

Healthy ...

(Continued from page 1)

bacteria get into food through careless handling.

Raw meat, poultry, sea-food and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts and melons. Food, including safely cooked, ready-to-eat food, can be cross-contaminated with bacteria transferred from raw products, meat juices, or other contaminated products, or from food handlers with poor personal hygiene.

Here are some tips to keep food safe:

*Wash your hands before and after handling food.

*Wash towels and wash-cloths in the hot water cycle of the washing machine. Bacteria can linger in those used repeatedly between launderings.

*Wash countertops and utensils with hot, soapy water between each step in food preparation.

*Don't use wooden utensils or cutting boards to prepare raw meat. These surfaces are not smooth and can harbor bacteria in the ridges.

*Cook meat and poultry to the recommended temperature.

For example, the temperature for turkey should register 180 degrees with the thermometer is inserted into the center of the thickest part of the thigh, breast or stuffing.

*If you don't have a cooking thermometer, get one.

During the holiday season, the danger isn't limited to the family kitchen.

Consumers spend more than \$6 billion annually on food items from catalogs and through the Internet.

Meat and poultry may contain bacteria. If the product is at a high enough temperature -- room temperature or above -- it could cause food-borne illness. Whether you are giving or receiving, make sure the company sends perishable items cold or frozen and packed with a cold source. When possible send foods that do not require refrigeration such as hard salami, hard cheese or country ham.

Although shopping in-state helps boost our economy, for those who do Internet shopping, the Direct Marketing Association offers sources of reputable catalog and Web retailers at www.shoptenet.org

There is nothing festive about foodborne illness. Take the simple steps necessary to keep your family and guests healthy and this unwanted guest off your holiday menu.

Donations of food and cash are needed for Stevereno's annual free Christmas Dinner for all comers. Phone 592-6434

Baby screens advance

For 40 years, every Oregon baby has been screened at birth for six body chemistry disorders that, if undetected, can lead to mental retardation, serious disability or death.

Now, the newborn screening program has begun testing for 20 additional conditions, according to public health officials at the Oregon Dept. of Human Services (DHS).

"This is a huge leap forward for our program," said Michael Skeels, director of the state public health laboratory in DHS, which tests infants.

"Some of the new disorders we'll be screening for can be fatal if left untreated," he said. "Now we can do an even better job of preventing serious illness and real tragedy."

Skeels said that infants with these disorders appear normal at birth but, if untreated, can develop severe problems relatively rapidly.

Until now, the program screened for six disorders including phenylketonuria (PKU), Maple Syrup Urine Disease, sickle cell disease, and hypothyroidism. Legislation passed in 2001 enabled the public health laboratory to adopt new technology so that infants can now be screened for fatty, amino and organic acid disorders and congenital adrenal hyperplasia (CAH).

"Newborn screening is one of our best success stories," said Skeels. "It's allowed hundreds of Oregonians to grow up healthy, who otherwise would have suffered devastating brain damage or would have died," he said.

The screening itself is performed while the infant is only a few days old. Five

small drops of the baby's blood are collected on special filter paper, which is then sent to the state public health laboratory in Portland.

