



Miranda Williams, Dianne Robertson, and Cathy Rasmussen attend the Awakening the Spirit reunion for tribes in Oregon. This American Diabetes Association program involves traditional prayers and stories to learn about diabetes.

## Crockery Cooking

A crockery pot is an electric cooker that cooks foods very slowly and easily (Crock-pot is the trade name of one crockery pot brand). It doesn't cost much and allows you to cook a meal ahead of time with very little attention.

You can put food in the crockery pot before going to work and come home to a hot meal. Cooking in a crockery pot can save money. The slow cooking tenderizes meat, so you can buy cheaper cuts of meat. And crockery pot cooking doesn't heat up the kitchen in the summer.

It is important to follow food safety rules when slow cooking. Meat should not cook below the 140°F danger zone for two hours or more. The crockery pot temperature on the low setting may read 200°F, but everything in the pot may not be 200°F. If you plan to use the low setting, turn the crockery pot on high (300°F) for the first hour, then turn it to the lower setting.

Never use frozen meat in a slow cooker. Because it takes too long for meat to thaw, it stays in the danger zone too long. Thaw frozen vegetables slightly before adding to the pot and add them during the last hour of cooking. Don't take the cooker's cover off during cooking. Each time you take the cover off, you lose cooking time.

## Beef/Vegetable Stew

### What You Need

- 6 medium potatoes, peeled and cubed
- 6 medium carrots, peeled and cut into 1/2-inch slices
- 1 onion, chopped
- 1 stalk celery, chopped
- 2 pounds lean boneless beef stew meat, trimmed of fat
- 3 tablespoons flour
- 1 (14 1/2 ounce) can diced peeled tomatoes
- 1 cup beef broth, canned or made with beef bouillon granules
- 1 teaspoon dry mustard
- 1/2 teaspoon ground pepper
- 1/2 teaspoon salt

### How to Fix

1. Put potatoes, carrots, onion, and celery in bottom of a 6-quart crockery pot.
2. Coat the beef evenly with the flour; add to the crockery pot on top of vegetables.
3. Top with the tomatoes and liquid, beef broth, mustard, salt, and pepper.
4. Cover and cook on high for 1 hour. Reduce heat to low; cook 7 to 8 hours.

## Cutting Sweets

Because humans are born with a natural taste for sugar, most children prefer sweet foods to any other foods. Many will choose ice cream over an apple. But sweets cause tooth decay and most are high in

calories and contain few nutrients. How can you help your family cut down on sweets?

- ◆ Avoid adding sugar to food. Add fruit to cereal and avoid sweetened cereals.
- ◆ Don't serve dessert every day. Instead of high-fat foods, offer lower-fat sugar foods such as graham crackers and animal crackers.
- ◆ Offer fruit, cheese, and crackers for snacks. Offer foods with natural sugar, such as dried fruits.

It's a parent's job to limit sweets. It's best not to bring sweets into the house – out of sight, out of mind. But if you're careful, sugars can be a part of a healthful diet. Serve them once in a while for a treat.

## Safety Near the Car

Injuries to children increase in the summer, partly because children are playing around streets and driveways.

Check the area around your car carefully for children, toys, bikes, and pets before getting in. Check again before starting your car. Make it a rule that children play only on sidewalks or in the yard. Driveways and parking lots aren't safe places to play. And if a ball rolls into the street, young children should tell an adult or older child.

Children under age 8 think cars can stop instantly and that drivers see them. They can't judge how fast cars are moving and their field of vision is much smaller than that of adults. Children learn by watching and doing, so take your children for a walk. Practice safety rules. **Stop** at the curb. **Listen. Look** for cars to the left, to the right and to the left again. Keep looking until you have crossed the street safely.

If you have a garage and a garage door opener, check it often to make sure it's operating correctly. Make sure paints, tools, lawn fertilizers, and other poisons are stored safely in the garage.

## Histoplasmosis

Histoplasmosis (hiss-to-plas-MO-sis) is a disease caused by a fungus. The fungus causes a mild upper respiratory infection that usually lasts for a few days. In young and older people or people with depressed immune systems, the infection can result in loss of a lung, blindness, or even death. If caught early, the disease can be treated with antibiotics.

The fungus is found in soil where bird or bat droppings have built up. Call the state Department of Health for more information.