

Sweeteners don't promote weight-loss

Fact: There's no evidence that eating artificially sweetened foods will help you lose weight or prevent weight gain.

Although Americans on average consume more sugar substitutes than ever, they are heavier today than they were two decades ago.

According to an ongoing mortality study by the American Cancer

Society involving more than 78,000 women aged 50 to 69, long-term users of artificial sweeteners were more likely to gain weight than nonusers over the course of one year. The amount of weight gain was significantly higher among the users of artificial sweeteners, regardless of their initial body weight. And users were considerably more

likely to have a large weight gain (over 16 percent of body weight) than nonusers.

The problem is that instead of replacing sugary, high-calorie foods, artificially sweetened foods are often simply added to the diet. Weight-conscious folk who wouldn't dare put a teaspoon of sugar (about 16 calories) in their coffee may not think twice about eating a fatty steak or a fruit-flavored yogurt (which may contain six or more teaspoons of sugar.)

Another problem with artificial sweeteners is that they don't satisfy

hunger. A recent study on aspartame conducted at Leeds University in England found that not only was this sweetener unable to suppress appetite, but in some people it actually increased feelings of hunger. In contrast, sugar (glucose) was found to reduce hunger and produce a feeling of fullness.

So throwing away your sugar bowl isn't likely to make you thinner. Weight loss depends on reducing the total amount of calories you consume from all foods, and/or increasing your caloric expenditures through physical exercise.

Roses can be planted now

Homeowners planning to add a few rose bushes to the landscape need wait no longer. Rose plants are now on sale in many garden stores and nurseries.

Survival of newly planted roses is dependent on how you plant them. Planting time is usually March and April. The sooner they are planted, however, the better chance they have of making good root growth before the warm temperatures start.

Plant roses in well-drained flower beds that receive at least a half a day of sunshine. After selecting the planting site, dig a 15 to 18 inch

wide hole and as deep. Add a quart of peat moss or compost to the soil and mix well. Fashion the compost-soil mixture into a cone or mound in the bottom of the planting hole.

Place the rose plant on the compost-soil mix and spread the roots out and down to give them room. Then start adding soil to the hole, working it around the roots to get rid of air pockets.

Fill the hole about three-fourths full, firming the soil as you go. Then fill the remaining part of the hole with water and allow it to soak in. Add water again and finish filling the hole.

Some prefer to rent

Home ownership is a common American dream. And until recently, buying a house was a wise investment. But it's not like that anymore.

Most of the surveys indicate that owning your own home is still the American dream, even though with today's interest rates and the higher price of homes, we find that fewer people are able to realize that dream. It used to be that owning a home was an investment and it was as good or better than investing your money in the stock market or a savings account, because of the inflation rate with housing. However, the price of housing has been fairly stable for the last three or four years. So, owning a home today is not the same type of

investment that it was ten or fifteen years ago.

The result is that more and more Americans are choosing to rent—at least until the economy is securely on its feet again.

Nice 'n' easy sandwich recipes

Serve with a glass of milk for an additional calcium boost.

Nut 'n' Cheesewich

Spread 2 tablespoons peanut butter on 1 slice of whole wheat bread. Top with 1 slice (1 ounce) Cheddar sauce and a lettuce leaf. Cover with a second slice of bread. Yield: 1 sandwich per portion: 273 mg calcium, 413 calories with 1 cup milk: 564 mg calcium, 563 calories.

Cheese-Stuffed Burgers

Shape 4 ounces ground lean beef into 2 flat 3-inch patties. Place 1 slice (½ ounce) cheddar cheese between the 2 patties. Press edges to seal. Broil under a preheated hot broiler until done as desired, about 3 minutes on each side for medium doneness. Serve in a bun. Yield: 1 sandwich per portion: 141 mg calcium, 386 calories. With 1 cup milk: 432 mg calcium, 536 calories.

Trees save energy

Data gathered for a recent report by the National Arbor Day Foundation showed that trees planted as shelterbelts can lower heating bills by as much as 30 percent. It confirms an earlier study by the Federal Energy Administration which indicated that careful use of trees and other landscape elements can yield a 25 to 35 percent reduction in a building's heating and cooling loads. For further information contact the Warm Springs Extension office, 553-1161 ext. 238/239.

