

Family and Consumer Newsletter

Yadkin County Center

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Managing Heat Illnesses

The Centers for Disease Control and Prevention urges you to take steps to avoid heat-related illness. People suffer heat-related illness when their bodies' temperature control systems overload and their bodies can no longer cool themselves.

The best defense is prevention:

- Drink more fluids (non-alcoholic), regardless of your activity level. Don't wait until you are thirsty to drink. **Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask the doctor how much you should drink while the weather is hot.**
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks because these can cause stomach cramps.
- Stay indoors and, if all possible, stay in an air-conditioned place.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- If you must be out in the heat:
 1. Try to be outdoors before noon or in the evening.
 2. Cut down on exercise.
 3. Try to rest often in shady areas.
 4. Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses, and putting on sunscreen of SPF 15 or higher.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.



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Managing Heat Illnesses— continued

Warning signs of heat exhaustion can include:

Heavy sweating	Dizziness or weakness
Paleness	A “sick stomach” feeling or vomiting
Muscle cramps	Faintness
Tiredness or weakness	



If these symptoms are severe or the person has heart problems or high blood pressure, get medical help right away. Otherwise, help the person cool off by doing these things.

- Drink cool, non-alcoholic beverages such as water
- Rest
- Take a cool sponge bath (or if can stand safely or be moved to a tub, take a cool shower or bath)
- Change to lightweight clothing
- Most importantly, move to an air-conditioned place such as a shopping mall, or local heat-relief shelter (these often include the public libraries, senior centers, or recreational buildings).

Get medical help if symptoms get worse or last more than 1 hour.

If untreated, heat exhaustion can develop into heat stroke, a very serious condition. Up to 40% of people with heat stroke may die due to brain damage, even when they get appropriate medical help.

WARNING SIGNS OF HEAT STROKE CAN INCLUDE:

A body temperature of 103 degrees or higher	Throbbing headache or dizziness
Red, hot, and dry skin	“Sick stomach” feeling
(although some victims may sweat)	Confusion or unconsciousness

If you think someone may have heat stroke, call the medical emergency phone number (911, a hospital or doctor) in your area right away. DON'T WAIT! Heat stroke is a medical emergency! These are actions you can take while you wait for help to arrive:

- Move the person to a shady area
- Use water to cool the person (for example, put the person in a tub of cool water, spray him with water from a garden hose, or sponge him off with cool water).
- Keep up your cooling efforts until the person's body temperature stays at 101-102 degrees.
- If the person can safely drink, give him non-alcoholic fluids.

Tips and Tidbits

- If you have a bumper crop of zucchini or want to take advantage of seasonal sales, shred the zucchini and freeze in self-sealing bags. Use shredded zucchini in soups or breads.
- Old herb and spice bottles with shaker tops are invaluable. Wash them well and let them dry thoroughly. Then fill them with flour, cornmeal, cinnamon sugar, confectioners' sugar, cocoa powder, or anything else you might need for sprinkling on baked goods or coated surfaces where dough will be rolled out.



Family Car Travel



Vacationing and traveling with children can be a family time full of fun and adventure. Children can quickly become bored, restless, and agitated due their need for physical movement to release pent up energy. With just a little preplanning, it is possible to keep your children happy and allow for their need to move. The National Association for Sport and Physical Education (NASPE) recommends that infants, children and youth get a minimum of 60 minutes of physical activity everyday.

1. While a jump rope cannot be used in the car, it is a life saver at rest stops and helps children participate in some vigorous physical activity for short durations.
2. By including paper, pencils, and crayons, the children can play a multitude of car games such as tic, tac, toe; hangman; and connect the dots. In addition, they can draw various things they see on the trip. Never underestimate the value of a piece of clean white paper.
3. Magnetic games are great and save many sibling fights. These games are fairly inexpensive and include such favorites as checkers, chess, and backgammon.
4. The quarter game is a low level activity that stimulates movement while still restrained in the seat belt. Call out a single activity (make a fist, flap arms like wings, point/flex the feet, etc.). The children do the activity 25 times. Call out the next activity to complete 25 times. Challenge the car occupants to create 25 different activities each to be completed 25 times.
5. Opposable Thumbs! All humans have them! Thumb wrestling can be a great activity for a car when the children crave some movement. Be sure to keep the seat belts fastened.
6. If your family is taking a long car trip, be sure to choose a motel with a swimming pool. Swimming is a great way for both you and your children to forget about sitting all day in a car.

