

# THIS 'N THAT

Williams County Extension Homemakers & Friends Newsletter  
Family & Community Education



JUNE 2014

## TIDBITS

Greetings,

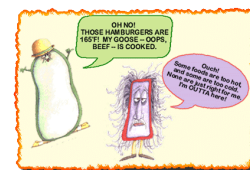
I hope that you are enjoying these recent rainless days as much as I am . As much as I have wished for the rain to end, I am enjoying and appreciating the beautiful green grass and countryside very much. I am grateful for the lush pastures and pray that we will get a shot of rain on a regular basis throughout the rest of the summer- I don't want to turn the faucet off for good!

We are in our new office now which is located on the south side of Broadway, kitty-corner from the Law Enforcement Center. Since we are busy getting ready for the fair we really haven't had a chance to settle in yet and are still looking for things we need that are in boxes somewhere. They are working on paving the parking lot right now so I don't recommend that you come for a visit until that is finished, but we look forward to having you come to our new office soon.

The UMV Fair is coming up quickly. If you would like to be a judge or be an assistant for the 4-H interview judging on Monday, June 24th, please give me a call or e-mail.

BBQ'ing season is here. Remember to keep hot foods hot and cold foods cold! Always use a meat thermometer when cooking meat on the grill!

*Mary E*



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## CALENDAR

June 12	Lunch & Learn: "Nourish Your Bones & Joints" . Broadway Commons, 302 E. Broadway, Williston
June 23, 5:30pm	Judging of 4-H fair exhibits. Call our office to volunteer to judge or assist!
June 25, 9-11am entries accepted	Pie Baking Contest! Youth & Adult Divisions with prize money in each division. \$100, \$50 and \$30 prizes UMV Fair Multi-Purpose Building .
July 4	BLAST 2014 Williston Street Fair, Ribfest, children's activities, annual street dance @ UMV Fairgrounds
July 18-26	ND State Fair

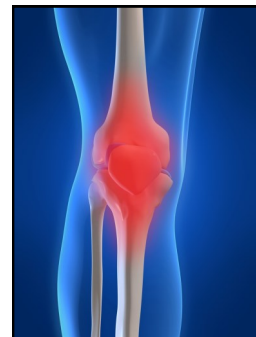
## NOURISH YOUR BONES & JOINTS FOR OPTIMAL HEALTH

If you suffer from bone or joint disease or you know someone who does, then you know how difficult living with it can be.

Bones are a living tissue and in a constant state of change, repairing or demolishing. Without joints, we wouldn't be able to move because bone would be grinding against bone.

You can protect yourself against bone disease and joint damage by following a diet rich in minerals (think dark leafy greens and broccoli), engaging in weight-bearing exercise such as walking, and using dietary supplements wisely.

Remember, too much alcohol and/or smoking are related to decreased bone mass. Also, staying at a healthy weight is important to put less strain on your joints.



If you'd like to make some changes in your diet or lifestyle to improve your bone and joint health, the North Dakota State University Extension Service can help. The Extension office in Williams County is holding a "lunch and learn class" on June 12th from 12:10-12:50pm at Broadway Commons, 302 E. Broadway, Williston.

This class is part of NDSU Extension's Nourishing Boomers and Beyond program. The program is designed to provide rural North Dakotans age 50 and older with information and strategies to reduce their risk of developing chronic diseases. However, any adult can benefit from the information.

Nourishing Boomers and Beyond offers classes on a different topic each month. Participants will be able to take part in hands-on activities and discussions, and they'll receive material such as handouts and healthful recipes to take home.

Visit the program's website at [www.ndsu.edu/boomers](http://www.ndsu.edu/boomers) if you aren't able to attend a class or want more information on the topic covered in a session. Anyone can sign up for the free monthly newsletter by visiting the website or contacting your local Extension office. Williams County Extension office has a Facebook pages to interact with our clients at [facebook.com/williamscountyextension](https://facebook.com/williamscountyextension), and we're now on Pinterest at "nourishboomers."

Things you'll learn about in June include important facts about supplements, safe exercises for bone and joint health, and the best foods to prevent problems in bones and joints.



## FIGHT LIKE A GIRL- FREE WOMENS SELF DEFENSE CLASS

County employees received this e-mail message today and I think that it is worth sharing with all of you.

