



# Newsline

## Proper food handling helps ensure a safe holiday meal

Now that the ghosts and goblins are back in hiding for another year, many families across the state are making plans and preparations for the remaining holidays this year.

Barbara Brown, Oklahoma State University Cooperative Extension Service food specialist, said many family holiday traditions are centered around food.

"Many holiday celebrations and parties include inviting friends and family to a meal, whether it be a sit-down affair or buffet style," Brown said.

"Celebrations are all about sharing, but one thing the hosts of the party don't want to share is bacteria that cause foodborne illness."

The first thing to keep in mind regarding food safety is to always wash your hands before and after handling food. When preparing foods for a buffet, make sure hot foods stay hot and cold foods stay cold.

Hot foods should be held at 140 degrees Fahrenheit or warmer. Use chafing dishes, slow cookers and warming trays to maintain proper temperature. Cold foods must be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice. If this is not possible, use small serving trays and continually replenish with fresh items.

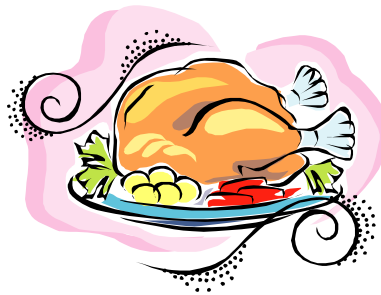
Brown said the hosts of the party should keep the two-hour rule in mind.

"Foods should not sit at room temperature for more than two hours. It's important to keep track of how long foods have been sitting on the buffet table and discard anything that sits out for more than two hours," she said.

Poultry, especially turkey, is a popular meat choice during the holiday season. The USDA Food Safety and Inspection Service recently lowered the recommended minimum endpoint tem-

perature to 165 degrees Fahrenheit.

"The minimum internal temperature requirement was recommended by the National Advisory Committee on Microbiological Criteria for Foods," Brown said. "Based on the best scientific data available, NACMCF determined that the new recommended temperature of 165 degrees for poultry was at a point in which consumers can be confident that pathogens and viruses will be destroyed."



Research has shown that foodborne pathogens and viruses such as *Salmonella*, *Campylobacter* and the avian influenza virus are destroyed when poultry is cooked to an internal temperature of 165 degrees Fahrenheit.

Brown said it is important for consumers to use a meat thermometer to determine exact internal temperature

of poultry and other meats.

Oftentimes in a party situation, the hosts are left with a considerable amount of leftovers. Packing them up and sending them home with guests is one way to lessen the amount of food that must be stored. If you do send food home with guests, be sure it can be held at a safe temperature during their trip.

"People often ask how long certain foods can remain in the refrigerator and still be good to eat," Brown said. "Proper storage is necessary in order for foods to remain as fresh as possible."

Cooked meats such as fried chicken or cooked casseroles containing meat can be refrigerated and used within three to four days. Cooked stuffing also should be used within that time frame. Meats such as pork chops and roasts should be consumed in no more than five days. Heat leftovers to 165 degrees Fahrenheit.

"Using these important tips will help ensure you are able to serve safe holiday meals," she said.

# Don't Worry, Be Healthy

How to make sure chronic fretting doesn't affect your well-being

By *Chrystle Fiedler*

November 2007

Worry can make you feel miserable—but did you know that it can also take a toll on your health?

Excessive concern or anxiety saps energy and hinders productivity. It also stimulates production of cortisol; this can lead to weight gain, depression and heart disease, all of which might make you worry even more. As tension mounts, you may find yourself turning to self-soothing habits—smoking, drinking, eating too much—and further compounding the damage that excess worry does to your health.

“Reducing worry, much like losing unnecessary weight, is a way you can have a healthier life,” says Robert L. Leahy, Ph.D., author of *The Worry Cure: Seven Steps to Stop Worry From Stopping You*. “By reducing anxiety, you reduce physical tension and aches and pains, improve sleep and ease digestion.”

