Thoughts for a Summer Day...

You may have read “Life’s Little Instruction Book” written by H. Jackson Brown, Jr. The inspiration for his first book came from jotting down instructions and personal observations for his son who was going off to college in 1990. He then wrote several more books on a variety of themes, many of which became best sellers.

As we take time to enjoy the summer, here are a few thoughts from his books to consider.

♦ Learn to listen. Opportunity sometimes knocks very softly.
♦ Never underestimate the power of a kind word or deed.
♦ Earn your success based on service to others, not at the expense of others.
♦ To help your children turn out well, spend twice as much time with them and half as much money.
♦ Hold puppies, kittens, and babies any time you get the chance.
♦ Remember that life’s most treasured moments often come unannounced.
♦ Ask yourself if what you’re doing today is getting you closer to where you want to be tomorrow.
ANSWER CORNER: ARE MULTIVITAMINS BENEFICIAL?

Americans spend about $23 billion a year on food supplements with more than half of them multivitamin and mineral (MVM) supplements.

The National Institute of Health (NIH) put together an independent panel to evaluate the safety and effectiveness of taking a MVM supplement and released a preliminary report from this expert panel in May. The full report is available at [http://consensus.nih.gov](http://consensus.nih.gov). This state-of-the-science report notes there is not sufficient information available yet to conclude whether or not people are better off taking a MVM supplement. While the NIH panel was unsure about whether or not those taking various MVM supplements would on average be better or worse off, they did call for expanded oversight of the poorly regulated food-supplement industry.

**Pro Supplement Arguments**

The best argument for taking a MVM supplement is that the typical American diet is full of refined sugars, grains, fats and oils, and alcoholic beverages, which provide lots of calories but contain few vitamins and minerals. In addition, we know that at least for some nutrients like iron, folic acid, magnesium, and vitamins D and B-12, many Americans fall short of what they need. Quite a few Americans also have marginally low intakes of calcium, zinc, selenium, and potassium that put them below recommended intake levels and may increase their risk of disease. Most MVM products will supply all these nutrients at recommended levels with the exception of potassium and calcium.

**Anti Supplement Arguments**

The best argument against taking a MVM supplement is that it is no substitute for a nutritionally balanced diet. Unlike a MVM, a healthier diet has been proven to cut the risk of many diseases. Indeed, taking a MVM supplement might give some people the false impression that supplements rather than diet is the key to preventing CVD, cancer, diabetes, and numerous other diseases. These ills are caused in large part by all the nutrient poor refined foods and fatty products people eat.

You cannot lower your cholesterol level or your blood pressure with a MVM supplement nor is there any credible research a MVM supplement will meaningfully cut your risk of cancer and other serious diseases. If Americans were dying from scurvy, anemia, pellagra, beriberi, and other nutrient deficiency diseases, then a MVM supplement would be the answer.

Unfortunately, most Americans die from diseases caused largely by too much salt, hydrogenated fat, saturated fat, cholesterol, alcohol, and too many calories and not enough fiber. Most of the foods rich in these substances are also the same foods lacking in vitamins and minerals. Obviously a MVM supplement can do little or nothing but give people a false sense of confidence when it comes to avoiding CVD, cancer, obesity, diabetes, senility, osteoporosis, etc.

**Bottom Line:**

A MVM supplement is no substitute for a healthy diet; and if you eat a healthy diet, you probably won’t benefit from a MVM and most other supplements. Many people taking MVM supplements should be careful that the supplements are not contributing to excessive intakes of vitamin A or iron. People should avoid MVM supplements containing herbs and/or more than 100% of recommended intake levels.

Source: “Communicating Food for Health” July 2006
UPCOMING EVENTS

Mark your Calendar!!!

Herkimer County Fair: August 15-20 at the fairground in Frankfort
Garlic & Herb Festival: September 2 at Canal Place in Little Falls
Central New York State Farm Progress Show: September 13 & 14 at Len-Lo Farms in Mohawk

Hope to see you there!

