

Vacation: Time to recharge mentally and physically

Can't afford to take a vacation? Maybe you can't afford not to take one.

In these fast-paced and stressful times, a vacation may be an investment in a person's health and family well-being.

Vacations provide more than an opportunity to visit relatives or catch a few fish. Vacations allow us to recharge both mentally and physically. Unfortunately, many people ignore these benefits, and even though entitled to vacations from their jobs, they never take them.

Vacation skippers are more likely to make errors and to be irritable with co-workers. Productivity isn't measured solely by hours on the job.

A vacation provides an elaborate trip or staying-at-home. Make the time-off a complete break from routine.

Take a challenge August 2-5, 1988

If you're a seventh or eighth grader and in the mood for a challenge this summer then 4-H Challenge Camp may be for you. The Camp, to be held August 2 through 5, will be conducted at the High Lakes Campground at Trout Lake. The Camp theme is team work: it binds a group together with a firm sense of belonging.

While at Camp, students will hike into the campsite, carry their personal belongings in a frame backpack, sleep under the stars, learn "no trace" camping, cook over an open fire, identify trees, plants and wildflowers and learn outdoor survival skills.

The registration fee of \$40 will cover food, insurance and supplies. Deadline for registration is Tuesday, July 26. A health card is also required.

All campers and at least one parent or guardian need to attend an orientation meeting Thursday, July 28 at 5:15 p.m. at the 4-H Center in the basement of the old boy's dorm.

If your job requires mental activity, let your vacation include doing something physical; if you deal with people daily, try some solitude; or if your life is constantly ruled by deadlines, try some unstructured days.

Spending some vacation time with the whole family strengthens family unity, but equally important for spouses is to have time

alone together.

In planning a vacation, avoid common vacation pitfalls—fatigue, expenses, and unrealistically high expectations—which can turn a seemingly ideal vacation into a nightmare.

One of the first steps in planning is to be sure everyone is happy with the vacation plans. It's important to resist the family member who

says, "You decide where to go."

If only one person is seen as responsible for the decision on where to vacation, that person will be blamed for the weather, the mosquitoes, bad meals, and noisy motels. Make everyone responsible for the trip.

Tips for safe barbecuing

Safe food handling is a necessity for outdoor barbecuing. Following these safety suggestions will help reduce food poisoning risks:

Prepare all foods in a clean area with well-washed hands and utensils. Keep foods refrigerated until preparation or grilling time.

Prepare the grill for cooking by rinsing it in warm water. Then, coat it with a no-stick vegetable spray or vegetable oil to make clean-up easier. Thoroughly wash the grill with soap and hot water after each use.

Although the fire should be hot, meats should be cooked at a low to moderate temperature (unless the recipe indicates otherwise). You can handle this temperature adjust-

ment by raising or lowering the grill rack, or by moving the coals together or apart.

Be sure that the meat is fully cooked before serving it. The necessary cooking time will depend on the grill's position, the weather, temperature of the coals, and how well done you want the meat cooked.

Underdone meat, fish and seafood may be unsafe to eat. Test for doneness during cooking. For steaks and chops, make a slit near the bone and check the color. Depending on the thickness of the meat and how well you want it cooked, a steak or chop may require at least 15 to 20 minutes to cook through completely. Use a meat thermometer to test doneness of larger meat

cuts such as roasts.

Poultry is done when the meat pulls away easily from the bone and the thighs and drumsticks move easily. Fish will flake and shellfish will turn an opaque, milky color when properly cooked.

When the meat is fully cooked, place it on a clean plate or serving dish, rather than on the same plate used to bring raw food to the grill. The uncooked food may have had undesirable microorganisms that are only destroyed by heating.

When the meal is over, refrigerate all perishable leftovers promptly to prevent growth of microorganisms. Food that is handled properly from preparation to clean-up will be safe to eat.

Potassium sources are important

If you've been told to increase the potassium in your diet, the doctor or nurse probably suggested eating bananas. A steady diet including lots of bananas may be fine for monkeys but can become monotonous for people.

Many items to be found in the supermarket produce racks are as rich or richer in potassium than bananas and contain vitamins and minerals that are valuable additions to your diet. Bamboo shoots, swiss chard, watercress, taro root (dasheen), garlic, horseradish, lily root (lotus root), New Zealand spinach, parsley, parsnips, red chili peppers, potatoes (baked in their

skins), butternut squash, and water chestnuts are very good sources of potassium. Cooked lentils, cauliflower, broccoli, brussels sprouts, spinach and carrots are also good sources.

On the fruit side there are many that equal the amount of potas-

sium in one medium banana. Examples are 1/2 a medium avocado or cantaloupe, one 4x8 inch wedge of watermelon, 1/4 cup of raisins, 1/2 cup of cooked dried prunes, peaches or apricots.

Pick your favorite from this list and enjoy eating.

Heat stress can lead to health problems

Heat stress can be a real danger to many people. It is caused by the body's inability to adjust to sudden increases in temperature, and the elderly are especially vulnerable. It puts a dangerous strain on the heart and blood pressure, and can lead to heat exhaustion, heart failure, and stroke.

