



## Barb's Home Notes & Quotes

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### May/June 2011

#### Dear Homemaker,

Spring has sprung! We should have oodles of May flowers from all our heavy April showers. School activities are winding down. Graduations, showers & weddings are coming soon. We are excited that our son, Matthew, will be graduating with his Master's Degree in French Horn Performance on May 15 from Carnegie Mellon University in Pittsburgh.

Please join us for some of our summer programs on budgeting and food preservation. And thanks for being a great mom for your children. You play such a special role in their lives. Enjoy your special day on May 8.

Happy Mother's Day!

*Barbara A. Brahm*

Barbara A. Brahm  
 Extension Educator, Family and Consumer Sciences  
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#### What is a Mother?

Mothers are found almost everywhere, usually around children. Mothers are also found in houses, cleaning up, looking under, washing down, cooking for, and talking with. They're sometimes heard singing to (1) themselves, (2) children, or (3) the radio.

Mothers like sunshine, clean hands, a pretty dress, babies, good food – her own, her friends, or a restaurant – husbands, and new hats. Mothers are usually managers – managing time, husbands, children, checkbooks, a picnic, luncheon in town, and a new rug for the living room floor.



Mothers have a kind of second sight. They always know where to find lost shoes, a hanky, pocket knives, cuff links, the light bill, or overdue library books.

Mothers come in assorted sizes and shapes, and of varying ages. They may be young, older than young, or just a little older than they are called grandmothers. Mothers are also called Mom, or Mommy, or Moth—er, but they will answer to any call, even Hey!

Mothers are many people all rolled into one, loving and lovable, determined and dependable, feminine and faithful. They're one you hope never to do without.

#### Queen for a Day

*Ideas to make mom feel special on her day*

Doing something nice for Mom on Mother's Day doesn't have to involve spending a lot of money. Nancy Bock, Vice President of Education at The Soap and Detergent Association, offers some cost-effective ways to make Mom feel like a queen for a day.

Pamper her with touches that will make her feel like she is sleeping in the finest luxury hotel. A freshly made bed with clean sheets is a great place to start. For sweet dreams, add a gentle fragrance via a scented laundry detergent or a scented fabric softener. The latter is available in add-to-the-wash liquids or in-dryer sheets. For a really luxurious touch, iron those sheets before you put them on the bed. A light spray of fabric starch will add some lovely crispness. And if you haven't introduced a fragrance in the laundry, consider using a softly scented spray starch. This special-occasion treatment will really make her feel like royalty.

Make picture glass, mirrors and windows sparkle with a glass cleaner spray or wipe. And, if time permits, give the bedroom a thorough dusting and vacuuming so the whole room is fit for a queen.

Next, make sure that Mom has all the fixings for a luxurious, spa-like soak in the tub. The first step is to clean the bathroom from top to bottom. Put out fresh towels. Then stock a basket with bath goodies, like scented soap, body lotion, shower gel, bubble bath, a scented candle and a new sponge. Add a rubber ducky (new – or freshly cleaned) to give her a chuckle.

Moms love flowers, too. If a big bouquet isn't in your budget, make an impact with a single beautiful bloom in a bud vase. Put one in the bath and one at her bedside. Add a mint on her pillow and put a book by her favorite author beside it. Short of funds? Borrow the book from the library. It's the thought and effort, not the dollars spent, that counts.

Source: *Cleaning Matters*, May/June 2010

<http://www.cleaninginstitute.org/assets/1/AssetManager/CleaningMattersMayJun10.pdf>

## Travel Mishaps

### How to Remove Stains as You Go

With graduations, weddings, Memorial Day celebrations, family reunions and more, there's a lot of traveling going on in May and June. And just as you want to look your best, stains happen!

Short of packing twice as many clothes as you need, there are some precautions you can take. Nancy Bock, Vice President of Education at The Soap and Detergent Association, has some take-along suggestions to keep stains from tagging along on your travels.

#### On-the-spot stain removal:

- **Stain removal wipes.** These work great on washable fabrics, and are designed to remove the stain on the spot, before it sets into the fabric.
- **Stain removal pen.** This handy item is about the size of a felt-tip pen so it fits conveniently in a purse, a briefcase or a backpack. Generally, you just press the tip of the pen into the center of the stain to release the remover and then rub the tip of the pen across the stain to remove it. If the area is going to be exposed to sunlight, wipe excess solution off of the stained area.

