#### SPILYAY TYMOO

#### WARM SPRINGS, OREGON

#### March 20, 1992 PAGE 7

#### Men as well as women need to be aware of their nutritional needs

Eat right, American! Although nutrition education messages are often directed to women, men also need to be aware of nutrition as they spend more time at the supermarket and in the kitchen. Over 80 percent of men responding to a recent American Dietetic Association survey were at least fairly concerned about nutrition.

Younger men were more likely to be concerned about physical fitness; eating for health was of more concern to older men. Only half of the surveyed men had changed their eating habits as a result of nutrition concerns.

Although men may have different health and nutrition goals at different times in their lives, eating right can make a difference at all ages. Variety and moderation are keys to a healthy diet

Because men are at higher risk for heart disease, limiting fat may be an important first step. A diet of no more than 30 percent of calories from fat is recommended. Aim for 50-64 grams.

Fat consumption can be lowered by making changes in food selection and preparation. Use fats and oils sparingly in cooking. Cut down on salad dressings and spreads such as butter, margarine, and mayonnaisea tablespoon of these may have as much as 10 to 11 grams of fat. Read labels to see how many grams of fat are in a serving of processed food.

About 6 ounces of meat, poultry, fish, dry beans, or eggs will provide the daily nutritional needs of adults. Select lean meats, then trim fat when possible. Take the skin off poultry to reduce fat. Eat dry beans and peas occasionally as lower-fat options. Moderate the use of egg yolks and

fat options including low fat milk, yogurt, and cheese. Count 1 cup of milk or yogurt or about 1 1/2 ounces of cheese as a serving.

Dietary changes don't have to be "all or nothing," small steps can take you in the direction of eating right.

organ meats if watching cholesterol.

When selecting two or three serv-

ngs of milk products, look for lower-

Wanted: host families for the University of Oregon Tour, March 23, 24, 25, 1992. If you are interested or need more information phone the Liz at 475-3808.



Information provided by: Warm Springs OSU Extension Office **1131 Paiute Street** 553-3238

#### 4-H Summer week set for June 22-26

"Building Bridges of Friendship" will be the theme for Oregon's annual 4-H Summer Week Program. This annual event will be held on campus at Oregon State University, June 22-26, 1992. 4-H Summer Week is open to youth in grades 7-12. The cost of

traps or poison baits or a combination

be the best method because few moles

mole control can be difficult. Traps

or poison bait must be placed carefully in the main mole runway for

best control results. A suggestion

would be to dig back along one of the

are usually involved.

In the lawn or garden, a trap may

No matter which method is used,

of both.

this event will be \$155.00 plus transportation costs. An information packet and registration forms will be sent out to all eligible youth after the first of March. Be sure to schedule this exciting event on your calendar.

#### Determine how much credit you can safely assume monthly come you spend on consumer debts, consumer debt should not exceed 10 New credit cards and increased One measure of debt is to income

credit limits don't mean that increased use of credit is advisable. Before increasing the amount of your consumer debt, determine how much credit you can safely assume.

How much credit you can safely assume depends on the amount and certainty of your income, the size of your family, your day-to-day ex-penses, and the amount of money available for emergencies.

ratio, the portion of your income needed to pay for credit purchases. Generally, it is recommended that no more than 20 percent of your takehome pay be needed for repayment of consumer debts. Consumer debts do not include your mortgage pay-ment, explains Alice Mills Morrow, OSU Extension family economics specialist.

To determine the percent of in-

add up all your current monthly payments for installment loans, credit cards, education debts, car loans and other credit purchases. Next, divide your monthly take-home pay by 6. If the total of your monthly payments is greater than 1/6 (about 17 percent of your take-home pay), you have about as much consumer debts as you can safely assume.

Some financial advisers suggest

Reset your mental clock. As you

go about your daily tasks, clock

yourself. Know how long it takes to

day, make a mental list of the things

you intend to accomplish, setting

priorities according to their impor-

tance. Do the "must" chores first,

when you are fresh. Leave less es-

If your unhappiness is due to an irre-

placeable loss - the death of a loved

one or irreversible loss of health --

work out your unhappiness with tears

and by talking out your feelings with

Stop running from unhappiness.

