



Family and
Consumer Sciences

Strengthening Oklahoma Families

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Heat in parked cars can be deadly for children

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Although it is not officially summer, Oklahomans are already starting to feel the heat. As the mercury rises in the thermometer, keep in mind that the interior of a vehicle can reach a deadly temperature in just a few minutes.

One child in Oklahoma has already fallen victim to being left in a parked car this season. Although it can be tempting to leave a child in a car while the parent or caregiver runs into a store for a quick errand, it can be a deadly mistake, said Debbie Richardson, Oklahoma State University Cooperative Extension parenting assistant specialist.

“It’s amazing how quickly the temperature can rise in a parked car, even with the windows cracked,” Richardson said. “When the outside temperature is 80 degrees, the inside of a vehicle can reach deadly temperatures of 125 degrees within an hour. If it’s 93 degrees outside, the internal car temperature can jump to 125 degrees in just a matter of minutes. The temperature can rapidly increase even when the windows are rolled down.”

Due to their smaller size, a young child’s core body temperature can increase three to five times faster than that of an adult. When children are exposed to extreme heat it can cause permanent injury or death. Heat can quickly overwhelm their small body and affect the body’s ability to regulate temperature. Richardson said that an average of 37 deaths have been recorded every year in the United States since 1998. From 1998 to 2010 at least 12 children in Oklahoma died after being left in a hot vehicle. “With the hectic lifestyles most families live today, it can be easy to be distracted and forget a child is in the car. However, distraction can result in the death of a child,” she said. “When you get home from work or from running errands, check to make sure all of the children are out of the car. Under no circumstances, no matter how tempting it is, should you leave a sleeping child in the car. Get the children out of the vehicle before unloading groceries or other items.”

To help prevent heat-related deaths and injuries in the car, follow these suggestions by Safe Kids USA:

- Never leave a child in an unattended car, even with the windows open.
- Teach children not to play in or around cars.
- Always lock car doors and trunks, even at home, and keep keys and remote entry devices out of children’s reach.
- Watch children closely around cars, particularly when you are loading and unloading.
- Beware of child-resistant locks. Teach older children how to disable the driver’s door locks if they unintentionally become entrapped in a vehicle.
- Check to make sure all children leave the vehicle when you reach your destination.
- Do not overlook sleeping infants or toddlers. Get in the habit of checking the back seats. Put a note, sign or object near the driver’s seat as a reminder or place something that you will need at your next stop - for example a purse, your lunch, gym bag or briefcase - on the floor of the backseat where the child is sitting. This simple act could help prevent you from accidentally forgetting a child.
- Be especially careful if you are dropping off infants or children at day care and that is not part of your normal routine. Have your child care provider contact you if your child does not show up on a day he or she is expected.

Also, make sure to check the temperature of the car seat surface and safety belt buckles before restraining children in the car. These can easily cause skin burns. Use a light covering to shade the seat of a parked car.

“If a child is left in a hot car for any dangerous amount of time, the first thing to do is call 911 for help,” Richardson said. “Take the child out of the car and if he is alert, give him some cool water. If he’s not breathing or has no pulse, administer CPR until emergency help arrives. The heat in Oklahoma can be extreme, so it is vital for parents and caregivers to be aware of the possible dangers a child can face if left unattended in any vehicle.”

Air Travel – The Rules Are Constantly Changing

Have you flown within the last year? How about within the last month? Even if you have, there is a good chance that things have changed since the last time that you were traveling the friendly skies. While you may be thinking about the airport layout, it is actually the air travel rules that have likely changed. As more security issues arise, often on a daily or weekly basis, the airlines decide to enforce new travel rules. Traveling by air can be a relaxing experience if you take a few extra steps in preparing for your trip:

The Planning Stage

- When booking your trip, pay attention to your connection time between flights. Scheduling 45 minutes to change planes may seem like a lot of time, but if you're traveling between concourses, it could be difficult.
- When you book your ticket, let your airline or travel agent know about any accommodations you may need (i.e. wheelchair, special diet, etc.). Then confirm with your airline 24 hours before your flight that the accommodations you have requested will be available. It is also recommended that you confirm with your ticket-agent and flight attendant on-board your aircraft that they are prepared to meet your needs.



Before leaving for the airport

- Liquids and gels in containers larger than three ounces should be packed in checked luggage.
- Liquids and gels in containers smaller than three ounces may be packed in carry-on bags, as long as the following conditions are met:
 - The containers are 3 ounces or less.
 - All containers must fit into one quart sized or smaller Ziploc bag.
 - Passengers are limited to one bag.
- Travelers may carry on board one bag that fits in the overhead bin or under the seat, plus one personal item. Personal items include things such as purses, briefcases or laptops.
- Valuables including cameras, jewelry, documents, prescription medicine, and car keys should be placed in your carry-on luggage and kept with you at all times.
- Suitcases should be properly labeled both on the exterior and interior of the bag with the passenger's name and cell phone number.

