

The Prepared Family



"Prepare Every Needful Thing"

July/August 2002

Scripture or Quote of the month:

"Faith precedes the miracle. It has ever been so and shall ever be. It was not raining when Noah was commanded to build an ark. There was no visible ram in the thicket when Abraham prepared to sacrifice his son Isaac. Two heavenly personages were not yet seen when Joseph knelt and prayed. First came the test of faith - and then the miracle.

"Remember that faith and doubt cannot exist in the same mind at the same time, for one will dispel the other. Cast out doubt. Cultivate faith." (Thomas S. Monson, "The Call to Serve," Ensign, Nov. 2000, 48-49)

Bug Out Bag-BOB

Babies and small children tend to be overlooked when packing supplies for our BOB's. Here are a few items to include in your BOB's for them.

- ♥ bottles/bottle brush
- ♥ hat/socks/warm blanket
- ♥ safety pins/plastic pants/ diapers
- ♥ warm night clothes
- ♥ t-shirts/mittens
- ♥ games/toys/crayons/coloring book/books
- ♥ teething gel/baby tylenol/pedelite type drink
- ♥ thermometer/medicine dropper
- ♥ diaper cream/lotion/bath care products

Stock up by the week

Canning jars, lids and rings
Pectin, lemon juice and sugar
Canning salt, vinegar white/cider
Canner/Pressure canner
Jar lifter



Gardens/Gardening Tips

Plant ferns directly underneath your window air conditioning unit. The excess moisture will drip onto the plant, helping to keep it moist and healthy without having to water it regularly. Also, consider planting ferns at the base of your drain spouts.— Christy Cader, Mississippi

Did you know that certain plants complement other plants in the garden? For instance, planting marigolds,

borage, basil or parsley near tomatoes will improve flavor and can help prevent attacks from aphids, beetles and other pests. — Julie Rhodes, Nevada

Recipes

Vegetables are now in full season. We have been told that 'we should eat in the season thereof.' Well now is the time to enjoy freshly picked beans, peaches, eggplant, tomatoes, potatoes, corn and lots of other produce. Not only should we eat them we really should be storing them to help out our budgets during the coming months. Here are some great recipes for using these fresh items.

BAKED RATATOUILLE

¼ C. Apple juice	1 onion, chopped
1 bell pepper, chopped	1 eggplant, chopped
2 zucchini, peeled and chopped	4 large tomatoes, peeled/chopped
1 6 ounce can tomato paste	1 bay leaf
1 T. Parsley	2 t. basil
½ t. oregano	¼ t. garlic powder
12 ounces mozzarella cheese, sliced	

Bring apple juice to a boil. Saute onion and peppers in liquid several minutes until soft. Steam eggplant and zucchini. In a large skillet, combine tomatoes, onion, peppers, spices, and tomato paste. Add steamed vegetables. Mix and simmer 15 minutes. Spread in a 9 inch x 12 inch baking dish. Slice mozzarella and distribute over vegetables. Cook in 350 degree oven about 20 minutes or until cheese is bubbly. Serves 8 with a salad and bread.

FRENCH ONION SOUP

2 C. Thinly sliced onions 2 T. Butter or olive oil
4 T. Worcestershire sauce 4 C. Beef broth

Saute onions in butter or olive oil until tender. Add Worcestershire sauce and broth and bring to a boil for 10 minutes. Simmer on lower for 20 minutes and serve with slices of French bread with melted Swiss cheese on top. Serve with a salad and fresh fruit.

LAZY APRICOT PRESERVES

by Glenn A. Anderson

1 pound dried apricots 1 ¾ cups sugar
3 ½ cups water

Process apricots in a food processor until very finely chopped. Transfer to a 3 ½ quart crock pot or slow cooker. Stir in sugar and water.

Cover and cook on high (300 degrees) for 2 1/2 hours, stirring twice, if possible. Uncover and cook two hours longer or until jam has thickened (on high still), stirring occasionally.

You can ladle into hot, sterilized jelly jars, sealing and processing according to the manufacturers's directions, or store in the refrigerator for up to 3 weeks. May be frozen for up to 3 months.

Financial Preparedness

In the recent LDS Church News there is an excellent article on becoming debt free. You can either read it online or check it out at home. The articles title is "Irony of leading nation in bankruptcy filing. Lessons of pioneer thrift still applicable today" I would encourage everyone young and old alike to read the articles in this weeks church news to learn the important steps in getting out of debt and having the freedom to enjoy life without such heavy demands. GMN



Despite being established upon principles of thrift, frugality and moral integrity, Utah, ironically, leads the nation in bankruptcy filings.

