

Dieting for children should involve physician

More and more parents report their children are consciously eating less to lose weight. It's true that an increasing number of children are overweight.

How do you decide when your child has a weight problem? A physician can look at the height/weight chart that has been kept since infancy and tell if the child is overweight. The growth of children varies so much that it is not useful to compare your eight-year-old to the eight-year-old next door.

Many children think they are too fat even when they aren't. Adults talk about weight and diets all the time. TV programs, ads, and newspaper and magazine articles all feature the latest diet information. Children want to be like adults and they begin to worry about their weight too.

What should you do if you and your physician decide that the child is overweight? Weight loss is not recommended for children because calorie restriction could interfere with normal growth. The goal is to maintain weight or reduce the rate of weight gain. If weight is maintained while height increases the percentage of body fat will decrease.

It is important to treat all members of the family alike when it comes to food. If the overweight child has fruit for dessert, everyone should have fruit. If the child is given fruit while others have ice cream the resulting humiliation and anger may lead to aggravated eating problems.

Family food preparation practices may need to be modified. For example, select foods with less sugar and fat; learn to modify recipes to reduce the sugar and fat content; and serve moderate sized portions.

A real key is to increase physical activity. Studies show overweight children eat fewer calories than normal weight children, but are less active. Walking, bike rides, jumping rope, ball games, and other activities are fun to do as well as good exercise. You may need to

turn off the TV and provide opportunities for children to be active.

Remember that children copy adult behavior so you may need to look at your own eating and exercise habits and make some changes. One study showed that children whose parents are sedentary were likely to be overweight than children whose parents were active.

Be sure that you encourage your child to listen when the body says, "I've had enough." Urging children to eat everything or to have a

second helping teaches the child to ignore these signals.

Adults often encourage children to overeat by comforting them with food. If a child is unhappy, hurts or has something unpleasant to do, don't offer a cookie or candy as a reward. Buy a book, go to the library, or do something together.

Helping a child to grow into good health is a long-term process. Dieting suggests a short-term solution. Help the children in your life grow into healthy adults.

Information on this page provided by the Warm Springs Office of the Oregon State University Extension Service
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Check the manual first

When your refrigerator or freezer isn't working, remember first to check to see if the appliance is plugged in. Use your owner's manual to help you understand how your appliance works as you work your way through these checkpoints before you call the repair service.

If your unit has a forced air condenser—a fan in the unit compartment behind the bottom grill—check the condenser fins and tubes for lint if the refrigerator or freezer runs but doesn't cool. If clogged with lint, use a brush and vacuum to clean thoroughly. Compacted material may need to be loosened with a blast of air from a portable air tank. Make sure the condenser fan is operating. Foreign material, such as paper or plastic can stop it from turning.

Next, check the door seal if the condenser is clean and the fan is working. If the door isn't sealing properly, loosen the screws beneath the gasket slightly, gently twist the door into position and tighten the

screws until snug. If the unit isn't cold enough and a large amount of frost builds up in a frost-free freezer, turn the defrost timers to the defrost position. Plug in the refrigerator and listen. You should hear intermittent hissing and cracking sounds as the defrost unit melts the ice. If you don't, the defrost heater or control is defective. Leaving the door open until the frost melts will restore operations only temporarily.

If you have completed all these checks, and there's still only slight cooling in a frost-free refrigerator or freezer, check to see if the interior fan is operating. It may be jammed by a foreign object or the door fan/light switch may be defective.

Check the freezer temperature if an automatic ice maker won't work. If the temperature is above 15 degrees F, the ice maker won't work. Set the controls lower and make the checks for insufficient cooling.

Save energy, money on car

Did you know that American consumers spend about 24% more money for energy used in their motor vehicles than for energy used in their homes? You can save \$70 to \$100 a year, if you know how to efficiently drive and maintain your

car. Here are some simple rules for saving gas dollars:

- * Start up smoothly with a steady foot on the accelerator. Avoid jackrabbit starts. Jerky starts use extra gas.

- * Watch the speed limits. Your car uses about 12% more gas driving at 60 mph than at 50 mph. In town, try to maintain an even speed. Extra stops and starts use extra gasoline.

- * Ease up on the brakes. Anticipate traffic movements so you don't have to stop suddenly. Let the car slow down by taking your foot off the accelerator, instead of using the brakes. Sudden stops use extra gas.

