

THIS 'N THAT

Williams County Extension Homemakers Newsletter
Family & Community Education

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TIDBITS

I was so excited to hear that the Bakers Dozen Homemakers club had studied the new ND Food and Culture lesson and they had a full meal of cultural dishes from the recipe book. What a fun meeting idea! I hope that other clubs will follow suit and have a tasting of some new recipes from various cultures. Unfortunately, they didn't take any picture. Please take pictures when your club has a fun event and send them to us so that we can share them in the newsletter.

I am sad to report that our office administrator, Judy Heinen, is retiring on March 15th after 10 years in the Extension office. It has been my pleasure to work with such an efficient and professional coworker. I will certainly miss my friend Judy. I hope that some of you can make it to her retirement party on March 9th. Stop in to wish her well, and have some cake and punch with us.

February is Heart Month. Although we do not have any "Go Red" events this year in Williston, we need to continue our heart healthy diets and habits. You will find several articles in this month's issue related to heart health.

Winter is half over...



Mary

AREA EVENTS

- February 15 9:00am Heart Healthy Grocery Store Tour at Albertsons
- February 18 10:00am "Can You Bake Bread Like a 5th Grader?" Make honey whole wheat bread in a bag at the James Memorial Free to the public
- February 21 9:00am Heart Healthy Grocery Store Tour at Wal Mart
- March 9 1-4pm Retirement Party for Judy Heinen, Williams County Extension Office Administrator. Courthouse 2nd Floor Conference Room. Join us for cake & punch, and thank Judy for all of her help with the Homemakers program over her career..
- March 20 7:00pm "What to Do With Pulse Crops". Join us at the James Memorial for a lesson on nutrition and cooking with dry beans and peas.
- March 21 "Key Ingredients" Smithsonian Exhibit opens at the James Memorial

HUGS!

HEALING AND HEALTH

Touch is not only nice, it is needed. Scientific research supports the theory that stimulation by touch is absolutely necessary for our physical as well as our emotional wellbeing. While there are many forms of touching hugging is a form of physical touch that can be administered by all with no special training or equipment required and that contributes in a major way to healing and health. We all need “hug therapy”.

Why Hug?

Hugging feels good

Hugging dispels loneliness

Hugging helps us overcome fears

Hugging opens doors to feelings

Hugging helps build self-esteem

Hugging curbs our appetite

Hugging eases tension

Hugging helps fight insomnia

Hugging affirms our physical being

Hugging increases hemoglobin counts

Hugging imparts feelings of belonging

Hugging effects keep on working

Hugging helps relieve physical pain

Hugging heals

Hugging is for everyone

**Rules and Ethics for Hugging for Health**

1. Be sure hugs are compassionate, not passionate.
2. Have permission before giving a hug.
3. Ask permission when you need a hug.
4. Be responsible for expressing what you need and the way you want it.

Adapted from the University of Arkansas Extension Service

GARDENING TIPS FOR FEBRUARY

FROM THE DAKOTA GARDENER, TOM KALB EXTENSION HORTICULTURIST

Valentine's Day Flowers. Use the flower preservative that comes with your flowers to maximize their life. This preservative provides nutrients, kills bacteria, and balances the acidity of the water for good floral color. Adding sugar, pennies or aspirin will not do the job. Keep your flowers in a cool location, away from direct sunlight and away from warm drafts. Recutting stems and changing the water in the vase daily will help prolong the life of the flowers.

Begin fertilizing your houseplants once new growth begins to appear. Now is also a good time to repot houseplants. The fresh soil will stimulate vigorous growth.

Potting soil may be sterilized using a microwave oven. The soil should be slightly moistened and crumbly. Place two pounds of soil mix into a plastic turkey-roasting bag. Do not seal the bag shut (or it will explode). Microwave on high for three minutes. Let the soil cool to room temperature before using.

Trees and shrubs have an economic value. If killed or damaged by ice or accident, they MAY be covered by some homeowner's insurance policies. Check with your agent.

As you look through your seed catalogs and choose vegetable seeds, choose varieties that take no longer than 100 days to mature. Anything longer will probably not mature before frost!

Tom suggests using pelleted seed for small-seeded crops like carrots and lettuce. The clay-covered seeds are easy to handle, allowing for perfect spacing down the row. The seeds absorb water and germinate well. Thinning is much easier, too!

Now is the time to order your seed catalogs! Tom recommends: Johnny's Selected Seeds, Jung Seed Company, and Burpee Seed Company.

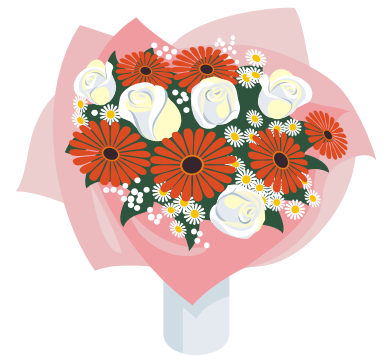
Homemade Flower Preservative

Mix together:

2 c. lemon-lime soda

2 c. water

1/2 tsp. bleach



SMARTPHONE USER AND APPLICATION SAFETY

A NEW EXTENSION PUBLICATION AVAILABLE

As technology advances, cell phones have become more and more sophisticated. They not only can make phone calls from anywhere, but they can send texts, pictures and videos, and connect to the internet. The newest advancements in cell phones are smartphones, which are capable of many different functions. With increased capacities in phones, users need to be aware of necessary information and safety measures.

For a copy of this new publication contact our office.

