



Family Living IDEAS

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Greetings all!

I hope your summer is going well and you are keeping cool! I want to thank each of you who attended our Family Living Advisory Committee meeting, either in thought or presence. ☺ Several indicated they would attend, a few called to say they were not available, and one brave soul actually attended! We had a great discussion. Those notes will be available on our website soon.

One purpose for the advisory committee meeting was to discuss potential program topics or issues that our WSU Extension resources might be able to address. It is clear to me that diabetes education, family resources management, and food safety are still high interest areas. Please continue to send me your interest for possible program topics.

I continue to respond to calls for the testing of pressure canner gauges. If I have not gotten back to you, please remind me when you are available. The testing process only takes a few minutes and I can make that available when you come in. If I am in your community I will try to make arrangements to test your canner gauge there.

Prior to each major holiday, or about five times a year, I host a radio program with Dennis Clay on KDRM. These are Saturday morning programs from 9 to 11 a.m. We cover topics from hunting and fishing (as it relates to food safety and preparation) to the Master Gardener program, youth development, and the latest events of our other WSU Extension Faculty. Listeners are encouraged to call in with their comments or questions. We always have a lot to talk about and listeners often provide very interesting questions. The next program is July 26. We will discuss food preservation, fair entry details for open class foods, and food safety during the summer.

Thank you again for your continued support and interest in our WSU Extension Family and Consumer Science programs.

Sincerely,

M. Christine Price

M. Christine Price
County Director,
Family and Consumer Sciences Educator

Money saving hints

Super shopper checklist for saving money at the grocery store:

Stick to your plan:

1. Use your list.
2. Do not shop when hungry.
3. Avoid buying food that's not on your list.
4. Use coupons only for nutritious foods and foods you would buy anyway. Coupons are often for expensive, highly processed junk foods.
5. Beware of sales promotions in stores, such as those listed below. These make you want to buy more.
 - a. End of aisle displays
 - b. Fancy packages
 - c. Candy near the checkout counter
 - d. Food samples to taste
 - e. Two-for-one price specials

Read labels and compare prices:

1. Read ingredient lists and nutrition labels.
2. Compare prices. Store brands and large sizes often cost less.

Shop only once a week or less:

1. Buy enough food for at least a week. The less you shop, the less you spend.
2. Buy large amount of low-cost foods that keep well.

Get to know your grocery store:

1. Find out when the store reduces meat prices. It is often early in the morning. This can help you save money.
2. Compare prices at different stores. You usually pay most at mini-marts and least at warehouse stores.

Use unit pricing:

1. Unit price labels are on the front of the shelf near the product. Unit price labels list the name of the food, the size of the package, the price of the package, and the price of an ounce, pound, pint, or quart of the food. Unit price labels can help you decide which package costs least.

Eating Well for Less. WA State Dept of Social and Health Services.

Don't miss the chance

A listener got me thinking about the challenge of dealing with aging parents who become more and more needy and about the conflicts one is bound to feel. It motivated me to write this poem:

*They said I was lucky my mom lived near,
But she was pretty old and it wasn't so clear.
Sure, I was grateful for all she did for me,
But I was so very busy. I had no time free.*

*I had my job, my kids, my own life to live.
There really was nothing left for me to give.*

*I couldn't visit often, but I did help out.
I gave money, did chores, and ran her about.*

*But truth be told, I didn't like it that much.
The conversation was dull, and she was frail to touch.*

*She complained a lot and I just felt worse.
I didn't have time to be handyman or nurse.*

*I could have done more – of course I could –
But she loved me and she understood.*

*I know she did because she told me so.
She wanted me to be happy – and I pretended
not to know
That she was lonely, uncomfortable, and scared
of dying.
I closed my eyes to how hard she was trying
To be brave, independent, and not needy at all.
She assured me she'd be fine even after her fall.*

*But now she's gone and I miss her so,
And I'm so sorry I pretended not to know
How much a call, a card, or a hug brightened
her day
Or how easy it was to chase her blues away.*

*I'm ashamed I felt burdened, pressured, and put
out.
She deserved more than I gave her, without a
doubt.*