Set Priorities. At the start of each

finish specific chores.

sential things for later.

someone else.

to 15 percent of take-home pay and Mole control in landscape can be difficult recommend being able to pay the debts within 24 months. This may Miniature dirt volcanoes appearing in the home landscape signal not always be possible, especially with car loans. moles at work in your lawn or garden. Danger signals that you have too Moles can be controlled by using

much consumer debt are:

\* You only pay the minimum bal-ance due on credit accounts. \* You cannot pay all bills each month, so you pay some and ignore others.

\* You charge more on accounts each month than you make in payments.

\* You use savings for day-to-day expenses. You charge day-to-day ex-

penses.

\* You receive past-due notices.

### Plant diseases effect foliage and fruit of apple trees

Most plant diseases produce ugly effects on foliage and fruit. Apple scab is no exception. It is common in home apple orchards. Apple scab causes brown, scabby blotches on the surface of apples. Often these scaly, crusty areas become cracked. When the spots overlap, the cracking may be severe.

In addition to apple trees, the disease also attacks flowering apples. In the spring, the disease first appears on the blossoms and leaves as olivegreen spots with uneven feathery margins. The spots on the leaves turn brown-black, become raised and take on a velvety appearance. On the fruit,

scab spots appear as rough, dark green areas on the end or side of the apple and eventually cause it to be misshapen and dwarfed. The spots later turn brown and develop cracks.

Apple scab spreads quickly from early infections to other leaves and young fruits, causing both leaves and fruits to drop. Scab continues to spread through the growing season whenever moisture is present from rains, irrigation or dew.

Because scab is spread so easily, the best method of control is by the application of fungicides. Up to four sprays are often necessary because the leaves and fruit are continually

of dirt under the tip pan of the trap and cover the hole with a box. Check the trap regularly and reset as needed. Other methods that can be used include digging out mole nests and

enough to set the trap, place a mound

shooting or stunning moles that are seen at work. Moles are sensitive to concussion. Smacking a shovel on the ground near the mole may stun or kill it.



## Illnesses affected by a persons sense of time

People who worry about time constantly -about wasting it, losing it or fretting that "time is running out" are suffering from a lifethreatening ailment called "hurry sickness."

It's a major underlying cause of the entire range of chronic and degenerative diseases - including heart disease, ulcers, high blood pressure and possibly even cancer. People who suffer from "hurry sickness" are susceptible to every type of stress-related ailment, because all illness is affected in some way by a person's sense of time.

Here are some tips to follow if you suspect you're suffering from "hurry sickness'

Build "Time Cushions" into your schedule. When you make a date with a friend, say "lets meet between 12 and 12:30," instead of promising to be there at an exact time - include extra time.

Lighten your load. Relieve time pressure by learning to say, "no, I don't have time," when people disrupt your schedule. Cut short all phone conversations that interrupt you. Stop trying to Jo everything yourself.

# Master gardeners available

Master Gardener's are available to answer gardening questions for the public in several Oregon communities.

"In 1992 Master Gardeners will be staffing Master Gardener Clinics or answering telephone gardening questions at Extension Offices in Medford, Grants Pass, Albany, Corvallis, Eugene, Portland, Salem, Baker City, Klamath Falls, Tillamook, Newport, Redmond, Bend, The Dalles and Astoria.

If you have questions about gardening or gardening problems, visit the local Master Gardener Clinic, usually set up in a shopping mall or gardening center. A Master Gardener will be on duty to answer questions or discuss problems that deal with gardening. The Master Gardener program is open to all interested citizens, and is intended to provide interested people with a fundamental knowledge of gardening. Master Gardeners learn fundamentals by attending a series of lecture sessions held in many Oregon communities early in the year. The sessions are taught by OSU Extension agents and horticulture specialists.

year. Where once an employee feared

losing a job when putting family

needs first. Oregon's laws regarding

parental and pregnancy leave gives

this state's workers one of the most

comprehensive family leave pack-

in Oregon can take up to 12 weeks of

unpaid leave from work every two

years to care for sick or injured family

members, including ill children re-

quiring home care. The law currently

applies to businesses with 50 or more

employees. An employee must have

been on the job for more than six

As of January 2, 1992, employees

ages in the country.

back the Extension Service for the instruction during the gardening season by staffing gardening clinics and helping Extension agents answer telephone calls that have to do with gardening.

