

Make sure home is burglar-proof

Burglars aren't overly industrious folks. Given the choice, they'll generally choose the house that looks like the easiest pickings. A house that presents any obvious barriers, or higher-than-average risk of being detected, is likely to be passed up. Here are some ways to beef up the security of your house:

- Install doors made of solid (as distinct from hollow) wood or steel.
- Put a lock on the door from the basement to the house.
- Light all doors and other potential break-in locations.
- Install a "fish-eye" peephole in your front door.
- Put bolts through both halves of windows to make them harder to open.

- Trim hedges and shrubbery near the house to waist height to deprive burglars of hiding places.
- Mark all valuables with your drivers license number and state to make them harder to fence and easier to recover.
- Use a video camera to record all possessions to make finding them (and filing insurance claims) easier.
- Don't put your name on your mailbox. Burglars use that information to call and find out who's not home.
- Keep a light on all night-but not all day. That's a sure sign that you're away. Use timers for lights and for radios tuned to all-talk stations.

- When you're asked to write your phone number on a check, list your business phone.
- When you'll be away for a long time, be sure someone will mow the lawn, or clear snow from the driveway. Also, have someone put garbage out, take in the mail and newspapers, and generally keep an

- eye on your place
- If you see a car driving around the neighborhood repeatedly, make a note of the license plate number.
- If you see a crime, such as a break-in at a neighbor's house, call the police immediately. You'd want them to do the same.



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Good nutrition important for a successful pregnancy

Nutrition starts for the mother (mother-to-be) well before pregnancy, and for the baby in early fetal development. Good nutrition

before and during pregnancy is a major and controllable factor in producing a healthy infant.

Preschoolers have variable appetites

You can lead a preschooler to the table, but you can't make that

child eat - nor should you! As a guideline for portion size, some experts advise 1 tablespoon of every food served for each year of age, but this varies from child to child, and even from day to day.

Children should eat only enough to satisfy their hunger. Remove food or let your preschooler leave the table when he/she begins to play with the food, becomes restless, or sends signals of "no more." When they are four or five years old, children may be more interested in play activities than in eating and appetite may wane. If your child is developing and growing normally and you are providing a variety of healthful foods, you can be confident that your child isn't starving. Avoid nagging, forcing, and bribing. Appetite typically resumes at the child's next growth spurt.

It is not true that the infant's needs will be met at the expense of the mother's body. Nature protects the mother to some degree to assure a successful pregnancy. But both mother and baby can suffer from lack of calories or nutrients. Expect to gain 25 to 30 pounds through a pregnancy. The weight is part baby; and part placenta, amniotic and extra blood volume; and part extra fat is a store of calories to prepare the mother's body to breastfeed the baby.

vidual will meet his or her nutritional needs.

Be moderate in the intake of fat and sugar. These foods add only calories and not the vitamins and minerals that are needed. Don't rely on supplements to correct a poor diet. Supplements can give you a false sense of security. A well-balanced diet is necessary to supply those nutrients not present in supplements and to prevent nutrient imbalances.

Remember, good nutrition for both you and your baby does not stop at birth. Whether you are breast feeding or not, your activity with an infant in the house has greatly increased. Eat well balanced meals, and if you are breast feeding, drink plenty of liquids.

Due to production and growth of brain, muscles and other body cells, your child needs good nutritional intake also. In early infancy a good indication needs are being met, is about 1/2 ounce weight gain per day.

What happens if you're stung?

WHAT HAPPENS IF YOU'RE STUNG?

Depending on the amount of venom and your body's response, you could experience these symptoms after a sting:

- **Grade 1 Reaction**-The normal reaction is a painful, itchy, red lump less than 2 inches in diameter at the sting site. It lasts only a few hours.
- **Grade 2 Reaction**-A patch of swelling and redness, larger than 2 inches in diameter, occurs at the sting site. It won't last more than 24 hours.
- **Grade 3 Reaction**-A red rash occurs at the sting site, and there may be swelling of the entire limb. Itching or swelling may develop at a different location. Also, you may experience nausea, intestinal cramps or diarrhea. This is a medical emergency.