Regrettably, almost 40 percent of us worry every day; women are twice as likely as men to do so. But research shows that there are steps you can take to reduce worry. And you can start taking them right now.

## Worry Selectively

A person who never worries is, well, a person who isn't really human! Clearly, some worry is productive, points out Leahy, who is also the director of the American Institute of Cognitive Therapy. “Say you have to drive from New York to Boston. Productive worry would involve things like asking yourself, Do I have a car reserved? Do I have a map? Do I have a hotel reservation? It's productive because it concerns actions you can take today.” Those actions make life move along more smoothly.

Unproductive worry is concerned with things you can't do anything about: What if my car breaks down? What if the hotel room is double-booked?

Learning to see the distinction between the two forms of worry can cut down on lots of useless anxiety. One way of doing this is to ask yourself whether your worry is productive or unproductive. When it's productive, put it on a to-do list, then take action. Taking action will help you relax, which makes it easier to let go of unproductive worry.

## Go With the Flow

Embracing life's uncertainties has its advantages. It leaves room for more spontaneity and adventure and lets you not sweat the small stuff. But that's difficult for many folks to accept. “People who worry have a hard time accepting uncertainty,” says Leahy. They worry, he suggests, to try to gain answers to questions about the future: Will my 10-year-old have a good job one day? Will I not get that promotion?

“If you're worried about failure, you're going to avoid risk,

you're going to demand certainty before you try anything, or you're going to quit early,” says Leahy. “If you accept that you don't know the answers, you'll likely stop worrying, and you'll be able to live in the moment. The disadvantage is that you might get surprised. But my feeling is that I'd rather be unpleasantly surprised sometimes than miserable all my life.”

## Embrace Novelty

Worriers tend to avoid new things (public speaking, going to parties) because it makes them uncomfortable; they worry because they think it will help them avoid discomfort. But when you can do things that are uncomfortable, you automatically rely less on worry as a coping strategy. “A worrier thinks that worry will prevent something bad from happening,” says Leahy, “while a resilient person thinks, If something happens, I'll handle it. It's like learning a new language or dance or instrument. You do things that are initially uncomfortable in order to make progress.”

## Be Realistically Positive

Worriers jump to conclusions about bad things happening, but research shows that 85 percent of the things people worry about have a positive outcome. “It's a good idea to look at the evidence for and against your worry,” says Leahy, “and to find the positive side of a worrisome situation. For example, if you're worried that you might lose your job, rather than thinking of being fired as a catastrophe, think of it as a chance.” Banishing worries and becoming positive, Leahy says, is a process of “reframing change so you see it as something that offers opportunities.”

If you want to develop a more positive outlook, try writing down your worries and keeping track of the outcome. You'll see how often things turn out positively. It can also help to schedule a worry time, say from 4:30 to 5:00 P.M. If you become worried about something at 10 A.M., write it down, then set it aside to worry about later. This way, you'll confine your worries to one time of the day.

## Worry Fugit

Know that emotions pass. “People who worry think negative emotions will last a really long time or overwhelm them,” says Leahy. “But any emotion, including anxiety, anger or sadness, is only temporary. It's a key thing to realize this.”

Leahy suggests keeping a daily journal of both your emotions in general and how you feel when certain things happen: “People who keep a journal of disclosure actually feel like they're coping better,” he says. “They feel less distressed and less anxious.”

Source: *REMEDY Fall 2007*



## Sleep Stealers

Easy Ways To Handle The Situations That Zap Your Zzzs  
By Leslie Pepper

What's robbing you of the rest you so desperately need? Here are some common culprits, and solutions that will soon have you snoozing soundly.

### The Problem: Jet Lag

Visiting relatives on the other side of the country? Heading out on a business trip? "Jet lag is more than just exhaustion from the trekking," says Helene Emsellem, M.D., director of the Center for Sleep and Wake Disorders in Chevy Chase, MD, and author of *Snooze...or Lose!* "It's a disruption of your underlying sleep-wake cycle, your internal body clock. And the more time zones you cross, the longer it takes to adjust back." In other words, when your internal clock is out of step with the one ticking away on the wall, you're going to be sleepy—and not sleepy—at the wrong times.

