



May 2009

Dear Homemakers,

**Wibaux County
Extension Office**

It's hard to believe we are at the end of another school year. Gardens being planted and grass mowing is in full swing. Let's hope for some plentiful rains this spring and summer.

Thanks to all who volunteered their time and to those who attended the Wibaux Health Fair. Your continued support is greatly appreciated. For those of you thinking ahead to county fair entries, the Wibaux County Fair will be held August 27-30, 2009. I have enclosed a fair schedule to keep you updated on a few changes this year.

As always, if you have any questions or need information on a publication, please feel free to call or stop by the Extension Office. Also, check out our website at www.wibauxextension.com.

Sincerely,

Patti A. Goroski
Administrative/Program Assistant

*Montana State University,
U.S. Department of
Agriculture and Montana
Counties Cooperating.
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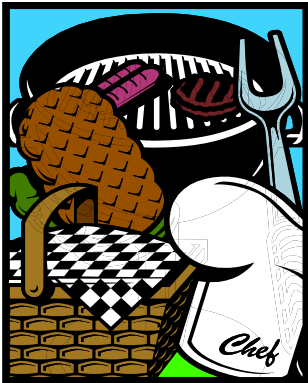
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Mountains & Minds

Prairie Fare: Spring Grilling Season Stirs the Senses

By: Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist



If you haven't used your grill in a while, give it a good spring cleaning. Scour the grate with a wire brush. Save future cleaning time by using a nonstick cooking spray to prevent food from sticking to the grill.

Keep safety in mind. Place your grill in a well-ventilated, level surface and away from overhangs, deck railings and shrubs. Use long-handled tongs and flame-retardant mitts to protect your hands.

Preheat your grill. You can estimate the approximate temperature by counting how many seconds you can hold your hands 4 inches above the coals. If you can hold your hands in place for four seconds, your grill is at medium heat or about 300 to 350 degrees. If you can hold your hands in place for less than two seconds, you have a hot grill at about 375 degrees. However, don't be a hero when testing the temperature of the grill by this method because you could burn yourself.

Be sure to bring a clean plate and clean utensils to the grill to collect the food. If you use the same plate that held the raw meat, you could be adding some unwanted "secret ingredients" to your meal. Salmonella, E. coli and other bacteria are unwanted guests at your party and often are spread by cross contamination.

If possible, use a food thermometer every time you grill. Don't trust color as an indicator of doneness. According to a study conducted by the U.S. Department of Agriculture, one out of every four burgers turns brown before reaching a safe internal temperature.

Insert the thermometer in the thickest part of the meat, away from fat and bone. Clean your food thermometer well after use because a dirty thermometer can cross-contaminate other foods.

For safety, cook to these safe minimum internal temperatures recommended by the USDA:

- * Chicken breast: 165 degrees
- * Hamburgers: 160 degrees
- * Steak (medium rare): 145 degrees
- * Pork: 160 degrees

You can reduce grilling time by starting the cooking process inside. For example, you can use a microwave oven to thaw meat and partially cook it, as long as the food is placed on a preheated grill immediately.

Don't reuse marinade. If you use a marinade to tenderize or add flavor to foods, reserve some of the marinade that didn't touch the meat in a separate bowl. You can use that as a dipping sauce.

Meat, poultry and fish aren't the only foods that can be grilled. Try grilled fruit or grilled vegetables, whether directly on the grill or in a foil packet.

The Alzheimer's Project

An HBO documentary series changing the way America thinks about Alzheimer's Disease.

from the Alzheimer's Association

One of the most devastating forms of memory loss is Alzheimer's disease, an irreversible and progressive brain disorder that slowly destroys memory and thinking skills. Today, Alzheimer's is the second most-feared illness in America, followed by cancer, and may affect as many as five million Americans. As the baby-boom generation reaches retirement, that number could soar to more than 11 million by 2040 and have a huge economic impact on America's already fragile healthcare system.

While there is no cure for the disease, THE ALZHEIMER'S PROJECT shows there is now genuine reason to be optimistic about the future. The Alzheimer's Project is a multi platform HBO event initially airing in May, featuring a four-part documentary series.

