

## Prevent osteoporosis with calcium, other precautions

Osteoporosis is the most commonly diagnosed bone disease in American women. It causes 1.3 million fractures, including 247,000 hip fractures, annually. At greatest risk for osteoporosis are older white or oriental women who are petite or thin and who experienced an early menopause. Risk factors include cigarette smoking, excessive alcohol consumption, inadequate calcium intake and too little exercise.

The three biggest factors in the development of osteoporosis are a drop in estrogen levels in women at menopause, a low intake of calcium and perhaps too little exercise.

Sometimes called the "silent disorder", osteoporosis has no symptoms until there is a fracture. Most commonly affected areas are the spine, hip and wrist. Bearing down, lifting or twisting can cause a crush or collapse fracture of the spine. Crush fractures can produce severe pain, curvature of the upper back called a "dowager's hump", or significant loss of height.

Ways to prevent the disorder.

With the proper diet and exercise, people in their teens or twenties can build stronger bones and reduce the risk of developing osteoporosis in later life. A healthy lifestyle is also important for middle-age and older women. Medical experts agree that osteoporosis does not have to

be an inevitable part of growing old. Preventive measures include:

Exercising regularly—According to the National Institutes of Health, exercise may be an important part of both prevention and treatment for osteoporosis. Research studies have shown that normal healthy people who are bedridden for periods of time lose bone mineral rapidly. Studies have also revealed that astronauts living in the weightlessness of space lose bone mass. Many experts believe that activity involving the muscles working against gravity, such as walking or jogging will help to reduce bone loss. Here too, before starting a set program, talk it over with your doctor. It is important to remain as active as

possible, but your doctor will tell you how to start slowly, build gradually and stay within your limitations.

Eating right. Most adult women consume about 500 mg. of calcium a day, less than half of the 800-1500 mg. that experts say you need. You can increase your dietary intake of calcium by eating more dairy products, seafood and dark green vegetables. For some people it may be difficult to reach the daily levels of calcium suggested without taking calcium supplements. Supplements contain different amounts of elemental calcium, so read the product label. Consult a doctor or dietitian to determine how much calcium you currently consume,

whether you should take calcium supplements and if so, what type. If you are ill or have a health disorder, talk to your doctor before taking any supplements.

The following chart identifies some foods that can help you reach recommended daily calcium intake.

Developing a healthy lifestyle—Limit alcohol, cigarettes and caffeine. Current scientific research has linked all three with increased risk of bone loss.

Taking estrogen—Estrogen is a natural hormone, produced by the ovaries, which helps to protect against bone loss. At menopause when estrogen production diminishes, bone loss accelerates and predisposes women to the development of osteoporosis.

Women at high risk of osteoporosis who are approaching menopause may want to discuss the benefits and risks of estrogen replacement therapy with their physician. Studies have shown that women who have begun taking estrogen within a few years after the onset of menopause have fewer hip or wrist fractures and possibly fewer spinal fractures.

For more information about osteoporosis, contact: The National Osteoporosis Foundation, 1625 Eye Street, N.W., Suite 1011, Washington, D.C. 20006, (202) 223-2226 or (Name, address and telephone number of your organization.).

### Foods rich with calcium

Food Source	Calcium Content (mg)	Measure
Skim milk	302	8 oz.
Whole milk	291	8 oz.
Buttermilk	285	8 oz.
Yogurt (low-fat, plain)*	415	8 oz.
Yogurt (low-fat, fruit)*	345	8 oz.
Swiss cheese	272	1 oz.
Cheddar cheese	204	1 oz.
Muenster cheese	203	1 oz.
Cottage cheese (low-fat)	155	8 oz.
Ice cream	176	8 oz.
Sardines (with bones)	371	3 oz.
Salmon (canned, with bones)	167	3 oz.
Raw oysters	226	1 cup
Shrimp	98	3 oz.

## Select, purchase maternity clothes carefully

Having a baby these days is expensive. Medical care tops the list of pregnancy costs, but the expense of maternity clothes isn't all that far behind.

A new maternity wardrobe easily can cost up to \$500. It may end up costing much more if you don't take into account all the stages of your pregnancy.

The solution to controlling maternity clothing expenses is to plan and buy your maternity clothes carefully.

