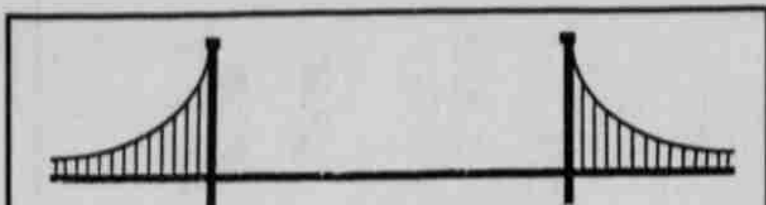


Listening encourages people to talk about problems

Don't encourage blaming others. Encourage a presentation of all the facts and all constructive possibilities. Encourage the person to focus on the practical future. Encourage sensible health habits. Respect privacy. Resist any temptation to pass on confidences that have come from intimate conversations. Persons who confide in you can be comfortable with aid received only if they feel sure their privacy will be respected. Know your limitations. Be a good listener. Good listening encourages people to talk about their problems. Here are a few ways of listening to others:

****Stop talking.** You cannot listen while you are talking.
****Try to put yourself in the other person's place.** Don't assume, however, that the person's responses are or should be the same.
****Show that you are paying attention.** Initiate and maintain eye contact with the person. Take your cues for response or action from what the person is saying.
****To help the person begin,** use "door openers" - open-ended questions that allow the person to go into the subject at length. "Tell me about it." "Let's discuss it." "I'm listening." "This seems really important to you."
****Keep encouraging the person**

to talk. Saying "umm hmm." Nodding. "Oh?" "So?" "Then?" "And?" "Tell me more." "How did you feel about that?" "What does that mean?"
****Ask questions and listen to the answers.** Especially try to find out how the person feels.
****Don't guess what the person is going to say and answer that without really listening.**
****Check out what you understand** the person to be saying to be sure you're getting their meaning. Repeat what you think the person said, asking if you are right: "Is this how you feel?" Or "Is that it?"
****Try to avoid judging the person.** This can stop communication.



4-H Summer Week Building Bridges of Friendship June 22-26, 1992

Oregon State University, Corvallis, Oregon

Your \$155 participation fee includes:
Great classes, Pizza Party, Talent Show, Barbeque, Special Workshops, Evening Dance, Meals & Lodging, and Spirit Olympics

Check with your county Extension office for scholarship availability.

Handle lawn mower carefully

A lawn mower operated carelessly can be a very dangerous machine.

Handle any lawn mower, whether it be a small lawn mower or the larger four-wheel tractor-type, carefully. Otherwise, injuries to the operator or bystanders might result.

Treat tractor lawn mowers with the same respect you would show any four-wheel vehicle such as a car or truck. The following checklist is recommended for safer operation of both small and tractor lawn mowers.

For a safer lawn mower:
 -Inspect the mower for loose nuts and bolts, and make sure all fuel line fittings are tight.
 -Check the mower blade for dullness, nicks and imbalance. Be sure to service the mower regularly in accordance with instructions in the owner's manual. If a problem arises take the mower to an authorized serviceman.

For safe operation:
 -Know the rules of safe operation recommended for your mower. Read the owner's manual.
 -Do not refuel a hot engine. Always fill the mower gas tank before mowing.

-Clear the area to be mowed of children and pets, and do not allow children to operate the mower.
 -Always keep hands and feet clear when starting and operating the mower. When mowing, do not pull the mower towards you, always push it. If wheeling the mower from one

surface to another, leaving the mower unattended or if the mower becomes clogged, turn the mower engine off. Also stop the engine and disconnect the spark plug wire when repairing or cleaning the mower.
 -With a small walk-behind mower, mow steep slopes sideways. With a riding mower, mow steep slopes up and down.

For safe grounds:
 -Clear the area to be mowed of any rocks, bones, toys or other small objects that could get caught in the mower blades.
 -Try to avoid mowing steep slopes.
 -Keep loose gravel from nearby areas off the lawn.

Uncooked seafood dishes are tempting treats — but not the safest. The best policy is to avoid them entirely.

Some people enjoy eating sashimi, sushi and ceviche, but the risks of foodborne illness are greatest when seafood is eaten raw, say extension seafood specialists. To play it safe, cook all fish and shellfish before eating them and exercise special care in handling.

Just as the consumption of rare meat, raw eggs and raw milk carries a risk of foodborne illness, so does eating raw fish, oysters, clams and

Learning to prevent foodborne illness

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Ensure safe satisfying meals

These days, food safety is a major concern for a lot of people. The following tips for handling meat and poultry will help ensure a safe and satisfying meal.