OSU Beef Cattle Day in Corvallis May 16

The 24th annual Beef Cattle Day is planned for Saturday, May 16, 1987 in Corvallis at the Animal Science Building, Withycombe Hall 109. Registration begins at 9:30 a.m. and the cost is \$15.00 which includes lunch and a copy of the proceeding of the session.

The schedule looks quite interesting and is as follows:

- 10:00—Welcome, Dr. Lloyd Swanson, Acting Department Head, Department of Animal Science.
- 10:15—Consumers Still Like Beef, Margaret Lewis, R.D.; Nutrition Specialist, Extension Home Economics.
- 11:00—Responding to Hormone and Antibiotic Concerns From Consumers, Dr. Steve Davis, Acting Director OSU Ag Experiment Stations.

- 11:30—100mphores-The Other Feed Additive, Dr. Dale Weber, Associate Professor, Department of Animal Science.
- 12:00—Lunch, OSU Clark Meat Lab.
- 1:15—Cows and Cricks, Dr. William Krueger, Department Head Rangeland Resources.

- 1:45—Using Meadowfoam Meal, Dr. Peter Cheeke, Professor Department of Animal Science.
- 2:05—Breeding Cows for Survival, Dr. William Hohenboken, Professor Department of Animal Science.
- 2:30—Visit Soap Creek Ranch, Purebred Herd, Crossbred Cow Herd, Testing Bull Libido.

Plan to attend for an exciting and informative session dealing with the production, management and marketing of beef cattle.

Adult children are links

Adult children are often a significant link between their aging parents and needed community services.

In fact, older adults look primarily to their adult sons and daughters when they need help dealing with such bureaucracies as Social Security, Medicare, Medicaid, health services and insurance companies.

Quite often, dealing with these agencies can be stressful and frustrating. It may require an assertive effort on the part of the adult child.

Extension offers these suggestions for dealing with services bureaucracies on behalf of aging parents.

- Know exactly what you are looking for. Various agencies offer various services. Doctors or members of the clergy can help you find the services you are seeking. Or, call the Area Agency on Aging, or Information and Referral.
- Be polite but firm. Do not lose your temper. Be patient and explain your problem or need as clearly and as often as necessary.
- Call first and do so in the morning or right after lunch. These are probably your best times to reach caseworkers.
- Don't apologize when asking for help. If a parent or elderly person

cannot afford even a minimal fee, say so. Many agencies receive money through taxes or contributions that may pay or help pay any charges for services. Also, some agencies have free volunteer services.

Get the name of everyone you talk to. If someone is rude or refuses to help, remain calm and ask to talk to his or her supervisor. If the agency requires an initial interview, be prepared. Take all relevant legal and financial papers with you. If you feel stressed, take along a friend or relative along with you.

Be sure you understand what is

going to happen and what legal, financial or other responsibilities you or the elderly person have. If necessary, take notes during the interview.

Check out all available options. Places to start include your local Area Agency on Aging, or Senior Citizen Center. And, if you don't find what you need, consider advocating more services for your community.

Finding needed services for aging parents is a significant role for adult sons and daughters. Success can improve the quality of life for everyone.

Beef cattle management tips for May

There are suggested management practices based on the spring calving. They may not fit all operations. Therefore, livestock owners should use only those appropriate to their situation.

- **General Management:**
 - Continue proper mineral and vitamin supplementation including selenium in those areas where it is needed. Provide mineral and vitamin during the breeding season as it has an effect on reproduction.
 - Watch for grass tetany during the early growing season when grass

is growing extremely fast. Supplement with magnesium in your loose salt-mineral mixture or with magnesium blocks.

• **Lice control**—use pour-on or ivermectin if deouring is almost needed. Consider which is more economical since the use of pour-on and a pastemay be cheaper, yet more time consuming.

• **Bull Management:**

- Identification—ear tags, ear tattoos, brand.
- Vaccinations—4-way clostridial (for blackleg), Selenium (if dams

are not on selenium-salt supplement) Pinkeye (if needed), vitamins A, D and E.

• **Castrate bull calves** and only heifer not used for replacements

• **Dehorn.**

• **Bull Management:**

• Bulls should be turned in with breeding heifers so they will calve before cows. Then bull should be placed with cows two to three weeks later.

• Bulls should be vaccinated for vibriosis as should be breeding females.



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The Warm Springs Extension Service provides equal access to all its activities and programs.