Signs of heat stress include the following: dizziness, rapid heart-beat, diarrhea, nausea, cramps, throbbing headache, dry skin (no sweating), chest pain, weakness, mental changes, breathing problems, and vomiting. If you experience any of them, call a doctor immediately.

Here are some ways to avoid heat stress by keeping cool:

Use air conditioners if you have them, or go someplace that does, such as a library, shopping mall, senior citizens center, or movie theater.

If you don't have an air conditioner, use a fan to draw in cool air at night and to keep air moving during the day. While the air movement during the day may be hot, it will still help your body to keep cool by speeding up the rate sweat evaporates.

Take cool baths or showers. They provide relief from heat because water removes extra body heat 25 times faster than cool air.

Wear light weight, light colored, loose fitting clothes, and wear hats or use umbrellas to keep out of the sun.

Drink more water during hot weather; don't wait until you are thirsty. (If you are under a doctor's care, check to see how much water you should be drinking). But avoid alcohol. It acts as a diuretic, resulting in faster water loss. In addition, alcohol can promote a sense of

well-being, making you less aware of the danger signs of heat stress.

Avoid hot foods and heavy meals. Digesting them adds heat to your body.

Finally, curtail physical activity during extremely hot weather. Activity adds to heart strain.

To learn more about heat stress and how to avoid it and how to prevent cold stress (hypothermia) when the weather gets cool, send for a free copy of the Hypothermia/Heat stress, Consumer Information Center, Washington, DC 20405.

Care adds longevity

Laundrying pillows is such an occasional chore that many homemakers tend to forget about it altogether. However, good care of pillows adds to their longevity.

Before deciding on laundrying techniques for your pillows, find out what materials the pillow's filling is made of. Pillow-filling materials vary greatly. The best source of information on laundrying pillows is the manufacturer's directions on the pillow label.

Only pillows labeled "washable" should be laundered, because some filling will become lumpy or ticking will stain if put in water. If the label recommends dry cleaning, air pillows a few days afterward to completely remove any lingering fumes from dry-cleaning solvents.

Wash pillows that can be fume laundered in pairs to avoid throwing your washing machine off balance. Before starting the agitator in your machine, hold pillows underwater as water rises in the washer, to keep pillows from floating.

When fiberfill pillows are laundered, stuffing may shift. A thorough plumping later will solve this problem. Good quality poly-fill pillows will keep their fluffiness at least five years or more if kept clean.

Latex pillows gradually stiffen and crumble when they are exposed to oil and air. True rubber latex should never be put in a dryer since under certain conditions it may catch fire by spontaneous combustion.

How and when to preserve

Before you start to preserve foods you should decide how much your family will consume during the year. You won't save money by pulling up a lot more than you will use. Remember that preserved food loses nutritive value and quality if stored longer than one year.

When deciding how much to preserve:

Think about the number of times a preserved food will be served each week. This will depend on family preferences.

Consider the approximate size of serving. Generally you can figure about one-half cup of vegetable, fruit and meat. About one to two tablespoons per serving of jams, jellies and relishes, one-half to one

cup of fruit juice per serving.

Decide how many weeks the preserved food is needed. Preserved fruits and vegetables are necessary only about 36 weeks during the year, because fresh produce is available during the summer months.

The final consideration is the number of persons in your family.

Think about your situation and write down all the facts. Then it's just a matter of arithmetic to figure out how much you want to preserve.

Remember, you can't always save money putting up your own food, especially if you have to purchase the food at premium prices. Your time and energy counts, too.

Strawberry bread recipe given

Batter:
3 cups sliced fresh strawberries or 2 10-oz. packaged frozen strawberries
3 cups all purpose flour
2 cups granulated sugar
1 teaspoon salt
2 1/2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon soda
1 1/2 cup cooking oil
4 eggs, beaten

Spread:
12 ounces cream cheese
1/2 cup strawberry juice (reserved)
1/4 cup powdered sugar

Let fresh strawberries stand at room temperature while preparing the batter so juice can settle. If using frozen berries, thaw in container. Combine dry ingredients in

a large bowl; mix thoroughly. In a separate bowl combine oil and eggs. Drain strawberries, reserving the juice, and mash. Add oil and egg mixture to strawberries, mix well. Make a well in the center of the dry ingredients and pour in the strawberry mixture. Mix until thoroughly combined. Grease and flour 2 9-inch loaf pans. Divide the batter equally into the pans. Bake at 350 degree F for one hour or until cake tester inserted into loaf comes out dry. Cool slightly before removing from pans. To make spread, soften cream cheese and beat in 1/2 cup reserved juice from berries and powdered sugar. Use a spread on strawberry bread for sandwiches.
Yield: 2 loaves

Several factors equal obesity

Several factors may work together to influence the development of obesity. These may include:

Lack of exercise: Children who constantly watch TV miss out on needed exercise.

Poor food choices. High-calorie foods are poor choices when children are inactive or growing slowly.

