

Setpoint theory may prevent weight loss

Have you tried dieting again and again without success? You are not alone. Now, researchers are investigating the "setpoint" theory to try to explain why people don't always lose weight as they expect to.

The theory is that our body tries to maintain a particular level of fat just as it maintains a particular temperature. The level varies from person to person. It has been described as the amount you normally weigh when you aren't thinking about it.

If this theory is true, trying to lose weight by just cutting calories becomes at attempt to overpower the setpoint.

Each time the fat level is reduced below the natural setpoint, the body makes internal adjustments to resist the change and conserve body fat.

One adjustment the body makes is to reduce the resting or basal metabolic rate. This rate is the amount of energy the body uses for maintenance while at rest.

In conditions of semi-starvation, which is the same as being on a low-calorie diet, the body will automatically adjust to operating on less energy. This is familiar to dieters who find their weight-loss slows dramatically or even stops after a few weeks on a low-calorie diet.

The more severe the calorie restriction, the more dramatic

the adjustment.

An extremely low-calorie diet can decrease the basal metabolic rate by 45 percent. Since this type of diet can't and shouldn't be maintained for very long, weight is soon regained. But some researchers suggest that as weight is regained more of it is stored as fat. Dieters may end up with more fat than before, even at their original weight.

Successful weight control may depend on lowering the setpoint rather than fighting it. Exercise seems to be the most promising method suggested. One game of tennis or a weekend hike will not do it, but a sustained increase in physical activity may adjust one's setpoint.

The best way to lose fat is to slightly decrease the calorie intake and increase physical activity.

An increase in physical activity not only burns calories but helps regulate appetite so your food intake more closely matches your needs. It also helps maintain muscle tissue.

In addition, participating in an activity you enjoy can enhance self-image and lessen feelings such as anxiety, and depression that may be causing overeating in the first place.

Dig and divide bulbs this fall

Rejuvenate spring flowering bulbs in the home landscape, such as daffodils, tulips, crocus and hyacinth, by digging and dividing them now.

Spring flowering bulbs should be dug, sorted and divided in the summer. Afterwards, the bulbs can be replanted, or stored until late September and planted when the weather is cooler.

Digging and dividing these flowers gives them room to grow properly and prevents plant diseases, should they occur, from spreading rapidly from plant to plant.

When removing the plants from the soil, dig around the edge of the plant clump and lift it carefully from the ground. Rather than washing the bulbs in water, simply knock the dirt off them.

Diseased, soft or rotten bulbs should be discarded.

Bulbs that are to be stored should be dried for a day or so. They can be spread on a wire tray that will allow air to circulate around the bulbs freely. Be careful not to crowd them together on the tray.

Store the bulbs in a dark, dry area like a cellar or in the back of a garage. Where possible, storage area temperatures should not exceed 65 F.

If the bulbs are to be replanted immediately, plant them in clusters with individual bulbs four to five inches apart. Well-drained, sandy soil with maximum exposure to sunlight is best.

Work the soil to a depth of 12 inches. Plant tulips six inches deep, crocus, two inches, daf-

fodils, seven inches; grape hyacinths, three inches; hyacinths, four inches; and irises, three inches.

Set the bulbs firmly in the ground and press out any air pockets that form around them as the soil is filled in.

A commercial fertilizer such as a 5-10-5 combination, should be worked into the soil around the bulbs. Use one Handful per cluster of three or five bulbs, or two pounds for each five by ten foot plot of planted area.

Bone meal is also a good fertilizer for bulbs. Use two tablespoons of bone meal per bulb. Work the fertilizer into the soil beneath where the bulb will be planted. Then soak the planted area to settle the bulbs.

Keep and eye on corn

A keen eye, careful hands are required to harvest home grown corn at its best.

Sweet corn passes through its prime maturity quickly. The harvest of a single planting will last only about seven days.

If harvest is delayed, the kernels become tough, starchy and lose their sweet flavor.

Sweet corn should be harvested when the kernels are in the milk stage. At this stage the silks are brown and dry beyond the end of the husks and the ear has enlarged enough to fill the husks tightly to the tip.

At this point, the kernels are about as large as they will become, but they are still soft, tender and well-filled.

The dry silks are a good signal for determining the prime

harvest time. You can also determine corn maturity by picking an ear and peeling back the husk. The kernels should look well-filled, not shriveled. A slight pressure with a fingernail should break the kernels open.