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Joni David	Program Aide
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Household cleaners don't have to be expensive

Folks used to trade hamburger recipes. Now they beat the high cost of living by trading cleaning recipes. The following recipes for home-made cleaners work well, cost little, and are easy to make. They use ingredients already on hand in most homes or at grocery, paint, hardware, and drug stores. These ingredients include ammonia, vinegar, baking soda, washing soda, whitening (sold at paint stores), kerosene, turpentine, and boiled linseed oil.

General Household Cleaner—Mix 2 tablespoons household ammonia, 2 tablespoons liquid detergent, and 1 quart water. Use for cleaning kitchen countertops, and the outside of ranges and refrigerators.

Window and Mirror Cleaner—Try one of these—add four table-

spoons of household ammonia to one quart of warm water. Use this cleaner for the removal of heavy, greasy soil found on glass surfaces inside homes.

Use two tablespoons vinegar to

one quart of warm water. Vinegar is a mild acid which may remove the rust or lime deposits left on the outside of windows.

Kitchen drainpipe cleaners—Once a month, flush ½ pound washing soda to two cups boiling water down the drain. Then rinse.

Ceramic tile and porcelain cleaners—Ceramic bath tile and porcelain—used in many bath tubs, sinks and toilets—are easily scratched by commercial scouring powders. These surface can be damaged beyond

repair and collect soil readily. New ceramic tile and porcelain can be cleaned with granular or liquid detergents. Or this homemade recipe for ceramic tile or porcelain: Mix 1 cup whitening or baking soda with ½ cup of pine oil. Store in a covered jar and use as needed.

For more information contact the Extension office, 553-1161, ext. 238.

Prescription prices can be varied

If you live in an area that has more than one pharmacy convenient for your needs, phone them all first before getting your next prescription filled. Why? Because prices for prescriptions may vary considerably among them.

A study done by the New York State Consumer Protection Board showed prices for a tetracycline prescription purchased in the same town ranged from as little as \$2.50 to as much as \$7.95—more than triple! So, to cut your prescription bills, make the call before you take the ride.

It's time to plant cool-weather veggies

It will soon be time to plant broccoli, cabbage, lettuce, onions, peas, white potatoes, spinach, turnips, beets, carrots, chard, parsnips and radishes in the home garden.

They grow well in temperatures than other garden crops such as beans and corn can't tolerate. Putting cool season crops in the garden later in the year when temperatures are higher is not recommended because warm weather can harm the quality of these vegetables.

Even though cool season crops are the first to be planted in the garden in the spring, planting dates

vary from vegetable to vegetable. If you are unsure of the right planting dates check at a local gardening or nursery store, or with the Extension office.

Here are some planting recommendations for a few of the more popular cool season crops.

Lettuce. This vegetable can be grown from transplants, but is cheaper to grow from seed. Planting early helps avoid insect infestations that can severely damage summer plantings.

Onions. Can be planted from seeds, transplants or sets. Plant onion sets as soon as the garden

soil is workable. If the garden remains too wet and sloppy, onion sets can be started in flower pots indoors.

Peas. Usually among the earliest of all the cool season crops to be planted. Plant peas as soon as the soil can be worked. The seed can be planted directly in its permanent row. Early plantings of peas usually do best because this vegetable is sensitive to summer heat and many varieties are susceptible to virus disorders spread by aphids and other insects.

Exercise during pregnancy beneficial to Mom and baby

Proper exercise during pregnancy can have many benefits. For a woman who enjoyed regular work-outs before becoming pregnant, it can be important psychologically to continue with a regular exercise program. Moderate exercise during pregnancy can help prevent excessive weight gain and help speed up recovery after birth.

What kind of exercise, and how much, is safe during pregnancy? Medical experts say that your exercise program must be geared to your level of fitness, medical history, past pregnancies, the stage of development of the fetus, and maternal complicating factors. Therefore, it's important to consult with your physician.

Generally, you should not take up new exercise programs during pregnancy. Stick to your usual exercise routine, but cut back on the intensity. Remember that pregnancy puts extra demands on your heart and lungs. Your oxygen consumption goes up, and so does your heart rate. As pregnancy advances, breathing becomes harder work because you have to displace the enlarging uterus downward with each intake of breath.

For exercise to be effective, it should be regular. Try to exercise no less than three times a week in half-hour sessions. The best exercise is an activity you enjoy. Walk-

ing and swimming are particularly good for pregnant women who have hitherto had sedentary lifestyles. Warming up and cooling down are especially important during pregnancy, but stretch muscles carefully because muscles and joints are looser than usual. Cool down with leisurely walking, which helps return blood to your heart from your lower extremities.

