

# Family Living IDEAS

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## Greetings!

It looks like spring is about to appear! Not only does spring bring the hope of warm weather, we also begin to think about working outside, gardening, and getting more exercise. It is never too late to start an exercise or activity routine that will keep you moving throughout the year. More and more research is linking exercise and eating habits to chronic and preventable illnesses. Being active and practicing healthy eating habits will be your first line of defense for many illnesses or diseases. Don't wait for warmer weather, start now! Get a buddy and go for a walk...this is just the beginning!

I have had many requests for programs related to diabetes education, beginning clothing skills, and child care provider training. Our Master Gardener Volunteers are also very busy with their Vegetable Gardening classes. I plan to start another Diabetes Education class (5 lessons with a 3 month follow-up) as soon as we have at least ten participants. Call the Extension office to register for this class. The location will be determined by the participants.

Our new Horizons projects in Grand Coulee, West Othello, and the Beverly/Schawana area are going very well. Several alumni communities for the Horizons project also have many continuing projects. The Horizons project focuses on building community capacity to fight poverty and make positive changes within their communities.

Look for the differences in these communities: Warden, North Moses Lake, Othello, Royal City, and Mattawa.

The WSU and State Legislative budgets are still in a state of flux; we do not know a lot more than we did last month. However, I believe that because of a strong response from clientele, our Extension programs will be maintained as much as possible. Thank you for your continued support to our WSU Grant/Adams Area Extension programs.

Sincerely,  
*M. Christine Price*

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

## Controlling the weather

While teachers can have a lifelong effect on the way students think, psychologist Haim Ginott has focused on a more immediate aspect of impact: the creation of a positive or negative physical and emotional environment that can determine the quality of a child's life.

"I've come to a frightening conclusion," he said. "I am the decisive element in the classroom. My personal approach creates the climate. My daily mood makes the weather. As a teacher, I possess a tremendous power to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. It is my response that decides whether a

crisis will be escalated or de-escalated and a child humanized or dehumanized.”

As profound as this observation is for professional educators, it's even more so for parents. A parent's power to create the daily climate and lasting environment in which a child grows is so awesome that it must be used consciously and responsibly.

Since our daily moods make the weather, we should try to shield our children from the thunder and lightning of our frustrations and anger. Instead of the dark clouds of cynicism, fear, and depression, we should discipline our own emotions and give them the light and warmth of love, hope, and good cheer.

Conscious efforts to be positive, enthusiastic, and supportive can have a huge impact not only on the emotional well-being of our children but on their ability to experience the joys and pains of childhood in healthy and constructive ways.

Michael Josephson Commentary. *Controlling the weather*. Charactercounts.org. March 17, 2009

*“Cooking is at once child's play and adult joy. And cooking done with care is an act of love.”*

### **Business start up guide**

*The following excerpt is from the 'Business Start-up Guide' developed by the Washington State Small Business Development Center. You can access this free guide at [www.wsfdc.org/start-up-guide](http://www.wsfdc.org/start-up-guide).*

#### *First Steps to Starting a Small Business*

**Step 1:** Do you have what it takes?

Do you know what going into business means for your income, lifestyle, family, and time? Complete the Personal Assessment on page five to find out.

**Step 2:** What business should you choose?

You may think you already know what business is right for you or you may just want to be your own boss. Take the time to make a list and evaluate the possibilities.

**Step 3:** Is your idea feasible?

You've got a great idea but do others feel the same way? Do enough people or companies want your product or service? Do you know how many people will buy? Check it out before quitting your day job.

**Step 4:** How will you finance the business?

You've got the skills, a great idea, and a market, but what about the money? The number one reason that small businesses fail is because they did not have enough working capital to survive the first two years of operation. Do you have 20-30 percent of the needed money that you are willing to invest in your company?

**Step 5:** Get help from your local Washington SBDC advisor. You'll receive no-cost, confidential advising from business experts to help point you in the right direction. They'll help you through the complex maze of getting your business up and running. Contact information is on the last page of this booklet or on our website at [www.wsfdc.org](http://www.wsfdc.org).

