

Reduce fat intake, increase intake of fiber, complex carbohydrates

Knowing what to eat, and how much, remains a mystery to most Americans.

Despite nearly a decade of public education, we are still consuming too much fat and not enough fiber and complex carbohydrates. This nutritional imbalance is a major cause of America's high rate of obesity and diseases ranging from heart disease to certain forms of cancer.

New Guidelines
Despite the confusion, the nutrition mystery doesn't have to go unsolved. A year ago, the government revised its "Dietary Guidelines for Americans" to help us achieve a better balanced diet. The recommendations boil down to countless nutritional research reports into one set of easy-to-follow guidelines. Basically, based on these guidelines, we need more fruits, vegetables and grain products to help us increase fiber and complex carbohydrates and cut back on fats.

These guidelines do away with the "Basic Four" food groups that most of us grew up with, by splitting fruits and vegetables into two separate groups. The daily guideline is three to five servings of vegetables and two to four servings of fruits. The serving size is usually one-half cup (a full cup for raw leafy greens) or one medium apple, orange or banana.

The guideline also suggests getting two to three dairy product servings and two to three meat/protein servings each day, both including modest, low-fat portions.

Most significantly, the guidelines recommend we eat six to 11 servings of grain products such as breads, cereals, rice and pasta daily. This formalized a recommendation that many health authorities had been suggesting for nearly a decade.

Increasing Grain Intake
A recent Gallup poll shows that pasta, pizza and breads made America's "top ten" list of favorite foods. Even though we enjoy the taste and variety of grain-based foods, researchers say we're only eating about four servings of grain products daily.

The same Gallup poll shows only 15 percent of Americans plan to increase grain product intake as government guidelines suggest. Although half of us eat more grain products than we did three years ago, we are still eating less than the government guidelines for optimum health.

What seems to be the problem?
We think that most Americans simply don't know they should be eating more grain products. When asked, only one-in-three Americans were aware that U.S. Dietary Guidelines had been revised.

In addition, Americans are unclear about grain product serving sizes. Many people seem to think six to 11 servings sounds like too much food, when it's a very achievable guideline.

Typical serving sizes include one slice of bread; one-half bun, bagel or English muffin; one ounce of dry

cereal; or a half-cup of cooked cereal, rice or pasta.

Here's a simple way to meet the "six to 11" goal. An English muffin and a small bowl of cereal for breakfast would be three servings. A sandwich or hamburger at lunch would be two more. A one-cup side dish of pasta at dinner, along with a dinner roll, would be three more.

Presto, eight servings.

You can easily vary the menu with toast, hot cereals, bagels, muffins, wheat flour tortillas and similar grain-based foods, but go easy on the butter or spreads.

Best of all, eating more vegetable, fruits and grain products add relatively few calories to our diet and can help reduce fat consumption.

Coupon use may not save you \$\$

Since the issue of the first coupon in 1898, the number of coupons has shown colossal growth. Americans will have the opportunity to cash in billions of coupons with a potential savings of nearly \$20 billion. Sounds like a real bargain, however this possible saving equals only one percent of total consumer expenditures or five percent of the food bill. And only four percent of coupons are redeemed.

In reality, the coupon costs the consumer by forcing prices higher. Handling of coupons costs about \$1.3 billion each year. The manufacturer agrees to reimburse the retailer eight cents for each coupon redeemed. This eight cents is added to the initial price of the item which is passed on to the consumer. The merchant is forced to stock slow moving products. If it were selling well, the manufacturer would not need to offer a coupon for the item.

Almost all coupons are for highly processed products that people could do without. Coupons are virtually

never offered for fresh meat, milk, raw eggs or fresh fruit and vegetables.

Use of coupons distorts consumer preference. About sixty percent of consumers would not have purchased the product if they didn't have a coupon. Coupons keep the brand name in the consumer's mind.

