

Do you know the nine simple steps that will allow you to age well?

The growth in the number and proportion of older adults is unprecedented in U.S. history. Longer life spans and aging baby boomers will combine to double the population of Americans aged 65 and older during the next 25 years. It is estimated that by 2030, there will be 71 million American older adults, about 20 percent of the population. In Oregon, it is estimated that 18 percent of the population will be age 65 and older by 2030.

Although the risk of disease and disability increases with age, poor health doesn't have to be a consequence of aging. Individuals who age well share specific traits, including:

- Sleeping 7 to 8 hours a night. It is not known why this promotes health and longevity, but the thought is that enough sleep may enhance the body's immune system, reducing its susceptibility to infection.
- Controlling weight. Being overweight increases your risk of developing heart disease, diabetes, cancer, and other diseases. Even a 10-pound weight loss can make a positive difference in your health.
- Being physically active. Exercise helps the body ward off illness, especially lifestyle dis-

eases that Americans so often develop. Physical activity is also strongly linked with lifelong brain health.

- Limiting alcohol intake. One drink a day for women and two for men appears to have a beneficial effect on the heart. More than that encourages chronic health problems. About 50 percent of accidental deaths and suicide are related to alcohol.

- Not smoking. This is the most preventable cause of illness and death in our society.

- Eating breakfast. This is another factor about which much is unknown, but people who live long report eating breakfast regularly.

- Mentally exercising. Learning new things or pursuing activities that are intellectually stimulating may especially strengthen brain cell networks and help preserve mental functions. Brain researchers have learned that our brains are just as capable of learning in the second half of life as in the first.

- Staying socially connected. Many studies of older adults have shown the importance of social support. Some experts say that good relationships give us a buffer from the stresses of everyday life and from the big-

ger losses we face from time to time.

- Maintaining optimism and happiness. Much of this has to do with your temperament,

Some foods can be saved after power has been off

Whether your freezer and refrigerator are shut off due to a storm, forgetfulness or accident, the food safety rules about what to keep or toss are the same. Why not print this article and post it near your freezer and/or refrigerator for easy reference?

The freezer: The basic rule is that if a food still has ice crystals inside its package, it can be refrozen. Use a permanent marker or crayon and mark each salvageable package in the freezer with a large "X" to indicate that it has been partially thawed. Use these items as soon as possible. Items with no remaining ice crystals should be thrown away.

What if the freezer has come back on and you don't know how much your food has thawed? Since you are dealing with an unknown, the rule is "if in doubt, throw it out." If you notice blood from once-frozen

which cannot be changed. But the more socially connected you choose to be, the more engaged in learning new things, and the better you take care of meat on neighboring packages or in the bottom of the freezer, advanced thawing has certainly occurred.

The refrigerator: Since your refrigerator should be at or below 40 degrees F during normal operation, going two hours without power will mean you need to do some tossing. Follow the guidelines below to help salvage as much as possible.

Foods that need to be thrown away if kept above 40 degrees F for more than two hours:

- Raw or cooked meat, poultry, fish
- Hard cooked or cracked eggs
- Egg substitutes
- Milk, cream, yogurt, or soft cheese
- Casseroles, stews, or soups
- Lunch meats and hot dogs
- Cream-based salad dress-

ings

- Custard, chiffon, or cheese pies
- Cream-filled pastries
- Cookie dough

Toss condiments, such as opened jars of mayonnaise, tartar sauce and horseradish, if they were above 50 degrees F for more than eight hours.

Foods that can be kept at room temperature for a few days (throw away items that are moldy or have an unusual odor): Butter or margarine; spices; BBQ sauce; fresh fruits or vegetables; ketchup; fruit juice; relish; cakes without cream filling or cream cheese frosting; opened bottles of vinegar-based salad dressings; taco sauce; hard and processed cheese; fruit pies, bread, rolls or muffins; mustard, dried fruit, coconut; peanut butter, jelly.

Source: Susan Mills-Gray, Nutrition Specialist, University of Missouri Extension

Learn the do's and don't of turkey safety

Thanksgiving means it's time to think about the bird. Here is your quick guide to purchasing and preparing the centerpiece of your Thanksgiving table.

When you head to the store, you'll need to know how big a bird you want. If you purchase one pound of turkey per person, you should have plenty of leftovers. If you don't want extra turkey at your house or are purchasing a bone-in turkey breast, plan on 3/4 of a pound per person. The rule of thumb for boneless turkey breast is 1/2 pound per person.

The preferred method for thawing your turkey is in the re-

frigerator. Allow one day of thawing for every five pounds of turkey. If you need to thaw the turkey quickly, it can be done in a cold water bath. Completely submerge the wrapped turkey in cold water and change the water every half hour. Allow a half hour of thawing time for each pound of turkey. It will take approximately four hours to thaw an eight pound turkey in a cold water bath.

The safest method for cooking the stuffing is in a casserole dish. If you do choose to stuff your turkey, take the proper precautions. Prepare the stuffing right before placing it in the turkey. Stuff the turkey loosely. If too much stuffing is put inside the turkey, it is difficult for it to reach the proper cooking temperature, 165 degrees, which increases the potential for food-borne illness. Use a thermometer to assure the stuffing reaches 165 degrees.

To roast your turkey, place it breast side up on a rack in a shallow pan. Insert a meat ther-

mometer into the thickest part of the thigh. Rub the skin with oil to prevent drying. The oil on the skin also helps the turkey to brown. Many people baste the turkey during the cooking process but it really isn't necessary. The liquid only penetrates 1/8 to 1/4 inch, which doesn't make the entire turkey juicier.

Place the turkey in a preheated 325 degree F oven and cook until the meat thermometer inserted into the thigh reads 180-185 degrees. If you place the thermometer into the thickest part of the breast, it should read 170-175 degrees when the turkey is cooked. When the turkey is done, the juices should run clear when pierced with a fork. Once the turkey has reached the proper temperature, remove it from the oven and let it sit for 20 minutes. This allows the juices in the meat to settle and redistribute. The only thing left to do is carve and enjoy.

Source: Tammy Roberts, MS, RD, LD, Nutrition Specialist, University of Missouri Extension.

Holiday Hop offered for children

According to USA Today, children who play vigorously for 20 to 40 minutes a day may be better able to organize schoolwork, do class projects, and learn mathematics.

If your child could use some more physical activity, sign her/him up for Junior Jazzercise Holiday Hop Classes for only \$65! Holiday Hop Fun Includes: latest dance moves,

cool music, fitness games, obstacle course, relay races, snack and nutrition, plus a free drawstring backpack with paid registration.

A portion of Banks Jazzercise proceeds will benefit the Banks Dance Team, and a portion of the Vernonia Jazzercise proceeds will benefit Vernonia Cares Food Bank. Vernonia Jazzercise is a Holiday Bucks Participant.

Contact Michelle Gustafson, Banks Jazzercise at 503-324-4067 or Penelope Costley, Vernonia Jazzercise at 503-429-0196 for more information.



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