With few exceptions, every business begins as a small business. Some stay small, others grow as the years pass. Profitability and future growth of a business are based on the ability to understand business operations and make good decisions.

It's important to get off to a good start and that's why we've developed this Start-up Guide. It is designed to walk you through the key steps in starting a business and provide you with the essential information that you will need. While almost all start-up businesses will eventually need to consider each of these categories, you may choose to go through each step in a different order than they are listed. The Washington SBDC delivers a 10-week course throughout the state. Contact the SBDC office for the class schedule.

## Diabetes briefing

*Of the 24 million Americans that have diabetes, 5.7 million do not know they have the disease.*

Diabetes is a disease in which the pancreas does not produce enough insulin, or the body does not properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

Diabetes often goes undiagnosed because many of its symptoms appear harmless. However, recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these diabetes symptoms, see your doctor. Screening tests for diabetes are simple and performed quickly. Most people with diabetes have health problems (or risk factors) such as high blood pressure and cholesterol, which increase one's risk for heart disease and stroke.

When combined with diabetes, these risk factors add up to serious health issues. In fact, more than 65 percent of people with diabetes die from heart disease or stroke. However, by managing diabetes, high blood pressure and cholesterol, people can significantly reduce their risk. Modifiable risk factors include:

- Overweight or obesity
- High blood glucose
- High blood pressure
- Unhealthy cholesterol levels
- Physical inactivity
- Smoking

Non-modifiable risk factors include: age; gender; and race. While chronic diseases are the leading causes of death and disability in the U.S., they are also among the most preventable illnesses. Be informed about the steps that can be taken to reduce your risk.

APS Healthcare. *Diabetes Awareness*. March 09

## A kids' portal to the U.S. government

Kids.gov is a place for kids to find developmentally-appropriate resources for government, policy, and career education. Topics include arts, science, social studies, computers, and more. Grown-ups can find information for education and classroom activities, too.

## National Do Not Call Registry

The national Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. You can register your home or mobile phone for free. The National Do Not Call Registry is managed by the [Federal Trade Commission](#) (FTC), the nation's consumer protection agency. You can register by phone at 888-382-1222 or online at [www.donotcall.gov](http://www.donotcall.gov).

## Prevent salmonella poisoning

*Salmonella* bacteria can be found in food products such as raw poultry, eggs, and beef, and sometimes on unwashed fruit. Food prepared on surfaces that previously were in contact with raw meat or meat products can, in turn, become contaminated with the bacteria. This is called cross-contamination.

In recent years, Centers for the Disease Control and Prevention has received reports of several cases of salmonella from eating raw alfalfa sprouts grown in contaminated soil. You also can get salmonella after handling pets, particularly reptiles like snakes, turtles, and lizards.

Salmonella can become a chronic infection even if you do not have symptoms. In

addition, though you may have no symptoms, you can spread the disease by not washing your hands before preparing food for others. In fact, if you know you have salmonella, health care experts recommend you do not prepare food or pour water for others until laboratory tests show you no longer carry *Salmonella* bacteria.

- Don't drink milk that is unpasteurized.
- Don't eat foods containing raw eggs, such as homemade caesar salad dressing, cookie dough, and hollandaise sauce, or drink homemade eggnog made with raw eggs.
- Handle raw eggs carefully.
  - Keep eggs refrigerated.
  - Throw away cracked or dirty eggs.
- Cook eggs thoroughly.
- Cook poultry products to an internal temperature of 170 degrees Fahrenheit for breast meat and 180 degrees Fahrenheit for thigh meat.
- Wash thoroughly with soap and hot water all food preparation surfaces and utensils that have come in contact with raw poultry or raw eggs.
- Wash hands immediately after handling raw poultry or raw eggs.
- Wash hands immediately after handling reptiles or having contact with pet feces.

National Institute of Allergy and Infectious Diseases. *Salmonellosis*. nih.gov. Feb 2007

### Washington state unemployment update

Washington's seasonally adjusted unemployment rate rose to 8.4 percent in February, up from January's rate of 7.8 percent, according to the state Employment Security Department.

The state lost an estimated 28,200 non-agricultural jobs, seasonally adjusted.

