Word to Live By

Contentment is not the fulfillment of what you want, but the realization of what you already have.

Success in life comes not from holding a good hand... but in playing a poor hand well.

Smile! It cost nothing, but gives much. It enriches those who receive without making poor those who give.

Positive attitudes create a chain reaction of positive thoughts.
Answer Corner

**Send Summer Soils Packing**

Summer is a time when everyone just wants to kick back and relax. So, while taking care of soil and grime "in the moment" may seem a bit contrary to how you want to approach summer, fast attention to the grime gremlins can be a real time-saver.

**Grill Grime:** Always check the owner's manual to learn more about cleaning your grill. A warm grill is far easier to clean than a cold one. So, once you're finished cooking, let it cool until slightly warm. Then take a small wire brush and scrape off any food particles that remain on the cooking grates. If there is still gunk on the grates and they are removable and your sink is large enough, soak them in warm water with soap. After they've soaked for a while, remove them from the water and brush clean with a wire brush. Let them air-dry and return them to the grill.

**Pool Toys:** While the chlorine in the pool may do a good job of keeping toys clean, a build-up of algae and mold can develop simply from being in a wet, damp environment. Make a solution of 3/4 cup of chlorine bleach to one gallon of water and scrub the toys. Because the bleach solution can damage your lawn, work on a concrete surface. Wear old clothes to avoid bleach damage on your garments, and rubber gloves to protect your hands. Goggles or sunglasses are a good idea so there's no chance of splashing bleach solution in your eyes. Once the toys have been cleaned, leave them wet for 5 minutes, then rinse the toys and hose down the work area. Place the smaller clean toys in a mesh bag and hang the bag and the larger toys on your clothesline or fence to air dry.

**Outdoor Cushions:** Although fabrics designed for outdoor use are generally soil-and stain-repellent, this doesn't mean they are 100% impervious to spots and spills. Since treatment is dependent upon the fiber content of your cushions, check the care label and, if necessary, contact the manufacturer. Many manufacturers of outdoor fabrics have information on their websites about how to properly care for their fabrics.

**Sandy Beach Chairs:** The hose is ultimately your best friend. Even if it's possible to brush off most of the sand, little particles are often left behind. So, give the chair a good brushing or a vigorous shake and then hose it down. You can wipe it dry with a soft cloth or—even easier—leave it outside to dry. Make sure it is thoroughly dry before putting it away so there's no chance of mold or rust vacationing on your chair.

**Suntan Lotion:** Suntan lotion can get on clothes, bathing suits, canvas beach chairs, and poolside cushions. If the item can be laundered, treat it with a prewash stain remover and then launder with the hottest water that's safe for the fabric. If it can't be laundered, check the manufacturer's care instructions for the fabric.

**Bathing Suits:** While it's tempting to simply hang bathing suits out to dry because they will just be used again, left-in chlorine and suntan lotion can cause the fabric and the elastic to deteriorate before their time. Minimal care is to thoroughly rinse them before hanging them out to dry; laundering is preferable. Check the swimsuit's care label for laundering instructions.

**Stomp Out Picnic Stains:** Whether it's a backyard barbecue, a picnic on the beach, or a family reunion, some foods are recurrent visitors on the summer menu. Many are "eat-with-your-hands" fare, which compounds the opportunities for food stains. For specific treatment tips go to: www.cleaninginstitute.org/clean_living/cm_july aug2010_clean_ideas.aspx

Source: Cleaning Matters July/August 2011
UPCOMING PROGRAMS

“Food Preservation 101”

These workshops will include basic home canning and freezing tips.

When/Where: Wednesday, August 8, 2012
5:00 - 6:30 p.m.
St. Joseph’s Church
31 N Helmer Ave, Dolgeville

or

Tuesday, August 14, 2012
6:30 - 8:00 p.m.
Cornell Cooperative Extension of Herkimer County
5657 State Route 5, Herkimer

Instructors: Linda Robbins and Mary Ann Walrath
Cornell Cooperative Extension of Herkimer County

Fee: No charge, but please call to register*

To Register: Call Cornell Cooperative Extension at (315) 866-7920
(after hours, press 0 to leave message on general delivery voice-mail box)

*Note that class size will be limited, so be sure to call early if you are interested.

Mark Your Calendar!