*So if your mom or dad is still with you,
Don't lose the chance – do all you can do.
Make time, not excuses. Go the extra mile.
Because your chance to do so lasts only a while.*

Michael Josephson. *Josephson Institute of Ethics*. July 9, 2008

*It's not only children who grow.
Parents do too. As much as we watch to
see what our children do with their lives,
they are watching us to see what we do with ours.*

Traveling with your pet

Planning and preparation are necessary when traveling with family pets. Consider whether your pet is comfortable when traveling. Some animals, like some people, function better in familiar surroundings. A car-sick animal can make a trip miserable for everyone. Some dogs and cats cannot withstand the rigors of travel due to illness, injury, or temperament. If this is the case, discuss options such as using a reliable pet-sitter or a clean, well-managed boarding facility with your veterinarian.

If you will be staying with friends along the way, be considerate. Find out in advance if the pet is welcome. The same goes for hotels, motels, parks, and campgrounds. Always check whether pets are allowed or kennel facilities are available. If the pet must be left alone in a hotel room, place a "Do Not Disturb" sign on the door and inform the maid and the front desk. Consider bringing along a portable kennel for use in hotel rooms or the homes of friends or relatives who are not comfortable having your pet loose when no one is home.

A few general tips apply whether you travel by car or plane. Be sure your pet is properly identified with a current tag and/or a microchip. Grooming (bathing, combing, trimming nails) before a trip, plus having its favorite food, toy(s), and dishes available will make your pet more comfortable. Have proof of rabies vaccination and a current health certificate with you when crossing state or international borders. Keep a photo of your pet with you to help with identification in case your pet is lost.

Before undertaking any trip, consult your veterinarian to be sure that all required vaccinations are up-to-date and to receive a health certificate within ten days of travel.

Air travel is of most concern to pet owners. The airlines sometimes update their regulations on pet travel including restrictions on breeds and size, and may charge for checked kennels. Most airlines require a health certificate issued within ten days prior to travel. Check with the airline well in advance for their current regulations. Many of the major airlines allow cats and small dogs to travel in specially designed carry-on luggage that will fit under the seat.

For your pet's comfort, air travel on an almost empty stomach is usually recommended. It is recommended that you not give tranquilizers to your pet when traveling by air because they can increase the risk of heart or respiratory problems.

American Veterinary Medical Association. *What you should know about traveling with your pet*. Revised May 2007.

Diabetes briefing

Research reveals new ways to fight diabetes

Recent research is giving new clues about how to attack diabetes – the fifth leading killer of Americans, responsible for 73,000 deaths a year. We already know that lifestyle changes can help prevent type 2 diabetes (the form that develops later in life). According to the American Diabetes Association, just 30 minutes a day of moderate physical activity, coupled with a 5-11% reduction in body weight, can cut your risk of diabetes by 58%. But now new studies have added to the diabetes-prevention picture: Depending on their form, carbohydrates may raise or lower your risk. And getting enough sleep and eschewing cigarettes – a good idea anyway for your health – may also help reduce your risk for diabetes.

Experts remain uncertain regarding exactly how diet, including carbohydrate intake, affects the development of type 2 diabetes. But research indicates that the body absorbs carbohydrates from different foods at different rates, leading to varying effects on levels of blood glucose and insulin. Simple carbohydrate foods – such as white rice, white bread, and refined sugar – score high on the glycemic index; these foods cause a rapid spike and then a drop in blood glucose. High-fiber foods – the “complex” carbohydrates, like whole grains – are lower on the glycemic index and have a more gradual effect on blood sugar and insulin.

A dietary connection with diabetes risk is easy to understand – but sleep? A new study suggests that getting too little shuteye may increase your risk of diabetes.

Researchers found that sleeping an average of five hours or less increased the odds for diabetes onset by about 50% compared with those who got seven hours of sleep. That association held even after controlling for more conventional risks, such as older age and higher body mass index (BMI).