The first of the four documentaries in The Alzheimer's Project is "The Memory Loss Tapes," which provides an up-close and personal look at seven individuals living with Alzheimer's, each in an advancing state of dementia across the full spectrum of the progression of the disease.

"Momentum In Science, Part 1" and "Momentum in Science, Part 2" is a state-of-the-science report that takes viewers inside the laboratories and clinics of 24 leading scientists and physicians, revealing some of the most cutting-edge research advances.

"Grandpa, Do You Know Who I Am?" With Maria Shriver" captures what it means to be a child or grandchild of a person with Alzheimer's, while "Caregivers" highlights the sacrifices and successes of people who experience their loved ones' gradual descent into dementia.

If you are not able to view the series on HBO, there will be special viewings of the series around the state. Please contact the Alzheimer's Association Montana Chapter office at (406) 252-3053 if you would like to know when a viewing will be in your area or if you would like to host a viewing in your area.

Updated Warning Signs of Early Detection

from the Alzheimer's Association

It may be difficult to know the difference between age-related changes and the first signs of Alzheimer's. As part of its public education effort, the Alzheimer's Association has worked with a wide range group of experts to update it's 10 Warning Signs of Alzheimer's to make them more current and user-friendly. The comprehensive review process included feedback from health professionals, clinicians, scientists and people with dementia.

Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

2009 WIBAUX COUNTY FAIR SCHEDULE

THURSDAY, AUGUST 27

- 7:00 a.m. Quonset to be open
- 8:30 a.m. All exhibits, non-perishable and perishable, to be in place to be judged. All commercial displays and booths to be in place. **EXHIBIT BUILDINGS WILL BE CLOSED PROMPTLY AT 8:30 A.M.**
- 9:00 a.m. Quonset and school house judging begins
- 9:00 a.m. Dog, Cat, Rabbit & Poultry judging begins
- 9:00 a.m. Horse judging begins
- 3:00 p.m. Exhibit Halls Open
- 5:30-6:30pm 4-H & FFA Livestock Weigh-In**
- 6:30 p.m. All 4-H & FFA Market Livestock to be in place
- 7:00 p.m. Exhibit Halls Close

FRIDAY, AUGUST 28

- 8:30 a.m. 4-H, FFA & Open Class Livestock to be in place
- 9:00 a.m. Livestock Judging Begins
- 9:00 a.m. Exhibit Halls Open
- 2:00-4:00 p.m. Exhibit Halls Closed
- 4:00 p.m. Admission charged at gate
- 4:00 p.m. Exhibit Halls Open
- 7:00 p.m. Exhibit Halls Close
- 7:00 p.m. **NIGHT SHOW OPENING ACT: Tibor 4**
- 8:15 p.m. **NIGHT SHOW MAIN ATTRACTION: HERB DIXON, COMEDIAN**



SATURDAY, AUGUST 29

- 8:00 a.m. Rodeo Slack begins
- 3:00 p.m. Admission charged at gate
- 3:00 p.m. Exhibit Halls Open
- 4:00 p.m. Stick Horse Rodeo
- 4:30-8:30pm Inflatable Games Open**
- 4:30-9:30pm Pippi the Clown**
- 5:00-7:00pm Barbeque For A Buck
- 5:00-9:00pm Climbing Wall Open**
- 6:30 p.m. Saddle Bronc Calcutta
- 7:00 p.m. Exhibit Halls Close
- 7:00 p.m. **NRA/NWRA RODEO**



SUNDAY, AUGUST 30

- 10:30 a.m. Parade Line-Up at the Wibaux Co-Op Parking Lot
- 11:00 a.m. Parade
- 11:00 a.m. Admission charged at gate
- 12:00 NOON Exhibit Halls Open
- 1:00 p.m. 4-H & FFA Livestock Sale
- 1:00-5:00p.m. Climbing Wall Open**
- 1:00-5:00pm Inflatable Games Open**
- 2:00-7:00pm Pippi the Clown**
- 2:00 p.m. **DEMOLITION DERBY/BUMP-N-RUN**
- 4:00 p.m. Exhibits may be removed from the grounds



WIBAUX COUNTY FAIR
“BUILDING FOR TOMORROW”

MSU EXTENSION PUBLICATIONS

Please contact the Extension Office if you are interested in any of the publications listed below.

