

## There's more to weight loss than dieting

Weight control is more than dieting. Understanding this principle is an important step toward developing a life-style that permits you to maintain your ideal weight.

If you carry around more pounds than the weight tables say is ideal, you have lots of company. About 25 percent of Americans are overweight, and more are joining their ranks everyday.

Although dieting is popular, it doesn't cure overweight. Dieting deals only with how much food

and the types of food a person eats. It doesn't deal with what makes a person start eating.

Dieting also doesn't help people change their social situation and interaction with other people. To lose weight, a person needs support from people at home and/or work.

Analyze your eating habits. Find out your problem times, situations and foods by asking what you eat, when, where and with whom.

In one example, a person found that she overate only when her friend visited. Some people find

they only overeat one type of food, such as cookies. Others fear not being able to stop eating.

Once problem situations are identified, many people are able to develop strategies for managing their weight. If only one or two foods are "problems", perhaps the food can be eliminated from the house.

If eating too fast is a problem, people can slow down by putting their fork down between bites and by taking a two-minute rest break in the middle of eating. Learning to eat slowly and taking a break in the middle of a meal is often very helpful to people who cannot stop eating.

Most people find eating regular meals is important to long-term weight control. When meals are skipped, people tend to make up for it at the next meal by eating a

little extra. Getting too hungry before eating also makes it hard to quit eating.

To determine how much you should eat, allow 10 calories for every pound of body weight. Adjust the calorie level downward as weight is lost. Eating 10 calories of food for every pound of body weight prevents the metabolic slowdown that can make losing weight even harder.

Exercise is also important. If a person sits a lot, it'll be much harder to lose weight and keep it off.

For people who eat when suffering from boredom or stress, physical activity can be especially beneficial. Physical activity uses up calories and it's hard to eat while exercising. Regular physical activity also has been found to help most people keep the weight off.

Information on this page provided by the  
by the Warm Springs Office  
of the Oregon State University  
Extension Service  
Phone: 553-1161, ext. 238 or 239

## Training offered

Do you care for children in your home? Are you thinking about starting a child care business in your home? Are you interested in meeting and talking with other child care providers? Do you need new ideas to help you make it through the day care day?

Well, the upcoming **Child Care Provider Training** may help you overcome these issues and many

others. The training will be held March 24 and 27 at the Community Center Social Hall from 9 a.m. to 2:30 p.m. Cost of the training is just \$5 payable at the door and covers both days.

Topics to be discussed include guidance and discipline, ages and stages, activities, materials, fun, health and safety, your child care business and working with parents.

## You can help teens deal with stress

Whether you're the parent of a teenager, a volunteer leader for a group of teens, or an employer of teens, you're going to encounter teens trying to handle stress. Be prepared to help them.

You may not think teenagers face much stress, but they have stressful situations, too. Failing a test, having a fight with a friend, or being "put down" can seem like the end of the world to a teenager.

In addition, teens haven't had much time to learn to deal with stressful situations. It takes time to learn to be a good stress manager.

Teens, like everyone else, react to stress in three ways; they get angry, withdraw or take charge.

If they get angry or aggressive, they get your attention. But that usually causes more stress in the long run. Drinking too much, driving recklessly or breaking things doesn't solve problems, it only creates more stress. Do what you can

to discourage this reaction.

Withdrawal also can be destructive. It's normal for people to want to be alone when they are emotionally hurt, but, if they continue their withdrawal for a long time, they're keeping themselves from what they need most—understanding, support and help from others.

When under stress, teens may complain of a churning stomach or a headache, as fear creeps through their bodies.

When in this situation, try to get teens to talk to someone they trust and share what bothers them. Listening to music and relaxing helps, as does physical exercise. Let teens do something they enjoy that will take their minds off the problem.

Sometimes teens can talk to friends or parents of friends. Others talk with a coach or an employer. If someone comes to you to talk, get them to lay out the problem and help them discover ways to solve it.

## Softeners can cause greasy stains on clothes

Occasionally you may notice small, greasy-looking streaks on your polyester blouses when you remove them from the dryer. This can be caused by sheets of fabric softener.

Fabric softeners used in automatic dryers do a good job of controlling static cling, but occasionally cause stains, which appear as small oily spots or streaks.

Two situations in particular may encourage staining:

1. Overloading the dryer prevents the softener from tumbling freely, thus resulting in the softening substance being deposited in one area; and

2. Adding the sheet of softener after the clothes have been tumbling for a while may stain the fabric where the softener touches the warm clothing. Package directions instruct the user to add the sheet to the dryer immediately after the clothes are added.

