

Alar only harmful in heavy doses

On February 26, the CBS news program "60 Minutes" featured a program alleging that Alar, a plant growth regulator used on apples, causes cancer. A report issued by the Natural Resources Defense Council (NRDC) asserts that children, in particular, face a "massive public health problem" from pesticide residues in food.

Alar has been under fire for about three years due to an EPA publicity release that stated Alar on apples caused over 800 cases of cancer per year. However, when the data used in that test was reviewed it was found that the control group of mice in the study was actually a control from a study done on other chemicals a few years earlier. The entire study was found to be invalid and was thrown out. Unfortunately, Alar and the entire apple industry has been under

attack ever since. It was this data that the NRDC used to justify their reports.

A second study was submitted and accepted by the EPA that shows that Alar did not cause any significant tumors in any of the tests. Unfortunately, Alar breaks down to a product known as UDMH. At high concentrations (80 parts per million) this is a very toxic chemical. However, preliminary results at 50 parts per million have failed to show any cancer risk. Typical levels of UDMH found in processed apples are 10 to 30 parts per billion, far below the levels found to be harmful in the above cited study.

Whether or not children are especially at risk due to higher rates of food consumption per body weight as the NRDC alleges has

not yet been proven scientifically. A study is currently being conducted which addresses this issue. However, the test is not due for release until October, 1990. In the past, any additional risk to children has not been considered a problem due to the large margin of safety built into the chemical residue levels that the EPA allows.

As to whether the "60 Minutes" report shows a public health risk due to Alar or is simply media hype will be left to your own judgment. However, Dr. John A. Moore, acting Deputy Administrator, US EPA, says the following: "The practice of using data rejected by scientific peer review, coupled with food consumption data of unproven validity to calculate 'risk estimates', is misleading."

This article was submitted by Lynn E. Long, Wasco County Extension Agent, Horticulture. The article was based on information supplied by Dr. James M. Witt, OSU Extension Chemist and Toxicology, and Dr. Carolyn Raab, OSU Extension Nutrition. Also cited was an article by Dr. John A. Moore, "Preliminary Assessment of 'Intolerable Risk: Pesticides in Our Children's Food'—A report by the Natural Resources Defense Council."

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Teens can set own limits

Setting limits means having some guidelines about our own behavior. Usually a parent helps a teen set these limits, but not always. Sometimes you have to do it yourself.

■ Learn by watching those around you. Think of peers who seem to have strong families. What time do they have to be home at night? What chores are they responsible for? What are their study and social habits? "You can learn about limits just by watching others who seem well-adjusted and responsible."

■ Make your own rules and enjoy them. Suppose you have a test at the end of the week. Studying a little each night and getting the sleep you need makes you feel that you're trying the best you can, and that you are in control. "After the test, give yourself a reward, like a new cassette, a movie, or something that makes you happy."

■ Share your needs and your doubts. Talking about your problems takes away some of the hurt and confusion. You find out more about what limits are right for you and you feel less alone.

■ Networking is a wonderful solution. That means finding others to help you out. One friend might study with you for a test. Your sister might split the grocery shopping. Asking others for help and giving of yourself in return, can turn loneliness into a sense of well-being and comfort in the world. Others do care, if you let them.

Stains be gone!!

What food stains contain fats and oils? Lots, including catsup, mayonnaise, chocolate, ice cream and foods with eggs, such as puddings. All these can cause difficult-to-remove stains that need two or three major steps to remove stains from washable fabrics.

Fresh stains are easier to remove than ones that have dried and hardened. You may need only the first step to remove fresh stains. If the first step does not completely remove the stain, go on to the additional steps.

The first step is to remove the fats or oils by sponging the stain with dry cleaning solvent. Dry cleaning solvent may be found with the clothing care supplies in grocery and drug stores.

To sponge a stain, prepare a pad of absorbent white paper towels, then place the stain face down on the towels. Dampen a piece of white cotton toweling with the dry cleaning solvent and apply it to the back of the stain, working from the center outward. Change the pad of absorbent paper towels as they become stained. Be sure the area

where you are working is well ventilated so you don't breathe the fumes.

