

Energy questions answered

Insulation a hazard?

Q. I recently moved into a house with foam insulation in the walls. Might this be a health problem? How can I tell if my home is safe?

A. Unless you notice an unusual odor or experience an unexplained runny nose, watery eyes or respiratory problems, the chances are good that your home is safe. But, of course, you want to be sure.

The insulation in your walls is probably urea formaldehyde foam insulation. The only other type of foam insulation used in walls is polyurethane, which is rarely used in homes in our part of the country.

Just because your home has urea formaldehyde foam insulation does not necessarily mean formaldehyde is being emitted.

In some homes the insulation gives off formaldehyde fumes because the resin was not mixed in the right proportion before the insulation was blown in. Even if formaldehyde gas was emitted from the insulation, it would not continue indefinitely. As the insulation ages, the formaldehyde concentration drops off. Some research indicates that about half the formaldehyde is released in the first four years.

Common symptoms are irritation of the eyes and upper respiratory tract. The problems disappear as soon as exposure to the formaldehyde stops. High concentrations of formaldehyde gas may cause coughing, constrictions in the chest, a feeling of pressure in the head and rapid beating of the heart.

Also, pay particular attention to any unusual odors. The nose is sensitive to formaldehyde and often can detect levels well below

the threshold considered safe.

If you can't smell the formaldehyde and aren't having health problems, it's likely that your home either never had a problem or no longer has one.

But, to be sure, you can check the formaldehyde level in your home with a device called a "passive monitor" that you put in your house for a certain period of time and then send back to a laboratory for analysis. The results will give you the formaldehyde level in parts per million. Most research scientists consider a formaldehyde level of 0.1 parts per million or less to be safe. Single monitors are available for \$48 from Air Quality Research, Inc., 901 Grayson St., Berkeley, CA 94710, telephone 1-800-227-1617, ext. 161.

Bathroom heat loss

Q. I have a mobile home with a bathroom ceiling fan. When I use it during the winter, I lose a lot of heat. Can I save energy by not using the fan?

A. Yes, you can save energy by not using the fan, but we recommend against saving energy that way.

Bathroom ventilation is important during and after baths and showers to reduce moisture problems. To minimize running the fan when it's not needed, control it with either a time switch or humidistat (a device that responds to the humidity in the room.)

When the fan isn't operating, most ceiling vents have a damper that closes to minimize heat loss. Make sure your damper still works. Dirt or rust may prevent the damper from closing. So keep your damper clean.

Which weatherstripping?

Q. I want to weatherstrip my doors, but there are so many varieties of weatherstripping that I don't know what to buy.

A. You're right. There are many varieties, and they vary in durability, ease of application and cost. Not only that, but the total cost depends on how often you have to replace the weatherstripping as well as the purchase price. Perhaps the following information about several types of common weatherstripping will help you decide what's best for your situation:

—Interlocking weatherstripping forms a seal when a channel cut into the perimeter of a door interlocks with a complementary channel in the door stop. This is effective and long lasting. But it requires precise alignment and is best installed by a skilled carpenter.

—If you're a do-it-yourselfer, v-shaped spring metal is a good choice. You nail it onto the door frame so that it lies between the frame and the door. If the space between the door and the frame is small, you may have to plane the door edge to get a good fit. V-shaped spring metal forms an excellent seal. It should last at least ten years.

—Flat spring metal is similar to v-shaped spring metal and should last almost as long. After you nail it into place, score it with a screwdriver along the predetermined line. This causes it to form a v-shaped. You can use flat spring metal in a narrower gap than the v-shaped version. However, it doesn't form as tight a seal.

—Vinyl tube and rolled vinyl weatherstripping work like the gasket on your refrigerator door.

When the door closes against the vinyl, it compresses and forms a tight seal. It should last five to ten years, and is another good choice for the do-it-yourselfer.

V-shaped plastic weatherstripping is quite popular. It has an adhesive backing, so you don't need to nail it in place. It's inexpensive, but not as durable as metal. In some situations plastic weatherstripping may crack from frequent opening and closing. After time, the adhesive may wear off.

—Foam weatherstripping with an adhesive backing is inexpensive and easy to install. It will need to be replaced every year or two.

—To keep air from leaking in under the door, you might install a door sweep. This is a metal-backed vinyl strip that you can screw into the door bottom. When the strip makes contact with the threshold, air flow is blocked. (The threshold is the rounded strip of wood or metal placed on the floor to close the gap under the door). Some thresholds have vinyl tube gaskets that compress when the door is closed.

