



Don't let downturn bump up waistline

Experts fear the recession will worsen Americans' already bulging waists, as healthy food often costs more than high-calorie fare. University of Washington researchers are analyzing which give the most nutrition for the price per portion. Some foods on the list:

- ↑ Lower-fat milk; low-fat yogurt; cheddar, American or mozzarella cheese
- ↑ Lean ground beef; chicken (not deep-fried); canned sardines
- ↑ Whole eggs
- ↑ Beans, dry or canned
- ↑ Peanut butter; sun-ower seeds; almonds
- ↑ Bread, enriched or made with whole wheat; tortillas, corn or wheat rice
- ↑ Bananas; apples; frozen orange juice concentrate; 100 percent fruit juice or fruit-vegetable blends
- ↑ Potatoes, with or without skins; iceberg lettuce; canned, not creamed, corn; canned tomatoes

Paper or reusable ... report may sway you

Your eco-friendly shopping bag could be making you sick, a study says. But before you make the switch back to plastic, you might want to consider the source.

An alarming 15-page paper, published on the Web site for Canada's Environment and Plastics Industry Council, concluded that reusable grocery bags are a "breeding ground for bacteria and pose a public health risk" due to high counts of yeast, molds and bacteria.

The potential hazards include "food poisoning ... bacterial boils, allergic reactions, triggering of asthma attacks, and ear infections," according to the paper. Plastic shopping bags, on the other hand, may have turned the ocean into a garbage dump, but they're "more hygienic than reusables," EPIC said.

But if you start worrying about getting an ear infection from your shopping bag, you're being paranoid, said Harley Rotbart, a professor of microbiology and pediatric infectious diseases at the University of Colorado School of Medicine.

The bottom line: "Germs are everywhere, and under certain circumstances, germs on surfaces can cause human infections," Rotbart said. "Common sense has to prevail. Disgusting reusable bags should be washed in hot water (and bleach)."

Don't forget to wash your hands.

Chew on this quiz about chewing gum

Since time immemorial, adults have been telling kids, "Spit out that gum." Turns out, the adults should be chewing gum as a way to reduce calories.

Take our gum quiz, with info from the American Dietetic Association.

1. How many calories are in a serving (one stick) of sugar-free gum?

- a) 0-4 calories
- b) 5-10 calories
- c) 10-15 calories

2. According to a study published in the journal *Appetite* in 2007, chewing gum three hours before an afternoon snack saw what results?

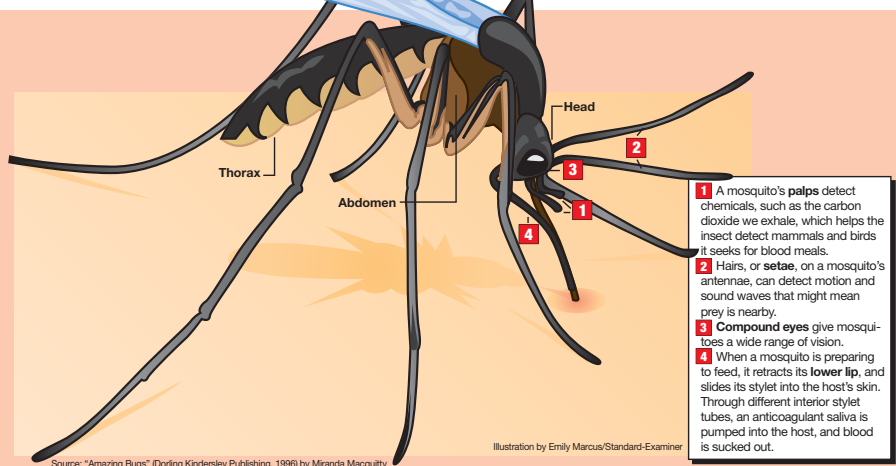
- a) a consumption of 36 fewer calories in the afternoon snack than among non-gum chewers
- b) a 42 percent greater need to consume fluids instead of solid food during the afternoon snack
- c) a 28 percent increase in repetitive temporomandibular joint discomfort

3. True or false: The benefit for the group involved in the 2007 study were seen only in a subgroup chewing sugar-free gum.