Master your ambitions. Become involved in stimulating and noncom-The Master Gardeners then pay petitive activities simply for the joy of doing them. One day every two weeks, walk slower, talk slower, eat slower, take a longer bath. Get to know your family better. Take long walks or have heart-to-heart talks with all those you love.

# Proper amounts of water important for plant growth and development

Water can be both good and bad for plant-life. The amount is the key. Water is an essential ingredient for every phase of plant growth and deare also more susceptible to attack by harmful insects and diseases.

Most water-related problems with fruit trees and ornamental shrubs in

A soaker hose operated at low pressure in the shrub bed will deliver a uniform volume of water throughout the bed without wetting the leave.

It's important to water thoroughly each time you irrigate to saturate the root zone and to encourage deep rooting. A mulching material, such

will conserve moisture and reduce water requirements. Mulching will' also maintain a uniform moisture level and minimize plant stress caused wet-dry fluctuations in soil water. over the surface of the plant's bed Chlorine bleach kills bacteria

enlarging, and within a few days of a

spray application new leaf and fruit tissue appear that need protection. Good results can be obtained by

using the following spray schedule: Dormant Spray: In the early spring

just before the buds open, usually the middle to end of February, spray the tree thoroughly with lime sulfur mixed at dormant strength as indicated on the label.

Pink stage spray: When the blossom buds show pink (just before the blossoms open) spray with lime sulfur mixed at a rate of one-half cup per, gallon of water.

# lateral tunnels leading from a mound until the main tunnel is located. In the main tunnel, dig a hole large

velopment. Water helps seeds germinate, transports vital nutrients within the plant, and even helps keep plants cool in hot summer days through a process called transpira-

But improperly applied water can be a leading cause of problems with fruit trees and other plants in the home landscape. It's easy to overwater plants grown in heavy clay soils and to underwater those grown on sandy, well drained soils.

Over-watering literally drowns the root system of a plant while underwatering dehydrates the root system and causes it to die of thirst. Plants stressed too much or too little water

the landscape can be remedied with a simple change in watering practices. By knowing how to water, when to water, and how much to apply, water practices can be fine-tuned to provide just enough water for best plant growth.

Overhead sprinkler irrigation, for instance, is fine for the lawn, but it is not an ideal method for watering fruit trees and shrubs. Frequent wetting of the foliage with overhead irrigation will provide an ideal environment for the spread of leaf spot diseases and mildew.

If possible, direct water to the base of each plant with a garden hose and avoid wetting the foliage.

Trickle of drip infigation systems available in most garden stores and mail-order catalogs, are ideal for plants grown outdoors. They are economically priced, easy to install, and can be operated from standard outdoor faucets.

Newly planted shrubs and trees will require more frequent watering than twice a week for the following four to six weeks, is the best prescription for fruit tree and shrub establishment.

During the summer season, established plants in heavy soils may require water once a week, while a thorough soaking twice a week should be sufficient on sandy soils.

"a reasonable period of time." Leave

is unpaid, but the employee may use

any accrued paid vacation, sick or

parental leave laws are, they do noth-

ing for workers whose companies

are too small to be covered by the law

Great as this new and our existing

Although some people consider chlorine bleach a harsh ingredient to use on babies' clothes, tests show babies are much more sensitive to bacteria remaining in diapers than to ingredients used in laundry products. So, use chlorine bleach to kill the bacteria that causes diaper rash. It whitens, deodorizes, and disinfects.