Next, use an eyedropper to flush the stained area with dry cleaning solvent. Remember to keep changing the absorbent paper towels as they become stained. Repeat sponging and flushing as long as any stain is transferring to the absorbent pad.

The next major step is to remove the non-fat and -oil parts of the stains. Before continuing with stain removal, let the fabric dry completely so the dry cleaning solvent evaporates.

After the fabric appears dry, dampen with cool water. Then apply a few drops of liquid hand dishwashing detergent and a few drops of ammonia. Use mechanical action such as rubbing the back of the stain with the edge of a stainless steel spoon, tamping with a flat brush or flexing the fabric between your thumbs and forefingers. Blot the stain with absorbent material. Rinse with water.

Be sure to remove all ammonia. Repeat application of dishwashing detergent and ammonia followed by rinsing as long as any stain is being removed.

If there is still some stain present, soak the item in a solution of one quart water and one tablespoon enzyme product for 30 minutes. Rinse thoroughly with water.

Landscaping offers beauty, warmth

Poets celebrate the loveliness of trees but seldom mention their worth as an investment. A new publication from the OSU Extension Service fills the gap.

Consider this: Trees reduce noise and air pollution. They add to the resale value of a house by making it more attractive. When planted in the right spot they cool a home in summer and warm it in winter. This, in turn, saves heating and cooling costs.

The OSU Extension energy program is making the publication available without charge to Oregonians who would like to learn more about how they can cut fuel costs by planting trees and shrubs around their homes.

Single copies are available from the Warm Springs Extension Office. Just ask for EC 1261 "Landscaping to Cut Fuel Costs."

Limit salt intake

Excess sodium in the diet is believed to contribute to high blood pressure (hypertension) and stroke in some people. Limit the use of table salt (which is 40 percent sodium) and salty foods to cut down on sodium intake. The "safe and adequate" intake of sodium is between 1,100 and 3,300 milligrams per day.

When you shop, reduce sodium intake by cutting down on:

1. Foods prepared in brine, such as pickles, olives and sauerkraut.
2. Salty or smoked meat, such as bologna, corned beef, frankfurters, ham, luncheon meats, salt pork, sausage, bacon.
3. Snack items such as potato chips, pretzels, salted popcorn, salted nuts and crackers.
4. Bouillon cubes; seasoned salts; soy, Worcestershire and barbecue sauces; catsup and prepared mustard; canned and instant soups.

Helpful hints

Never store spotted table linens for a second use without laundering. Many stains will come out in the wash especially when good laundering techniques are used. Some stains are more complex than others and require some kind of special treatment. Treat them as soon as possible because once a stain sets, it is more difficult and perhaps impossible to remove.

Also, linens that have been washed and ironed should not be stored if still damp.

Shaking a toaster to remove crumbs may damage the heating element. The correct way is to release the crumb tray for cleaning.

Wipe out the crumbs and any food accumulations with a sudsy sponge or cloth. Rinse with a damp sponge and wipe dry. Always be sure the toaster is disconnected before cleaning. Wipe the outside surfaces with a damp sponge or cloth. Polish with a dry cloth.

When washing any garments or home fashions that employ the self-gripping fasteners, be sure to close the tapes before laundering. This prevents the polyester hooks and nylon loops from snagging other fabrics and from picking up lint during laundering.

Clean shower stalls regularly so that the job is manageable.

One cause of small particles of food or detergent being left on items after washing in a dishwasher is overcrowding. Water is not reaching all surfaces, so be sure that the water action is not being blocked because of improper loading.

Nutmeg, mace come from same tree

The nutmeg tree produces two spices, nutmeg and mace. The spices come from the fruit which looks somewhat like an apricot. Nutmeg is the seed of the fruit and mace is an orange-red, lacy covering of the seed. Nutmeg has a stronger flavor but both have a warm, sweet spicy flavor which is similar. Both are used in cakes and cookies and both are good on chicken and vegetables, such as spinach, carrots and sweet potatoes. The nutmeg tree grows both in the Caribbean area and in the East Indies.

Storing clothes means cleaning first

Storing your winter clothes means more than moving them out of the closet. They must be cleaned thoroughly. Even garments that look clean should be laundered or drycleaned.