Clothing needs can be divided into stages—just as your doctor divides your pregnancy into trimesters. During the first three months, some people show just a little, others not at all.

Pay particular attention to any clothes you add to your wardrobe during the first three months. Since it usually takes six weeks to return to your pre-pregnancy size, you probably will be able to wear these clothes again after the baby is born.

After three months, some can borrow time with regular clothes, such as chemise dresses. Oversized shirts and shirt jackets worn over pants and skirts with elasticized waistlines also stretch wardrobes well.

While you rearrange your wardrobe, check to see if you have any garments that you can adapt for later months by adding stretch panels.

Sometime during your second three-month period your pregnancy will become obvious. Regular clothes may become too snug, while maternity may seem too large.

For this stage, rely on styles that put fullness directly in front and are cut relatively straight across the back. These styles give you plenty of growing room without making you appear larger than you really are.

As your bust becomes larger, you may develop a broader back that needs special accommodations. Deep-cut armholes, raglan and kimono sleeves, and drop shoulders are comfortable choices. Gathers,

tucks and pleats also provide room for expansion.

If you are on a budget, choose

carefully. Some garments purchased at this stage may not have enough room for the later months of pregnancy.

The last three-month period is definitely the time to consult the maternity department in local stores or the maternity section of pattern catalogs.

Remember that maternity wear is sized to accommodate the changes that are taking place in your body. These garments are cut fuller in the bust and the high bust area, as well

as through the abdomen. Buy the same size as you wore in your pre-pregnancy days.

Maternity styles are cut longer in the front than in the back. The shaped hem gives extra length needed to cover the abdomen while maintaining the illusion of a straight hem.

As you look at the many styles available, avoid design lines that call attention to your growing roundness. Look for styling details that draw attention to your neck, shoulders, face. Choose colors and designs that flatter you. You'll feel better if you look good.

## Watch your credit level

How much credit can you afford? Some experts suggest that your consumer debt level not exceed 20 percent of your income.

There is a more accurate method of computing an acceptable amount of credit debt. Try reviewing your household's budget to determine how much money you have each month that could go toward credit obligation.

The over use of credit can lead to financial problems.

Your use of credit may be out of control when:

You allow some bills to hold over the next month because you

don't have enough money.

You pay only the minimum due on charge accounts.

You have to charge purchases more than you like because of lack of cash.

You have to use your savings or cash from credit card advances to pay current expenses.

You take out a new loan before old ones are paid off.

You cut back on necessities in order to pay installments. If you recognize these signs, you may want to take steps now to cut back on your debts.

## Understanding calf scours—Part I

Calf scours is a nonspecific term covering a number of noninfectious and infectious intestinal diseases which can produce diarrhea, emaciation, dehydration, weakness, prostration and death. Specific agents range from intestinal parasites to viruses. Nutritional imbalances, toxic substances, drugs or stress also may be involved. Often there may be more than one cause. Such complexity makes it impossible to consider calf scours as a specific disease.

In management to control calf scours you must determine the probable cause of causes. To do this, carefully examine sick animals and make postmortem examinations of

dead animals.

Specimens from sick animals and fresh carcasses should be examined promptly by a veterinarian for parasitism, poisons and disease programs. This can aid treatment and control.

A check list is useful and to diagnose:

1. What is the season of the year?
2. Does the infection follow the pattern of an infectious disease or poisoning?
3. Are the calves free or confined?
4. Is there overcrowding?
5. What are the ages of the affected animals?
6. Does the operation have sound principals of husbandry.

7. Is there adequate protection from weather?
8. Do the calves receive colostrum in the first 12 hours of life?
9. How and what are the calves fed?
10. Have the calves been exposed to known pathogens or sick animals?
11. What are the sanitary arrangements, particularly in connection with feeding and housing?

Answers to these questions may suggest what contributing factors are involved. They may also indicate the actions needed to eliminate or control the disease.

In our next issue we will have Part II—Specific Causes of Calf Scours.

## Warm weather brings insects home

As the weather warms many insects, including ants, emerge and begin spreading out in search of food. Frequently these insects invade homes.

Many homeowners are concerned that ants they see in the house come from nests in the walls or subflooring.

In many cases ants come in from outdoors, but if they are present in fairly large numbers, they may have a nest inside the home.

