you *don't*. Remember, though, as you introduce more of these foods to your diet, *substitute*—don't add calories or extra fat, even heart-healthier fats. And keep in mind that individual foods can help your health only as well as the over-all nutrition plan they're part of. With those caveats, here are some foods that research has shown can help lower your risk of heart disease:

-) Fish high in omega-3 fatty acids, including salmon, tuna, mackerel, lake trout and sardines.
-) Nuts, especially walnuts and almonds (eaten in place of foods containing saturated fats).
-) Oatmeal and oat bran, plus cold cereal made from oatmeal or oat bran, which have been shown to lower cholesterol.
-) You can also lower cholesterol with foods, ranging from orange juice to margarine, fortified with plant sterols, which block the absorption of cholesterol in the intestines. The American Heart Association recommends plant-sterol-enhanced foods only for people who already have high LDL cholesterol levels, not for routine prevention.

Source: Tufts University Health & Nutrition Letter, July 2005

FAD DIET FLAWS

The following are common flaws shared by fad diets...

- ! First and foremost, fad diets do not encourage lifestyle changes—the central aspect of healthy, successful weight management.
- ! Fad diets violate the first principle of good nutrition—eat a balanced diet that includes a variety of healthy foods.
- ! Super foods don't exist. It's important to eat moderate amounts of food from all food groups, not large amounts from a few.
- ! Fad diets aren't enjoyable. They tend to be so bland and boring that most people can only hold out for a short period of time. *Source: The Well Workplace, July 2005*

Readers Ask

I see many different types of eggs in the grocery store. Are some more nutritious than others?

Most eggs are equally nutritious. Brown and white eggs are the same inside—they simply are laid by different breeds of chickens. Also, there is no nutritional advantage to buying eggs that are labeled organic.

The only eggs that have a slight nutritional difference are those laid by chickens that have been given feed rich in omega-3 fatty acids—some of those beneficial nutrients pass into the eggs.

Source: Alice H Lichtenstein, DSc, Tufts University, Boston

Fruits that boost your health: Ounce for ounce, watermelon contains more of the cancer-fighting compound lycopene than tomatoes. Blueberries have the highest levels of antioxidants—one-half cup provides twice as many antioxidant nutrients as most Americans consume in a day. Apples are more effective than other fruits and vegetables at reducing the risk of lung cancer, emphysema and chronic bronchitis.

Source: David Kiefer, MD, Seattle

Prevent jar lids from sticking by moistening a paper towel with vegetable or canola oil, then wiping the rim of the newly opened jar with the towel. The thin coating won't affect the taste or consistency of the honey, molasses, corn syrup or other sticky bottle contents—but the lid will unscrew easily each time

Source: Martha Stewart Living

Grudges are Bad for Health

Throw away your grudges and live a happier life. Scientific studies show that people who are forgiving not only have better relationships, but fewer serious diseases and health problems. "Hatred is a banquet until you recognize you are the main course," says Herbert Bensen, Harvard University's Mind/Body Medical Institute. Forgiving others reduces stress, and stress is the cause of 60-90 percent of all doctor's visits.

Christian Science Monitor, December 19, 2002

Lessons for All of Us From the Schiavo Case

My husband and I thought we had resolved all of our end-of-life issues. We have wills...and we have living wills to address medical care. What more was there to talk about? That is, until the Terri Schiavo case. The battles surrounding her care opened up new conversations for us, as we realized that the broad statements in our living wills would not suffice.

A living will indicates to family members and physicians which medical treatments are—and are not—desired in the event that you are unable to make your own decisions. New York City—based attorney Peter Strauss, coauthor of *Complete Retirement Survival Guide*, notes that specificity is crucial when it comes to drafting a successful living will.

Example: Don't say "this document becomes effective when I have a terminal illness." **Better:** "If I have no cognitive function that allows me to communicate meaningfully with other people and no reasonable chance that my condition will improve..." This type of language clarifies what you mean by "incapacitated."

Another example: Don't talk about "heroic measures." Instead, list specific measures—such as antibiotics, CPR, dialysis, feeding tubes, hydration, pacemakers, respirators, surgery and transfusions of blood or blood products—that you do or do not want.

Discuss the many treatment possibilities with your doctor. Being specific about your desires regarding lifesaving measures will take a huge burden off of loved ones who may become responsible for your care.

Mr. Strauss says that everyone over age 18—not just

those who are elderly—needs a living will. Less than 20% of people actually have one—although that number is expected to increase because of the Terri Schiavo case.

The legalities of living wills differ somewhat from state to state. Sample forms are available on the Web sites of many states—or you can obtain them from...

Compassion in Dying, 800-247-7421, www.compassionindying.org/ad/index.html

National Hospice and Palliative Care Organization, 800-658-8898, www.nhpco.org

Project GRACE, 877-994-7223, www.projectgrace.org

Even more important than a living will is a health-care proxy, says Arthur Caplan, PhD, director of University of Pennsylvania's Center for Bioethics in Philadelphia. A living will cannot anticipate each and every circumstance that may arise. A health-care proxy permits a trusted "agent"—usually a spouse, adult child or other close relative or friend—to express your wishes if you cannot communicate on your own and to interpret those wishes if there is any uncertainty.