Garments of colored synthetics and synthetic blends are most susceptible to this type of staining, but it's not permanent and will probably vanish in the next wash. If the stain persists, it can be removed by dampening the spot, rubbing it with bar soap or liquid hand detergent and re laundering the item with extra detergent.

## Reactions to loss differ

Whatever the disaster—fire, flood, blizzard or loss of financial security—the loss of home, property, livestock and money can make a significant difference in the lives of those affected.

The loss of hope and material possessions can be similar in impact to the death of a loved one. It is a time of grief.

People normally go through five stages of grief following a serious loss. Fortunately, friends and relatives can provide some specific types of help at each stage.

**Shock and denial.** In this stage the person may feel confused and be unable to function or perform normally easy tasks. He or she may deny the loss and may avoid dealing with the reality of the situation.

As a friend, it may be difficult to explore alternatives at this stage in the grief process. Just being available physically is important. Offer support and help with everyday tasks if you can.

**Anger.** During the anger stage, the affected person can understand more clearly what is happening, may feel anger and look for someone to blame. Unfortunately, any-

one can be a target.

Realize it is normal and healthy for a person to feel anger over the loss of something valuable. Allow the person to vent those angry feelings.

Do not take those feelings personally nor make them more than what they really are. Diffuse the feelings of anger if possible and be a good listener and friend.

**Depression and detachment.** If no one is around to be angry with, the person may turn the anger inside, causing depression. The person may withdraw from activities and people.

If you have a friend who is emotional—one who cries or is withdrawn—he or she may be blaming himself or herself for the situation. Be empathetic and sensitive and continue to listen. Help the person avoid blaming either himself/herself or others.

**Dialogue.** Given time and support of others, depression eventually subsides and the person will begin to reach out and talk—and listen to others. This is the best time to explore alternatives that may be acceptable.

## Plant cool season crop

Milder spring weather that usually ushers in March and April is perfect for planting cool season crops.

Cool season crops are vegetables that flourish in temperatures that other garden vegetables, such as corn and beans, can't tolerate.

Cool season crops planted later in the year when temperatures are higher don't produce well because warm to hot weather reduces the quality of many of the hardier vegetables.

In Oregon, cool season crops include broccoli, cabbage, lettuce, onions, peas, white potatoes, spinach, turnips, beets, carrots, chard, parsnips and radishes.

While cool season crops are usually the first to be planted in the home garden, specific planting dates vary from vegetable to vegetable.

The local growing season in different parts of Oregon must also be taken into consideration.

## Recipes tickle the taste buds

### Mexican potato and Meatball soup

2 10½ oz. cans beef consommé  
1 8 oz. can tomato sauce  
2 cups water  
4 medium potatoes (about 1½ lbs.) quartered  
4 carrots, halved lengthwise and cut into 1½-inch pieces  
2 green onions, sliced  
Mexican meatballs (recipe follows)

In a 4-quart kettle, combine consommé, tomato sauce and water. Cover. Bring to boil. Add potatoes, carrots, celery; simmer 10 minutes. Drop in prepared meatballs; Cook 10 minutes longer. Continue to simmer until vegetables are tender. Skim fat if necessary. Serve in soup bowls garnished with green onions and accompanied by hot, tortillas. Makes 4 servings.

### Mexican Meatballs

1 lb. Ground beef  
3 tablespoons canned, diced green chilies  
2 tablespoons chopped parsley  
1 clove garlic, minced  
½ teaspoon salt  
½ teaspoon oregano

In a large bowl mix together all ingredients. Shape into ½ balls and brown.

A healthy diet need not be void of desserts. The dessert below is a tasty treat perfect for the Christmas holiday, Valentine's Day or any special occasion. Enjoy!

### Cran-Raspberry Silk

1 rounded tsp. gelatin  
1 Tbsp. water  
1½ cups lowfat milk  
½ cup sugar  
½ cup plain yogurt  
½ cup sour cream (half and half)

½ tsp. vanilla  
1 Tbsp. orange juice concentrate  
1 12 ounce can cran-raspberry sauce  
Soften gelatin in cold water in a sauce pan. Add milk and sugar to mixture and heat, stirring constantly until gelatin is dissolved. Cool 10 minutes. Add yogurt, sour cream, vanilla and orange juice concentrate. Stir until smooth. Divide cream mixture among six parfait glasses. Chill two to three hours.

Stir cran-raspberry sauce. Divide sauce equally among parfait glasses. Garnish with sliver of candied orange, orange rind or mint leaves.