!	EB0162	The Montana Planter's Handbook: Tree & Shrub Grower's Guide (\$10)
!	EB0185	Montana Master Gardener Handbook (\$40)
!	EB0189	Spring Landscaping Packet (\$15)
!	EB0190	Spring Gardening Packet (\$15)
!	MT200403HR	Family Mealtime
!	MT200016HR	50 Stress Busting Ideas for Your Well-Being
!	MT198703HR	Using a Check Register to Track Your Expenses
!	MT200303HR	Track'n Your Savings Goals
!	MT200206HR	Helping Friends Cope With Financial Crises
!	MT199105HR	Gifting: A Property Transfer Tool of Estate Planning
!	MT199211HR	Life Insurance: An Estate Planning Tool
!	MT200602HR	Montana's End-of-Life Registry
!	MT198908HR	Dying Without a Will in Montana: Who Receives Your Property?
!	MT199008HR	What is a Personal Representative?
!	MT198906HR	Wills
!	MT199324HR	Talking With Aging Parents About Finances
!	MT199701HR	Who Gets Grandma's Yellow Pie Plate? Transferring Non-Titled Property
!	MT200707HR	Beneficiary Deeds in Montana
!	MT199310AG	Successful Lawns
!	MT199804AG	Growing Raspberries in Montana Gardens
!	MT199217AG	Growing Tomatoes in Montana
!	MT199903AG	Choosing Biennials & Perennials for Montana Gardens
!	4505	USDA Complete Guide to Home Canning and Preserving (\$12)
!	4506	So Easy To Preserve (\$20)



Sizzling Summer

from MSU Extension Nutrition Program

Summertime is barbecue time! Grilling food is a fast and easy way to prepare foods and get out of the kitchen. Here are some tips:

Think Safety:

1. Keep cold foods cold. Wash empty milk jugs, fill 3/4 full of water and freeze. Use the ice to keep food cold in a cooler and when melted, the water can be used for drinking.
2. Keep hot foods hot. Serve hot foods right after cooking.
3. Keep it clean! Wash hands before working with food. Keep equipment clean.
4. Store food so animals cannot get into it.
5. Keep cooked meat, salads, and vegetables away from raw meat and raw meat juices.
6. Prevent cross-contamination: After placing raw meat on the grill, thoroughly wash dish or serving platter. Place cooked meat on a clean dish.

Grilling Chicken:

- *Pre-grilling Tip:* On the grill chicken can become crisp on the outside and undercooked on the inside. Before putting chicken on grill, place glass dish with chicken and marinade in a microwave oven. Microwave on HIGH 3-4 minutes. Turn chicken over and microwave 3-4 minutes longer.
- *Grill:* Place chicken on grill. Grill about 5 minutes on each side to complete cooking.

Grilled Vegetables:

1. Choose a variety of vegetables – carrots, mushrooms, tomatoes, green peppers, onions, to name a few.
2. Cut into bite-size pieces.
3. Thread on wooden or metal skewer.
4. Brush with Italian dressing.
5. Place on grill. Grill until tender crisp, approximately 10 minutes.

If you are interested in more barbecue and food safety tips, contact the Extension Office for copies of the following USDA fact sheets:

Barbecue and Food Safety
Handling Food Safely on the Road
Food Safety While Hiking, Camping & Boating



Prairie Fare: Do You Need to Perk Up the Iron in Your Diet?

By: Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist

Iron deficiency anemia is a common nutritional deficiency worldwide, especially among children. It can result in fatigue, learning disabilities, and behavioral issues. Kids ages 4 to 8 need about 10 mg of iron a day because of their rapid growth and development. Kids ages 9 to 13 need 8 mg per day.

Not only children are affected by iron deficiency. About 2% of adult men, 10% of Caucasian women, and 20% of African American and Mexican American women have iron deficiency anemia, according to a 2007 report in the American Family Physician Journal.

