

# FAMILY LIVING IDEAS

September 2005

## Baloney Sandwiches

When Jason, a construction worker, took a sandwich out of his lunch bag, he looked at it and threw it on the ground yelling, "Baloney again! I hate baloney."

A co-worker said, "If you hate baloney so much, just ask your wife to make you something else."

Jason replied, "That's the problem. My wife didn't make the sandwich. I did."

Lots of people continually make their own baloney sandwiches and then act as victims when it's time to eat them. It's like the man who killed his parents and had the audacity to demand mercy because he was an orphan.

The baloney sandwich is a metaphor for things we do to ourselves that make our lives tougher. Einstein defined insanity as doing the same thing over and over again and expecting a different result.

For some, the problem is personal relationships. Thus, intelligent people driven by loneliness, sexual attraction, irrational romanticism or a rescue mentality disregard their good sense and core values by repetitively getting involved with people who are bad for them.

Others have baloney sandwich jobs. They ignore their instincts and experience, thinking they can put up with unkind or dishonorable bosses or unfulfilling or demeaning jobs. Sooner or later, unhealthy relationships and unrewarding jobs will become intolerable.

Thomas Huxley said, "Logical consequences are the scarecrows of fools and the beacons of wise men." In other words, every mistake can make us more afraid or wiser.

If you don't like baloney sandwiches, take control of your life—identify the values that are really important to you and don't compromise them.

*All of our dreams come true,  
if we have the courage to pursue them.*

## Diabetes Classes

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:

- Two 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.

Classes can be taught anywhere (Quincy, Moses Lake, Ephrata, Othello, Royal City, Desert Aire, Coulee City or Grand Coulee) where we have 10 or more diabetics wanting the classes.

Call Laurie or Betty at 754-2011 Ext. 413 or 1-800-572-0119 if you are interested in signing up. We will set up a series of classes when we have 10 diabetics signed up in one location. Need to call soon if you want a series this fall.

## COMMODITY WEBSITES

Agricultural commodity commissions or organizations have a wealth of consumer information available on their internet web pages. Depending on the commodity, there is information on how to select, use/cook and store the food product. In the case of fruit commissions, variety and availability information is also available. The recipes are tested and proven and will bring out the best of food products. All pages have nutritional information. We suggest surfing the following pages:

- USA Pears (WA/OR) [www.usapears.com](http://www.usapears.com)
- Washington Apples [www.bestapples.com](http://www.bestapples.com)
- Northwest Cherries and Soft Fruits (peaches, nectarines, plums) [www.nwcherries.com](http://www.nwcherries.com)
- Washington Potatoes [www.potatoes.com](http://www.potatoes.com)
- Washington Beef [www.wabeef.org](http://www.wabeef.org)
- U.S. Lamb [www.americanlambboard.org](http://www.americanlambboard.org)
- U.S. Pork [www.porkboard.org](http://www.porkboard.org)

These websites offer educational information and printed materials, clipart and in many cases, activities for teachers and children. Production information and industry facts are available on the websites as well.

*The Produce Guide* is available on the USA Pears website. This is a comprehensive (over 100 entries) guide to selecting and storing fresh fruits and vegetables. Be sure and check this out!

## Normal Eating Nurtures Good Health & Well-Being

### What is normal eating?

- ✘ Normal eating means eating at regular times, typically three meals a day and one or two snacks to satisfy hunger. It is regulated mostly by internal signals of hunger, appetite and satiety—we eat when we're hungry and stop when we're full.

### How does it promote health and well-being?

- ✘ Normal eating enhances our feelings of well-being. We eat for nourishment, energy and health, sometimes for pleasure and social reasons, and afterward, we feel good.
- ✘ Normal eating means that food choices more likely provide variety, moderation and balanced nutrition.
- ✘ Normal eating promotes clear thinking and mood stability. It fosters healthy relationships in family, work, school and community. Thoughts of food, hunger and weight occupy only a small part of the day (perhaps 10 to 15 percent).
- ✘ Normal eating nurtures good health, vibrant energy and the healthy growth and development of children. It promotes stable weights, within a wide range, expressing both genetic and environmental factor.

### How does it differ from dysfunctional eating?

- ✘ Dysfunctional or disordered eating patterns are irregular and chaotic (fasting, bingeing, dieting, skipping meals) or may mean usually overeating or undereating much more or much less than the body wants or needs. Instead of feeling better after eating, the person is likely to feel worse.
- ✘ Feeling fatigued, irritable, moody, chilled, less able to concentrate and increasingly self-absorbed is common. Thoughts of food, hunger and weight may occupy 20 to 65 percent of waking hours, or more. Potential health problems vary depending on the dysfunction, growth may be stunted, bones become fragile. The risk of developing eating disorders is increased.

