



Family Living IDEAS

● Phone: 509-754-2011 ● 509-765-2160
● Toll Free: 800-572-0119 ● Fax: 509-754-0163

September 2008

Greetings all!

Last month I talked about getting into the "Back-to-School" routine. Here is another thought for parents and grand-parents to protect our youth while they explore their options for learning through the internet.

Here are some internet safety tips for parents (and grand-parents):

1. Learn what social networking sites your child uses. Do they have a blog? What is a blog? What kind of information is on your child's blog? Be familiar with these computer terms.
2. Talk to your child about the risks of communicating online with someone they don't know face to face. If someone on their *friends* list is not in their real world, or if your child can't provide a first and last name for the person, have your child delete the name.
3. Google your child's name and screen name. If you find personal data or information that was posted without permission, contact the search engine and ask to have the information removed.
4. Keep the computer in a room where you can easily monitor its use – not your child's bedroom.
5. Review the internet browser history to see if your child has been using inappropriate sites.
6. Install a third-party filtering program. Let your child know it's there and what it does.

These tips are intended to help keep your child safe while working on the computer. It is easy to get into computer sites that you did not intend to access! Open communication with your child regarding your involvement in their computer use will serve as a positive base later on.

Source for Internet Safety Tips: www.socialsafety.org

Sincerely,

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

Communicating with young children

COMMUNICATE ACCEPTANCE

When children know they are accepted just as they are, it is possible for them to grow, to change, and to feel good about themselves. When children feel good about themselves, they are likely to get along well with others.

Accepting children just as they are makes communicating with them easy. Children who feel accepted will be more likely to share personal feeling and problems. When adults threaten, command, preach, or lecture, children may likely feel, "I don't count," "I'm bad," "You don't like me," or "I can't do anything right."

For example, Larry says, "Mother, I'm afraid to sleep alone." Which response encourages communication?

- "You ought to be ashamed! You're acting like a big baby! You know there is nothing to be scared of!"
- "I know you are frightened. I will turn on the night light and leave the door open for you."

Remember: Adults can accept children without necessarily approving of their behavior. For example, we love and accept Sandra, but we do not accept her behavior when she slaps the baby or pulls the cat's tail.

USE DOOR OPENERS

Door openers are invitations to say more, to share ideas and feelings. They tell children that you are really listening and interested, that their ideas are important, and that you accept them and respect what they are saying. Some examples of door openers are expressions like:

"I See." "Oh?" "Tell me more."
"No kidding?" "Say that again. I want to be sure I understand you." "Really!"
"How about that!" "That's interesting."

Kenneth E. Barber. *Communicating with young children*. WSU Extension. EB 1348.

What should I look for when choosing shoes and socks?

Foot care is important for everyone. An uncomfortable shoe or sore foot can affect your mood and your health. Here are some suggestions for finding the best fit for your foot:

- Don't wear shoes without socks.
- Don't wear sandals or other open-toed shoes.
- Avoid high-heeled shoes and shoes with pointed toes.
- Wear well-padded socks or stockings that are 1/2 inch longer than your longest toe. Don't wear stretch socks, nylon socks, socks with an elastic band or garter at the top, or socks with inside seams.
- Don't wear uncomfortable or tight shoes that rub or cut into your feet. If you've had problems before because of shoes that didn't fit, you may want to be fitted for a custom-molded shoe.
- Talk to your doctor before you buy special shoes or inserts.
- Shop for new shoes at the end of the day when your feet are a little swollen. If shoes are comfortable when your feet are swollen, they'll probably be comfortable all day.
- Break in new shoes slowly by wearing them for no more than an hour a day for several days.
- Change socks and shoes every day. Have at least two pairs of shoes so you can switch pairs every other day.
- Look inside your shoes every day for things like gravel or torn linings. These things could rub against your feet and cause blisters or sores.

American Academy of Family Physicians, American Diabetes Assoc. *Diabetes: Foot Care*. Familydoctor.org. Nov 2006

*The love of one's country
is a splendid thing.
But why should love
stop at the border?*

Diabetes Briefing

Foot Care

How does diabetes affect my body?