Herkimer County Fair
August 14-19 at the fairgrounds in Frankfort
http://herkimercountyfair.org/

Garlic & Herb Festival
September 8 at Canal Place in Little Falls
http://mvghf.com/

Central New York State Farm Progress Show
September 12 & 13 at Len-Lo Farms in Mohawk
http://cnyfarmprogressshow.net/
**Ideas from Nutrition Staff**

**Berry Freezer Jam**

1 cup crushed fresh strawberries  
1 cup crushed fresh raspberries  
1 cup sugar  
1 package (1.75 oz) powdered pectin  
1/2 cup water

Combine strawberries & sugar, and let stand 20 minutes. Combine pectin and water in a small saucepan. Bring to a boil. Boil 1 minute, stirring constantly. Pour pectin mixture over strawberry mixture, and stir 3 minutes. Immediately pour jam into jelly jars or frozen food containers, leaving 1/2 inch head space. Cover at once with lids. Cool to room temp. Refrigerate up to 1 week or freeze up to 1 year. Makes approx. 3 cups.

Use this jam to top yogurt, oatmeal or whole grain toast.

Berries are a special treat of summer. They are also a benefit to your health:

- Their potassium helps keep your blood pressure low.
- They contain fiber for a healthier heart. For every cup you eat, you take in 2-3 grams of fiber.
- Plus they have phytochemicals that may help lower the risk of cancer.
- They are an excellent diversion for a sweet tooth. Consider that 1 cup of strawberries is just 50 calories while 2 cookies, (the same weight serving) contain 160 calories and 8 grams of fat.

- Berries help you get to 4.5 cups of fruits and vegetables each day because when you have them in the house you want to eat them.

**Here are some treats to try:**

**Berry Whipped Cream Cup**

Whipped cream can be a diet ally if you use it to eat more fresh fruit. Two tablespoons of light whipped cream from a can contains just 15 calories. Imagine a ping pong ball when you are spraying the can. Use it to top berries for an elegant dessert that is made in minutes.

**Berry Crunch**

Slice fresh berries and top them with crunched up whole grain cereal. It will look like a fancy streusel topping.

**Berry Smoothie**

When berries get a little too ripe, freeze them. Blend with skim milk and vanilla; and you have a wonderful milk shake that is a cool treat for summer. PLUS you get one more serving of fruit and milk for the day.

*Source: foodandhealth.com*
EDIBLE 'STOP SIGNS' IN FOOD COULD HELP CONTROL OVEREATING

Once you pop the top of a tube of potato chips, it can be hard to stop munching its contents. But Cornell researchers may have found a novel way to help: Add edible serving size markers that act as subconscious stop signs.

As part of an experiment carried out on two groups of college students (98 students total) while they were watching video clips in class, researchers from Cornell's Food and Brand Lab served tubes of Lays Stackables, some of which contained chips dyed red.

In the first study of the research, which was published online May 2012 in Health Psychology, a journal of the American Psychological Association, the red chips were interspersed at intervals designating one suggested serving size (seven chips) or two serving sizes (14 chips); in the second study, this was changed to five and 10 chips.

Unaware of why some of the chips were red, the students who were served those tubes of chips nonetheless consumed about 50 percent less than their peers: 20 and 24 chips on average for the seven-chip and 14-chip segmented tubes, respectively, compared with 45 chips in the control group; 14 and 16 chips for the five-chip and 10-chip segmented tubes, compared with 35 chips in the control group.

They were also better able to estimate how many chips they had eaten. Those in the control groups underestimated the amount of chips they had consumed by about 13 chips. Those in the "segmented" groups were able to guess within one chip.

"People generally eat what is put in front of them if it is palatable," said Brian Wansink, Cornell Food and Brand Lab director. "An increasing amount of research suggests that some people use visual indication -- such as a clean plate or bottom of a bowl -- to tell them when to stop eating."

"By inserting visual markers in a snack food package, we may be helping them to monitor how much they are eating and interrupt their semiautomated eating habits," he added.

"The effect demonstrated and replicated in these studies stands as perhaps the largest practicable procedure to decrease food intake in the literature," Wansink said. "Marking modest portion sizes promises to be an effective strategy in the attempt to reduce food intake and obesity." He noted that the experiment reduced caloric intake among participants by about 250 calories.