The human body needs iron to move oxygen from the lungs to the rest of the body. Iron is an important part of hemoglobin, which is the part of the red blood cells that carry oxygen throughout the body.

To meet your nutrition needs, eat a variety of foods, including iron-rich foods, in your meals and snacks every day. Compare nutrition labels. Many grain products are fortified with iron.

In some cases, an iron supplement is needed, so check with your health-care provider for more details. Keep iron supplements out of reach of children.

These are some good sources of iron:

- # Lean meat (3.2 mg per 3-ounce patty)
- # Tuna and salmon (1.1 mg per 3 ounces)
- # Iron-enriched bread and cereals (0.9 mg per 1 slice of bread; amount varies in cereals)
- # Cooked dried beans (4.1 mg per 1 cup)
- # Leafy, green vegetables (1.9 mg per ½ cup of spinach)
- # Eggs (0.7 mg per egg)
- # Raisins (0.8 mg per 1/4 cup)

Iron from meat, fish and poultry is the most easily used by the body. Help your body use the iron in grains, beans and vegetables by adding a vitamin C-rich food, such as orange juice, to your menu. Include a naturally contains iron sources to improve iron absorption.



Prairie Fare: Think About Your Water Intake During Summer Months

By: Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist

The human body is made up of at least 60% water, depending on our age and other factors. Water has multiple roles in our body, from protecting body tissue to helping regulate body temperature. Water is part of all cells and helps transport nutrients and carries out waste products.



Water is critical for our survival. We can survive without food for longer than we can survive without water.

Dehydration is a special concern for young children and the elderly because their thirst mechanisms may not operate as efficiently. In fact, dehydration is a major cause of hospitalization among the elderly.

Some of the first signs of dehydration are fatigue and headache. As we become increasingly dehydrated, symptoms worsen. Our body temperature increases, as does our pulse and breathing rate. Soon, dizziness and muscle spasms can result. If the dehydration is severe and not treated, the kidneys may fail.

Contrary to popular advice, however, we do not necessarily need to drink eight glasses of “plain” water a day to remain hydrated, according to nutrition and medical experts. Water is found in most foods and all beverages. All sources of water contribute to our hydration needs.

The food news for coffee drinkers: Coffee is not “dehydrating,” according to a study published in the Journal of the American College of Nutrition. The researchers reported that drinking caffeine-containing beverages, such as coffee and caffeinated soft drinks, did not lead to significant water losses among participants.

The researchers did, however, find a net loss of water when participants drank alcohol-containing beverages. In other words, drinking cold beer on a hot day may taste refreshing, but it isn’t necessarily hydrating.

These are some tips to consider during the warmth of summer:

- < Take regular beverage breaks, especially when you are working outside or in a warm environment.
- < Enjoy more hydrating, summertime seasonal produce, such as watermelon, cantaloupe, strawberries and other fruits and vegetables. Many fruits and vegetables are 85% water by weight and it all counts toward our fluid needs. You’ll get a nutrition boost, too.
- < Order water as your beverage in restaurants more often. While all beverages are hydrating, water has the advantage of being calorie-free and cost-free if you drink municipal water. If you don’t like plain water, ask for a lemon or lime slice.



GRILLING RECIPES

Honey Glazed Grilled Pork Chops

½ cup honey
3 Tbsp dry white wine
3 Tbsp fresh lemon juice
3 Tbsp soy sauce
1 Tbsp fresh ginger (minced)
3 cloves garlic (minced)
1/4 tsp salt
1/4 tsp fresh ground black pepper
6 boneless pork loin chops (1" thick)

Marinade: Mix all ingredients except pork chops in a large zip-lock plastic bag.

Add pork chops to bag, turning several times to coat. Place bag on a large plate and refrigerate at least 8 hours. Turn several times. Remove pork chops from the marinade and discard the marinade. Grill the pork chops on the grill with the grill cover closed, over medium heat 4-5 minutes on each side or to desired degree of doneness. USDA recommends that pork be cooked to an internal temperature of 160 °F.