What to avoid

Avoid bouncing, jarring, twisting and any activity that puts your abdomen in jeopardy. Contact sports are too risky, as is any activity that requires rapid stops and starts, since your center of gravity has changed and it is easier to lose your balance. In addition, take the following precautions:

1. If you feel very tired or experience discomfort, stop and rest. You should not exercise so intensely that you are unable to talk. You should recover your pre-exercise heart rate within 15 minutes of your exercise session.

2. Don't exercise while lying on your back after the fourth month. This can block the blood supply to the uterus and depress the fetal heart rate. If you need to rest during an exercise session, lie down on your side, not on your back.

3. Don't exercise vigorously in hot humid weather, and always drink plenty of water before and after exercising. This avoids the dehydration and elevated body temperature that could injure the fetus.

4. Remember that your muscles and connective tissues are gradually undergoing hormonal changes that will relax them. This will facilitate the baby's birth, but it also makes you more susceptible to strains and sprains. Wear properly fitted shoes that support your feet in whatever activity you choose.

Steps in decision making given

Families who acquire skills in problem solving appear to master stressful problems more satisfactorily. Research shows that decision making by distressed couples and families rarely involves more than discussions of the problems. Those with creativity, flexibility, or lack of rigidity generate more alternatives from which to make choices for action leading to a better chance for success. The steps to

be followed in decision making are:

1. Identify the problem.
2. What do you want to have happen (goal)?
3. Think up solutions (lots of them).
4. Gather information and assess solutions in relation to how they fit with thoughts and feelings of others.
5. Select a solution and develop a plan of action.

Lawn Establishment and Care

May 18, 1987
7:30 p.m.

Fire Management Trailer
Marvin Young, Horticulture Extension Agent
Deschutes County

Try the positive approach

If you listen to parents guiding children, you often hear words like "don't," "stop," and "quit that." Children need and want to be told what is right and what is wrong by an older, wiser person. Telling them what not to do doesn't help them learn what they should do. When they know how and why to do things, they feel secure. Changing the "don'ts" into "do's" will show children how you expect them to act.

Avoid Don'ts: Don't throw the ball. Don't squeeze the kitten. Quit hitting your brother. Don't touch. **Try do's:** Roll the ball on the

floor. Hold the kitty like this. Hitting hurts. We just look at these things.

Product recalls

Sunbeam under the cabinet Model 15306, Coffeemaster Flavor-lock drip coffee makers. Fire hazard. Consumers who have questions may call toll free, 800-253-6119.

Hedstrom Twin Totliner Strollers with two individual footrests. Danger of breaking leg if foot is caught between stroller's two footrests. Call toll free, 800-233-3271.

Rhubarb Crisp delicious spring treat

Topping:
½ cup walnuts
7/8 cup flour
1/3 cup packed brown sugar
4 teaspoons granulated sugar
½ teaspoon cinnamon
1/3 cup soft slated butter

Filling:
1½-2 pounds rhubarb
½ pint ripe strawberries, washed, hulled and sliced
¾ cup sugar
3 tablespoons flour

Prepare topping: toast walnuts in preheated 375 degree oven 4-6 minutes; set aside to cool. Mix flour, sugars and cinnamon; work in butter until mixture begins to hold together and look crumbly. Chop walnuts into coarse ¼ inch chunks; mix in. Prepare filling: Wash and trim

rhubarb. Cut into ½ inch thick slices; measure 5-7 cups. In a large bowl, toss rhubarb and strawberries with sugar and flour; let stand until slightly moistened. Pile into 9-inch pie plate smooth top. Sprinkle evenly with topping. Bake in 375 degree oven 45 minutes or until juices bubble, rhubarb is tender, and top is golden brown. If top browns too quickly, lay a sheet of foil over it while it finishes baking. Serve warm with whipped cream or vanilla ice cream. Makes 6-8 servings.

Easy swim suit adaptations

For women who have had mastectomies, choosing a swim suit can sometimes present a challenge. Here are some suggestions:
—Use a leotard, with or without the sleeves, for a swim suit.
—Widen the straps on the swim suit you have now, or sew on new

straps so you can wear a bra underneath.
—Add an inside pocket for a prosthesis.
Try the suit on and get it wet in the tub or shower to see if the changes you've made are successful.