

# Get rid of those aches and pains with laughter

The natural defense mechanisms of the body are mobilized by positive emotions such as laughter, hope, love, trust, and faith. Laughter is a behavior which can aid in the prevention of illness. As part of a medical plan, laughter is useful in the treatment of disease. To be positive, laughter must occur within context of love, support and understanding.

When we laugh our mood is elevated. The experience of laughing has positive biochemical effects on the endocrine, cardiovascular, neurological, respiratory, and muscular systems of our body.

A good belly laugh is equal to several minutes of hearty exercise! The laughing person increases her respiratory activity, oxygen exchange, heart rate, and muscular activity. After that good laugh, our

respiration, heart rate, and muscle tension return to below normal levels—leaving us with a feeling of relaxation.

Daily life is full of ups and downs—frustration and happiness. The preparation for the holiday season was exciting and exhausting. The bills for those gifts and fun times can be overwhelming. How can we find humor or laughter in such times?

As a coping mechanism, laughter helps relieve anxiety, stress, and tension. The physical changes that occur when we laugh counter the effects caused by negative emotions.

Laughter is a useful tool to help us alter the negative effects of stress. Individuals who learn to rely on laughter in the tough times are found to have fewer physical

problems than those who don't laugh. Researchers suggest that when we laugh we are better prepared to solve problems.

Laughter is an individual experience. Perhaps a cartoon or comedian make you laugh? For another person, laughter may come from watching a movie involving slapstick comedy. When we laugh with ourselves or another person (not at ourselves) then our laughter is positive and healthy.

When the time is right—laughter may help a person cope or adjust to the most difficult of experiences.

Laughter is a behavior which comes naturally to all people, but some people are rusty in using this skill. The attitude we have about laughter will influence how we use this beneficial tool.

- Laughter is useful in preventing illness and countering the effects of disease.
- The experience of laughter releases hormones associated with positive emotions.
- When we laugh, we increase our ability to make creative decisions and deal with difficult situations.



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## Wear protective eye equipment

Though the human eye has a certain amount of natural protection, it is not safe from powerful chemicals or flying objects. For this reason, it is important to take the necessary precautions to avoid damage to the eye—wear protective eye equipment.

By law, corrective lenses prescribed by optometrists are impact resistant and provide a limited amount of frontal protection against flying particles. However, impact-resistant does not mean unbreakable. Greater eye protection can be achieved by using safety lenses that meet the standards for an industrial safety lens.

There are five recommended types of eye protection devices. First, safety-thickness glasses provide frontal and side protection and can be worn over regular glasses. They are very effective in deterring flying particles. Second, maximum impact protection can be achieved by wearing "chipping goggles" with individual eyecups. Third, eye injuries induced by agricultural chemicals can be avoided by wearing a face shield. Face shields protect against splashes and small flying particles, but are not made to withstand heavy impact. It is recommended that

goggles be worn with face shields when using powerful chemicals. Fourth, welding goggles absorb or filter dangerous welding rays, sparks, and flying particles. Finally, sunglasses protect against the harmful rays of the sun. Lenses that reduce glare and filter ultraviolet and infrared rays are recommended.

When using eye protection equipment, remember the following:

- Select a lens appropriate for the task at hand.
- Choose lenses that do not distort.
- Dispose of equipment that is badly scratched, pitted, or chipped.
- Be sure the device fits snugly and correctly.

The human eye is a delicate organ and should be treated accordingly. Protect your eyes from harm and enjoy the gift of sight for a lifetime. (American Optometric Association).

## Interested in 4-H? How to keep in shape this winter

The best winter exercises are the same as the summer ones; aerobic dancing, brisk walking, cycling, running, swimming. All burn calories and give your heart and lungs a life extending workout. In some parts of the country, exercising in winter is actually easier and more comfortable than working out in summer's heat. In others you may have to make some accommodations to the weather to keep moving. But even if you're from International Falls, Minnesota, you can still find ways to stay active and in shape. For example:

- Going to the mall? do 20 minutes of brisk window shopping before you get down to business.

Remember the 4-H Clubs are starting up, so please call your 4-H leader to find out the date, place and time or you can come into the OSU Extension office to check out the schedule on the wall by Tina's desk. Have fun learning a new skill.

4-H Pen/Pal Club will be on hold until further notice.

A new 4-H Club is starting up, a 4-H Radio Club with Sue Ryan from KWSO with a limited enrollment. Sign up early.