WHAT TO DO?

After a bee sting, muscles in the inbedded stinger can continue squeezing venom into the wound for two or three minutes, so remove the stinger quickly.

Don't pinch it with fingers or tweezers. Pinching can inject more venom. Instead, flick the stinger out with your finger, or gently scrape it out with a knife blade.

Keep calm-Apply ice to the sting to slow absorption of venom and reduce itching and swelling. Wash with soap and water.

Get help-If you have a grade 2 or 3 reaction, see your physician promptly; if it's grade 4, get emergency medical care.

Ask about medications-If you're taking beta blockers (medications for heart, blood pressure or glaucoma), ask your doctor if stings are a hazard.

Even though you've never reacted to stings before, some medicines increase your risk.

HOW TO PREVENT A STING

These precautions can help keep you safe:

- Avoid bright-colored clothing and fabrics like nubby knits.
- Don't use perfumes, especially florals.
- Don't walk barefoot outside.
- Watch where you're walking; stinging insects sometimes nest in the ground.
- Move slowly if you encounter a nest. Rapid movements can be interpreted as attacks.
- Don't set your picnic out until you're ready to eat. Repack promptly after serving. Wasps love human food.

ALLERGIC TO STINGS? CARRY AN ALLERGY KIT

About one person in 10 is allergic to venom from bees and related stinging insects.

Your kit should contain:

- Epinephrine (EP-i-NEF-rin) in a preloaded syringe as prescribed by your doctor.

Sterilizing swabs to cleanse skin before and after the injection.

Antihistamine tablets for minor allergic symptoms.

A tourniquet to tighten around a limb to keep venom from circulating rapidly through the body.

Instructions in clear, simple language explaining how to use the kit.

Don't store the kit in your automobile. The medicines may lose their effectiveness if they're exposed to sunlight, or in temperatures above 88 degrees Fahrenheit and below freezing.

Check expiration dates and replace medicines as necessary.

Diet or not — dine out healthily

Whether or not you're on a diet, you can dine out healthily if you know how.

Breakfast—Fresh fruit or a small glass of citrus juice is a good start. Ask for whole grain bread or an English muffin toasted or dry, with margarine served on the side. Be careful of prepared cereals, since many are high in sugar and sodium. Best are hot cereals made from whole grains such as oatmeal. Request skim or low-fat milk for your cereal, to drink or have with coffee or tea. While popular on brunch menus, "light" egg-based dishes like quiche and omelets are

high in calories, cholesterol, fat and sodium. A good alternative is a waffle, topped with fresh fruit and yogurt.

Bread—You can eat bread and breadsticks, despite the calories, as long as you resist high-fat spreads. Try to avoid spreads completely.

Appetizers—Why not? Enjoy steamed seafood, raw vegetables and fresh melons or other fruits. Ask that salted nuts, buttery crackers, potato and tortilla chips to be removed from your table. If you are on a sodium restricted or low-fat diet, beware of soups.

Entrees—Look for simply prepared items when ordering your main course. Avoid casseroles and foods with heavy sauces. Your best choices are poultry, fish and shellfish (including shrimp), and vegetable dishes. These are naturally low in fat and can be prepared without added fat. Lean red meats, when properly trimmed and prepared, are also acceptable. You should note that even broiled entrees are sometimes basted with fat and seasoned with salt. So ask to have your choice fixed without additions (dry broiled); or request that lemon juice be used instead of fats.

Salads—Salads offer great variety in flavor and texture without adding unwanted fat and salt. Especially good choices are those that contain fresh greens like lettuce and carrots, and onions (without cheese, eggs, meat, bacon or croutons). Be cautious about dressings: they may be high in calories. It is best to order dressings on the side, so you can control the amount you use. Lemon juice is an all-purpose flavor enhancer. Squeeze it over your salad and you have a zesty, fat-free dressing.

Desserts/coffee—You can opt for fresh fruit, or choose fruit ices, sherbets, gelatin or angel food cake. When you get your coffee, be wary of dairy substitutes such as nondairy creamers or nondairy

whipped toppings. These are frequently made from highly saturated-fat bases, like coconut oil, which raise blood cholesterol levels.

