



**September 2009**

Dear Homemakers,

**Wibaux County  
Extension Office**

I can't believe that September is almost over and school has been in session for over a month. I am constantly asking myself where the summer went. I hope that you had an enjoyable summer and are looking forward to the beautiful colors of Fall.

I would like to extend my sincere thanks to those who volunteered their time and talents to the 2009 Wibaux County Fair. We had excellent attendance once again, beautiful weather, and a harvest of wonderful exhibits. Thanks also for sharing your talents by exhibiting. It's support such as yours that makes our fair a success.

Finally, if anyone would like to receive the newsletter by e-mail rather than regular mail, please let me know. Remember to check out our new website at [www.wibauxextension.com](http://www.wibauxextension.com).

Sincerely,

Patti A. Goroski  
Administrative/Program Assistant

*Montana State University,  
U.S. Department of  
Agriculture and Montana  
Counties Cooperating.  
MSU Extension is an equal  
opportunity/affirmative  
action provider of  
educational outreach.*



## **ESTATE PLANNING WEBINARS SCHEDULED**

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From trusts to taxes and wills to beneficiary deeds, estate planning is as complex and challenging as ever. This fall and winter Montanans will have an opportunity to

**Mountains & Minds**

learn about estate planning using the latest technology. If you have a computer with internet access, you can avoid the winter roads and participate in the hourly Estate Planning Webinars right from your own computer!

Marsha Goetting, MSU Extension Family Economics Specialist, will present the Webinars from her computer to yours. It's like magic! You'll be able to hear her speak, view slides, and ask questions in the chat room. If you want to try this new method of learning, first go to the MSU estate planning Web site at [www.montana.edu/extensionecon/estateplanningwebinars.html](http://www.montana.edu/extensionecon/estateplanningwebinars.html) to learn how to participate.

The Webinars are scheduled from 5:30 to 6:30 PM with a repeat session from 7:30 to 8:30 PM on the following dates: September 23, October 28, November 18, January 20, and February 18.

"I am excited about the opportunity to present information in this new format," said Goetting. "While I prefer to be in front of the audience so I can see their reactions, this new method will allow Montanans to participate who may not have been able to attend because of weather conditions or conflicts with other meetings. Also, during these economically challenging times saving money on gasoline will be of benefit to all!"

During the Webinars, Goetting will share highlights from an educational packet she has developed, *Estate Planning: The Basics*. The packet includes fact sheets on estate planning topics and is designed so that Montanans can learn about estate planning and at their own pace after the sessions. To order packet, go to [www.montana.edu/estateplanning/estateplanningorderform.pdf](http://www.montana.edu/estateplanning/estateplanningorderform.pdf), print out and then mail to the address provided. Or, the packet can be purchased for \$10 from the Wibaux County Extension Office.

All fact sheets can also be downloaded for free at [www.montana.edu/estateplanning](http://www.montana.edu/estateplanning).



## **Prairie Fare: Even Deep-Fried Foods Can Fit in a Healthy Diet**

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

Although people have been “trained” to think that low-fat equals healthy, we actually need some oil in our diet. If you’ve studied the U.S. Department of Agriculture symbol for a healthy diet, MyPyramid, you have noticed it has a thin yellow strip among the larger orange, green, red, blue and purple segments that correspond to different food groups.

The thin yellow strip on MyPyramid represents healthy oils. People on a 2,000-calorie diet have an “allowance” of 6 teaspoons of oil daily.

Oil is made up of three kinds of fatty acids. Based on their chemical structure, oils are a combination of saturated, monounsaturated, and polyunsaturated fatty acids. Our body can’t make the polyunsaturated fats found in plant and fish oils, so we need to consume them in our diets.