To find the source of the ant invasion, first take steps to keep ants from coming into the house. Apply an emulsifiable pesticide in the form of a spray around the foundation of the house. Diazinon is one formulation available for this purpose.

Prepare the spray according to label directions. Do not use more pesticide per gallon of water than is specified on the label and do not reuse measuring devices for any other purpose.

If pesticide application doesn't stop the spread of ants in the home, you may have ant nest inside. To eliminate the nest, use a household pressurized spray. Many brands are available at garden stores. Apply the spray as near as possible to where you believe the nests are located.

Apply the pesticide on nearby surfaces and into any cracks or openings that ants can use to enter a room. Treat such places as cracks along baseboards, window frames

and door frames; cracks in floors or walls; areas around electrical outlets and plumbing or heating pipes; and areas around sinks and bathtubs. Treat ceiling moldings if you have high-climbing ants.

Limit treatment to places frequented by the ants.

If ants continue to appear after a treatment, they probably are entering over surfaces that have not been treated. Treat surfaces that may have been missed before. Give the treatment a few days to take effect.

If you decide against the use of pesticides, the ants will likely continue to be a nuisance, but they present no serious immediate danger.

## Central Oregon bull buyers list given

**Black Angus**—Mollman Angus Ranch, Ed Mollman, Madras 475-2742.

**Rolles Angus Acres**, Fred Rolles, Grass Valley 333-2524.

**Wheatacres Angus Ranch**, Colin Kaseburg, Wasco 442-5437.

**Giltner Angus**, Vern and Randy Giltner, Sandy 668-3380 or 668-3811.

**Brangus**—Lark Ranches, Kay Kilpatrick, Powell Butte 447-1189, Bill Brewer, 447-3443 (Angus and Brahman also).

**Brad Brangus Ranch**, Jack Braden, Terrebonne, 548-6427.

**Turner Brangus Ranch**, Tom Turner, Drewsey, 493-2755.

**Horned Hereford**—Bar-Lyn Herefords, Lynn and Barb Lundquist, Powell Butte, 548-1215.

**Dean Frischknecht**, c/o Jack Vice, Prineville, 447-6684.

**Dick Cain**, Powell Butte, 548-3836.

**Richard Breese**, Prineville 447-7352.

**Schuster's Horned Herefords**, Art and Craig Schuster, Goldendale, WA 773-4195.

**High Country Herefords**, Ben Westland and Chet Hettlinga, Mitchell 462-3282 (now located at the northwest corner of Park Lane and Highway 97 about one mile north of the Crooked River Bridge on the old Hyder Llama Farm between Redmond and Madras).

**Polled Hereford**—Rask's Polled Herefords, Steve Rask, Madras 475-2755.

**Rainbow's End Ranch**, Dennis Kluser, Terrebonne, 548-4605.

**Powell Butte Polled Herefords**, Jim Springer, Powell Butte 548-6877.

**Red Angus**—Norstar Red Angus, Earl Bates and Dale Cooper, Willowdale, 475-7088 or 475-7308.

**Shorthorn, Salers, Gelbvieh and Maine-Anjou**—Hoyt and Sons, Rick Hoyt, Burns 573-5215.

**Simmental and Simbrah**—Pine Mtn., Cattle Company, Lloyd Powell, Bend 388-2450.

**Tarentaise**—Hatfield's High Desert Ranch, Doc and Connie Hatfield, Brothers, Ask the operator for Pine Mtn. Toll Station 5255.

## Recipes equal nutrition

If you're running late, don't skip breakfast to save time. Miss your morning meal and you can count on dozing behind your desk by 11 a.m.! Instead, whip up a make-in-a-minute breakfast shake that tastes great, and is good for you, too! The perfect blend: this calcium-rich morning eye-opener. Mix it up and drink it down to fortify yourself with the nutrients you need to weather another whirlwind day.