Garments may hold oily dirt that is not visible. If you store them without cleaning, heat and time will cause a yellow discoloration that will be impossible to remove.

Make clothing safe

During spring and summer the number of children bicyclists and joggers sharing streets and highways with vehicles increases, and so do the chances that vehicle-pedestrian accidents will occur.

For maximum safety on streets at dusk and after dark, pedestrians and cyclists may want to consider wearing reflective clothing that motorists can see. Most drivers involved in accidents with pedestrians after dark fail to see victims in time to avoid a collision.

Pedestrians walking along a road in dark clothing at night are often not seen until they are about 55 feet away. At that distance, a driver has less than a second of reaction time. In white clothing, however, pedestrians can be seen as far away as 180 feet, and in reflective-trimmed clothing, as far away as 500 feet.

The most visible garments in the dark are made of white or silver fabric and trimmed with, or made of, retro-reflective materials. The trim should move as the body does—the arms and legs of joggers, the knees and ankles of cyclists.

Reflective trims can be purchased at most sewing centers and easily added to jackets, jeans or running shoes.

We all know about facing traffic when we walk along streets, or crossing at intersections, but proper clothing gives one more precaution and added assurance of being seen.

Recipe for fish

Fish Kabobs

Preparation time: 15 minutes. Cooking time: 10 minutes. Yield: six kabobs. Nutrient value per kabob: 186 calories; 14.8 gm. protein; 4.9 gm. fat; 19.7 gm. carbohydrates; 1.4 gm. fiber; 50 mg. cholesterol; 516 iu vitamin A; 55 mg. vitamin C.

1 pound frozen cod fillets or other thick fillets, thawed 10 minutes
¾ cup reduced calorie French dressing
1 medium green pepper, cut into 18 pieces
¼ fresh pineapple, cut into 18 pieces

6 cherry tomatoes
12 large fresh mushrooms
12 wooden skewers

Cut fish into 18 equal chunks. In a glass bowl, gently toss fish with French dressing, marinate five minutes. Holding two skewers parallel, thread three green pepper, three pineapple, three fish chunks, one tomato and one mushroom in an alternating pattern onto both skewers. (This facilitates turning.) Place kabobs on broiler rack; brush French dressing over fruit and vegetables. Broil six inches from heat for three to five minutes. Turn, broil another three to five minutes longer. The fish is done when it flakes easily with a fork.

Videotape explains school financing

A one-hour videotape explaining school financing is available from the Warm Springs office of the OSU Extension Service.

The tape, made during a recent statewide video teleconference, features an explanation of Ballot Measure 1, which would modify public school funding. Oregonians will vote on the measure, referred by the 1989 legislature, on May 16.

Because the topic is so timely, the Extension Service is making the tape available for loan to interested groups or individuals. Arrangements to borrow the tape may be made by calling the Extension office at 553-1161, ext. 238.

Appearing on the tape are Richard Munn, director of Oregon Department of Revenue; James Scherzinger, director, Oregon Legislative Revenue Office; and Bruce Weber, OSU Extension economist.

In addition to the tape, two new publications dealing with school finance are also available through Extension's public affairs education program.

"Oregon School Funding: Assessing the Options," EC 1329, outlines current funding, examines alternatives and looks at other tax

sources for schools that could replace property taxes. The publication costs 75 cents.

"Updating Oregon School Tax Bases," EC 1330, explores the impact of ballot measure 1. Single copies are available without charge. Limited quantities are available.

Attention! Mislabeled oil is deadly

A potentially deadly substance, eucalyptus oil, has been mistakenly labeled as syrup of ipecac by HUMCO Laboratory. As little as one teaspoon of eucalyptus oil could kill a child. If swallowed, a poison center or physician must be called. Eucalyptus oil can also cause burns, nausea, vomiting, convulsions and coma.

Syrup of ipecac is the recommended agent to induce vomiting in some cases of poisoning. The U.S. Consumer Product Safety Commission recommends that every household have a one-ounce bottle of syrup of ipecac. However, it should be administered only after calling a poison control center or a physician.

OSU, Warm Springs Extension
and Tom Kalama present:

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Those six years of age and older are encouraged to attend.

Call 553-1161, ext. 238 to enroll