Consumers sometimes tend purchase products not usually used because they have a cents off coupon. Be aware that this is often an expensive purchase. Make sure you can use the product for which you have a coupon.

Coupons cost time and that equals money. Cashing in coupons slows down the check-out process and requires extra employees at the store. The store owner must make prices cover the cost of employees' salaries.

Clipping, sorting, keeping up to date and all the bookkeeping aspects of saving coupons takes time and lots of it.

One must also consider the cost of the magazine or newspaper from which coupons are clipped.

Combining cents off coupons with supermarkets' "double coupons", however, can be a true savings for the consumer.

In conclusion, be aware and compare prices—make sure you really are saving money.



Information provided by:
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Six ways to handle angry people

1. Ask what the person is upset about.
2. Listen—Avoid looking for an opening to defend yourself or the situation; put your energy into hearing the person.
3. Repeat back, clarify, ask to check out what you think they are saying.
4. Legitimize their case; let them know you feel they have a reason to feel the way they do. This does not mean you agree, only that you feel they have the right to feel the way they do.
5. Add to their case if you can think of any more reasons for them to be angry, especially if you are the one they are angry with. It helps dissolve some of the impact.
6. Explain the problem or the goal by asking, "How are you going to handle this?" "What are you going to do?" This helps them know it is their situation to handle, and that you support their taking responsibility for their actions.

4-H takes on new five-year theme



"4-H: Learning Today, Leading Tomorrow" will be Oregon's theme for the next five years. Polk County 4-Her Jennifer Bittel responded to the opportunity offered last February to create Oregon 4-H's "new look".

Use this theme as you join in the recruitment of new 4-H leaders so Warm Springs 4-H can meet the varied need of more youth.

Phone company needn't install phone lines, jacks

Want to add a phone in a room that didn't have one? Change the location of a phone? How about wiring a brand new home that doesn't have any phones yet?

If you call the phone company to do the job, you'll pay handsomely.

For example, one phone company charges \$14.50 for an installer to walk in your front door, another \$24 to install or move any wires and \$6 for each phone jack. Add to that the central office connection charge—\$5 to \$14 to throw the switch on your

new phone line, and another \$10.50 to \$28 to "process your order for a new installation or changes in an old one". Total! \$56 to \$92 for two new phone jacks. And that doesn't include the telephones!

You can save a good part of those charges by doing your own inside wiring. Materials for those two jacks cost under \$20 and everything is color-coded. Since phones are low voltage, your only danger is a slight tingle should the phone ring when you have a wire in your hand (take an existing phone off the hook so it doesn't happen.) AT&T offers a free booklet, "Do It Yourself and Save", that shows exactly how to wire phones yourself. They also offer a kit (\$25) containing everything you need to install three jacks. Call 1-800-555-8111 for both. Many stores also carry the inexpensive equipment necessary to do the job.

Keep it light while pruning now

Most home landscape plants are best pruned in spring, but a light fall pruning is beneficial to some shrubs and trees.

Some plants need preparation for the winter, especially those with excess twiggy growth. Hard winter winds may damage these plants if they aren't pruned back to a more compact size now.

Roses, in particular, may benefit from a light fall pruning. Roses often have an abundance of light, twiggy growth left over from summer.

Winter winds can whip twigs around, possibly damaging the plant.

In addition to pruning lighter growth, also prune out crossing growth in the interior of the plant and dead or diseased wood. The removal and destruction of diseased wood after pruning is important. Otherwise, fungus diseases on the wood will overwinter and continue to be a problem the following spring.

Fall pruning should be light. Heavy pruning of shrubs and other plants is a spring chore.

Current land use affects numerous aspects of sensitive ecosystem, surrounding areas

In earlier days, forest and stream researchers would study effects of a clear cut on single factors, such as stream temperature. It's not that simple anymore. Oregon State University researchers are examining effects of land use over huge expanses of forest. And they look through decades, even centuries of time.