#### Clean-hand helpers:

- **Hand wipes.** Dirty hands are the fastest way to transfer soil to your clothes. Hand wipes are great for cleaning up sticky fingers and sticky surfaces.
- **Hand sanitizer.** This will do the job anyplace soap and water isn't easily available, and there is nothing to dispose of after each use.

#### Launder later:

- **Stain stick.** If it's a big stubborn stain, pretreating it with a stain stick will help put the mishap on hold until the item can be laundered.

Source: *Cleaning Matters*, May/June 2010

<http://www.cleaninginstitute.org/assets/1/AssetManager/CleaningMattersMayJun10.pdf>

## Spring Cleaning – In the Freezer

With spring upon us, this is a good time for spring cleaning – in the freezer that is. If a freezer does not automatically defrost, it is a good idea to defrost it occasionally. Defrost manual models at least once each year or more often if the frost is ¼ inch thick or more. Although it is most efficient to operate a freezer full or near full, the best time to defrost is when the freezer is somewhat empty. For food safety reasons, be sure the process takes two hours or less with food sitting out of the freezer.

Unplug the freezer for this process. Place frozen food in insulated coolers or in newspaper-lined cardboard boxes to keep food cold. Remove frost by following the manufacturer's instructions. A plastic spatula or wooden spoon can be used to scrape out ice. A towel in the bottom of the freezer can help catch water and frost as things melt.

When the freezer is frost free, wipe it out with a solution of one tablespoon baking soda per quart of water to clean and freshen the interior. Sponge clean with water only and dry with a towel or cloth.

Turn the freezer back on and close the door to let it cool down again. After about 15-30 minutes, when chilled, replace the frozen food. Since these items have been out of the freezer, mark them for first use. The freezer should be operated at 0° F. or colder. While the food is out, is a good time to sort out items that need to be used sooner than later.

Source: "So Easy to Preserve", 5<sup>th</sup> Ed., 2006, Bulletin 989,

Cooperative Extension Service, The University of Georgia, Athens.

## Removing Popcorn Burn Marks

**Q: We left the popcorn in the microwave too long and now there are burn marks inside. How can we remove them?**

**A:** Start by mixing a solution of warm water and dish detergent in a bowl until it suds up. Soak a rag or a coarse sponge in the solution and scrub gently. Wipe dry.

If some residue remains, sprinkle baking soda on a damp rag or sponge and scrub. If some stains remain, make a paste of one part water to three parts baking soda. Spread it on the food stains and let it set for three to four minutes. Wipe clean with a damp rag. As a last resort, scrub any remaining burn marks with a cotton ball or soft rag that has been soaked in acetone nail polish remover. Clean the entire microwave with warm water and dish detergent to remove any residual baking soda and/or nail polish remover. Wipe dry and you're back in business!

Source: <http://www.cleaninginstitute.org/assets/1/AssetManager/CleaningMattersMayJun10.pdf>. "Tell Nancy (Bock) Your Handwashing Stories!" *Cleaning Matters*, May/June 2010



## Healthy Mexican Meals

Substituting healthier ingredients in home-cooked meals is an easy way to add nutrients and cut fat, calories, and sodium without losing traditional flavor.

Instead of . . . .	Try . . . .
Ground Beef	Chicken or ground turkey
Pre-packaged spice mixes	Fresh or salt-free spices & seasonings
Butter, lard, or shortening	Cooking spray, vegetable oil or butter substitute
Frying	Baking, grilling, broiling, or steaming
Canned beans	Dried beans
White rice	Whole-grain, brown or wild rice
White flour tortillas	Corn or whole-wheat tortillas
Guacamole	Fresh avocado with pepper and cilantro
Full-fat dairy products	Fat-free cheese and sour cream
Canned salsa	Fresh salsa with cilantro

Source: Summer 2010, p. 25 by Jessica Schwind

## Over Limit Headaches

Opting in to allow over limit transactions can result in more than just an over limit fee.

That's because your card issuer may impose a penalty interest rate when you go over your limit. Eight issuers surveyed this year stated that exceeding your limit is reason to impose a penalty rate.