- * Let the engine idle no more than one minute. Then turn off the engine. Restarting will use less gas than idling will. There's no need with today's cars to rev the engine when you turn it off—this, too, just wastes gas.

- * Change the oil regularly, and use fuel efficient.
- * Plan your trips. If you combine errands, plan the best routes, and use the telephone, you can limit your gasoline purchases.

Your new car
When you purchase your next car, you can save as much as a quarter of your yearly gasoline bill just by choosing the most efficient model of the size car you need. The miles-per-gallon (MPG) ratings for new models are published each year in the Federal Gas Mileage Guide, which is available free at new car dealerships. Each new car, light truck, or van has a gas mileage label, on or near the price sticker, listing the Federal MPG estimate for that vehicle. Compare the MPG for several vehicles to make sure you get the most efficient vehicle for your needs.

Diapers are new idea

Here are some delightful facts about babies you may enjoy cuddling up with:

Before cloth and disposable diapers, newborn babies were wrapped in swaddling clothes, which were designed to restrict their movement. Babies are still swaddled in some parts of the world, including the Soviet Union.

How to use nutritional labels

Many food processors are putting nutrition information on their food labels. All fortified foods, and all foods for which a nutrition claim is made, must display nutrition information on the labels.

In addition to the usual information, such as name, net weight and ingredients, the label tells you what nutritional value is on the food. Information is provided on the following: Calories, Protein, Carbohydrate, Fat, Vitamin A, Vitamin C, Thiamine, Riboflavin, Niacin, Calcium, Iron.

You can use nutrition labels in many ways:

- * To plan more nutritious meals for you and your family.
- * To get more nutrition for your food dollar by comparing the nutrition values of different brands and foods.
- * To select food for special diets recommended by physicians, such as for low sodium or low cholesterol.
- * To count calories.
- * To compare new foods with familiar ones.

Volunteer expenses are deductible

Some of the expenses paid by volunteers are contributions and are tax deductible.

If you have records showing how much money you spent in doing volunteer service to the community, you may deduct certain expenses if you itemize deductions.

Even if you don't claim your expenses this year, now is the time to set-up a record keeping system for next year.

Charitable deductions are allowed for contributions to or for the use of religious, charitable, educational, public or civic organizations, she explains. Expenses are deductible if they relate to volunteer service and are not primarily for personal pleasure or benefit. Expenses which may be deducted include

donated items, money spent on telephone calls, materials and supplies, and travel costs related to the volunteer activity.

Travel includes transportation. If you drive to and from the event you may deduct 12 cents a mile or the actual cost of gas and oil to operate your car. If you're away overnight, your lodging and 80

percent of your meal costs are deductible.

Not deductible are costs for dependent care and the value of your volunteer time.

To document volunteer contributions, keeping a diary of travel and other activities, letters verifying involvement, and other related records.

All families need to save

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If you don't have an emergency fund, develop the habit of putting money aside on a regular basis.

Extension suggests these ways to save:

When you work on your monthly

spending plan, include a savings account as one of your fixed expenses just like the rent/mortgage and utility bills. In other words, pay yourself first.

Put "unexpected monies" such as tax returns, overtime pay, bonuses, rebate money, or money saved by using coupons into your savings account.

Look for expenses you can reduce. As you reduce expenses, increase savings.

A rule of thumb says that individual families should have two to three months take-home pay in an emergency fund. Remember, it does take time for savings to accumulate. However, getting started is the most important step.

Buttermilk fact

Despite its name, buttermilk is actually low in fat. It's made from skim or 1 percent milk and can be substituted for whole milk in pancakes and baked goods.

Happy New Year from the Warm Springs Extension staff

Sixteen sneaky ways to watch your weight

1. Serve lots of fresh, attractively prepared raw vegetables as snacks. Try this low-cal/low-fat drip from the American Heart Association: 2 Tablespoons skim milk, 1 Tablespoon lemon juice, 1 Cup low-fat cottage cheese, 1/4 Cup chopped green onion tops, salt to taste. Place all ingredients in blender and blend until creamy. Yield 1 cup. (Only 10 calories per Tablespoon).

2. Don't skip breakfast or lunch before your holiday dinner. Just eat light. If you wait until dinner to eat, you'll be tempted to snack your way through the day. Snacking can supply you with lots of calories and little nutrition.

3. Make plans to have something to do during the holiday besides eating. Plan to get together with your friends or family to trim the tree, to put together a gingerbread house, to go caroling, etc.