### The Fix: Adjust.

Before your trip, gradually adjust sleeping and eating hours to those of your destination. Because dehydration makes it tougher for the body to adapt, be sure to drink plenty of fluids on the plane. Follow the schedule of your new destination right away. Plenty of exposure to bright light will help you reset your circadian rhythms. If it's still light outside, head outdoors for at least 30 minutes whenever you feel sleepy. And be sure to get some exercise, which raises your endorphin levels and can make you feel better.

### The Problem: Stress

All those things you didn't have time to think about during the day come into consciousness the minute your head hits the pillow.

### The Fix: Make a list.

Before bed, sit in a quiet place with pen and paper. "Let your mind wander just as it does in the middle of the night," says Peter Hauri, Ph.D., director emeritus of the Sleep

Disorders Center at the Mayo Clinic in Rochester, MN. Then spend 10 or 15 minutes writing down everything you need to do. "Once it's written down, you can let it go," says Hauri. When you're in bed, imagine going down a staircase or riding down an escalator. The lower you go, the more deeply you'll relax.

### The Problem: Wining & dining

Though alcohol can sometimes help you relax and fall asleep faster, it suppresses REM sleep—and so you wake up feeling groggy. And if you eat too much, your body's going to be too busy digesting dinner to focus on sleep.

### The Fix: Time it right.

If you simply must have some wine, make sure you finish your last alcoholic drink and any big meal three hours before you plan to sleep.

### The Problem: Being away from home

Are you a city person spending time at your cousin's country cabin (or vice versa)? You might find nodding off a challenge. "Each of us has a sleep environment we've adapted to, and, for some people, any change—even if it's quieter—can make it difficult to fall asleep," says Dr. Emsellem.

### The Fix: Take control.

If noise bothers you, try a pair of earplugs; if lack of noise does, turn on a fan or tune the radio between stations to create white noise. In a hotel, ask for a room far from busy spots such as elevators, stairways, and vending and ice machines. Stretch out your bedtime routine so it really feels like home, suggests Hauri.

*Source: MediZine's Healthy Living Second Quarter 2007*

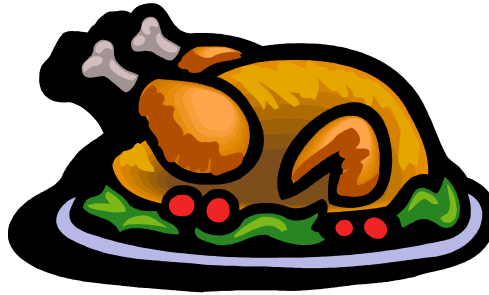
### Snap Up A Nap?

If you need to stay up late for a special event, a nap in the afternoon will help keep your eyes from shutting later on. If you're exhausted from doing too much in one day, says sleep expert Helene Emsellem M.D., try a snooze of 20 to 40 minutes between 2 P.M. and 5 P.M., when your body is programmed to nap. Longer naps can leave you feeling fuzzy.