"Very modest reductions in intake produced by environmental changes can, when cumulated, lead to substantial weight loss," Wansink said. "These studies could have major public health significance."

Wansink said further studies are needed among larger, more diverse groups to determine in what context segmentation cues work; exactly why they work; and whether people will compensate for the reduction in food intake by eating more later.

Source: Cornell Chronicle Online 5/14/12
**SODA FACTS: SIZE MATTERS**

New York City’s Mayor Bloomberg is proposing a ban on oversized sugary drinks. As part of his strategy to combat obesity, Bloomberg hopes to limit that sugary beverages to 16 ounces or less. This ban would take effect in movie theaters, concession stands, and restaurants, leaving grocery and convenience stores free to sell any sizes they like.

Bloomberg insists that these measures will be a good way to fight obesity, especially considering the rapid rise in portion sizes and the expansion of America’s waistline. First lady Michelle Obama supports the notion, and Bloomberg’s steps do align quite well with MyPlate’s call to control portion size and limit consumption of sugary drinks. What do you think? Is controlling drink portions a good way to combat obesity?

In 2003, Bloomberg banned the sale of sugary drinks in New York’s schools. According to the New York Health Commissioner, there has since been a 5% drop in the obesity rate for the children in New York’s public schools.

**Think Before You Drink:** The “Double Gulp” from 7-Eleven holds 64 ounces of fluid. If you fill it with Coca-Cola, it will contain over 700 calories.

**Low-Calorie Alternatives**
Yes, those giant servings of soda pack a calorie wallop, but that doesn’t mean you should avoid all beverages under all conditions. Replace those sugary drinks with more healthful alternatives.

Not sure where to start? Try the ideas below...

- Water
- Unsweetened iced tea
- Diet soda
- Unsweetened herbal tea
- Black coffee
- Unsweetened iced coffee

**Drink Size Guide**
How much soda is in that large beverage? Review the drink size guide below for a rundown of calorie and sugar content as a serving of Coca-Cola expands to epic proportions.

<table>
<thead>
<tr>
<th>Can of Soda</th>
<th>Size (oz)</th>
<th>Calories</th>
<th>Sugar (grams)</th>
<th>Teaspoons of sugar*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Size</td>
<td>16</td>
<td>150</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>Small</td>
<td>16</td>
<td>150</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>Medium</td>
<td>21</td>
<td>210</td>
<td>58</td>
<td>15</td>
</tr>
<tr>
<td>Large</td>
<td>32</td>
<td>310</td>
<td>86</td>
<td>22</td>
</tr>
<tr>
<td>Extra-Large</td>
<td>40</td>
<td>380</td>
<td>102</td>
<td>26</td>
</tr>
</tbody>
</table>

*Note that 4 grams of sugar = 1 teaspoon of sugar

For More Information:

Source: Communicating Food for Health July 2012
Summer Produce
What You Can Do To Keep Fruits and Vegetables Safe!

Fruits and vegetables are an important part of every diet. However, harmful bacteria may contaminate fruits and vegetables, which can lead to food poisoning, even if the food is labeled organic. As you enjoy raw produce and fresh-squeezed fruit and vegetable juices, follow these safe handling tips to help protect yourself and your family.

Buying

When possible, buy in-season produce. Summer is the perfect time to enjoy in-season fruits (berries, peaches and watermelon) and vegetables (corn, cucumbers and squash).

- Buy only the amount of produce you will use within one week.
- Avoid produce with mold, bruises or cuts.
- Buy loose produce rather than packaged for better control of your selection.
- If you go to a farmers’ market, get an early start and avoid produce that has been sitting out for hours.
- Not satisfied with your grocer’s selection? Ask a produce manager if more options are available.

Storing

Some items like bananas and potatoes do not require refrigeration. Produce that needs refrigeration should be stored below 40°F within two hours of purchase.

- If peeling or cutting produce, refrigerate within two hours.
- Throw away leftover, cut produce that has been sitting at room temperature for more than two hours, or one hour if in weather above 90°F.
- Discard cooked vegetables after three to four days.
- For information on preserving fresh produce, go to www.cce.cornell.edu/herkimer/2009/04/02/food-preservation-resources

Preparing

Make it a habit to wash all fruits and vegetables with cool tap water before eating and dry with a clean cloth or paper towel to eliminate bacteria.