### How do parents encourage normal eating?

1. Offer a variety of nutritious food at regular intervals—planned meals and snacks.
2. Help the child identify hunger and fullness.
3. Follow Ellyn Satter's Golden Rule for Parenting with Food:
  - a. Parents are responsible for what is presented to eat and the manner in which it is presented.
  - b. Children are responsible for how much and even whether they eat; let the child decide.

*Source: Afraid to Eat, Children and Teens in Weight Crisis, by Frances M. Berg*

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**Bulb-planting time:** Start planning now for fall bulb planting—about a month before the first frost in your area. [www.gardenersnet.com/bulbs](http://www.gardenersnet.com/bulbs)

*Source: BottomLine Personal, August 15, 2005*

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## Did you know?

It may come as no surprise that the official state fruit for Washington is the apple. But did you know that we also have an official state fish? It's the Steelhead Trout! Summer Steelhead are in Washington streams and rivers now and are a good source of protein and omega-3 fatty acids. Check your local farmers' market or grocery store chain for availability.

*Source: Take 5, August 2005*



**"Eating any apple is better than eating no apple at all"**

That's what the lead researcher said, discussing a new Canadian government study of the antioxidant power of apples. Apples teem with antioxidants—the peels even more so than the flesh. Red Delicious apples ranked No. 1 in antioxidant power. Northern Spy and Ida Reds did well, too, beating out Macintosh, Cortland and some others. Gala, Granny Smith, Jonathan, Fuji and Rome were not tested. The antioxidants in apples, such as quercetin, are mostly polyphenols—plant chemicals thought to play a role in preventing cancer. Apples have other, proven virtues as well: their pectin (soluble fiber) helps lower blood cholesterol. They supply some vitamin C and potassium. They are a filling low-calorie snack, and they make good juice and cider. The Canadian researchers hope to use their discoveries to breed even more nutritious apples. We'll be waiting at the produce market.



*Source: UC Berkeley Wellness Letter, September 2005*

## Drinking Your Calories

THE LEADING SOURCE of calories in the average American diet used to be white bread. But Tufts researchers recently reported that now Americans are drinking their calories instead—in the form of soda pop and sweetened beverages.

Odilia Bermudez, PhD, MPH, of Tufts' Jean Mayer USDA Human Nutrition Research Center on Aging, studied the diets of respondents to the 1999-2000 National Health and Nutrition Examination Survey (NHANES). More than two-thirds reported consuming enough soda and/or other sweet drinks to provide a greater proportion of daily calories than from any other food. Obesity rates were also higher among these sweet-drink consumers. Consumers of 100-percent orange juice and low-fat milk, on the other hand, tended to be less overweight, on average.

Bermudez says she hopes that "by helping to identify the main sources of excess energy in the American diet, this work may contribute to the development of much-needed strategies to combat obesity in the American public."

*Source: Tufts University Health & Nutrition Letter, August 2005*

## Educate About Child Safety—Don't Assume

Adults often assume that the safe way of doing something is obvious, but acting safely is a learned behavior that takes time and practice. Parents and supervising adults can educate children about safety in the following ways:

- ( Teach young children to stay away from containers that look unfamiliar or are marked "poison."
- ( Post emergency phone numbers (including Poison Control) on every phone, along with clearly written directions about how to get to your home. Teach children as soon as possible how to report an emergency.
- ( Teach children how to act safely around animals. Their eagerness to be near an animal may place them in danger.
- ( Explain to children why they are not allowed to ride on tractors and other equipment. Make them aware that children their age can fall from moving equipment and discuss what may happen.
- ( Tell children, even the very young, where off-limit areas are.
- ( As children grow older, explain why certain activities, areas and equipment are dangerous, so they will better understand the rules.
- ( As older children and teens become workers, take time to train them. Ask them to explain in their own words how they are going to perform the task at hand and make sure they fully understand the job.
- ( Realize that children occasionally forget to act or work in a safe manner. Check on them frequently, and correct unsafe behaviors immediately.
- ( Remember that education most often takes place when children watch others; be a safety conscious role model. Remind older siblings that they are also role models and their behavior will be imitated.

*Source: Rural Safety & Health-Cornell Cooperative Extension*

## Hurry, Hurry, Go, Go, Go!

Does this sound like your family? If so, you're not alone. Today's families are on the move. Parents and children go their separate ways during the day and reunite for a few hours at night. Not only are family members physically distant from each other for most of the day, but even when at home, they do not necessarily spend time together or engage in doing activities. When they are together, they tend to be on the go with lessons, classes, games and other activities. A UCLA study of dual-earner families with school-age children found that parents are keeping their children busy by design. They believe it's a key to being a successful adult. But what does this mean for families? It's a challenge to maintain a sense of togetherness and caring among family members. If you're concerned about your family, here are some things you can do to help your family stay connected: Do housework together as a family activity to help reduce negative feelings mothers have about doing the majority of the work. Set a goal of having everyone in the family together sometime during the day. Families in the UCLA study gathered in the same room just 16 percent of the time and, in some homes, the entire family was never in the same room during the week. Exchange positive greetings with each other when you reunite at the end of the day as a way of saying, "I care about you."