4. True or false: According to the American Dietetic Association, chewing gum may help improve alertness and concentration, and help relieve daily stresses like driving in traffic or waiting in line.

ANSWERS: 1: b; 2: a; 3: false (both regular and sugar-free chewers consumed fewer calories); 4: true.

— Standard-Examiner wire services



Source: "Amazing Bugs" (Dorling Kindersley Publishing, 1996) by Miranda Macquitty

Illustration by Emily Marcus/Standard-Examiner

- 1 A mosquito's **palps** detect chemicals, such as the carbon dioxide we exhale, which helps the insect detect mammals and birds it seeks for blood meals.
- 2 Hairs, or **setae**, on a mosquito's antennae, can detect motion and sound waves that might mean prey is nearby.
- 3 **Compound eyes** give mosquitoes a wide range of vision.
- 4 When a mosquito is preparing to feed, it retracts its **lower lip**, and slides its **stylet** into the host's skin. Through different interior **stylet** tubes, an anticoagulant saliva is pumped into the host, and blood is sucked out.

OH, THOSE stinkin' 'skeeters!

By NANCY VAN VALKENBURG
Standard-Examiner staff
nvan@standard.net

With barbecue and picnic season in full swing, one of evolution's most perfect predators will arrive, uninvited, looking for a free meal.

We're not talking about ants, satisfied with crumbs. When mosquitoes show up, they want your blood.

"I try to tell people they are important to biodiversity," said Diane Alston, a biologist who works at Utah State University and writes about insects for the USU Extension Service. "Lots of beneficial insects and animals feed on mosquitoes. Without them, we would not have the biodiversity we have. But that's hard to remember when I wear sandals and get bites on my ankles."

The mosquito population has been slightly larger than average this year, due to the rainy spring, according to Bruce Bennett, director of the Weber County Mosquito Abatement District.

"We're getting it back under control now," he said. "We're not getting near the calls we were getting a few weeks ago."

At worst, infected mosquitoes spread diseases that can kill vulnerable members of the population. Even at best, non-disease-carrying mosquitoes are a personal nuisance that cover our skin with itchy bumps.

It's easy to minimize the risk of bites, Alston said. But it's also interesting to learn a few facts about this formidable foe.

Every mosquito that ever stabbed you and sucked your blood was a female.

"The females need a blood meal to mature her eggs," Alston said. "They have to imbibe a blood meal. The males do not."

Females need the high protein content of blood to produce vast quantities of eggs, to ensure the survival of species.

"Male mosquitoes have more feathery-like antennae," Alston said. "In the evening, you will see the males out before the females, and if you get a good enough look to see their feathery antennae, you will know they aren't going to bite you."

If mosquitoes notice you, it's proof that you are hot.

"They tend to bite birds and mammals," Alston said. "They don't go after cold-blooded animals, like lizards."

Female mosquitoes find their prey by detecting heat, motion or the carbon dioxide we exhale.

There's an itchy explanation to why bites itch.

"When a female inserts her stylet, she regurgitates an enzyme that prevents coagulation, or clotting, of the blood," Alston said. "Your body has a histamine response to that foreign protein, and that's what causes the itch."

The mosquito's digestive enzyme, which keeps your blood running freely rather than clotting, enters your body through a tube in the mosquito's stylet. Your blood is sucked out, and into the mosquito, through another tube in the stylet.

The amount of itching varies by the body's response to the protein," Alston said. "The more foreign the protein to your body, the more enlarged the bump."

Bacterial infections are your fault, not the mosquito's.

"If you scratch the bump and open it up, infection can get inside just as it would with any open wound on the skin," Alston said.

Viral infections are the mosquito's fault.

Various genuses of mosquito can carry and pass along serious diseases, including malaria, encephalitis and West Nile virus.

"There have been some outbreaks of malaria, but they are more in the Southeastern states," Alston said. "We are a little too dry to have that variety of mosquito population."

The genuses that carry and spread the West Nile virus are most active at dusk, she said.