## Ten Steps for a Picture Perfect Turkey

1. If turkey is frozen, thaw in the refrigerator or cold water. When ready to cook, remove the wrapper. Preheat the oven to 325 degrees Fahrenheit.
2. Remove the neck from the body cavity and the giblets from the neck cavity. Drain the juices and blot the cavities with paper towels.
3. Just before roasting, stuff the neck and body cavities lightly, if desired. Turn the wings back to hold the neck skin in place. Return legs to tucked position, if untucked. No trussing is necessary.
4. Place the turkey, breast side up, on a flat rack in an open roasting pan about 2 inches deep. A handy, "turkey lifter" comes with each Butterball turkey. Place this special string cradle on a rack, then place the turkey on top and bring the loops up around the turkey. Do this before putting the turkey in the oven and when lifting the cooked turkey from the pan, use the loops as handles.
5. Insert an oven-safe meat thermometer deep into the lower part of the thigh next to the body, not touching the bone.
6. Brush the skin with vegetable oil to prevent the skin from drying. Further basting is unnecessary.
7. Wash preparation utensils, work surfaces and hands in hot, soapy water following contact with uncooked turkey and juices.
8. Roast at 325 degrees Fahrenheit. For approximate cooking times, see roasting time schedule below. When the skin is light golden, about 2/3 done, shield the breast loosely with lightweight foil to prevent overcooking.
9. Check for doneness 1/2 hour before turkey is expected to be done. Turkey is fully cooked when the thigh's internal temperature is 180 degrees Fahrenheit. The thickest part of the breast should read 170 degrees Fahrenheit and the center of the stuffing should be 165 degrees Fahrenheit.
10. When done let the turkey stand for 15 to 20 minutes before carving.



Source: [Butterball.com](http://Butterball.com)

## Cooking a Whole Bird

**To Roast in a Conventional Oven:** Preheat oven to 325 °F. Remove wrapper from turkey. Drain juices and dry turkey with paper towels. Position Turkey Lifter on flat roasting rack in 2-inch deep roasting pan. Place prepared turkey, breast side up, on Lifter. Do not add water to pan. Do not cover turkey or pan. Spray turkey with cooking spray or brush skin lightly with vegetable oil. Roast according to time guidelines below. If turkey is covered or placed in an oven cooking bag, cooking time will vary.

Size	Unstuffed	Stuffed
10 to 18 lbs.	3 to 3 1/2 hours	3 3/4 to 4 1/2 hours
18 to 22 lbs.	3 1/2 to 4 hours	4 1/2 to 5 hours
22 to 24 lbs.	4 to 4 1/2 hours	5 to 5 1/2 hours
24 to 30 lbs.	4 1/2 to 5 hours	5 1/2 to 6 1/4 hours

To prevent overcooking the breast, loosely cover breast and top of drumsticks with lightweight aluminum foil when turkey is about two-thirds done. To check for doneness, thigh temperature on a meat thermometer should be 180 °F. If the turkey is stuffed, move thermometer to center of stuffing; temperature should be 165 °F. And, when the thigh muscle is pierced deeply with a fork, juices should be clear and no longer reddish pink. Let turkey stand 15 minutes before carving.

Source: [Butterball.com](http://Butterball.com)

### HEALTH TIP: THE HEALTHIEST CHOCOLATE

A sweet treat can be good for your heart--if you choose right. To get the most heart-healthy flavanols, which can help lower blood pressure, choose natural cocoa powder, unsweetened baking chocolate or the darkest chocolate you enjoy.

New chocolate bars CocoaVia<sup>®</sup> and Dove<sup>®</sup> Dark by Mars, Inc., use a patented process to preserve flavanols. Since fat and calories still count, indulge even in "healthy" dark chocolates only in moderation.

Source: [REMEDY Fall 2007](#)

# Road Signs for Success

By Sondra Whitt

November 2007

There are many versions of an old fable about the Devil going out of business - here is my modern version: One day the Devil decided to go out of business and offered his tools on Ebay for auction. Malice, Jealousy, Fear, Hatred, and Pride were easily recognized by his prospective customers and bidding was brisk. However, one badly worn, very small wedge-shaped tool, which also happened to be the most expensive, was proving difficult for his prospects to identify. Satan got a lot of emails asking what this particular tool was and why it was the most expensive. So he added a title and description to the tiny tool that immediately started a bidding war. This particular tool was *Discouragement*, his most valuable tool, because he could affect many hearts since so few people knew it was his.