- Wash produce before you peel to make sure dirt and bacteria aren’t transferred from the knife to your fruits or vegetables.
- Using soap or produce wash is not necessary. For firm produce such as melons or cucumbers, scrub with a clean produce brush.
- Cut away damaged or bruised areas before preparing or eating. Remove outer leaves of lettuce.
- Use two separate cutting boards to avoid cross-contamination: one for raw meats and one for fruits, vegetables and other ready-to-eat foods. Color-coded cutting boards can help you remember which is which.
- Cook raw sprouts (alfalfa, clover, etc.) to significantly reduce the risk of food poisoning.
DEALING WITH TOUGH FINANCIAL TIMES

If times are tough for you and your family, there are tools and information available to get back on your feet. Government resources that will help you with unemployment, jobs, and training; housing; debt and credit; family issues; and health care and insurance can be found at: http://www.usa.gov/citizen/topics/family/help-for-difficult-financial-times.shtml


Help Your Family Save Money

You can help your family save money by remembering to do little things like turning off the lights and clipping coupons. For more information go to: http://kids.usa.gov/comics/index.shtml

How to Find a Trusted Credit Counseling Agency Near You

Did you know credit counseling agencies can help you create a plan to tackle your debt and rebuild your credit?

You can find a trusted credit counseling agency near you at the National Foundation for Credit Counseling (NFCC) website at http://www.nfcc.org/. You will be able to discuss your financial options with an agency, but remember, no one can remove negative information from your credit report. Companies that offer to do this are often running scams.

The only way to repair your credit is to consistently make your payments on time. However, if there is an error on your credit report, you can file a dispute with the major credit agencies to have the information removed.

Learn more about credit counseling and how you can rebuild your credit at http://1.usa.gov/p2uQKX.

Bankruptcy Process Explained

Declaring personal bankruptcy is often a last resort option for debt management. If you declare bankruptcy, you are granted a court order saying you don’t have to pay off certain debts. However, the effects of filing for bankruptcy are long-lasting. It stays on your credit report for 10 years and can make it hard to get a line of credit, buy a home, or sometimes even get a job.

The U.S. Courts put together a video series explaining the bankruptcy process, the relief it offers and how to find legal help you might need. If you’re considering filing for bankruptcy, these videos could help you understand what’s involved. To find these videos, go to www.youtube.com/playlist?list=PL57A4168A81D34179&feature=plcp

Learn more about what's involved in filing for bankruptcy at http://1.usa.gov/oqKNZU.

Consumer Action Handbook

If you're feeling uncertain about your finances, the Consumer Action Handbook is the place to find answers to your questions about credit cards, bank accounts and managing debt. Learn to create a smart money management plan, get a handle on your finances, and successfully file a complaint with a company.

You can order FREE copies of the Consumer Action Handbook or you can read the handbook online as a PDF at http://www.usa.gov/consumer-action-handbook/order-form.shtml

(continued on page 9)
Dealing with Stress

Financial struggles can put a strain on your mental health. Stress about job security; paying the bills; putting food on the table; and making ends meet for your family can build over time to unhealthy levels.

This stress can lead to depression, anxiety, substance abuse, and more.

If you notice signs of increasing stress, like excessive fatigue, apathy or increased irritability, you can take steps to manage your stress levels. Try to keep things in perspective and recognize the good things you have going on in your life.

Participate in physical activity to blow off steam and release extra stress.

Develop new skills that could help you land a new job.

However, if you or someone you know seems desperate and may be considering suicide or other forms of self harm, seek help immediately by calling 1-800-273-TALK (8255).

Learn more about how to deal with stress from tough economic times at http://www.samhsa.gov/economy/

To learn about other free resources to help you no matter what your financial situation, sign up for the e-mail list at https://public.govdelivery.com/accounts/USAGOV/subscriber/new?topic_id=USAGOV_261 or visit http://www.usa.gov/citizen/topics/family/help-for-difficult-financial-times.shtml

Source: USA.gov

DOMAIN MALWARE: IS YOUR COMPUTER INFECTED?

DNS - Domain Name System - is an Internet service that converts user-friendly domain names, such as www.fbi.gov, into numerical addresses that allow computers to talk to each other. Without DNS and the DNS servers operated by Internet service providers, computers would not be able to browse web sites, send e-mail, or connect to any Internet services.