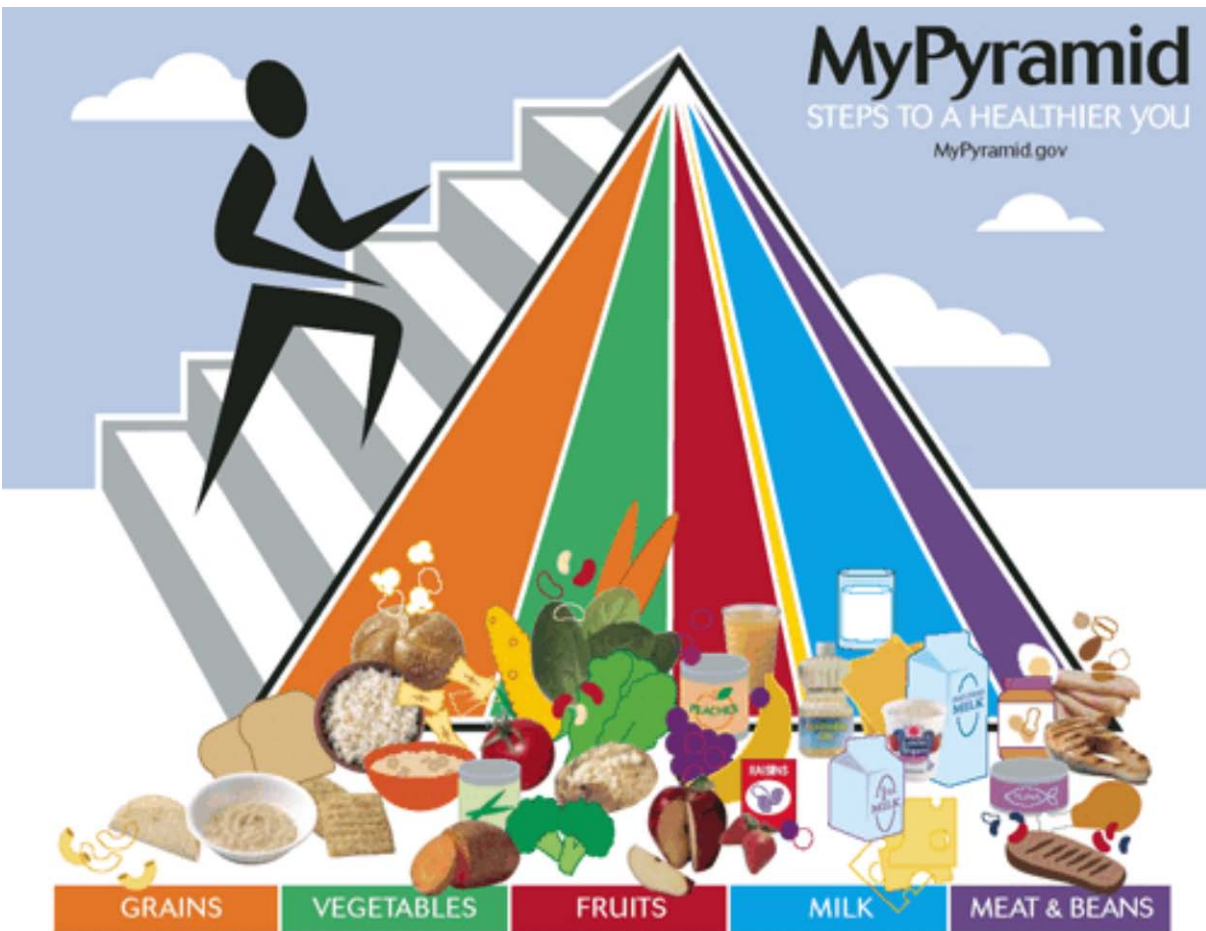
Oil rich in polyunsaturated and monounsaturated fatty acids are considered to be the most heart healthy and may help reduce the risk of other diseases, too.

Polyunsaturated fats can be further divided into omega-6 and omega-3 fats. Canola, flaxseed and soybean oil are good sources of omega-6 fats. Canola and olive oil are good sources of omega-3 fats.

Oils are a concentrated source of calories at 100 calories per tablespoon. All food, in moderation, can fit in a healthy diet.

You can minimize oil absorption and maximize the flavor, color and texture of deep-fried foods with a few steps.

- § Start with safety. Keep deep fryers out of a child’s reach and be sure the cord is out of the way to prevent accidentally spilling the oil and, potentially, serious burns.
- § Choose a healthy frying oil with a smoke point of at least 400BF. The smoke point refers to the point where the oil begins to break down. For example, canola, peanut, safflower, sunflower, soybean and corn oils all meet the criteria.
- § Heat the oil to the temperature indicated in the recipe or from the food manufacturer (generally, 350-375BF). Many deep fryers have temperature indicators or special fryer thermometers may be used. Frying food at too low a temperature increases oil absorption. Be sure to allow the oil to reheat to the desired temperature before adding the next batch of food.
- § Remember that moderation is the key with higher-fat foods. Balance your menu by serving lots of fruits and veggies as side dishes.