In surveyed disclosures from Chase, Citi, Digital Federal Credit Union, Fifth Third, Golden1 Federal Credit Union, HSBC, PNC and US Bank, going over limit was cited as a reason that rates on future purchases might be increased.

If you're nearing your limit, think twice before risking a rate hike for one more purchase.

Source: Consumer Action News, Winter 2010-2011

## Common Food Safety Mistakes

- Countertop thawing
- Leftovers left out of the refrigerator
- Unclean cutting board
- Room temperature marinating
- Same platter for raw and grilled meats
- Stirring-and-tasting spoon
- Shared knife for trimming raw meat and chopping
- Undercooked high-risk foods such as eggs, meat, poultry, and fish.

Source: Duyff, Roberta Larson. Complete Food and Nutrition Guide, 2<sup>nd</sup> Edition, 2002, John Wiley & Sons Inc., Hoboken, NJ

## Doing Things Together as a Family for Le\$\$

### Find cheaper entertainment at home:

- Have a family game night
- Rent or borrow movies, pop some popcorn, and have a family movie night
- Bake or cook as a family
- Read stories to one another



### Help your children learn new skills and abilities:

- Teach children how to garden
- Teach children craft skills you enjoy
- Teach children issues that are important such as politics, news, the environment or others.

Source: OSU Extension

## Children and Play

Play is key to every child's well being. Children learn about the world and experience life through play.

### Infant play – Birth to 2 years of age

Sensorimotor play is typical play behavior for children up to age two. Children begin by selecting objects that give them a response, such as toys that make noise or bounce. These toys receive approval of smiles and giggles from infants. In turn, adults make sure the child's toy selection includes ones that stimulate their senses and enhance their motor skill development. Between the first and second year, children begin to understand the meaning of objects. The child begins to incorporate this new knowledge into play, but often in a humorous manner. The child will call animals by different names. For example, a child may say a cow says "oink-oink." The child will also pretend objects are used for other purposes such as using a banana for a phone. This is the beginning of dramatic play.

### Toddler Play – Ages 2 to 4

Children begin making the transition to toddlerhood around the age of two. By this age, they realize one thing can stand for another. By processing this knowledge, toddlers are able to imitate or imagine events in ways they do not exist. Through this fantasy play, children can examine events and relationships in ways that are different from the original intent.

### Early School Age – 4 to 6 years old

Children in preschool and early elementary grades continue to use fantasy play. They also begin to show interest in group play. Group play is more structured and is based more on reality than fantasy. Group play involves a few rules. The rules allow the child to begin developing independence yet cooperation with partners. Often early school-age games allow the children to change roles frequently so they begin to experience many perspectives.



Excerpted from: <http://ohioline.osu.edu/flm98/fs01.html>

## Choose to Make the Most of Your Marriage

Marriage can be tricky. Usually, both spouses go through stages over the years, changing their outlooks and growing in their understanding of life. The marital relationship itself goes through similar stages, changing over time from the honeymoon phase to the empty nest and beyond. These types of transformations make all sorts of demands on a couple and their marriage.



According to Ohio State University Extension's bulletin, "Choice, Not Chance: Enhancing Your Marital Relationship" those demands include:

- **Trust.** Trust is built on mutual respect. Both persons do what they say they'll do, and do not do or say things that violate the integrity of the relationship.
- **Commitment.** A spouse cannot act as if the marriage vow was the only act required to keep a marriage intact. A commitment to meet the challenges of married life by working together is essential.
- **Skills.** Both partners must have a multitude of skills – including expressing needs, listening, and managing conflict. One or both partners must also know how to earn a living, how to keep a house running, how to parent – and how to build on each others' strengths.
- **Caring.** Meeting a spouse's needs must be just as important as having one's own needs met.
- **Reciprocity.** One partner can't make a marriage work. Both must give the other positive rewards in all the various roles in a relationship – spouse, friend, lover, fellow parent.
- **Effort.** Both partners must work at it to develop a mutually satisfying relationship.

Obviously, strong, healthy marriages do not just happen by chance. Spouses must choose to make them strong, healthy, and satisfying. Partners can do that in a number of ways, including:

- Being affectionate with each other, and sharing the same goals and values.
- Valuing their independence while making sure marital harmony is a top priority.
- Talking with each other and sharing their thoughts on all sorts of topics.
- Relying on a positive outlook on life, especially when crises occur.