4. When the stress begins to pile up during the day, take 15 minutes out (you can't afford not to!) to sit by yourself and relax, or to take some exercise. (Nothing like tension to send one on a refrigerator or cookie jar binge!)

5. Sip on low-cal beverages rather than on punches, eggnogs, or alcoholic drinks. Try mineral water with a lemon slice, low-cal soft drinks, ice tea, etc.

6. Need a quick, low-cal/low-fat pick-up? Try whirring 2/3 Cup skim milk, half a banana, and a little vanilla in your blender for a yummy, frothy, high-protein shake. (Only about 100 total calories per fountain glass).

7. Brush your teeth before preparing the food and don't allow yourself to snack during the preparations.

8. When dishing out your holiday food, take a small amount of everything you like. Don't serve yourself regular portions of everything. Heavy-up on green vegetables, potatoes (low in calories if no milk or butter are added), and raw vegetables. Avoid or go easy on teh butter/margarine, gravy, buttered rolls, dessert toppings, eggnogs, alcoholic drinks, etc.

9. Never go hungry to a party that's bound to offer irresistible, high-calorie hors d'oeuvres and sweets. Eat something sensible and satisfying, first.

10. Don't allow others to force food on you. Be politely assertive. Take and eat only the food you want.

11. Eat only your absolute favorites, then move away from the buffet table for the rest of the evening.

12. Don't eat a single peanut, potato chip or anything you know is impossible to eat just one.

13. If given a choice of dressing cooked with the bird or dressing cooked outside the bird, choose the latter. It's lower in calories since it hasn't absorbed the meat juices.

14. If you overindulge at dinner try to take a walk afterward. You'll burn up calories, speed up the metabolism, and avoid indigestion.

Recognizing hypothermia

Winter is upon us and as you grow older the danger of experiencing hypothermia becomes greater. Hypothermia, caused by exposure to cold, is an accidental and preventable illness in which body temperature drops.

Hypothermia is not easy to recognize. Look for changes in appearance and behavior during cool or cold weather.

15. Fight the holiday blues with the right foods: turkey, chicken, yogurt and bananas have high levels of tryptophan, a substance believed to relieve mild depression and sleeplessness. Combine them with foods high in stress-fighting B and C vitamins—whole grains, brown rice, fruits and vegetables.

16. Exercise—now more than ever. Every little bit will help burn calories and give you a stress break.

The skin is cool and cold. Skin color is usually very pale, but it may also have large, irregular blue or pink spots.

The muscles are often unusually stiff particularly in the neck, arms, and legs. This stiffness may be accompanied by a fine trembling, perhaps limited to only one side of the body or one arm or leg. Shivering is an important sign that the body is having trouble keeping warm. Older people frequently shiver or not at all.

Lack of shivering should not create a false sense of security. The face is frequently puffy or swollen, and this can be an important sign, especially when found in combination with cold skin and confusion.

The person often has difficulty walking and has problems with balance. Look for poor coordination and jerky movements. Both breathing and heart rate are slowed at low body temperatures.

As the body cools, consciousness is depressed. One of the first changes caused by hypothermia is a growing mental confusion. It becomes progressively worse as body temperature falls. Logical thinking is impaired and the person may become completely disoriented. Memory is also affected and familiar things are often forgotten.

Attitude is also affected. Apathy and diminished physical energy are common. Often the person simply doesn't care if that happens and will do nothing to help reduce the danger. The person may also behave strangely, or become irritable, hostile and aggressive.

Remember, if an older person develops these signs over a period of several hours or days during cold weather, think hypothermia.

Replacement heifer feed information presented

How much should be fed to replacement heifers so they will be ready to breed? To answer this question we first need to know at what weight the animal should be at for breeding. Since all animals are somewhat different we can figure puberty/weight by using frame scores.

For our example a medium framed Angus-Herford Cross needs to be at 650 to 700 pounds by breeding time. Assuming a 450 pound heifer is weaned November 1 and we want to breed her sometime after May 25 at which time she needs to be 650 to 700 pounds then she has 166 days to put on 200 to 250 pounds. During the winter feeding time and spring turnout the heifer will need a daily gain of 1.1 pounds per day.

A growing heifer will eat about 3 percent of her body weight per day. In our example our heifer will need 13.5 pounds of hay per day.