### **OVEN-FRIED SWEET POTATO FRIES**

- 4 medium sweet potatoes
- 1 Tbsp. Canola or sunflower oil
- 1/4 tsp. black pepper (coarsely ground)
- 1/4 tsp. salt
- Paprika, cayenne pepper (optional)

Wash and cut the potatoes into thin wedges or strips. Place in a bowl and cover with cold water. Let stand 15 minutes. Preheat oven to 375BF. Spray a baking sheet with cooking spray. Drain the potatoes and blow dry with paper towels. Put in a bowl and drizzle with oil and stir gently until coated. Place on baking sheet and sprinkle with salt, pepper and optional spices. Bake for 15 minutes. Turn and bake for an additional 15-20 minutes until the potatoes are crisp and brown. Serve immediately.

Makes 4 servings. Each serving has 140 calories, 3.5 grams of fat, 4 grams of fiber, and more than a full day's supply of vitamin A.

## Prairie Fare: Leftovers Belong in the Fridge

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

According to the U.S. Department of Agriculture, leftover perishable foods should be refrigerated in shallow containers within two hours of preparation. At a picnic on a warm day (temperature above 90EF), perishable food should spend no more than one hour on the serving table.

*Leftovers should be heated to an internal temperature of at least 165EF.*

While we might think that boiling food will destroy anything that could make us sick, that isn't the case. Some bacteria produce toxins ("poisons") that are heat-stable. Eating food that contains toxins can make you sick within an hour or two. Since the toxins have no odor or color, you do not know they are present.

Keep track of time and temperature during food storage. You can store leftover food in the refrigerator at 40EF for up to four days as long as the food was prepared and handled safely. Leftovers should be heated to an internal temperature of at least 165EF. Use a food thermometer to measure the temperature in more than one place. Heat gravy to a rolling boil.

The quality of food decreases each time food is reheated, so just reheat the amount you need. If you will not eat the leftovers within four days, freeze them for longer storage.

Cleaning your refrigerator regularly is another important step in keeping your food safe. Once a week, make it a habit to throw out spoiled foods.

Wipe up refrigerator spills immediately and clean surfaces thoroughly with hot, soapy water and then rinse. Avoid using solvent cleaning agents, abrasives and all cleansers that may impart taste to food or cause damage to the interior finish of your refrigerator.



## **Prairie Fare: Adequate Sleep is Important Part of Staying Healthy**

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

According to the Centers for Disease Control and Prevention (CDC), adults need seven to nine hours of sleep per day. Adolescents need 8.5 to nine hours of sleep. Children ages 5 to 12 need nine to 11 hours of sleep. Toddlers and infants need more sleep.

Occasional sleepless nights affect most people. In a four-state phone survey conducted in 2006, CDC researchers reported that about 10% of the respondents experienced inadequate sleep every day for the preceding 30 days. About 29.6% of the respondents reported no days of inadequate sleep in the preceding 30 days. Everyone else was somewhere in between.

Long-term insufficient sleep can put us at risk of several diseases, including diabetes and heart disease, and can affect our mental health.

For example, researchers have shown that getting ample sleep can improve blood sugar control among those with Type 2 diabetes. High blood pressure, stroke and an irregular heartbeat are more common among people with inadequate sleep.

Inadequate sleep also is linked with depression. Sometimes achieving a more regular sleep pattern can help alleviate the symptoms.

Research has linked inadequate sleep with being overweight. Two appetite-managing hormones vary in their levels depending on how well-rested you are. Leptin is a hormone that tells your brain that you're full, but its level falls when you are overly tired. Ghrelin is a hormone that tells your brain you're hungry, but its level increases with fatigue.



Stay healthy and well-rested with these tips. To learn more about sleep, visit <http://www.cdc.gov/Features/Sleep/>.

- # Don't nap after 3 p.m., even if you are really tired. Take a walk or divert yourself from snoozing on the couch.
- # Stay on a schedule with your sleep pattern. Go to bed and get up close to the same time on weeknights and weekends.
- # Be sure your bedroom is quiet, dark and relaxing. Be sure the temperature is right, not too warm or cold.
- # Limit caffeine intake from colas and coffee, especially late in the day.
- # Avoid nicotine as much as possible. Nicotine acts as a stimulant.
- # If you exercise in the evening, finish at least two hours before bedtime.
- # Avoid bright lights in the evening. Your brain may think that morning has arrived.
- # Avoid large meals or large amounts of beverages close to bedtime. If you're hungry, have a light snack 30 minutes before bed. Have a balanced snack with carbohydrates and protein, such as low-fat yogurt and graham crackers. Tryptophan, an amino acid in protein-rich foods, such as milk products, is associated with making us feel sleepy.