Pour recommended amount into a bleach dispenser or dilute in four parts water. Mix one cup bleach in four cups water for an average load. Pour into the washer after it has filled with water and has begun to agitate. Never pour undiluted bleach into the washbasket or directly onto diapers. This will weaken the fabric.

Diapers that have been softened with fabric softeners pin more easily, wrinkle less, feel soft and smell fresh. But be sure to avoid overusing the softener-no more than once every 3-4 laundering. Overuse will make diapers less absorbant.

Probably one of the most common laundering errors is washing in water that is too cold. If a garment is machine washable, the only reason to use cold water is to protect bright colors, or to wash out protein stains like egg, blood, milk or baby formula that are set by hot water.

When water is too cold, it can't help dissolve the detergent, especially powdered ones. The detergent must dissolve in the wash solution before soil can be removed. Clothes continually washed in cold water can become dingy from the build-up of soil residue. Undissolved detergent can deposit on clothes, too, and leave streaked white or powdery stains. If you are using cold water washes for some laundry items, avoid ice cold water. Below 60 degrees most detergents don't work right, even cold

stains cannot be removed in cold water. To be sure the water is at least 60 degrees, fill washer half full then measure the temperature with a thermometer. If the temperature is below 60 degrees, continue filling using the warm setting.

Always use the warmest water temperatures recommended by the clothing manufacturer. For whites like underwear and bedclothes, hot water (140 degrees F) should be used for better sanitation and better. cleaning.

Cold water rinses, however, are recommended for synthetics and permanent press fabrics. This is to prevent heat-set wrinkling of synthetics and permanent press clothes in the washer's spin cycle. Synthetic clothes get cleaner in warm water. With a cold water rinse and tumble drying, the wrinkles relax. Warm water also helps elastic recover from being stretched out.

#### Teen spending

Rand's Youth Poll "Teen-age Economics Power 1990" learned that clothing continues to be important to teens. For boys 13 to 15 the most important items are food and snacks, followed by clothing and savings for big ticket items. Boys 16 to 19 spend more on clothing followed by saving for big ticket items. Girls in both age categories choose clothing as their primary purchase category. Girls in the younger age group spend more on food and snacks than cosmetics while the older girls reverse the second and third categories. Girls list shopping as one of their primary activities, are greater impulse buyers, visit stores more often, have less consumer resistance and have a high fashion and fad consciousness.

A new family leave law is one of months and work more than 25 hours used. the results of the 1991 legislature week. that may affect you during the new

Leave is unpaid but an employee is entitled to use any accumulated paid vacation leave, or any other paid leave, such as sick leave, depending on company policy.

This bill goes hand-in-hand with a 1988 parental leave law, which gives time off to all new mothers and fathers. It applies to businesses with more than 25 workers and a person must be employed for at least 90 days to qualify for the leave. Up to 12 weeks of leave may be taken after the birth. Any employee who has adopted a child under the age of 6 may also take 12 weeks after the custody date. Leave is unpaid but any accrued paid vacation, sick or other leave may be

Oregon's workers have the most comprehensive leave packages

Since 1988 Oregon's pregnancyleave law has covered all women in businesses with 25 or more workers. If the employee cannot perform her duties, the employer first may offer a transfer to a more suitable position. If the employee cannot perform the duties of any available job offered, the employer must grant a leave for

9-12 and enjoy working with children. Application deadline is April 16, 1992. Camp Counselor Trainings will begin Friday, April 24, 5:00 p.m. and continue Sunday, April 26, 12:00 noon.

If you are interested, call the Extension office at 553-3238.

#### Use caution while vaccinating cattle, recommended procedures given

Procedures in all segments of the industry must be committed and dedicated to safe, wholesome food production if the demand for beef is to sustain, survive and prosper in this consumer-driven industry. Quality assurance must be "job-one" in everyone's book.

The next time you use animal health products, think of yourself as a food safety specialist. Take extra care to watch how and where you give injections.