### California Breakfast in a glass for two

- 1 container (8 oz.) apricot or peach low-fat yogurt
- 1 can (5 1/2 oz.) apricot or peach nectar
- 2 eggs (optional)
- 1/2 teaspoon pure vanilla extract
- 2 ice cubes
- 1/4 cup nonfat dry milk powder

In the container of an electric blender combine yogurt, nectar, eggs, vanilla extract, ice-cubes, and dry milk. Cover; whirl until thick and frothy. Serve immediately in tall glasses. Garnish with orange slices, if desired. Yield 2 9-ounce servings. Per portion: 310 mg. calcium

### Hearty Taco Soup

- 1/2 lb. extra lean ground beef
- 1 green pepper, diced
- 1 medium onion, diced
- 3 cups hot water
- 2 beef bouillon cubes
- on 16 oz. can tomatoes, chopped with liquid.
- one 15 oz. can whole kernel corn
- 4 teaspoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 to 1/2 teaspoon cayenne pepper
- 6 crisp taco shells
- 1/2 cup part-skim mozzarella cheese, grated.

Brown meat in Dutch oven with green pepper and onion until beef is no longer pink; drain juices from pan. Dissolve bouillon cubes in hot water. Add to beef with tomatoes, beans, corn, chili powder, cumin, garlic powder and cayenne pepper. Cover and simmer 30 minutes. Adjust seasoning to taste. Crumble 1 taco shell in each bowl; and soup and top with grated cheese. Serves 6.

## Protect your footwear

Boots are popular year round, but they're expensive. If you don't want to foot the bill for replacement every year, protect them with proper care—your boots, and other leather footwear will last three to four seasons.

The first step is to keep them clean. Remove salt stains as soon as you can by swabbing with an acidic 50-50 solution of water and white vinegar. Prepared salt-stain removers also contain acid that neutralizes salt. If the white stains don't respond to either treatment, salt has already done damage. Try to cover the stain with a wax-base polish.

Keep leather flexible and clean with saddle soap. Then moisturize by regular polishing with matching cream or wax polish. Avoid liquid polish—it contains alcohol that dehydrates leather.

Silicone spray or mink oil will waterproof boots, but you'll lose some of the "breathable" nature of leather. Both must be reapplied occasionally to stay effective.

Boots need to help to stay in shape; insert boot shapers—rolled-up newspaper works—while the leather is still warm from wear. Dry boots at room temperature. Natural oils will be lost if leather is dried near heat, making boots dry and wrinkled.

## Family meals very important

Of all the ordinary, recurring events in the life of a family, none is more important than the family meal.

Children learn and form many habits during mealtime, such as habits eating, speaking, sitting up, paying attention, and the like. They also learn many of the less-tangible qualities of human living such as respect, courteousness, appreciation, and consideration.

The mealtime behavior of families differs a great deal. However, there are some common types. As you read these, think about your family and what happens during your family meal.

\*Refueling or pit-stop meals—characterized by little conversation. The object is to eat in the least amount of time, then bolt from the table.

\*Cold or hot warfare meals—characterized by cold shoulders and stares.

\*Dart-throwing meals—characterized by continual criticizing of others outside the family.

\*Human-interest meals—members bring up and talk about interesting bits of information.

\*Tutelage meals—similar to the human-interest meals but with the added feature that the meal has meaning or tradition about it.

## The EXTENSION

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2126 Warm Springs Street — 553-1161, extension 238

## Lunchtime consumer series

March 25

April 1

April 8

April 15

April 22

April 29

Stopping Home Leaks

Saving Energy

Art of Skillful Buying

Sewing for Profit

Landscape Management

Backyard Greenhouse

Raised Bed Gardening

Each session will be held from noon to 1 p.m. at the Administration Building in Conference Room 3. Bring a sack lunch and learn valuable information. Sponsored by the Warm Springs OSU Extension Office.

## 4-H Summer Week June 13-18

Oregon's 4-H Summer Week is the premiere 4-H event for Oregon young adults. 4-H Summer week is located on the OSU campus and is open to 4-H members enrolled in the 8-12 grades.

Intermediate sessions 8th and 9th grades-focus on developing leadership skills.

Senior sessions 10th-12th grades-focus on personal development and social and emotional growth.

Others:

Natural Resources workshop—8th-12th grades-spend the week at the 4-H Center in Salem learning

about Natural Resources.

Horse members workshop-10th-12th grades-spend the week at OSU learning horse management, nutrition and horse science.

Cost is \$120 plus transportation. Partial scholarships will be available.

Important dates:

March—all youth 8-12 grades will receive Summer Week brochure.

April 22-Registration and health cards due at the Extension office.

May 24-All Jefferson County and Warm Springs delegates orientation-required attendance.

June 13-18—4-H Summer Week.