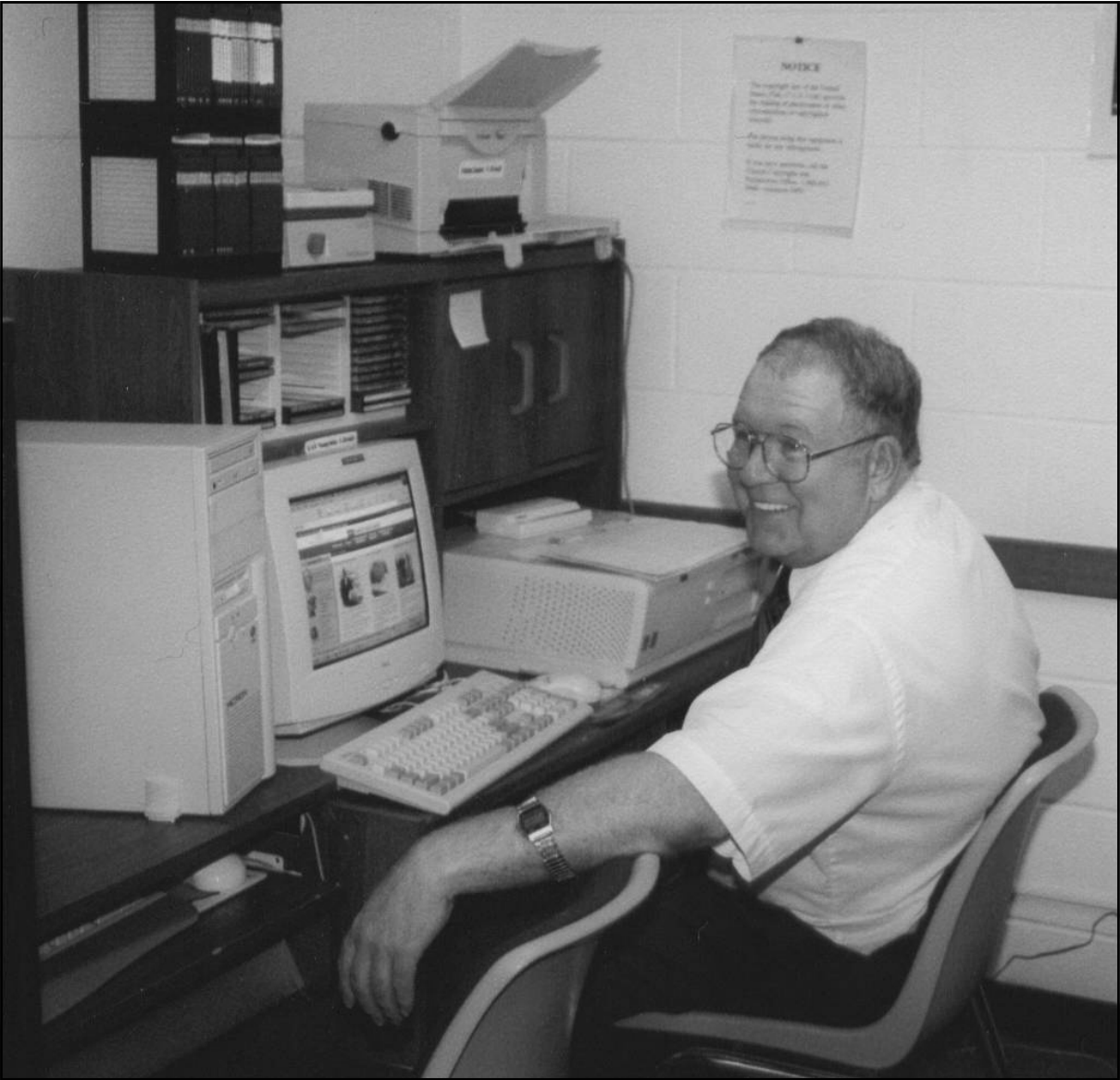
Skeels said that the program works with the Oregon Health and Science University to assure that an affected newborn gets medical consultation, follow-up and clinical intervention.

"Detection is the first step," he said, "but it's critical that follow-up with parents and practitioners occurs and that the infant gets prompt medical management to prevent serious illness."

Oregon was the first state to implement statewide newborn screening for PKU in 1962, according to Skeels. Prior to that time, 1 percent of admissions to Fairview Training Center, the state's institution that served people with developmental disabilities, were due to untreated PKU. After screening began, there was never another such admission, said Skeels.

Oregon's public health laboratory operates the Northwest Regional Screening Program, serving Oregon, Alaska, Idaho, Nevada, Hawaii and three military bases. It tests 230,000 samples per year. To date, three million newborns have been screened and more than 1,300 infants identified with a metabolic disorder.

To find out more about the changes to Oregon's newborn screening program, check the Web at www.ohd.hr.state.or.us/cdsum/cdsummry.htm or phone (503) 229-5882.



FAMILY HISTORY CENTER - Free online census and genealogy information on the Internet is offered at the Cave Junction Family History Center, 209 S. Junction Ave. at the LDS Church in Cave Junction. Gary Dobie was among those available during an open house on Saturday, Nov. 23. The center is closed this week for Thanksgiving. Regular hours, open to the public are Tuesdays and Wednesdays from 4 to 7 p.m., and Thursdays from 10 a.m. to 2 p.m. and 3 to 6 p.m. The telephone number is 592-4583.

Arsonist sought in large Grants Pass residential fire

An "incendiary in nature fire that severely damaged" a house, and garage/apartment is under investigation by Grants Pass Dept. of Public Safety (GPDPS).

Fire units responded at 2:54 a.m. on Friday, Nov. 22 to 1403 S.E. Rogue Drive,

said GPDPS. No one was home at the time of the fire, and no injuries were suffered.

GPDPS responded with three engines and a ladder company. They were backed up by three engines from Rural/Metro Fire Dept. American Medical Response also was

on-scene.

Extensive fire and smoke damage occurred to the home, which had a detached garage with an apartment.

Those with information about who caused the blaze are urged to telephone GPDPS detectives at 474-6370.

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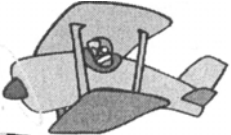


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