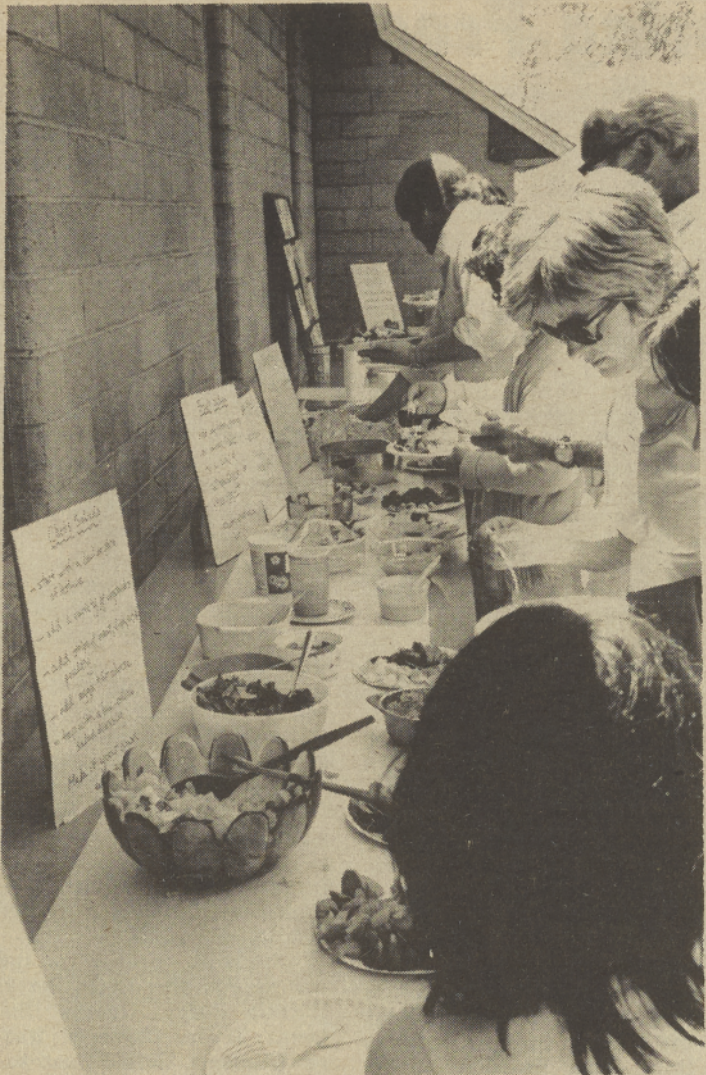




"Eat right, stay light" was the message at the Extension and PHS sponsored Low Calorie Luncheon June 30. About 40 people attended the yummy event. (Sandy Rangila photo)

Fish Get Shock of Their Lives

A longterm study of the salmonid residents of the Warm Springs River will be launched at the end of this month by the U.S. Fish and Wildlife Service.

The purpose of the study, according to Dan Diggs, technical assistant to the Tribes, is to determine whether the salmon and steelhead to be released from the Warm Springs National Hatchery will have an impact on the resident fish population.

A minimum of five years will be spent sampling the trout and other fish and recording such biological data as

weight, length, and scale samples. This data should reveal ages and growth rates which can be analyzed before and after the hatchery fish are released.

Electro-shocking will be the technique used to detain fish long enough for data to be recorded. Fish will be returned to the river unharmed after sampling.

Working on this ecological study with Diggs will be Kirk Schroeder, also with the Vancouver office, and Jim Manion, a student trainee for the summer. Their operations, done primarily from a boat, will be

visible on the Warm Springs River between the hatchery and the mouth throughout the summer.

A similar study is being pursued on the Deschutes River by the Oregon Department of Fish and Wildlife.

Diggs is "hoping that the hatchery fish won't compete significantly with the residents" and thereby endanger the health and numbers of native fish. Data collected by Diggs and his crew before hatchery operation and after the release of fish has begun should reveal the impact, if any.

Extension Notes: Open Kettle Canning Good for Jams, Jellies Only

The use of outdated and unsafe home canning methods is widespread. Many people are using the open kettle method of canning for the wrong kinds of food.

"This method is safe only for jams and jellies contained sugars," says Susan Gangler, Warm Springs Extension Agent.

Open kettle canning involves packing cooked food into hot jars and sealing with-

out additional heat processing. Even though the jars and lids are sterilized before they are filled, microorganisms such as molds are yeasts in the air can easily come into contact with the jar, the lid and the food during the filling process. These organisms will grow in the canned food and cause spoilage.