Attic insulation

Q. My attic is already insulated, but I want to add some more. Should I place a vapor barrier between the two layers?

A. No. If you already have some insulation and plan to add more, don't place a vapor barrier between the two layers. Use loose fill insulation or batts without foil or kraft paper. To protect your home from moisture damage, you should always have a good cross ventilation in the attic. This is especially important when you add insulation without a vapor barrier.



OREGON STATE UNIVERSITY
EXTENSION SERVICE

Clay Penhollow
Mollie Driscoll

Lunch and Learn series to begin

Each week a different program will be presented in the "Lunch and Learn Series." Bring a sack lunch and learn as you share lunch. Everyone welcome! The series will be held in the 4-H Center from noon to 1 p.m. for five consecutive Thursdays beginning October 17.

Topics for discussion will be:

October 17—Safe toys and tool selection.

October 24—Selecting Shoes for children.

November 7—Shopping for Children's Clothes.

November 14—Buying furniture in Today's Market.

November 21—Weasle Words (How to Escape the Languages traps of advertising).

Wide variety recommended

Nutrition experts recommend that we eat a wide variety of foods from each of these six major food groups each day: Cereal-bread group; meat-poultry-fish-eggs-legumes-nuts group; dairy products group; vegetables group; fruits group; oils-fat-margarine group.

Children, because they are growing, need more basic nutrients than adults in relation to body weight. To ensure a well-balanced diet, the brown bag lunch should contain one-third of the day's recommended quota of foods. Sandwiches, made with mixed-grain bread, are an ideal way to combine foods from several of the food groups into one tasty package.

Teens have special nutritional needs because of accelerated growth and increased activity. Two slices of mixed-grain bread, used to package favorite sandwich fillings, supply important nutrients, including complex carbohydrates, protein, B-vita-

mins, iron, phosphorus and calcium, as well as fiber.

Older adults have special nutritional needs. Because of changes in body composition and the tendency to be less physically active, the essential nutrients must be present in fewer calories. Roman Meal Bread has about 70 calories per slice and provides important nutrients to the diet.

Dieters must choose carefully from the basic food groups to ensure a variety of adequate nutrients in their diets. Many lower calorie foods, combined with nutritious mixed-grain bread, make great sandwich fillings: vegetables, lowfat cheeses, water-packed tuna, thinly-sliced cooked chicken, thinly-sliced lean roast beef of turkey and ricotta or Neufchâtel cheese. Diet margarine, low-calorie mayonnaise, plain or lowfat yogurt make great substitutes for higher calorie spreads.

Select financial advisers carefully

Are you trying to budget your money more wisely? Looking for ways to save money for future needs? Thinking about investing those hard earned dollars?

Whether you're investing in the stock market or just trying to make ends meet, it is important that you learn to manage your financial resources effectively in an increasingly complex marketplace. You need to make financial decisions that are right for your lifestyle and family situation, and professional assistance can be helpful in making those decisions. But, remember to select your financial advisers carefully and be aware of what you can expect from them.

Accountants, lawyers, bankers, stockbrokers, and insurance agents are some of the people who can help with various aspects of your financial planning. Where do you find these experts? One way is to ask friends or people you work with, whose opinions you respect, to recommend someone knowledgeable in the field in which you're seeking help. In the case of an insurance agent, if a name is not on your policy, you can contact the company directly. If you do not know a lawyer, get in touch with the bar association in your county or your company personnel department. The bank where you regularly do business can provide advice on general banking, financial or credit matters. Local brokerage or investment firms are sources for guidance in investment considera-

tions. It's a good idea to interview more than one person to be sure you find the right adviser for you. Arm yourself with as much knowledge of the subject as possible before you talk with these experts. That way, you'll be able to ask more detailed questions and make the most of their advice.

Here are some of the things you will want to find out:

*How many years professional training have you had?

*How do you keep up with current trends in your field?

*What type of clients do you usually handle and what income bracket are they in?

*How long has your company been in business?

There is one more thing to consider before you select a financial adviser—how their fees are determined and how you will be billed. Some financial experts, such as insurance agents stockbrokers, do not charge a consulting fee. They make money

from commissions on the products you purchase. Others will charge you an hourly fee for their time. Some experts will agree to a free first visit to determine what your needs are and to see how they can help you.

Good financial experts can be very useful in developing your financial plan. But remember that only you know what choices are best for your lifestyle and family situations. Weigh their advice carefully before making financial decisions.

Join forestry club

Junior high and high school age youth interested in forestry are encouraged to sign up for the **4-H Forestry Club**, lead by Doug Dunlap.