Criminals have infected millions of computers around the world with malware called DNSChanger which allows them to control DNS servers. As a result, the cyber thieves have forced unsuspecting users to visit fraudulent websites and made their computers vulnerable to other kinds of malicious software.

Check your computer’s DNS settings at https://forms.fbi.gov/check-to-see-if-your-computer-is-using-rogue-DNS. If you’re a victim of the DNSChanger malware, you can register with the FBI at https://forms.fbi.gov/dnsmalware


Source: USA.gov
What is BMI?
Body mass index (BMI) is a body measurement based on height and weight. It is not perfect. In fact, it may overestimate body fat in athletes and others who have a muscular build, while underestimating body fat in in older people and others who have lost muscle mass. However, it is a great general guide. BMI is a good indicator of people’s risk for a variety of diseases, since it provides an estimate of their total body fat.

How do I calculate my BMI?
There are three ways to figure out your BMI.

- Use a BMI chart - the one featured at http://www.nhlbi.nih.gov/ is very useful.
- Use an online BMI calculator. There are many choices, but we recommend this website www.nhlbisupport.com/bmi.
- Use this formula to calculate your BMI right now.

Step 1 Multiply weight (in pounds) by 703
______ pounds X 703 = ________

Step 2 Divide step 1’s answer by height
______ ÷ height (inches) ______ = ______

Step 3 Divide step 2’s answer by height
______ ÷ height (inches) ______ = BMI

For example, someone who weighs 180 pounds and is 5’5” tall (65 inches) would calculate:

180 pounds X 703 = 126,540
126,540 ÷ 65 = 1946
1946 ÷ 65 = 29.9 BMI

What do the numbers mean?
Use this chart to figure out your BMI category:

<table>
<thead>
<tr>
<th>Category</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Below 18.5</td>
</tr>
<tr>
<td>Normal</td>
<td>18.5—24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0—29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>30.0 or above</td>
</tr>
</tbody>
</table>

Heed the Warnings!
If your BMI is above 24.9, then you should lose weight in order to lower it. You might not be able to get to 24.9 or less in a week or a month, but, over time, you will see positive changes to your health and the way you feel.

How do I lower my BMI?
Most people who need to lose weight must do so by increasing their activity level while decreasing the number of calories they consume.

- Do not decrease calories by going on a crash diet. Instead, adopt a healthful eating plan that is consistent with MyPlate and the Dietary Guidelines for Americans. See choosemyplate.gov for more information.
- By making healthier eating choices and controlling portion sizes, you could eat far fewer calories without even realizing it.
- If you start an exercise plan gradually, you are more likely to stick to it and stay injury-free.
- Start being active in situations where you might normally sit down. Do sit ups or wall squats while watching TV; or turn off the TV and go for a walk. From there, you can work your way up to a more traditional exercise plan.

Source: Communicating Food for Health, June 2012
SEVERE SUMMER STORMS

All thunderstorms are dangerous despite the fact that they are generally localized in a small geographical region. It is important to note that every thunderstorm produces lightning, which is responsible for more deaths annually than hurricanes or tornadoes.

The National Weather Service classifies a thunderstorm as severe if it has wind gusts greater than 58 mph, hail that is 3/4 inch in diameter or produces a tornado. Severe thunderstorms can lead to flash flooding, straight-line winds of 100 to 150 mph, damaging hail and tornadoes. A typical thunderstorm is 15 miles in diameter and lasts for 20-30 minutes. On average, 100,000 thunderstorms occur in the United States each year with 10% (10,000) classified as severe.

Terms to know:

Severe storm WATCH means that severe storms are possible; and it is important to pay attention to weather reports; and be ready to find shelter if a warning is issued.

Severe storm WARNING indicates that severe weather has been reported by spotters; and there is imminent danger to life and property. Take cover immediately.

Lightning Safety:

Lightning is a major threat during a thunderstorm because it is very unpredictable; and it can strike as far as 10 miles away from the actual rainfall area. An average of 62 people are killed from lightning strikes each year, with the majority of deaths occurring to people who did not seek inside shelter during the storm. Many more injuries occur and some may result in long-term, debilitating symptoms such as memory loss, sleep disorders, attention deficits, irritability, depression and muscle spasms.

Do you know the 30/30 rule for lightning safety?