"Worst of all, if meats, salmon, poultry, or vegetables are canned by the open kettle method, the bacteria that

cause botulism, an often fatal food poisoning, will not be destroyed," says Sue.

The open kettle method of canning is safe for use with jams and jellies because their high sugar content inhibits bacterial growth.

A boiling water bath should be used to process high acid foods such as fruits, tomatoes and pickles. And a pressure canner is necessary to process low acid foods such as salmon, meats, poultry.

About Your Social Security

Working persons under age 72 who are getting Social Security payments should report any changes in their 1977 earnings estimates as soon as possible according to John Fullerton, Social Security representative.

"Social Security payments to persons 72 and over are not affected by their earnings," Fullerton said, "but earnings can affect payments to those under 72. They should report any change in their earnings on the post card sent to all people who work and get Social Security checks."

If the post card has been lost, the report can be taken care of by a visit or phone call to the Social Security office in Bend, according to Fullerton.

"Persons who find that they are earning less than they originally estimated may get additional Social Security payments during 1977 if they report the change," he said, "but persons earning more than they originally stated who do not report the change may get more payment than they are due and have to pay some back later."

Social Security payments are not affected by earnings of \$3,000 or less for the year. Payments are reduced by \$1 for each \$2 earned over \$3,000.

The Bend Social Security office is at 39 N.W. Louisiana Avenue. The Phone number is 382-6922, extension 276.

Social Security disability payments generally cannot start immediately after people apply for them because the law requires a 5-month waiting period, according to John Fullerton, Social Security representative.

Social Security pays monthly disability benefits to eligible workers and their families if the worker is disabled and not expected to be able to do any substantial work for a year or more. Payment generally starts with the sixth full month of disability. "The first check usually arrives early in the month after that," Fullerton said.

"During the waiting period," he said, "examiners get your medical records from the doctors, hospitals, and other institutions that treated you for your disability. You pay for getting those records, if there is any charge."

"Later, additional medical information may be necessary, and you may be asked to undergo additional tests and examinations," he said. "The government will pay for those."

Medical decisions on whether or not a person may be disabled under the Social Security law are made by doc-

tors and other disability experts of the Oregon State Department of Vocational Rehabilitation. They evaluate the medical condition of the person and consider vocational factors of age, education, training, and work experience. Work requirements are also checked during the waiting period.

"To be eligible for disability benefits," Fullerton said, "most workers need 6½ years to work under Social Security with five of it in the ten years before they became disabled. For workers disabled before age 31, the requirement scales down to as little as 1½ years, depending on age."

Persons disabled since childhood can get Social Security disability payments without a waiting period when a parent starts getting Social Security retirement or disability benefits - or dies after working long enough under Social Security.

Disabled persons who have not worked long or recently enough under Social Security to get disability benefits may be eligible for supplemental security income payments (SSI). The SSI program, administered by the Social Security Administration, makes monthly payments to people with little or no income and limited resources who are disabled or blind or over 65.

"There is no waiting under the SSI program," Fullerton said. "Payments start when eligibility is determined. In some cases, SSI disability payments may be made to persons waiting for a formal eligibility decision, and these payments can also be made during the 5-month Social Security disability waiting period."

Information about both of these programs is available at the Social Security office at 39 N.W. Louisiana Avenue in Bend. The phone number of that office is 382-6922, extension 276.



Edna and Andrew David try out the new furniture while looking around the offices in the

Administration Center following the dedication ceremonies on June 28. (Sandy Rangila photo)

Church Services

WARM SPRINGS FULL GOSPEL CHURCH ORIN JOHNSON, PASTOR

Sunday School - 10 a.m.
Worship Service - 11 a.m.
Sunday Evening Service -
7:30 p.m.
Bible Study, Wednesday -
7:30 p.m.
Young People's Service -
Friday, 7:30 p.m.

WARM SPRINGS BAPTIST CHURCH Allen Elston, Pastor

Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Training Union - 7 p.m.
Prayer Service - Wednesday, 7:30 p.m.

ST. WILLIAMS Warm Springs

Sunday Mass - 9:00 a.m.

UNITED PRESBYTERIAN Warm Springs Calvin Y. Chinn, Minister

Sunday:
Sunday School - 9:45 a.m.
Worship Service - 11:00 a.m.
Youth Meeting - 6:00 p.m.
Baby sitting service during
Worship Service

Wednesday:
Choir Rehearsal - 7:30 p.m.
Womens Group - 7:30 p.m.
2nd Thursday.