The pioneer adage to, "Use it up, wear it out, make it do, or do without," has given way to enjoying all that the

bank's money can buy — with zero down and 48 months to pay....

Speaking during a devotional June 4 at Brigham Young University, Elder Sheldon F. Child of the Seventy quoted from Doctrine and Covenants, section 21, urging students to follow the prophet in "all patience and faith."

"Does it take patience and faith to follow the prophets?" he asked. "Of course it does. His counsel may interfere with our lifestyle. He may say things that we don't want to hear."

He quoted President Gordon B. Hinckley, who said, "So many of our people are heavily in debt for things that are not entirely necessary. . . . I urge you as members of this Church to get free of debt where possible and to have a little laid aside against a rainy day."....

<http://www.desnews.com/cn/view/1,1721,285001351,00.html?varA=Y>

Family History Tips

[Editor's Note: "Making Brick Walls," by Delores Rochelle Walls in RootsWeb Review 3 July opened the floodgates on Internet name-searching adventures. Think you have problems finding your ancestors? Read on:]



Mooing right along

Just to add two of my research problems to those of Brick Wall. I am a MILK/MILKS family researcher, so you can easily imagine what kind of hits I get when I try search for MILK family members. I am amazed at how many of our ancestors wrote about the milk from cows.

My primary research line is YORK/YORKS, and I quickly learned how many of our ancestors were from the state of New York. Talk about a lot of hits to wade through. But, I should add, I am always grateful just to have so much ancestral data available on the Web. It takes a lot of work by a lot of people to provide so much information for us genealogists to search.— Bob Yorks
bigblue60@mybluelight.com

YORKS-YERKS-YERXA-YEREX-YOUREX,MILK-MILKS, BOWERS, COURTAD-COURTADE, and LAMBERT

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Keeping up with the SMITHs

I sympathize with the "brick walls" problem but try searching for a John Smith! Yes, my great-grandfather was John Loden SMITH, but I finally found him and his father William SMITH. I can't get beyond William since the courthouse records in Alabama were burned by Sherman.—Charlene S. Crumby cjcrumby@juno.com

[Editor's Note. You might want to check your American Civil War history more closely as General William Tecumseh Sherman's "March to the Sea" during the American Civil War was through Georgia and the Carolinas – not Alabama. Also, never accept blindly the old (often inaccurate) story that the courthouse records burned; many records were re-recorded and seldom were all the records burned.]

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Avoiding the famous and the infamous

I read of the troubles of researchers with their surnames. My maiden name was LADYMAN and when I put that in for a surname I get transvestites, etc. I tried "googling" for Ladyman+ Wills not knowing that there was an M.P. called Wills, so I got everything about my cousin an M.P. and M.P. Wills. I have to remember to put genealogy in front in order to not to get on the nasty sites.--Doris Rimmer nee Ladyman d.rimmer@ntlworld.com

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Give me a VALENTINE, she said WEEKly

I can certainly relate and sympathize with DeeDee Kitchen and many others. My dad's family is WEEKS. It seems that just about all of them as far back as I have gotten had at least one child named James. My great-great-grandfather was James WEEKS, he had a son, James Porter WEEKS, he had a son James Porter WEEKS, and so it goes. Heck, my grandfather, who was named after his uncle, was James Ernest WEEKS. Have you ever tried searching the last name WEEKS? You get weeks of the year, weeks of the month, how many weeks ago, weeks old, etc. I just couldn't have any uncommon names. The others I have found so far are just about as bad. For VALENTINE, another of my surnames, you get Valentine's day, flowers, candy, etc. --Frances Smith fsmith@nctr.fda.gov

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It's a FOX HUNT (honest)

Having surnames that also are nouns does make Internet searches interesting. For example, searching for CUFF gets lot of hits describing apparel. Then there are FOX

and HUNT. (Yes, Caroline FOX really did marry Arthur HUNT to become Caroline FOX HUNT). But, I've found the most "interesting" results when searching for PARADICE. The best way to reduce unwanted results on that one is to filter the search to remove explicit text. --Annette L. Smith annette_smith@telus.net

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Something fishy online

I, too, have had great frustration in researching some names due to their word equivalents. Doing a search for TROUT produces especially fishy results. I'd think that the whole world revolved around trout fishing. However, one BIG hint for webmasters: In the head section of your Web pages, embed the following line: meta name="keywords" content="family, genealogy, descendency"