"If humans protect themselves during that time period, wearing clothing that covers exposed parts of their body and wearing mosquito repellent, their chances of getting bitten by a mosquito carrying West Nile are very low."

The West Nile virus was first detected in Utah's mosquito population in 2002, and continues to be found in a small percentage of mosquitoes tested. Alston said most people infected with the West Nile virus never know they had it.

"Eighty percent of the population does not develop symptoms even when they are infected because they have healthy immune systems," she said. "The other 20 percent might notice symptoms like a mild head-

ache, a fever, nausea or swollen lymph glands.

"Only about one in 150 people will develop a serious illness that will require hospitalization, and those will be the people with a compromised immune system."

Insect repellents containing DEET, also known as N,N-Diethylmeta-toluamide, seem to provide the most reliable protection from mosquitoes, Alston said.

"It's one of the most long-lasting repellents," she said. "There's been recent interest in looking at plant-derived repellents, such as catnip and other mints, but they don't last as long."

DEET can cause drying and skin irritation in children and those with sensitive skin, Alston said. A repellent with DEET can be applied to clothing. If staining is a concern, apply the repellent to a cloth tied around the wrist or stuffed in the belt.

If you use a repellent with DEET, follow application instructions. If you use another type of repellent, consider reapplying it more often, Alston advised.

Understand your decorative backyard pond may be a mosquito nursery.

"We know of 1,500 ornamental ponds in the county," said Weber County's Bennett. "We have cards files on them, and we plant gambusia fish in them each year."

Gambusia fish eat mosquito larvae, stopping mosquitoes before they become flying adults.

Alston said ornamental ponds with moving water don't tend to have mosquito problems. Those with still water do attract breeding mosquitoes. Also likely to host larvae are garbage cans with standing water, watering cans, animal troughs and any

See MOSQUITO | Page 3D



About one in five consumers say ordering fried food is done on impulse and 32 percent said they chose it at restaurants because they don't normally make it at home.

Health doesn't trump cravings for comforting fried foods

By JENNIFER WATERS
MarketWatch

Turns out, we all really do love fried food and will keep on indulging in it no matter how much we get lectured about health and wellness.

We crave the taste of it, and find it satisfying, filling and even comforting, according to findings from a recent survey by restaurant consultant Technomic.

And that's coming from more than half of the consumers polled who also call themselves "fried-food curtailers" or "fried-food avoiders."

"Health is not trumping taste in craveability in all of these situations," said Bob Goldin, executive vice president at Technomic. The survey asked more than 1,500 people about their feelings about fried foods ranging from french fries and fried chicken to fried ice cream.

"Tasty" was how 89

percent of those asked described fried food; 86 percent said it was satisfying and 83 percent said it was filling. Eighty percent admitted that it was something they hunger for, 77 percent considered it comforting and 71 percent said it was a good value.

"We're not seeing a dramatic shift in what consumers are eating despite what they may be saying about what they want to eat," Goldin said.

Eating fried food is mostly a young man's game too. Males 18 to 35 years old tend to be the biggest fried-food eaters. Older consumers tend to turn off the cholesterol- and fat-laden foods in favor of saving themselves from heart disease or diabetes.

And it's not as if women aren't eating fried food — they're just not ordering it as much.

"But they're nibbling on it if it's in front of them," Goldin said.

About one in five consumers said ordering

fried food is done on impulse and 32 percent said they chose it at restaurants because they don't normally make it at home. After all, it's not easy to deep-fry chicken in your kitchen — and it's messy, too.

But it could be more than that, considering that most consumers are opting to eat at home more often than going out as they pinch pennies to make ends meet in tough economic times.

Consider it a guilty pleasure. "In certain situations, consumers will look at food service as an opportunity to indulge," Goldin said.

If there's a healthy lining in the study, it might be this: Eating fried food is starting to taper off, albeit very slowly.

"It's not a growth business by any means," Goldin said. "But it's not as if the bottom has fallen off."