*Source: The Topic Tickler, Chelan and Douglas Counties, August 2005*

**Heart CT scans** are significantly better than angiograms for examining arteries, we hear from William Davros, PhD. These scans, which provide three-dimensional views of cross sections of the body, require no incisions and can be done in as little as 60 seconds. Angiograms take 30 minutes or more and are more invasive. A CT scan costs about \$700, versus \$4,000 for an angiogram.

*Source: William Davros, PhD, is a medical physicist in diagnostic radiology at The Cleveland Clinic*

## More Exercise Produces Bigger Benefits For Diabetics

If you have type 2 diabetes, you can improve your health and lower your medical costs if you walk at least three miles a day. Italian researchers examined data from 179 people with type 2 diabetes taking part in a study of physical activity and found that those who increased their aerobic activity by just 38 minutes per day (walking about 2.2 miles or 4,400 steps) over a two-year period had significant reductions in blood sugar, total cholesterol, triglycerides and blood pressure, even if they didn't lose weight. The result was a more than two-fold reduction in their risk of coronary heart disease. Those who upped their activity levels also cut their annual medical costs by around \$288. In contrast, participants who remained inactive over the same two years had a decline in their health and an increase in their medical expenses. The greatest improvements in health and medical costs was achieved by increasing physical activity by roughly 83 minutes per day (walking 5.3 miles or 10,600 steps per day) over the two-year period. While experts have known for years that exercise helps people with type 2 diabetes, the report in the June issue of *Diabetes Care* is the first time a study has pinpointed the exact amount of physical activity necessary to gain health benefits. A related commentary stresses that diabetics can still gain even if they increase their activity levels to a lesser degree.

*Source: The Center for Women's Healthcare*

**E**xercise is good for the brain. And now research from Johns Hopkins suggests that **variety of physical activity may matter more than frequency or intensity in reducing the risk of Alzheimer's and other types of dementia.** In this study of healthy older people, the more activities they engaged in—from walking and cycling to bowling and gardening—the lower their risk of dementia over the next five years. This was not true, however, in people with a particular genetic predisposition to Alzheimer's. A variety of exercise may keep more parts of the brain active, the researchers say.

*Source: UC Berkeley Wellness Letter, September 2005*

## Fall Planting of Vegetables and Flowers

It's possible to extend the gardening season well into fall by planting crops which mature in cooler weather. Most gardeners generally consider the planting season to be over by midsummer. There are vegetables and flowers you can plant right now for a colorful fall harvest. Second and third plantings of carrots, beets and others will provide fresh, homegrown vegetables in the fall and are excellent for canning, freezing and storing.

Many vegetables actually do best when they mature in cooler weather. Most spring and fall vegetables prefer to grow in cool weather, which is why they're called cool-season crops. Cold-weather crops such as broccoli, brussels sprouts, cabbage and cauliflower often grow better in the fall, especially brussels sprouts. Because they take a while to reach maturity, it's better to find transplants than grow them from seed.

To determine when to plant your fall garden take the typically first frost date in the fall. Which in the Basin is considered to be late October. Count back eight to 12 weeks, or roughly 60 to 90 days, the time it takes for most crops to grow to maturity from seed. If you want to cut the time a little more, start with transplants, which may be difficult to find in local nurseries. The back of your seed packet will give you days to maturity reference.

For more information contact the WSU Grant-Adams Master Gardeners. WSU Grant-Adams Area Extension Office is located at the Grant County Courthouse. Master Gardeners welcome your gardening questions. They are available to help with questions on Mondays and Thursdays from 9:00 a.m. to 4:00 p.m. To contact the WSU Master Gardeners by phone dial 754-2011, 765-2160 or 800-572-0119, ask for extension 413.



### Be careful when letting young children ride in shopping carts.

Every year thousands of American kids, mostly under five, fall out of carts or are injured in them. Many end up in the emergency room, often from head injuries, including concussions and fractures. Put a child in a cart only if it has safety straps on the seat area (a few states require them in new carts). If carts don't have straps, request them from store managers. Don't let kids ride in the main section of the cart. Don't let them ride or climb on the sides or in front of the cart. And don't allow an older child to push the cart with another child in it.



Source: UC Berkeley Wellness Letter, September 2005

**M**alignant melanoma, the most dangerous form of skin cancer, can turn up anywhere, even on parts of the body rarely exposed to the sun, such as the buttocks, armpits and soles of the feet. **Thus it's important to examine your entire body on a regular basis.** Any mole that changes shape, color, or size, any sore that doesn't heal, or any persistent patch of irritated skin may be a sign of cancer and needs professional evaluation without delay. There are advantages to a professional screening: a dermatologist is more likely to find early melanomas, which are most treatable, especially on less visible parts of the body.

Source: UC Berkeley Wellness Letter, September 2005

## WASHINGTON STATE UNIVERSITY



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