- # If you can't sleep after 20 minutes, get up and do some relaxing activity.
- # Avoid nightcaps (alcoholic drinks). Drinking alcohol may make you sleepy. However, you may wake up when the effects wear off.
- # If you have persistent issues with sleeping, see a health-care professional.

## **A “Heart Healthy” Diet & Ongoing, Moderate Physical Activity May Protect Against Cognitive Decline As We Age**

\*Alzheimer’s Association\*

Eating a “heart healthy” diet and maintaining or increasing participation in moderate physical activity may help preserve our memory and thinking abilities as we age, according to new research reported today at the Alzheimer’s Association 2009 International Conference on Alzheimer’s Disease (ICAD 2009) in Vienna.

“We can’t do anything about aging or family history, but research continues to show us that there are lifestyle decisions we all can make to keep our brains healthier, and that also may lower our risk of memory decline as we age,” said William Thies, PhD, Chief Medical & Scientific Officer at the Alzheimer’s Association.

The Dietary Approaches to Stop Hypertension (DASH) diet is often recommended by physicians to people with high blood pressure or pre-hypertension. The DASH diet eating plan has been proven to lower blood pressure in studies sponsored by the National Institutes of Health. High blood pressure is considered a risk factor for Alzheimer’s and dementia. Results indicate that eating a diet rich in whole grains, vegetables, low-fat dairy foods, and nuts may offer benefits for cognition later in life.

Studies have found that older adults who are physically active may experience slower rates of cognitive decline. According to the researchers, sedentary elders who began new aerobic exercise programs experienced improvements in cognitive function, especially the ability to process complex information quickly. Older adults who are currently active are encouraged to maintain or increase their activity levels.

For more information on the 2009 International Conference on Alzheimer’s Disease, go to [www.alz.org](http://www.alz.org).

\*Excerpt taken from ICAD 2009 Press Release.



***Alzheimer’s Association Mission Statement***  
*To provide and enhance care and support for all affected by Alzheimer’s disease; to reduce the risk of dementia through the promotion of brain health; and to eliminate Alzheimer’s disease through the advancement of research.*

**EARLY DIAGNOSIS IS IMPORTANT!**

## **Prairie Fare: Adequate Sleep is Important Part of Staying Healthy**

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

With the school year in full swing, families are establishing a morning routine. Parents should remember the role of breakfast in school performance. If there's not enough time to eat at home, many schools have a breakfast program.

Eating "something" is better than eating nothing. However, researchers have found that certain foods keep us energized longer.

Perhaps your mom or dad insisted that you eat your oatmeal when you were a child. As we learn with age, parents usually are right. A fairly recent study backs up the idea of enjoying more oatmeal.

Researchers studied the role of breakfast composition on the ability of children to learn and pay attention, according to a 2005 study published in *Physiology and Behavior*.

For three weeks, 30 children ages 9 to 11 had no breakfast, or had ready-to-eat (low fiber) cereal or oatmeal. The children completed a variety of tests that assessed their ability to listen, think and remember.

In general, the children who had oatmeal had improved memory and better listening skills. Oatmeal is higher in protein and fiber content than many ready-to-eat cereals, providing a more sustained release of energy throughout the morning.

Fuel your body and brain with nourishing food every morning. Add variety to your diet by choosing foods from three or four different food groups, such as a grain, meat, fruit and milk.

Have some protein. Research shows that people who eat a protein-containing breakfast perform better on tests involving thinking and concentration. For example, having a glass of milk, container of yogurt, piece of cheese, peanut butter on your toast or a hard-cooked egg all will add protein.

Choose cereal wisely. When shopping, look high on the shelves instead of at eye level or lower, where the kids cereals often are placed. Read the Nutrition Facts labels carefully. Compare fiber, sugar content, vitamins and minerals.



Choose whole-grain cereals and whole-grain breads more often. To select whole-grain foods, check the first couple of items on the ingredient list. For example, look for oatmeal, whole wheat or whole grain. Look for a health claim on the package.



## **NDSU Adult Children & Fathering Study Seeks Participants**

Among the most influential relationships that a person experiences while growing up is the relationship with a father.