With fuel prices so high, you may choose not to travel very far this summer. However, staying at or near home should not reduce the fun of the family experience. With little planning and creative thinking, you and your family will forget you are just in the backyard or neighborhood park.

Source: Paula Kun, National Association for Sport and Physical Education

Shingles Vaccine Advised for 60-Plus

People age 60 and older should be vaccinated against shingles, or herpes zoster, a condition often marked by debilitating chronic pain, according to a new recommendation by the US Centers for Disease Control (CDC). The CDC suggests a single dose of the zoster vaccine, Zostavax, for adults 60 years of age and older even if they have had a prior episode of shingles. The new full recommendation replaces a provisional recommendation that the CDC made in 2006, after the vaccine was licensed by the FDA. Researchers found that, over all, in those ages 60 and above the vaccine reduced the occurrence of shingles by about 50%. For individuals ages 60-69 it reduced occurrence by 64%. According to the CDC, about a third of all Americans will get shingles, including half of all those who reach age 85.



Summer Food Safety

Everyone in the family is responsible for keeping food safe to eat once it is in the household. Does your family know the following five food safety rules?

- *Keep Hot Foods HOT—Above 140F.*
- *Keep Cold Foods COLD—Below 41F.*
- *Keep Everything CLEAN*
- *Don't Wait—REFRIGERATE*
- *If in Doubt, THROW IT OUT*



Food-borne illness can be mild—a stomach ache—or it can be deadly. Everyone reacts differently but the very young, the elderly, and people with some diseases suffer more severely. Recent evidence suggests that food-borne illness also can lead to long-term health problems like arthritis and kidney disease.

Food-borne illness can be controlled. Bacteria, molds, viruses, and mycotoxins are some of the microorganisms that can cause food-borne illness. They are everywhere. These living organisms have some of the same needs we do, such as for water and nutrients. Since most foods have water in them and contain nutrients, food is a very good place for microorganisms. Food-borne illness can be prevented by handling food so that it doesn't become contaminated with microorganisms and by making conditions unfavorable for any microorganisms that are present to grow.

Contaminated food *may not* look bad, smell bad, or taste bad. If you think food has been improperly handled while being prepared, cooked, or stored, **Don't eat it!** And if it isn't safe for you to eat, please don't give it to a pet.

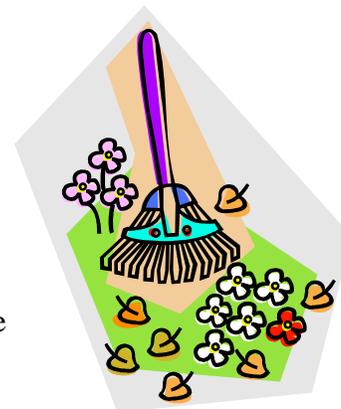
Seven Healthy Habits of Headache Sufferers

1. Eat regular meals, avoiding foods and drinks known to trigger headache attacks.
2. Maintain a regular sleeping schedule, including weekends and vacations.
3. Implement stress-reduction techniques in your daily life.
4. Keep a headache diary of when your headaches occur, along with any triggers, and share the information with your healthcare provider.
5. See your healthcare provider.
6. Be informed, be a participant in your treatment and be an advocate for your headache care.
7. Stay apprised of the latest headache news and treatment options.



House and Garden Work Benefit Mental Health

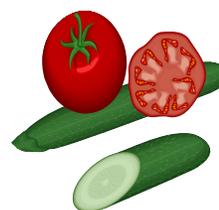
Feeling frazzled? Try a little work around the house or in the garden. As little as 20 minutes of physical activity—even just routine housework or gardening—can help relieve mental distress, according to a new study. Researchers at University College London, studying data on nearly 20,000 adults in the Scottish Health Surveys, report that engaging in domestic activity for 20 minutes one to three times a week reduce the odds of psychological distress by 24%. Participants completed a 12-item general health questionnaire and were interviewed on disease history and health behavior. Sports activities yielded the greatest psychological benefits and showed the clearest relationship between increased activity time and greater mental well-being. Researchers speculated that physical activity—whether in the garden or on the tennis court—may reduce biological stress reactivity, as well as improving biological risk factors linked to mental-health disorders.