First 30: if there are 30 seconds or less between the lightning flash and hearing thunder, then the lightning is close enough to strike you -- go inside immediately. Second 30: wait 30 minutes after the last lightning flash before leaving your inside shelter area.

Resources:


Nationwide severe weather maps - University of Kentucky. State maps are easily accessible through efforts of Tom Priddy. These can be found at http://wwwagwx.ca.uky.edu/radar/Severeweather.html

NOAA Weather Radios (NWR) provide “all hazards” emergency alert messages and the receivers are recommended equipment for all homes and businesses. Find at http://www.nws.noaa.gov/nwr/

Source: New York State Disaster Education Network (NY EDEN), Cornell University, Cooperative Extension 5/30/12
Top 10 Ways to Prepare for Retirement

Financial security in retirement doesn’t just happen. It takes planning and commitment and, yes, money.

1. Start saving, keep saving, and stick to your goals
If you are already saving, whether for retirement or another goal, keep going. If you’re not saving, it’s time to get started. Start small and try to increase the amount you save each month. Make saving for retirement a priority. Devise a plan, stick to it, and set goals. Remember, it’s never too early or too late to start saving.

2. Know your retirement needs
Retirement is expensive. Experts estimate that you will need about 70 percent of your preretirement income – lower earners, 90 percent or more – to maintain your standard of living when you stop working. Take charge of your financial future. The key to a secure retirement is to plan ahead.

3. Contribute to your employer’s retirement savings plan
If your employer offers a retirement savings plan, such as a 401(k) plan, sign up and contribute all you can. Your taxes will be lower, your company may kick in more, and automatic deductions make it easy. Over time, compound interest and tax deferrals make a big difference in the amount you will accumulate. Find out about your plan. For example, how much would you need to contribute to get the full employer contribution and how long would you need to stay in the plan to get that money.

4. Learn about your employer’s pension plan
If your employer has a traditional pension plan, check to see if you are covered by the plan and understand how it works. Ask for an individual benefit statement to see what your benefit is worth. Before you change jobs, find out what will happen to your pension benefit. Learn what benefits you may have from a previous employer. Find out if you will be entitled to benefits from your spouse’s plan.

5. Consider basic investment principles
How you save can be as important as how much you save. Inflation and the type of investments you make play important roles in how much you’ll have saved at retirement. Know how your savings or pension plan is invested. Learn about your plan’s investment options and ask questions. Put your savings in different types of investments. By diversifying this way, you are more likely to reduce risk and improve return. Your investment mix may change over time depending on a number of factors such as your age, goals, and financial circumstances. Financial security and knowledge go hand in hand.

6. Don’t touch your retirement savings
If you withdraw your retirement savings now, you’ll lose principal and interest and you may lose tax benefits or have to pay withdrawal penalties. If you change jobs, leave your savings invested in your current retirement plan, or roll them over to an IRA or your new employer’s plan.

7. Ask your employer to start a plan
If your employer doesn’t offer a retirement plan, suggest that it start one. There are a number of retirement saving plan options available. Your employer may be able to set up a simplified plan that can help both you and your employer.

(continued on page 13)
8. Put money into an Individual Retirement Account
You can put up to $5,000 a year into an Individual Retirement Account (IRA); you can contribute even more if you are 50 or older. You can also start with much less. IRAs also provide tax advantages.

When you open an IRA, you have two options – a traditional IRA or a Roth IRA. The tax treatment of your contributions and withdrawals will depend on which option you select. Also, the after-tax value of your withdrawal will depend on inflation and the type of IRA you choose. IRAs can provide an easy way to save. You can set it up so that an amount is automatically deducted from your checking or savings account and deposited in the IRA.

9. Find out about your Social Security benefits
Social Security pays benefits that are on average equal to about 40 percent of what you earned before retirement. You may be able to estimate your benefit by using the retirement estimator on the Social Security Administration's website. For more information, visit their website at http://www.socialsecurity.gov/ or call 1-800-772-1213.

10. Ask Questions
While these tips are meant to point you in the right direction, you'll need more information. Read publications listed below. Talk to your employer, your bank, your union, or a financial adviser. Ask questions and make sure you understand the answers. Get practical advice and act now.