Club members will learn tree and plant identification and compass reading. The club will also go hiking and cross country skiing. Meeting days have not yet been set.

Care must be taken with vitamins

"What's a mother to do?—The TV mother laments over the poor eating habits of her children. The solution presented to give the child a daily dose of some brand of vitamin.

But, where vitamins and children are concerned, care must be taken.

Vitamin pills, especially the pretty, tasty, chewable kind can be poisonous. A problem may arise because they are easily confused with candy and mom says they are "good for you." A

child may eat a whole bottle of vitamin pills if they are where the child can get at them.

Children's bodies are so small that a large dose of some minerals can kill a young child.

A 3-year old who eats as few as three or four iron tablets (ferrous fumarate) could absorb enough iron to cause death, the specialist says. Both vitamin A and vitamin D have been shown to be toxic in large doses.

A safe amount for an adult may be too much for a child. Treat vitamins like you would any medicine. Keep them out of

the reach of children and use them only if there is a specific reason.

Relying on vitamin supplements provides only the major vitamins and minerals. Trace elements that are needed in very small amounts, such as copper, cannot be included because they are toxic in the amounts that could be added to vitamin supplements.

Eating a variety of foods is the most reliable way to meet the nutritional needs of the body. Children who are growing normally and eating regularly don't need vitamins.

Coated fabrics need careful cleaning

Today's clothing comes with many different types of coatings that give garments qualities of wind-resistance and water-repellence. The coatings often are designed with special body, luster, or color depth.

Pay careful attention to care instructions for coatings. Dry-cleaning should not be attempted with some coated fabrics.

Fabrics coated with acrylic, rubber, urethane, or vinyl finishes may not respond to the care procedures that are normally appropriate for the type of cloth underneath the coating.

With some commonly used care procedures, a loss or separation of coating may occur in

cleaning, which may appear as a stain. In addition, finishes may deteriorate with wear.

Applications of solvents can cause the coating to feel sticky or greasy, separate, peel, stiffen, or blister. In quilted garments, the loss of coating may let the filling material show through. Deterioration of the coating can contribute to giving the garment a feeling of limpness, or it may cause the garments' color to fade.

According to the Federal Trade Commission, manufacturers are responsible for making a garment's finish or coating resistant to damage that might be caused by the garment's sug-

sine magazines. Jane will have an article on salmons in the May 1986 issue of *Gourmet*. Hibler recently returned from France where she attended a cooking school.

Hibler has a life-time background in preparing "wild meat." She grew up in northern California where deer and birds are plentiful. Her husband is an avid elk and deer hunter. She perceived there was a great need in this area for more information to the general public on more palatable ways to prepare game. She is a very knowledgeable and entertaining speaker.

She will be demonstrating and preparing recipes for elk, venison, pheasant and chukars. There will be samples to taste and recipes to take home. We will have free sausage recipe handouts as well as copies of her two books for sale.

The game food workshop will be held in the 4-H Room. Cost for the two-hour workshop is \$3.00. Class will begin at 10 a.m. There will be a \$3.00 charge at the door for food costs and travel expenses.

4-H leaders present forum

4-H leaders representing all of Oregon will be among the instructors at the Oregon 4-H leaders Forum at Oregon State University November 15 and 16. Extension agents, specialist and other faculty members will assist in offering 42 different workshops and informational sessions during the forum.

A sampling of the workshops include: 4-H presentation, Leather Art World, 4-H Shooting Sports, Horse Safety, Computer Club Ideas, Dog Obedience Training, 4-H Mechanical Science and Electric Projects.

Other workshops offered will be: New Issues, New Audiences (Handicapped and Court-referred youths, Framing and matting photographs, cultivat-

ing horticulture clubs, interview judging and planning ahead for 4-H foods and clothing clubs.

The Saturday, November 16, sessions are aimed at helping volunteer leaders gain a broader perspective of 4-H, become more effective leaders, and become familiar with new developments in 4-H projects and programs. Forum headquarters will be in OSU's LeSells Stewart Center.

Activities begin Friday, November 15, with "open house" at OSU livestock barns. Sue Kovalik, San Jose, California,

human development consultant and 1984 4-H Summer Week speaker, will give the keynote address at 7:30 p.m. Kovalik will also conduct two workshops on Saturday.

Persons interested in attending the forum are urged to register by October 15. The \$17.00 registration fee includes Saturday lunch. The fee increases to \$22.00 for those registering after October 15.

For further information contact the OSU Extension office in Warm Springs.

National 4-H Week
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