Original Source has been replaced by the following OSU Extension Fact Sheet FLM-FS-3-02-R08 "Enhancing Midlife Marriage"  
<http://ohioline.osu.edu/flm02/pdf/FS03.pdf>

## Memo From Your Child

Don't forget that I cannot explain myself as well as I should like. This is why I'm not always very accurate.

## Family Nutrition Program News

By Karen B. McDougall, Program Assistant

My name is Karen McDougall and I have been with Extension for 26 years. I have worked in many areas while working at OSU

We were saddened to lose Patti Koester but wish her well in her retirement. Earlier this month, Karen McDougall took over as Program Assistant for the Family Nutrition Program here in Hancock county.

Extension Hancock County. My current position is the Family Nutrition Program Assistant. I enjoy learning and sharing about food and nutrition and food safety. These are just a couple areas I will be working in when out doing programs. I am scheduling programs for the coming months and hope to see you there...

## Upcoming Programs at the Hancock Agency on Aging (2<sup>nd</sup> Thursday of each month!)

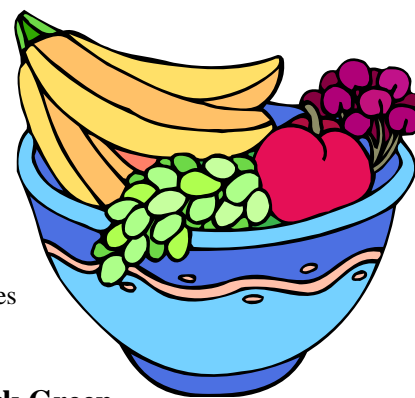
**May 12**

### – You Can DO It!

Overcoming barriers to eating fruits and vegetables

**June 9**

### – Purple, Red, & Dark Green Fruits/ Vegetables



## Learning Styles Shape How Children Learn

Kids learn better when material is presented in the informational style their brains prefer. As Susie Leonard Weller, author of "Why Don't You Understand? Improve Family Communication with the 4 Thinking Styles" (Parenting Press, 2009), points out, "Effective teachers know how to explain a new concept in at least four different ways."

Because parents are the most important teachers for their children, she recommends that they also learn every possible way to support learning. Often, she explains, they get stuck trying to explain something to children who learn in a style different than that of the parents' learning style.

"The more parents persist in teaching in their preferred way, the more the child's emotions escalate and spiral into higher levels of frustration. To stop this negative cycle, parents need to become proficient at teaching their children in a whole-brained way."

Weller, whose book describes four distinct thinking styles, says that **"logical" learners** typically:

- need a reason to learn the material
- prefer facts that are precise
- want to achieve and be successful
- focus on reaching goals
- tune out if they're not interested in the topic
- like to debate their points of view
- become impatient when they don't quickly grasp material
- become irritated with too many details or stories

By contrast, it's common for **"creative" learners** to:

- need to explore and experiment
- like to imagine "what if?"
- want time to daydream
- enjoy variety
- become bored easily
- need to move to learn
- dislike rules and details
- struggle to focus and complete projects

**"Practical" learners are likely to:**

- need to practice new skills and use new information
- prefer consistency and step-by-step instructions
- prefer practical applications for knowledge
- be more comfortable when what is expected is explicit
- are uncomfortable with changes in assignments
- are stressed by surprise quizzes
- dislike feeling rushed to complete tasks
- feel lost if there aren't enough details in step-by-step directions

**"Relational" learners usually:**

- need to talk with others
- prefer a comfortable and safe environment
- want plenty of encouragement
- enjoy group learning
- becomes restless with too much lecturing
- struggle with logical analyses
- perform better when they receive individual attention
- want the information to feel meaningful



Weller, who also teaches for the Community Colleges of Spokane, Wash., acknowledges that parents have to practice becoming at ease in using different learning styles, especially those learning styles that are significantly different from their own. "For example, both of my children prefer to do their homework while sprawled on the living room floor, listening to music. I grew up in a very structured household, being taught that the proper way to study is at a desk, with no distractions. Since we often parent our children in the way our parents taught us, I've struggled to let go of old messages about the best environment to learn."

