

TAKING TIME

by **Rebecca Escott**
 Penn State
 Extension Home Economist
 For Lehigh County



Do As I Say

You're familiar with the old phrase, "Do as I say, not as I do." Well I never thought that was a very fair (or wise) saying. I "always" thought that people should practice the same rules and fulfill the same expectations that they recommend to others. Well last week I experienced a burning reminder of why, no matter who you are, you should follow the rules and principles presented by the experts.

I can't tell you how many times I've read directions from the USDA canning guide to callers who need help with food processing procedures. Now canning directions have been tested, and the cautions are placed there with good reason. Consider, for instance the cautions for canning hot peppers — "Wear rubber gloves

when handling hot peppers." During the past few years, I have had multiple callers phone in after the fact to say that their hands were burning, and how could they get the hot oils off their skin. Unfortunately, I had no easy solution.

I say "unfortunately," because last week I got lazy. I've worked with hot peppers before and worn gloves, but last week I thought I could "get away without following the directions." I cup up a few beautiful red and orange peppers for a homemade salsa. Well . . . not only did my forehead tingle from the volatile oils but the skin under my fingernails seared with pain. It hurt to grip a pen. (Not to mention the fact that I spoiled a whole bowl of fresh cut peaches because I used the same paring knife to cut them that cut the peppers!) Even a day later the burning

sensation persisted.

Who did I think I was to be above the law of the nature of hot peppers? But, in a way, it was a lesson I needed to relearn. I often get frustrated when callers phone in for my advice and then proceed to tell me how they've done it differently all their lives and they're not going to change. Or, they may say, "I know the books say I should do this, but I'm not going to do that anyway." I try to remind them that the parenting, food safety, and financial publications that we distribute (and use as teaching references) have been heavily researched. The recommendations are made for a reason.

Consider these rules: Don't leave protein foods out for more than two hours total at room temperature; a two-year-old child should stay in time-out only two minutes; a three-year-old only three minutes; a child will have the developmental skills to take shoes OFF much sooner than she will have the skills to put them on; regular saving of small amounts will accumulate more funds over the long haul than sporadic deposits gained out of good fortune; every family needs an emergency fund of at least three months income in a liquid savings account.

Couple's Communication

UNIVERSITY PARK (Centre Co.) — "You just don't listen to me!" Have you or your partner ever said that or felt like saying it?

Good communication is a skill we all need to have in order to build healthy relationships. "Communicating As A Couple" is a four-week series being co-sponsored by Penn State Cooperative Extension and Bethany Counseling Ministry. The series will be held Wednesdays, October 5, 12,

19, and 26, from 7:30 p.m. until 9:30 p.m., at Penn State Eastgate Center, Seventh and Herr Street, Harrisburg.

This series is designed for any couple desiring to strengthen their relationship by improving their communication skills. Pre-Registration of \$40 is required by Thursday, September 29. To register call the Penn State Cooperative Extension - Dauphin County Office at (717) 921-8803.

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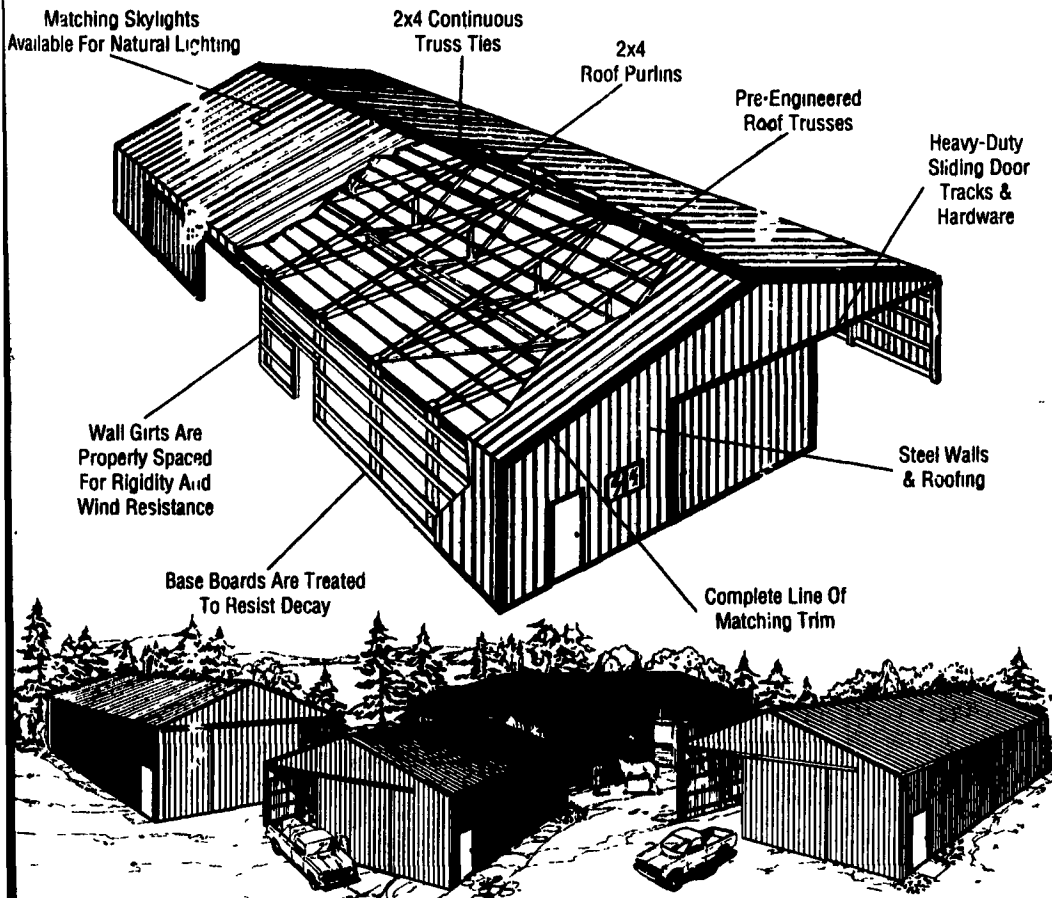
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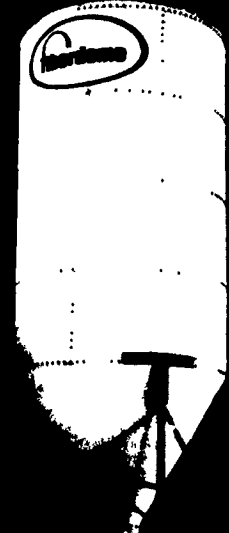
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