Enjoy Fresh Produce

Take advantage of locally grown produce this summer by stopping at any Farmers’ Markets in Herkimer County, open weekly on these days:

Middleville Rts. 28 & 169, across from Stewart’s ............. Wednesday ....... 1 pm - 6 pm
Herkimer Albany St. between Prospect & Main Sts. ......... Thursday .......... 8 am - noon
Dolgeville Municipal lot, N. Helmer Ave, near Kinneys .... Friday .......... 8 am - noon
Little Falls Partners Trust Bank lot, Albany St. ............... Saturday .......... 8 am - noon

Food Preservation Resources

“Food Preservation Resources” lists all food preservation publications available from Cornell Cooperative Extension of Herkimer County including some commercial sources and web sites. Topics included are home canning, freezing, pickling, dehydrating, and making jams and jellies.

For your free copy stop at our office at 5657 State Route 5 in East Herkimer, or get a copy on our website at http://www.cce.cornell.edu/herkimer/foodpreservation.htm.
GRILLING YOUR FAVORITE VEGETABLES

Summer is the best time of year to take advantage of fresh vegetables and fruits. Farmer’s markets are great places to find fresh, locally grown produce. (See page 3 for times and locations in Herkimer County.) Vegetables and fruits found in the markets are rich in vitamins, minerals and fiber.

Grilling is also synonymous with summer, and there is room on the grill for both meat and vegetables. Most vegetables stand up to grilling well, except those with high water content like cucumbers, lettuce, celery.

**Grilled Vegetables**

6 cups fresh vegetables, cut up (suggestions: broccoli, potatoes, carrots, summer squash, cauliflower, or other favorite vegetable)
2 Tablespoons oil
1 Tablespoon lemon juice
1/2 teaspoon rosemary or tarragon*
1/4 teaspoon pepper
*or favorite seasoning to taste (dill, garlic, parsley, etc.)

Cut vegetables in similar size pieces for even cooking. Place vegetables in plastic storage bag. Mix oil and seasonings. Pour over vegetables in bag. Shake to mix. Wrap vegetables in foil (or place on skewers). Grill to desired tenderness. Refrigerate leftovers.

**Variations:**

- Leftover vegetables can be cooled in the refrigerator and then added to other recipes (see below).

*Yield: 12 servings; serving size 1/2 cup (50 calories, 2.5 grams fat, 0 mg cholesterol, 15 mg sodium)*

**Vegetable Pasta Salad**

4 cups cooked pasta (2 cups uncooked or 8 ounces)
2-1/2 cups raw vegetables such as: carrots, onions, broccoli, cauliflower, green pepper, etc.
1 teaspoon garlic powder or 2 garlic cloves, chopped
2 teaspoons Italian seasoning
2 Tablespoons oil
2 Tablespoons Italian dressing
3 Tablespoons Parmesan cheese

Cook & drain pasta according to directions. Set aside.

Pour oil in fry pan. Start with the firmest vegetables and fry for 5 minutes or so, stirring constantly. Add remaining vegetables (and seasonings) and fry for 3 minutes until all vegetables are tender-crisp. Allow vegetables to cool slightly. When cooled, add 2 Tablespoons Italian dressing. Mix well and sprinkle with Parmesan cheese. Serve cold. Refrigerate leftovers.

*Yield: 10 servings; serving size 1/2 cup (120 calories, 3.5 grams fat, 0 mg cholesterol, 30 mg sodium)*

**Shared by:** Melissa Pryputniewicz, Summer Nutrition Intern
Going on a picnic with your family this summer? Make sure you pack an assortment of books in your basket.

Share a fairy tale with your fried chicken. Read a picture book with your burgers. Digest an alphabet book with your macaroni salad. Pass a ghost story with your deviled eggs.

Books with stories about foods, eating, and cooking add so many imaginative possibilities for connecting your children’s learning to fun with family meals. Have a second helping by choosing a recipe relating to a story or a character your children know and love.