Many of the modern hybrid sweet corn varieties will produce two nice ears per plant. The top ear will be the dominant one, and it will reach prime maturity a day or so ahead of the second ear.

To harvest corn, break the ear shank as close to the ear as practical without breaking the main stalk or tearing the entire shank from the stalk. Grasp the ear with one hand near its base and bend it sharply downward to one side with a rotary motion of the wrist.

Sweat stains are hard on clothing

Perspiration is not only annoying and unpleasant, it is also hard on clothing.

Perspiration is initially an acid that turns alkaline through bacterial reaction. Perspiration contains skin scales, soil and salts that can cause deteriorating effects in many dyes and fabrics.

Perspiration may also cause color loss if left in the clothing too long. The misuse of anti-perspirations and deodorants may also cause dyes and fabrics to deteriorate.

Follow these tips for cleaning washable and non-washable fabrics.

For washable fabrics—spray the stained area with a pre-wash spray, and launder. If a perspiration odor or stain remains, try the following:

—Soak in a solution of one quart warm water, 1/2 teaspoon liquid hand dishwashing detergent, and one tablespoon ammonia for 30 minutes.

—Rinse with water.

—Soak in a solution of one quart warm water and one tablespoon vinegar for one hour.

—Rinse with water. Dry.

If the stain persists:

—For delicate fabrics, apply alcohol and cover with a pad dampened with alcohol. Let stand as long as any stain is being removed. Keep stain and pad moist with alcohol.

—Rinse with water.

—Bleaching may remove the final traces of stains. Use bleach as directed on the container label. Test the dye of a garment in an inconspicuous section to be sure the color will not fade.

—For non-washable fabrics—the removal of perspiration stains and soil is very complex and best left to a professional cleaner.

—Professional spotting and cleaning procedures reduce the alkaline concentration and slow the destructive action of the perspiration.

Financial stress a serious malady

Although it may not cause actual physical pain, financial distress is one of today's most serious maladies.

If you suffer from financial distress, you may recognize several symptoms.

You may not be saving as much as you would like. Or you may even be dipping deeper into your savings.

Another symptom is going into debt or going ever further into debt. You also may find you are unable to make required payments.

There are no quick and easy cures for financial distress.

Financial distress is brought on by reduced income or income that hasn't kept pace with infla-

tion. Or it can result from extraordinary expenditures, such as unexpected medical bills.

An obvious cure may seem to be simply earning more. But that may not always be possible or effective.

Working overtime or adding additional earners in the family may not yield as much income as you expect. Taxes may cut deeply into the extra earnings and you may face added expenses for transportation, clothing, child care and other services.

The other solution is to spend less. When you do buy, be sure you need the item and be sure you don't already have something else which will do.

Some persons are "compul-

sive buyers." These are people who can't resist buying things. They impulsively purchase items because they see them. They lay down the money and walk out of the store with their new purchase before they evaluate their need for the item.

If you are a compulsive buyer, stay out of stores. 1) Make a list of goods to buy and stick to it if you do shop. 2) Don't bring extra money or credit cards with you.

To get more for the money you do spend, shop carefully and, if you find a bargain, make sure it really is a savings before you buy. After all, little money is saved by buying a "bargain" food which no one eats.

Not all things must be purchased. Books, magazines, recordings and even paintings can be borrowed from most public libraries. Consider repairing broken appliances rather than replacing them.

If you are deeply in debt, carefully decide how much you realistically can expect to pay back each month. Then discuss your plan frankly with your creditors. Try to get them to agree to your new repayment schedule.

Above all, learn to simplify your life. You may not need as much as you thought you did.

Poisoning prevention tips given to readers

Poisoning in the home can be prevented by following some simple instructions.

Lock up all medicines. Keep them in child-resistant containers. However, do not rely solely on these containers; they are child-resistant, not child-proof.

Do not take medicines in front of children; never call medicine candy; write the purchase date on the container label of over-the-counter drugs, vitamins, and similar products; clean out old medicines regularly and flush them down the drain; avoid bringing unnecessary poisonous

substances into your home and keep products in original containers.

Other safety precautions include: read and follow all direc-

tions for use and caution labels on all products; however, do not follow antidote instructions if a poisoning occurs. This information is often old and incorrect; store cleaning supplies out

of sight and out of reach of children; rinse out containers thoroughly before disposing of them; and call the Oregon Poison Center if you have questions at 1-800-452-7165.