- Passengers should have the address of their hotel or final destination available should their suitcase be delayed. This will need to be given to the airline so the bag can be delivered upon its arrival.
- All passengers (other than minors) are required to present a government issued photo ID. International travelers of any age must have a passport and other required documents. Passengers should make copies of these documents and carry an extra set with them or electronically scan them and e-mail a copy to themselves to have available should their original identification be lost or stolen.
- Many airlines now allow passengers to check in for their flight up to 24 hours prior to its scheduled departure. Passengers should check with their airline's Web site for additional information.

- Passengers should plan to arrive at the airport at least 90 minutes prior to their scheduled departure time for domestic flights and two hours early for international flights. Passengers should also verify the airport arrival times for their return flights as some airports experience lengthier delays.

At the airport

- Passengers can reduce their time in line at the ticket counters by utilizing self-service check-in machines. These machines allow passengers to print boarding passes, check luggage, select or change seats, and purchase upgrades.
- When approaching the security checkpoint, passengers should have their government issued photo ID or passport available with their boarding pass. To expedite time through the security screening process, slip on shoes are recommended. All shoes and jackets must be removed and screened. All laptops, portable DVD players or large electronic items must be removed from their cases and placed into their own bin. Passengers should place keys, cell phones, pagers, and loose change in their carry-on bags before getting in the security line. When it comes to air travel rules be flexible and patient. We must remember these rules are in place to keep us safe.

Strategic Packing for Trips

Packing a suitcase can be a daunting task. With today's airport rules and regulations, it can be very overwhelming and exhausting. Packing is a strategic exercise in maximizing space and minimizing wrinkles. You might already have a favorite packing system, but here are a few more tips and tricks to utilize all of your luggage space.

Pack Clothing

Step 1 – Remember this order: shirts on the bottom, then dresses, then pants.

Step 2 – Stack tops, unfolded, by placing wrinkle-prone tops toward the bottom of a pile and less easily wrinkled ones toward the top.

Step 3 – Fold the sleeves in toward the shirts' torsos

Step 4 - Fold the shirts in half from the bottom.

You now have a rectangular bundle of shirts; place it in your suitcase.

Step 5 – Drape long dresses in the suitcase so that the ends hang over the sides.

Step 6 – Place pants and skirts on a flat surface; fold each in half lengthwise.

Step 7 – Stack pants and skirts on top of one another, with easily wrinkled ones on the bottom and others, such as jeans, on top. Fold the stack over, so that its length is halved.

Step 8 – Place your stack of pants and skirts on top of the dresses, and then fold the ends of the dresses over the pants and skirts.

Get organized before you depart. Having organized luggage will help ease the stress of traveling. Make sure to put like items in the same spot during packing. For example: shoes in plastic bags on the bottom, toiletries in a clear toiletry bag (clear makes it easier to find what you're looking for), socks, swimsuits and underwear in a zippered pocket, etc.

Things you'll need to help in the packing process:

- Plastic Storage Bags
- Toiletries
- Toiletry Bags
- Garment Bags
- Carry-on Bags
- Luggage Sets

Pack Accessories

- Roll ties loosely.
- Stuff socks in shoes. Pack underwear in mesh laundry bags or side pockets to save space.

- Arrange each pair of shoes so that the heel of one aligns with the toe of the other.
- Wrap pairs of shoes in separate plastic bags, and place them along the border of your suitcase.
- Protect clothes from leaks by placing toiletries in a plastic bag.
- Pack essential toiletries in a carry-on bag. Include your toothbrush, a small tube of toothpaste, makeup, medication and other important items.

On a plane, bring a carry-on, in a car bring a small bag with snacks, bottled water (to stay hydrated as traveling often dehydrates you), and a good book, magazine or crossword puzzle to pass the time.

Travel Essentials – Travel Packing Tips

Due to increased airport security, many new luggage screening procedures for checked baggage have been put in place. Here's a few packing strategies to help make your next trip as problem-free as possible:

- Have some visible contact information **INSIDE** each suitcase. This can prove invaluable in the event your luggage's external ID tag and/or flight tag come loose or get damaged.
- Keep all checked bags unlocked; if your bag is selected for random screening, airport personnel may have to break the locks to get inside. Skip the locks to avoid any damage to your luggage and instead use plastic cable ties.
- Do not over-pack your bag. If your luggage gets selected for inspection, airport security screeners may have a difficult time closing your luggage, which can result in damage and extra wrinkles.
- Carry your film with you; some older screening equipment can damage undeveloped film. It's safest to take film in a protective film bag packed in your carryon luggage. You can buy special x-ray proof film bags at most larger camera stores. The bags will store up to a dozen rolls or more of film.
- Use closeable plastic bags for any items that could leak or possibly break in transit.
- The trick to wrinkle-free packing is to use suitcase organizers when packing so that your clothes can't shift during transit and everything stays orderly in your suitcase.