"Research perspectives and techniques are changing rapidly," said Fred Swanson, a courtesy professor of geosciences and forest science at OSU and a U.S. Forest Service geologist. "We are re-evaluating old dogma."

Swanson, Stan Gregory, associate professor of fisheries and wildlife at OSU, and colleagues describe stream and riparian zones from their new "ecosystem perspective," in the September issue of *BioScience*, a journal published by the American Institute of Biological Sciences. In their article, they describe and analyze the interactions between the land and water in a

functional, large-scale way.

"Most studies in the past have focused on the effects of management practice on a particular characteristic of a riparian community, such as fish communities or bird populations, or water temperature," said Gregory. "You can't go to it with that limited point of view. It is ecologically incomplete and has limited application to understanding ecosystems. You can't manage for what we biologists call 'habitat' unless you understand the physical forces that formed the valley itself, like channel formation and stream flow dynamics."

Gregory and Swanson recommend that forest managers and researchers consider not only the narrow ribbon called the riparian zone, where streams, rivers or other wetlands meet the land. They advise looking at how the geology, climate and soils influence a landscape and the role riparian areas play.

"These ecosystems depend upon floods," explained Gregory. "Quite often, floods are the very forces that shape and provide habitat areas for many forest organisms. Good riparian management allows organisms to benefit from natural flooding."

Riparian areas provide corridors for travel for both plants and animals, both in the short-term and through generations," explained Gregory. Plants and animals populations disperse and migrate from one area to another up and down drainage valleys. Mountain streams connect to river valleys, transporting water, nutrients, sediment and particulate organic matter from highlands to lowlands.

"The importance of riparian zones far exceeds the minor proportion of the land they occupy," said Gregory. "Riparian areas are one of the richest pieces of the landscape, in terms of biodiversity, yet we lack the under-

standing needed to manage them well."

Decision makers also need to consider the economic, social and ecological benefits that intact riparian areas provide, rather than considering setting aside an area from timber harvest a loss, he said.

"Intact, mature riparian areas serve a major role in the maintenance of water quality, healthy plant, fish and wildlife populations, diverse forests and high recreation values," he explained.

"To really have the type of management to ensure riparian resources in

the future, we need to have continuous corridors of intact riparian areas," said Gregory. "They can't exist as isolated fragments and still perform their diverse functions." Some of the approaches described in the *BioScience* article are already in practice, said Gregory. Researchers and land managers from the Willamette National Forest worked with Gregory and other scientists to develop an ecosystem perspective in their "Riparian Management Guide," a manual for forest managers.

Removing moth ball odor easy

Before it gets cold and you want to wear that favorite sweater you stored for the summer, get it out of storage and allow time for the moth crystals' odor to evaporate.

There are two types of moth repellent: naphthalene and paradichloro-

benzene. Naphthalene moth balls leave the old fashioned moth ball odor. This odor can be eliminated by hanging the garment outdoors in the open air. Dry cleaning will help to reduce but not entirely remove the odor.

If the correct amount of naphthalene moth repellent was used, a day or two of air should allow the odor to evaporate. Incorrect use and overuse of the moth repellent can make removal of the odor very difficult. Using the moth repellent directly in contact with fabric, using too much for the space, and storing garments in a warm area can cause the odor to cling requiring several weeks to evaporate.

The paradichlorobenzene moth repellents do not leave a clinging odor. These moth repellents cost more, do not last as long and can be used directly in contact with the fabric. A good shaking and several hours of hanging outdoors will make the garment wearable without the odor.

Discard garden chemicals properly

Before closing up the tool shed this fall, check for garden chemicals left over from the growing season. Some are best discarded, but others are worth saving.

Check the product's label. It will tell you whether storage of the pesticide is unsafe or ineffective.

Many garden chemicals break down over time and aren't effective after long periods of storage. Malathion and diazinon deteriorate rapidly when exposed to air and the metaldehyde in slug and snail baits changes when

exposed to air, water or sunlight.