The cream mixture can be poured into a 1½ quart glass bowl. Chill, then top with cran-raspberry sauce. Delicious alternative: Substitute seasonal fruit puree for the cran-raspberry sauce.

Serves six. One serving: 242 calories, 5 gm. protein, 47 gm. carbohydrate.

## Stress—The good, bad, manageable

According to the National Mental Health Association, "anxiety and tension are essential functions of living." Stress is nothing modern, but lately we have found new ways of defining it and dealing with it. Everybody has the ability to live through periods of emotional upheaval; to experience anxiety is quite normal. But what are the signs that tension is getting out of hand? The following questions offer some indication.

1. Do minor problems throw you for a loop?
2. Do you find it hard to get along with people you used to be compatible with?
3. Does nothing seem to give you pleasure?
4. Are you unable to stop thinking about your problems?
5. Do you feel suspicious and mistrustful much of the time?
6. Do you feel trapped and/or inadequate?

If you answer yes to most of

these questions, it's time to do something. Here are some positive steps you can take.

1. Find someone to confide in. Speak frankly and ask for an objective opinion.
2. Take a short respite, even if that only means an afternoon off or an evening at the movies.
3. Resolve to work off your anger or suspicion in hard but useful labor, or in exercise.
4. Shun the urge to be a superman/superwoman.
5. Give the other fellow a break. A tolerant attitude can make life easier for you.
6. Try something new. Creative activity, such as painting, carpentry, cooking and needlework, provide a sense of accomplishment as well as peaceful relaxation.
7. Take your relaxation seriously. Exercise and other activities require personal commitment.
8. If you feel you need profes-

sional help, get it. Your doctor, local mental health association or even your telephone directory can be good places to start.

For a copy of a booklet on dealing with your tensions, write to the National Mental Health Association, 1021 Prince Street, Alexandria, Virginia 22314-2971.

## Keep resume concise, accurate, neat

One of the keys to writing an effective resume is learning what to omit. The basic rule is to exclude everything that is not directly related to your ability to do the specific job for which you are applying.

A concise resume should include:  
\*Your name, address and phone number at the top of the page.  
\*Job objective. While there is more than one right way to arrange information on a resume, the job objective often fits nicely as the second item on the page.

\*Job experience. A chronological or functional description of the work you have done. This summary is the heart of the resume.

\*Education. Mention the highest level of education completed and any specialized training you have had. Indicate degrees earned, subject majored in, and the year you graduated (if you choose.) Add grade point average if you are a recent graduate and your grades were good.

\*Membership and honors. During the early years out of school, list honors you won as a student. Later most academic honors diminish in importance unless they are nationally recognized (like membership in Phi Beta Kappa). If you have to explain the honor, it doesn't belong on your resume unless it is directly applicable to the job for which you are applying.

\*Once your resume is drafted, evaluate it. Get some help from a knowledgeable friend if you can, but if you are left to your own devices, at least ask yourself these five questions:

1. Is it brief? Never use a resume to express your philosophy. Stick to facts. A resume should be no longer than two pages; one is usually better.
2. Did you minimize use of the pronoun "I"? Use "I" only where anything else sound awkward.
3. Is the tone professional and straightforward? A sense of humor can be a valuable asset on the job, but clever remarks seldom "work"

on a resume. Save them for the interview.

4. Did you tout your own horn...but not blast it? If you kept the department from "going down the tubes," say so, but do it by stating facts. Example: "Improved office efficiency 35 percent by creating flow chart that enabled two clerks to complete work formerly handled by three."

5. Were you truthful? Employers are getting tougher in their screening methods and are impatient with inflated claims.

Add the finishing touches. Everything about your resume is a reflection of you. Before you go to

the printer, check for misspellings and grammatical errors. Ask several people to proofread for you, and see whether they have any suggestions about improving the overall appearance of your material.

When your final draft has been checked, get it professionally printed or print it yourself with a laser or letter-quality printer. Choose a plain typeface and use standard 8½"x11" paper. Black ink on a good quality white or off-white paper is still the best choice. Other colors of ink (or paper) look less professional and may keep your resume from getting the serious consideration it deserves.

## 4-H Photography Weekend

April 22 and 23

at the

4-H Conference and Education Center in Salem

Cost: \$40 for both days

or

\$30 for Saturday only

Transportation will not be provided.

Contact OSU Extension for more information.

553-1161, ext. 238

## 4-H Summer Week is coming soon!

This year's theme: "Toward the 90's"

To be held June 19 - 23, 1989 at

OSU in Corvallis

Summer Week is open to all 8th-12th graders

Contact Arlene Boileau for more information.