Diabetes causes your blood sugar levels to be higher than normal. Over time, high blood sugar levels can damage the blood vessels and nerves in your body. Damage to your nerves means that you may have burning pain or lose feeling in a part of your body (this is called diabetic neuropathy). Damage to the blood vessels in your feet means that your feet may not be getting a good supply of blood.

Why do I have to worry more about my feet?

People with diabetes often have trouble with their feet. Part of the problem is that the loss of feeling in your feet makes it hard for you to tell if you have a blister or sore. If little sores aren't taken care of, they can get worse and turn into ulcers (serious, deep sores). If these ulcers become infected, you may have to go to the hospital or, in very serious cases, have a foot amputated (removed).

How can I avoid problems with my feet?

Keep your blood sugar level as close to normal as possible. Also, follow your doctor's advice on diet, exercise and medicine. Your doctor should check your feet periodically when you go in for a visit. If you experience loss of feeling, sores, or ingrown toenails, tell your doctor right away. Here are some other ways to protect your feet:

- Wash your feet every day with lukewarm (not hot) water and mild soap.
- Dry your feet well, especially between the toes. Use a soft towel and pat gently; don't rub.
- Keep the skin of your feet smooth by applying a cream or lanolin lotion, especially on the heels. If the skin is cracked, talk to your doctor about how to treat it.
- Keep your feet dry by dusting them with nonmedicated powder before putting on shoes, socks or stockings.
- Check your feet every day. You may need a mirror to look at the bottoms of your feet. Call your doctor at the very first sign of redness, swelling, pain that doesn't go away, or numbness or tingling in any part of your foot.
- Don't treat calluses, corns or bunions without talking to your doctor first.
- Cut toenails straight across to avoid ingrown toenails. It might help to soak your toenails in warm water to soften them before you cut them.
- Don't let your feet get too hot or too cold.
- Don't go barefoot.

American Academy of Family Physicians, American Diabetes Assoc. *Diabetes: Foot Care*. Familydoctor.org. Nov 2006

Clean water for Washington

Reducing the risk of groundwater contamination

Waste doesn't just go away. It enters the environment, with some waste eventually entering groundwater. Good management of the wastes around your farm and home can help protect the quality of your family's drinking water supplies.

Dangerous waste includes toxic chemicals, corrosives, explosives, flammable substances, and other potentially harmful materials. Federal statutes use the term "hazardous waste." Some hazardous materials are an unavoidable part of farm life. Careful purchase of only essential products, using alternative, less toxic products, recycling whenever possible, and utilizing safe disposal practices will minimize the impact of these wastes on groundwater and surface water sources. WAC 173-303 contains the state dangerous waste regulations.

In rural locations, most wastes are disposed of on site. Waste disposed in an open dump, or even underground, can take many years to degrade or breakdown. Hazardous wastes in a dump can move down through the soil and contaminate groundwater you drink, or be washed into surface water bodies.

To minimize the pollution potential from farm, household, and shop wastes and activities, minimize the amount of waste you produce, especially hazardous waste. Examine your activities that involve use of hazardous materials to make sure that you really need all the products you are using. Carefully consider how to use the products safely, recycle or reuse then when possible, and dispose of used or remaining products in a way that will not pose a risk to surface water or groundwater. A few simple management principles apply in every situation:

- Use hazardous products away from your well (at least 200 to 400 feet).
- Return excess product, spills, or drips to the original activity. Contain any unusable wastes, spills, and drips for appropriate disposal.
- Take uncontaminated recyclables to a recycling facility if one is available.
- Never dispose of wastes in or around abandoned wells.

When solid waste generated on the homestead is disposed of in an approved manner, there is less likelihood of contaminating groundwater. Pay attention to all state and local regulations when disposing of wastes on your site.

WSU Extension. *Clean water for Washington*. Home Assessment System. EB1746-F5

Money and you

YOUR VALUES AND GOALS

Your attitudes about money are affected by your values and in turn affect your goals. What are your values? Values are the intangible things that are important to you and your family. They give meaning to your life by providing the basis for deciding what is more worthwhile and what is less so. Your values might include such ideas as family unity, efficiency, independence, love, safety, and health.