“The experience of being fathered influences everything from how we feel about ourselves to how we raise our own children,” says Sean Brotherson, NDSU Family Science Specialist. “In particular, the way in which we connect with a father and feel close to or were cared for by him has a strong impact on our lives and well-being. An interesting question is how adults remember their experiences being fathered while growing up and the things that were most meaningful to them in that relationship.”

Brotherson is exploring that question in a study focused on adult children who are willing to share their experiences of being fathered and how it has influenced them.

“We are particularly interested in learning from adult children about what was meaningful to them in the father-child relationship and how it also has influenced their own parenting efforts,” Brotherson says.

Bethany Teuter, a NDSU master’s degree candidate, is joining Brotherson in conducting the qualitative study.

“We need to learn from individuals who feel they had solid, connected relationships with their father and how that experience has shaped their lives,” Brotherson says.

Brotherson is seeking people who would be willing to be interviewed as part of the study. He is looking for adult men and women between the ages of 30 and 60. Also, the study seeks participants who have at least one child beyond the age of 3, are married to the other parent of that child, and were raised in a family with both mother and father present until at least age 18.

Interested individuals can receive more information or enroll in the study by contacting Reuter at (701) 680-2210 or e-mail [bethany.reuter@ndsu.edu](mailto:bethany.reuter@ndsu.edu).



## RECIPE CORNER

### American Blessings Mix

Similar to trail mix, each ingredient reminds us of a blessing.

#Bugles: shaped like a cornucopia, or Horn of Plenty, a symbol of our nation's abundance which we are thankful for.

#Pretzels: the heart-shaped pretzel reminds us of the love of family & friends, & the freedom to pursue our passions in this country.

#Candy Corn: to remember those before us who toiled in the fields, sacrificed, & at times, went hungry.

#Nuts or Seeds: another harvest gift that can symbolize our needed diligence to plant seeds of kindness, caring, industry, & forethought.

#M&M's: represent the many colors of our nation, a blessing we embrace. Candy also reminds us of our children, a true blessing to us & our nation.

### Sample Breakfast Menus:

#Oatmeal with raisins and low-fat milk

#Whole-grain cereal with sliced bananas and low-fat milk

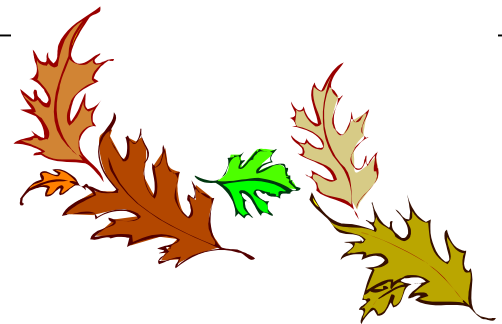
#Peanut butter on whole-wheat toast, apple slices and low-fat milk

#Mini pizzas made with English muffins, pizza sauce, cheese, Canadian bacon or other toppings, and orange juice

#Scrambled eggs, whole-wheat toast, orange slices and low-fat milk

#Leftover pizza, sliced cantaloupe and low-fat milk

#Scrambled eggs with salsa wrapped in tortillas, sliced peaches and low-fat milk



### Spiced Apple-Filled Squash

1 acorn squash (about 1 pound) 1 golden delicious apple, peeled, cored, sliced  
2 tsp. reduced-fat margarine, melted 2 tsp. brown sugar  
1/8 tsp. cinnamon 1/8 tsp. nutmeg  
Dash of ground cloves

Heat oven to 350°F. Grease a 1-quart baking dish. Halve the squash and remove the seeds; cut into quarters. Place the quarters, skin side up, in a dish and cover. Bake for 30 minutes. Meanwhile, in a medium bowl, combine the apple, margarine, brown sugar, cinnamon, nutmeg and cloves. Turn the cut sides of the acorn squash up and top with the apple mixture. Cover and bake 30 minutes longer or until apples are tender.

Quick microwave version: Halve the squash and remove seeds; cut into quarters. Arrange quarters, cut side up, in microwave-safe baking dish. Microwave on high (100%) six to seven minutes. Rotate squash halfway through the cooking time. Top squash with apple mixture, cover with vented plastic wrap and microwave on high four to five minutes or until apples are tender.

Makes four servings. Each serving has 80 calories, 2 grams of fat, 17 grams of carbohydrate, 2 grams of fiber, and 5 milligrams of sodium.