We are working to provide new 4-H Clubs for a fun way to discover new talents about yourself and to learn a new skill while your at it, so please keep checking in at the OSU Extension office in the green house on the campus or call 553-3238 and ask for Tina or Arlene, thank you.

The 4-H Leaders Association had their first meeting this last week at the OSU Extension office on the campus, from 6:30-7:30 p.m. They got to know each other and talked about what each club will be doing for next two (2) months. The next meeting will be February 13, 1991 at the OSU Extension office, the green house on the campus, time 6:30-7:30 p.m. 4-H Leaders please call Tina or Arlene at 553-3238 should you have pressing issue to put on the planning agenda for the leaders meeting.

- Use music to move by. Turn on the radio instead of the TV when you get home, then hop around. Go dancing on weekends.
- Reward your children for making sure you finish your daily exercise routine.
- If you live in an apartment complex, climb up and down the stairs. Start out doing 5 minutes a day; work up to 20 minutes.
- Jump rope in front of the television.
- Go ice skating with your children.
- Take advantage of the occasional balmy day to pretend it's summer. Go bike riding, throw a frisbee, play softball or touch

- Invest in an aerobics outfit that costs so much you'll feel guilty not using it.
- Get rid of snow the old fashioned way—with a shovel (provided you don't have high blood pressure or any other risk factors for heart disease).
- Have a snowball fight.
- Schedule an energetic household project you've been meaning to get to for years. Wallpaper the bathroom, clean out the attic, basement or every closet in the house, dust all the volumes in your bookshelves.

## Help offered to discover hidden fats

Fat is everywhere — and it is a concern for everyone. Currently, the average American consumes 36% of calories from fat. The American Heart Association recommends reducing fat intake to 30% of calories from fat, or even slightly lower.

How can you do this? It's not as easy as it looks. Hidden fat is hardest to find, because you can't see it. Fat even lurks in foods like snack crackers, microwave popcorn, premixed pasta salads, and even some breakfast cereals. Reading labels is your best defense against fat.

To lower blood cholesterol levels, most nutritionists recommend cutting total fat intake particularly saturated fats. Saturated fats, primarily found in animal foods (meat, poultry, and dairy products) can raise blood cholesterol levels. Butter, coconut oil, palm-kernel oil, and lard are also sources of saturated fats. Scan food labels to see if the product contains saturated fats. Your best bet: opt for foods that are lower in

total fat and contain polyunsaturated or monounsaturated fats. Watch out for those items that contain hydrogenated vegetable oils — this means they are saturated.

**Smart Substitutions**

To Help Cut Saturated Fat and Total Fat

When the recipe calls for: Use instead:

	Percent Saturated Fat
Canola oil	6%
Safflower oil	9%
Sunflower oil	11%
Corn oil	13%
Olive oil	14%
Soybean oil	15%
Peanut oil	18%
Cottonseed oil	27%
Lard	41%
Palm oil	51%
Beef tallow	52%
Butterfat	66%
Coconut oil	92%

cream sauce" in its own gravy, hollandaise, au gratin, parmesan, "in cheese sauce" marinated (in oil), pot pie.

**COMPARISON OF DIETARY FATS**

## Housekeeping made quick and easy!

1. What are some suggestions for cleaning a house quickly? It seems like I am always cleaning up for last-minute quests. Quick clean-up is today's way to clean the home. A new line of premoistened disposable cleaning towels, is a helpful solution for last-minute clean-ups. Available in glass cleaner, bathroom cleaner, multi-purpose cleaner, furniture polish/cleaner and soft scouring cleanser. Spiffits towels offer the ultimate in convenience—the premoistened towels allow you to clean a variety of places and surfaces in a very short amount of time.
2. Our kids' bathroom is a constant mess. Any solutions for

keeping it clean? Not only does a bathroom have to be clean, it also has to smell clean. With the help of a bathroom cleaner, TM, you can make your whole bathroom sparkle. Available in a trigger or aerosol spray, the bathroom cleaner can be applied to sinks, counters, shower walls, fixtures, faucets, shower doors, bathtubs and toilets. Packed with TM and powerful cleaning agents, bathroom cleaner disinfects and kills common germs, such as staph, strep and athlete's foot, and it inhibits mold and mildew growth. And if you love the fresh smell of pine, pour a capful of Pine Power into

your toilet, leave it for a few minutes and flush for a cleaner bowl. It also disinfects, deodorizes and kills household germs.