The Williston MMA gym with the help of some sponsors is hosting Coach Peter lacavazzi for *Fight Like A Girl* again. You can also bring your daughters down to about age 10. Peter is awesome to work with. This is not a class that requires you to be in top notch physical con-

dition and if you can get up off the floor you will have no trouble completing it. We even had a pregnant gal do the last class and I did it even with knee surgery scheduled. Get ahold of Brandon Anderson to reserve a spot in one of the seminars. Again you can't go wrong when its FREE!! And a whole 2.5 hours.

Classes are as follows:

Thursday June 13: 9-11:30am

Thursday June 13th 5:30-8:00pm

Friday June 14th 9-11:30am

Friday June 14th 5-7:30am

Saturday June 15th 10am - 12:30pm

The gym is in the same building as Hedahls and Brandon Anderson's cell number is 406-939-3875



**Be prepared . Share this free class information with friends and family.**

## TIPS TO KEEP IN MIND WHEN MAKING DONATIONS

Tragedies such as the Boston Marathon bombing and disasters such as the Oklahoma tornadoes bring about a wave of generosity and unfortunately there are almost always people out there who will wrongly take advantage. The Better Business Bureau Wise Giving Alliance has a list of suggestions for people planning to make a donation to a cause or organization.

- **Thoughtful Giving** - Take the time to check out the charity to avoid wasting your generosity by donating to a questionable or poorly managed effort. The first request for a donation may not be the best choice. Be proactive and find trusted charities that are providing assistance.
- **Respecting Victims and Their Families** - Organizations raising funds should get permission from the families to use either the names of the victims and/or any photographs of them. Some charities raising funds for the Colorado movie theater and Newtown school victims did not do this and were the subject of criticism from victims' families.
- **How Will Donations Be Used?** - Watch out for vague appeals that don't identify the intended use of funds. For example, how will the donations help victims' families? Also, unless told otherwise, donors will assume that funds collected quickly in the wake of a tragedy will be spent just as quickly. See if the appeal identifies when the collected funds will be used.
- **What if a Family Sets Up Its Own Assistance Fund?** - Some families may decide to set up their own assistance funds. Be mindful that such funds may not be set up as charities. Also, make sure that collected monies are received and administered by a third party such as a bank, CPA or lawyer. This will help provide oversight and ensure the collected funds are used appropriately (e.g., paying for funeral costs, counseling, and other tragedy-related needs.)
- **Online Cautions** - Never click on links to charities on unfamiliar websites or in texts or emails. These may take you to a lookalike website where you will be asked to provide personal financial information or to click on something that downloads harmful malware into your computer. Don't assume that charity recommendations on Facebook, blogs or other social media have already been vetted.
- **Newly Created or Established Organizations** - This is a personal giving choice, but an established charity will more likely have the experience to quickly address the circumstances and have a track record that can be evaluated. A newly formed organization may be well-meaning but will be difficult to check out and may not be well managed.

The mission of give.org is to provide donors with the tools you need to make informed giving decisions. Check out their website for more information.

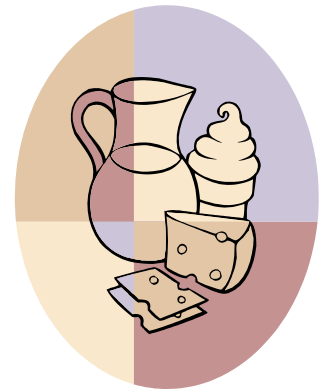
**“The first request for a donation may not be the best choice. Be proactive and find trusted charities that are providing assistance.”**



**JUNE IS DAIRY MONTH**

National Dairy Month is a great way to start the summer with "3-A-Day" of nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse.

Table I. Recommended amounts of daily dairy consumption.		
	Daily Recommendation	
Children	2-3 years old	2 cups
	4-8 years old	2½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups



In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

**PUMPKIN ICE CREAM PIE** (Makes 8 servings) *Alice Henneman, MS, RD, UNL Extension*

- 1 can (15 to 16 oz.) pure pumpkin puree 1/4 cup sugar
- 1-1/2 to 2 teaspoons pumpkin pie spice, depending on how spicy a flavor you enjoy (\*)
- 1 quart (4 cups) of a lower fat vanilla ice cream or frozen yogurt, softened (\*\*)
- 1 9-inch prepared graham cracker pie crust Whipped topping, if desired

Directions:

Mix the pumpkin, sugar and spice until well blended.

Quickly mix pumpkin mixture with the softened ice cream.

Pour into crumb crust and freeze, uncovered, until firm – a couple of hours.

When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squish out the air.

Thaw pie slightly at room temperature (about 5 to 10 minutes) before serving. Top with whipped topping, if desired.