And, of course, the family names or other terms can be inserted as meta keywords. This helps researchers who use the search terms of family, genealogy, or descendency in their search, and greatly helps to weed out all the spurious returns. You can also insert the following line: meta name="description" content="A genealogy of the Liglerfutz family of North Escambria." Or whatever. Just make sure that it's embedded in the webpage's head, not the body. – John Knouse jaknouse@frognet.net
<http://www.jaknouse.athens.oh.us/genealogy/genealogy.shtml>

A Thought

Is your home Polluted? Here are some tips on how to protect your children and yourselves– from household toxins.

Did you know that the EPA states that indoor pollution can be two to five or sometimes even 100 times more polluted than outdoor air? Energy-efficient, air-tight houses help keep the winter chill and summer heat out but trap toxins in. Dangerous fumes and particulates can come from cleaning products, pesticides, solvents, synthetic building materials such as plywood and carpet, combustion devices like fireplaces and stoves– and, yes, secondhand cigarette smoke. According to Tom Numrych, MD, PhD and chief of Pediatrics at Group Health. "Children are particularly susceptible to toxins." Their lungs, organ systems, and immune systems are not fully developed and absorb higher concentrations of pesticides and poisons. Molds, mildew and fungus are caused by too much moisture in the home. Open an

window and let some air in. Moisture will escape and fresh air will circulate and help pull unwanted toxins outdoors. Here are some tips for a healthier home:

- ⊖ check all product labels and follow directions carefully, including having adequate ventilation. Avoid any product labeled POISON, WARNING, or DANGER.
- ⊖ Use non-toxic, unscented, mild cleaning products. Try one of the new product lines on the market, or homemade cleaners such as baking soda and liquid Castile soap or vinegar.
- ⊖ Don't use pesticides in your home or garden unless all other alternatives have been explored. Since shoes collect outdoor pesticides, wipe your feet on a doormat or leave your shoes at the door.
- ⊖ Avoid using pressure treated wood, which may contain arsenic, and particleboard, which emits formaldehyde fumes.
- ⊖ Since children and pregnant women are particularly at risk around toxins, limit their exposure to construction, renovation, secondhand smoke, and other potentially polluted materials and environments.
- ⊖ Install a UL-approved carbon monoxide detector in sleeping areas.
- ⊖ Add some green to your home. Living plants are now being added to the space station because they are efficient at absorbing contaminants. Here are NASA's list of most effective: Gerbera daisy, golden pothos, philodendron, chrysanthemum, and the spider plant.

Get Physical

Cross training is not just for athletes. Everyone of us needs to become better physically fit. Being fit will not only help reduce stress, but keep us in shape for helping our children in being fit. Here are some great activities that will help become better cross trained. As always check with your doctor before beginning any physical activity, start slowly and gradually increase time. Alternate between indoor and outdoor activities and between high and low intensity or high/low impact. This will help build strength and reduce injuries. Mix it up to achieve the maximum health benefits.

- ★ Aerobic– Running, brisk walking, swimming, stair climbing, skiing, or racketball/other court sports.
- ★ Strength– Push-ups, pull-ups, sit-ups, free weights, weight machines, bands and tubing, water exercise.
- ★ Flexibility– Stretching, yoga, ballet, martial arts, Tai chi.

FYI

It's been nearly a year since much of western Kansas has gotten substantial rain of even up to an inch, and the southwest corner has been hardest hit.

The drought has devastated the wheat crop now being harvested and spurred widespread selling off of cattle herds, as farmers become increasingly desperate to find enough feed and water to carry them through the summer grazing season.

Rural farm economies are hurting and even the wildlife is struggling to survive. The Bowker brothers are thankful to have anything left at all to harvest.

Weather records dating back to 1913 show that never has there been less precipitation here than now. Even the Dust Bowl days of the 1930s logged more rain than this year, says Morton County Extension agent Tim Jones.

Manager Larry Dunn says his seven elevators usually take in 3.2 million bushels of wheat during harvest. This year they hope to collect 500,000 to 600,000 bushels. He figures 70 percent of the planted acres were abandoned long before harvest began.

<http://apnews.excite.com/article/20020622/D7KAF21G1.html>

Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Food Co-Ops
Nurseries/Seed Suppliers	Emergency Supply Houses
Internet Suppliers	Local Farmers/Farmers Markets

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