TV Tips

BETTER OFF TED — Veronica's rivalry with her father gets out of control. Lem and Phil think they have discovered the cure for baldness. Jay Harrison, Andrea Anders, Portia de Rossi, Jonathan Slavin, Malcolm Barrett and Isabella Acres star, 8 p.m., KTVX Channel 4.

MEDIUM — Allison tries to help Devalvo solve the murder of his friend's sister, but her dreams



Meloni

keep pointing to the friend's first husband who died in a car accident two years earlier. Patricia Arquette, Jake Weber, Miguel Sandoval. So a Vassilleva and Maria Lark

star, 9 p.m., KUTV Channel 2.

LAW & ORDER: SPECIAL VICTIMS UNIT — An abused foster child (Jae Head), apprehended while driving a runaway van, leads the detectives to re-examine a case involving a rape victim (Sara Gilbert). Christopher Meloni, Mariska Hargitay, Richard Belzer and Dann Florek star, 9 p.m., KSL Channel 5. — Zap2it

FOOD & FITNESS EVENTS

This listing provides information on food and fitness events in Utah. To submit announcements, send information to *BodyWise, P.O. Box 12790, Ogden, UT 84412-2790; fax to (801) 625-4299; or e-mail vzmmer@standard.net. Deadline is noon Wednesdays. For information, call (801) 625-4270.*

Food classes

- 7 p.m. classes, geared for ages 12 and up, at Macey's grocery store at 325 E. 36th St., Ogden, upstairs in Little Theater. Free, but registration required, (801) 392-1842.

Recipes for family reunions, Wednesday, July 28-Aug. 13, Eccles Community Art Center, 2580 Jefferson Ave., Ogden. \$35. Age 6-8/9-9:45 a.m. Age 8-12/10-11 a.m. Space limited. Preregister, (801) 392-6935.

Fitness classes

- *Kids Love Yoga*, Tuesday and Thursday mornings, July 28-Aug. 13, Eccles Community Art Center, 2580 Jefferson Ave., Ogden. \$35. Age 6-8/9-9:45 a.m. Age 8-12/10-11 a.m. Space limited. Preregister, (801) 392-6935.

