

Outdoor furniture should be treated

Outdoor furniture is made to withstand harsh weather conditions. Year after year, it can brave the searing sun and blustering storms, if it is properly maintained. All outdoor furniture should be treated from time to time to preserve its usefulness and appearance.

Generally, plastic furniture requires the least amount of maintenance. Washing regularly with detergent suds and water should keep it attractive. Aluminum is another tough material, but it needs metal hardware should be treated each year with a protective coating to prevent pitting and oxidation.

There are clear sprays available that are designed especially for protecting metals against oxidation. Or, if preferred, automobile wax can be rubbed onto the metal parts and gently buffed to remove any excess.

The best time of year to apply a

protective coating to the metal is at the start of the outdoor season. Additional applications may be necessary during the season depending on the degree of use and weather conditions. Before coating the metal, thoroughly clean it with a solution of detergent and water or an all purpose cleaner. Then sand any pitting or corrosion with very fine steel wool. Let the furniture dry thoroughly before using a spray or wax.

Wooden furniture must also be specially treated periodically to get the maximum possible use from it. The most popular outdoor wooden furniture is made of redwood, which stands up well to the elements and is naturally resistant to rot. But even redwood has to be protected with sealer or varnish to prevent it from turning mottled grey. The wood also starts to crack so that it

becomes more difficult to keep it clean. Dirt seeps into the orous fibers and cannot be scrubbed out.

Many redwood furniture manufacturers recommend the use of a sealer or coating once a year. Sealers are available in clear liquid form or with redwood color added. Since redwood does tend to grey over the years, the colored sealer is a practical plus. Not only does the pigment help restore the redwood's original color, it also protects the wood from sun bleaching. Check the different types available and be sure to choose one that is recommended for use on outdoor furniture.

Before finishing furniture with a sealer, sand the wood lightly. Scrub the entire surface with a solution of detergent and water. Let the pieces dry thoroughly before sealing, at least 24 hours. Also check the hardware and any fasteners to be

sure they are secure. Replace, if necessary.

Outdoor furniture made of woods other than redwood that are painted or varnished also require regular attention. Sand down any peeling or flaking areas. If wood is painted, seal the bare spots with a primer. If wood is varnished, apply a sealer. Let the surface dry and then apply a second coat of the appropriate finish. Treat this furniture each year so it does not deteriorate to the point it has to be completely stripped and refinished. Instead, at regular intervals, sand down each piece and cover with a fresh coat of paint or varnish.

Keeping outdoor furniture in good repair is well worth the time. Clean treated furniture is an attractive addition to the porch or garden. And it will last for years, saving you the expense of replacement.



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Athletes need to eat more

Athletes looking for high performance are often eager to supplement their diets. The ideal proportions of carbohydrate, fat, and protein are similar for everyone. Athletes simply need to eat more of everything to meet their needs.

Exercise increases the need for water, carbohydrates, and fats—but not for vitamins and minerals.

To make a comparison with the auto, protein can be thought of as

the engine block and vitamins and minerals as the ignition system. These are not consumed in hard driving. But carbohydrates and fats, which constitute the fuel, are burned faster in a heavy workout. Water, which is the coolant, is needed in greater supply as well.

Water is one of the most important nutrients. An athlete should drink water every hour during exercise and especially before every workout.

Calcium needs change

Most of us know that we need calcium throughout childhood and adolescence to help build strong bones and teeth. Dietary calcium requirements vary at different age levels. Teens require 50 percent more calcium than children who, in turn, need much more calcium than infants.

Infants up to one year old need calcium to help the changeover from firm cartilage to hardened bones. Within this first year of life, calcium requirements more than double.

Children age one through ten require 800 mg. of calcium daily.

This means a recommended three servings a day from the dairy group as part of a balanced diet. For example, 1-1/2 ounces of cheese, a glass of milk and a cup of fruit yogurt will more than meet a child's recommended dietary allowance (strength), adolescents.

Due to increased bone growth (length) and development (strength), adolescents 11 to 18 years old increase their calcium RDA to 1,200 mg. a day. This can be met by eating four servings a day from the milk group such as three ounces of cheese and two glasses of milk.

Running adds years

Moderate exercise may not only make you look and feel better, it may also extend your life. So says a Stanford University epidemiologist who, in the most comprehensive study to date, monitored nearly 17,000 Harvard alumni and found that those who exercised lived as much as two years longer.

