

Get rid of pantry pests with these tips

No one is immune to having an infestation of those pesky little bugs that get into the food in your pantry. When you do spot one on the shelf or in your food, it's important to know how to get rid of them and what you can do to decrease the chance that it will happen again.

The first sign that you have pantry pests is the presence of small brown beetles, moths or worms in your cupboards or even on the kitchen counter. They can come from a lot of places. You can bring them home in a package you buy at the grocery store. They can even fly in the house through an open door or window, or crawl through the tiniest crack.

Two of the most common types are grain and flour beetles and flour moths. The grain and flour beetles are small flat

brown bugs. They like to eat flour, cornmeal and cereal. You can also find these pests in your dry dog and cat food, even in nuts, candies and dried fruit. These bugs do not like light and will move away when a container is opened. They multiply rapidly so you may see a large number of them.

Flour moths are another common pantry pest. The damage to the food is actually done by the caterpillars and not the mature moth. The caterpillar is only about one-half inch long and can be off-white, greenish or pinkish. They leave a "thread" trail along anything they move over, which forms webs across the infected food.

To get rid of these unwanted butts, remove all food from your shelves sealing any infested food in an airtight bag before

discarding. Use a vacuum cleaner because these bugs like to get in tiny cracks and crevices in your pantry. Make sure to dispose of the vacuum bag in another airtight container so the bugs don't come back.

Some tips to protect your kitchen from pantry pests includes buying only small portions of grain foods if you don't use them that often, store susceptible foods in airtight containers, don't buy opened or crushed packages as they are more likely to be contaminated, and remove all food from your food storage area once per year for a thorough cleaning.

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

Military suicides increase

Dealing with the emotional impact of multiple combat tours, a bad economy, difficulties re-entering civilian life and family troubles, 32 Army soldiers took their own lives in June. Of those soldiers, 11 were not on active duty. In the first half of this year, 145 US soldiers committed suicide.

Returning home can seem even more stressful than combat for some veterans.

The adjustment strain can be a significant factor leading to suicide, especially a feeling of hopelessness that they can't get their lives back together. Oregon Partnership's new, confidential Military Helpline was created just for this crisis. Early intervention and assessment is the key. Oregon Partnership's Military Helpline provides that, guiding individuals and families on a path to safety and healing.

In establishing the Military Helpline, Oregon Partnership has received unwavering support from Oregon's Military Department and the Oregon National Guard.

"Over the past year, we've gotten calls from some 1,200 veterans on our crisis lines," says David Corse, OP Crisis Lines Operations Director. "But that's the tip of the iceberg. With our new line, we can reach out to Oregon National Guard members, veterans and others and let them know we're here for them."

"Of the more than 30,000 suicides in this country each year, fully 20 percent of them are acts by veterans," says VA Secretary Eric Shinseki. "That means on average 18 veterans commit suicide each day."

Suicide rates in all four services of the military are significantly higher than in the general population, with 52 Marines, 48 sailors, and 41 members of the Air force committing suicide in 2009.

The Army has begun an aggressive campaign urging soldiers to seek counseling at the slightest sign of trouble. Still, many balk at the suggestion due to fear of negative career impact, the stigma of perceived weakness among their peers and frustration with red tape.

"In a 6-year period a young man, or a young woman, can have as many stressors as a normal American has throughout their entire life," says General Peter Chiarelli, Army Vice Chief of Staff.

Oregon Partnership's Military Helpline number is 888-HLP-4-VET (888-457-4838).

Founded in 1993, Oregon Partnership is a 501-3c non-profit organization whose mission is to end substance abuse and suicide. OP's crisis lines are now receiving more than 35-thousand calls annually. To learn more, visit www.orpartnership.org.

Learn green back-to-school tips here

1. Don't Overbuy. It might be exciting to enter the back-to-school section of your local retailer – so many shiny things and bright colors! But don't be tempted to buy more than you need. First, check what you already have in stock. Did your child really use all 500 sheets of paper you bought last year? Is every single pencil worn down to the nub? Did the scissors spontaneously break? Buy only what you really need for the year. The amount of "stuff" you don't bring home will be astonishing.

2. Purchase Recycled. It's unavoidable: You will have to buy some things for the upcom-

ing school year. Look for a backpack that's PVC-free, which means not made out of vinyl. But instead of a regular backpack, how about one from TerraCycle made out of recycled juice drink pouches? There are lots of fun backpacks made from recycled materials available at REI or Rewarestore.com. Some backpacks also come with a lifetime guarantee, so if your kids' pack needs fixing, you can send it back for repair. Purchase recycled pencils made from old denim or newsprint. More than 14 billion pencils are produced every year – enough to circle the globe 62 times! Or use re-

fillable pencils, instead of the wooden kind. Consider buying 100% recycled paper for your printer, available at most major retailers. (3.4 million tons of paper are purchased during back-to-school season) Just be sure to check your recycled school supplies for durability and minimal packaging.

3. Opt for Used. If you want to reduce waste – and costs – look at buying used, opting for online, or renting. Campus bookstores often have used textbooks for half off, or more. Web sites such as eCampus and Amazon carry many used titles. Some schools are even experimenting with online textbooks, reducing both costs and strain on your backpack. Rent-

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**Columbia
County
Mental Health
800-294-5211**

**Suicide
Hotline
1-800-
784-2433
or
1-800-273-
TALK(8255)**

**Domestic Abuse
Hotline
503-397-6161
or
866-397-6161**

**Military Helpline
888-HLP-4-VET
(888-457-4838)**



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It's the life in your years".

~ Abraham Lincoln



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