TUESDAY EVENING 7/21/09

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(2) News 630	News 630	News 630	News 630	News 630	News 630	News 630	News 630	News 630	News 630	News 630	News 630	News 630
(4) News 730	Two Men	The Superstars '1570	Better Off Ted	Scrubs	PrimeTime LIVE	2222	News	Nightline	Hollywood	136	Extra	Late
(5) News 5570	News 5570	Got Talent 83402	Got Talent 92150	Law/Ord SVU 86886	News 1241	2656	News	News Show 103732	Late Life			
(7) News-Letter 49567	News 4	78570	News scienceNOW	Inside 4	G 19222	TimeGoes	Summer	P.O.V. (PG)	PG-13	56229		
(8) TV 411	Work	Worlds	Keeping	History 21888	Simple	Marriage	Adventure 31450	Worlds	Perry Mason 59555	My 3		
(11) Lites House 66569	News-Letter 66569											
(13) Simpsons	Sainfeld	Half's Kitchen 4	14-L (CC) 28524	News 1254860	Sainfeld	Still Stud	Fam. Guy	King-Of				
(14) Friends	Friends	Fortune	Jeopardy!	Dr. Phil PG 55008	News 55004	Scrubs	Scrubs	Entertain	Insider			
(16) Reba PG	Reba 4	Boston Legal 17075	Boston Legal 17075	Boston Legal 17075	Boston Legal 17075	Paul	Demetrius	Paul	Hiatt			
(24) Family 54772	Family 54772	Quintuples 3792	Alanna	Chaper	Padgett	Padgett	Padgett	Padgett	Padgett			
(30) Two Men	Jim 50792	90210 14-L 23008	Hitched-Dish 57058	King	King	Raymond	Raymond	King 75509	Malcolm			
(31) The First 48 221773	The First 48 163150	The First 48 163150	The First 48 163150	The First 48 163150	The First 48 163150	The First 48 163150	The First 48 163150	The First 48 163150	The First 48 163150			
A&E	Stripes (1981) 4	1981 Mundy, W (CC) 166570	Raw Nature 11719	Killing Lives 121709	Grizzly Man 10703	In the Line of Fire PG-13	620384	AMCA				
ANPL	Most Extreme 25315	Unleashed 161782	Big Man 53424	Mad Money 51480	Fast Money 52427	California in Crisis						
CNBC	Reports 694602	California in Crisis	Big Man 53424	Mad Money 51480	Fast Money 52427	California in Crisis						
DISC	Cash Cab	Cash Cab	Cash Cab	Deadliest 154482	Deadliest 154482	Deadliest 256957	The Colony 312824					
ESPN	Montana	Soile Life	Phineas	Sonny	Wizards	Montana						
ESPN	2008 World Series of Poker (CC) 515599	Baseball 515228	SportsCenter 529792	Baseball NFL Live	SportsCenter 529792	Baseball NFL Live	SportsCenter 529792					
FAM	Gilmore Girls 405599	My Wife	My Wife	70s Show	70s Show	10 Things	Ruby	Ruby	10 Things	Home	Videos 528308	
FOX	Programs	MLB Baseball	Arizona Diamondbacks at Colorado Rockies 193179	Pajanimals	MLB Baseball 627711							
FX	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008	10 Going 10 2008
HALL	Angel 126421	Angel 457711	Golden	Golden	Golden	Golden	Golden	Golden	Cheers	Cheers		
HBO	8:30 August Rush 4	85044	License to Wed 4	523063	Mamma Mia! 2008	4	PG-13 117173	REAL Sports 754686				
LIFE	Reba PG	Reba PG	This She Found Me 2007	4	598201	Will	Will	Fraser	Will	Will	Wanted 51 164341	
MLB	8:58 Red Sox 2008	4	5797502	Redempt 5067570								
NIK	Malcolm	Malcolm	Lopez	Lopez	Lopez	Lopez	Malcolm	Malcolm	Fam. Mat.	Fam. Mat.		
SCIF	Alanna 443912	Stargate 880159	Ware 691047	Eureka 4	682371	Ware 693070	EW 14 2042083					
SHO	Highlander 4234678	7158 Steve Galt 2008	4	5625626	8:50 The Kill Runner 4	2848689	Week 4	Nurse				
SPIKE	5216847	Ways Die	Ways Die	MAN	MAN	MAN	CSI 52131	Videos 59103				
STAR	8:50 The Other Boleyn Girl 2008	3315637	(7:30) Saving Nole 2008	4	51204792	You Don't Mess With the Zohan 4	2715880					
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	The Office	Sainfeld	Sainfeld	Sex & Small 183315				
TLG	Jon Kate	Jon Kate	What Not 50228	Restored	Estelle	Moving Up 59417	18 Kids	18 Kids	Little	Little		
TMC	Dish 979269	8:50 Survivor 2008	4	5782773	The Walker 2007	10000	News 10775					
TOON	Bones (CC) 695179	Hawthorne 53077	Saving Grace 512518	Hawthorne 52082	Saving Grace 55941	Cold Case 4	749860					
TNT	Brain/Rush	Johnny T	Johnny T	Flapjack	Chowder	Total Dra	Total	Stoked	STEEN G	King-Of	King-Of	
USA	NCS (CC) 67421	NCS PG 789112	NCS 4	PG 789860	House (CC) 718624	House 14-L 711711						