Need ideas? K. Vandergrift of Rutgers University has compiled a list of cookbooks relating to literature for children of all ages. Here are a few of Even Start’s favorite resources:


More cookbooks from K. Vandergrift are available at: http://www.scils.rutgers.edu/~kvander/ChildrenLit/cookbooks.html

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**AIR CONDITIONERS AND ASTHMA**

Allergens are tiny airborne particles that can trigger an asthma attack. The Big Five triggers are dust mites, animal dander, cockroaches and their droppings, mold and mildew, and pollen. Although there is no sure way to prevent asthma, it can be managed by reducing exposure to these allergens."

Pollen is a particular problem during the spring and summer months. Keeping the windows closed will keep the pollen outside, where it belongs. And on warm summer days, an air conditioner can be an asthma sufferer's best friend. But, ironically, that best friend can be the source of other asthma triggers: mold and mildew.

Good maintenance practices, along with regular cleaning, will prevent mold and mildew buildup. Another bonus: clean, well-operating air conditioners are more efficient, which helps control energy costs.

(continued on page 6)
AIR CONDITIONING

Room Unit Maintenance

Turn off the power or unplug the unit before you begin.

- At the beginning of the season, vacuum the evaporator coils. These can be found immediately behind the front grille.
- Using a level, check the installation. The unit should slant slightly toward the ground so that the condensed water flows out of the unit.
- Change disposable filters at regular intervals during the season.
- Permanent filters should be cleaned several times during the season. Remove the filter and lay it flat in the sink. Sprinkle detergent over the surface, and then fill the sink with about one inch of hot water. Let the filter soak for about 15 minutes. Rinse it well with warm water. Make sure it's thoroughly dry before reinstalling it.
- If the unit stays in the window all year, cover it during the off season. If you remove and store it anywhere that is prone to dampness, such as a cellar or a garage, raise the air conditioning unit off the floor with a few pieces of wood. This will protect it from moisture on the floor.
- Always follow the manufacturer's instructions for your unit.

Central System Maintenance

A yearly service call by a professional should include washing the condensing coils and vacuuming the evaporator coils. During the summer, there are a few things you should monitor.

- Disposable filters should be changed several times during the season. Permanent filters should be washed, using the same method as for room unit air conditioners.
- Leaves and fallen branches can clog the fan grille on the outdoor condensing unit, which can cause moisture buildup and affect the air conditioner's efficiency. Check the unit regularly, especially after winds and rain.
- Always follow the manufacturer's instructions for your unit.

Source: July-Aug Cleaning Matters Newsletter

SIZE MATTERS

There are many different room air conditioners (RAC), but there are things they should all do: remove heat and humidity from the air. Getting the properly sized air conditioner for your home is critical. The appropriate size will operate more efficiently and dehumidify more effectively. If the unit is too large, it will cool the room quickly, but only remove a portion of the humidity. This leaves the room with a damp clammy feeling. A properly sized unit will remove humidity effectively as it cools, providing better comfort and using less energy.

Room Air Conditioner Sizing Chart

Find the square footage of the room to be cooled in the left column and then find the capacity that’s right for you based on the information provided in the chart on page 7. Square footage can be calculated by multiplying the length of the room in feet by the width of the room in feet.

(continued on page 7)
WHICH CAPACITY SHOULD I USE?

<table>
<thead>
<tr>
<th>Area to be Cooled (sq. ft.)</th>
<th>Capacity (BTU/hr.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Low</td>
</tr>
<tr>
<td>Up to 200</td>
<td>5,000</td>
</tr>
<tr>
<td>200 to 250</td>
<td>5,000</td>
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<tr>
<td>250 to 300</td>
<td>5,000</td>
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<td>300 to 350</td>
<td>5,200</td>
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<td>350 to 400</td>
<td>6,000</td>
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<td>400 to 450</td>
<td>6,500</td>
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<tr>
<td>450 to 500</td>
<td>7,800</td>
</tr>
<tr>
<td>500 to 550</td>
<td>8,200</td>
</tr>
<tr>
<td>550 to 600</td>
<td>9,000</td>
</tr>
</tbody>
</table>

LOW. Room is shaded by trees, has low-e windows, windows are not south-facing, your home has above average building tightness, or below average occupancy.