Different things will discourage different people at different times. Discouragement can be the result of working and working to achieve something without seeing progress towards the results we want. For example, we might have reached a plateau in our weight loss goal or don't seem to be getting anywhere on the long-term project we've spent so much time on. It can also be the result of wanting something unattainable or out of our control, as in the case of my client, John, who wants a good relationship with his brother, Joe. John has had to accept that his brother might not want the same kind of relationship as John does, that their relationship might always be what it currently is, and that he just has to accept Joe for who he is at this time. Discouragement can also come upon us for no apparent reason. When this happens to John, he's discovered that it's often due to doing less than he's capable of doing, being too passive in his decisions, or being paralyzed by self-pity.

When we're discouraged, it's hard to see the light at the end of the tunnel because we're so focused on our present circumstances. "But it's usually at this time," writes motivational speaker and author Vic Johnson, "that our greatest growth can occur if we'll see the moment as a growth opportunity." He

reminds us to remember what we learned in science class - "a body at rest tends to remain at rest or a body in motion tends to remain in motion." Whatever small step can be taken will start the forward momentum, the circumstance will eventually change, and the discouragement will be defeated.

The late Earl Nightingale, a personal development expert, identified three vital points to keep in mind when faced with discouragement. "First, discouragement is often a form of self-pity, an expensive emotion we can get along very well without. And the most effective antidote for self-pity is intelligent action. Next, within any discouraging situation, there's almost always lurking an opportunity for growth, maturity, and future success. There's something good about it. And, finally, discouragement should be kept in its proper perspective. What may at the moment seem like the end of the world won't seem so important in 10 days or won't be very important in 10 months. Take the long-range view and you can't be defeated by momentary setbacks."

But one of the best pieces of advice when faced with discouragement is in a poem entitled *Don't Quit*, author unknown. One of the stanzas goes like this:

*When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill.  
When the funds are low and the debts are high,  
And you want to smile but you have to sigh.  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.*



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## *HCE News & Notes*

**HCE County Cookbook** – Don't forget that these cookbooks would make great, inexpensive Christmas presents.

### **Fall County Council**

Apron Annie's hosted Fall County Council on Oct. 23rd. Everyone attending enjoyed the night out. The theme was Girlfriends, Sisters, Mothers and Others. The speaker was Delinda Barnett, of the Apron Annie's Club.

### **GINGHER SCISSORS**

Once again, we will be ordering Gingher scissors. There is a considerable discount with a group order. If you are interested, please place your order by Nov. 30th.

### **LEADER LESSONS**

The month of December is open for you to plan a holiday get together or special event. Your lesson, "Memory Improvement" and can be picked up at the office Dec 15th.

Cathy James will give the lesson, "Cheeses & How to Make Them" on January 31st at 12:30 p.m. Make plans to attend and bring a friend!

### **Winterfest Arts & Craft Show**

Winterfest is December 1st at the Kingfisher County Fairgrounds and is sponsored by the Happy Homemakers from 9-4 pm. There will be over 60 booths and admission is free. Chicken and noodles, BBQ Sandwiches and

### **WHAT TO DO WITH ALL THAT TURKEY!**

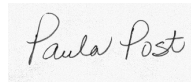
Buy an extra big turkey and plan multiple meals with different flavors. Use the extra meat for your favorite casserole. Try making Turkey Tetrazinni, Turkey Enchiladas, Turkey Fajitas, Caesar Salad, Soup, or BBQ turkey on a bun! Try freezing your favorite casserole, you might be pleasantly surprised! Saves time and money!

### **Parenting Classes**

**1, 2, 3, 4 Parenting**—for parents with children ages 1-4.  
**Active Parenting**—for parents with children ages 5-12.  
**Active Parenting for Teens**—for parents with teens  
**Active Parenting for Stepfamilies**

**Parenting Videos** available for checkout from the OSU  
Extension office: 1, 2, 3, Magic  
1, 2, 3, More Magic  
Surviving Adolescents

Sincerely,



Paula Post  
Extension Educator, FCS/4-H Youth Dev.