-Thaw meat in the refrigerator. To speed up thawing, submerge the package in a sink or bowl of cold running water. Hot water will thaw only the outside of the meat and "awaken" bacteria while the inside of the chicken will remain frozen.
 -Don't cut raw meat on a wooden cutting board. Bacteria can hide in the wood pores and knife cuts, making the cutting board hard to clean. Instead, use a plate or plastic cutting board that can be washed with soap and warm water or put in the dishwasher.
 -Wash your hands with soap and warm water after cutting raw meat.
 -When cutting cooked meat or other ready-to-eat food, always use a clean knife. Using the same knife that you used to cut raw meat can spread bacteria from the raw meat to the cooked food. Also, don't cut vegetables or other raw foods on the same counter or cutting board used to cut raw chicken.
 -Cook poultry to at least 160 de-

grees F. to kill disease-causing bacteria. Many meat thermometers list 180-190 degrees F. for poultry as a precaution.
 -After cooking, store meat in a covered container in the refrigerator. Cooked meat will be fine if left out for about an hour; however, it is best to store meat in the refrigerator as soon as possible after a meal.

Check publication dates on canning info

Canning season's nearly here. Make sure you have up-to-date instructions before fruits and vegetables ripen.

Check publication dates on your canning manuals and bulletins. Because the U.S. Department of Agriculture changed many home canning recommendations in 1988, it's important to use publications that have been revised since that date.

The Oregon State University extension Service has a variety of home canning publications that are based on the new USDA recommendations. These include bulletins on canning vegetables (PNW 172), canning fruits (PNW 199), canning tomatoes and



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

Preservation tips updated by satellite

Oregon Master Preservers will join Washington State and Idaho volunteers for a food preservation and safety update by Satellite on May 15, 1992 from 8:45 a.m. to 11 a.m. (PT) in the Warm Springs Community Center.

If you plan to attend, please contact Norma Simpson, OSU Extension Home Economics Agent, telephone: 553-3535, by May 5 to be sure you receive current materials when you view the satellite program.

Topics include "Checking Acid Content (pH) of Salsa Recipes for Canning"; a refresher on "Pressure

Cooker Gauge Testing" and how to maintain quality control of preserved foods. "Canning Smoked Fish" — a taped video discussion included in the satellite will be available for groups to use after May 15. Other topics deal with quality — "How to dispose of commercial and home canned spoiled canned food."

And current concerns with quality in all types of processed foods.

Also mark your calendar for a food preservation workshop June 18 for advanced Master Food Preserver Volunteers at OSU in Corvallis. More details will appear in Spilyay when they are available.

Metaphoric color system new style

Hypercolors are the latest hot fad to hit the junior sportswear market. This new style is the result of a metamorphic color system that changes color according to body temperature and environment. Once the heat source is removed, the fabric reverts back to its original color.

In order to retain the original properties of the fabric, consumers need to pay special attention to the care labels on these items. Most manufacturers recommend launder-

ing in cold water, a gentle machine wash and no bleach. If ironing is required, use a cool iron. Avoid using stain removal products directly on the garment as they may remove the color. Since the colors may bleed, even in cold water, these items should be washed separately. If the item is accidentally washed in hot water, no harm will come to the color changing properties. However, bleeding may be so extensive that the color change is no longer vivid.

Program addresses food safety concerns to producers

New quality assurance programs for dairy and beef production in Oregon will address food safety concerns by improving the food quality control practices of producers, according to the Oregon State University (OSU) Extension veterinarian.

Both programs are sponsored by national and local dairy and beef associations, and are aimed at increasing the sensitivity of producers to the fact that their day-to-day activities affect the quality of food that will eventually be on someone's table.

"The intent is to encourage producers to think about their role as food producers when they evaluate and give treatments to animals," said Don Hansen, OSU Extension veterinarian. "Veterinarians," said Hansen, "will be key players in making the quality assurance programs work and will be actively involved in the educational aspects of both programs in Oregon."

"Eventually, efforts of the dairy quality and beef quality assurance programs hopefully will become one unified program in Oregon," Hansen said. "They both have the same goals."

"The long-term goal is to raise and maintain consumer confidence in meat and milk products," said Hansen. "And that, over time, incidents that may reduce this confidence, will diminish."

"Quality assurance programs are relatively new to agriculture," Hansen noted. "Their establishment is a direct response to public perceptions that there are harmful chemicals and drug residues in meat and dairy food products," he said.

"What the consumer perceives is reality," said Hansen. "That means if the consumer believes there is something wrong with a particular food

product, then as far as the producer is concerned, that is a problem that must be solved."

Hansen emphasized that quality concerns in the dairy industry go beyond dairy products.

"The dairy producer who sells a cull cow is, at that point in time, in the beef business," he said. "Dairy producers need to be just as concerned about antibiotic residues and prime cut blemishes (caused by hypodermic injections) in their cull cows as their counterparts in the beef business. That cull cow is most likely heading for someone's dinner plate. Both industries are saying to themselves nationwide, 'We have to respond to

consumer concerns - We have to do something to show we are concerned,'" said Hansen. That's what these quality assurance programs are about. The two programs differ. For the dairy producers, new regulations will be in place by a pasteurized milk order. The beef quality assurance program is voluntary and emphasizes education in an attempt to persuade producers to change some of their practices.