Next we need to know information about the hays we are going to feed. This can be done by sending core samples off to a forage testing laboratory to get protein, acid, detergent, fiber and dry matter percentages. The two hays we will be using have an analysis of:

	ALFALFA HAY \$90/TON	BLUE GRASS STRAW
Dry Matter	95.1%	96.2%
Crude Protein	17.0%	4.0%
Acid Detergent Fiber	30.6%	45.1%

Now we can figure how much of each hay to feed. Since alfalfa hay is the most expensive we want to balance the ration but feed just enough to meet all nutritional requirements. The nutritional requirements include protein, energy for maintenance, energy for gain at 1.1 pounds per day plus vitamins and minerals.

Through extensive testing, the nutritional requirements for various classes of livestock have been calculated. By either hand calculating or using one of the new computer programs that are currently available the actual pounds of alfalfa and grass straw can be calculated.

To meet protein requirements 5.0 pounds of alfalfa can be fed and 8.5 pounds of straw. But the ration isn't balanced. Energy for maintenance and energy for gain must also need to be provided. To meet both protein plus energy for maintenance and energy for gain it will take:

8.0 pounds of alfalfa,
5.5 pounds of bluegrass straw, for a
*total cost of \$.46 per day or \$13.69 per month.

Once the replacement heifers are on feed it will be important to adjust the feed ration to meet their growing animals requirements. Other requirements such as vitamin A, selenium, calcium, phosphorus and copper need to be balanced and considered. Good quality alfalfa, as in our example, will provide adequate vitamin A. A blood test will determine selenium requirements and a complete mineral mix will provide remaining minerals.

To balance feed rations it is important that producers need to:

1. know current animal weights.
2. know by frame score what weight their heifers need to be at for breeding.
3. feed hay of known nutritional value. Hay varies greatly in quality. Bluegrass straw this year is running from 3 percent to 8 percent

protein. It is important to know what the animals are getting from a nutritional aspect but also to feed least cost

Whole wheat onion bagels

- 1 package dry yeast
- 1 cup warm water (105 degrees to 115 degrees)
- 3 tablespoons instant minced onion
- 1 tablespoon vegetable oil
- 1 1/2 cup whole wheat flour
- 1/2 teaspoon salt
- 1 1/4 cups all-purpose flour
- Vegetable cooking spray
- 3 1/2 quarts water
- 1 egg
- 1 tablespoon water
- 1 tablespoon caraway seeds

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Add onion and oil, stirring well. Stir in whole wheat flour and salt, gradually stir in all-purpose flour. Turn dough out onto a lightly floured surface; knead 1 minute. Cover and let rest 10 minutes or until smooth and elastic. Place dough in a large bowl coated with cooking spray, turning to grate top. Cover and let rise in a warm place (85 degrees), free from drafts, 1 1/2 hours or until doubled in bulk.

Punch dough down, and divide into 12 equal portions. Shape each portion into a smooth ball; punch a hole in the center of each ball, using floured fingers. Gently pull dough away from center, making a 1 1/2-inch hole. Place shaped bagels on a baking sheet coated with cooking spray. Bring 3 1/2 quarts water to a boil in a large Dutch oven. Lower bagels, a few at a time, into gently boil-

ing water; cook 3 minutes on each side. Transfer bagels to a baking sheet coated with cooking spray, using a slotted spoon. Combine egg and 1 tablespoon water; beat well and gently brush over bagels. Sprinkle with caraway seeds. Bake at 450 degrees for 20 minutes or until golden brown. Cool on wire racks. Yield: 1 dozen (127 calories each).

Baby facts related

Parents say the biggest problem with diapers is overnight leakage. Since in the introduction of thin diapers, some disposable diapers cut overnight leakage by up to 50 percent.

Seventy-five percent of parents in the United States use disposable diapers exclusively and 22 percent use both disposable and cloth diapers. Isn't that great for the environment!??

Hot chocolate for cool days

Cinnamon hot chocolate

- 2 tablespoons sugar
- 3 tablespoons Dutch process cocoa
- 2 tablespoons instant coffee powder
- 1/2 teaspoon ground cinnamon
- 4 cups skim milk
- 4 (3-inch) sticks cinnamon

Combine sugar, cocoa, coffee powder, ground cinnamon, and milk in a large bowl, stirring well. Cover with heavy-duty plastic wrap and microwave on high for six to eight minutes or until thoroughly heated, stirring after four minutes. Ladle chocolate into mugs; add one stick cinnamon to each, and serve immediately. Yield: 4 cups (130 calories per 1-cup serving).