Tracking the health and habits of 16,936 men who entered Harvard from 1916 to 1950, Ralph S. Paffenbarger and colleagues at Stanford and Harvard found that those who burned 2,000 or more calories a week—the equivalent of walking briskly for 45 minutes a day or running or swimming rapidly for about a half-hour a day—had a death rate one-quarter to one-third

lower than that of sedentary men. Even among people considered to be a high risk for life-threatening diseases—smokers, for example—those who exercised had lower death rates than those who didn't. This suggests, says Paffenbarger, that exercise results in a healthier life, and does not merely reflect it, as has often been claimed.

Exercise had about the same life-extending effect as if all cancer had been eradicated from the group, Paffenbarger says. While some question whether a two-year extension is worth the sweat, Paffenbarger notes that for those who walk five hours a week, "every hour they exercise they get a life over, and then some."

Fresh slush

2 cups milk
2 cups fresh strawberries
3 tablespoons confectioners sugar
1 teaspoon pure vanilla extract
Hull strawberries. Add to blender container with sugar and vanilla. Cover and whirl until smooth and frothy. Serve immediately. Per portion 312 mg. calcium, 246 calories.

*Or use two ripe bananas and two tablespoons confectioners sugar.

Air conditioner pamphlet

How to Keep Your Cool and Save Cold Cash is a new pamphlet answering 27 commonly-asked questions about air conditioners or heat pumps. For a free copy, send a stamped, self-addressed business envelope to Air-Conditioning and Refrigeration Institute, Dept. U5, Box 37700, Washington, D.C. 20013.

Woodstoves must be certified

On and after July 1, 1986, all new woodstoves advertised or sold in Oregon must be certified and labeled "A Clean-Burning Woodstove" by the Oregon Department of Environmental Quality (DEQ). This ruling is in accordance with the law restricting woodstove emissions passed by the 1983 Oregon legislature. Specifics of the regulations are outlined in Chapter 30, Division 21, Section 100-190 of the

Oregon Administrative Rules. Copies of the regulations and a current list of approved stove models (as of May 7, there were 35 certified models) may be obtained from Phil Ralston, Woodstove Certification Program, DEQ, PO Box 1160, Portland, OR 97207, phone 229-6488 or 1-800-452-4011 (in Oregon only).

another story

Incentives offered for Good Cents homes

Bonneville Power Administration is offering \$2,000 incentives to builders or buyers of Super Good Cents homes built in 1986. The incentives are offered through 68 Pacific Northwest utilities currently participating in BPA's Super Good Cents Program. Super Good Cents is a utility-based promotion and certification program that encourages construction of ENERGY efficient homes built to the Northwest

Power Planning Council's model conservation standards. BPA conducts this program to send a clear signal that BPA's goal is to change construction practices across the region and have building codes cement these new methods into place. BPA Conservation Manager Steve Hickok states that "Adoption of ENERGY-efficient codes is one important key to low and stable electricity rates in the Northwest."

Teens need parent's help in managing funds

The teen years are often marked by a growing need for independence.

Along with their desire to do more for themselves and be less dependent on family and parents for social and personal needs, teens usually prefer to manage their own savings and expenditures, without family advice.

Of course teens need to be able to make their own decisions, but they may lack the maturity and experience to handle difficult choices.

Parents can help by continuing to teach their children important money management skills and attitudes through the teen years.

When setting your teenager's allowance, be flexible and willing to come to an agreement that will seem fair to both you and your teenager.

An adequate allowance is usually large enough to cover the necessities the teen is expected to pay "out of pocket," like clothing, hair cuts, and lunches. And, leave the teen with some discretionary income after other expenses are paid.

The ideal amount of discretionary money is large enough to cover some items but small enough to force the teen to make choices about how to spend it.

Often, an allowance is not enough to cover all the items the teen would like to purchase. The teen's first part-time job is often meant to supplement an allowance. Parents should see that the part-time job is safe and does not take so much time or energy that it interferes with school work.

Teens working on the side, may need help from parents in finding ways to balance school, employment, and other activities.

Teens who have a part-time job and an allowance may end up with

an income high enough to warrant a savings plan. Most children are encouraged to save a portion of their allowance as soon as they begin receiving one, but establishing the saving habit is especially important for teens entering their early adult years.

Help teenagers with this by encouraging them to check local financial institutions to find the savings account that best suits their needs and resources. Also encourage teens to consider long-term goals that require regular savings, such as paying for college or buying a car.

Some teens begin using credit by using their parents' credit cards at local stores, or taking out loans that are co-signed by their parents.

If parents agree to co-sign a bank loan for their teen, it's important that both teen and parents understand their obligations.

Along with higher income, a first experience with credit, and a more formal savings plan, teens should be learning other money management skills. A record-keeping system, for instance, helps keep better track of money going in and out and will be valuable financial management tool.