Studies indicate that injecting clostridial products (like 7-way) into the muscle is the cause of carcass tissue blemishes that often show up at the packer and retail levels. Although the blemishes pose no health risk and are managed effectively at these two levels, the market loss of fabrication trim is passed back to the source: producers.

Cattlemen are encouraged to administer clostridial bacterins subcutaneously (SubQ) in the neck region, instead of in the top butt or top of the rump, the location of higher priced cuts. When injecting SubQ, "tent-

ing"-pulling the skin away from the animal's body and inserting the needle into the fold of the skin-gets the product under the skin instead of into the muscle.

Producers are also encouraged to avoid repeat or multiple injections of clostridial bacterins, especially late in the feeding period, and to avoid intramuscular injections of all injectable products whenever other "labeled" routes of administration are available. The following are recommended procedures when vaccinating and treating cattle with animal health products:

1. Select and use only those health products that are federally licensed and approved.

2. Take time to read the labelproducts work most effectively when used as directed.

3. Use animal health products in ways specified on the label. Using them in higher doses or in different species is known as "extra- or offlabel" drug use and requires a veterinarian's prescription along with other regulations.

4. Never combine vaccines. 5. If a product needs to be reconstituted, use transfer needles to make the process easier and more sanitary.

Don't mix too much vaccine. For maximum effectiveness, mix enough vaccine for only one hour or less and don't save left-over vaccine. 7. Keep mixing vaccine. Stop from

time to time and shake the vaccine bottle when using large, multi-dose sizes of vaccine.

8. Mark and separate syringes. Using different syringes for modified live vaccines (MLV) and for bacterins or killed products, maintains effectiveness of the products.

9. Don't use disinfectants with modified live vaccines. Only hot water should be used when cleaning modified live vaccine syringes because disinfectants can destroy modified live vaccines that you later put in the same syringe

10. Getting air out of the syringe will help assure the animal receives the right dose of vaccine.

11. Restrain animals properly to prevent injury to them and people.

12. Select the best route of administration; whenever possible give injections SubQ (under the skin).

13. Choose the best site for the injection where the product will be the most effective, with the least possible risk of damage to valuable cuts of meat.

14. Choose the correct size and length of needle that will ensure the vaccine gets into the animal's system properly, with the least possible risk of tissue damage.

15. Use the proper injection technique, SubQ or IM (intramuscular). If the label calls for SubO administration, use the "tent" method to get the product just under the skin and not into the muscle.

16. Sanitation is essential. Good practices can reduce the risk of spreading infection from one animal to another, reduce the chance of contaminating the vaccine, and reduce injection site reactions.

17. Take care to place implants correctly on the back side of the ear, between the skin and cartilage in the middle third of the ear.

water detergents. Remember that oily

# Corn soup recipe available

1 cup chopped onion

1 cup chopped green pepper

2 cloves garlic, minced 1 tsp. vegetable oil

4 cups fresh or frozen corn kernels 3 1/2 cups water

1 1/3 cups peeled, seeded, and chopped tomato (about 2 medium) 1 tsp. chicken-flavored bouillon

granules 1/2 tsp. dried whole marjoram

1/4 tsp. dried whole thyme 1/4 tsp. ground white pepper

1 Tbsp. cornstarch

1 Tbsp. water

1/4 cup chopped fresh parsley Combine onion, green pepper,

garlic, and oil in a 3-quart casserole. Cover with heavy-duty plastic wrap and vent. Microwave at high 3 to 4 minutes or until crisp-tender. Drain vegetables, and pat dry with a paper towel. Wipe drippings from casserole with a paper towel. Return onion mixture to casserole; add corn and next 7 ingredients. Combine comstarch and 1 Tablespoon water, stirring well. Add to vegetable mixture; cover and vent. Microwave at high 9 to 10 minutes or until thoroughly heated. Stir in parsley, and ladle soup into individual bowls. Yield: 8 servings (86 calories per 1-cup serving).+

Also May 6, 12, 20, from 4:00 p.m.-8:00 p.m.

or for those employees that work part-time. Camp counselors are needed! Qualifications are that you are in grade

other leave.