How do I know? You probably fall into this category if your home is new and was built to the New York Energy Star® Labeled Homes standards, has modern ventilation systems, good insulation, Energy Star® windows, has been air sealed or has had work done through the Home Performance with Energy Star® program.

AVERAGE. Room is partially shaded by trees, may have low-e windows, some windows are south facing, and your home has average building tightness or average occupancy levels.

How do I know? You probably fall into this category if your home is fairly new and was built to standard building codes, did not incorporate various advanced efficiency improvements, or is an older home that may have had some energy-efficiency improvements.

HIGH. Room is in full sun, doesn’t have low-e windows, windows are south-facing, and your home has below average building tightness and above average occupancy.

How do I know? You probably fall into this category if your home is older, was built to the standards of the year of construction, and is in need of some comfort and energy-efficiency improvements.

For more information see: www.getenergysmart.org.

SAVE MONEY ON YOUR ENERGY BILL THIS SUMMER

Making a few small changes to your daily routine can add up to be savings on your energy bill this summer.

Select ENERGY STAR products when buying new or replacing old appliances. Whether you’re in the market for a room air conditioner (RAC), central air conditioner (CAC), clothes washer, or other appliances or lighting, make sure it has the Energy Star® label. Learn more about Energy Star® products at http://www.getenergysmart.org.

Change is good. Replacing a 15-year-old room air conditioner with a new Energy Star® model could save you up to $56 a year on your electric bill. (See information on page 6.)

Check filters monthly and replace following manufacturers instructions. A dirty filter can increase energy costs and damage your RAC, leading to early failure.
SAVE MONEY ON YOUR ENERGY BILL THIS SUMMER
(continued from page 7)

The right temperature at the right time. Use a programmable thermostat and set the temperature at the level you need it, when you need it. They cost about $25 and will lead to instant savings on energy bills. And remember that by setting your air-conditioning thermostat 78 degrees or higher during the cooling season is the smart way to stay cool. Each degree above 75 degrees saves you 3% of the energy used to cool your home.

Close blinds or shades on sunny windows during the hottest part of summer days, and take advantage of the natural ventilation when conditions permit, especially during cool morning or evening hours.

Insulate your home, particularly in the attic. Not only is this spot usually the easiest to insulate, but it’s also where you’ll see the greatest energy-saving benefit. By insulating the attic, you’ll keep the heat from filtering through the roof and into the rest of your house.

Use major appliances during off-peak hours. Make sure to run your clothes washer and dishwasher during mornings, late nights, and weekends, whenever possible.

Source: www.getenergysmart.com

To help you enjoy your summer, here are some checkpoints for safe grilling the next time you fire up the grill.

GRILL IT SAFELY

Shopping

✔ When shopping, choose meat and poultry last, and don’t put them in the trunk. The temperature there is too hot and bacteria will grow rapidly. Make the grocery store your last stop - meat and poultry should not be out of refrigeration more than 2 hours or 1 hour in warm weather above 90°F. If meat and poultry set out too long, bacteria can produce toxins that can cause illness and stay active even during cooking.

✔ Refrigerate meat and poultry immediately upon arriving home. Always store raw meat and poultry below other foods to prevent possible cross contamination from their dripping. Keep your refrigerator at 40°F.

✔ Purchase ground meat or poultry no more than a day or two before you plan to grill it.

Preparation

✔ Completely thaw meat and poultry in the refrigerator or just prior to cooking in a microwave. Frozen foods do not grill evenly and may be unsafe. Never defrost on the counter - bacteria will begin to grow. It takes about 24 hours to thaw 5 pounds of meat in the refrigerator.

✔ Marinate meat and poultry in the refrigerator. Sauce can be brushed on these foods while cooking, but never use the same sauce after cooking that has touched the raw product.

(continued on page 9)
Clean up juice spills immediately so a raw product does not get on a cooked product or on foods that won’t be cooked. Juice spills should be cleaned with a paper towel or a clean dishcloth. Toss the paper towel or launder the dishcloth in hot soapy water before using it again.

