

To buy or not to buy. . . .

Tips offered for phone purchase

If Alexander Graham Bell were alive today, would he know how to choose between buying a telephone and renting one?

First of all, you don't have to buy a phone. You can keep on renting the phone that you have in your home already. However, it is legal to buy and if you do, you could save anywhere from \$20 to \$60 a year, depending on which type of phone you have and where you live. You may either buy that same phone you have been using or go out and buy a new one.

When you get ready to buy, ask about warranties. Some are as short as thirty days and others can last for five years. Does the phone have a full warranty that covers any problem or is the warranty limited, and if so, how limited? Can the phone be repaired locally both under warranty as well as afterwards, or will it have to be shipped to the factory? If shipped, who pays for the shipping and will a loaner be available? And to avoid repairs, make sure that at least one of your phones is a basic standard model with solid construction and a good repair

record. Avoid phones with a permanently attached cord because if it breaks, the whole unit must be fixed.

There is one other point about repairs: Unless you still rent your phone, you will have to take it in to be repaired. The telephone company will only be responsible for repairs to the telephone lines that lead up to your home. So if your phone doesn't work and you are not sure whether it is the phone or the line, unplug the phone and plug in another one you know works. If there is still no service, the problem is probably in the line.



OREGON STATE UNIVERSITY
**EXTENSION
SERVICE**

**Clay Penhollow
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Know cancer's seven warning signals

1. Unusual vaginal bleeding or discharge (all native americans)
2. Indigestion or difficulty swallowing (southwestern tribes and eskimos)
3. Nagging cough or hoarseness (all native americans)
4. Change in bowel or bladder habits (southwestern tribes and eskimos)
5. A sore that does not heal (all native americans)
6. Thickening or lump in the breast or elsewhere (all native americans)
7. Obvious change in wart or mole (more caucasians but can occur in native americans)

If you have a warning signal see your doctor!

As with caucasian patterns of lifestyle, the lifestyle of the

Native American must be altered in order to reduce the increasing incidence of cancer. Cigarette smoking, obesity, and ethanol abuse are all associated with the increased incidence of cancer in the Caucasian population and also health problems of the Native American population. Lung cancer, which is the most common cancer in both sexes and ethnic groups and is increasing at an alarming rate, is largely preventable. Cigarette smoking is still the leading cause of cancer of the lung as well as other organs, and a campaign to discourage cigarette smoking among American Indian populations should be undertaken.

Dietary factors and ethanol abuse in the Southwestern Indian population may contribute to the frequent

occurrence of carcinoma of the gastrointestinal tract and biliary tree. The increased incidence of cirrhosis in the American Indian population may have also resulted in an increase in the primary hepatic tumors associated with that chronic condition.

Cancer specialists all over the world are improving diagnostic techniques, learning more about the nature of early or minimal cancer, and developing more effective combinations of treatments. Early recognition is the key to the treatment and potential cure of this disease, and an aggressive cancer education and screening campaign in Native American communities is essential to effectively address this health problem. Cancer prevention is still the best means for controlling cancer.

Nutrients spared

According to recently completed research, food cooked in a microwave oven may be more nutritious than foods cooked in conventional gas or electric ovens.

The study revealed that microwave cooking can preserve up to 50 percent more vitamin C in foods than conventional cooking processes. Vitamin C is the vitamin most vulnerable to heat and oxidation.

Microwave cooking preserves vitamin C because less water is required and up to 70 percent less cooking time is needed. As a result, much less

vitamin C leaches into the water, and fewer nutrients are heat damaged.

It was also found that food defrosted in a microwave oven retains more nutrients than food defrosted at room temperature because the shorter defrost time allows less time for the nutrients to be damaged.

Also note worthy is the fact revealed by new research that hamburger cooked in a microwave oven to a well-done state contains fewer calories. This is probably caused by the higher losses of fat achieved during this quick process.

Maintain raspberries

Like June-bearing strawberry plants, raspberry bushes need some maintenance now to ensure a good berry crop next summer.

A plentiful harvest and healthy-appearing plants mean only some mid-summer pruning is required to get the bushes in shape for next year.

However, if the bushes died

before this year's berries ripened, the plant is probably suffering from root rot and should be removed.

For best results in pruning raspberry bushes, cut away old canes that have completed their fruiting. Trim them as low to the ground as possible. Also trim out the thin, spindly new growth.

Zucchini or apple pie?

Which is it, zucchini or apple? Only the cooks know for sure! It's fun to fool your family and friends. You really won't believe it's zucchini.

1 cup sugar
¼ cup brown sugar
1 tsp cinnamon
¼ tsp nutmeg
1 tbsp lemon juice
¼ tsp all spice
1½ tsp cream of tartar
Pinch of salt
3 tbsp cornstarch
2 tbsp butter

Peel and slice into ¼ pieces four or five cups of zucchini squash. You can use large ones and scoop out the seeds; then the slices look more like apples. Cover with water and boil five minutes. Drain well and mix in remaining ingredients (you can also add one chopped apple at this point). Bake in 9" double crust pie shell at 400 for ten minutes. Reduce heat to 35 and cook for 20 minutes.

It really tastes like apple pie!

Manage stress

Learn to like yourself.

You are really a very nice person and if no one else has noticed, it is time that you do. Start listening positive traits about yourself instead of only noticing your negative traits. When you start liking yourself better, you will find that others want to be around you, also.

Don't keep anger bottled up inside.

Physical activity is the best way to vent anger; take a walk or run; mow the lawn; cut your dog's hair; wax the non-wax floors; step inside the broom closet and yell into a mop; buy some cheap plates to throw at the wall; dig dandelions; cry!

Activity levels show calorie needs

Figuring a person's activity level provides a quick way to estimate his or her calorie requirements. Most people can be described as belonging to sedentary, moderately active, or active levels.

Sedentary people use from 14-16 calories per pound per day. They spend most of their time sitting while reading, writing, watching television, playing cards, typing, or doing other similar types of activities.

Moderately active people use from 16-18 calories per pound per day. They engage in activities such as cooking, ironing, walking slowly, gardening or carpentry, which are done while standing and require some movement.

Active people use from 18-20 calories per pound per day. Their activities include walking fast, bowling, golf, swimming, tennis, bicycling, dancing, skiing and playing football.

The lower figures apply to women and the higher figures to men. The figures take into account metabolism rate at

rest as well as energy needed for activities.

One adjustment to this estimate is made for age. After early adulthood the metabolism begins to slow gradually. Using 20 years of age as a beginning point, subtract two percent of the total calories needed per day for every additional ten years of age. That would mean a 50-year old requires six percent less energy per day than he or she needed as a 20-year old, assuming that the person is still functioning at the same energy level.

Look at a typical day in your own life and decide your activity level. Multiply your weight by the calories needed for your activity level. That answer is your estimated

calorie need for one day.

For example a 20-year-old sedentary woman who weighs 120 pounds would need (14 x 120) 1680 calories per day. If she is 50 years old, subtract (.06 x 1680) 100 calories.

Knowing the range of your calorie need is useful in maintaining ideal weight.

Suppose the 20 year old woman changed her activity level from sedentary to moderately active. She would increase her caloric need by just over 200 calories per day.

If she continued to eat at the same rate, she would slowly lose weight. It would take about a month to lose pounds. That is a slow rate of weight loss, but it adds up to 24 pounds a year.



Apples keep longer if they don't touch one another.