Defrost foods carefully

It's time to take a short quiz. There are only three questions you have to answer, but all are equally important. So, here goes.

Do you thaw frozen foods by leaving them in the sink for longer than an hour. Do you let thawed frozen food sit, uncovered, out of the refrigerator? Do you keep frozen foods in the refrigerator freezer for longer than four weeks?

If your answers are all yes, you may have a stomach upset in your future. We need to take aggressive action in the kitchen to prevent growth of bacteria.

Cooked thawed foods at once, then store in the refrigerator. The safest way to thaw frozen foods is by keeping them on a plate or tray in the refrigerator

for several hours.

Frozen foods are prepared under sanitary, government-inspected conditions.

If you thaw only a part of a package of frozen food, thaw slightly in the refrigerator, then cut off or spoon out the required amount. Once the food is completely thawed, cooked out immediately. Do not refreeze thawed foods.

No food is completely sterile once you open the package. By keeping foods covered, you can avoid some of the drop-in bacteria found in the air.

Chill hot, leftover food quickly by placing in the refrigerator. Leave the cover slightly ajar for an hour to prevent condensation; then be sure to cover completely.

Tour planned August 20

Are you interested in seeing your dream home? Would you like some new and exciting interior decorating ideas? Well, here's your chance.

On Tuesday, August 20, the OSU Extension office will be offering a tour of the Street of Dreams located in Washington County. The Extension office will provide the transportation, which will leave the old administration building at 8 a.m. and

return at 5 p.m.

Participants will tour 14 new \$180,000 to \$200,000 homes. The tour is sponsored by the Home Builder's Association of Portland. Each home is fully furnished and home sites are located in a wooded area which are professionally landscaped.

Please call the Extension office by Friday, August 16 to register. The group will stop on the way for lunch.

Fungus is controllable

Tomato late blight is a fungus-caused disease that initially infects the lower leaves of tomato plants.

Home gardeners should be on the alert for this disease and act quickly if they discover it in their home gardens.

Humid summer weather conditions to common to many regions of Oregon, including the Willamette Valley, are ideal for establishment of tomato late blight in garden tomato plantings.

Infected plants show brown or black lesions on leaf veins and on the stems of leaves. Infected fruits develop gray-green, water-soaked spots that enlarge, coalesce and darken.

Humid weather favors disease development, but hot dry periods tend to check the advance of the fungus in infected parts of the plant.

Tomato late blight can be controlled through use of the sprays maneb, zineb, bordeaux 8-8-100 or fixed coppers. Be sure to follow all label directions for any sprays used.

Weeds may be hardy when grass turns brown in summer

Home landscapers who let their lawns go dormant through the summer months have by now noticed that although the grass turned light brown in color, weeds in the lawn are still and healthy, and growing strong.

This isn't unusual. Several types of lawn weeds are hardy plants and will flourish even under very dry conditions. We recommend ridding the lawn of these weeds before fall rains bring the lawn grass back to life. Flower beds can also be weeded before the fall arrives.

Pull or rake weeds from flower and shrub beds. Then add a layer of mulch to the beds to keep them free of weeds and to reduce soil compaction caused by fall rains.

Lawns can be treated with broadleaf weed herbicides. The weed killer will provide lawn weed control now and on into the fall. Always follow all label directions when using any herbicides and spray only when no winds are blowing to prevent spray drift.

Pink eye prevalent

The hot, dry season has been with us now for a couple of months and with it comes the threat of flies to livestock. Most noticeable is the onset of pink eye in cattle. Probably the best control we have seen yet is the insecticide ear tags. The cost is rather minimal for the amount of protection they provided (\$.75-1.25) and they are easily administered. There are several types depending on the situation and preference of the livestock owner.

As with any system, this one can not be expected to be 100 percent effective so any other means of fly control are additional benefits. These would be dust bags, oilers, sprays, etc. If the cattle develop pink eye, consult your local veterinarian who can treat the animal or can

supply you with the proper medication and technique for treatment.



OREGON POISON CONTROL AND DRUG INFORMATION CENTER

The Oregon Health Sciences University

- Open 24 hours a day
 - 7 days a week
 - Staffed by physicians, pharmacists, nurses
- CALL
1-800-452-7165