3. How do I eliminate streaky windows? Dirty, streaky windows can make an entire house feel dirty. Cleaning outside windows can be difficult, so help yourself out by hosing down the outside windows to eliminate cobwebs and dirt. After cleaning the outside windows with a glass cleaner, tackle the inside and let the sun shine in! A glass cleaner can also be used to clean and shine all mirrors, glass chrome fixtures and appliances throughout the house.

4. The cabinet underneath my kitchen sink is packed with a variety of cleaning supplies. Do I need all of them? There are many cleaning supplies that have specific purposes. However, if you're looking for a multi-purpose cleaner that can clean almost everything from kitchen countertops to walls, multi-purpose spray cleaner can make your life easier. Introduced 25 years ago, multi-purpose spray cleaner has changed the way Americans clean their homes. Instead of carrying around an arm load of cleaning supplies, arm yourself with a multi-purpose spray cleaner. It offers the convenience of one product that can be used all over the home leaving behind a wonderfully clean-smelling environment for all to enjoy.

5. Dusting is a real problem that never seems to end. How can I make it easier? An easy trick is to use the "high to low" method: since dust falls downward, always start at the highest point in the room and work down. When dusting upholstered furniture, use a hand held cordless vacuum or a vacuum attachment to remove the dust. And as often as necessary, dust and polish wood and hard surface furniture. Save time and effort by using furniture polish/cleaner. The one step "cleaner and towel" combination removes dust and everyday soil with no waxy buildup on finished wood and all modern furniture hard surfaces.

6. How often should I clean my oven? A good rule of thumb is clean your oven in the spring and in the fall, in addition to after holidays and other heavy cooking times. It's important to look for an oven cleaner that cuts through grease and oven grime. An oven cleaner contains special solvents to do just that. Be sure to protect the floor below the oven before you begin cleaning and don't forget to wear rubber gloves. An oven cleaner also works great on broiler, oven racks and non-aluminum grills.

fat Finder

Trying to find hidden fat in your fare at a cafeteria restaurant, or fast food establishment can be tricky. Here are some simple tips to help you steer clear of fat-laden items and entrees.

Learn which terms and phrases signal LOW-FAT preparation:

steamed	in its own juice
broiled	roasted
baked	garden fresh
poached	dry broiled (in lemon juice or wine)

Look out for menu descriptions that warn of FAT:

buttery, buttered, "in butter sauce" sauteed, fried, pan fried, crispy, braised, creamed "in

more than anything else in the diet.

**Unsaturated fat**—A type of fat that is usually liquid at refrigerator temperature. Monounsaturated fat and polyunsaturated fat are two kinds of unsaturated fat.

**Monounsaturated fat**—A slightly unsaturated fat that is found in greatest amounts in food from plants, including olive, peanut and canola (rapeseed) oil. When substituted for saturated fat, monounsaturated fat helps reduce blood cholesterol.

**Polyunsaturated fat**—A highly unsaturated fat that is found in greatest amounts in foods from plants, including safflower, sunflower, corn, and soybean oils. When substituted for saturated fat, polyunsaturated fat helps reduce blood cholesterol.

**Hydrogenation**—A chemical process that changes liquid vegetable oils (unsaturated fat) into a more solid saturated fat. This process improves the shelf life of the product—but also increases the saturated fat content. Many commercial food products contain hydrogenated vegetable oil. Selection should be made based on information found on the label.

Cholesterol belongs to the fat family. There appears to be no dietary requirement for cholesterol. Our bodies manufacture this important substance used to make bile salts, steroid hormones, vitamin D, and cell membranes. Cholesterol is present only in foods of animal origin, not in foods of plant origin. Cholesterol, like saturated fat, tends to raise blood cholesterol, which increases the risk for heart disease.

**Fat**—One of the three nutrients that supply calories to the body. Fat provides 9 calories per gram, more than twice the number provided by carbohydrate or protein. In addition to providing calories, fat helps in the absorption of certain vitamins. Small amounts of fat are necessary for normal body function.

**Saturated fat**—A type of fat found in greatest amounts in foods from animals such as meat, poultry, and whole-milk dairy products like cream, milk, ice cream, and cheese. Other examples of saturated fat include butter, the marbling and fat along the edges of meat, butter, and lard. And the saturated fat content is high in some vegetables oils—like coconut, palm kernel, and palm oils. Saturated fat raises blood cholesterol

## History of 4-H offered

As 4-H has grown and expanded, symbols have been developed which express the spirit and rich tradition of 4-H.