Unwashed hands are a prime cause of food-borne illness. Whenever possible, wash your hands with warm, soapy water for 20 seconds before handling food. When eating away from home, pack disposable wipes for cleaning hands if no handwashing facilities are available.

Transporting

Transport meat and poultry to a picnic site in a cooler kept cold with ice or frozen gel packs. Pack food and cooler immediately before leaving home. Avoid frequently opening the cooler.

Keep cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter at the picnic site. Remove at one time only the amount of food that will fit on the grill. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits and vegetables.

Grilling

Heat the grill to kill microorganisms before placing meat or poultry on it.

Cook ground beef patties to 160°F. The only way to accurately determine doneness is with an instant-read thermometer. The color alone cannot be used to assure a hamburger has been properly cooked. The thermometer should penetrate the thickest part of the hamburger. Insert the thermometer from the side about 2 to 3 inches so it reaches the center of the patty. Unless a food thermometer was used to verify the temperature, do not eat a ground beef patty that is pink or red in the middle.

While the U.S. Department of Agriculture recommends ground meats should be heated to 160°F to kill microorganisms, the temperature for a steak can be 145°F for “medium rare.” A “medium” steak is cooked to 160°F and a “well done” steak is cooked to 170°F. Use tongs or spatula to turn steaks rather than a fork which punctures the meat and introduces bacteria into the interior of the meat.

Poultry should be cooked to 165°F. When poultry is done cooking, juices will run clear with no pink when you cut into the meat.

Cook meat and poultry completely at the picnic site. Partial cooking of foods ahead of time allows bacteria to survive and multiply to the point that subsequent cooking may not destroy them.

Use a separate clean tongs or spatula for removing meat or poultry from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.

Discard any food left out for more than two hours or one hour if the temperature is above 90°F. When in doubt, throw it out!

Source: University of Nebraska, Lincoln June 2006
Some email users have lost money to bogus offers that arrived as spam in their in-box. Con artists are very cunning; they know how to make their claims seem legitimate. Some spam messages ask for your business, others invite you to a website with a detailed pitch. Either way, these tips can help you avoid spam scams:

- **Protect your personal information.** Share credit card or other personal information only when you're buying from a company you know and trust.

- **Know who you're dealing with.** Don't do business with any company that won't provide its name, street address, and telephone number.

- **Take your time.** Resist any urge to "act now" despite the offer and the terms. Once you turn over your money, you may never get it back.

- **Read the small print.** Get all promises in writing and review them carefully before you make a payment or sign a contract.

- **Never pay for a “free” gift.** Disregard any offer that asks you to pay for a gift or prize. If it's free or a gift, you shouldn't have to pay for it. Free means free.

Many Internet Service Providers and manufacturers offer filtering software to limit the spam in their users' email inboxes. In addition, some old-fashioned ‘filter tips’ can help you save time and money by avoiding scams pitched in email. OnGuard Online wants computer users to screen spam for scams, send unwanted spam on to the appropriate enforcement authorities, and then hit delete. Here's how to spot some common spam scams:

**Work-at-Home Scams**

**The Bait:** Advertisements that promise steady income for minimal labor — in medical claims processing, envelope-stuffing, craft assembly work, or other jobs. The ads use similar come-ons: Fast cash. Minimal work. No risk. And the advantage of working from home when it's convenient for you.

**The Catch:** The ads don't say you may have to work many hours without pay, or pay hidden costs to place newspaper ads, make photocopies, or buy supplies, software, or equipment to do the job. Once you put in your own time and money, you're likely to find promoters who refuse to pay you, claiming that your work isn't up to their “quality standards.”