Carry-On Luggage vs. Checked Luggage

If you can get away with only carry-on luggage, that's ideal; you'll have less luggage worries – your luggage will be less likely to be missing, get damaged on conveyor belts, and won't be as awkward to lug around on your trip.

If you're going on an extended vacation or just can't do without a suitcase of stylish wardrobe options, and therefore have to check your luggage, make sure you take off shoulder straps so they don't get caught in luggage conveyor belts.

Identify your luggage in a very obvious way so that it is easy to spot and difficult for someone else to mistake it as theirs. We often use strips of bright yellow tape that we place in strategic parts of the luggage; this helps to quickly identify your luggage from a conveyor belt of near-identical luggage.

What is "Hot Dog Headache?"

If you get headaches after eating certain foods, you may not be alone. While caffeine withdrawal is a usual cause, nitrates and monosodium glutamate (MSG) can also be culprits. Nitrates are in cured and deli meats, hot dogs, bacon and sausage. MSG is intake-out food, seasoning salt, bouillon, and a variety of snack foods. Keep a journal to track food intake and headaches. Simply avoiding these foods can help you avoid a lot of pain.



Nip Allergies in the Bud

You can manage and even prevent hay fever – Pollen, mold, pets, dust mites or other allergens can trigger allergic reactions in those who are sensitive to them.

Try these suggestions to help your symptoms:

- Keep windows and doors closed and air conditioning on during allergy season
- Install a good air filter at home
- Avoid mowing the lawn or raking leaves as much as possible
- Repair any moisture problems in your home
- Use dust-proof covers on your mattress and pillows
- Keep your pet out of the bedroom and out of the house as much as possible

With hay fever symptoms, life can be a little rosier. Start living allergy-free today.

Planting an Herb Garden

Horticulturists recommend planting herbs after the last day of frost in the spring to avoid losing plants to a late freeze. If you have never planted herbs before, you may be more successful initially starting with transplants, rather than seeds.

When you are selecting herbs, be sure they are meant for culinary uses, not just as an ornamental herb. Some of the ornamental herbs may have a less desirable flavor because they have been bred for appearance rather than taste appeal.

There are three types of plants: annual, biennial or perennial. An *annual* completes its life cycle in one growing season and must be planted yearly. A *biennial* completes its life cycle in two growing seasons; biennials produce only foliage the first year and bloom the second year. Some people plant biennials, such as parsley, yearly for their foliage. A *perennial* lives for many growing seasons and comes back yearly.



Popular fresh garden herbs include basil, chives (common chives and garlic chives), cilantro, dill, mint and parsley. Herbs such as French tarragon, oregano, rosemary, thyme, sage and winter savory are satisfactory in both fresh and dried forms.

Note: Mint is a very aggressive plant that can quickly take over the herb garden. Plant it in a container at least 12 inches wide and deep (about one or two gallon size container) without holes. Inexpensive plastic containers without holes are available at most nurseries or lawn and garden centers. Bury the container in the ground so an inch of the container is above ground level. This will contain the plant so it can't creep out the top or the bottom and will prevent it from spreading throughout the garden. You may need to water mint more than other herbs that are planted normally and can send their roots farther into the ground.

Many herbs are suitable for container gardening as well as planting in a ground bed. Container gardening is an especially good option if you are limited on space.

Be an Active Patient

You'll recover faster (and with less expense) from an illness if you're actively involved in your medical care.

Being an active patient means learning how to communicate and to be assertive with your doctor in the following ways.

Before Your Appointment

Before you walk into your doctor's office, write down issues you want to discuss and questions you want to ask. *You may want to note:*

- Your symptoms or changes in your condition
- Medications you're currently taking.
- Changes in your life, such as more stress at work or changes in your home life.
- Questions regarding articles you've read about your illness and how it's treated.

During The Appointment

Ask for the following during your appointment to help you make the right decisions about your care:

- Explanations of tests and procedures.
- Clarifications of any treatment you don't understand.



Take notes so you can remember the details later.

Do your part. Answer the doctor's questions completely and truthfully. If you believe you'll have trouble sticking with a suggested treatment say so.

After The Visit

Take responsibility for your care outside the doctor's office. *You should:*

- Follow through with the recommended treatment.
- Take all medications as directed for as long as required.
- Practice preventive care; it's the best way to reduce your health-care costs.
- Exercise regularly, eat a balanced diet, don't smoke, don't drink to excess, manage your stress and get enough sleep.