Teens can also help with family money management by helping collect the materials that are needed to fill out tax forms, and taking part in family money decisions.

Let teens help balance the family checkbook, participate in discussions about insurance policies, and help keep records for expenses and paying bills.

Help your teen begin to set goals and develop plans to reach these goals. Teenagers need practice in decision making and understanding the tradeoffs and consequences involved in their money management decisions. This experience will improve consumer skills.

Secrets of a happy couple

In this age of frequent divorce and separation, many couples defy the odds and maintain healthy relationships. Their success is often obvious: they always seem happy to be together, share a confidence in their love, do things to please each other, and look out for each other. They have a joyous intimacy that protects them like a shield but does not isolate them from others. Although psychologists and therapists spend most of their time finding out why things go wrong, they have become increasingly intrigued by relationships that go right. In the journal *Psychiatric Clinics of North America*, psychologist Florence W. Kaslow summarized studies of couples who seem to "exude tranquility, a kind of inner space, and a liking of their place in the world" as follows:

*Healthy couples see themselves as strong individuals, but they find that being a couple makes them happier. They believe that acting together they are stronger than they would be as separate individuals.

*They share power. Sometimes the woman takes charge, and sometimes the man, depending upon who is more suited for the situation.

*They are not afraid to quarrel because they have the confidence that their relationship can survive

occasional outbursts.

*They try to take a positive attitude toward conflicts. When interests diverge or clash they negotiate a solution that benefits the couple, without taking the attitude that one person is giving up something for the sake of the other.

*They accept the fact that there will be some areas of disagreement, and they try to live with these differences.

*They give each other some independence and privacy, allowing each other to have outside friendships and activities without jealousy.

*They take interest in each other's jobs and activities.

*One person does not fear that the other will change. In fact they view personal change as good for the relationship because it keeps things interesting.

*Their personal relationship is independent of their relationships to their parents and their children. They do not allow their feelings for other family members to govern their personal relationship.

*They share all emotions—sorrows as well as happiness.

*They don't assume that life has to be rosy all the time.

*Closeness has its limits: they do not seek to become exactly alike, avoiding the urge to become "Siamese twins joined at the heart."

Rhubarb bread recipes

2 1/2 cups flour
1 1/2 cups brown sugar
1 tsp. baking soda
1 tsp. salt
1 cup buttermilk
1 egg
1/2 cup cooking oil
1 tsp. vanilla

Stir together dry ingredients. In smaller bowl mix eggs, buttermilk, oil and vanilla. Stir into dry ingredients dry well.

1 cup finely chopped rhubarb
1 tbs. flour

Toss rhubarb with flour. Fold into batter, pour into—2 greased 8 x 4 x 2 pans. Bake at 350 for 55 minutes or until done. Cool ten minutes in pan. Remove, cool thoroughly on wire rack.

*Rhubarb information sheet available upon request.

Pink eye summertime threat

The fly season is upon us and there is the increased need to watch for any eye problems with livestock. One of the best deterrents is to use insecticide ear tags for cattle. There has been excellent successes with these products in the past. Other techniques include fly sprays and dust bags but also the use of the new pink eye vaccines. These should

be used after consulting your local veterinarian as the best time to vaccinate is when calves are young and two shots are needed. Try to prevent the problem before it occurs and the animal may not lose an eye or develop cancer eye. If pink eye can be caught early, it can be controlled with proper treatment.

Rabbits sensitive to heat

With the increase in heat there is a much greater need to watch rabbits very closely for heat exhaustion. Rabbits are quite sensitive and need plenty of water. Producers may need to cool the building that rabbits are in or supply some sort of shading. Be especially aware of producing does as they reach the final stages before kindling. If the temperature is above 95 and does are affected by heat exhaustion, they can be dipped in cool water. It is advisable to do everything possible to keep them cooled off. Another way is to take a gallon of milk jug and freeze water in it and then place it in the cage with the rabbit.

Continue mineral supplementations (especially Selenium and salt). Watch for pink eye and other eye problems.

Monitor range and pasture conditions to determine when the forage supply may dry up or become short as this may dictate the need to sell feeders and calves at an earlier time to attain the optimum profit margin.

Determine forage and hay needs for the fall and winter seasons and begin identifying sources and securing winter hay needs.

Keep your cool

For central air conditioning, set the thermostat at 75 degrees instead of 72—you'll save almost one-third on utility bills.

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another story



Strawberry fields forever

Warm Springs Extension agents guided pickers in the art of selecting plump, red strawberries during recent field to Portland.

