

Popcorn Can Be Healthful Treat

POPCORN CAN BE A HEALTHY, TASTY TREAT
Movie-style popcorn made news last year because of its amount of fat and sodium. Many microwave popcorn manufacturers now offer one or more lower-fat lines, and most have replaced saturated coconut and palm oils with the less saturated oils. Here are some tips to make your popcorn feasts nutritious: Look for "lite" popcorn, which usually has half the fat of regular popcorn. "Lite," though, doesn't always mean low fat, so check the label. Don't be fooled by healthy-sounding names. Again, check the label

for number of calories and fat grams. Choose a popcorn made with liquid oil rather than with partially hydrogenated oil, which contains both saturated and trans fatty acids. While this doesn't reduce calories, it is kinder to the heart. At the movie theater, choose the smallest container possible and skip the buttery topping. Share with a friend. Make your own low-fat popcorn; start with plain kernels and an air-pop machine. Choose yellow kernels if you want volume and white kernels if you want fewer problems with hulls. Season to taste with garlic or onion salt, chili seasoning or Parmesan cheese.

What Smells?

TUNKHANNOCK (Wyoming Co.) - Your nose will probably save your life many times - for instance, when it tells you that something is burning, that cooking gas (which contains an added noxious chemical) is leaking, or that your chicken salad sandwich has spoiled. The olfactory sense also gives great pleasure, from the aromas of a good meal to the scent of a lover. Though it's an intimate and essential part of our lives, the sense of smell is the least understood of our senses. Here are some of the facts:

1. Though the human sense of smell is far less developed than that of other animals, a

person with a healthy sense of smell can detect as many as 10,000 different odors.

2. Much of your sense of taste depends on your sense of smell. Thus when you hold your nose or have a cold, you lose much of the flavor of foods.

3. Women tend to have a keener sense of smell than men, and it's particularly acute at the time of ovulation.

4. Your sense of smell is heightened when you're hungry.

5. Smoking seriously impairs the sense of smell. In fact, smoking may cause long-term damage to the olfactory system, which can take a long time to recover once you quit smoking.

6. Odor perception seems to

peak around age 40, though some studies suggest that it starts to decline in some people at age 20.

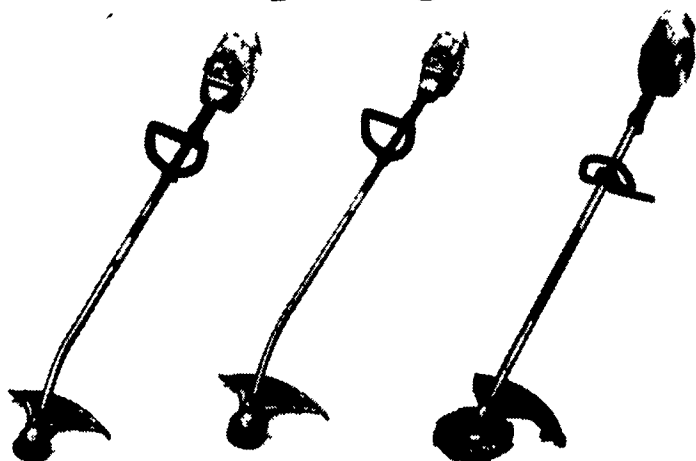
7. Half of those over age 65 and 76% of those over 80 have a reduced ability to smell (called hyposmia). Not only is there a decline in the ability to detect odors, but also in the ability to identify them, though this decline varies highly from person to person. The reasons for the loss include neurological changes; certain chronic disorders (such as Alzheimer's, Parkinson's, or hypothyroidism); use of medication (such as anti-histamines, pain killers, or steroids); and the cumulative adverse effects from years of smoking or drinking.

8. It's estimated that 4 million Americans have problems with their sense of smell and/or taste, not related to aging. Each year 200,000 of them seek medical help for this, most complaining about a lack of smell (anosmia) or odd smells (phantosmia).

9. One out of every 20 people suffering a head injury experience a loss of smell and/or taste.

10. You have a dominant nostril, just as you have a dominant hand. If you're right-handed, your right nostril will be more sensitive, because of greater nerve sensitivity on that side.

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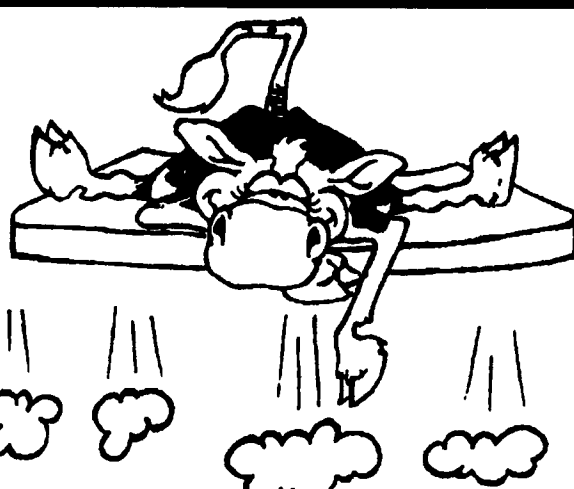
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11. Odor preferences vary in different parts of the world, depending on cultural and/or genetic variations.

12. If you are constantly or repeatedly exposed to an odor, your ability to perceive it will usually decline - this is called adaptation. This decrease in sensitivity can last for up to three weeks after the odor is removed, according to research at the Monell Chemical Senses Center in Philadelphia. People are more likely to adapt to an odor if they believe it is a natural essence, rather than a potentially hazardous chemical, even when they are being exposed to exactly the same odor.

13. About 85% of people have childhood memory linked to a particular aroma, according to one survey (most commonly mentioned was the fragrance of baked goods). Memories triggered by an odor tend to be more emotionally intense and evocative than those linked to other sensory cues

