

## Positive self image important in weight loss program

Overweight people are at risk for diabetes, high blood pressure, coronary heart disease, some types of cancer and gall bladder disease.

Because the usual solution is to reduce the amount of calories consumed, a new weight loss diet becomes popular every month or two. While diets can effectively reduce weight, they often fail because the individual fails to maintain the loss.

Recently exercise has become the "in" way to lose weight. You can reduce the fat stored in the body if you increase the number of calories used each day. Another popular strategy is behavior modification, or working of habits, Lewis observes.

"Another way to approach the overweight problem is to promote positive feelings about yourself. If you feel good about you as a person, you are less likely to seek comfort in food," the specialist observes.

Lewis offers some things to think about to help build a positive image.

Set a realistic goal. You must know your body type and accept its limitations. If you have a large frame, you will never be model slim. Set a realistic goal of being fit and healthy instead of the unrealistic goal of looking like a fashion model.

Learn to know and like yourself. Recognize your strengths and abilities and work on developing them. As you learn skills or accomplish goals, you build your positive self-image.

Don't substitute food for love and companionship. Find some pleasant alternatives to food, perhaps volunteering to help youth, the elderly or those in need, learning a skill that uses your creativity, or reading those magazines or books you never seem to have time to read. The secret is to have a plan, a list of things to do and

what you need to do those things. Then when the urge to eat hits, you have a satisfying substitute activity.

Build satisfying relationships with family and friends. Time spent in letter writing, learning about family history, and getting to know individuals are activities that satisfy others as well as yourself.

Get help with problems you can't cope with yourself. Medical help,

counseling from professionals, or groups that focus on weight management can give you the support you need to get over those hard times that everyone experiences.

"Going on a diet will not solve overweight; if it did, no one would be overweight. Think about an approach that involves moderate caloric intake, exercise, and a positive feeling about yourself," Lewis urges.

## Hot weather hard on landscape plants

Hot August weather increases the water needs of garden and landscape plants, especially ornamental plants in their first year of growth.

When water isn't readily available to ornamental or vegetable plants on hot days, the plants can become heat-stressed and may show signs of wilting, says Ray McNeilan, Oregon State University (OSU) Extension

home gardening agent. In the garden this can cause inferior quality in harvested garden vegetables.

Pay particular attention to raised beds in the garden. They dry out quickly and should be watered frequently.

In the landscape heat stress can weaken plants or in some cases cause effects that won't be noticed until later.

For example, camellias that aren't watered adequately during hot spells will lose their flower buds prematurely the following spring. The buds simply drop off the plant. In blueberry plants, lack of water in late summer will cause a lack of bud development in the spring, which in effect means no blueberry production from the plant for that season.

Ornamentals in their first year of growth are especially vulnerable to lack of water in the late summer during hot spells, says Ray McNeilan. A young tree or shrub weakened by lack of water may not survive the winter in its retarded condition.

Container plants also need extra attention during hot periods, McNeilan adds. Soil in containers, whether large or small, can dry out quickly in hot weather. Water container plants when the soil is dry, but try not to get the soil excessively soggy. And avoid leaving water standing on the soil surface.

## Needle-drop comes with age

Needle drop from evergreen trees in the home landscape may or may not be a problem depending on how many needles are involved. A few needles lost is not cause for alarm. A lot of needles lost may indicate the presence of an insect pest or disease problem.

"Most people expect evergreen trees to stay green the year round. Healthy evergreens usually do, but occasionally in the fall some evergreens show a little browning," says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent.

The browning is due to the dieback and dropping of some of the plant's older foliage. This foliage is usually located in the inner part of the plant.

"If foliage at the tip of new plant growth becomes brown, then a problem might exist, but the dieback of older foliage on evergreens is normal," McNeilan says. The foliage that drops then becomes mulch for the shrub or tree.

"Needle drop from fir, pine and spruce trees generally comes with age," McNeilan notes. "The age a tree must reach before it begins to shed needles varies, but all needle-bearing trees eventually start dropping a few needles each year."