Warning: Having only a health-care proxy and no living will puts unfair pressure on your proxy, who would have no guidance from you as to your preferences.

Review these two documents every two years. If you make changes, make sure that the appropriate people are notified and a new copy is put in your medical record

Source: Marjory Abrams, publisher of Bottom Line Personal

TEEN DROWNING PREVENTION

It's never too early or late to prepare teens to make good decisions around water. Like most life skills, water safety rules are easiest to teach at an early age. Parents generally start off strong. Studies find 90 percent of toddlers wear life vests on boats, but over the age of 14, it's only 13 percent. The drowning rate increases between 15 and 24 years old and is second only to motor vehicle crashes in causing accidental injury deaths. As children become teenagers and spend more time away from home without you and with their friends, they need to know how to take precautions. Wearing a life vest, how cold is the water and how far can I swim all need to be considered. As in all areas of parenting, the more information and communication the better. Teach what you know about wearing life vests in small watercraft, swimming in deep or swift water, checking water levels, underwater hazards, riptides and the effects of cold water. Talk about the importance of no alcohol or drug use around water and how misuse can be lethal and affect a person's ability to respond well in an emergency. If they don't know how to swim, consider swimming lessons. Encourage them to learn CPR and life-saving techniques and stress the importance of swimming in supervised area and using the buddy system.



Source: The Topic Tickler, Chelan and Douglas Counties, June 2005

Did you know that...

...**right and left ears** hear differently? The right ear has a preference for speechlike sound...the left ear, for tones or music. *Source: Yvonne Sininger, PhD, professor of head and neck surgery, David Geffen School of Medicine, University of California, Los Angeles*

Vegetable Vine Crops Failing to Set Blossom

Why do some vine crop blossoms fail to set fruit? Cucumbers, squash, pumpkins, cantaloupe and watermelon are all vine crops. They all have both female and male blossoms on the same vines.

The first blossoms that open on vine crops are usually male. The male blossoms have a thin straight stem. The female blossoms appear later and further out on the vine, with the appearance of a small fruit at the base of the blossom. To produce fruit the female blossom must be pollinated by the male.

Bees normally do the pollinating, but there are several reasons pollination is not taking place. Cool weather discourages bee activity. In certain areas, in cities, there may not be enough bees around to do the pollinating. Insecticides are harmful to bees, use only as a last resort, follow label directions and apply in the evening when bees are less likely to be out.

Some flower drop on garden plants is normal, because they produce more blossoms than they can support. But if a vegetable plant keeps dropping flowers throughout the growing season, the plant may be growing too lush. Too much fertilizer and water may be a cause of lack in fruit production. Eventually the fertilizer is used up and the plants flower, but it may be too late in the season to get much fruit. Once fruit starts to form, cut back on water and quit fertilizing. This tells the plant to start producing rather than growing lush foliage.

*Source: Mona Kaiser,
WSU Extension Master Gardener*

Treat your phone calling card as you would your credit cards. If someone claiming to be a phone company employee asks for your number to process a refund, don't give it. If you have overpaid, the phone company will credit you without your card number. *If you lose your card or suspect that someone is using it illegally:* Contact your service provider immediately to cancel your card and get a new one. Most major providers will voluntarily remove unauthorized charges from your bill.

*Source: Mark Marchand,
telephone security expert, Verizon, Albany, New York*

Grant & Adams Area Extension
Washington State University
Courthouse, PO Box 37
Ephrata, Washington 98823
OFFICIAL BUSINESS
PENALTY FOR PRIVATE USE \$300
RETURN SERVICE REQUESTED

INTERACTIVE MINDS

Basic Steps to Take Control of the Drugs in Your Life

- ✓ Eliminate tobacco products as soon as possible
- ✓ If you drink alcohol, limit consumption to no more than 2 drinks (men), or 1 drink (women) per day
- ✓ Do not take any illicit drug
- ✓ Review all prescription drugs with your Doctor and make certain you are taking the smallest effective dose
- ✓ Ask your Pharmacist if any drugs you are taking, both prescribed and over the counter, are unsafe when taken together
- ✓ All drugs require your body to work harder, especially your liver, so only take something new when absolutely needed, and take it at its lowest effective dosage
- ✓ Caffeine is a drug with coffee its most common source; drink fewer than 5 cups per day
- ✓ Keep a list of all pills, supplements and other things you take on a regular basis. Share this list with your Doctor and Pharmacist.

Source: The Well Workplace, July 2005

WASHINGTON STATE UNIVERSITY



GRANT/ADAMS COUNTY EXTENSION

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

Mark A. Trent - Irrigated Vegetables/Seed Crop Systems

Sarah Smith - Animal Science

World Class. Face to Face.

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 Washington State University Extension is implied. Layout and design by Laurie Berens, member of the Grant/Adams Area Extension Team.

PRSR STD
US POSTAGE PAID
EPHRATA, WA 98823
PERMIT #11