Rather than criticize our children's learning styles, she goes on, we have to find ways to work with these styles. For example: when a child protests, "Why do I have to learn this?" the parent can cite examples of how the information will be used later in life, if not almost immediately. Sometimes the answer is as simple as, "Because you won't be allowed to print in third grade, you'll have to use cursive." For kids who need to practice new skills such as the multiplication tables, a parent might come up with a variety of things to multiply throughout the day: "If we have 10 steps from the house to the sidewalk, and we go up and down those steps three times a day, how many is that?" or "If each of us is going to get two cookies for dessert, how many cookies have to be put out on a plate?" Imaginative kids can be encouraged to be creative as they complete assignments; the News for Parents editor suggested her son create "Little sister for sale" ads for the mock newspaper assigned by his fifth grade teacher, and when he was learning to diagram, he identified the parts of speech in sentences such as, "My little sister is noisy."

**Link:** Why Don't You Understand?:

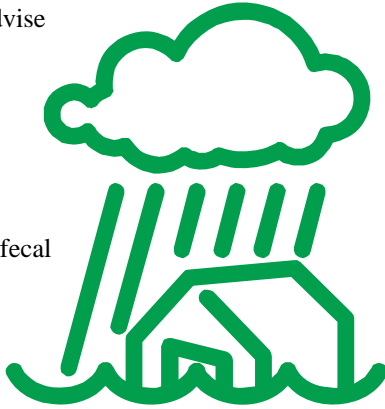
[http://www.ParentingPress.com/b\\_understand.html](http://www.ParentingPress.com/b_understand.html)

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## ***Flood Water Includes Risk***

### *State Health Officials Warn Residents of Flood Water Risks*

State Health officials advise residents to use caution when coming into contact with flood waters because they may contain potentially dangerous materials, such as fecal matter from overflowing sewage systems, agricultural runoff and chemicals from industrial areas. Wading in flood waters can also be a cause of infection or result in a variety of injuries. Eating or drinking anything contaminated by flood water can cause diarrheal disease.



#### **FOLLOW THESE TIPS TO STAY HEALTHY DURING AND AFTER THE FLOOD:**

##### **Flooding in Your Area:**

- Tune into local radio and TV stations to see if your area is under a boil alert for drinking water.
- Follow the guidelines if you have private water systems or sewage treatment systems.
- Do not allow children to play in flood water areas.
- Practice good hygiene (Wash hands with soap and water or use hand sanitizer if soap is not available) after contact with flood waters. Wash children's hands frequently (always before meals).

##### **Cleaning Your Home After a Flood:**

- Wear rubber boots, rubber gloves, and goggles during cleanup of affected area.
- Keep children and pets out of the affected area until cleanup has been completed.
- Do not allow children to play with toys that have been contaminated by flood water and have not been disinfected.
- Remove and discard items that cannot be washed and disinfected (such as, mattresses, carpeting, carpet padding, rugs, upholstered furniture, cosmetics, stuffed animals, baby toys, pillows, foam-rubber items, books, wall coverings, and most paper products).

- Remove and discard drywall and insulation that has been contaminated with sewage or flood waters.
- Thoroughly clean all hard surfaces (such as flooring, concrete, molding, wood and metal furniture, countertops, appliances, sinks, and other plumbing fixtures) with hot water and laundry or dish detergent.
- Help the drying process by using fans, air conditioning units, and dehumidifiers.
- After completing the cleanup, wash your hands with soap and warm water. Use water that has been boiled for 1 minute (allow the water to cool before washing your hands).
- Wash all clothes worn during the cleanup in hot water and detergent. These clothes should be washed separately from uncontaminated clothes and linens.
- Seek immediate medical attention if you become injured or ill.

By Dee Jepsen, Ag Safety S.T.A.T. - Safe Tactics for Ag Today, Vol.4 No. 3 March 2011

#### **ADDITIONAL RESOURCES:**

- **Risks of Flood Waters**  
<http://www.cdc.gov/healthywater/emergency/flood/standing.html>
- **Cleanup of Flood Water**  
<http://emergency.cdc.gov/disasters/floods/cleanupwater.asp>
- **Disinfecting and Sanitizing**  
<http://www.cdc.gov/healthywater/emergency/cleaning/index.html#bleach>



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