Adding to a long list of health hazards associated with smoking, a new meta-analysis of 25 previous studies totaling more than 1.2 million participants concluded that smoking may also be risk factor for type 2 diabetes. William A. Ghali, MD, MPH of the University of Calgary, and colleagues found smoking associated with a 44% increase in the risk of diabetes. The risk appeared greatest for heavy smokers. The good news is that smoking is a risk factor people can change – by stopping the habit now! – and the diabetes risk dropped, in fact, for smokers in analyzed studies who quit.

Health and Nutrition Letter. Tufts U.
Vol 25 No 11. Feb 2008.

Getting the most from your visit to the health care provider

If your condition is serious enough to warrant a visit to your healthcare provider, you're going to need to be prepared. To be a wise consumer, you need to know how to make the most of your appointment.

Take a look at the following guidelines for getting the most from your visit to the healthcare provider.

Before your visit

- Decide what you want
- Make a list
- Practice
- Gather the necessary information

During your visit

- Ask your questions with confidence
- Take part in decisions about your care
- Ask your healthcare provider to sum up before he/she leaves the room
- Ask for resources

After your visit

- Review your appointment
- Involve your pharmacist
- Pick up the phone if necessary

If you feel unsure about your treatment, don't hesitate to call your healthcare provider who would rather get a phone call than hear you've treated yourself incorrectly.

The Well Workplace. Vol 10 No 5. July 2008.

Yogurt with peach puree and raspberries

Try this treat during the summer when ingredients are fresh and bountiful. A good choice for those with diabetes.

Ingredients

8 oz Fresh or canned peaches
8 oz Fresh or frozen raspberries
16 oz Low-fat vanilla yogurt
1 cup Walnuts, roughly chopped
Fresh mint leaves

Preparation Instructions

1. Drain the peaches and puree until smooth. Wash the raspberries.
2. Place one-eighth of the yogurt at the bottom of a small bowl or glass. Cover with one-eighth of the peach puree. Place one-eighth of the raspberries on the peach layer. Repeat.
3. Top with chopped walnuts. Garnish with a few raspberries and a mint leaf. Serves four.

Cooking with the Diabetic Chef. American Diabetes Association. www.diabetes.org

How to dry herbs

By growing and drying your own herbs, you will always have a fresh, inexpensive supply close. For people on salt-free diets, herbs enhance the flavor of otherwise bland foods.

Harvest young, tender leaves. They are more flavorful and aromatic than older leaves. Rinse gently in cool water and drain well on paper towels.

Hang dry herbs with long stems (savory, rosemary, sage, mint and marjoram). Tie stems together in small bunches. Hang upside down in a warm, dry, airy place, but not in the sun. Allow five to ten days to dry. Store dry leaves in airtight containers.

Dry seeds and herbs with short stems on trays. Spread seeds or leaves in a single layer on a cookie sheet. Dry in a warm, airy place four to six days or dry in 140°F oven for one to four hours.

Herbs can also be dried in a microwave because the leaves contain little moisture and dry rapidly. Place a single layer of herb leaves between paper towels. Dry them for one to two minutes in the microwave, depending on the thickness of the leaves. Cool and test for brittleness. When the herb leaves crumble in your hands, they are done. If leaves are not dry, microwave one and a half to one minute longer.

Do not sun dry herbs. Sunlight destroys their natural aroma. Whole herbs keep their flavor longer than crushed or ground herbs.

Use one third as much dried herbs as you would fresh. Store in dark, cool, dry place in airtight containers for up to one year, or freeze.

Drying Fruits and Vegetables. WSU Extension. HS0005. June 1990.



WSU Grant/Adams County Extension Agents

M. Christine Price:	County Director, Family and Consumer Sciences
Karen M. Lewis:	Tree Fruit, Grape Horticulture
Andy McGuire:	Ag Systems, Cereal Crops
Phil Petersen:	Agronomy, Forage
Diane Russo:	4-H, Youth Development
Sarah M. Smith:	Animal Science
Carrie H. Wohleb:	Vegetables, Vegetable Seed

Layout and design provided by Jenelle Kerner, a member of the WSU Grant/Adams Extension team.

World Class. Face to Face.

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