Information provided by:  
Warm Springs OSU  
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## 1992 Summer 4-H Calendar and Fair Dates

August 20-23 — Wasco County Fair, theme is, "Celebration Along the Barlow Road"

August 27-Sept. 7 — Oregon State Fair, theme is, "We're Talkin' Big"

Please call your 4-H Leader to find out if you are meeting through the summer

## It is healthy for children to participate in sorrow

Explaining the death of a family member to a child is difficult, but sooner or later all children come in contact with death. It's important that someone in the family be prepared to explain it.

To be of real help, adults must face death realistically themselves. A parent who tries to hide grief for the supposed sake of the child is not helping the child.

It's healthy for a child to participate in family sorrow and to see a parent's grief, says Vicki Schmall, Oregon State University Extension gerontology specialist. It's difficult to see a parent feeling sad, but far more distressing for a child to see

parents display a "business as usual" attitude when they are hurting inside.

You need to be clear in what you say, Schmall advises. Children who are told "grandma has gone to sleep," may be afraid of going to sleep, fearing they may never wake up.

If you tell children that relative has "just gone away," they will often feel that they have been deserted.

If a relative dies in the hospital, some children fear that anyone who goes to the hospital will never come back. To say someone died because he or she was ill may cause undue worry for children the next time they become ill.

Although there is no easy, fool-

proof way to tell a child about death, it's important to be truthful and as gentle as possible, Schmall says.

Very young children—up to the age of five or six—simply cannot understand the finality of death, she went on. To them death is like going to sleep, or going away on a trip. So, they may take the news quite casually at first. Don't be concerned.

Younger children also are not as well-rooted in reality as the older children. Witches, devils and magic may exist for the younger child. Thus, the child may feel that angry wishes, such as "I wish you were dead!" have come true, or "bad" deeds of his or her own caused the person to die.

Real comprehension usually does not seem to begin until the age of seven or eight, Schmall explains. And with it can come fear of death itself, not merely sadness over the loss of a much-loved person.

Make it clear that all sick people don't die, Schmall urges. Reassure children that they are not to blame for the death. Also, children need to feel they are not forgotten in the family's mourning.

## Hot weather ideal for spider mites

Hot and dry summer weather is ideal for spider mites, tiny pests that attack many types of ornamental plants in the home landscape.

Mites feed on plant juices, which causes the leaves or needles of plants to turn yellow, dry and fall.

Infested broad leaves may be cupped downward or become distorted. A very light film of webbing may or may not be found where a spider mite attack breaks out.

There are several species of mites, but the most common are red spider mites and two-spotted spider mites.

The mite is too small to be seen without some sort of magnifying lens. One way to check for their presence

is to hold a sheet of light-colored paper under a cluster of possibly infested leaves, and strike the branch sharply. Examine the material that falls to the paper closely.

If some of the dust spots begin to move, you probably have a spider mite problem.

Washing infested plants periodically with a strong stream of water will provide some control.

The pesticide Kelthane is also effective. Read the label carefully before using spray materials, McNeilan advises. Insecticidal soap is an alternative control for home landscapers who choose not to use pesticides. Insecticidal soaps are available at garden and nursery stores.

endangered plants.

Registration for the tour can be made at the Crook County Extension office, Courthouse, Prineville, 97754, 447-6228. Cost is \$35 if registration is made before September 4th and \$40 after the 4th. Registration covers bus transportation, lunch, and dinner.

The tour leaves Bend Riverside Motel on September 19 at 8:00 a.m. and will return by 9:00 p.m. Tour Sponsors include Extension offices and Cattlemen Associations in Crook,

Deschutes, and Jefferson counties and on the Warm Springs Reservation and the Public Land Council.

For more information contact the Warm Springs Extension office at 553-3238.

Oregon State Fair.....  
We're Talkin' Big!