**Your Safety Net:** The FTC has yet to find anyone who has gotten rich stuffing envelopes or assembling magnets at home. Legitimate work-at-home business promoters should tell you — in writing — exactly what's involved in the program they're selling. Before you commit any money, find out what tasks you will have to perform, whether you will be paid a salary or work on commission, who will pay you, when you will get your first paycheck, the total cost of the program — including supplies, equipment and membership fees — and what you will get for your money. Can you verify information from current workers? Be aware of "shills," people who are paid to lie and give you every reason to pay for work. Get professional advice from a lawyer, an accountant, a financial advisor, or another expert if you need it, and check out the company with your local consumer protection agency, state Attorney General and the Better Business Bureau, not only where the company is located, but also where you live.

**Foreign Lotteries**

**The Bait:** Emails boasting enticing odds in foreign lotteries. You may even get a message claiming you've already won! You just have to pay to get your prize or collect your winnings.
The Catch: Most promotions for foreign lotteries are phony. Participating in a foreign lottery violates U.S. law. The scammers will keep any money you send for “taxes” or fees. In addition, lottery hustlers use victims’ bank account numbers to make unauthorized withdrawals or their credit card numbers to run up additional charges.

Your Safety Net: Skip these offers. Don’t send money now on the promise of a pay-off later.

Debt Relief

The Bait: Emails touting a way you can consolidate your bills into one monthly payment without borrowing; stop credit harassment, foreclosures, repossessions, tax levies and garnishments; or wipe out your debts.

The Catch: These offers often involve bankruptcy proceedings, but rarely say so. While bankruptcy is one way to deal with serious financial problems, it’s generally considered the option of last resort. The reason: it has a long-term negative impact on your creditworthiness. A bankruptcy stays on your credit report for 10 years, and can hinder your ability to get credit, a job, insurance, or even a place to live. To top it off, you will likely be responsible for attorneys’ fees for bankruptcy proceedings.

Your Safety Net: Read between the lines when looking at these emails. Before resorting to bankruptcy, talk with your creditors about arranging a modified payment plan, contact a credit counseling service to help you develop a debt repayment plan, or carefully consider a second mortgage or home equity line of credit. One caution: While a home loan may allow you to consolidate your debt, it also requires your home as collateral. If you can't make the payments, you could lose your home.

Investment Schemes

The Bait: Emails touting “investments” that promise high rates of return with little or no risk. One version seeks investors to help form an offshore bank. Others are vague about the nature of the investment, and stress the rates of return. Promoters hype their high-level financial connections; the fact that they're privy to inside information; that they'll guarantee the investment; or that they'll buy it back. To close the deal, they often serve up phony statistics, misrepresent the significance of a current event, or stress the unique quality of their offering.

The Catch: Many unsolicited schemes are a good investment for the promoters, but not for participants. Promoters of fraudulent investments operate a particular scam for a short time, close down before they can be detected, and quickly spend the money they take in. Often, they reopen under another name, selling another investment scam.

Your Safety Net: Take your time in evaluating the legitimacy of an offer: The higher the promised return, the higher the risk. Don't let a promoter pressure you into committing to an investment before you are certain it's legitimate. Hire your own attorney or an accountant to take a look at any investment offer, too.

Con artists are clever and cunning, constantly hatching new variations on age-old scams. Still, skeptical consumers can spot questionable or unsavory promotions in email offers. Should you receive an email that you think may be fraudulent, forward it to the FTC at spam@uce.gov, hit delete, and smile. You'll be doing your part to help put a scam artist out of work.

Source: http://onguardonline.gov
PREPARING FOR POWER OUTAGES

Summer brings with it inclement weather such as hurricanes, tornadoes, and severe thunderstorms, often resulting in power outages. Don’t be caught off guard by these outages. Plan ahead and be prepared so that you can save the food in your refrigerator and freezer, and maintain the safety and quality of it.

In preparation for bad weather, fill freezer bags with ice to make ice packs or purchase freezer-pack inserts. Have coolers available and easily accessible. Styrofoam ones work great. Make sure you have a calibrated food thermometer for checking the temperature of your potentially hazardous food. Find out now where to purchase blocks of ice or dry ice. Don’t wait until the emergency strikes to know if dry ice is even available in your community. Also, turn refrigerators and freezers to the coldest settings before an expected storm.