NIGHT OWL

	12:30	1:30	2:30	3:30	4:30	5:30	6:30	7:30	8:30	9:30	10:30	11:30	
(7) Secrets of New York	(1) Passport to Adventure	(1) Planet Earth 'G' (CC)	(1) Rick Steves' Europe	(1) Tyler Perry's House of Payne 'PG-L' (CC)	(30) P.D.: The Patrol 'PG'	A&E The Cleaner '14-L'	ANPL Kiting for a Living	CNBC Profit From Today's Down Market	DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach
(1) Planet Earth 'G' (CC)	(1) Rick Steves' Europe	(1) Tyler Perry's House of Payne 'PG-L' (CC)	(30) P.D.: The Patrol 'PG'	A&E The Cleaner '14-L'	ANPL Kiting for a Living	CNBC Profit From Today's Down Market	DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	
(1) Rick Steves' Europe	(1) Tyler Perry's House of Payne 'PG-L' (CC)	(30) P.D.: The Patrol 'PG'	A&E The Cleaner '14-L'	ANPL Kiting for a Living	CNBC Profit From Today's Down Market	DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	HBO Entourage 'MA'	
(30) P.D.: The Patrol 'PG'	A&E The Cleaner '14-L'	ANPL Kiting for a Living	CNBC Profit From Today's Down Market	DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	HBO Entourage 'MA'	LIFE City 'PG' (CC)	LIFE City 'PG' (CC)	
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ANPL Kiting for a Living	CNBC Profit From Today's Down Market	DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	HBO Entourage 'MA'	LIFE City 'PG' (CC)	LIFE City 'PG' (CC)	MTV 16 and Pregnant	NICK The Nanny 'PG'	
CNBC Profit From Today's Down Market	DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	HBO Entourage 'MA'	LIFE City 'PG' (CC)	LIFE City 'PG' (CC)	MTV 16 and Pregnant	NICK The Nanny 'PG'	SHOW Weeks 'MA' (CC)	
DISC Deadliest Catch	DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	HBO Entourage 'MA'	LIFE City 'PG' (CC)	LIFE City 'PG' (CC)	MTV 16 and Pregnant	NICK The Nanny 'PG'	SHOW Weeks 'MA' (CC)	SCRIP The X-Files 114V	
DISM The Sins of Fathers & Daughters 'G' (CC)	ESPN SportsCenter (CC)	FAM The 700 Club 'PG'	GOLF The Approach	HALL Cheers 'PG' (CC)	HBO Entourage 'MA'	LIFE City 'PG' (CC)	LIFE City 'PG' (CC)	MTV 16 and Pregnant	NICK The Nanny 'PG'	SHOW Weeks 'MA' (CC)	SCRIP The X-Files 114V	SPIKE Disaster!	
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(15) Jimmy Kimmel Live													

Not keeping up with Joneses has its hardships and rewards



Abigail Van Buren

Dear Abby

Your Birthday

By STELLA WILDER
United Feature Syndicate

Born today, you are likely to learn about the hard things in life by living them — and, indeed, the more troubles you go through, the more likely you are to come out of them stronger, more able, more confident and more attractive to others.

To see what is in store for you tomorrow, find your birthday and read the corresponding paragraph. Let your birthday star be your daily guide.

CANCER (June 21-July 22) — Others are likely to do what is necessary to keep you looking and feeling good — but do your part, as well.

LEO (July 23-Aug. 22) — Excitement results when you share a new idea with those around you. Someone may come up with a sure way of making a quick start.

VRGO (Aug. 23-Sept. 22) — You may be looking for something that is simply not available at this time. Avoid any such wasted energy, and do what is possible.

LIBRA (Sept. 23-Oct. 22) — You may have trouble keeping things in order — especially when others around you are making numerous demands on your time and energy.

SCORPIO (Oct. 23-Nov. 21) — Don't lose your temper with someone in your charge simply because you're frustrated with yourself.

SAGITTARIUS (Nov. 22-Dec. 21) — You're tempted to do or say something that is likely to cause quite a stir — but do you really want to be at the center of the storm?

CAPRICORN (Dec. 22-Jan. 19) — You can do a great deal of learning even as you teach others what they need to know.

AQUARIUS (Jan. 20-Feb. 18) — With a good friend by your side, you should be able to do something that you had assumed was simply not possible.

PISCES (Feb. 19-March 20) — Be sure that the information you have to work with is complete and up-to-date; you can't afford to miss any details.

ARIES (March 21-April 19) — You want things to be much simpler than they are — and, indeed, you have little use for those who would make things political.

TAURUS (April 20-May 20) — Someone is watching over your shoulder to see if you're doing things the way they should be done.

GEMINI (May 21-June 20) — The answer to the question you've been asking recently is likely to be so simple that you won't even recognize it when it's first offered.

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