## When overstressed find quiet hour for self

Stress is normal and can be an excellent motivator, but it can get out of hand.

Extension family life specialist, says one way to deal with stress is to recognize the signs of over stress such as an increase in minor illness, sleeping problems, constant fatigue,

irritability, continual complaining and tension, and pessimism.

When you are overstressed, stop and find a quiet hour for yourself. Look at your schedule for the next few weeks. What tasks could you give up, delegate, or simplify, asks Harmelink.

## Powderpost beetles destructive of seasoned wood

Extensions medical entomologist, Dr. Phil Rossignol, says that only body lice are capable of transmitting diseases like typhus. Head & crab lice apparently are not able to transmit these disease organisms. Also, he warns that parents and school nurses should be very careful when using lice shampoos and skin lotions. These products, by themselves, may cause a rash that can be mistaken for a louse infestation.

Powderpost beetles are the most destructive beetle pests of seasoned wood. The other really important wood-destroying insects, of course, are carpenter ants and termites. Their common name comes from the habit of reducing sound wood to a very fine powder, often kicked out of small exit holes when the adult beetles emerge. Other common names you'll see are: "deathwatch beetles," "furniture beetles," "false powderpost beetles," "lycid beetles."

Adult powderpost beetles are quite small (1/8 - 1/4), dark brown to black and cylindrical. Most of their life is spent as larvae ("grubs") tunneling in wood. When mature, the larva pupates to the adult stage which chews its way out of the wood, leaving behind a small, circular exit hole. Males and females then mate, egg laying occurs on the wood surface

where hatching larvae enter the wood to begin the cycle all over again. The complete life cycle (egg-adult-egg) may be as short as several months or as long as many years. It depends on which powderpost beetle you're talking about (there are hundreds of species) and the nutritional quality of the infested wood.

One family of powderpost beetles, the anobiids, prefers damp wood and this is more common in coastal areas or in situations where wood is allowed to remain damp. Another group prefers seasoned hardwood (like furniture) and may require many years to complete development. I have heard stories of 25-year-old furniture suddenly developing exit holes (this is rare but it happens)! More commonly, exit holes begin showing up in trim wood around cabinets and along baseboards one to several years after manufacture.

**CONTROL**  
Kiln drying of wood kills all stages of powderpost beetles. This question comes up over and over again. But, kiln drying by itself does not prevent wood from becoming infested if it is exposed to an active powderpost infestation. We are sometimes asked to determine where, or when a particular piece of wood became infested. Most of the time this is impossible. Many

times it is infestations unless live beetles are found. An "inactive infestation" is one in which evidence of beetles attack is present (such as exit holes and tunnels) but no live beetles or larva are found.

Many pest control companies want to "tent and fumigate" houses with real or suspected powderpost infestations. While it may be effective under certain circumstances, I don't generally recommend fumigation for residential houses. Instead, infested wood should be removed and replaced, new and existing wood should be treated with a residual insecticide or disodium octaborate tetrahydrate (BORA CARE or TIM-BOR). These residual treatments will prevent new infestation by emerging beetles. Also, solve any existing moisture problems before attempting any other treatment. Finally, I strongly recommend yearly inspections for powderpost beetles, carpenter ants and termites for every wood structure in Oregon (at least those you want to keep!).

4-H

## Help children to deal with stress

Some stress is a normal part of growing and living, but children need help in learning how to deal with stress.

Ruth Harmelink, OSU Extension family life specialist, points that you can help your child cope with the pressures of childhood by using the following techniques:

•Think of how you react to stress. Children learn from imitating the actions of parents and other adults. You may need to change your way of dealing with stress.

•Try to remember what it was like to be your child's age. View the situation on the child's level of understanding. Don't deny, or make fun of, your child's worries. They're real and need your attention.

•Talk with your child about his or her concerns and problem behavior. Tension often reaches the boiling point when children feel they are facing stress alone. Knowing they can talk about their worries helps relieve some of the pressure.