Water critical for garden

Spells of hot weather in late August are critical times for watering the home garden.

Lack of sufficient water can be ruinous in the garden at certain times such as when sweet corn begins to show tassels, or when tomatoes, cucumbers and summer squash are setting fruit.

Dry periods cause plants to wilt, lose their quality and in some cases invite disease. With tomatoes, lack of water causes blossom end rot.

A variety of garden watering methods are available. The use of a garden sprinkler, such as an impact or oscillating type. Apply about one inch of water during each irrigation. Measure the amount by placing a can where it will collect water from the garden sprinkler. A thorough watering should keep garden plants in good shape for

five to seven days, depending on weather and soil type.

If water begins to puddle during irrigation, the sprinkler is delivering faster than the soil can take it in. Crusted soil, which prevents water from penetrating the soil can be broken up with shallow cultivation. Also, an application of fertilizer in the garden in August will help fatten the harvest. Don't apply fertilizers high in nitrogen. Nitrogen encourages the growth of leaves and stems at the expense of vegetable fruits.

Apply a complete fertilizer such as a 10-10-10 combination. Either broadcast the fertilizer over the planted row or band it along the plants in the row. See the fertilizer package for application rate recommendations.

Use canned food safely

Inspect the cans or jars before opening. Tin cans should have both ends flat or curved slightly inward. All seams should be tight with no leakage. Glass jars should have metal lids firm and flat or curved slightly inward. If using rubber rings there should be no sign of leakage. As the can or jar is opened, notice whether there is an inrush or outrush of air. Spoilage is indicated when air rushes out or the liquid spurts. Smell the contents at once. A strange odor probably means spoilage. See if the food has the expected texture and color. Liquids should be clear.

Boil all home canned low acid vegetables. Oven heat meats, fish and poultry. Boil most vegetables for 10 full minutes at a rolling boil. Thick vegetables like spinach and creamed corn boil for 20 minutes. Heat meats, fish and poultry in a

350 degree oven with a meat thermometer inserted in center of food to 185 degrees (takes about 30 to 35 minutes). Let stand at room temperature for about 30 minutes to allow temperature to become the same throughout the food. Discard all food showing signs of spoilage. Spoiled low acid food can be safely discarded in several ways. Dump it down the garbage disposal, flush it down the toilet. Boil at full rolling boil for 20 minutes and toss with rest of garbage or compost. Burn or bury deep enough so that animals will not contact it.

Containers from canned low acid suspected of spoilage need to be sterilized. Soak them in a weak sanitizing solution of chlorine bleach, wash them in the dishwasher or boil them in water.

Spices can make low-sodium diets appealing

If you're beginning to restrict sodium intake, take heart. There are many simple adjustments which nutritionists who specialize in aiding diet patients have found to be very helpful. Using spices more creatively is one.

Here are some simple suggestions for the use of spices and herbs in everyday cooking that will make the difference between success and failure in adhering to a low-sodium diet.

Use onion and garlic powder in place of bouillon cubes or instant packaged soups. Make homemade broths using dehydrated mixed vegetable flakes.

When making sandwiches, use

lettuce, cucumber and tomato for moisture rather than prepared mayonnaise. Sprinkle the vegetables with herbs to replace the missing flavor from the dressing.

Before roasting or broiling chicken, rub with lemon juice and herbs, or poultry seasoning. The same with fish.

Bottled salad dressings are high in sodium. Make your own with lemon juice or vinegar herbs and a bit of oil. Shake well in a covered jar.

For lovers of Southern cooking, cook greens with a beef bone instead of ham bone. Season with plenty of black pepper.

When entertaining, dips can be

made from yogurt - flavored with dill weed, garlic and onion powders. Fresh vegetables are good dippers. Popcorn is good food for entertaining. Don't add fat or salt - use garlic or onion powder instead.

For a sausage flavor in spaghetti sauce, make fresh tomato sauce (or use canned, unsalted tomatoes) with such typical sausage herbs as fennel, basil, pepper, onion and garlic powders.