Visit the Employee Benefits Security Administration's publications website at www.dol.gov/ebsa/publications/main.html to view the following publications:
- Savings Fitness: A Guide to Your Money and Your Financial Future
- Taking The Mystery Out Of Retirement Planning
- What You Should Know About Your Retirement Plan
- Filing a Claim for Your Retirement Benefits
- Women and Retirement Savings
- Choosing a Retirement Solution for Your Small Business

Source: United States Department of Labor

“Mailinator®”

Mailinator® is a free, web-based service that provides disposable email addresses. It is intended to fight spam by giving users a temporary email address they can give out without fear of cluttering their regular inbox. There is no registration and anyone can access a particular inbox using only the email address. All mail is deleted after a few hours, and each mailbox can only hold 10 messages at a time.

The Mailinator® site has an interface similar to popular webmail services, but does not require any registration or sign up. There are no passwords: users log in using only an email address, which comes in the form “address@mailinator.com.” The service lacks any real security or privacy protection, so secure or personal information should be sent through other channels.

Mailinator® is not meant to replace traditional email services. Those who use the site can receive and forward email, but cannot compose new messages.

For more information and to use this service see: http://mailinator.com

Source: www.wisegeek.com
The 2012 “Herkimer County Local Foods Map” is intended to serve as a guide for those who want to enjoy fresh local foods. It is available at the Cornell Cooperative Extension office in East Herkimer along with other locations in Herkimer County.

There are sixty-three producers on this map along with nine Farmers’ Markets. Thank you to the farmers of Herkimer County for their cooperation in developing this map. We hope all that use this guide enjoy the food products grown in Herkimer County.

You can view a pdf of this map at our website www.cce.cornell.edu/herkimer. Just click on the link for the map at either our home page or on the Farmers’ Market page at http://blogs.cce.cornell.edu/herkimer/2009/06/18/local-farmers-markets/ For driving directions, click on the Community Walk link.

Funding for this map was provided by the NY State Department of Health Creating Healthy Places to Live, Work, and Play initiative (CHP) through Herkimer County HealthNet.

The impetus for a National Grandparents Day originated in 1970 with Marian McQuade, a housewife in West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide.

In 1978 President Jimmy Carter proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day. September was chosen for the holiday, to signify the "autumn years" of life. Today this event, begun by only a few, is observed by millions throughout the United States.

This year, Grandparents Day falls on September 9. For more information, see http://www.grandparents-day.com/
**What is the Main Cause of Stroke?**

Stroke is the third leading cause of death in the United States killing about 140,000 each year. It is also the leading cause of long-term disability. Each year, an estimated 795,000 people suffer a stroke. The risk of stroke rises with increasing age and elevated blood pressure. Older women are at a significantly increased risk of stroke relative to men, particularly if they have atrial fibrillation.¹

High blood pressure is due largely to excessive salt intake especially when accompanied by too little dietary potassium. There is clear evidence that excessive salt intake raises blood pressure and is the main reason most Americans sooner or later are diagnosed with hypertension. Each 20/10mmHg in blood pressure starting at a blood pressure of about 110/70mmHg is associated with a doubling of the risk of stroke and other cardiovascular events. The ability of the human body to rid itself of excessive dietary salt diminishes with age. However, it is wrong to assume that all the adverse effects of salt intake on the cardiovascular system are mediated by its impact on blood pressure alone. Salt toxicity has been associated with an increased risk of stroke that was independent of increased blood pressure.²

Another study examined the incidence of stroke in 2657 older New Yorkers who had their dietary sodium measured using food frequency questionnaires. Over the next 10 years they recorded 235 strokes in this group. These researchers found that the risk of stroke increased by 17% for each additional 500 mg of sodium subjects consumed daily. The 21% of subjects who consumed more than 4000 mg of sodium were 2.6 times as likely to suffer a stroke as those consuming less than 1500 mg of sodium daily. The authors stated, “The association between sodium consumption and stroke risk was independent of behavioral and vascular risk factors, including hypertension, at baseline, and was observed among those with and without hypertension and across age groups, suggesting that lowering sodium consumption can have beneficial effects on stroke risk for all.”³ Simply put a diet high in salt and low in potassium-rich foods lead to elevated blood pressure and a dramatically increased risk of stroke.

**Bottom Line:** It appears that most of the 795,000 strokes that occur each year in the USA could be avoided if all Americans limited their salt intake to no more than 1500 mg per day and ate more potassium-rich fruits and vegetables. By James J. Kenney, PhD, FACN


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