



Family Living IDEAS

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

June 2009

Greetings!

Spring and summer weather is finally here! I love the hot days, warm evenings, and opportunities to enjoy our arid climate. Summer is also a great time for families to take advantage of opportunities to travel while children are out of school. While children are young, this is an opportunity we may take for granted. As our children reach their "teen years" they begin to look for jobs that may keep them employed during the summer. Once that happens, the family dynamics and opportunities for travel also change.

This month Jenelle has found a web site that lists many activities around our state that could make a great weekend destination or "mini-vacation" for the family. Check out these options or investigate further to locate additional options. What we have listed are by no means a total listing of events...just some suggestions!

Once you decide on a vacation destination, consider these factors for making this a "great trip" as opposed to "just another family outing where everyone has to go"!

- Try to plan a trip that fits the most interests and travel needs as possible. Everyone may not be able to "have their own" needs met for every trip. If there are major differences in family choices, try to agree that this trip will focus on one group of needs; the next trip will focus on another group of needs.
- Plan several shorter trips instead of one marathon trip. Long trips are difficult to sustain interest and enthusiasm for

everyone. Children may begin to miss friends or other comforts of home. Longer trips may also be a strain on finances.

- Provide an opportunity for all family members to participate in the planning of your trip. Even the youngest family members can have good ideas about what might be fun for the family!
- Have realistic expectations for your trip.....how long to be gone, the expense the trip will incur, travel distances, activities along the way, final destination, etc. Over estimating or unrealistic expectations for what will happen on your trip can be a negative factor for your travels.

Planning and carrying out family trips will build lasting memories for all. Adequate preparations prior to the trip will promote positive memories that will last a lifetime!

Sincerely,

M. Christine Price

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 County Director,
 Family and Consumer Sciences Educator

The saga of Will and Fern

Two frogs named Will and Fern weren't looking where they were going and fell into a deep pit. At first they thought it would be easy to jump out, but after numerous failed attempts they were getting desperate. A crowd of animals gathered around the pit.

The consensus of the onlookers was there was no way either one could jump high enough, so they urged Will and Fern to accept their

fate. The harder the trapped frogs jumped, the more the crowd yelled at them to surrender. Finally, Will fell back to the bottom and gave up. Fern refused to quit, and with one mighty last try she leaped out of the pit.

The other animals were amazed. One asked why she kept trying despite the discouraging taunts of the crowd. Fern was shocked. "What do you mean? I'm a bit deaf. I thought you were rooting for me. I couldn't have done it without you."

A woman named Patty, a resident of a transitional housing program, gave a printed version of this story to my wife Anne. After a long period of homelessness and drug abuse, Patty wanted us to understand that positivism and support can help people who seem down and out to get up and out.

Patty said she got out of her own deep pit of despair because caring people at the housing program gave her the faith and confidence she needed to jump a little harder.

There are lots of ways to help others. We can educate them, feed them, and house them. But we can also encourage and empower them – and possibly change their lives.

Micheal Josephson. *The Saga of Will and Fern*. May 29 2009. charactercounts.org

How much physical activity do children need?

Children and adolescents should get one hour or more of physical activity each day. This may sound like a lot, but don't worry! Your child may already be meeting the Physical Activity Guidelines for Americans. And you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate and enjoyable and that offer variety! The 60 minutes to several hours of physical activity that your child needs do not have to be all at once but should be in small bouts throughout the day. Just make sure

your child or adolescent is doing three types of physical activity:

1. Aerobic Activity

Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least three days per week.

2. Muscle Strengthening

Include muscle-strengthening activities, such as gymnastics or push-ups, at least three days per week as part of your child's 60 or more minutes.

3. Bone Strengthening

Include bone-strengthening activities, such as jumping rope or running, at least three days per week as part of your child's 60 or more minutes.

What Do You Mean by "Age-Appropriate Activities"?

Some physical activity is better suited for children than adolescents. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym, or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice.

www.extension.org. *How much physical activity do children need*". June 2 2009.

The world is round, and the place which may seem like the end, may also be only the beginning.

Washington festivals and events

Planning on a road trip? Need a place to take the kids? Want to experience something new? Consider these fun events being held around our beautiful state this summer.

Mt. Adams Country Bicycle Tour

June 27, 2009
Trout Lake, WA
Phone: 503952719
Email: dnsichel@yahoo.com

Rock 'n' Roll Seattle Marathon & ½ Marathon

June 27, 2009
Bellvue, WA
Phone: 206-728-0123
<http://www.seafairmarathon.com>

Basin Summer Sounds Music Festival

July 17-18, 2009
Ephrata, WA
<http://www.basinsummersounds.com>

Sequim Lavender Festival

July 17 - July 19, 2009
Sequim, WA
Phone: 8776813035
Website: <http://www.lavenderfestival.com>

Columbia Cup Water Follies

July 24 - July 26, 2009
Kennewick, WA
Phone: 509-783-4675
Website: <http://www.waterfollies.com/>

Klickitat Canyon Days

July 24 - July 26, 2009
Klickitat, WA
Phone: 5093694782
Website: <http://mtadamschamber.com>

Jazz in the Valley

July 24 - July 25, 2009
Ellensburg, WA
<http://www.jazzinthevalley.com>

Central Washington Antique Farm Exposition

August 15 - August 16, 2009
Union Gap, WA, USA
Phone: 800-221-0751
Website: <http://www.visityakimavalley.org>

National Lentil Festival

August 21-23, 2009
Downtown Pullman, WA
<http://www.lentilfest.com>

Flip Flop River Rafting

September 01 - September 15, 2009
Naches, WA
Phone: 800-221-0751
Website: <http://www.visityakima.com>

You can find a calendar of statewide events at the State of Washington official website: <http://access.wa.gov/visiting/events.aspx>.