When the power goes out, unplug the freezer and refrigerator, as well as other appliances, to protect them from electricity surges when power returns. Make sure everyone in your household knows not to open the refrigerator or freezer doors. Keeping the doors closed will keep the food cold for a longer period of time. Wrap the refrigerator/freezer in blankets, making sure they don’t touch the compressor, to create extra insulation. If it seems that the power will be off for more than 2 to 4 hours, re-pack refrigerated items into coolers with plenty of ice.

Items in the freezer potentially can stay frozen for 2 to 4 days, depending on the size of the freezer, how full it is, and how well insulated it is. A full freezer that had been operating at 0°F will keep foods frozen for about 48 hours if the doors remain closed; a half-full one can only be expected to keep food frozen for a maximum of 24 hours. For extended power outages use blocks of dry ice in the freezer. A fifty pound block of dry ice will keep the contents of a full 18 cubic foot freezer frozen for 2 days. Remember to wear gloves or use tongs when handling dry ice.

When the power does return, check the internal temperatures of all of your perishable foods with a calibrated food thermometer. Discard any perishable food that has been above 40°F for more than 2 hours.

Preparing and planning for severe weather can help you to save the foods that are in your refrigerator and freezer and ensure that they are safe for consumption.

For more information:

- Preparing an Emergency Food Supply: Short Term Food Storage http://www.fcs.uga.edu/pubs/current/FDNS-E-34-2.html

Source: National Center for Home Food Preservation
NO KIDS ON MOWERS!

The Outdoor Power Equipment Institute’s (OPEI) Education and Research Foundation has issued a safety statement warning against children on riding mowers. Giving a child a ride on a mower, even with the blades off, sends the wrong message: that the mower is a fun ride and not a machine with rotating blades that may cause serious injuries.

Riding mower accidents can be prevented. The OPEI Foundation recommends the following safety steps for all riding mower operators:

NEVER give a child a ride on a riding mower, even with the blades turned off. After being given a ride, a child may run out for another one when you are mowing and you may not hear or see the child. They may slip and fall into the of a mower, dart out from behind an object or be playing behind the mower, unseen by you. These situations can lead to serious life-altering accidents.

Tell children that riding mowers are potentially dangerous machines, not toys.

When using a riding mower, children should be inside, under adult supervision.

∇ Make a family safety rule. When they can hear a mower running, they have to be inside and stay there.
∇ Look down and behind you before and while backing up.
∇ Stop mowing and turn off the engine if children or others are near.
∇ Store and lock riding mower and keys away from children.
∇ Do not allow a child to play on or around a riding mower.

Remember: the blades of a riding mower rotate at 200 miles per hour. Just as a person wouldn’t put a hand into an operating food processor, a person should keep children away from a riding mower to help prevent accidents.

For more information about riding mower and other outdoor power equipment safety, visit the OPEI Foundation web site: http://opei.org/foundation

Source: Extension Connection, CCE Delaware County, May 06

LIGHTNING PRECAUTIONS

With hot summer temperatures comes the increased risk of thunder and lightning storms. Lightning reportedly kills an average of 67 people each year in the United States.

Follow these tips to protect yourself and your family from a lightening strike.

✔ When you see lightning, count the time until you hear thunder. If that time is 30 seconds or less, the thunderstorm is within 6 miles and is dangerous. Seek shelter immediately.
✔ Do not stand under or next to a tree. If you cannot get to an indoor location, crouch in the open, keeping twice as far from a tree as it is tall.
✔ If you are with a group of people outdoors, keep several yards distance from each other. Unless well grounded, open pavilions or other small shelters will not provide adequate protection.

(continued on page 14)
TIPS FOR ORGANIZING

Summer is a time for vacations, for afternoons at the pool, for evenings under the stars. But, as relaxed as summer sounds, it's a time when we're surrounded by stuff – sports stuff, pool stuff, picnic stuff, patio stuff. Keeping it all organized means we don't have to spend precious time looking for it, repairing it, or even replacing it.

1. Store frequently used cleaning items in a bucket or other take-along container so you don't have to go hunting for them.