Use of foods as rewards or pacifiers. When food is used as a bribe or reward, children learn that problems are solved by eating.

Force feeding or large portions. Children may learn to eat with parental approval and love rather than hunger.

Irregular meals and snacks. Children cannot judge how much to eat when they don't know how long it will be until they eat again.

Your family doctor can determine whether your child weighs more than other children of the same height. If your child is overweight, dieting isn't wise. Your children need enough calories for growth. Let them "grow into" their weight by keeping calories at a

constant level as they grow taller. Also, plan family activities that provide a chance for exercising.

Keep lower-calorie snacks on hand for overweight children such as celery sticks, apple slices, orange sections, tomato juice and unsweetened breakfast cereals. Limit high-calorie/low-nutrient snack foods like chips and soft drinks. Offer second helpings of lower-calorie foods at meals in place of rich desserts. Praise your child when good food choices are made.

THANKS, Dan!!!

We'd like to say thank you to Dan Brisbois for always driving the bus, even when we forget to ask. Thanks a lot, Dan!

OSU Extension Staff

Diet can lower risks

Q. Should children follow a low-fat diet?

A. Although the topic is still somewhat controversial and more studies are needed, cardiologists generally agree that limiting your child's fat intake from age two onward will help reduce the chances of developing coronary heart disease. The average American is estimated to have one chance in three of a cardiovascular event (such as a heart attack or stroke) before age 60.

The major symptoms of clogged coronary arteries seldom appear until adulthood. It is estimated that five percent of all five to fourteen-year-olds in the U.S. have cholesterol levels above 200 mg/dl.

All high risk children—that is, those with a parent who develops any form of cardiovascular disease before age 55 or a parent who has high blood cholesterol that is not controllable by diet—should be tested for cholesterol. Some pediatricians recommend routine testing of all children between the ages of seven

and twelve to get a base-line cholesterol reading.

For this generation to play it safe, the American Heart Association recommends limiting fat intake to 30 percent of the total calories in a child's diet (over age two), with less than ten percent of daily calories coming from saturated fat. Cholesterol intake should be no more than 100 milligrams for 1,000 calories consumed, not to exceed 300 milligrams a day.

The overall diet must be nutritionally balanced and its total calorie count adjusted to your child's growth rate so as to maintain a desirable body weight. Restrict the fat will help overweight children lose unwanted pounds, but that is not the diet's primary purpose.

More important, the diet is likely to produce a small but noticeable decrease (ten percent on average) in your child's cholesterol level. Best of all, the diet can start your child on a long life of healthful eating habits.

Is it safe to alter pills?

Think twice before crushing or dissolving pill-form medication to make it easier to swallow. Altering the form of pill medications may alter the effect of the drug.

Some tablets are coated to conceal their unpleasant taste, prevent irritation of the mouth or esophagus, or to delay release of the drug until it reaches the intestine.

Crushing a coated tablet immediately releases the medication. The result can be a bitter taste, reduced effectiveness of the drug, gastric irritation, nausea, vomiting or drug overdose.

Drug overdose results because some medications are designed with multiple coatings, or beads, that permit gradual release of the drug and its slow absorption.

Crushing or mixing time-release capsules releases medications exceeding the normal dose. This can result in an overdose or intense side-effects.

Mixing medication with milk or fruit juice is not always safe. These liquids can alter the solubility and absorption of some drugs.

The first question to ask the pharmacist or doctor is whether altering a medication will be safe. Other questions to ask are: Can or should this drug be taken with fluid? If so, how much? With what food or fluid can this drug be safely mixed?

Screens may be unsafe

Summer's here. Windows are up. And, screens are in. But remember that screens are designed to keep insects out, not to keep children or large pets in.

Screens are designed to be removed easily so the children and adults can escape quickly in case of fire and so that fire fighters can enter a room easily.

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Students attend 4-H Summer Week

Ten Warm Springs youth attended 4-H Summer Camp at Oregon State University June 13-18. They were among more than 500 Oregon 4-H members and volunteer leaders who spent the week on campus.

The theme of the 70th annual event was "Toward the 90s." Senior 4-H members spent part of each morning in group discussions determining the shape of Summer Week in the coming decade.

The seniors, in grade 10 through 12, were challenged to be innovative in their planning as they looked at ways to involve both teenage 4-H members and campus resources in a program which could realistically be implemented.

While their older counterparts looked toward the future of Summer Week, younger 4-Hers, in grades 8

and 9, looked toward their program futures in a series of programs and tours designed to introduce them to a variety of career opportunities. Several Corvallis businesses cooperated in the program. The week concluded with the young people attending a career fair dressed as their futures.

Chris Arthur, Trissie Fuentes, Anthony Gonzales, Starla Green, Alicia Santos, Nellie Sam, Jeanette Tanewasha, Scheldon Minnick, Heather Miller and James Moran participated in the more than 80 different classes taught by volunteers and OSU faculty and staff members on such subjects as photography, international affairs, personal development and physical fitness.