VALENTINES DAY SNACK MIX

Try this quick, healthy snack at home or for your child's Valentine's Day party. The heart-shaped cereal makes it cute and fun to munch! Feel free to change ingredients to whatever you have on hand.

Makes 15 servings (1 cup each) 10 cups popped popcorn 2 cups pretzel sticks 2 cups heart-shaped cereal 1/2 cup dried cranberries 1/2 cup chocolate chips

1. Stir together.
2. Store in an airtight container.



University of Nebraska-Lincoln Extension Service

A NOTE FROM HEATHER

How *HEART HEALTHY* are the meals you prepare and put on your dining table? We often hear about all of the good nutrients we should be consuming, but this month we are going to talk about a mineral we should try to reduce in our diets. Sodium. Our bodies naturally like the taste of salt, and processed foods that are quick and easy to put on the table. But with processing, comes a bit of sodium. For example, two hot dogs contain around 1100mg of sodium. Two slices of frozen pizza contain approximately 1720mg. The recommendation for an entire day is 2300mg, so often times convenience foods like these can take up that allowance in a hurry. There are many tips in this issue to reduce the amount of sodium in your diet in an effort to help keep your heart in tip top condition. Try the homemade spaghetti sauce recipe. I think you will be pleasantly surprised!

Did you know?

Since 1963 Congress has required the president to proclaim February "American Heart Month" to raise awareness about heart disease..

KNOW THE WARNING SIGNS OF A HEART ATTACK



Some heart attacks are sudden and intense, whereas most start slow, with mild pain or discomfort. Often people are not sure what is wrong and wait too long before getting help. Heart attack warning signs can include chest discomfort, discomfort in the upper body, shortness of breath, a cold sweat, nausea, or lightheadedness. The most common heart attack symptom for men and women is chest pain or discomfort. However, women are somewhat more likely than men to have other common symptoms, especially shortness of breath, nausea/vomiting, and back or jaw pain. Remember that minutes matter and fast action can save lives.

What's a Dietary Supplement?

Dietary supplements include:

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|-------------------------|---------------|
| * vitamins and minerals | * amino acids |
| * Enzymes | * herbs |
| * animal extracts | * probiotics |

They come in a number of forms, including capsules, liquids, and powders. But while dietary supplements might seem similar to drugs, and some even have drug-like effects, there's a big difference:

Dietary supplements don't undergo FDA review for safety and effectiveness before they're sold.

Are Dietary Supplements Safe?

Dietary supplements aren't always safe or harmless. Even "natural" supplements can be risky for people on certain medicines or with certain medical conditions, and some supplements have been found to be tainted with drugs or other chemicals.

Even "traditional remedies" with a long history of use aren't guaranteed to be safe in all cases.

Substances for which safety concerns have been raised include:

- | | | |
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| * Comfrey | * chaparral | * lobelia |
| * Germander | * aristolochia | * ephedra (ma huang) |
| * L-tryptophan | * germanium | * magnolia-stephania |
- * stimulant laxative ingredients, like those found in dieter's teas.

Comfrey, for example, contains certain alkaloids that can cause serious liver damage, and aristolochia can cause kidney failure.

Even some vitamins and minerals, when taken in inappropriate amounts, can cause problems. For example, too much vitamin A can reduce bone mineral density, cause birth defects, and lead to liver damage, according to the National Academy of Sciences.

Always read labels and package inserts and follow product directions. But remember that dietary supplement labels and ingredients aren't evaluated by FDA before they're sold. Check with your health care professional — your best and most important source on whether a supplement is safe for you.

For a list of the dietary supplement ingredients for which the FDA has issued alerts, visit www.fda.gov/Food/DietarySupplements/Alerts/default.htm.

Supplements Claiming to be Cures

Promises for a quick cure or solution for a serious health problem may be hard to resist — but supplements claiming to shrink tumors, cure insomnia, cure impotency, treat Alzheimer's disease, or prevent severe memory loss aren't proven. Besides cheating you out of your money, they also may hurt your health.

Under Federal law, dietary supplements can't be promoted for the treatment of a disease because they aren't proven to be safe and effective. For more on so-called "miracle cures" .

Treat weight loss products with suspicion too. Claims that you can eat all you want and still lose weight effortlessly just aren't true. To lose weight — and keep it off — you have to eat fewer calories and increase your activity.

Other tip-offs to a fraud include:

- **Claims that one product does it all and cures a wide variety of health problems:** "Proven to treat rheumatism, arthritis, infections, prostate problems, ulcers, cancer, heart trouble, hardening of the arteries and more."
- **Suggestions the product can treat or cure diseases:** "Shrinks tumors," "Cures impotency," or "Prevents severe memory loss."
- **Words like scientific breakthrough, miraculous cure, exclusive product, secret ingredient, or ancient remedy.** "A revolutionary innovation formulated by using proven principles of natural health-based medical science."
- **Misleading use of scientific-sounding terms:** "Molecule multiplicity," "glucose metabolism," "thermogenesis," or "insulin receptor sites."
- **Phony references to Nobel Prize winning technology or science:** "Nobel Prize Winning Technology," or "Developed by two times Nobel prize winner."
- **Undocumented testimonials by patients or doctors claiming miraculous results.** "My husband has Alzheimer's disease. He began eating a teaspoonful of this product each day. And now, in just 22 days, he mowed the grass, cleaned out the garage, weeded the flower beds, and we take our morning walk again."
- **Limited availability and a need to pay in advance.** "Hurry. This offer will not last. Send us a check now to reserve your supply."
- **Promises of no-risk "money-back guarantees.** "If after 30 days you have not lost at least 4 pounds each week, your uncashed check will be returned to you."