According to Hansen, both industries are looking for an enhanced image. They want to "consciously, proactively" avoid problems and let consumers know they have concern for their safety, he said.

Vitamin D important for bones

Studies indicate that women and teens are not getting enough vitamin D, says Margaret Lewis, Oregon State University Extension nutrition specialist.

This is especially true in winter, when sunlight doesn't reach the skin to produce vitamin D. Vitamin D helps the body absorb calcium to make strong bones. Lack of vitamin

D in the diet may produce rickets, particularly among children. Rickets is characterized by a softening and bending of the bones.

"Teens and women are the ones most likely not getting enough vitamin D," says Lewis. Teens are not getting enough vitamin D to use calcium and phosphorus to form bone mass. Women, especially those in their late 50s, lose bone calcium in the winter, when vitamin D levels are the lowest.

"Very few foods in the American diet contain enough vitamin D to meet the recommended dietary allowance (RDA) for good health," says Lewis. "However, fortified milk is a good source because vitamin D is added. Two, 8-ounce glasses of milk per day provide 100 percent of the RDA for vitamin D for adults over age 25." Lewis cautioned against taking vitamin D supplements higher than the RDA because the vitamin is stored in the body and can be toxic at high levels.

buying, storing and preparing seafood:

—Make sure shellfish are alive when purchased. Never accept dead oysters, mussels or clams unless they're cooked or the meat is shucked and chilled.

—When catching live seafood along the coast, make sure the waters are approved for harvest by checking with local health officials.

—Store seafood at the right temperature to control bacteria. Keep fresh, pasteurized or smoked seafood products refrigerated at 32 to 38 degrees. Freeze raw seafood that will not be used within two days. For seafood eaten raw, hard freeze it for seven days to reduce the risk of illness.

—Keep live lobsters, crabs, clams, oysters and mussels in a refrigerator.
 —Cover the fish with damp paper towels—don't put them in airtight plastic bags or containers. Do not cook or eat shell fish that have died during storage.

—Thaw frozen seafood in the refrigerator or in ice cold water—not at room temperature, when bacteria multiply quickly.

—Do not cross-contaminate raw and cooked foods. Wash hands and utensils after touching the food and sanitize cutting boards.

—Cook fish until it turns opaque in color and reaches an internal temperature of 145 degrees. Follow package directions when cooking or heating processed frozen foods.

—If buying from roadside seafood vendors, make sure the product is fresh, well iced, and that the smell is not offensive.

"Reach For Your Wings" seminars set for May 15

"Reach For Your Wings," balance in action seminars on reducing health risk behaviors and enhancing self-esteem, with Julie Evans, M.S., are being held Friday, May 15, 1992 at the Warm Springs Community Center.

The first session, "The Art of Balancing Work and Play," will be from 1:30 to 4:30 p.m. You will come away with essential methods for addressing stress management and taking care of yourself.

The second session, "The Formula for Success," will be from 6:30 to

9:30 p.m. In this session you will learn goal setting, overcoming obstacles and communicating.

Attend one or both sessions for \$5. (non-refundable). Registration deadline is May 1, 1992. Each session will be limited to 60 individuals.

This seminar sponsored by the Warm Springs 4-H Program, Oregon State University.

For more information call Paula Moses at 553-3238 or Carol Stevens at 553-1047 after 5 p.m., Monday through Friday.

Marinated vegetable salad

1/4 cup olive oil
1/4 cup dry white wine
2 Tbsp. red wine vinegar
1 Tbsp. snipped fresh parsley

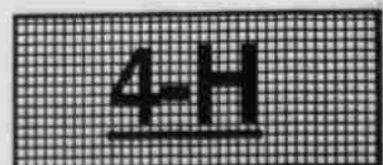
1/2 tsp. sugar
1/4 tsp. salt
1/4 tsp. crushed dried basil leaves
1 cup avocado chunks
1 cup sliced fresh mushrooms
3/4 cup halved cherry tomatoes
1/2 cup sliced ripe olives
1/3 cup chopped red onion
3 cups cooked rice, cooled
Red onion rings for garnish

protecting their warm-season plantings against late frosts. Protective coverings for young plants can be made of newspaper or any kind of light plastic, or wax-paper hot caps may be used.

May 3-9, 1992 Drinking Water Week

National Drinking Water Week is May 3-9. This month is the perfect time to use some of the suggested releases and other information you received earlier in the Blue Thumb kit. Water quality is one of the major Extension initiatives both in Oregon and nationally. If you need additional information, please contact Mary Ann Sward.

To make dressing, combine oil, wine, vinegar, parsley, sugar, salt, and basil. Combine avocado, mushrooms, cherry tomatoes, olives, and onions in shallow pan. Pour dressing evenly over top. Cover and chill 2 to 3 hours. Add rice; toss lightly. Garnish with red onion rings. Yield: 8 servings.



Extension Mini-College
June 15-18
Oregon State
University, Corvallis
Four days of classes,
workshops, tours and
new friends.
Co-sponsored by OSU
Extension Service and
Oregon Extension
Homemakers Council