•Tell the truth about family matters and crises. If you don't, the child may imagine things are worse than reality.

•Involve your child in decision-making and problem-solving. This gives your child feelings of power and control. Also, it is training for solving problems throughout life.

•Be generous with hugs, kisses, and other signs of affection. Your child needs love and understanding more than ever during times of stress.

## Cattle Resource tour scheduled for Sept.

The 7th Central Oregon Cattle and Resource tour will be held Saturday, September 19. This tour will be visiting the Leslie, Hatfield, and McCormack Ranches. Focus of the tour will be to look at how coordinated efforts with public land agencies, private land owners, environmentalist, and other interested individuals have created cattle management plans on public and private lands that enhance all resource uses including: wildlife, watershed functions, and

## Using oils and soaps in landscape most effective

What are landscape pests? Least-toxic means different things to different people, but to most it means pest control using a minimal amount of synthetic organic pesticides. Manufacturers have responded to this demand with a whole raft of new low toxicity pest control products. Insecticidal soaps & dormant or horticultural oils are among the most effective pest control agents in this new group of products.

Insecticidal soap is a highly refined liquid soap (technically the potassium salt of fatty acids) that is sometimes combined with citrus oil. Soaps are normally mixed at 1-2% with water and sprayed onto leaves to control spider mites, aphids, scale insects, whiteflies, and other soft-bodied insect and mite pests. Common brand names are: "Safer's Insecticidal Soap" and "Ringer's Aphid and Mite Attack." Soaps are very effective when used properly but you must heed several precautions to achieve maximum effectiveness:

—Mixing water must be properly conditioned, not too hard or too alkaline. Use distilled water if at all in doubt. Improperly conditioned water may cause soaps to burn leaves. Discard if solution turns milky white, it should remain almost clear (slight milkiness is okay).

—Soaps offer no residual activity so frequent reapplication may be necessary.

—Spray in the morning or evening and coat both leaf surfaces.

—Many pests hide on the underside of leaves where it is difficult to get good spray coverage.

—Do not use homemade soap solutions. These can be harmful to leaves and are not as effective as the highly refined insecticidal soaps.

Oils used in landscape pest control come in two basic "flavors": Dormant oil and Horticultural oil (sometimes called summer oil). Both types act by coating the plant surface and any pests that might be present thus suffocating them. Target pests are aphids, mites, scale insects, whiteflies, and eggs of a variety caterpillars.

Dormant oils are meant to be used mainly on leafless, deciduous plants in winter because they can burn foliage. Treatment of fruit trees in late winter, for example, can significantly lower the number of such pest as aphids and spider mites the following spring. If used in summer, however, these same oils might defoliate the tree. Dormant oils tend to be very gentle on beneficial insects as well.

Horticultural oils are a relatively new product category. These oils are more highly refined than dormant oils thus making them suitable for use on leaves during the growing period, provided that reasonable precautions are taken. They can do an excellent job of control for many small pest species. Precautions include: do not apply to water-stressed plants, apply during cooler parts of the day, and always test a small number of new plants.

Both dormant and horticultural oils are applied in a water solution. Spray coverage is critical with oils so be certain that your equipment is in good working order.

## Oregon Salmon Salad

2 pints canned salmon  
2 cups orange sections  
1 avocado  
1 Tbsp. lemon juice  
1 cup chopped celery  
1/2 cup toasted blanched silvered almonds  
1 1/2 tsp. curry powder (optional)  
1/2 cup mayonnaise or salad dressing  
salad greens

Break salmon into large pieces. Reserve 12 orange sections for garnish cut remaining sections in half. Cut avocado in half lengthwise and remove seed. Peel and slice avocado sprinkle with lemon juice to prevent discoloration cut remaining slices in fourths. Combine orange, avocado, celery, almonds, and salmon. Combine curry powder and mayonnaise. Pour over salmon mixture and blend lightly. Chill. Serve on salad greens. Garnish with orange.