

Family Living Focus

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One of the most painful experiences a person can have is to be ignored. Promise to visit with Grandma once a week, either by phone, by letter, e-mail or best of all, in person. It's nice to have someone you like to come to visit — who thinks you are important.

• Exchange the gift of sharing memories. Learn about the heritage of the family. Tell stories. While sharing memories of the past, children can also convey happenings of today. Children help elders better understand what is happening to modern day youth. Children keep grandparents up to date with social changes. Because elders are often less threatening, the rapport between elder and younger may be easier. Grandparents can make better listeners. The elder can become the bridge in the generation gap.

Children fill the world of elders with laughter as they enjoy activities.

• Give the gift of activity. Give an elder a book of free tickets to do things together. Children can make the special tickets to give to Grandpa. The tickets could be to fly a kite together, take a walk, to make a scrap book, to take them to church. Promise to invite Grandma to the school play or concert. Make certain, however, that the gift will not cost the elder any money.

• The gift of example. Grandparents are great role models. When children admire their grandparents and other elders, they may assume some of their values. The values are copied. Later, in life, children use what they saw and experienced with their elders as standard of behavior.

While being a role model, elders become great teachers.

• They give the gift of learning. Children enjoy learning from "the Masters of fishing, cooking, woodworking, sewing, playing cards, etc." Working side by side is a true gift. Helping children create and express themselves is rewarding.

• Give children the gift of hope for the future. By sharing trials and tribulations, elders show children that they, too, can overcome life's challenges. When they speak with genuine pride at their accomplishments, elders represent success. The children hear and see the success and they follow.

The key to giving is to give from the heart. The rewards are many and will last for generations. Make it a special holiday.

Grandparents, Gifts And Holidays

"Over the river and through the woods, to Grandmother's house we go."

Today's grandparents live in the next house, in the next state, or even in another country.

The grandparent (or elder) of today is different from the grandparent of yesterday. However, giving gifts and getting gifts are a universal challenge. What

do we give Grandpa? Or, Grandma wants to know what to give her grandson.

The answer lies in the definition of "gift." Gifts are an expression of love and caring. The gift can be tangible or intangible. Let's look at some solutions to the dilemma of gifts for grandparents (and other elders, too.).

• Give the gift of appreciation. Be genuinely involved with the elders. Take time to visit.

'User-Friendly' Ozone Ready To Become Tool For Food Safety

PALO ALTO, Calif. — It leaves no taste, odor or flavor. But by passing the Food and Drug Administration's (FDA) initial review in an extremely rigorous process, it has the potential to become the next major tool for the safe treatment, storage and

processing of nearly every type of food, including meats, poultry, fruits and vegetables, in the U.S.

With scientists continually studying ways to ensure the ongoing protection of the food supply, for the past several years EPRI's (Electric Power Research

Institute) Agriculture and Food Technology Alliance (AFTA) has coordinated an effort to review the use of ozone as a food safety additive, and then to obtain formal federal authorization for this additive.

Though ozone has been used

in other countries in food processing, and in the U.S., for water treatment, FDA regulations never listed it as an approved food additive. Despite the designation of ozone in 1997 as "Generally Recognized as Safe" (GRAS) by an independent panel convened by EPRI, this still meant federal approval of ozone use required an extensive petition for consideration by the FDA, which already has accepted it, filed it, and designated it for expedited review — a major hurdle to pass since only one out of every 10 to 12 petitions makes it to the filing stage. Final action on the petition is expected by no later than next February.

"Although the food safety system has worked well, it's important to get ahead of the curve, and the use of ozone as an antimicrobial agent can help the industry do that," said Dr. Chuck Sopher, director of EPRI's AFTA, which is based in Washington, D.C.

"Consumers view microbial — meaning germ and bacteria contamination as their highest food

safety concern, and the organisms responsible for diseases continue to mutate. Ozone is an extremely "user-friendly" agent the represents another weapon in the arsenal to help assure the long-term safety of the U.S. food supply."

According to Dr. Dee Graham, manager of EPRI's AFTA Food Office, ozone works as an oxidant to damage the cell walls of harmful microorganisms, thus killing them and leaving only oxygen — but no tastes, odors or flavors — as a by-product. Also, because of ozone's short half-life, it leaves no residual in the food (unlike chlorine).

Besides ozone's initial application food additive, Sopher added that it may offer other beneficial uses in the long run, such as replacing current agricultural pesticides that are being phased out of use, enabling safe storage of crops without the need for fumigation, and providing odor control in the fish industry (such as in fish markets) and in animal operations (such as in hog houses).

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