Coping with three generations under one roof

Most older people prefer to live in their own homes or apartments. They fear being a burden to their children. There are, however, times when an elderly parent and his or her adult child share living quarters, by choice or necessity. Here are some suggestions for making a cooperative living arrangement work well.

Spouse:

- Involve your spouse in planning.
- Respect your spouse's need for privacy and for time alone with you. Keep in touch with each other.
- Discuss your expectations of your spouse's involvement as a caregiver. Solve problems together.
- Make a space where your spouse can pursue independent interests without distractions or interruptions.
- Keep records and receipts of special expenditures made for the arrangement.
- Discuss planned costs.
- Maintain social contact and outside activities as a couple.
- Be cheerful and stay interested in your spouse's activities.

Kids:

- Involve your children in planning for any changes.
- Create a list of "courtesies" for them to observe; explain why these are important.

- Set an example. Loud music or other youthful pursuits should be moderate for the comfort of others.
- Encourage them to join in family tasks that involve the elder. Foster inter-generational sharing.
- Allow for slip-ups; discuss special circumstances and limits. Remind children that you once lived in your parent's home.
- Respect privacy.
- Allow for time-out.

Senior:

- Respect the privacy of family members. Don't interfere.
- Be considerate when you use the telephone.
- Don't criticize housekeeping, cooking, spouse, friends, children, clothes, TV programs or church.
- Discuss problems calmly.
- Be friendly to children. Take the first step to resolve conflicts.
- Offer to help, but don't force your way of doing something.
- Keep a sense of humor. Don't inflict guilt.
- Help with expenses. Pay as much of your way as you can.
- Set goals for yourself. Associate with friends.
- Maintain appearance and hygiene.

Adapted from Caregiver Connection, Purdue University Cooperative Extension (Cyr, Louise Franck).

Vegetable nutrient deficiencies

When vegetables and other plants lack essential nutrients they will look unhealthy and may even die. Symptoms can range from yellowing and poor growth to flower and fruit failure. Nutrient deficiency symptoms in plants can be similar to symptoms of many plant diseases. To know if a plant or crop is suffering from a nutrient deficiency, have a soil test. Ask the tester to recommend the nutrients and amount necessary to rectify the deficiency. Here are some important elements and signs of plant deficiency.

■ **Nitrogen (N):** Necessary for rapid green, leafy growth; part of chlorophyll necessary for photosynthesis; part of protein.

Sign of deficiency: Lower leaves pale green or bluish then turn yellow (chlorosis); leaves drop, the oldest leaves fall first; leaves are small; stems thin; plant lacks vigor; growth is spindly or stunted.

■ **Phosphorus (P):** Essential to photosynthesis; enables strong growth; encourages blooming and root development, cell wall structure development; moisture conservation; necessary for photosynthesis.

• **Sign of deficiency:** Lower leaves and stem look reddish or purplish; young leaves look pale; shoots are thin; plants don't flower or form fruits; premature fruit drop; roots are stunted; cell division is slowed.

■ **Potassium (K):** Promotes disease resistance; necessary for root development and cell wall structure development; moisture conservation; promotion of photosynthesis.

Sign of deficiency: Lower leaves spotted, mottled or curled; leaf tips and edges turn yellow and bronze, then brown and appear dry and scorched; stems are weak; root system is small; plant vigor reduced; plant susceptible to wilting and wilt diseases; fruit is small; fruit is thin skinned; fruit color is poor; flavor is poor.

■ **Calcium (Ca):** Cell division, building plant proteins, flowering, fruiting.

Sign of deficiency: Growing tip of plant is damaged or dies back; tips of new leaves yellow and appear scorched; young leaves and buds die back; stems are weak; blossom-end of fruit rots; cavities in tomatoes; black heart; black roots.

■ **Magnesium (Mg):** Plant strength.

Sign of deficiency: Lower leaves and older leaves mottled--yellow and white patches between green veins of leaves; brownish or purplish patches may form on leaves; old leaves white or yellow; leaves fall prematurely; growth is stunted; poor flower and fruit quality.

Symptoms of vegetable nutrient deficiencies.

http://www.harvestwizard.com/2009/05/symptoms_of_nutrient_deficienc.html. June 2009.

WASHINGTON STATE UNIVERSITY



GRANT/ADAMS COUNTY EXTENSION

Courthouse, PO Box 37
Ephrata, WA 98823

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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