### The Four H's

The four H's stand for HEAD, HEART, HANDS and HEALTH, representing the four-fold training and development that 4-H members receive. "Head, heart, and hands" was a familiar phrase with public speakers in the early 1900's. With these three words, educators expressed the liberalizing of conventional education ("the three") to include practical arts ("the three H's").

Three H's were adopted by program organizers to reflect the educational theme of 4-H. A fourth H, for Health, was added. Together the four H's symbolize the development of: the Head, to think, plan, and reason; the Heart, to be concerned with the welfare of others, accept the responsibilities of citizenship, and develop positive attitudes; the Hands, to be useful, helpful, and skillful; and Health, to practice healthful living, enjoy life, and use leisure time productively.

### The 4-H emblem

The national 4-H emblem is a green four-leaf clover with the letter "H" on each leaf. The design, attributed to O.H. Benson, an Iowa school superintendent, was adopted as the national emblem in 1911. Congress has twice passed legislation since that time protecting the 4-H name and emblem. Similar to a copyright, this protection means that the 4-H name and emblem cannot be used without being authorized by the national organization.

### 4-H colors

Green and white are the 4-H colors. Green is emblematic of springtime, life, and youth, while white symbolizes high ideals.

### The 4-H Motto

The 4-H motto is "To make the best better." Proposed by Carrie Harrison, a botanist with the U.S. Bureau of Plant Industry, it was adopted in 1927 when the 4-H pledge was introduced.

### 4-H Pledge

I pledge...  
 My HEAD to clearer thinking  
 My HEART to greater loyalty  
 My HANDS to larger service, and  
 My HEALTH to better living  
 For my club, my community,  
 My country and my world.

In repeating the pledge, a member raises the right hand to the side of the head when speaking (line 1); lowers hand to heart when speaking (line 2); extends hands, palms upward, when speaking (line 3); and stands straight when speaking (lines 4 and 5).

The pledge was adopted in 1927 during the first national 4-H Club Camp in Washington, D.C. Otis Hall, state 4-H leader in Kansas, was responsible for the original wording, which remained unchanged until 1973 when the words "and my world" were added.

## Be prepared for economic changes

With many predicting a downturn in the economy, now is the time to look at your family financial situation. What, if any, financial changes will you experience in 1991? Focus on what to do about the changes. The earlier you anticipate and plan for changes, the easier they are to deal with.

Economists predict pay raises will average about 5%. Review your 1990 income and estimate your 1991 income. Will income increase? decrease? stay the same?

It is predicted that the Consumer Price Index (CPI), the most widely used resource of inflation, will be about 4 1/2 percent higher in 1991 than 1990 CPI. Some of your family expenses will increase more than the CPI and some less. In addition to inflation, some family expenses will increase or decrease because of family changes.

Review 1990 expenses and predict 1991 expenses. If you anticipate expenses to increase more than income, you have two choices: increase income or decrease expenses.

Many families will increase income by working longer hours or adding additional workers. And many families will decrease expenses in certain areas. Either of these require family changes with the family. To be successful, all family members need to cooperate.

Three Extension publications will help you analyze your current financial situation and predict

your future financial situation. They are "Financial Planning: Family Goals," EC 1267; "Financial Planning: How to Prepare a Net Worth Statement," EC 1230;

and "Financial Planning: How to Prepare an Income/Expense Statement," EC 1229. The three publications are available through the Extension office.

## Check before you reduce fat

Will a chubby baby become an overweight adult?

Not usually. Most babies who are overweight in infancy do not become overweight children or adults.

The amount of fat in an infant's body increases rapidly during the

first nine months of age. It is normal for babies to appear chubby during the first year.

Many parents are determined that their children will not grow up to be overweight. They have learned that the fat content in the diet of adults is too high. They decide to reduce the fat in the baby's diet without knowing the consequences.

Infants and young children require fat and cholesterol for the brain and nervous system to develop normally.

Before altering the diet of a baby, check with a physician to be sure it is an appropriate one. Diet changes that may benefit adults can be harmful in infants and growing children.

Everyone has need for the same nutrients, but in different amounts during different times of life. The best rules to follow include: moderation, not too little and not too much of any one food or nutrient; and variety, the more different foods you eat the more likely you are to meet the nutrient needs of your body and get the nutrients you need from food, not supplements.

## Child neglect info available

When we neglect our children, we neglect our future. For information about child neglect, write: Northwest Welfare Association c/o Regional Research Institute P.O. Box 751 Portland, Oregon 97207

## 4-H to resume club meetings

4-H is starting again. New members please sign up at the OSU Extension and old members contact your leader for the days & times of your club meetings.