Your values direct you in establishing goals. Goals are the tangible things you try to obtain. They are like landmarks. Each time you reach one, you set your sights on another.

Your goals may be short-term – something you will work to achieve within a month or year, or long-term – an objective to be reached years from now.

For sound financial planning, a family needs to identify its values and discuss the things they want to obtain. To reach family goals, one must use all available resources. What are your resources? MONEY. Yes, money is a resource, but it isn't everything.

As an individual and a member of a family, you have many other resources. You have time and energy, skills, knowledge, material goods, and community facilities. Use the resources instead of or in conjunction with money to reach your goals. Plan for the wise use of all your resources.

WHERE DO YOU STAND?

In the past, you may not have thought too much about managing your money in any systematic way. Now, faced with inflation and a need to make every cent count, you may be asking some serious questions and wondering how to improve your financial situation.

Many times we think that our money problems would be solved if only we had *more* money. The evidence shows that people at all income levels may have financial problems, and more money is seldom the full answer to our problems even if we are in dire poverty. More often our problems come from a *lack of realistic planning* for the use of income, *failure to stick to a financial plan* we have made, or *failure to provide for irregular expenditures* whether expected or unexpected.

If you find yourself living precariously close to the edge, this is a good time to evaluate your position and see what steps you can take to move into a more secure environment.

WSU Extension. *Money and You*. EB0889

Choosing ingredients for salsa

The type of tomato you use often affects the quality of salsas. Paste tomatoes, such as Roma, have firmer flesh and produce thicker salsas than large slicing tomatoes. Although both types make good salsas, slicing tomatoes usually yield a thinner, more watery salsa than paste tomatoes. Salsa can be thickened by adding tomato paste. Tomatillos are also known as Mexican husk tomatoes. They do not need to be peeled or seeded, but the dry outer husk must be removed.

Canning is not a good way to use overripe or spoiling tomatoes. Use only high quality tomatoes for canning salsa or any other tomato product. Do not use tomatoes from dead or frost-killed vines. Poor quality or overripe tomatoes will yield a very poor salsa and may spoil. Where recipes call for peeled or skinned tomatoes, remove the skin by dipping tomatoes into boiling water for 30-60 seconds or until skins split. Dip into cold water, then slip off skins and remove cores and seeds. You may substitute green tomatoes or tomatillos for tomatoes in any of these recipes.

Peppers range from mild to fiery in taste. Very hot peppers are usually small (1 to 3 inches long); mild peppers are usually bigger (4 to 10 inches long). Anaheim, Ancho, Colgate, Colorado and Hungarian Yellow Wax are mild pepper varieties. Choose a mild pepper when the recipe calls for long green chiles. You may substitute bell peppers for some or all of the long green chiles.

Jalapeño is the most popular hot pepper. Other varieties include Serrano, Cayenne, Habanero and Tabasco. Use rubber gloves when you cut or dice these peppers because they cause extreme irritation to the skin. Do not touch your face, particularly the area around your eyes, when you are working with hot chiles. Canned chiles may be used in place of fresh.

Spices add flavoring to salsas. The amounts of spices and herbs may be altered. Cilantro and cumin are often used in spicy salsas. You may leave them out if you prefer a salsa with a milder taste. For a stronger cilantro flavor, add fresh cilantro just before serving the salsa.

The acid ingredients used in salsa help preserve it. You must add acid to canned salsas because the natural acidity may not be high enough. Commonly used acids in home canning are vinegar, lemon, and lime juices. Lemon and lime juices are more acidic than vinegar, but have less effect on flavor. Use only vinegar that is at least 5% acid and use only bottled lemon and lime juices. PNW Extension Pub. *Salsa Recipes for Canning*. Van Hillers and Richard Dougherty. PNW0395



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.

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 County Extension is implied. Cooperating agencies: Washington State University, U.S. Department of Agriculture and Grant and Adams Counties. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.