Keep up to date with cholesterol and blood-pressure screenings, mammograms, pap smears, prostate exams and other tests.

What is Greek Yogurt?

One of the new "in" foods on the market today is Greek yogurt. What's the buzz about?

Open a container of Greek yogurt and you'll find a thick, rich product. It is strained to remove the watery whey typically found in traditional yogurt. It contains more protein, between 14 and 18 grams per six ounce portion. Regular yogurt has less than 10 grams per six ounce portion. This can help you feel fuller on less.



Greek yogurt tends to be low in sugar. Regular plain yogurt has 12 grams sugar per six ounces; Greek yogurt has 7 to 9 grams sugar.

On the downside, when whey is removed, it also takes away some calcium. Greek yogurt typically has 20% calcium compared to about 35% for regular yogurt. Use Greek yogurt to replace sour cream in sauces and dips. It has about 135 calories per cup. Fat-free sour cream has 170 calories per cup; regular sour cream has 440 calories per cup. Greek yogurt also comes in reduced fat and fat-free varieties.

The cost may deter some consumers, but you can make your own by putting regular yogurt in a strainer lined with a coffee filter, paper towels, or cheesecloth. Cover and refrigerate for several hours. The longer it drains, the thicker it gets.



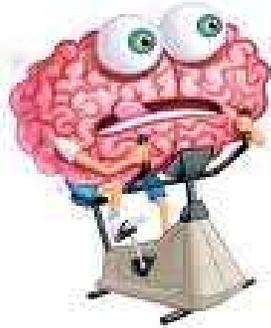
The Kay County Extension Office will be closed on Monday, July 5th in observance of Independence Day!



Brain Gymnasium

Most age-related declines in motor and memory skills are due to lack of stimulation. The brain can continue to make new neurons (the cells that transmit signals to and from the brain) even into advanced age. And, although the brain is technically an organ, it could also be thought of as a muscle that needs to be regularly flexed, challenged, and stimulated.

When we are children, we are bombarded with new and exciting things to learn. The brain is constantly adapting and responding to the new stimuli. As we get older, we tend to run in neutral. We do the same thing day in and day out and our brains become accustomed to those stimuli.



Think of your brain as a large house. As you use fewer and fewer of the rooms, they get closed off and start to gather dust. We begin to use what is absolutely necessary to fulfill our daily tasks and little more. Pretty soon, only two or three rooms are being used in a 3,000 square foot home!

You can teach an old dog new tricks!

Research has shown that older brains actually have an advantage and respond better to intellectual stimulation than less developed or younger brains. There are other ways to keep your brain in shape. You can do crossword puzzles, Sudoku, read, learn a new language. Even traveling stimulates the brain.

Change your routine.

The brain goes on autopilot when we do the same thing every day. It needs to process, interpret, and problem solve. Try taking a different route to work or the grocery store. Use more than one of your five senses at a time. For example, try buttoning your shirt with your eyes closed. Or, smell a variety of flowers, extracts, or other safe household items with your eyes closed and see if you can guess what they are. Have a friend or family member place several items in a closed bag. Reach your hand in and try to identify the items without looking. See how many you can get right before you peek in the bag.

The left side of the brain controls the right side of the body and *vice versa*. When you switch your mouse from the right side of your keyboard to the left, you force your right brain to fire off all sorts of signals

to try and resolve this awkward situation. If you are right-handed, try doing different thing throughout the day with your left hand.

Work it out.

Physical exercise is always a great place to start to promote brain health. Exercise has so many wonderful benefits: it increases strength and endurance; reduces the risk of chronic disease; promotes socialization; and, provides stimulation for an active brain. It also increases circulation, which promotes oxygen flow, energy, and mental clarity. Physical exercise can also improve concentration and learning ability.

Every morning, before you get out of bed, wiggle your toes. This is a relaxation technique and it also stimulates the brain and the internal organs. It is a nice way to wake up your body slowly and get it ready for the day ahead.

Wake up your brain with physical exercise, a crossword, an adventure, or brushing your teeth with the opposite hand. For free brain teasers and brain games, visit www.braingle.com.

Teaching Children to be Volunteers

Question: I want to teach my children to develop a desire for serving others, especially through volunteerism. What is the best way to get children interested in being a volunteer?

Answer:

1. First and foremost, set a good example yourself.

Let them see you being a community volunteer. Even more powerful, take them with you whenever possible and have them help.

2. Start small. Taking a fruit basket once a month to a neighborhood widow who lives alone can gradually plant the desire to do more. Gradually

increase the frequency of their involvement but let the child be the judge of when you are overdoing it.

3. Have the child identify a project that personally appeals to them. Give them guidance (but don't do all the preparation) and then let them carry out the project.



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