Cooking in Season

Zucchini Tomato Bake

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|---|---|
| 1 medium onion, chopped | 1 /3 cup reduced-fat sour cream |
| 1 tablespoons butter | 1 teaspoon paprika |
| 3 medium zucchini (about 1 pound),
shredded and patted dry | 1/2 teaspoon salt |
| 3 medium tomatoes, seeded and chopped | 1/2 teaspoon garlic powder |
| 1 cup (4 oz.) shredded reduced-fat
Swiss cheese, divided | 1/4 teaspoon pepper |
| | 2 tablespoons shredded Parmesan
cheese |



In a large nonstick skillet, sauté onion in butter until tender. Transfer to a large bowl. Add the zucchini, tomatoes, 1/2 cup Swiss cheese, sour cream and seasonings; mix well. Transfer to an 11”x 7”x2” baking dish coated with cooking spray. Sprinkle with Parmesan cheese and remaining Swiss cheese. Bake, uncovered, at 350 degrees for 25-30 minute or until vegetables are tender.

Cucumber Salad

- | | |
|---|---------------------------|
| 2 cups thinly sliced Japanese cucumbers | 1/4 cup rice wine vinegar |
| 1 teaspoon salt | 1 teaspoon sesame oil |
| 1 tablespoon sugar | 2 teaspoons sesame seeds |
| 1 tablespoon soy sauce | |



If Japanese cucumbers are not available, English cucumbers can be substituted. The English cucumbers need to be peeled, cut lengthwise, seeded and sliced into thin half moons. In a large bowl, combine cucumbers and salt and mix well. Sprinkle with sesame seeds and mix. Let marinate for 20 minutes before serving. Adjust seasoning before serving.

In Memory of Elaine Whitaker

Many of you will recognize the name of Elaine Whitaker, a retired Family and Consumer Agent from Surry County and a writer of foods articles in a local magazine. Elaine was a wonderful cook and a great mentor who recently passed away after a long battle with ALS. The following recipes from her collection are in memory of a special lady that touched many lives.

Peach-Berry Muffins



3 cups flour	1/2 cup melted butter
1/2 cup sugar	1 cup blueberries
1/2 cup brown sugar	1 cup peeled and diced fresh peaches
1 tablespoon baking powder	2 teaspoons sugar
Pinch of salt	1 teaspoon ground cinnamon
3 eggs	1/2 teaspoon ground nutmeg
1 cup milk	1 tablespoon melted butter

Preheat the oven to 400 degrees. Spray muffin tins with vegetable cooking spray. In a large bowl, stir together the flour, 1/2 cup sugar, brown sugar, baking powder and salt. In a separate bowl, mix together the eggs, milk and 1/2 cup melted butter until well blended. Fold in the blueberries and peaches. Fill muffin cups with batter. Bake for 18 to 20 minutes, or until the tops spring back when lightly touched. In a small bowl, stir together the remaining sugar, cinnamon and nutmeg. Brush muffins with remaining melted butter, and sprinkle with the sugar mixture. Cool in the pan over a wire rack. Yields 12 muffins.

Cherry Chicken Salad

2 cups pitted fresh sweet cherries	1/2 cup chopped celery
1 (11 oz) can mandarin orange segments, drained	1/2 cup toasted slivered almonds
1 1/2 cups diced cooked chicken or turkey	Creamy Ginger Dressing (below)
	Lettuce

Combine all ingredients except lettuce; toss gently until well mixed. Serve on individual lettuce-lined salad plates. Makes 4 servings.

Creamy Ginger Dressing

1/2 cup reduced-calorie mayonnaise
1 tablespoon lemon juice
1 teaspoon soy sauce
1/4 teaspoon grated fresh ginger

Combine ingredients. Refrigerate until ready to mix with salad. Makes about one-half cup.

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance at 336-679-2061.

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