Also, temperature extremes cause some chemicals to lose potency. The chemical should be exposed when they are past their shelf life. Discard any chemical product that is five years old, whether opened or not. Do the same with liquid forms of insect and weed killers that are discolored or full of sediment.

Always follow label directions closely when disposing of garden chemicals and their containers. Never pour chemicals down a house drain or into a storm sewer on the street.

Mature, green tomatoes will ripen

As the summer garden season winds down, many green tomatoes will be left on the tomato plant vines. Don't despair.

You can ripen green tomatoes even though summer is nearly over. Simply pick the "mature" green tomatoes and ripen them off the vine.

A tomato is in the "mature green" stage if its interior is yellowish and the tissues are gelatinous, or sticky, when the tomato is cut. Tomatoes that are not in the mature green stage won't ripen.

The check for maturity, cut a green tomato in half. If the pulp filling the compartments is jelly-like, it is mature

green.

In immature green tomatoes, seeds are easily cut through and the jelly-like pulp has not yet developed.

Mature green tomatoes also have a pink or reddish tinge on the blossom end.

Put mature green tomatoes in deep straw, or in a room where the temperature ranges from 60 to 70 degrees. They will ripen over a period of three to four weeks.

Sunlight is not needed to ripen tomatoes. They will ripen satisfactorily in the dark. Only the temperature is important.

Use your garden and landscape leftovers for mulching, composting

Don't let home garden and landscape plant leftovers go to waste. Recycle discarded plant material around the yard by converting it into compost this fall.

Compost is a mixture of soil and decomposing organic plant matter.

In addition to being an excellent mulch, compost is also a good fertilizer and soil conditioner when worked into the soil. Properly prepared compost is usually free of weed seeds.

Good plant materials for composting include leaves, grass clippings, corn husks, pea hulls and vine twigs from trees and shrubs. Avoid using plant material from diseased plants.

Always compost leaves before using them as a mulch. Raw leaves are flat and may keep water from entering the soil.

Walnut leaves decompose slowly

and contain a growth-inhibiting substance. Avoid making walnut leaves more than one-fourth of any quantity of mulch or compost.

The two-bin method provides an efficient way of making compost. With two compost bins, one batch of compost can be decomposing while the other is ready for use.

Construct the bins by attaching ordinary wire fence or boards to solid posts or blocks. Each bin should be four to six feet high, three to five feet wide, and whatever length desired. One side of the bin should be portable so compost material can be added and removed easily.

Use a piece of wire fence to increase the height of the bin by about two feet in the late fall. After the additional material settles, the fence extension can be removed.

Build the compost pile by filling one bin with alternate layers of organic material six to 12 inches thick and garden soil about one inches thick.

Add one-half cup of a fertilizer high in nitrogen, such as ammonium sulfate, per square yard of compost material as each layer of organic material is put in.

Moisten the material thoroughly and repeat the layering process until the bin is full or all available material is used. Pack the material lightly in the center but tightly around the edges. This allows the center to settle more than the edges and prevents water from running off the pile.

Turning the compost pile periodically will keep the decomposition process going at a steady rate. Leaves that are composted this fall should be turned about May 1 of next year. Fork

the material from one bin to another.

Turn the material again in about three to five weeks for the final composting. It should be ready by mid-summer for mulching and side-dressing.

If you think you would make a good 4-H leader, contact Tina at the Extension Office at 553-3238. Additional leaders are needed. Help shape the future of Warm Springs by providing guidance and leadership now.

Update your will

If your will is more than five years old, the people named in it may not hold the same place in your life they did then. See a lawyer who specializes in estate planning to update your wishes. Drawing up a new will is also a good time to look for new ways to minimize the taxes your heirs will face.

Fall a busy time for 4-Hers

During October, November and most of December, all 4-H clubs will be meeting. Please check with your club leader as to where and when your club will be meeting. December 23 through January 3, 1992 is Christmas Holiday. Enjoy!