The most job growth occurred in the financial-activities industry, which added 1,200 jobs. Industries with the largest declines were professional and business services, down 13,400 jobs, transportation, trade and utilities, down 4,900, construction,

down 4,200, and manufacturing, which cut 2,500 jobs.

Year over year, Washington had 97,100 fewer jobs last month than in February 2008, a 3.3 percent decrease. Nationally, employment declined by 3 percent from a year ago.

An estimated 330,572 people (not seasonally adjusted) in Washington were unemployed and looking for work in February, another new record.

"I urge unemployed workers to visit their nearest WorkSource center and take advantage of the expert resources there," said Employment Security Commissioner Karen Lee. "More and more workers qualify for training assistance to prepare for a new career, and federal stimulus funds will arrive soon to help pay for it."

In addition to training programs, unemployed workers can get help looking for work at Employment Security's affiliated WorkSource offices across the state, where a variety of employment services are offered, including free help with interviewing skills or résumés and with job referrals. In addition, more than 15,000 current job openings are posted on [www.go2worksource.com](http://www.go2worksource.com).

Locations of local WorkSource offices are listed in the blue pages of telephone books and online at [www.go2worksource.com](http://www.go2worksource.com).

Employment Security Department.  
*Washington's unemployment rate rose in February*. March 2009. [www.esd.wa.gov](http://www.esd.wa.gov).

### Plant cool season crops now for early harvest

*Hardy vegetables can be planted two to four weeks before the last frost in spring. Their seedlings can endure short freezing. Varieties include:*

Asparagus \* Broccoli \* Brussels sprouts \*  
Cabbage \* Cauliflower \* Chives \* Collards \*  
Horseradish \* Kale \* Kohlrabi \* Leeks \* Onions  
\* Parsley \* Peas \* Radishes \* Rhubarb \*  
Rutabagas \* Spinach \* Turnips \*

## Preparing soil for summer gardens

The ideal vegetable garden soil is deep, easily worked, well drained, and contains at least five percent organic matter. Proper soil preparation provides the basis for good seed germination and subsequent crop growth. Careful use of soil amendments improves garden soil and provides the best possible start for your crops. To prepare a new garden, remove sod and put it upside down in a pile to compost. Plow, spade, or roto-till the soil. Working the soil should take place only when soil moisture conditions are correct. Working excessively wet soils can destroy soil structure, which may take years to rebuild. Plowing wet soil with a tractor is especially damaging as it creates a compaction layer that inhibits root growth. Soils with adequate humus generally allow more leeway in when they can be worked because they have better structure. In subsequent years in the same location, the soil should be turned again before planting.

To test soil moisture, take a handful of soil and squeeze it. If it stays in a mud ball, it is too wet. If it is powdery and clumped, it is too dry. If it crumbles freely, it is about right. Just before planting, break up large clods of soil and rake the bed level. In an established garden, turn the soil lightly but not too deeply or it may create soil compaction, upset the balance of microorganisms, and bury coarse organic matter so deeply that insects and microbes can't break it down. Roto-tilling is acceptable as long as plant debris accumulation is not excessive. It has the benefit of mixing the upper layers of soil rather than completely turning them over. Slow-release soil amendments can be added several weeks before planting. Add soluble fertilizers and finished compost just before planting. Do not apply fresh manure to the soil surface near growing plants. The release of ammonia can burn foliage. The best time of year to add fresh manure is in the late fall. Keep in mind that manure and other organics require time for microbial breakdown to release nutrients in a form available for plant use. Manure aged at least one year is preferable to fresh manure for vegetable garden use.

Regardless of whether you plant seeds directly in your garden, start your own transplants, or purchase the transplants, it is important to plant each crop at the correct time. Air and soil temperatures are critical to maintaining healthy plants. Warm season flower and vegetable seeds will germinate rapidly at 75° to 80°. Germination is slow at temperatures below 60°, and damage from damping-off diseases can be a problem. Cool season plants germinate better at 50° to 65°. *Mona Kaiser, WSU Grant/Adams area Master Gardener. Preparing the Soil. April 2006.*

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### WSU Grant/Adams County Extension Agents

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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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