When eating in a restaurant: order, if possible, individually broiled items such as chicken, chops, fish and tell the waiter that they shouldn't be salted. Remove any outer coating (where the salt normally is) from chicken or fish. On the same principle, remove the skin on chicken, and order a center cut of roast beef. You might make up little cards which can be given directly to the chef, instructing him/her how to prepare the food, i.e., "Sprinkle with oregano and lemon juice. Please do not use salt." or, make up your own packet of herbs without salt and take it with you whenever you eat out.

Tips help dieters

Experts in the fields of nutrition and behavior modification have identified some tips that have proven successful with many dieters.

- Eat slowly and chew your food carefully. Your stomach will register "full" on less food. You will appreciate the flavor and texture of your food more when you take the time to enjoy it.
- Do nothing else while eating. Activities such as talking on the phone or watching television during meals make eating a reflex instead of the pleasurable experience it should be.
- Plan daily meals and snacks. Haphazard eating usually results in high-calorie eating.
- Keep a "lean" refrigerator and cupboard. Store tempting foods in opaque containers or on high shelves that are hard to reach.
- Shop for food on a full stomach...not when you're hungry or tired. To avoid impulse buying, shop from a prepared list.
- In addition to what you are eating, focus your attention on exercise. It gives you a chance to

firm muscles, improve stamina and acquire a lean, healthy look.

- Above all, keep at it. If you continue to eat right and exercise, your extra weight will come off and stay off. Weight control requires a lifetime commitment.

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Try nutritional snacks instead

Snacking in itself does not make people fat. Taking in more calories than are used leads to excess fat. In fact some nutritionists say eating often in moderate amounts, is better than depending on large meals.

A moderately active person needs about 12-15 calories per pound of body weight to remain the same. For example, someone weighing 100 pounds would need 1200-1500 calories a day to stay at that weight. Of course, this is not true if the person does a lot of hard work or play or stays in bed all day.

You have to work to avoid high calorie snacks that will lead to eating too much. Most advertising is

for zero nutrition foods. A balanced diet takes practice in resisting advertising. Munching on veggies as a snack is seldom advertised. Too bad.

Need some good snacking ideas? Try: fresh, raw fruits & veggies; fruit juices; whole grain crackers, and breads; cheese cubes; popcorn; oatmeal, fruit, or peanut butter cookies.

Swimmers have lower maximum heart rate

One of the great things about aerobic exercise is that you don't need fancy gadgets to tell you how you are doing. You have a built-in monitor—your heart. Whether you're a jogger, cyclist, or race walker, you must work out at a level of exertion that raises your heart rate to its training range to get any cardiovascular benefit.

This range is usually taken to be 60 to 80% of your maximum heart rate, which you get by subtracting your age from 220. If you are 40 years old, for example, your maximum rate is 180 beats per minute, and your training range is 108 to 144.

For swimmers, however, there's a catch. Studies have shown that people have a lower maximum heart rate when swimming than when running. This difference—averaging 13 beats per minute—must be subtracted from the age-related maximum heart rate, if swimming is your means of training. Thus a 40 year-old swimmer would subtract 40 plus 13 from 220 and get a maximum rate of 167, and then take 60 to 80% of that to

get a training range of 100 to 134.

Why is swimming different? Physiologists have a couple of hypotheses. A swimmer's heart rate may be lower because of the body's horizontal position, which

helps to distribute blood more uniformly. Also, the cool water leads to a more rapid dissipation of heat, so the heart may not have to work as hard to keep body temperature

stable.

So if you are a swimmer, don't worry if you aren't reaching a land-lubber's heart rate—you have 13 beats to spare.

Good food can prevent stress

Some people turn to megadoses of vitamins and other food supplements to help them cope with stress. But Weiner says the better

option is simply to eat a variety of foods selected carefully from the basic four food groups.

Bees sting in defense

Afraid of bees and wasps? Many people share your fears.

Here's the buzz on how you can enjoy outdoor activities with less risk from these busy creatures.

WHY DO THEY STING? Insects sting to defend themselves or their homes against a real or perceived attack. They're irritable in unstable weather.

Among bees, only female workers sting. American and European domestic bees won't sting if they