2. Evaluate the locations of your cleaning supplies. A duplicate set stored someplace near the grill, on the patio, in the garage or the garden shed could make outdoor cleaning and entertaining a whole lot easier. If there are pets and small children around, be sure these supplies are stored securely and out of their reach.

3. Take stock of your refrigerator and make it safe for summer snacking. Throw out anything old or unidentifiable. Check the expiration dates on ketchup, salad dressing and other condiments.

4. Sort and store things that don't get used in the summer months. This could include school supplies, winter sports gear, scarves and jackets that are cluttering the back hall.

5. A small, hand-held cordless vacuum makes quick pickup a snap. It's especially easy to use outdoors on decks, patios and balconies.

6. Constant in-and-out traffic can be hard on floors and carpets. Throw rugs in high traffic areas will make quick cleaning as easy as shaking out a rug.

7. Keep a steady supply of hand soap at every sink. Keep hand wipes and hand sanitizers in outdoor entertainment locations. Encourage your family to clean their hands regularly.

8. Plan a yard sale. Encourage your kids to sort out and contribute unwanted stuff. Letting them share in the proceeds can be a great motivator.

Source: http://www.cleaning101.com/cleaningmatters/newsletter/cleanideas.cfm

LIGHTNING PRECAUTIONS (continued from page 13)

- Typical surge protectors will not protect equipment from a lightning strike. During a storm, appliances and electronic equipment, including antenna connections should be unplugged to the extent possible.

- Lightning can enter a building through a direct strike, through wires or pipes that extend outside the structure, or through electrical, phone, plumbing and radio/television antennas. If you are indoors, avoid contact with corded phones and electrical equipment. Also avoid contact with plumbing, and do not lie or lean on concrete floors and walls. Stay away from windows and doors, and stay off porches.

If someone is struck by lightning, call 911 or other emergency services. Check the victim's breathing and pulse, and begin CPR if necessary and if you are trained to do so. The victim may have burns where lightning entered and left the body, broken bones, loss of hearing or eyesight, and other nervous system damage.

Source: Connecting Lewis County, July-Aug 2005
TRAVELING WITH CHILDREN

All of us have heard the familiar phrase, “Are we there yet?” from children who are bored from sitting for what they perceive as an endless amount of time in a vehicle, or are so excited about their destination they just can’t wait!

Parents often overlook travel time as an opportunity to interact with their child(ren). What better opportunity to spend some quality time? Here are some ideas:

♦ **Bubbles:** Keep some bubbles in a non-spill container in the car, and blow some for baby (even the other children like this!) when someone else is doing the driving. This calms a baby right down. Tiny bubble containers sold for weddings are fun too.

♦ **Read a good picture book:** Even very young babies will respond to a good book. You don’t have to read the entire story (especially if you yourself are prone to car sickness) simply hearing your voice as you point to objects in the pictures in the book will occupy the time.

♦ **Peek-a-boo:** This classic game is perfect for the car.

♦ **This Little Piggy:** As long as you’re stuck in the car, might as well kick your shoes off!

♦ **Where is your nose???:** An older baby can practice learning all the parts of the body. Ask them to show you where they are starting with their nose. Then help them find their head, mouth, cheek, ear, chin, hand, foot, tummy, etc.

♦ **Surprise packages:** Prepare ahead with paper bags of items to be given out during your trip. It takes a little bit of preparation to do this but it really helps young children. In each bag put a wrapped item (usually a small toy). Then in some of the surprise packages you can add juice or a snack, stickers and a piece of paper, or something pertaining to the trip you can talk about.

♦ **Pipe cleaners:** Pack a new bag of multi colored pipe cleaners and let their imaginations run wild!

♦ **Cookie sheet magnet board:** Use an old cookie sheet and a collection of ABC magnets. Children can work on putting the letters in order or identify beginning sounds.

♦ **Name the clouds:** What do they look like?? Find as many different shapes as you can.

For more information see: http://missourifamilies.org/FEATURES/parentingarticles/parenting31.htm

Source: Connecting Lewis County, July-Aug 2005
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